

York Region

# Seniors Strategy

*Thinking Ahead*



## Preparing for change - redefining outreach and education for a changing demographic

Heidi Breen, Environmental Services

Krista Bradley, Community and Health Services

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# Snapshot of Seniors in York Region

The seniors population is growing faster than any other age group

1 in 5 people will be 65 years or older by 2031.



14.6%  
(161,925)

2016



21%  
(311,257)



2031

## Life Expectancy

Three Year Average, 2012-2015

Canada

81.8

Ontario

82.3

York Region

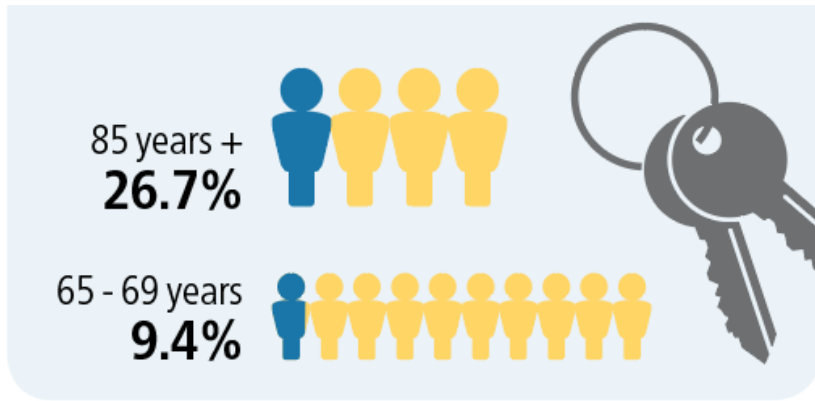
85.3

# Seniors Are More Diverse Than Ever

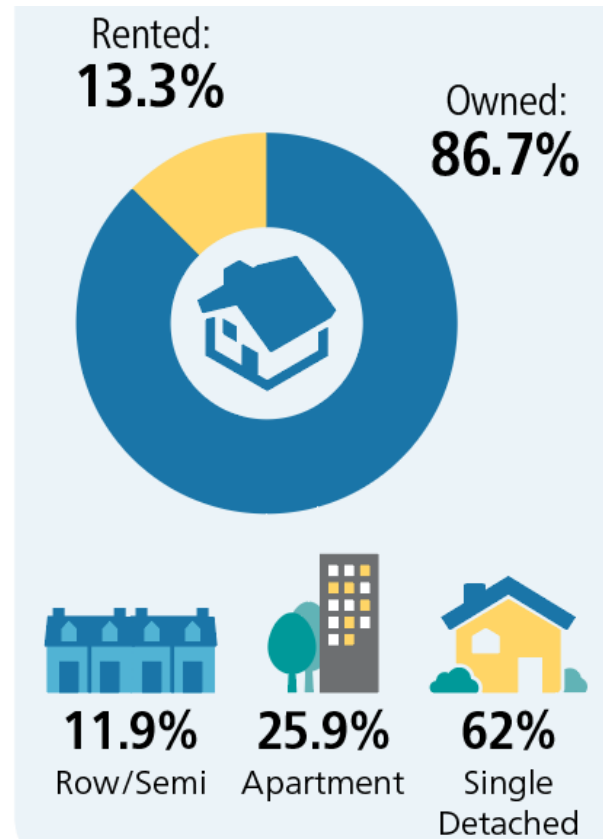
Seniors are a highly diverse group with an age span that can stretch 30+ years

- Younger seniors tend to be more active and socially engaged. They're often caregivers for other family members – including grandchildren, spouses and friends.
- As seniors age, they *can* become more frail and vulnerable – but this isn't always the case. Depending on a wide range of factors, many seniors remain healthy and vibrant well into their 80's and 90's.
- Services cannot assume a one size fits all approach will work for seniors. We need to look ahead and account for ways that programs can shift and change to adapt to the varying needs of seniors across a spectrum of aging.

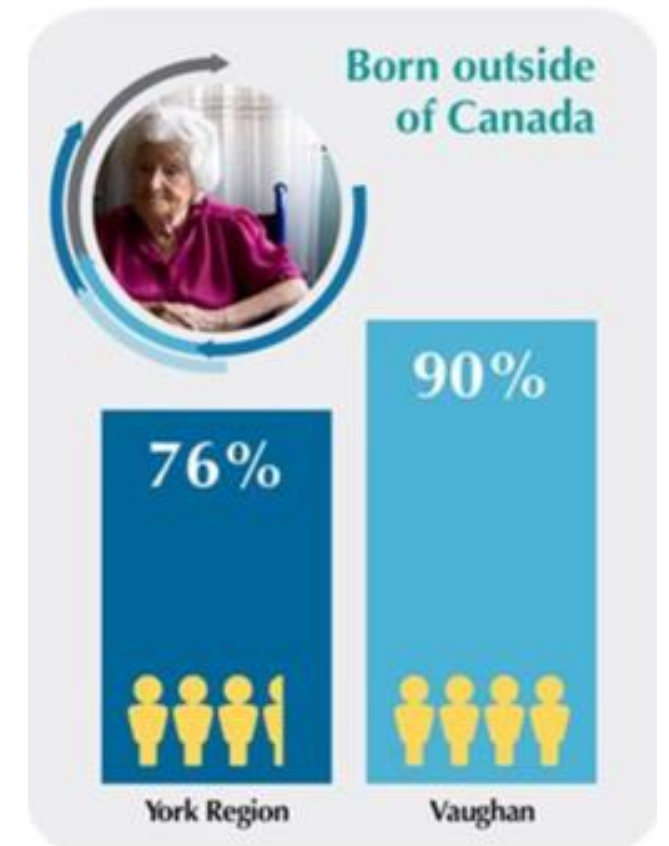
# Diversity in Senior Population in York Region



Seniors living alone increases with age



Seniors require a variety of housing options



Seniors are culturally diverse

# Supporting seniors to age in place

## Direction set out in the Seniors Strategy



**Balance the needs of seniors with all residents**



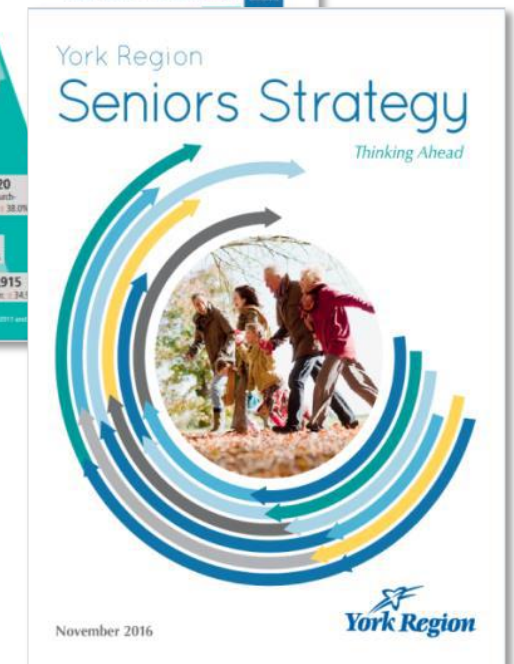
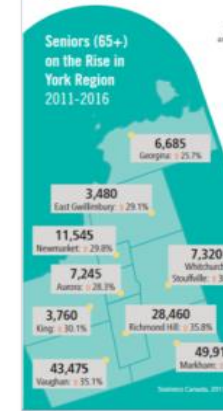
**Keep seniors healthier; longer**



**Support age friendly complete communities**



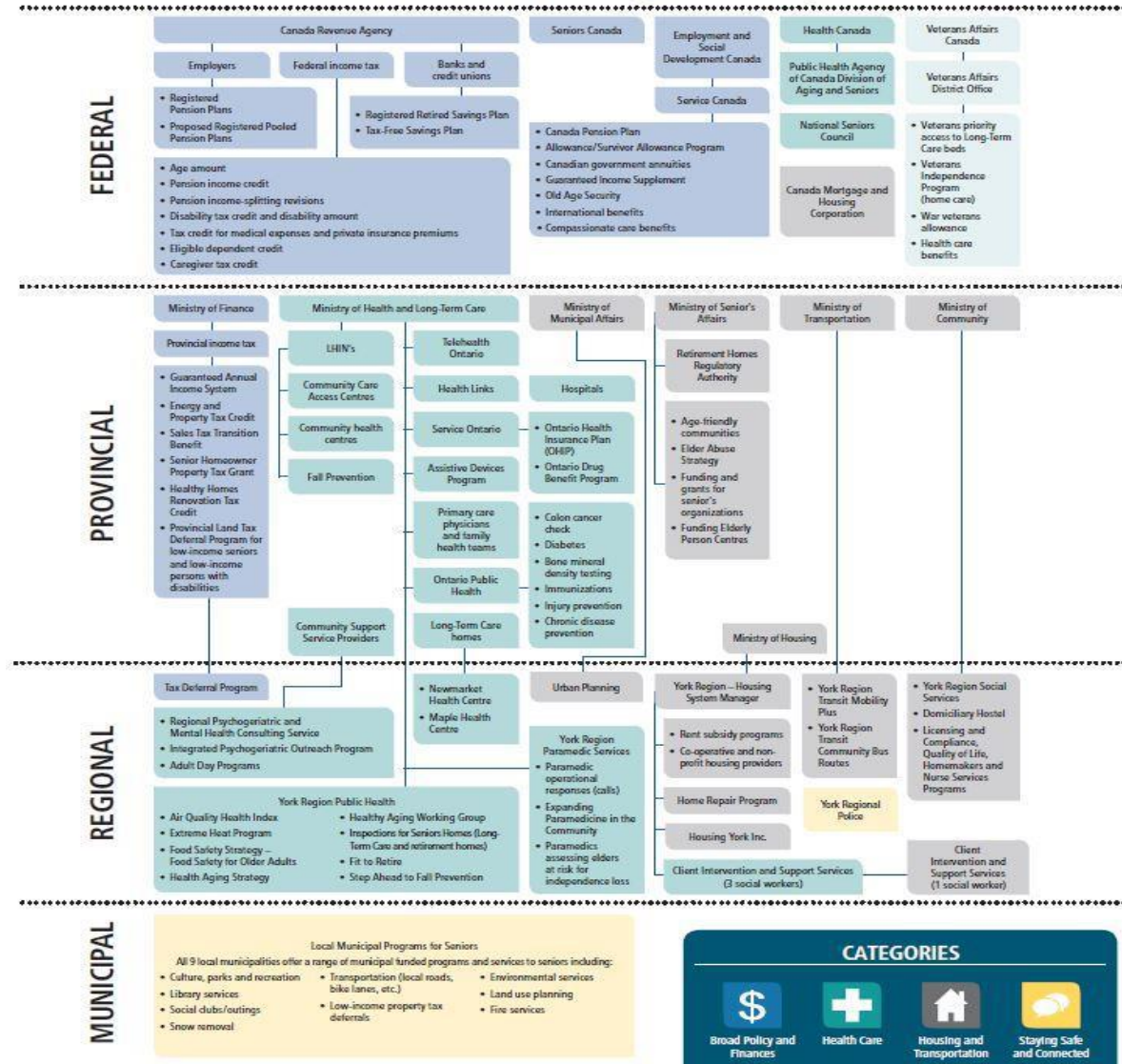
**Connect seniors/caregivers to the right programs and services at the right times**



# Collaboration and Partnership are Key



## Government Funded Services for Seniors - A York Region Perspective



# Seniors Strategy — Keep Seniors Healthier, Longer

## Issue:

- Not all seniors are high users of healthcare services
- Increased demand by seniors on paramedic services
- Need to target prevention and promotion – encourage healthy choices, behaviours, self-care
- Need to match response and resources to the situation

## Strategic Action:

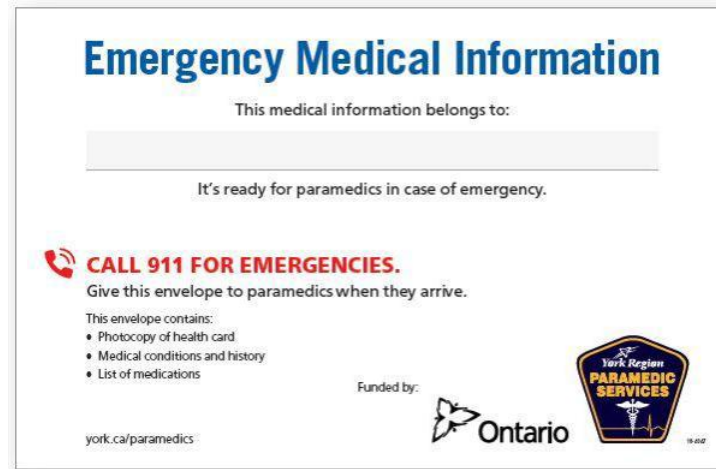
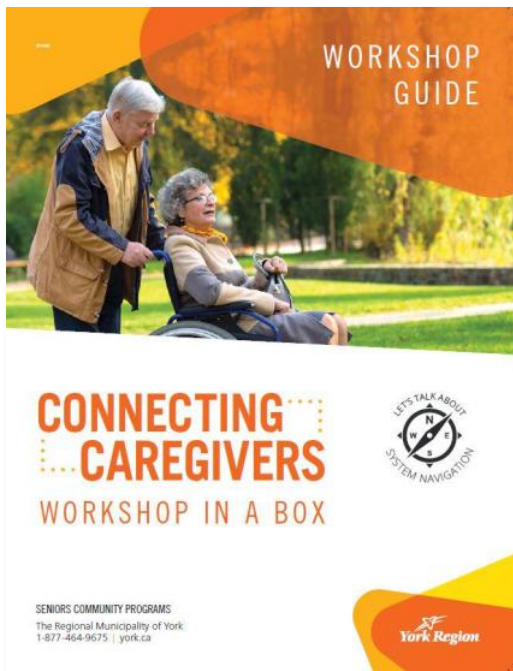
- At a system level understand what programs and services are required to support seniors to age in place and the capacity needed to deliver them.
- Expand existing prevention programs and identify new programs needed, including alternative programs for those on waitlists

YORK REGION: GETTING BETTER WITH AGE



# Seniors Community Grant – Collaborative Funding Application

Funded by:



## Nature's Classroom

**Free forest walk, education session and lunch!**

You are invited to join a new program offered by The Regional Municipality of York in the beautiful York Regional Forest. The program is targeted to individuals 60 years of age and better.

The program is part of the Nature's Classroom program, and will include an enjoyable guided hike on the accessible trail at the Hollidge Tract (Highway 48 and Vivian Sideroad area), a FREE healthy lunch, as well as complimentary transportation to and from the forest.

There is no charge for this program. Spaces are limited.

**WHEN:** October 1, 2018  
**TIME:** 9:30 a.m. to 1:30 p.m. or 11:45 a.m. to 3:45 p.m.  
**WHERE:** Bus pick-up in front of 76 Dunlop St.

An information package will be provided prior to October 1 for registered participants.

For more information:  
Email: [housingyorkfeedback@york.ca](mailto:housingyorkfeedback@york.ca)  
Call: 1-877-464-9675 ext. 72745

Funded by:



# Nature - Keeps Seniors Healthier, Longer

## Regional Greening Strategy:

- Creates and maintains healthy natural environments that foster, healthy sustainable communities for current and future generations
- Educate residents about the value of Green Infrastructure, and provide opportunities to connect with nature and inspire action

## Seniors Strategy:

- Target prevention - encourage healthy choices, healthy behaviours, self-care

## Science shows:

- Nature makes you HEALTHIER!

*Building on alignments of Corporate Strategies*



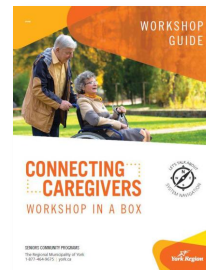


# An opportunity for enhanced collaboration



## Are You Getting Enough Vitamin N?

Funded by:



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# Making the connection and seeing the results

Of 61 survey results from the pilot program:

- 66% participants visited the York Regional Forest for their first time
- When asked what people would like to learn more about, they chose in order of interest:
  - The York Regional Forest
  - Physical Activity
  - York Region services
  - Oak Ridges Trail Association
  - Fall prevention
  - Healthy Eating
- 84% strongly agreed or agreed they would return to the forest and walk the trails
- 82% strongly agreed or agreed they felt more informed about the resources and assistance available for seniors





# Preparing for change

- Identifying the preferred language of a group, prior to running a program
- Reducing group sizes and being ready for different walking paces, mobility levels and assistive devices
- Creating and using accessible spaces where possible
- When thinking of transportation, plan for wheelchairs and assistive devices
- Continue to promote opportunities for residents to connect with nature, and inspire action
  - On an individual level
  - In a social setting amongst peers
  - Opportunities close to home





# A new opportunity

Funded by:



Thanks to the Government of Ontario - Seniors Community Grant 2019 – 2020 we are now able to complete outreach to six Senior's community groups to:

- Offer an opportunity for Seniors to see and experience the York Regional Forest through 3D virtual reality devices
- Provide information about York Region services including the York Regional Forest and the nature's classroom program
- Highlight volunteer opportunities with local environmental agencies – *promote opportunities to get involved and stay engaged*
- Showcase how easy it is to access nature



# Thank you

[www.york.ca/seniorsstrategy](http://www.york.ca/seniorsstrategy)

[www.york.ca/greening](http://www.york.ca/greening)

[www.york.ca/naturesclassroom](http://www.york.ca/naturesclassroom)

**YORK REGION:  
GETTING BETTER WITH AGE**

