

Age-Friendly Advisory Committee

MINUTES


MEETING DATE: February 28, 2024 **TIME:** 10:30 AM – 12:00 PM
LOCATION: Zoom Meeting
CHAIR: Tracy Hill, Age-Friendly Champion, Supervisor, Program & Support Services, County of Simcoe
RECORDER: Catherine Ivanyshyn, Administrative Assistant II, County of Simcoe


ATTENDANCE:

Jacqueline Berchtold, Project Coordinator, PQD, County of Simcoe
 John Connell, Social Housing Implementation Manager, County of Simcoe
 Kristen Corbiere, Director of Quality, Performance & Special Projects, Helping Hands Orillia
 Jackie Dusome, Director, Seniors Services, County of Simcoe
 Councillor Randy Greenlaw, Mayor Township of Oro-Medonte
 Marshall Green, Senior Counsel and Community Representative
 Holly Hartshorne, Coordinator, Assistive Technology & Aging at Home, Independent Living Services Simcoe County
 Beatrice Jean, French Language Services Coordinator, County of Simcoe
 Gwen Kavanagh, CARP Barrie Chapter
 Councillor Sandie Macdonald, Mayor Essa Township
 Sarah Orr-Shaw, Public Health Nurse, Simcoe Muskoka District Health Unit
 Kristin Pechkovsky, Planning Program Supervisor, Innovation & Acceleration, Planning Dept., County of Simcoe
 Trupti Sadare, Student Data Analyst, Performance, Quality & Development, County of Simcoe
 Christopher Sargent, County of Simcoe, Statutory Services and Archives Legislative Coordinator, Member Accessibility Advisory Table
 Christina Strong, Communications Coordinator, Independent Living Services, Simcoe County
 Rebekah Vaughan, Manager, Collaboration and Partnerships, United Way Simcoe Muskoka

Embedded PDFs are attached.

ITEM	ACTION ITEMS
<p>1. WELCOME AND INTRODUCTIONS All committee members were welcomed to the meeting.</p>	
<p>2. APPROVAL OF AGENDA and PREVIOUS MINUTES (November 16, 2024) Today's Agenda was approved as presented by Councillor Randy Greenlaw and seconded by Rebekah Vaughan. The previous Minutes from November 16th were approved by Councillor Sandie Macdonald and seconded by Gwen Kavanaugh.</p>	

ITEM	ACTION ITEMS
<p>3. PRESENTATION: ILS: Supporting Independence in Simcoe County</p> <p>Christina Strong, Communications Coordinator Independent Living Services Simcoe County</p> <p>Independent Living Services (ILS) is a leading non-profit organization providing individualized supports and services to adults with physical disabilities and seniors living at home and in their community. ILS is an Ontario Health funded program. For over 40 years, our work has gone beyond healthcare to build a sense of belonging and culture of care in Simcoe County. ILS helps adults with physical disabilities & seniors maintain their independence by offering a non-medical model of care that is client directed. ILS provides Personal Support Services, Homemaking, Home/Vehicle Modification & Aging At Home, Assistive Technology & Devices, and new in 2024 - Home Maintenance & Repair Services. Details are described in the attached presentation.</p> <div style="text-align: center;">  <p>ILS Programs pres Feb2024.pdf</p> </div> <p>Questions:</p> <p><i>Will the service be expanding to other areas?</i> Currently, ILS is servicing the areas indicated, however, the services may be subject to change and will roll out in other areas as able.</p> <p><i>What is the subsidized portion income and what services are provided for free?</i> The couple combined income is \$40,000 and and this would less if single for free services in the areas identified. The program works on a tier basis and is reviewed individually with each applicant for eligibility.</p> <p><i>How many clients does ILS currently have?</i> This program is still fairly new. Some services can be set up for return assistance. Initial calls that were made were to schedule eavesdrop clearing and window cleaning. Some clients require just one-time assistance such as batteries or light bulbs changes and similar items. With the program just rolling out, needs are being assessed.</p> <p><i>Does ILS look for volunteers who can assist with the program?</i> Not at this time, however, this is a great suggestion and ILS will research further.</p> <p><i>Can this be communicated through the County's Paramedics Dept.?</i> This is a great initiative that can be communicated to clients through the Community Paramedicine Program and other referrals.</p> <p>Contact Information:</p>	<p>Christina to check if Home Maintenance & Repair Service is on 211 Community Connection</p>

ITEM	ACTION ITEMS
<p>Independent Living Services Simcoe County 15 Cedar Pointe Drive, Unit 10 Barrie, ON L4N 5R7 (705) 737-3263 or 1-800-465-1133 www.ilssimcoe.ca email: ilssimcoe@ilssimcoe.ca</p>	
<p>4. AGE-FRIENDLY COMMUNITY SURVEY UPDATE</p> <p> 2023 AFC Initial Survey Findings.pdf</p> <p>Discussions:</p> <p>One of the drawbacks of the study is that this survey may have been filled in by older adults who are more connected/involved. Gwen Kavanaugh and Marshall Green belong to the Simcoe County Housing Alliance for Seniors. It was very interesting that 89% of seniors are happy with their housing and want to stay in their home. Would like to note that there approx. 5 million empty bedrooms in Ontario (3 million in Toronto). Noted that if those rooms could be filled, could affect the housing crises. Many remain in their homes longer and by the time they require a shared residence, they have health issues limiting their ability to take advantage of the amenities a shared living environment would offer. The Alliance has been discussing ideas and will share.</p> <p>In comparing results from the first survey, it was noted that transportation and affordability of food and costs to stay in the home are similar priorities.</p> <p>It was discussed that it would be beneficial to provide a menu of volunteering opportunities for older adults, as well as lists of general activities and opportunities to socialize.</p> <p>Barrie CARP runs a dart club on Tuesday afternoons at the Barrie Legion (cost is \$5/person). Transportation becomes an important factor in many older adults being able to volunteer and socialize.</p>	<p>Link to the 211 Community Connection Activity Calendar</p> <p>https://southgeorgianbayoh.ca/connecting-older-adults/</p>
<p>5. AGE-FRIENDLY COUNTY INITIATIVES UPDATE</p> <p>Link: https://www.simcoe.ca/dpt/ltc/age-friendly</p> <p>5.1. Age-Friendly Recognition Awards</p> <p>Release: County Celebrates Age-Friendly Champions</p>	

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<p>The County of Simcoe held the first Age-Friendly Business and Individual Achievement Recognition Awards Ceremony on January 31st 2024. The Age-Friendly Business Program helps business owners assess whether their business is designed to serve everyone. The program provides a guide, resources, tools and recognition to enable business owners to identify, promote and be recognized for implementing age-friendly practices.</p> <p>The businesses who received the 2023 County of Simcoe Age-Friendly Business Recognition Award are being recognized for:</p> <ul style="list-style-type: none"> • taking decisive action to increase awareness of the specific needs of our aging population. • taking the time to participate and contribute toward making County of Simcoe a more age-friendly environment. <p>The 2023 Age-Friendly Business Award Honourees:</p> <ul style="list-style-type: none"> • Focus Employment Services (New Tecumseth) • Hearing Life (Bradford West Gwillimbury) • Hunt Family Movers (Innisfil) • Right at Home Canada (Collingwood) • Sandycove Drug Store (Innisfil) • Seniors at Play (Orillia) <p>County Representatives will be visiting all businesses with coffee, donuts and to take photos at the business.</p> <p>The 2023 Age-Friendly Individual Recognition & Achievement Honourees:</p> <ul style="list-style-type: none"> • Jenna Wickens (Keynote Speaker on Ageism) Jenna Wickens is a Certified Professional Consultant on Ageing and works with Catholic Family Services Counseling & Wellbeing as the MatureMinds Coordinator. In her role, Jenna provides advocacy, education, programs, volunteer opportunities, and community resource consultations that support our intrinsic values as we get older. Prior to this, Jenna engaged older adults through virtual platforms, worked in family ministry, and directed a youth center. Her educational background is in community recreation from Brock University and Niagara College. For over a decade, Jenna has been a “storyteller” for those whose voices often get lost in the shuffle. Through both poetry and prose, she has advocated for the encouragement and resilience found in others. In recent years, Jenna has become a spokesperson against ageism, recognizing that a cultural shift needs to occur if we are to see “growing old” as an 	

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<p>opportunity, not a liability. When I asked Jenna why she enjoys her work, her response was, People! “I love that I get to help people realize their value through advocacy, volunteer opportunities, group programs, and community resource consultation”. Jenna is passionate about older adults’ health and wellbeing and is doing her part in making our region a more age-friendly place to live. She is not only challenging ageism in our community but also offering valuable volunteer opportunities for older adults.</p> <ul style="list-style-type: none"> <p>Dave Wetherald https://youtu.be/2n_dIHT7CzE?si=DGACZF9oIyPo0Rja Dave Wetherald is an active volunteer with the Barrie Public Library since 2016, who acts as a volunteer driver for the Visiting Library Service. This service organizes volunteers to deliver and pick up Library materials including books, audiobooks, DVDs, and magazines for adults that are at home or retired across Barrie. With 350 hours of driving under his belt, he is someone that the Barrie Library, counts on. He is no stranger to being recognized for his selfless work, having been highlighted by CTV News and simcoe.com for his volunteer work in the community. As Dave’s nominator said, “we would not be able to provide this service without his support.” In addition to this, Dave also volunteers as a Repair Café Fixer with the Barrie Public Library. He is a great role model and an example of “getting older doesn’t mean you have to stop doing the things you love.”</p> <p>Sandra Forth https://youtu.be/IUIcS3E7qLg?si=h2GK6utMDIUC0P-7 Sandra Forth is a volunteer with Seniors at Play since 2019. According to her nomination, Sandra is a great leader who has become a “senior’s ambassador” to Seniors at Play. Sandra leads a monthly craft group, organizes, and cleans the program area and makes homemade items to donate as prizes for bingo. She has dedicated several hours to the Gardening Club and attends to the gardens daily to water the flowers. Sandra advocates for seniors at the monthly calendar building meeting. She started a program called “Twisted Stitches”, which combines skills of knitting, rug knitting and crochet and where members learn from each other and gain new skills. In addition to all of this, Sandra has organized many socials by preparing large meals, facilitating Carpet bowling, and assisting members with mobility issues during shuffleboard games. Sandra is key in keeping members of our programs informed of any notable occasions and will make handmade cards for individuals and families. She is the keeper of the contact lists</p> 	

ITEM	ACTION ITEMS
<p>for members and has been known to support those needing socialization or just a listening ear.</p> <ul style="list-style-type: none"> Patty McLaughlin https://youtu.be/xkbkmLOG39k?si=Gsz3jLf9YBsw4a-Z Patty is known to enrich the lives of many older adults living in the Innisfil area. Patty is being recognized for running an uplifting program called “Song Circle”, at the Innisfil library where she welcomes more than 80 regular attendees. The Song Circle was founded over 18 years ago in Aurora, Ontario and has continued to grow. Patty received many beautiful testimonials. <p>The 2024 Age-Friendly Recognition Awards Program will launch April 1st and will run until June 30th. The 2024 Age-Friendly Recognition Awards Ceremony will be held in the Fall (date to be confirmed).</p> <p>5.2. Age-Friendly Seniors Housing Grant Program</p> <p>The Age-Friendly Seniors Housing Grant Program allows adults 60+ the opportunity to apply for grant funding to incorporate accessible, adaptable, and inclusive designs into their homes to enable them to continue to live independently in their communities for as long as possible.</p> <p>In 2023, the Age-Friendly Seniors Housing Grant Program received 110 applications and supported 89 projects. These projects included 51 bathroom modifications, 16 stairlifts, 21 ramps, handrails and entranceways and 1 dementia support modification.</p> <p>The 2024 Age-Friendly Seniors Housing Grant Program launched February 1st and runs until March 31st. Applications and information can be found online at Simcoe.ca/Age-Friendly Seniors Housing Grant. A copy is also attached to these Minutes.</p> <p>For more information, please contact: Agefriendly@simcoe.ca (email is checked daily) Tracy Hill - 705-726-9300 ext. 3127, Catherine Ivanyshyn - 705-726-9300 ext. 1211</p>	

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<p>6. Roundtable</p> <p>Sarah Orr-Shaw, Public Health Nurse, Simcoe Muskoka District Health Unit (SMDHU)</p> <p>The Simcoe Muskoka District Health Unit Updates include:</p> <ul style="list-style-type: none"> • The SMDHU Falls Prevention program was changed to a health and wellness focus, optimizing health and wellness with older adults. • The first meeting of the Public Health, Healthy Ageing Network, including all Public Health Units across Ontario, is being held this week. This meeting is to be held to work on a strategy and discussions with a focus on mental health, social isolation, evidence-based fall prevention opportunities, and anti-ageism. • The Health Unit will also be initiating a National Anti-Ageism Network. If interested in participating, contact Sarah (information below). • Suicide prevention discussions are taking place that include an older adult focus. • AIMS Research (Attract, Adapt, Implement and Sustain) is a multi-year national study across Canada incorporating balance and strength exercise to prevent falls. If interested, please contact Sarah at the information below. Will be holding a webinar with the AIMS leads in May. <p>It was noted that the The Victoria Order of Nurses (VON) offers balance classes with a 2 to 4-month waitlist. The Health Unit will be looking at incorporating into social events/activities (i.e., dance, tai chi, etc.) that are evidence-based for strength and balance.</p> <p>How to maximize the high demand needs and focus on what can be offered to reduce waitlists. There are not enough interventions for those who want to be included. There are only three funded programs – SMART, CARE Program (referred through Specialized Geriatric Program) and Minds and Motion Program (offered through Alzheimer for those with cognitizant difficulties. There are those that have not been identified for these opportunities. Falls are the main issue that cause older adults to lose their independence and are responsible for 40% of LTC admissions. We need to provide the opportunity to older adults to optimize their health and wellbeing. Physical activity is one of the key things that can be provided for balance and strength, as well as the social aspect.</p> <p>Email: Sarah.Orr-Shaw@smdhu.org</p>	<p>If interested in National Anti-Ageism Network or AIMS Research Study, contact Sarah.Orr-Shaw@smdhu.org</p> <p>Sarah will connect with Gwen Kavanaugh (CARP) on advocacy re: abuse & ageism barrie@carp.ca</p>

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<p>Gwen Kavanagh, CARP Barrie Chapter</p> <p>Gwen will connect with Sarah Orr-Shaw regarding advocacy on abuse and ageism. CARP will be moving meetings from evening to afternoon meetings that will take place on the third Wednesday of March and the third Wednesday of April at Traditions/Shriners Hall – doors open at 1:30pm and meeting starts at 2:00pm (free admission).</p> <p>Rebekah Vaughan, Manager, Collaboration and Partnerships, United Way Simcoe Muskoka</p> <p>Appreciate the informative presentations today to and will take back to The United Way. The United Way operates a free tax clinic (senior focussed) in the Township of Essa, serving low income individuals in Angus and Alliston.</p> <p>Councillor Sandie Macdonald, Mayor Essa Township</p> <p>Essa is offering free tax clinic as mentioned by Rebekah Vaughan. Also holding a spring bunny crafts and chair yoga. There will be a Spring Seniors’ Fair and have been in contact with Jane Sinclair for the County’s participation. Need to do more social media advertising on programs. Currently do advertising on digital signage throughout the community. Essa holds an English Language Learners Conversation program with making of cards, movie night and a seniors’ social club. Looking for information to share at the Seniors Fair - March 20th. Contact smacdonald@essatownship.on.ca</p> <p>Beatrice Jean, French Language Services Coordinator, County of Simcoe</p> <p>The County is working on Francophone Day (March 20th) to be held at Georgian Manor. This is a day that every Francophone in the world celebrates culture and diversity. More details to come and posted on the County website.</p> <p>Christopher Sargent, County of Simcoe, Statutory Services and Archives Legislative Coordinator, Member Accessibility Advisory Table</p> <p>The Multi-Year Accessibility Plan was approved by Accessibility Advisory Committee (AAC) and County Council and formally went into effect on January 1st and will cover the period 2024 to end of 2028. There is a focus on barrier prevention regarding meeting standards and regulations. 2023 Compliance Report was also approved. The next AAC Meeting takes place March 19th, and anyone interested in attending, please contact us. There will be updates on transit and upcoming reviews at</p>	

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<p>several facilities, mainly the two social housing developments in Barrie and Orillia. AAC continues in the planning phases of an Accessibility Event to be held in Accessibility Week 2025 and looking to get as many partners involved as possible. Contact: christopher.sargent@simcoe.ca</p> <p>John Connell, Social Housing Implementation Manager, County of Simcoe</p> <p>Social Housing is currently in progress with the new build in Orillia, which is a 130-suite apartment building that will include seniors' apartments with universal design containing accessibility units/accessibility features. Ontario Works will be moving offices to that location by April 2024.</p> <p>Kristin Pechkovsky, Planning Program Supervisor, Innovation & Acceleration, Planning Dept.</p> <p>A few years ago, Council had approved a new County Official Plan Amendment related to Age-Friendly Policies. The Policies are now within the Official Plan used by the County. The Planning Department is working with local municipalities to include these policies in their development plans in order to plan for an aging population in the region. The Department is leading a project called the Housing Attainable Supply Action Plan. This housing project surveys tools and strategies to implement in housing options for the missing middle of market housing. Age-Friendly can be included in this project. If anyone is interested in helping with housing research and projects mentioned in this group, please contact Kristin.pechkovsky@simcoe.ca</p>	
<p>7. Closing Remarks</p>	
<p>8. Adjournment: 12:00 PM</p>	
<p>9. Next Meeting: May 1st, 2024, 10:30 AM -12:00 PM</p>	



Supporting Independence in Simcoe County

Christina Strong – Communication Coordinator
Age Friendly Communities Advisory Committee Meeting
February 28, 2024



Who We Are:

ILS is a leading organization providing individualized support and services to adults with physical disability and seniors living at home and in their community.

ILS is an Ontario Health funded program.

For over 40 years, our work has gone beyond healthcare to build a sense of belonging and culture of care in Simcoe County.



ILS is proud of its Three-Year Accreditation by CARF for Home & Community Services, Supported Living, & Governance Standards Applied.

We are located on the traditional territory of the Anishinaabeg, the Haudenosaunee and the Wendat Peoples.



How We Help:

We help adults with physical disabilities & seniors maintain their independence by offering a non-medical model of care that is client directed.

- Personal Support Services
- Homemaking
- Home/Vehicle Modification & Aging At Home
- Assistive Technology & Devices
- **NEW in 2024!**
 - Home Maintenance & Repair Services

We serve clients in Simcoe County and have site offices in Barrie, Collingwood, Midland, and Orillia.



Support Services:

Personal Support

- Personal support services are designed for clients who can direct their own care to help with their activities of daily living.
- We develop a care plan based on their needs at home and in the community (e.g., work, school, etc.).
- Services are pre-scheduled from 6:00 a.m.–12:00 a.m. Monday to Sunday, depending on client needs.



Assisted Living

Assisted living services are designed for clients who can direct their own care & **may need frequent access to services on a 24-hour basis** within a designated geographic area.



Eligibility



Adult with Physical Disability

- Be 16 years of age or older.
- Have a permanent physical disability.
- Anyone can refer for Personal Support or Assisted Living Services (i.e., self, health professional, HCCSS, etc.)



Senior

- Be an individual who meets the characteristics of a Frail Senior 55+ (PS Care group 1 – 3) **OR** meet the criteria of a high-risk senior.
- Personal Support: Anyone can refer.
- Assisted Living: Barrie & Area only & HCCSS refers.

- Require assistance with activities of daily living (i.e., bathing, dressing, toileting, transferring, etc.) and homemaking.
- Be able to direct their own care (or have a live-in caregiver/decision-maker to direct care).
- Be insured under the Health Insurance Act of Ontario.
- The home has the physical features necessary to enable services to be provided safely.
- Be able to live safely unattended in their home between visits (i.e., manage their own affairs to living independently).
- Have a back-up in place to support essential daily needs in the event that the Attendant is not available.
- Have medical needs met by an existing community health networks.
- Reside within defined geographic area within Simcoe County.

Home Making:

- Our homemaking program assists adults with physical disabilities & seniors with **routine household activities** in a client's personal living space.
- Homemaking services are not available to individuals already receiving government-funded support services that include a homemaking service.
- Minimum one hour visit, with maximum of four hours per month.
- No Personal Care is provided under this service.
- This program is available in Barrie & area only at this time and is a co-pay service based on the annual income. **Anyone can self refer.**



Home Making Tasks:

- Cleaning sink, bath, shower, toilet, commode, urinal, or bedpan.
- Re-fill/re-stock toiletries as needed.
- Washing, drying, and putting away dishes.
- Cleaning surfaces of counters and appliances.
- Clean mirrors/glass surfaces.
- Wipe out refrigerator and/or microwave.
- Dusting, mopping, and vacuuming.
- Disposing of client's garbage or recycling.
- Making bed or changing linens.
- Water plants.
- Laundry (in home or at laundromat as time permits).
- Folding and putting away laundry.
- Assisting with the preparation of meals (peeling, chopping, washing, assembling, etc.).
- Warming prepared foods.
- Dividing and storing prepared meals and food.
- Disposing of spoiled foods.
- Planning menus.
- Assisting with preparing a shopping list or online ordering.
- Assisting with putting groceries away.
- Grocery shopping.



Home/Vehicle Modification & Aging At Home:

- We provide guidance and explore funding options for modifications & acquiring devices for aging-in-place (e.g., grab bars, stair lift, ramps, bathroom equipment, etc.).
- We listen to the situation and work with regulated healthcare professionals to assist with independence.



Assistive Technology & Devices

- We provide guidance to help community members access assistive technology & devices.
- We explore funding options for acquiring devices (e.g., power wheelchairs, rollators, hospital beds, etc.).
- We work with regulated healthcare professionals.
 - An application or referral, must be submitted by a health care professional and client must meet specific criteria to be eligible for our funding search)
 - Clients must live in Simcoe County or District of Muskoka and be a permanent resident of Ontario with a valid Ontario Health Card.
 - Funding search maximum is \$3000. We work with local service clubs & organizations to coordinate and direct funds to vendor.



**Service
Clubs**

**Centralized
Funding Pool**

**Government
Grants**

**Community
Foundations**

**ILS
Coordinator**

**Faith
Groups**

**Special Need/Disability
Specific Groups**

Buy & Sell Equipment

- Quipit is a free online website designed to help you buy, sell or share gently used mobility and accessibility equipment such as hospital beds, wheelchairs, walkers, bathroom safety devices, and much more.



**NEW
in
2024!**

Affordable Home Maintenance & Repair Services for Seniors in North Simcoe & Area



Help Around the House

- Light bulb replacement.
- Installing and/or changing batteries in a smoke detector or CO2 monitor.
- Similar odd jobs.



Improving Your Safety

- Installation of a grab bars in the bathroom and home.

ILS will provide the tools for the task(s). Clients are required to supply their own materials.



Help Outside the House

- Eavestrough Cleaning
- Exterior Window Cleaning
- Leaf Removal ✧
- Grass Cutting & Trimming ✧
- Driveway & Walkway snow removal, including Salting/Sanding ✧

✧Some conditions apply.

**Attention:
Seniors 55+
& Adults with
Disabilities!**



About This Program:

The ILS Home Maintenance and Repair Program provides no fee and subsidized home maintenance and repairs to eligible seniors* and people with disabilities to support them to stay independent in their homes. The program received funding from the County of Simcoe.



Service Location:

North Simcoe & Area, including Collingwood, Wasaga Beach, Christian Island, Midland, Penetanguishene, Tiny, Tay, Severn & Ramara Townships.

*Income based qualification

MORE INFORMATION

☎ 705-737-3263

✉ ilssimcoe@ilssimcoe.ca

- Seniors 55+ and people with disabilities* must apply to receive a fixed menu of tasks.
- Applications are first come, first served.
- Visits will be pre-scheduled after a service agreement is completed.

**CALL TO APPLY
TODAY!**

Home Maintenance & Repair Services

- Affordable home maintenance and repairs to eligible seniors 55+ and people with disabilities in the County of Simcoe. The program received funding from the County of Simcoe (Social & Community Investment Fund).
- This is a subsidized service that will be based on the client's income. **Many services are free of charge.**
- **Currently offered** in North Simcoe & Area in communities of Collingwood, Wasaga Beach, Christian Island, Midland, Penetanguishene, Tiny, Tay, Severn, & Ramara Townships.

Home Maintenance & Repair Services

- Household tasks range from changing a light bulb, putting up a grab bar, changing batteries in a smoke detector &/or CO2 monitor, to cleaning eavestroughs and outside windows, etc.
- Seasonal landscape work such as raking, and snow removal will be offered on a limited, subsidized basis (some conditions apply).
- No personal care is provided under this service.
- Clients will provide the materials for the task and ILS will provide the labour & tools (e.g., client will provide the smoke detector and batteries while ILS will provide the ladder, tools, and labour to install it).



Services/Tasks may include:

The following list is subject to change.

- Changing batteries for a CO2 monitor or smoke detector.
- Installing a CO2 monitor or smoke detector.
- Changing a furnace filter.
- Installation of a grab bar.
- Light bulb replacement.
- Eavestrough Cleaning.
- Exterior Window Cleaning.
- Leaf Removal.
- Grass Cutting & Trimming.
- Driveway snow removal.
- Walkway snow removal.
- Salting/Sanding.



Not Included:

The following list is subject to change.

- Any interior cleaning/washing/homemaking.
- Moving appliances or furniture.
- Spraying for the purpose of pest control.
- Fireplace cleaning or care.
- Pet care.
- Transportation of hazardous products (e.g., propane. etc.).
- Witnessing legal documents.
- Assuming Power of Attorney.
- Banking or financial assistance.
- Picking up food orders (groceries or take-out).
- Personal Support or Assisted Living Services.

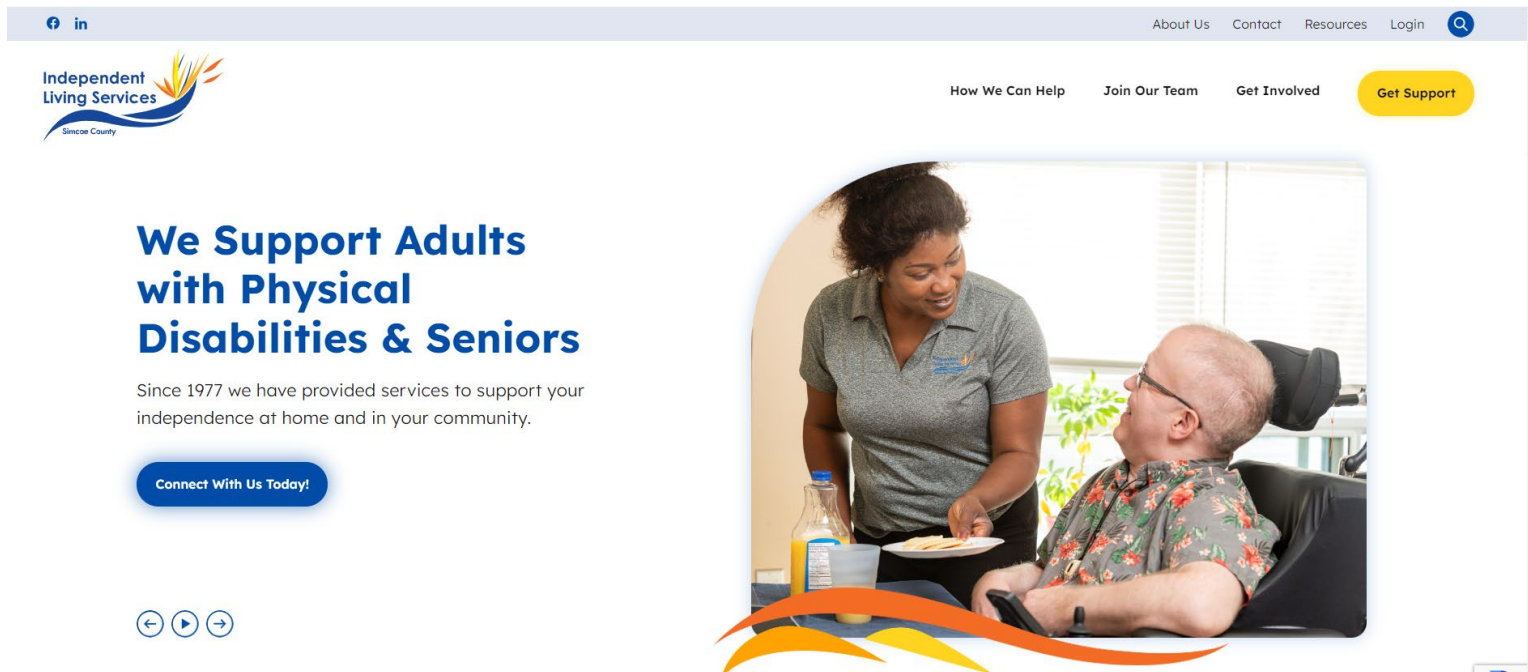


More Details:

- Service is available **Monday through Friday from 8:30 a.m. to 4:30 p.m.**
- Visits will be pre-scheduled after a Service Agreement is completed.
- People may obtain these services for themselves or for a loved one.
- **Call ILS at (705) 737-3263 to apply.**
 - Clients will be required to complete a Service Agreement & provide a copy of their most recent Tax Assessment to determine eligibility for subsidized services.
 - **Applications are first come, first served.**

Learn More About ILS!

Call: (705) 737-3263
Visit: www.ilssimcoe.ca



Thank You!

Independent Living Services Simcoe County

15 Cedar Pointe Drive

Unit 10

Barrie, ON

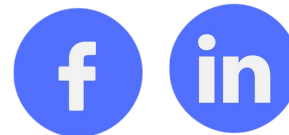
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(705) 737-3263 or 1-800-465-1133

www.ilssimcoe.ca

ilssimcoe@ilssimcoe.ca

Follow Us:





AFC Survey Initial Findings

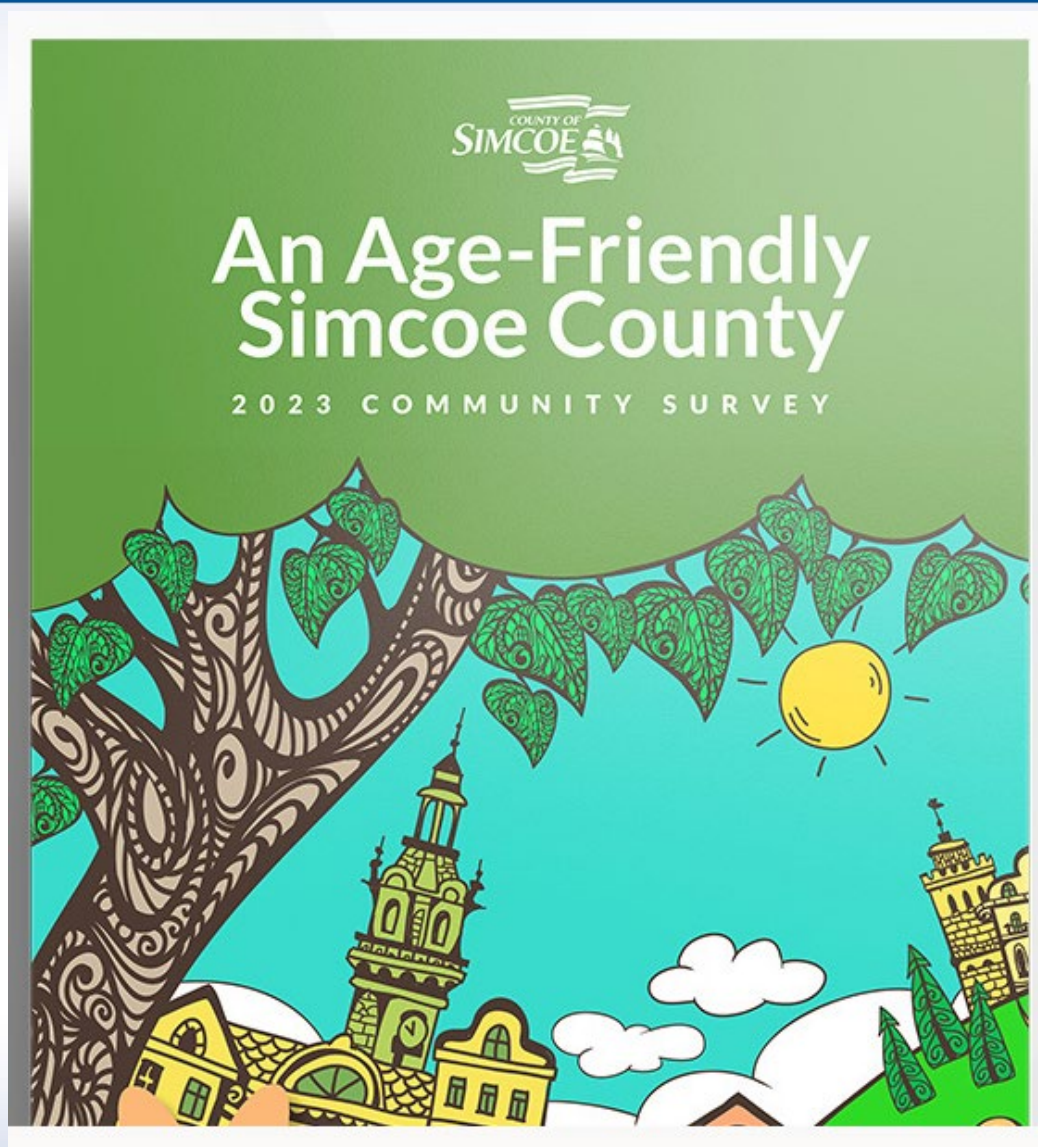
2023 Community Survey

February 2024

Performance, Evaluation and Reporting

simcoe.ca

AFC Survey Initial Findings



The survey was 30 pages with 41 questions

Average response time =20-25 mins

Total # of respondents = 2587

70% of respondents indicated they were 65+

AFC Survey Distribution



- Surveys were distributed to various locations across the County of Simcoe including:
 - Community Recreation Centres
 - County of Simcoe Museum
 - Health Centres
 - Legions
 - Libraries
 - LTC Homes
 - Municipal Offices
 - Seniors Centres / Social Clubs
 - Seniors Housing
 - 211



Number of Responses by Municipality

- Responses were received from residents of all municipalities in Simcoe County:

Top 10 Responses		
City of Barrie	14.57%	269
Town of Midland	8.56%	158
Town of New Tecumseth	7.80%	144
Township of Oro-Medonte	7.69%	142
Town of Penetanguishene	7.42%	137
Town of Wasaga Beach	7.31%	135
Township of Tiny	5.96%	110
Town of Collingwood	5.42%	100
Town of Innisfil	5.36%	99
City of Orillia	4.98%	92

Respect and Social Acceptance



N = 2324



Public Outdoor Spaces

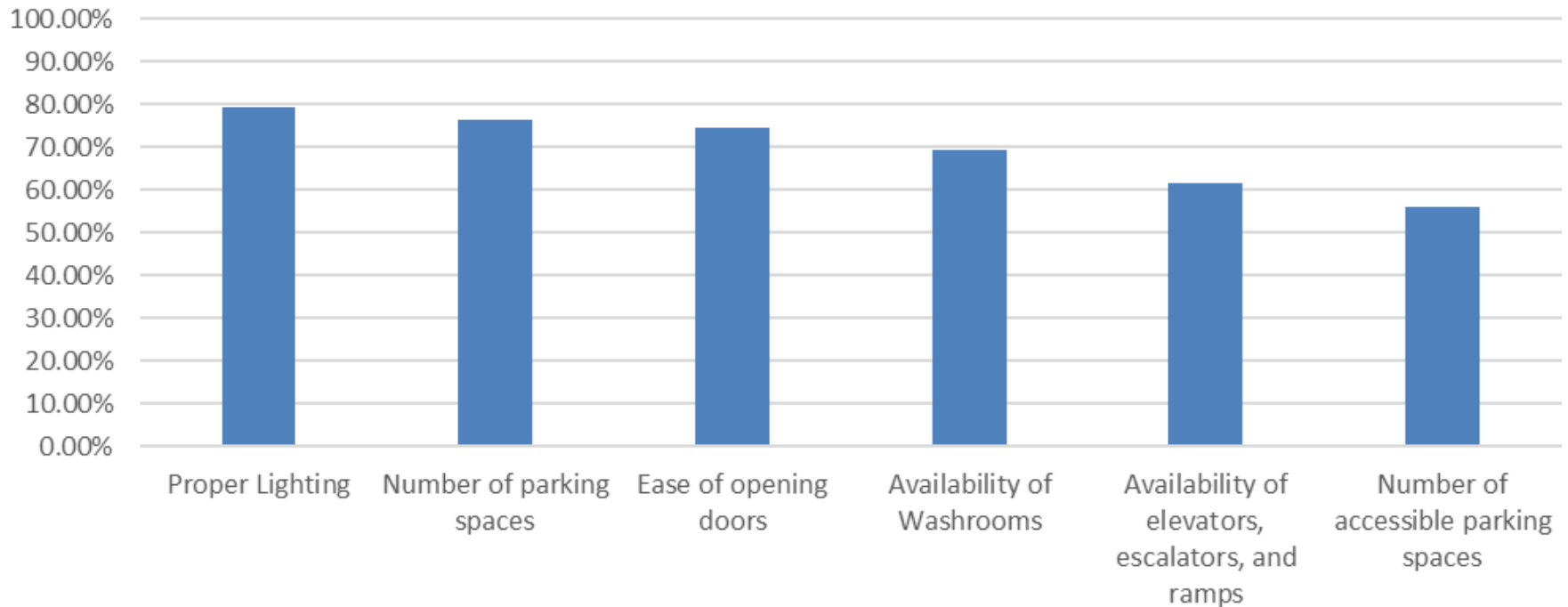


N = 2135

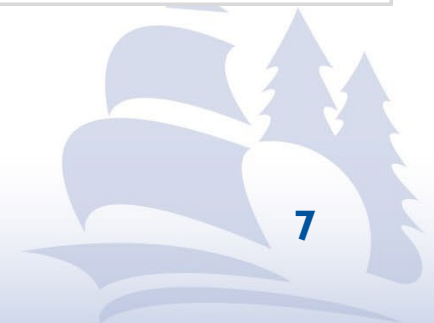


Public Indoor Spaces

Level of Satisfaction with Public Indoor Spaces



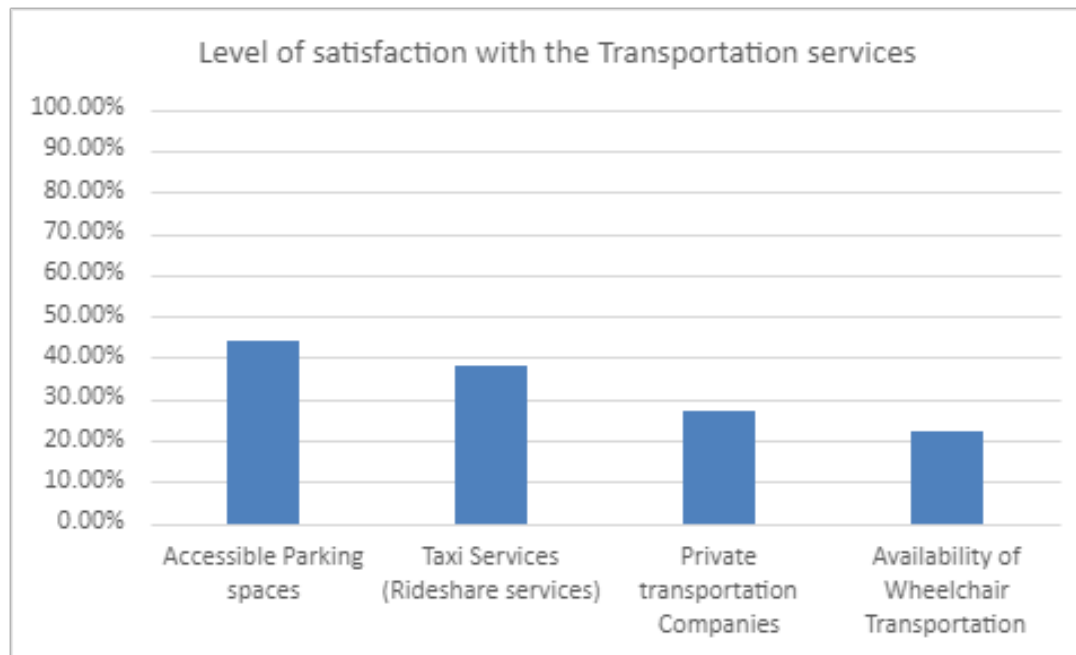
N = 2042



Transportation



- **48%** of the respondents who travel through public transportation are satisfied with the services (N= 252)



N = 1874



Housing



Of total respondents:

- **30%** indicated they live alone
- **71.5%** indicated they live in the home they own
- **89%** indicated that their current living situation fits their needs
- **76%** indicated no modifications were required to their household to continue to live there safely



Civil Participation and Employment



Of total respondents:

- **83%** indicated they are retired
- **19%** indicated they are employed
- **32%** were looking for volunteer opportunities and **34%** respondents stated they were already volunteering



Social Participation



Of total respondents:

- **81%** indicated that they socialize with family, friends and others daily or weekly
- **52%** indicated they were happy with their level of socializing however the top factors that may prevent more socialization include:
 - Distance
 - Cost
 - Lack of information about events
 - Health



Communication and Information



Of total respondents:

- **90%** indicated they feel informed about the local area
- **78%** indicated they would like to be more informed about their area
- **35%** indicated they are aware of 211
- The top 3 modalities for learning about what is going on in the local community include:
 - Internet
 - Word of mouth
 - Friends/family



Community and Support Health Services

Of total respondents:

- **74%** described their physical health as good, very good or excellent
- **83%** described their mental health as good, very good or excellent
- **95%** indicated they have a family doctor or nurse practitioner
- **73%** indicated that they would use virtual appointments if they were available in their home
- **21%** had noticed improvements related to local initiatives or projects in our community to support older adults

Affordability and Accessibility



- Residents indicated they are experiencing challenges with affordability and accessibility in the following areas

Answer Choices	Affordability	Accessibility
Food	57%	25%
Housing Costs (<i>mortgage/rent, insurance/utilities</i>)	57%	28%
Home Repairs	55%	47%
Automobile Expenses (<i>car repairs, gasoline, insurance</i>)	58%	28%
Activity Memberships (<i>exercise/fitness class</i>)	35%	23%
Public Transportation	10%	29%
Community Transportation Services (<i>Transportation service companies for non-urgent medical appointments, including dialysis, chemotherapy and regular check-ups</i>)	13%	23%
N =	966	681

Insights on Perspectives and Needs



- Desire for more understanding in daily interactions.
- Need for more social activities and programs aligned with weather conditions.
- Large number of respondents wish to age in their home.
- More communication and outreach of initiatives related to all 8 domains throughout the county.
- Desire for accessible transportation options for seniors regardless of the location.

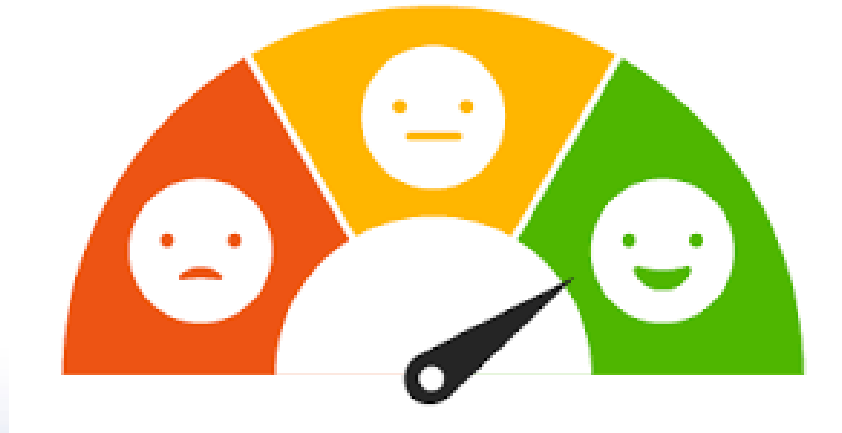


Overall Satisfaction with Living in Simcoe County



Of total respondents:

- **81%** indicated that they are satisfied with living in the County of Simcoe in relation to the age friendly aspects covered in the survey.
- They feel respected and socially accepted in the community.



Next Steps



- Complete Qualitative and Quantitative Analysis and Report of the AFC Survey results.
- Updating and reconciling the action plan in the 2018 - 2023 Simcoe County Positive Aging Strategy.
- Conduct public consultations via Town Halls and interviews.
- Creating a new action plan for the 2024 – 2028 Simcoe County Positive Aging Strategy.
- Write report to County Council.



APPLICATION

Section 1: Applicant Information

Homeowner Developer/Corporation

Last Name	First Name
-----------	------------

Developer / Corporation Name (if applicable)

Phone	Cell	Email
-------	------	-------

Does the owner reside at this address? Yes No

Are there any other owners? Yes No Please specify: _____

One or more of the residents must be over the age of 60. Proof of age must be provided by the owner/ landlord/tenant (examples: birth certificate, driver's license, copy of utility bill accompanying photo ID)

60-65 65-70 70-75 75+

Do one or more tenants currently use the following medical devices?:

Wheelchair Walker Other: _____

Section 2: Property Address

Number	Street	Unit/Suite/P.O. box
--------	--------	---------------------

City/Town	Province	Postal Code
-----------	----------	-------------

Owner's Mailing Address (if different than property address)

Number	Street	Unit/Suite/P.O. box
--------	--------	---------------------

City/Town	Province	Postal Code
-----------	----------	-------------

Section 3: Housing Type

Single Detached Semi-Detached Townhouse Mobile/Modular Home

Seniors Apartment Assisted Living Co-housing Supportive Housing

Landlord / In-law suite Other (please specify) _____

Section 4: Scope of Work (Accessibility Modifications)

Estimated total cost of accessibility modifications \$ _____

Do you currently receive in-kind support or any other subsidies from the County of Simcoe?

Yes No

Have you previously received grants from the County of Simcoe?

Yes No

If you answered 'Yes', what grant did you receive. If you received the Age-Friendly Seniors Housing Grant, what year did you receive this grant?

Please note: Applicants who have already received funding from the Age-Friendly Seniors Housing Grant in the past three (3) years are not eligible to apply.

All submissions require a signed application and declaration, a copy of proof of age ID, two (2) professional/contractor estimates and current photo(s) of the area(s) to be improved.

Select Applicable Grant Category

See Age-Friendly Housing Checklist for more information

Accessible Housing Design for Seniors

Does your home require renovations to make it easier to move about within and outside? Some examples include: ramps to an entranceway, handrails in hallways, stairs or bathrooms, walk-in showers, wider door frames for walkers or wheelchairs.

Definition: Under this stream, grants are provided for housing designs that support the following design elements: Universal design, visitable homes, community design, and inclusive design for getting outdoors.

Please add details below:

Accessible Design for People Suffering with Dementia

Does your home require items to aid those with Dementia? For example: better lighting, security to prevent wandering, directional signage, stairway markings, flooring improvements, etc.

Definition: Under this stream, grants are for housing design reflecting the best practices of Canada Mortgage and Housing Corporation (CMHC) Housing Options for People Living with Dementia, Volumes 1,2,3 and/or in the criteria under the Dementia Services Development Centre (DSDC) for Improving Design of Housing to Assist People with Dementia.

Please add details below:

Supportive Services for Older Adults

For a housing complex, does it include common areas for meals, seniors programs, safety features for older adults with or without dementia, mobility aids such as walk-in showers, handrails, etc.?

Definition: Under this stream, grants are for the provision of capital projects for buildings that facilitate support services specifically for seniors, for example: congregate dining

Please add details below:

The information on this form is being collected under the authority of the Municipal Act, 2001. The Age-Friendly Seniors Housing Grant Committee does not disclose the detailed evaluation scores of an applicant, other than to the applicant whose score it is. The grant applications are reviewed to ensure all requested documents and securities are received and found to be satisfactory. The Committee will use its best efforts to ensure that evaluations are fair and accurate. Results of the evaluations are not subject to review and the applicant agrees to be bound by the decisions of the Committee. Questions about this collection should be directed to the Age-Friendly Lead, 1110 Highway 26, Midhurst, Ontario, L9X 1N6, 705-726-9300 ext. 3127 or email to agefriendly@simcoe.ca



DECLARATION (applicant is an individual)

The applicant for the Age-Friendly Seniors Housing Grant do(es) hereby:

- a. certify that all information contained in this application is true and complete in every respect.
- b. acknowledge that if the applicant knowingly makes a false declaration, the County of Simcoe shall have the right to cancel the approval and recover any paid funds.
- c. acknowledge that if the application is accepted it will not apply to work started or completed prior to final approval.
- d. authorize the County of Simcoe and/or its authorized representatives to contact the individual identified in Section 1, if clarification is necessary.
- e. consent to the collection, use, disclosure, transfer and exchange of information contained in this application for the purpose of verifying the validity and accuracy of the information provided and determining the eligibility of the applicant to receive the Age-Friendly Seniors Housing Grant.

The applicant has read, understood, and agrees to the terms and conditions listed above.

Dated this ____ day of _____, 20____.

Signature: _____ Print Name: _____

Signature: _____ Print Name: _____

Notice of collection, use, and disclosure

Personal information is being collected on this form pursuant to Section 107 of the Municipal Act and will be used to determine your eligibility for the Age-Friendly Seniors Housing Grant Program. Questions regarding the collection of this information and how it is used may be directed to the Age-Friendly Lead, County of Simcoe, 1110 Highway 26, Midhurst, Ontario L9X 1N6 (705) 726-9300 ext. 3127.

DECLARATION (applicant is a corporation)

The applicant for the Age-Friendly Seniors Housing Grant do(es) hereby:

- a. certify that all information contained in this application is true and complete in every respect.
- b. acknowledge that if the applicant knowingly makes a false declaration, the County of Simcoe shall have the right to cancel the approval and recover any paid funds.
- c. acknowledge that if the application is accepted it will not apply to work started or completed prior to final approval.
- d. authorize the County of Simcoe and/or its authorized representatives to contact the individual identified in Section 1, if clarification is necessary.
- e. consent to the collection, use, disclosure, transfer and exchange of information contained in this application for the purpose of verifying the validity and accuracy of the information provided and determining the eligibility of the applicant to receive the Age-Friendly Seniors Housing Grant.

The applicant has read, understood, and agrees to the terms and conditions listed above.

Dated this ____ day of _____, 20____.

Legal name of applicant

Per: _____ Name: _____

Title: _____

I have authority to bind the corporation

Notice of collection, use, and disclosure

Personal information is being collected on this form pursuant to Section 107 of the Municipal Act and will be used to determine your eligibility for the Age-Friendly Seniors Housing Grant Program. Questions regarding the collection of this information and how it is used may be directed to the Age-Friendly Lead, County of Simcoe, 1110 Highway 26, Midhurst, Ontario L9X 1N6 (705) 726-9300 ext. 3127.

2024 Age-Friendly Seniors Housing Grant Program

Accessible, adaptable and inclusive designs for occupants 60+

The County of Simcoe has established an annual fund in the amount of \$500,000 for eligible Seniors Housing Grant Program projects. Grant amounts will be distributed based on the number of applications received and ability to meet funding criteria.

ARE YOU ELIBLE TO APPLY?

If you are interested in applying for an Age-Friendly Seniors Housing Grant, you must meet the following criteria:

- Housing projects must be located within the 16 municipalities of the County of Simcoe. *Does not include Barrie and Orillia.*
- Applicants can be homeowners of principal residences or developers.
- Housing must be dedicated to occupants 60 years and older.
- Individual homes or multi-unit residential
- Applicant has not already received an Age-Friendly Seniors Housing Grant in the past three (3) years; or capital funding from the County of Simcoe for the same project.



GRANT CATEGORIES

Accessible Housing Design for Seniors

- Universal design.
- Visitible home design.
- Inclusive design for getting outdoors.
- Community design.

Design for People Suffering Dementia

- Housing design reflecting the best practices of Canada Mortgage and Housing Corporation, Housing Options for People Living with Dementia, Volumes 1, 2, 3 and/or Dementia Services Development Centre, Improving the Design of Housing to Assist People with Dementia criteria.

Support Services

- Capital projects that facilitate support services for seniors, for example: congregate social areas.
- If you are constructing or renovating a multiunit building, we could fund for enhanced aspects of accessibility over and above compliance with AODA and building code standards for residential units.

**Deadline for 2024 Age-Friendly Seniors Housing Grant Applications is
March 31, 2024**

Eligible Projects

Any modifications started or completed on the property prior to approval are not eligible for the Age-Friendly Seniors Housing Grant

Projects that want to incorporate enhanced accessible, adaptable, and inclusive designs and features that would allow seniors to continue to live independently and participate in their community for as long as possible.

Examples of housing types include:

- Single detached
- Semi-detached
- Townhouse/row
- Mobile/modular
- Co-housing
- Supportive housing
- Assisted living
- Independent living and active lifestyle

Permanent modifications to improve accessibility for seniors aged 60+. Examples include, but are not limited to:

- Main Entrance Modifications (ramp/ accessibility portion only)
- Handrails
- Chair and bath lifts
- Grab bars
- Cues for doorbells/ fire alarms
- Bathroom modifications

COSTS NOT COVERED

The following expenditures are not eligible for the Age-Friendly Seniors Housing Grant:

- **Applicants who have already received Age-Friendly Seniors Housing Grant in the last 3 years**
- Modifications completed prior to grant approval
- Construction projects that do not have local municipal building approval, where applicable
- Project receiving capital support from other County of Simcoe grant programs
- Cosmetic renovations and repairs
- Purchase of land
- Landscaping (extended pathways, retaining walls, gardens, hot tubs, etc.)
- Routine maintenance (kitchen repairs, roof, heating system, generator, etc.)
- Medical equipment (wheelchairs, walkers, mechanical lifts other than stair lifts)

GRANT

Grants will be awarded based on the following:

- The number of eligible applicants, and the ability to meet funding criteria
- Proof of capital expenses and confirmation the Age-Friendly Seniors Housing Grant criteria has been met
- A landlord must provide the number of tenants, proof of age of tenants, and lease documentation
- Note: Work that has been approved for a grant is subject to inspection before funds are allocated

HOW TO APPLY

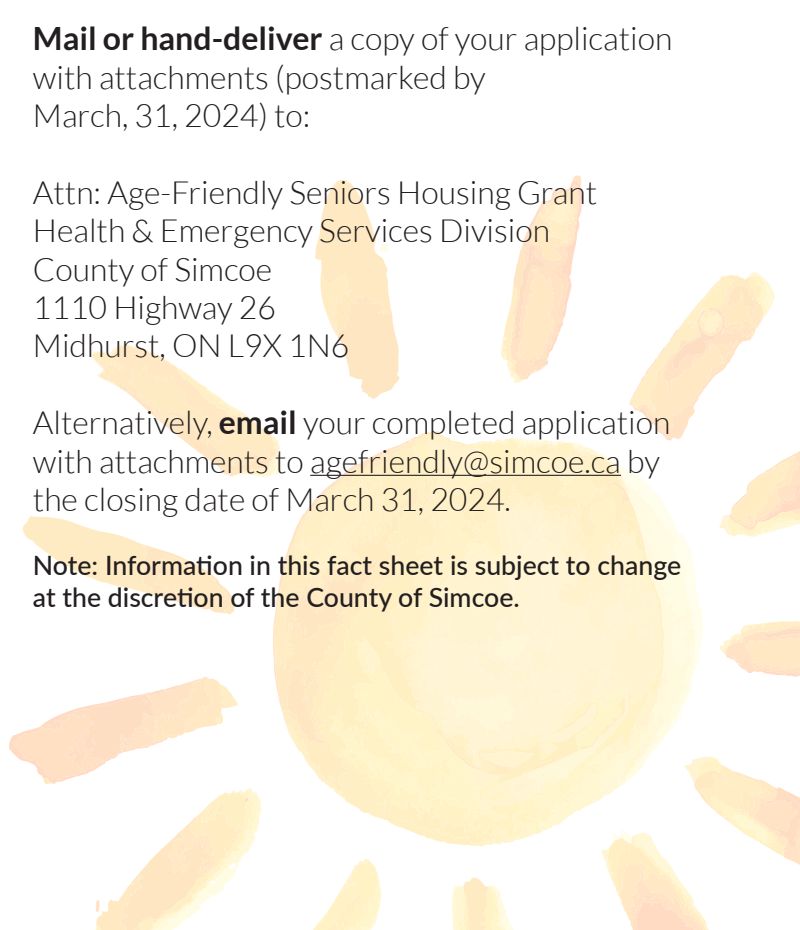
Grant applications are available online at simcoe.ca/age-friendly or contact the County of Simcoe Age-Friendly Project Assistant at (705) 726-9300 ext. 1211 to receive a copy or for further assistance.

Mail or hand-deliver a copy of your application with attachments (postmarked by March, 31, 2024) to:

Attn: Age-Friendly Seniors Housing Grant
Health & Emergency Services Division
County of Simcoe
1110 Highway 26
Midhurst, ON L9X 1N6

Alternatively, **email** your completed application with attachments to agefriendly@simcoe.ca by the closing date of March 31, 2024.

Note: Information in this fact sheet is subject to change at the discretion of the County of Simcoe.



GENERAL GUIDELINES

- Applications are subject to funding availability.
- Grants will be awarded based on the number of eligible applicants and funding criteria.
- Funding will be paid to approved applicants once all required receipts and photos have been received and criteria has been met and approved.
- Homeowner must attach a minimum of two quotations per project that clearly itemizes the work and materials required for each project.
- Modifications started or completed on the property prior to approval will not be eligible for the Age-Friendly Seniors Housing Grant.
- Work that has been approved may be subject to inspection before funds are allocated.
- One or more of the applicants in the household must be 60 years of age or older. Two copies of identification must be provided with the application (example: driver's license, passport, copy of a recent utility bill that shows name and address, rental receipt showing name and address).
- Landlord / homeowner / in-law suite submitting application for tenant/s must provide proof of age of tenants, copy of lease agreement/rental agreement.

SUPPORTING MATERIAL

Applicants must submit supporting material with their application as follows:

Completed and signed application with 2 pieces of identification showing date of birth

Two (2) professional contractor estimates/quotes per project Current photos of area to be improved

Please retain a copy of all materials submitted for your own records. Note: the grant sub-committee will not return the materials to the applicant.

Applications are received and reviewed by an Age-Friendly Seniors Grant Committee and shared with the Simcoe County Age-Friendly Communities Advisory Committee for endorsement. The applications will be evaluated according to the evaluation criteria included in the guidelines. The submission of an application does not in itself constitute any commitment on the part of the County of Simcoe Age-Friendly Seniors Housing Grant Program.

The County of Simcoe will confirm receipt of your application within five (5) business days of receipt. Please ensure you have a contact phone number or email address.

APPLICATION DEADLINE

Closing date is March 31, 2024.



APPLICATION SUBMISSION PROCESS

You may submit your application in any of the following ways:

Email your application, declaration, and all relevant documents to agefriendly@simcoe.ca

Hand-deliver your application, declaration, and all relevant documents to the County of Simcoe Administration Centre customer service desk (address below).

Mail a copy of your application, declaration, and all relevant documents to the following address:

Attention: Age-Friendly Seniors Housing Grant Program
Health and Emergency Services
The County of Simcoe
1110 Highway 26
Midhurst, Ontario
L9X 1N6

EVALUATION PROCESS

The Age-Friendly Seniors Housing Grant Committee does not disclose the detailed evaluation scores. Any evaluation carried out by the Committee shall be considered to be fair and accurate to all applicants for all purposes and shall not be subject to review.

The grant applications are reviewed to ensure all requested documents and securities are received and found to be satisfactory. Members of the Age-Friendly Seniors Housing Grant Committee will then review and evaluate each submission in two (2) phases.

Phase 1:

Grant submissions will be evaluated to determine if all the minimum eligibility criteria has been met. If minimum criteria is met, the submission will proceed to phase 2. Submissions that do not meet the eligibility criteria will be removed from further evaluation or consideration.

Phase 2:

Grant allotments will be based on a needs prioritization process in alignment with the County of Simcoe's Positive Aging Strategy: older Adults Strengthening our Communities and Planning Framework.

Evaluations will be based on the written grant submissions upon full completion of all sections of the application. Once submissions have been evaluated, applicants will receive a letter of approval, partial-approval, or denial.

Should the County receive a funding application after the expiry date, the Committee will evaluate the application based on the following criteria: eligibility, availability of funds, and time sensitive needs.



AFC Housing Checklist



85% live in private dwellings while 8% live in collective dwellings. Meeting this demand will require adaptations to existing housing, home maintenance and support services (including personal care), friends and neighbors and increased reliance on both government and private service providers. This also means providing a continuum of housing choices in terms of location, forms of housing, types of tenure, living arrangements and range of support services that would allow older adults to continue to live independently and participate in their community for as long as possible. (CMHC2011)

UNIVERSAL DESIGN:

Designers/builders must talk to and work with as many people with disabilities as possible. Principles of universal design encourage equity, intuitive, perceptible, flexibility, adaptability, safety and efficiency.

VISITABLE HOMES:

Is an approach to house design that promotes the inclusion of a basic level of accessibility into all housing—enables everyone to get in and out of the house and be able to use a bathroom on the entrance level. Three basic access features: 1) zero step entry; 2) All main floor interior doors (including bathroom) feature a clear opening width of 810 mm (32 in.), but a clear space of at least 860mm (34 in.) is better. It's highly recommended to install 915-mm (36-in) wide doors to all rooms of a home; 3) At least a half-bath but preferably a full bath on the main floor complete with a 1,500mm (60 in) turning circle in the room. Vanity Design: The key to proper height placement of the countertop is to keep the counter to a minimum thickness. This maximizes the ability to keep the countertop low enough for those in wheelchairs to reach into the sink and to get underneath the counter. The front edge of the counter can also be in a contrasting color to assist individuals with limited vision. A bar located in front of the counter can assist those individuals with balance issues. It is recommended to have rounded edges around the sink/vanity to reduce risk of skin abrasions. (Accessible Housing by Design-CMHC 2011)

INCLUSIVE DESIGN FOR GETTING OUTDOORS:

Identifies the most effective ways of ensuring the outdoor environment is designed inclusively and senior friendly. http://www.idgo.ac.uk/useful_resources/publications.htm

COMMUNITY DESIGN:

An Accessible community includes access to public transportation, walkable community close to amenities, health, recreation and cultural facilities and a caring, supportive, safe neighborhood with adequate, affordable and accessible housing. Two key features in planning is to allow for sewer inverts made deep enough to allow for lower basements, and site grading that allows for easy no-step level entry construction. The best example of progressive planning for visitable housing has been achieved in Winnipeg, Manitoba. The Bridgewater project. It helps to consult with a health professional (occupational therapist), an architect, and interior designer who is familiar with the design of accessible residences.

Accessible Housing

Accessible housing refers to homes designed or modified to enable independent living for all residents, including seniors, persons with disabilities, or suffering from dementia.

TOP 10 ADAPTATION FOR PEOPLE SUFFERING DEMENTIA

(Dementia Services Development Centre (DSDC))

1. Double the usual levels of lighting in the home to help with visual impairments
 2. Pay attention to acoustics and reduce noise pollution to reduce possible agitation and confusion
 3. Ensure there is good signage mounted low enough for people who may be bent over using a walker or wheelchair
 4. Use contrast of tone rather than color to differentiate between walls, skirting boards, and floors. Ensure the tone of flooring/paving is consistent throughout the house as well as in the outside areas
 5. Use contrast colour or tone to make switches and objects easily visible
 6. Use objects or pictures rather than colours to differentiate between rooms and different parts of the building.
 7. Ensure kitchens and bathrooms are easy to understand
 8. Ensure people can see important rooms, such as the bathroom, as easily as possible, and that furniture and fittings clearly indicate the purpose of each room. Use unambiguous signage on the doors of rooms
 9. Place large and clear illuminated analogue clocks in each room indicating whether it is a.m. or p.m.
 10. Ensure doors, where possible, be visible on entering the dwelling to indicate clearly what is in each room. Cupboards should be glass-fronted or open to help people with dementia know what is in them.
- **Lighting** for older adults, whether they have dementia or not, should be twice what is usually required
 - When designing a new home, ensure all **doors** are immediately visible and, doors to key rooms, such as the bathroom, are easy to identify. Sliding doors should be avoided.
 - Consider **re-hanging bathroom doors** so they open outward. Dutch doors or a locked screen door, may allow someone to see outside but remain safely inside. Doors should contrast with the adjacent wall unless they are not meant to be accessed.
 - When using signs to help persons with dementia, it is important to ensure they are:
 - Consistent in style
 - Mounted with their lower edge no higher than 1.2 metres from the floor
 - Contrasted with the door or wall
 - Incorporate capital letters by lower case letters and include a graphic or photograph
 - Feature good contrast between the words, graphic and background; generally light lettering on a dark background is easier for people with a sight impairment to read.
 - Include directional signage if a location is not obvious
 - For older persons, unwanted and excessive noise can produce stress, anxiety, confusion, increased heart rate, blood pressure, fatigue, delayed wound healing, decreased weight gain, impaired immune function, and hearing loss.
 - Consider using acoustical ceiling and wall products, low pile carpeting or linoleum, and heavy curtains to help absorb noise
 - Avoid waxing and polishing floors. Shiny floors can cause glare, be confusing or disturbing, and dangerous/slippery. Floors should be one consistent tone that remains the same between rooms. Changes in tone could be misinterpreted as steps, increasing the risk of falling. Patterns should be avoided.
 - Several different cues, over and above building code requirements, may be needed to alert someone with dementia to stairs.
 - Installation of handrails in one of the most common home modifications, as it allows persons living with dementia to move around and helps the caregiver when assisting the person. Handrails should be graspable (e.g. diameter of 1.5 inches).
 - Maximize lighting using both strip lighting above kitchen surfaces and spotlights for task lighting. Speck surfaces should be avoided.

For more information, refer to: CMHC, *Housing Options for People living with Dementia, Volume 1 and 2.*

Complementary Services & Amenities

Services and amenities that ideally should be located no more than half a kilometre from the proposed project site include:

- Supermarkets or grocery stores
- Other shopping and consumer service destinations such as dry cleaners, drug stores, coffee shops or restaurants
- Banks and post office
- A public Transit stop
- Hairdressers and barbers
- Seniors' social clubs
- Recreation or community centers

Services and facilities that ideally should be located no more than one and a half kilometres from proposed project site include:

- Medical, dental and other health service providers
- Places of worship
- Libraries
- Shopping centres
- Financial services such as accountants and tax advisors
- Travel agencies
- Parks and green spaces
- Theatres and other cultural venues

PEOPLE OF ALL AGES

Germany, Switzerland, Sweden, Denmark and Netherlands have been building multi-generational projects. The view is that seniors thrive in an environment where they can mix freely with people of all ages. These projects are often created in partnership with private sector, government, faith groups and other non-profit groups. Example: In Switzerland, five apartment buildings with 75 units each. The mix of residents includes singles, couples, families and senior citizens. The environment promotes an independent living style with barrier-free development and safety features such as well-lit common areas and non-slip tiles. Services and amenities are located nearby. Walking trails link each building to a nursery school, cafeteria, garden, and recreation area.

PROXIMITY TO SERVICES/AMENITIES IS VITAL

For older Canadians, the ability to participate in community activities, engage with friends and family, and safely attend to daily shopping and other needs is vitally important to maintaining their independence and quality of life. Services and amenities, including public transit, should, therefore, be close by or easily accessible.

Housing Types

INDEPENDENT LIVING AND ACTIVE LIFESTYLE

This is targeted to seniors who require minimal or no assistance with their daily living needs. This type of development often takes the form of adult lifestyle communities that frequently combine housing with recreational amenities such as golf course, hiking trails, club houses or tennis courts. Independent Living can take any number of forms from detached homes to units within multi-storey apartment buildings forming part of a larger seniors' community. Although the most common options are freehold ownership or rental, many independent living projects are developed by sponsors as condominiums or common-element condominiums where homeowners own freehold land and the freehold buildings on the land but share one or more common elements such as a road, swimming pool, park.

Many independent living projects are developed as for-profit equity co-operatives. What sets cooperatives apart is that they are democratic communities where the residents make decision on how the co-operative operates. Owners of an equity co-op own shares of the corporation and a proprietary lease or right to occupy a particular unit within the project. Unlike a condo, owners of an equity co-op do not acquire a deed to a particular unit. The developer sees the project to completion, sells the shares to the co-op and does not retain any residual interest.

Non-share or non-profit co-ops also exist. Many non-profit co-ops are developed by charitable and affinity groups. They differ from equity co-op insofar as members do not acquire an ownership stake and cannot sell their shares. Occupancy in a non-profit co-op is similar to a conventional rental agreement, although residents, as members participate in the business and operation of the co-op., including electing the board of directors, approving budget and maintaining the development.

Life Lease projects is a legal agreement that permits the purchaser to occupy a dwelling unit for life or until the agreement is ended, in exchange for a lump sum payment (entrance fee) and a monthly payment to cover project management fees, maintenance costs and operating expenses. Some sponsors of independent living projects; especially when built near an existing retirement home or long-term care facility may offer the residents the opportunity to purchase a basic service package as an add-on to the rental or condominium fee. (CMHC Volume 2)

ASSISTED LIVING ACCOMMODATION

For seniors who need or want more personal and healthcare services. Supports such as social and physical activities and other recreational activity. Most are focused on meeting daily needs, such as meal preparation, housekeeping and laundry. Other forms of assisted living place more emphasis on personal and health care services, such as bathing, grooming, dressing and taking medication. The accommodation is designed for people who require only minimal to moderate care in order to live independently, although 24-hour supervision and emergency response are customarily included.

Accommodation usually consists of rental units within an apartment building, although in some cases it can take the form of a small group residence, commonly known as co-housing.

The most common form of assisted living accommodation is the retirement residence or retirement home. Retirement residences play the most significant role in the seniors' housing industry across Canada. Most retirement residences are privately owned and operated, but some are owned and operated by municipal governments or non-profit organizations such as faith groups, seniors' organizations, service clubs and cultural groups.

CO-HOUSING

Co-housing represents a small niche market opportunity with unique characteristics. In this model, individuals come together to work with a developer. The future residents of a project contribute to the design and help shape the development. By providing equity down payments early in the development process, co-housing participants help a developer minimize risk. An added benefit is that the project is less likely to attract objectors because the future residents have a stake in the project.

SUPPORTIVE HOUSING

Another type of housing that can be developed for seniors is supportive housing. Supportive housing helps seniors and others who need additional services, such as individuals with disabilities, in their daily living by combining a physical environment that is specifically designed to be safe, secure, enabling and home-like with support services such as personal care, meals, housekeeping, and social and recreational activities.

This arrangement allows residents to maximize their independence, privacy, dignity and decision-making abilities. Supportive housing may be developed by the for-profit, not-for-profit or public sector—or through partnerships between these sectors. It can be made available in a range of tenure types, such as rental, leasehold, condominium and life lease. It is also possible to combine different tenure types in individual projects.

LONG-TERM CARE HOMES

Long-term care homes are designed for people who can no longer live independently and require 24-hour nursing care and supervision, sometimes within a secure setting when necessary to safeguard residents with Alzheimer's or other types of dementia. Long-term care homes offer more personal care and support than that offered by retirement residences and other forms of supportive housing.

Long-term care homes are subject to government regulation and typically require a licence to operate. In return, sponsors receive some form of fixed government funding, calculated on a per diem basis, to provide accommodation and health care services. In most cases, residents may be expected to pay a government-regulated co-payment for their accommodation, which covers basic services such as meals, housekeeping, laundry, property maintenance and administration. The exception is for residents with very low incomes who cannot afford the cost of basic accommodation. In these instances, the co-payments are generally paid by the province or health authority for the area in which the long-term care facility is located.

“OTHER” TYPES OF HOUSING FOR SENIORS

- Intergenerational co-housing community for residents of all ages
- Senior co-housing condominium homes
- Seniors living with and assisting in rehab to disabled children and adults

RURAL DEVELOPMENTS

Sponsors of rural developments may have to provide a more extensive range of “in-house” programs and services, as there will typically be few other providers in the immediate community who can offer such services. The cost implications of these decisions must of course be factored into the financial feasibility analysis.

The market for a housing project aimed at an older population will have a relatively narrow geographic draw. The draw widens if the project is linked to a club, cultural group or other distinct body representing a well-defined, less geographically limited community, or if amenities such as recreational facilities associated with active adult housing have their own separate appeal.

Although situations can vary, the following location and neighbourhood selection considerations apply generally to the seniors’ market:

- neighbourhoods with diverse populations, housing types, and community services and facilities will more likely address the varied demands of the older market;
- proximity to public transit and easy access to nearby community services and facilities can substantially increase the convenience and independence of residents; and,
- attractive, visually stimulating environments, enriched by pleasant physical features
- are likely to have a positive effect on residents’ day-to-day quality of life.

OVERVIEW OF WHO HOUSING FINDINGS

There is a link between appropriate housing and access to community and social services in influencing the independence and quality of life of older people.

1. **Affordability:** Cost of housing is a major factor influencing where older people live and their quality of life. If not affordable it makes it difficult to move to appropriate housing on a fixed income.
2. **Essential Services:** Essential services must be adequate and not expensive.
3. **Design:** It is considered important for older people to live in accessible accommodation.
4. **Access to Services:** Living close to services and amenities is also vital.
5. **Community and Family Connections:** Familiar surroundings whereby people feel part of a local community. Multi-generational spaces for interaction, front verandas.
6. **Housing Options:** A range of barrier-free and accessible housing options in the local area to accommodate changing needs is an important age-friendly feature.
7. **Living Arrangements:** It is important for older people to have sufficient space and privacy at home. Feeling safe in the home environment is another theme.
8. **Transportation:** In close proximity to living arrangements.