



Age Friendly Community Plan

prepared for the District of Sechelt
by the Sunshine Coast Seniors Planning Table
a Program of the Community Resource Centre



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Executive Summary

This Age Friendly Community Plan was developed by the Sunshine Coast Seniors Planning Table, a program of the Community Resource Centre (CRC), for the District of Sechelt. Between April and September of 2016 we asked a total of 208 participants in eight focus groups what would make Sechelt even more friendly for people of all ages. We have summarized their feedback by topic and, in consultation with community groups and agencies, formulated these recommendations.

Key Findings and Recommendations

- A. **Outdoor Spaces and Buildings** – The District of Sechelt needs more and flatter sidewalks, and signed beach trails with more benches and washrooms. Places for people to gather and socialize are important.
- B. **Transportation and Traffic Safety** – Recommendations are made to a wide variety of agencies for measures to improve safe transportation for pedestrians, bicycles, motorized mobility devices, and users of public transit and ferries.
- C. **Housing and Independent Living** – The importance of aging in place in a secure, affordable home was a resounding theme in citizen comments. We recommend that the District of Sechelt develop an affordable housing strategy and continue its involvement in the Homelessness Advisory Committee.
- D. **Respect and Inclusion** – The Seniors Planning Table is directed to work with community groups to foster intergenerational connection.
- E. **Social Participation** – We recommend that the SCRD Recreation Department and the Seniors Planning Table increase opportunities for building social connections by holding community events at neighbourhood halls, parks and schools.
- F. **Civic Participation and Employment** – Many older adults must work. We recommend that the Open Door Group, the Sunshine Coast Regional Economic Development Organization and the CRC consider the employment and financial needs of older adults. Older adults are also some of the busiest volunteers in our community. There is a need for a more robust Volunteer Centre.
- G. **Communication and Information** – Something we heard repeatedly was that community members are unaware of services already offered on the coast, and don't know where to go to find information. We recommend that the CRC and the Seniors Planning Table continue efforts to communicate information on a wide variety of programs and services.

H. **Community Support and Health Services** – Seniors health care needs are urgent, and communication about available services is lacking. We have made a number of recommendations to organizations including Vancouver Coastal Health, the Division of Family Practice, Kálah-ay Campus of Capilano University, and the SCR D Recreation Department to address wellness, dementia, and a variety of other health needs.

Conclusion

We hope this plan will inform community members and agencies about issues and create a foundation for future work. We feel strongly that there is a need for evidence-based community social planning and a supported Seniors Planning Table on the coast, as well as a social policy framework at the provincial and federal government levels. We recommend that the District of Sechelt prioritize the recommendations in this plan, and continue to work collaboratively with other agencies, community organizations and governments to make the Sunshine Coast a healthy, connected and liveable community for people of all ages.

DRAFT

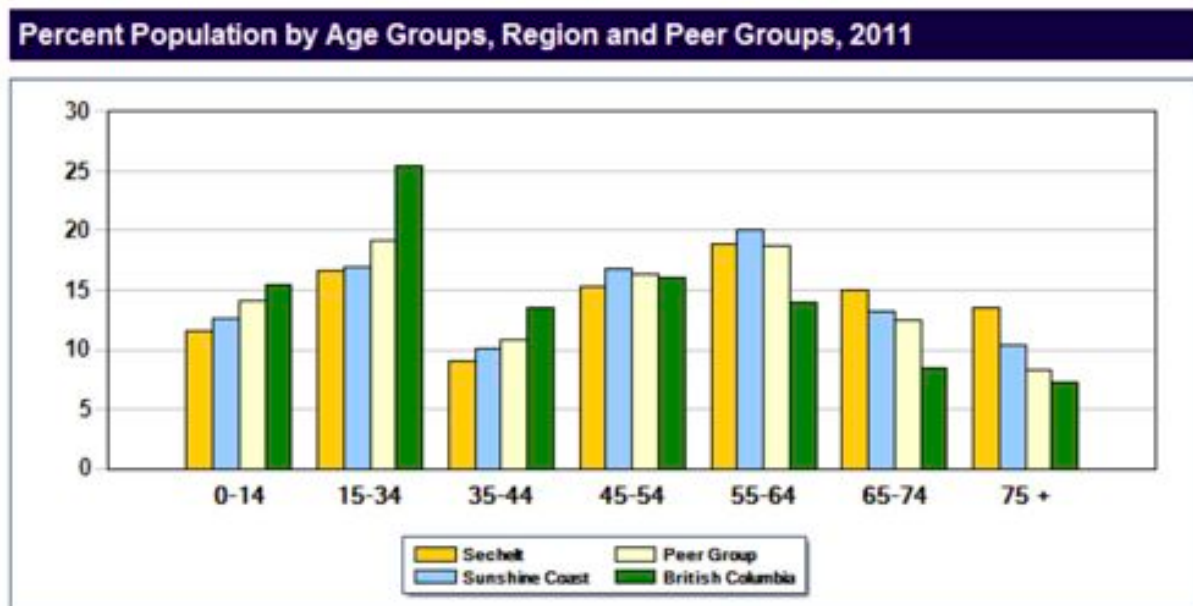
1. Introduction

Background – A Bit About the Sunshine Coast Seniors Planning Table

The Sunshine Coast Seniors Planning Table was established early in 2015 as a result of findings from and a recommendation of the Progress Plan. The Seniors Planning Table is a program of the Community Resource Centre, a central information and referral hub that uses a collaborative approach to serve the community. Given the connections the Seniors Planning Table has with the community, the District of Sechelt applied to the Union of BC Municipalities for an Age Friendly grant to develop an Age Friendly Community Plan for the District.

About the Age Friendly Project

The District of Sechelt's Official Community plan states: "Sechelt has close to double the number of seniors as the provincial average – the shift toward older age groups requires a new emphasis on more affordable, flexible housing types in Sechelt as well as health facilities, recreation and expanded community services.



Source: Community Information Database, Government of Canada's Rural Secretariat

This chart illustrates that the population of adults 55+ in Sechelt and on the Sunshine Coast is dramatically higher than BC's population of the same cohort. It is further estimated that the current population of 75+ on the Sunshine Coast will double within the next ten years.

In light of this, it made sense that the next step was to develop an Age Friendly Community Plan for the District of Sechelt.

Sechelt already has a lot going for it. The District of Sechelt received an award for conducting three previous successful age friendly initiatives—The Accessible and Adaptable Housing Design Guidelines, Sunshine Coast Seniors Directory and the Sechelt Residents 50 Plus Survey. But what else might be needed? The Seniors Planning Table held focus groups with stakeholders and the public to get feedback on what would make Sechelt more 'age friendly'. Based on that input, this Age Friendly Community Plan was developed.

In an 'age friendly' community, people of all ages and abilities live in security, enjoy good health and participate fully in society. Elements of Age Friendly communities are:

- Outdoor spaces and buildings
- Transportation
- Housing
- Respect and inclusion
- Social participation
- Civic participation and employment
- Communication
- Community support and health services

2. Methodology

Focus Groups

Our public engagement included people who live and work in various neighbourhoods in Sechelt, regardless of age. We also engaged stakeholders, including those who serve older adults who do not or cannot attend public gatherings.

Synchronistically, members of the Seniors Planning Table began receiving invitations to speak at local community events, so we 'piggybacked' on those events, such as the Annual General Meetings of the Sandyhook and Davis Bay/Wilson Creek Community Associations. Eight focus groups were held between April 30 and September 15, 2016 and we also received written submissions from the Older Women's Group that meets at the Sechelt Library and the White Cane Club. Focus groups were promoted in Community Association newsletters, posters and newspaper articles. In all there were 208 participants. Focus groups were held in most neighbourhoods in the District of Sechelt. For details see Appendix A.

Focus groups were facilitated by the Seniors Planning Table Coordinator. In larger groups we also used small group facilitators.

Focus groups varied in length from 45 minutes to three hours. After a brief introduction to the project, all groups received the same handout package which outlined the elements of age friendly communities and also included a listing of community resources. We wanted to both provide needed information to focus group participants and get people to give us information about their needs. In all but one meeting, focus group participants had an opportunity to provide input into any of the age friendly elements/topics. The exception was a focus group dedicated to housing and independent living, since this is such a hot topic on the Sunshine Coast.

Focus group evaluation forms were circulated at all events organized by the Seniors Planning Table/Community Resource Centre.

Data Analysis

All data was transcribed from flip chart notes and evaluation forms and analyzed for key themes. Although focus groups did not prioritize needs, an attempt has been made to identify those needs that were mentioned by many individuals, and these constitute the bulk of this report. For more detail see the Appendix C and Appendix E.

Focus Group Evaluations

Fifty-four evaluation forms were received in all. The following is a summary of the key themes.

Today I Liked:

- discussions/networking and participation, having input
- information sharing
- brainstorming new ideas
- diversity of perspectives and people

New Ideas/Information Received:

- learning with regard to the wide variety of services related to many of the age friendly elements
- meeting new people
- roles for all levels of government

Suggested Improvements:

- some participants were unable to hear in two venues - Seaside Centre and the hall at the Holy Family Catholic Church in West Sechelt

Desired Next Steps:

- buy-in from local government
- receipt of this Age Friendly Community Plan by participants and results shared with the community
- priorities for action
- more opportunities for input at events like these

The Evaluation Form is Appendix D and verbatim responses are in Appendix E.

Recommendations and Implementation

Based on the key focus group themes, the following have been approached about the focus group findings and possible actions to be undertaken:

- District of Sechelt
- Sunshine Coast Regional District
- Sunshine Coast Transit
- Vancouver Coastal Health
- Private businesses
- RCMP and ICBC
- Division of Family Practice
- Capilano University Káalax-ay Campus

- SCCSS – Better at Home
- Open Door Group/Work BC
- SC Healthcare Auxiliary
- District of Sechelt Accessibility Advisory Committee
- Seniors Planning Table and Action Groups
- Community Resource Centre
- Various BC Government Ministries

Recommendations have been developed based on consultation with these stakeholders and are actions that can be reasonably taken. Therefore, none of the recommendations should be a surprise to local stakeholder to whom they are directed. Recommendations are not prioritized due to the number of stakeholders to whom they are directed and their varied levels of funding and staffing. It is anticipated that the recommendations will be added to agency work plans as appropriate while addressing other concerns.

Overall Project Management

The project was carried out by the Seniors Planning Table Coordinator in consultation with members of the Seniors Planning Table and the Community Resource Centre. We met periodically with planners at the District of Sechelt to ensure that things were progressing smoothly. A presentation of the findings and draft recommendations was made to the Planning and Community Development Committee of Sechelt Council in December 2016, and a similar presentation to Council is planned for mid May 2017. The Age Friendly Community Plan will be officially released in conjunction with BC Seniors Week in June 2017.

Strengths and Limitations

During this in depth community engagement, we were able to meet with over 200 participants face-to-face and gather their comments. They were very appreciative. It was a great grassroots effort. While we attempted to reach people of all ages and neighbourhoods, the majority of the participants were older adults

The budget and timeframe for seeking input, developing recommendations and communicating the results was tight despite a three month extension.

In addition to gathering feedback, we provided focus group participants with valuable information on services that are already available in the community, and supported relationship building among service providers.

Many of our recommended actions are in the process of being implemented.

3. Findings

The body of this Community Plan hits on the high points. For more detail please see Appendix C.

A. Outdoor Spaces and Buildings

Definition

- Pleasant, clean, accessible natural and built environment
- Mixed use, compact, short blocks, necessary amenities in close proximity
- Village feel - street level commercial and housing above
- Incentives for accessibility upgrades - encourage child and elder care

Strengths

A number of sidewalk, crosswalk and four-way-stop improvements have been made based on the 2011 recommendations of the Accessibility Advisory Committee. The District of Sechelt has also planted new trees on Dolphin Street and created some lovely places to walk such as at Davis Bay and Mission Point.

What We Heard

- Accessibility is key in all communities in the District of Sechelt.
- Safe walkways/trails/bike lanes are needed as an alternative to the very narrow highway shoulder between downtown Sechelt and West Sechelt, Sandy Hook and Davis Bay/Wilson Creek.
- Local sidewalks are needed in a number of places.
- Wider sidewalks that aren't tilted, with flatter let downs and smooth surfaces are needed.
- More washrooms are needed along walkways – wheelchair accessible, with grab bars on two sides.



Narrow highway shoulder between Davis Bay and Sechelt.

- More benches for resting and socializing are needed, with arms for ease of getting up and down, and situated to facilitate social connection.
- Beach trails should be signed so they are easier to find, with level of difficulty noted. Parking at trailheads is needed. Maps are also helpful.
- People appreciate special plantings in public areas and would like to see more of this.
- Lighting and safety are issues at night
- The community wants more places to gather inside and outside for recreation, socializing, exercising, playing games, gardening, and cooking together.
- At present, coffee shops and McDonalds are key community gathering spots.

Recommendations

- A1 That the District of Sechelt prioritize the development of safe walkways/trails/scooter/ bike lanes between West Sechelt, Sandy Hook/Tuwanek, Davis Bay/Wilson Creek and downtown Sechelt.
- A2 That the District of Sechelt address the need for sidewalks and lighting in local communities throughout the District including, but not limited to, the following locations in West Sechelt:
- Jasper and Norwest. A short sidewalk with better lighting is needed, including by the West Sechelt Elementary School. Sidewalk and lighting needed between Mills Road and Norwest Bay Road on Jasper Road.
 - East side of Mason between Norwest Bay Road and Norvan Road.
 - Derby Road between Norwest Bay Road and Baillie Road.
- A3 That the District of Sechelt review and update their Official Community Plans, Transportation, and Trails and Parks Master Plans to incorporate unaddressed needs identified in the focus groups, including setting standards as appropriate.
- A4 That the District of Sechelt work with local neighbourhoods to conduct walkability studies as one means of health promotion.
- A5 That the District of Sechelt and the Seniors Planning Table collaborate to research models of stimulating further neighbourhood/community connection and share this information with local community associations and other community networks. Models to research include the community engagement process recently used in Roberts Creek for Emergency Preparedness, "Compassionate Communities", "Dementia Friendly Communities", and "transition streets."

B. Transportation and Traffic Safety

Definition

- Ability to go where you want to go
- Accessible and affordable
- Range of options - bus, bikes, walkable, parking

Strengths

There have been transportation improvements in the last five years, such as the advent of the Coast Car Co-op and a new ride sharing service through Share-There, and improved transit services including more accessible bus stops and increased bus frequency scheduled for 2017. Implementation of some aspects of the SCR D Transit Future Plan (25 years), Sechelt Transportation Plan, and the 2012 Sechelt Scooter Survey are underway. Sechelt has a transportation resources directory maintained by the Community Resource Centre, and there are ongoing advocacy efforts by groups such as Transportation Choices (TraC).

What We Heard

People are concerned about what will happen if and/or when they cannot drive. Many residential areas in Sechelt, and across the coast, are car dependent. Current gaps in transportation do not permit aging in place. There is a need for more transportation options outside downtown Sechelt, and for a central clearing house of information on ALL transportation options. We also need intergenerational education for users of motorized mobility devices (also called scooters), cyclists and pedestrians, especially as they interact with cars.

Driving

- More volunteer drivers are needed for local trips and rides to Vancouver, not just for medical appointments, but also for socializing and special events. Taxis are too expensive for many people.
- Improved lighting is needed along Hwy 101.
- It was suggested that some services could be brought to neighbourhoods, such as local library outreach, to avoid the need for transportation and to build community at the same time.
- People suggested more sharing of rides.
- More disabled parking spots are needed closer to entrances at the hospital, at medical clinics and in other locations, such as at Claytons.
- People felt that enforcement of disabled parking and traffic violations was needed.

Bikes and Scooters

- More, wider and clean shared bike and scooter lanes are needed, as is scooter parking, scooter charging and bike parking.

Buses/HandiDart

- A bus service is needed for the whole Coast ferry to ferry.
- Recorded bus schedules are no longer available by phone and stops are not called out.
- Neighbourhood routes and Sunday service need to be improved. There is no bus service to Sandy Hook/Tuwanek.
- Increased HandiDART service is needed.

Pedestrians

- There are many spots where crossing streets or the highway is dangerous.
- Timing adjustments are needed to some Activated Pedestrian System (APS) traffic lights and some locations need APS systems to be added.

Ferry

- It is a long walk to get from the ferry to cars/buses. Wheelchairs and a customer service phone should be easily available for assistance.
- The cost of ferry travel is such that people are walking on, but now the ferry parking lots are filling up.
- People with health issues who have a Travel Assistance Program form should have assured boarding for trips to and from the Lower Mainland for medical appointments.

Recommendations

- B1 That the District of Sechelt update the Official Community Plan Design Guidelines and amend zoning bylaws to make provision for scooter parking and charging, and for increasing the number of parking spots, especially disabled parking.
- B2 That the District of Sechelt address safety for pedestrians at:
- Ocean Ave. and Cowrie, in the library and pool area
 - Trail Ave and Hwy 101, and other crossings of Teredo.
- B3 That the District of Sechelt explore through the Association of Vancouver Island and Coastal Communities and the Union of BC Municipalities encouraging ICBC to conduct a research and feasibility study into licensing of Motorized Mobility Devices (MMDs).

- B4 That the District of Sechelt's Accessibility Advisory Committee collaborate with the RCMP, Coast Ability, and local occupational therapists to offer regular MMD user training (perhaps in conjunction with events such as Accessibility Awareness Day).
- B5 That the SCRD Transportation Committee, BC Transit and HandiDART explore the feasibility of a local TaxiSaver Program, and that these organizations work together to communicate information about local bus service, HandiDart and a possible TaxiSaver Program to the public.
- B6 That local ride providers (including Share-There, the Car Co-op, HandiDART, Better at Home and the Volunteer Program through Vancouver Coastal Health) explore how they can further collaborate to provide more rides to seniors. Information about ride needs and services should be shared with the SCRD's Transportation Advisory Committee, other local governments, and groups such as Transportation Choices (TraC).
- B7 That the RCMP and ICBC continue to provide pedestrian and driver education at key times throughout the year, with a view to the use of intergenerational approaches, and consider collaborating with TraC on their "I share the road" campaign.
- B8 That the Southern Sunshine Coast Ferry Advisory Committee explore with BC Ferries and report back to the Seniors Planning Table on:
- how to make the long walk to and from the ferry at the Langdale Terminal more workable for passengers who need assistance due to accessibility challenges;
 - how to better access supports, such as wheelchairs, that are currently available;
 - what other enhancements might be put in place to support seniors and disabled ferry users.
- B9 That the Ministry of Transportation and Infrastructure with support from the Accessibility Advisory Committee and the District of Sechelt be approached about:
- the Davis Bay segment of Hwy 101 being a pilot for a reduced speed limit;
 - the lighting along Hwy 101 be enhanced, for example in Wilson Creek and near bus stops;
 - pedestrian crossings across Hwy 101 be added at Wharf Road and Westley Road;
 - a flashing light be installed at Hwy 101 and Shorncliffe, as requested by the RCMP;
 - an Activated Pedestrian System light be added at Hwy 101 by McDonalds.

C. Housing and Independent Living

Definition

- Safe, affordable to maintain, as much independence as possible as needs change
- Appropriately located, well designed, built and secure
- Visitable
- Range - varying sizes, public and private, supports on site

Strengths

There is a list of local housing resources, a new definition of what constitutes standard housing for older adults, and voluntary Accessibility and Adaptable Housing Guidelines. There are also a number of new developments being proposed in Sechelt that provide housing alternatives for older adults, such as Rockwood Ocean Stories, Sustainable Sunshine Coast, and Wesbrooke by the Sea. Groups who are working on housing issues locally include Habitat for Humanity, the Sunshine Coast Affordable Housing Society and the Homelessness Advisory Committee.

What We Heard

The importance of home was paramount, as was the desire for neighbourhood collaboration, and community connectedness.

- A home is:
 - Healthy, safe, secure
 - A refuge
 - Diversity
 - Support network
 - Neighbourliness – coordinated to help each other out
 - Community connection – gathering places and encouragement of cooperation between residents on daily tasks
 - Accessibility inside and out
 - Walkability to amenities
 - Consultation and listening to residents
- People are worried about the lack of appropriate, available, affordable, and accessible housing that enables citizens of all ages to live comfortably and age in place. This applies both to the rental and purchase housing markets.

- People are concerned about insecure tenancy and especially the impact of short term rentals on the availability of long term rental housing.
- People are concerned about homelessness.
- More subsidized rental units are needed. There are currently long waitlists for all of the subsidized units on the Sunshine Coast.
- Many different housing models could help address our housing needs, including co-op housing, equity co-ops, co-housing, boarding houses, shared accommodations, home sharing, laneway houses, Abbeyfield houses, tiny houses, multi-family homes, condos, townhouses, and apartments.
- People don't know what is available in terms of housing or how to find out about it. This includes new developments.
- Specialized supports are needed for people with mental health conditions and dementia.
- There is a need for the provincial and federal governments to help financially and for all levels of government to be willing to work together
- Incentives are needed for homeowners to provide affordable rental housing.
- Housing support services are needed locally, including an up-to-date central listing of low cost and affordable rental units, homelessness outreach, a tenants rights and advocacy program, and enforcement of existing bylaws.
- Community education is needed including more offerings of the "Is it Time to Move?" course offered by Elder College, information on different types of housing models and what's involved in their development, and information on how to get involved as a member of the community.



Subsidized rental units are being developed to replace the cottages at Greencourt.

Recommendations

- C1 That the District of Sechelt develop and implement an affordable housing strategy that takes the following into consideration:

- Holding community consultations and building on existing reports (e.g. We Envision and Housing Needs Assessment) to develop a coast-wide shared vision of types of housing needed and where.
 - A more proactive role for the District in encouraging the development of affordable housing.
 - Development of a framework and guiding principles to assist non-profits in accessing funds for new housing initiatives.
 - Encouraging neighbourliness, collaboration and community cohesion through exploration of models successfully used in other communities.
 - Encouraging and communicating creative design based on best practices for neighbourhood and community connection.
 - Continuing to encourage adherence to the Accessible and Adaptable Housing Design Guidelines, especially inside housing units.
 - Restrictions on short term rentals to protect long term rental housing stock.
 - The provision of tax and other incentives for local homeowners to create more rental housing on their property, for example creating tertiary suites, or allowing all suites in a house to be rented without requiring that the house be owner occupied.
 - Providing information about financial products and financial assistance programs for renters and owners.
 - That the District of Sechelt continue to play a proactive role in encouraging new purpose built rental developments by:
 - Relaxing development cost charges;
 - Identifying possible land, e.g. Crown land, and the possibility of leasing rather than buying land;
 - Requiring that all new developments include affordable rental units, with some giving first priority to those in more vulnerable circumstances;
 - Working with property owners to preserve affordable rental housing at risk of being lost when property is put up for sale; and
 - Collaborating with the Sunshine Coast Affordable Housing Society and other local governments to implement an Affordable Housing Strategy coast wide.
- C2 That the District of Sechelt continue to actively participate in the Homelessness Advisory Committee and dedicate staff and resources.

- C3 That the Seniors Planning Table write to the Minister Responsible for Housing and the Premier to request that the provincial government revise the Shelter Aid for Elderly Renters (SAFER) Program in order to:
- Increase the maximum rental cap to more accurately reflect market rents, and
 - Increase the subsidy from 90-100% of the rental gap.

D. Respect and Inclusion

Definition

Public services, media, businesses, and other organizations are inclusive and respectful of the diversity of community members.



People of all ages can enjoy lunch at the vibrant Activity Centre.

Strengths

Some of our best community resources include the library, the Seniors Activity Centre, the Seniors Planning Table, and numerous intergenerational community events.

What We Heard

The importance of hearing directly from older adults about what is important to them was noted.

- People stated that gaps in transportation, especially for those who are no longer able to drive, is a barrier to inclusion in community. It was also noted that the lack of inclusion becomes accentuated as we age.
- Ageist attitudes – Some commented that older adults 55 to 105 are not a homogeneous group spanning this 50 years. Some even said that healthy seniors aren't appreciated for everything they contribute and those with health conditions are shut away and given up on.
- We need to explore dependence, interdependence, independence across the life span.

- Make more public that we are a caring age friendly community! We need to celebrate our demographics!!!
- We need to keep creating grassroots opportunities for intergenerational connection.
- People of all ages need to learn about the life course from beginning to end throughout our lives.
- We need to understand why social isolation happens and find creative solutions.

Recommendations

- D1 That the Seniors Planning Table encourage all associations, organizations, agencies, groups and networks in the community to foster intergenerational connection. Opportunities to spread this message include National Intergenerational Day on June 1 and National Seniors Day on October 1.
- D2 That the Seniors Planning Table provide leadership in holding "the value of each person" conversations and disseminating the ideas to the community.

E. Social Participation

Definition

- Needs and preferences taken into account in planning
- Meaningful social networks in neighbourhoods
- Leisure, spiritual, cultural opportunities

Strengths

We have many recreation options locally, including a program that gives people on low income access to SCRD recreation facilities. There is a vibrant arts community, numerous social groups and volunteer organizations, Elder College, a Newcomers Club and lots of neighbourhood and community connectedness.

What We Heard

People's social participation is limited by geography, transportation, disability/medical conditions, access to information, and difficulty in breaking into established groups.

- We would like to more effectively engage Elders in the Sechelt Nation.
- More community gathering places are needed.
- There is a need to rebuild/reinstate some community associations.
- Neighbourhoods need the following support to become even more neighbourly:
 - educate people how to care/connect with neighbours;
 - funding for a network coordinator;
 - guidance to connect to services;
 - identify what resources are needed.
- Outreach to those who are isolated is needed – peer support, phone calls, visiting, local drop ins.
- People need access to computers to find out what’s happening. The libraries and Better at Home provide some basic computer instruction and more is needed.

Recommendations

- E1 That the Seniors Planning Table give all local schools and community associations the "What We Heard" information about social participation and encourage them to use it to help inform their future programming.
- E2 That the SCRD Recreation Department, building on Recommendation 23 of the Recreation and Parks Master Plan:
 - Use the joint use agreement between School District 46 and the SCRD to offer recreation programming in school facilities to encourage neighbourhoods to gather on a regular basis.
 - Investigate the use of SCRD halls (e.g. Frank West, Chaster House), fields and parks (e.g. Shirley Macey, Cliff Gilker) to offer programs in neighborhoods.
- E3 That the Community Resource Centre once again make the community aware of key places in the community to access information, e.g. the Community Resource Centre, library and 211.
- E4 That the Seniors Planning Table re-establish a connection with the Sechelt Nation.

F. Civic Participation and Employment

Definition

- Involvement in community decision making
- Opportunity to contribute experience and skills paid and unpaid

Strengths

We have many local volunteer opportunities including positions on local Boards and Committees which are filled by older and younger adults.

What We Heard

Community Decision Making

- The important role of community associations was noted. They are notified about zoning and development plans, and can make requests through to Council to make changes to development plans.

Volunteerism

- Lots of people volunteer including many seniors and they make a huge contribution.
- Some seniors cannot volunteer because they need to be paid.
- There is a need for a more robust Volunteer Centre that links with the Open Door Group.
- Many seniors, especially women, are not volunteering because they are at home looking after spouses and/or grandchildren.

Employment

- Many older people, especially women, can't afford to retire because their pensions are insufficient, or their personal circumstances have changed,. Women 60-64 are especially vulnerable because their pensions haven't yet kicked in.
- Many seniors hold low paying jobs and some are working from home in "e-tirement". Some seniors are managing well with upgrading their computer skills, while others need support.
- Financial need:

- Some seniors are existing on less than \$16,500 a year
- Some cannot afford fresh produce, and are eating an inadequate diet
- Some feel that there should be no more taxes at age 65
- Seniors need help transitioning from their work life into a meaningful new role, e.g. working differently, reducing gradually.
- Seniors feel isolated from the few work opportunities that exist. The employment market is small here, with lots of younger workers looking as well. People are cobbling together a number of jobs, many of which have no benefits.
- Employers may need support in knowing how to suit work contexts to the needs of older adults.

Recommendations

- F1 That the Seniors Planning Table organize a meeting with organizations such as the Open Door Group to collaboratively examine employment services for older adults and how to raise awareness of them.
- F2 That the Sunshine Coast Regional Economic Development Organization be asked to outline how they are taking the needs of seniors into consideration in the development and implementation of the Action Plan.
- F3 That the Community Resource Centre, the Safety at Home Action Group of the Seniors Planning Table and Service Canada collaborate to offer a regular education session on financial benefits for seniors, including federal government benefits programs.

G. Communication and Information

Definition

- Awareness of programs and services
- Information is appropriately designed and readily available

Strengths

We have many vehicles for getting information out such as the Community Resource Centre, BC 211, Sunshine Coast Fetch, Seniors Resources at the local Vancouver Coastal Health Home Care office, and access to the BC Centre for Elder Advocacy and Support.

What We Heard

Seniors need assistance with locating and understanding services that are available. Many people are at a loss to figure out even where to start in searching out services, especially information about eligibility and cost. The information needs to be logically coordinated and packaged

Types of Information Needed

- Activities
- Paths/trails with level of difficulty indicated
- Government services, eligibility and subsidies, e.g. "When I'm 64 – Benefits"
- Health care
- Home supports/home care services
- How to assess private at home services
- Finding a doctor
- Transportation options
- Housing options, especially rental. (Right now much of this is word of mouth.)
- Advance care planning, making a will
- Where to get free computer and phone access

Most Commonly Mentioned Methods for Getting Information Out

- An updated Seniors Resource Directory
- Continue to get message out about 211 and the Community Resource Centre
- Build on existing websites to make them more complete
- Posters
- More newspaper articles from the Seniors Planning Table
- Have information available where people already gather
- Outreach ambassadors/navigators with access to computers could help people find information
- Make sure that people who serve older adults have the information
- Get information to doctors so they can direct their patients appropriately
- Make use of the libraries
- Coast Cable (although this is not available to those without Coast Cable TV service)

Recommendations

- G1 That the Community Resource Centre develop infographics with the assistance of the Seniors Planning Table and its Action Groups to illustrate typical situations seniors find themselves in when they need information. These could be shared on

paper and online in conjunction with events or with dates such as BC Seniors Week, Alzheimer's Awareness Month, etc.

- G2 That the Community Resource Centre take the lead to establish moveable kiosks in key locations that seniors and others gather. Kiosks would be stocked with an updated Seniors Resource Directory and other informational brochures.
- G3 That the Community Resource Centre, the Seniors Planning Table, and other agencies help promote Advance Care Planning in collaboration with the Sunshine Coast Hospice Society.
- G4 That the Seniors Planning Table invite the Division of Family Practice to an upcoming meeting to discuss the best avenues for sharing local resource information with physicians for their patients.

H. Community Support and Health Services

Definition

- Access to social and health services to stay healthy and independent
- Services tailored to meet needs

Strengths

We have many local agencies and health services—non-profit, public and private—including a newly renovated Sechelt Hospital, additional local physicians, and resource lists maintained by the Community Resource Centre. An Action Group of the Seniors Planning Table has incorporated the "Friends of Residential Care" with a mandate to conduct community consultation and propose plans to meet the long term needs for residential care (and the continuing care system) on the Sunshine Coast.

What We Heard

Health Needs

- The local long term care situation is critical. Many seniors are waiting for placement on the third floor of hospital in acute care when they need residential care. Some are sedated. We need to address wait lists.
- There's a need for increased respite, palliative care.

- We need a detox program.
- We need increased funding for adaptation of houses for mobility so that people can stay at home.
- There is a lack of awareness of after hours clinics so some people go to the hospital.
- There's a need for increased mental health support
- More after hours clinics and a wellness centre. The Pender Harbour Health Centre is considered by many to be a successful local model that should be replicated.

Dementia Support Needs

- Increased support for people in middle and late stage dementia. (Community based programs mostly serve people early in the disease process.)
- More residential care to support people with dementia.
- Transition support for the person left at home when their partner moves to residential care.
- The need to become an even more dementia friendly community
- Skilled staff is lacking, especially care aides. The only instruction is every two years through Capilano University.

Community Service Needs

- Services must be flexible.
- If we make sure people are aware of existing services and put more resources into them, it may help reduce pressure on the hospital.
- People need help downsizing and getting rid of possessions, such as furniture.
- Post-surgical/rehab services following surgeries such as back surgery, heart attacks or hip replacement are lacking. Physiotherapy services were recently reduced.
- People are being released from hospital before ready.
- The Loan Cupboard at the hospital is running out of equipment and needs to be expanded.
- The Healthy Heart Program here costs money, but in other locations it's offered free. Why?
- The services offered by home support need to be broader – e.g. people need help with meal preparation.

- There a need for increased access to home maintenance services.
- Seniors are concerned about safety when they have contractors in their home.

Need for Specialists

- podiatrists
- nurse practitioners (funded as part of the system)
- neurologists
- geriatric psychiatrists
- diabetic specialists

Recommendations

- H1 That the Dementia Support Action Group of the Seniors Planning Table continue to work with the Alzheimer Society of BC to train local presenters to give Dementia Friendly Community presentations and offer more group supports to people living with dementia and their caregivers.
- H2 That the Seniors Planning Table write to the Minister of Health, the Premier and the leader of the opposition, about the need for enhanced health services on the Sunshine Coast and what a fair percentage of the new funding announced March 9, 2017 would be for the Sunshine Coast demographic.
- H3 That the SCRD Recreation Division review the Happy Hearts Program with VCH and how it fits within the continuum of care.
- H4 That the Division of Family Practice work with local medical clinics providing after hours care to inform the community in the most effective way of this service in order to possibly reduce visits to Emergency.
- H5 That Vancouver Coastal Health collaborate with the Division of Family Practice and consult with the Seniors Planning Table and the community about options for enhanced health services, such as the re-purposing of Shorncliffe and Totem Lodge, service delivery models similar to the Pender Harbour Health Centre, and proposed new Continuing Care hubs.
- H6 That the Sunshine Coast Healthcare Auxiliary collaborate with the Seniors Planning Table on an article for the local papers on how the Loan Cupboard works, the equipment available, and how to access it.
- H7 That Capilano University's Kálex-ay Campus Health Care Assistant Program collaborate with the Seniors Planning Table to produce an article about the program for the local papers.

4. Discussion

In reviewing "What We Heard", some of what focus participants had to say has already been raised in earlier consultation processes, for example, the Progress Plan, the Community Connections for Seniors Project, and the Service Providers Social Mapping sessions hosted by the Seniors Planning Table. In other cases, actions associated with some of "What we Heard" are recommended in other plans and reports produced by the District of Sechelt and other governments. Actions are being taken, and it is very important to focus group participants that this be the case.

There are a few overarching themes in "What We Heard":

- Focus Group participants very much appreciated being asked for input and long for more of these opportunities to both learn and contribute.
- There was an overwhelming interest in continuing to encourage neighbourhood and community connectedness using intergenerational approaches—our community members care very much about one another.
- People are very concerned about the lack of affordable housing and homelessness.
- The Interagency Communication and Collaboration priority of the Seniors Planning Table continues to be an important priority. It became clear in reviewing feedback that participants are concerned about certain situations, but are unaware that to some extent they may be addressed. For example, some advocated for wheelchairs to assist with the long trek to the ferry at Langdale Terminal, when in fact wheelchairs are available. Others commented on the need for after hours medical clinics as a means of preventing some hospital emergency visits, but it turns out there is a medical clinic one week night and on Saturdays in both Gibsons and Sechelt. There is a lot to know and it continues to be challenging for people to get the information they need when they need it.

A few recommendations originally included in this plan have been removed because they have already been acted upon. There were a number of recommendations about providing seniors with information about Home Care, Abuse Prevention, Frauds and Scams Prevention, and who does what in our community. These topics were very ably addressed by a number of sessions at the recent Seniors Conference held March 3, 2017 which was attended by 180 seniors and service providers. The conference was recorded by Coast Cable and can be accessed via the Community Resource Centre website so that the information shared will be available into the future.

A number of the recommendations that we retained are also already actively prioritized by those to whom they are directed and/or being acted upon.

One issue that did not come up in the focus groups was abuse of older women. This may not be surprising as this continues to be a difficult and often hidden issue. The Abuse of Older Women Action Group of the Seniors Planning Table has been working hard to implement a number of recommendations from the Silent and Invisible Report - new funds have just been received by the Sunshine Coast Community Services Society to research the best housing models for older women fleeing abuse.

A few issues were raised, that have been raised before, but it is unclear whose responsibility it is to address them. For example, there is an expressed need for a more robust Volunteer Centre. Many of our local agencies are heavily reliant on volunteers and each are independently developing their own screening, recruitment, training, retention, and appreciation programs which is not the most effective use of resources. As well there are some volunteers who are over-relied upon which has resulted in burnout. Whose role is it to address this?



The Volunteer Centre plays a pivotal role in our community and residents would like to see its services enhanced.

5. Conclusion and Call to Action

This Age Friendly Community Plan for the District of Sechelt has been developed by the Sunshine Coast Seniors Planning Table in just over one year. (See Appendix F for background on the Seniors Planning Table.)

Overall Recommendations

1. That the District of Sechelt prioritize the recommendations in this community plan that are specific to the District, addressing them in future development plans, bylaw revisions and budgets.
2. That the District of Sechelt collaborate with others named in these recommendations to take actions not specific to the District.
3. That the District of Sechelt share this community plan with other local governments and work collaboratively toward establishment of a community social planning position and supported Seniors Planning Table.
4. That all interested community members and agencies review this plan (including the detailed focus group notes in Appendix C) for ideas on how they can contribute beyond the recommendations.
5. To ensure that all recommendations in this plan are implemented there is a need for a community social planner and a modestly supported Seniors Planning Table (now unfunded). There is a need for evidence-based community social planning based on a provincial social planning framework advocated for by Board Voice, and a National Seniors Strategy (that may be in the works), to augment the actions of our engaged and highly skilled local community members.

Appendix A: SPT Age Friendly Focus Group Schedule

Monday April 25, 2016, 9-1 pm	SC Seniors Planning Table, Seaside Centre Participants: 38 Evaluations: yes
Saturday June 4, 2016, 4-6 pm	Sandy Hook Community Association AGM, Sechelt Arts Centre Participants: 25 Evaluations: no, was a guest
Wednesday June 8, 2016, 7-9pm	Davis Bay/Wilson Creek/Selma Park Community Association Strawberry Tea, Davis Bay Community Hall Participants: 25 Evaluations: no, was a guest
Thursday June 9, 2016, 7-9 pm	Home Support Providers Age Friendly Focus Group Seaside Centre Participants: 15 Evaluations: no
Friday June 10th, 2016, 1-3 pm	Age Friendly Focus Group, Sechelt Activity Centre Craft Room Participants: 18 Evaluations: yes
June 24, 2016, 10-12 noon	West Sechelt Community Association Holy Family Hall in West Sechelt Participants: 16 Evaluations: yes
Saturday June 25, 2016, 1-4 pm	Housing Focused Age Friendly Focus Group, Sechelt Indian Band Hall Participants: 56 Evaluations and/or Surveys: yes
Tues. September 6, 2016, 1-3 pm	Better at Home Program Volunteers, Sunshine Coast Community Services Participants: 15 Evaluations: yes

Appendix B: Interview Guide

Description of 8 Age Friendly Elements

1. **Outdoor spaces and buildings includes:**
 - pleasant, clean, accessible natural and built environment
 - mixed use, compact, short blocks, necessary amenities in close proximity
 - village feel - street level commercial and housing above
 - incentives for accessibility upgrades - encourage child and elder care
2. **Transportation Includes:**
 - ability to go where you want to go
 - accessible and affordable
 - range of options - bus, bikes, walkable, parking
3. **Housing Includes:**
 - safe, affordable to maintain as much independence as possible as needs change
 - appropriately located, well designed, built and secure
 - visitable
 - range - varying sizes, public and private, supports on site
4. **Respect and Inclusion Includes:**
 - public services, media, business, faith and civil society respectful of diversity
5. **Social participation Includes:**
 - needs and preferences taken into account in planning
 - meaningful social network in neighbourhood
 - leisure, spiritual, cultural opportunities
6. **Civic participation and employment Includes:**
 - involvement in community decision making
 - opportunity to contribute experience and skills paid and unpaid
7. **Communication and information Includes:**
 - aware of programs and services
 - appropriately designed and delivered information readily available
8. **Community support and health services Includes:**
 - access to social and health services to stay healthy and independent
 - tailored to meet needs

Age Friendly Focus Group Discussion Questions

Outdoor Spaces and Buildings

1. What is it like to step outside to go for a walk to get fresh air, run errands, or visit?

Please be specific about locations

Probes:

- Strengths/ and challenges
- Design and maintenance of sidewalks and curbs, pathways and trails?
- Street intersections and crosswalks?
- Traffic volume, noise?
- Particular times of day, like at night?
- Green spaces, walking areas?
- Street lighting?
- Protection from sun, rain or wind?
- Benches, rest areas?
- Sense of physical safety and security?
- Ideas/Suggestions?

2. What is it like to go into buildings, such as public offices or stores? Please be specific about locations

Probes:

- Strengths/ and challenges
- Stairs, doors, lift devices, corridors, floors, lighting, signage, toilets, rest areas?
- Ideas/Suggestions?

Transportation, Including Traffic Safety

1. Take a look at the Transportation Resource Guide for the Sunshine Coast. Are there any local resources besides those with an asterisk available that aren't on the list? What is your knowledge of/experience with seniors' use of the resources on the list, especially those available in Sechelt?

Probes

- Strengths/ Challenges
- Ideas/Suggestions

2. Are there transportation resources that would be helpful to seniors you would like to see that don't yet exist in Sechelt?

3. What is it like to get around in Sechelt? Please be specific about exact locations

Probes:

- Legible street signs?
- Legible street numbers?

- Lighting at intersections?
- Easy to understand traffic signals?
- Sufficient and close parking?
- Reserved parking for people with accessibility needs?
- Drop off and pick up areas?
- Driver refresher courses?

Housing

1. **Take a look at the Housing Resource List for the Sunshine Coast. Are there any local resources available besides those with an asterisk that aren't on the list? What is your knowledge of/experience with seniors' use of the resources on the list, especially those available in Sechelt**

Probes

- Strengths and challenges
 - Affordability of both rental and homes for purchase?
 - Availability of both rental and homes for purchase?
 - Accessibility of both rental and homes for purchase?
 - For both rental and homes for purchase - \
 - Comfort?
 - Physically safe?
 - Security from crime?
 - Proximity to services?
 - Accessible to public transit?
 - Design?
 - Can you move about easily?
 - Reach and store things easily?
 - Do housework and chores\?
 - Have someone to help you if needed?
 - Maintenance, modifications accessible and affordable?
 - Ideas/Suggestions?
2. **What other housing options or models are you aware are being worked on by local folks or any that should be considered?**

Respect and Inclusion

1. **In what ways does your community show, or not show, respect for older persons?**
2. **In what ways does your community include, or not include, older persons in activities and events?**

Probes

- Strengths/Challenges?
- Politeness? Listening\? Helpfulness? Consultation?
- Choices offered for both disabled and non-disabled?
- Public recognition/celebration of the contributions of older people?

- Responsiveness to needs of services and programs?
- Intergenerational opportunities?
- Ideas/Suggestions?

Social Participation

- 1. Describe your knowledge of/experience with how easily it is to socialize in the various local communities in the District of Sechelt?**
- 2. Describe your knowledge of/experience with other activities like education, cultural, recreational or spiritual activities?**

Probes

- Affordable? Accessible?
 - Frequency?
 - Diversity of options?
 - Convenient times and locations?
 - Ideas/Suggestions?
- 3. What are your ideas about connecting with seniors who are isolated? What's already happening or could happen?**

Civic Participation and Employment

- 1. Describe your knowledge of /experience with older adults' involvement in volunteer work?**
- 2. For those 65+ Describe your knowledge of/experience with participation in paid work**

Probes

- Employed?
 - Looking for paid work?
 - Need for paid work?
- 3. Whether volunteer or paid.....**

Probes

- Variety of opportunities?
 - Accessible opportunities?
 - Attractiveness of opportunities?
 - Availability of information about opportunities?
 - Intergenerational opportunities?
 - Adjustments to your needs and preferences?
 - Recognition of your contributions provided?
- 4. Describe your knowledge of/experience with seniors' participation in public community affairs like community associations, municipal/city councils?**
 - Older adult representation on boards, committees, council?
 - Strengths/Challenges
 - Ideas/Suggestions?

Communication and Information

1. **What is your knowledge of/experience with older adults getting the information they need in the community, for example, about services or events? Via phone, radio, posters/flyers on bulletin boards, TV, in print, online or in person?**

Probes

- Strengths/Challenges?
 - Useful?
 - Timely?
 - Easy to understand? Plain language?
 - Difficulties with automated systems?
 - Print format, font size?
2. **What kind of information do people need and what is the best way for them to get it?**
 3. **What are a handful of the most common situations older adults face that they need information about?**

Community Support and Health Services

1. **Take a look at the 2 page Seniors Services Directory for the Sunshine Coast. What is your knowledge of/experience with seniors use of the resources on the list, especially those available in Sechelt?**

Probes

- Strengths/ Challenges?
 - Ideas/Suggestions?
 - Availability and affordability of:
 - home support?
 - Meals?
 - Delivery services for groceries, medications
 - Health and Wellness programs
 - Caregiver support and respite
2. **What is your knowledge of/experience with health services in the community?**

Probes

- Strengths/ Challenges
- Ideas/Suggestions
- Medical Services – what kind of specialists are most needed?
- Types of services available?
- Accessibility?
- Affordability?

Appendix C: Consolidated Focus Group Feedback by Age Friendly Element

A. OUTDOOR SPACES AND BUILDINGS

STRENGTHS:

- 2012 Scooter Survey
- 2011 Recommendations from Accessibility Advisory Committee
- Accessibility Guidelines – Voluntary

Outdoors:

- Actions have been taken from these reports YET we still need to be aware of let downs.
- Wider sidewalks there are some but more needed
- Stop light has been installed [Teredo] yet timing needs adjustment
- More benches – yet more needed
- Tree plantings e.g. Dolphin, but more needed
- Accessible trail with railing in Hackett Park [and Sandy Hook – Sechelt Grove. [Grants available]
- We do not have to deal with winter
- Relatively flat topography
- There is an informal trail from here to Sechelt, only good if you are steady on your feet – Laurel, through property, not marked, bridge over gravel pit. No map
- Mission Point is a great place to walk
- Davis Bay seawall is excellent

Buildings:

- Elevators [and stairs – required by code but also option to be ‘fit’]
- Flat entrances
- Developers appear to be planning ahead via design with wider doorways

CHALLENGES:

- Need more spaces to socialize / exercise inside and outside
- Seasonal aspects – there are few evening gathering spots
- Lighting and safety also an issue
- Attractiveness/appeal of many spaces require upgrading
- Hospital parking is lacking
- Planted areas – look great but are soft and require a bumper strip for edge awareness for canes and scooters, as well as colour contrast [safety issue]
- Pathways and walkways connecting areas eg. Wilson Creek to Selma Park gravel pit
- Washroom facilities on walkways
- Crossing at McDonalds PLEASE put an APS system – this is safer than / in lieu of 101 and Wharf [this is an unsafe crossing]. A MOTI and Band and DoS issue.
- Uneven surfaces – disorganized concrete/asphalt curbs/bumps holes. I.e., across road from Seaside Centre in parking lots

SUGGESTIONS/IDEAS:

Outdoors:

- Gathering places in neighborhoods - Needed in Davis Bay and Sandy Hook. Dearth in West Sechelt.
- Example: S Korea, Hong Kong, Vancouver – outdoor parks with exercise equipment, walking paths
- Tables and covered areas to sit. Games i.e. chess, horseshoes
- Accessibility is key in all communities
- Arms on benches
- More benches
- Communities in Bloom – make area more attractive
- Develop more community gardens / patches. They become a gathering space
- Alternate paths for walking – not on highway
- Keep bike lanes clean
- Shared bike and motor scooter lanes
- APS system at Teredo and Inlet must be fixed with extra timing.
- Advertise / market places like Sechelt Grove
- Fix sidewalks – free of cracks and crumbling
- Sidewalks need to be planned properly – not tilted – more smooth to walk on and for scooters
- Lack of walkability- no sidewalk – Jasper and Norwest –lots of traffic, lots of people walking there,- would be a short sidewalk. Need better lighting there. Beach side – can't tell where the trails are
- Beach access signs don't indicate level of difficulty
- No parking at beach accesses on waterfront in West Sechelt
- Difficult for people with mobility challenges – signage that indicates level of difficulty (SCRD \master \plan calls for this)
- SCR D has maps of trails – do people know this?
- How to walk to Sechelt from West Sechelt – Derby Rd will go all the way to Sechelt Sangara \Land \plan
- Walking trail – has greenery on both sides, gravel – need to be addressed at planning stage
- New sidewalk on Norwest Bay Rd by the school
- Need a flat surface
- No walking along the highway!!!
- An important consideration for some older people among others is the provision of benches to rest on for a few minutes while walking in and around both public and private facilities

Indoors:

- More gathering spots in each community.
- Interested in the term "AGE" friendly – the majority of the developments are not built for EVERYONE – only those with money – they are too expensive for the average person
- Increase home support and funding for mobility improvements to houses to keep folks at home
- Approach municipal governments – adapt building permits to include accessibility criteria

B. TRANSPORTATION, INCLUDING TRAFFIC SAFETY

STRENGTHS:

- Bus system is getting better

- more busses coming Sept. 2017
- SCR D Transit Futures Plan (25 years)
- Sechelt Transportation Plan: roads, sidewalks etc.
- 2012 Scooter Survey results
- Bus Timetables are available both in hard copy, on-line
- Bus stops are accessible
- busses are usually on-time and reliable and most of the time they connect with the ferry
- bus transit is affordable
- there are more bike lanes
- downtown Sechelt is walkable
- Bus Route 4 – bus comes to church but not sure how often – Goes by Jasper and McCourt connects with Gerry bus...improving

CHALLENGES:

- not enough volunteer drivers locally and to Vancouver-not just for medical appointments but also for socializing; many people have to hitchhike from Pender Harbour to Sechelt for appointments
- long walk to get from the ferry to cars/busses
- cost of ferry travel
- people have concerns for the time when/if they can't drive
- bus drivers don't announce stops-particularly challenging for those with visual impairments
- no more bus schedules on phone
- bus stops are really dark and if there is a problem you can get hold of anyone after 4:00 pm
- Bus service is terrible on Sunday
- losing your driver's license is a step into care: aging in place has significant impacts to transportation
- need more housing on level ground
- no safe walkable link to W. Sechelt
- Off-coast drivers leave their good driving manners at home because of our lack of vigorous enforcement.
- seniors need help when families fight about who is paying for what – particularly when it comes to scooters and other mobility equipment
- no one wants to tell seniors they can no longer safely drive their scooters
- Accessibility issues as a blind person or any other disability – scooters/canes etc.... we need to make sure people can cross the street safely
- Library and pool area to highway – people want to get to and from the beach – traffic both ways
- There are large gaps in accessibility on the Sunshine Coast, whether by public transit or Handidart. Calling a taxi is unaffordable for many on a frequent basis or some even occasionally
- Can't ride a bike to Sechelt

SUGGESTIONS /IDEAS:

- need more transportation services to areas outside Sechelt centre:
- Could Sechelt partner with the Car Co-op to fill in gaps
- transportation for special events
- scooter education for the whole community
- public education around the use of four way stops, pedestrian crosswalks

- be an innovator and a leader in transportation design for smaller, rural communities: investigate and implement best practices
- Intersection of Cowrie and Inlet is dangerous
- Need a “Driving Miss Daisy” social enterprise
- better lighting on the highway: brutal driving or waiting at a bus stop at night in the rain
- Highway is not walkable – no sidewalk, no trails to connect to the seawall
- Buses should go up and down the side streets
- A path along the beach from town to here would be good
- Scooters can’t easily go the whole way to Sechelt
- Pedestrian crossing needed at – Westley Rd and Chapman Creek bridge
- Need a crosswalk at Ocean Avenue and Cowrie St – a death happened there to someone using a scooter. The sun shines right into drivers’ eyes. Very difficult when people are crossing. Could there be a light? Close to the school?
- Can the speed limit be lowered in Davis Bay– there are pilots throughout BC – could we do it here?
- We need a bypass!
- Can the local bus have lights like the school buses?
- Collaborate with the Nature School – new K to Grade 6.
- Widen the bike lanes for safety reasons – for bikes and scooters
- Develop scooter lanes and have designated parking areas with electrical outlets to charge the batteries in the scooters – Who’s responsibility is it? District of Sechelt or the developer
- Better lighting on the highway for night driving (Wilson Creek-Roberts Creek)
- Offer rides, carpool to events (possible \$2 contribution/gift for gas)
- False Evidence Appearing Real – FEAR – do people feel safe asking a stranger for a ride on Share-there.com
- Trail Bay Mall at Pebbles corner and Home Hardware – very dangerous – no cars a solution
- New developments should include adequate parking – not much in Sechelt
- There’s a need for scooter and bike parking – when Derby |Rd goes all the way to Sechelt
- Derby Rd has a steep spot by the church. Tyler will eventually connect with Neptune. Sangara Development
- Derby Rd could be a bleed off highway if highway ever needs to be closed
- Trail Bay Mall @ Pebbles Corner and Home Hardware – very dangerous, could it be a no car zone\? Not well marked
- Traffic light at the Credit Union is a good thing So many exits onto Teredo
- At the highway and community centre, RCMP have requested a flashing light from the MOTI
- Need more handicapped parking spots – always full at Claytons, also dangerous to back out of. The ones on side too far away. Need more at medical clinics near the door
- With the new hospital we lost handicapped parking to bikes and motorcycles
- Aggressive behavior of scooter drivers – a get out of my way attitude. Need scooter education for all
- Need pedestrian education – does ICBC do training?
- Scooter education – sales person should educate....probably does butsometimes people buy them second hand....
- Pier 17 was a hub
- culvert/sidewalk on the east side of Mason between Norwest Bay Rd and Norvan Rd
- sidewalk and lighting on Jasper between Mills Rd and Norwest Bay Rd
- sidewalk on Derby Rd between Norwest Bay Rd and Baillie Rd
- improvements to beach access signs - difficulty level and signage on beach end of trails

- safe walking access between West Sechelt and the village of Sechelt
- Traffic lights change too quickly for some, in Sechelt in particular and especially where pedestrians need to cross the Highway. It was pointed out that the 101 whether in an urban or rural area is under provincial jurisdiction and all the local municipalities can do is suggest and request. • Standards for sidewalks and their enforcement should take care of dips and gaps that are dangerous to those using scooters or walkers as well as other pedestrians.
- There are innovations in place in Vancouver, Victoria and smaller communities that fill similar gaps. Some work by making a taxi affordable for people with low incomes or special needs; others utilize volunteers in creative ways, and some bring services close to homes of those who cannot get to a central location. Examples include taxi tickets or vouchers, share a ride, car sharing, and a library on wheels going into neighbourhoods on a weekly schedule. Creative work on our local needs and resources is required. We had concerns by those driving about pedestrians who step out without looking, at intersections or in the middle of the block, on shopping streets, on the highway in Davis Bay and almost everywhere else on the coast. Often they are stereotyped, perhaps with good reason, as teenagers with eyes and ears glued to personal electronics. We lost a teenage girl a few years ago and an older woman who was a member of our group; both had just stepped off a bus on the highway. Perhaps the School District and the RCMP detachment have a common interest in an inter-generational learning project focused on safety for drivers and pedestrians? Daphne Pay volunteered to contact the RCMP to get an officer to come to a meeting on this issue.
- Need more handicapped parking and more enforcement of violations
- Need to educate more – raise more awareness of this
- Better availability of handidart
- More bus service – need collector buses
- Need bus service for whole coast
- No public system for persons in wheelchairs to Vancouver
- Assured boarding for medical appointments to Vancouver if you have a TAP form

C. Housing & Independent Living

STRENGTHS:

- See Resource List
- See Standard Housing Definition
- New developments e.g. Ocean Stories, Wesbrooke

CHALLENGES:

- No central housing resource or service provider
- Insecure tenancy
- Not enough mental health/dementia housing for seniors
- Market rentals not affordable, 30% of income
- Shortage of affordable projects (subsidized units)
- District of Sechelt zoning bylaws #530 needs close scrutiny for its effect on the creation of additional homelessness
- Create group to analyse zoning - Bylaw #530, Short term rental bylaw

SUGGESTIONS/IDEAS:

- Outreach housing team
- District of Sechelt could partner with non-profit

- DoS could keep data base of rental properties/suites
- New developments need affordable units, NON- NEGOTIABLE!
- Boarding house, shared accommodation
- Tour campgrounds
- Involve RCMP in focus groups. Involve seniors and service users
- Co-op housing needed, equity co-op
- “Is it Time to Move?” – excellent course
- Co-housing development here – multi-age – Davis Bay
- seniors housing combined with folks with mental illness – not always the best fit
- Concerned about housing
- Moved from Squamish – less expensive than Squamish and easier to get around – put my name on the list to live in the seniors high rise in Green Court
- Feeling vulnerable about the rental situation on the coast – signed a 1 year lease – who knows what will happen after one year – the owners may decide to sell
- If working people can’t find housing – where will they go – we will lose workers – wages are low – difficult to find replacement workers with low wages and no housing
- Housing – mixed housing with mental health people and seniors, not a good idea – should be separate
- Concerned about accommodations after selling our home to move into Sechelt - now wondering where we will go when we are aging – where are we going to live
- Share our big homes with others – fill the extra bedrooms with those who need a place to live
- Need laneway houses – e.g. house behind dentist’s office in Sechelt
- Abbeyfield –1 employee/house mother, 2 meals, laundry - independent living \$1200 - \$1600 a month,
- Laneway houses may require change in building permit criteria combined with short term rentals
- Affordable housing – what if only income is pension income? And now you are the only person left at home
- Concerned about future re housing
- West Sechelt Community Association meets regularly with Council - Community Association – vet zoning and development permits. Changes and Council can require developer to do certain things
- Phase 3 still to be developed, so this input is timely
- Who is responsible for what?
- 2 seniors housing developments coming – what is the developer’s amenity contribution? They are obliged to give something to the community – coffee shop, community meeting space, day care
- Need affordable housing to keep young families who have meaningful work
- Legal to have rental suites in house but have to meet zoning bylaws
- Increased cost of for purchase housing
- 20 new beds including 2 new hospice beds –what is the cost? Can you live in a new development like this if you only have pension income? VCH can contract for x number of beds. Won’t be excluded if low income. You would be charged 80% of your income.
- stricter enforcement of property maintenance bylaw when neighbours safety and health are threatened by violations
- A need for affordable seniors housing, not just the private market projects being developed, was recognized. • There are some characteristic differences that should be recognized in designing residences for older adults, as with the placement of kitchen storage places, while others, like best practices for sound insulation between suites, should be used. Hearing issues are common

among seniors, but extraneous noise is bad for those with perfect hearing and those with hearing aids

What is home?

- Safety
- Secure
- Noise
- Accessible
- Special modifications

What makes home comfy?

- Relaxing
- Personal items and space
- Adequate lighting
- Sanctuary
- HVAC
- Healthy environment
- visibility
- age/grow in place
- outdoor access
- your own outside space
- walkable/transit access
- control lighting in public spaces
- amenities supporting walkability and connectivity – sidewalks, parks, connectors
- hard to work around geography
- walking distance to amenities
- diverse community – age, heritage, socio-economic
- remove barriers to secondary or grandparent suites in residential properties
- What about ‘tertiary suites’?
- Spend lots of time “home”. Facilitates spending time to do what I like
- nest
- Let guard down, destressing, relax. Space is conducive to doing so
- community should be safe
- some people in lots of engagement,, others not
- safe physically and mentally
- access to things we need\
- S.H – corner store? (Sandy Hook?)
- SCC – wants to build a general store – sell coffee? Meeting spot?
- Connections
- Gathering spots
- Develop social and recreational activities
- Physical/spiritual needs met
- Arts – all kinds
- Safety – more than safe from harm, promotion of inclusiveness, structures to interact
- Harmony within neighbours and neighbourhoods
- Rest and recuperation
- Safety
- Family

- Pets
- friends and caring family around you
- Comfort – clean, good repair, no mold, warm
- Physical environment around home – parks, green spaces, trees
- Smells!
- Neighbourhood
- Space, opening
- Neighbours – civil, caring
- Pride, worth
- Able to invite people in – not embarrassed
- food
- Stimulating - all senses
- stable, secure\promoting physical health
 - o Beautiful inside and out
 - o Connectability – knowing and playing with neighbours
- Live/workability
- Security – you move when you want to
- Safe
- Clean, well maintained
- Friendly
- Basic necessities- fully self-contained
- Adaptable
- A safe place, free to walk around
- People talk to each other
- Good to know the kids in area
- Block party – families move – younger families
- Walkability – close to other homes
- Age and grow in place
- Conditions – accessibility, walking distance, need for diversity
- Safety – mentally
- Need for a community store, SSC plan
- Connections/gathering spots, arts on walls
- Harmony in neighbourhoods

What are some strategies for increasing affordable rental and for purchase homes?

- Governments work together to facilitate - eliminate maze of development
- Increase their mandate to generate development plans
- Create diversity of dwellings – single, families\regarding rentals – adjust restrictions on landlords to support more affordable housing
- Relax restrictions of community spaces
- Provide more affordable options to home owners to cover costs
- Rental subsidies should be available to all homeowners from BC Housing who rent to low income people
- Tax incentives to homeowners who rent to low or fixed income folks
- Consult seniors for variable standards prior to design and build
- Use adaptive building code from DoS (Jan 2012) “Accessible and Adaptable Housing Design Guidelines”

- Listen to concerns of seniors who are living in seniors home – access to specialized tenancy association (not sure if these two ideas are linked)
- AHOP home models
- Increase the number of affordable housing units in developments
- Bylaw changes –
 - o Amend DoS bylaw to allow owners to rent their entire home without requiring owner to occupy the home for any period of time
 - o Municipalities need to amend their bylaws to increase affordable and accessible long term rental housing options ie. Bring in bylaw 530
 - o Eliminate the short term rental bylaw
 - o Encourage the kabutz model – i.e. cooperation of occupants with daily tasks)

What are some examples or strategies of what promotes home?

- Create community gathering places – buildings, squares, parks – that support the homes
- Governments at different levels work together to help rather than hinder
- We need appropriate housing for all ages. – affordable – available
- Multi-units – condos – townhomes
- Multi-family community
- Co-housing
- Tiny houses in a community
- “Country Club”
- We need to take care of each other
- How do I prepare to move into a different form of “living”
- Neighbourliness
- Find your “own” community
- Meet your own neighbours
- Schools – looking at community when young
- Volunteering at all ages
- Community articles in newspaper to ask for things/support
- Declare a community gathering day
- \$ for the block party
- Planning – by-law changes to create community friendly neighbourhoods – walk friendly
- Quiet streets
- Good lighting – inside, outside
- trees, landscaping
- diversity of ages and ethnicity
- walking
- accessibility – plan and build
- technology, communications
- Ageing in place – variety of...
- Amenities
- Gathering places – coffee, shop., plaza
- Shops
- Church, schools – multi-use
- Access without cars
- Community space – squares, buildings, commercial –zoning, planning, building
- Community Plan
- Smaller |clusters”(smart farm)

- |tiny house colony|
- Clustering services/amenities
- Co-housing
- Increased affordable/available rental/purchase
- Lease/not buy land
- Work with developers/governments
- Housing strategies for new employees to the Coast
- Subsidies for homeowners to rent spaces below market
- I believe there should be more policing of subsidized housing by government agencies. Listen to the tenants if their complaints are reasonable – make management accountable
- Closing the street and having a block party
- Participants in decisions – working to beautify the home
- Bulletin boards for info
- Sharing resources – e.g. lawnmower, tools
- Building neighbourhood communities
- Increased walkability
- Diversity in area
- Park, gathering places – community centres
- Coordinating neighbourhoods to help each other out
- Expand library to increase strong neighbourhoods
- Diversity, connection
- Clustering, small homes
- Cohousing
- All 5 senses – smell, sight, sound,
- Buildings, parks
- Gathering spots in all of the neighbourhoods
- Governments need to work together
- Street party
- Share neighbourhood resources
- Education on tenants' rights
- Use technology to help with task
- Access food – walk to fam markets

Strategies for increasing affordable and available and for rent and purchase homes?

- Campground for campers – reasonable prices, central community hall
- More apartments built
- Education around tenants' rights – air b and b
- More townhomes built p Habitat model – people put in equity
- Work with BC Housing – governments at all levels
- Strong neighbourhoods – Kelowna – is this a model to check out?
- Cannot renovate to provide housing for a family long term, but can renovate for Air B and B – need to look at policies governing
- Need to maximize what we have
- Adaptability of the home
- Municipalities need to amend bylaws – e.g. 2 unit house – cannot rent both, have to live in one of the units – bylaw 530
- Kibbutz cohousing

Open Space Topics Highlights

1. Co-ops-
 - Are they even possible right now?
 - invite BC Housing here to explain how to access their supports
 - need to increase rental housing stock
 - Need housing for low income people
2. Multi-use buildings – Developing a Supportive Community Village – see docs
3. SSC Properties- send ideas, they have lots of flexibility to incorporate ideas
4. Focus on Discussion Question 3- \affordability
 - Focused on increasing rental stock
 - Incentives to convert multi-level homes into suites – relax bylaws to make this possible
 - Rental subsidies for people to move into basements with money from BC Housing
5. Gathering Spaces Isolated small community needs a community sore, meet and greet and coffee shop with business promoting services, promoting relations
 - Business which needs money support and people responsible for upkeep and maintenance – e.g. hospital coffee shop,
 - transition streets where people meet and greet each other
 - Develop permits – requirement of local governments to buy into and accept responsibility to see “mini communities within developments to be undertaken and implemented
 - Like European cities – 3 floors and developers can’t make it feasible
 - How big is too big? Capacity defined?
 - DCCs and water – Greencourt was waived some of this
 - A planned community building with outside gathering space, built around a community store and small shops. People come together to shop, meet, walk, recreate and learn together.
 - Proposal – use West Sechelt as an example

D. Respect and Inclusion

STRENGTHS:

- Diversity Film Festival – Organizing Against Racism and Hate project
- Recreation options to seniors
- Seniors Planning Table, Seniors Activity Centre
- Library group in Sechelt, feels comfortable, unity connection/opportunity to bring in ‘outside information – Women’s Outreach
- Raising children around aging adults – creating open doors to youth as we age – maintaining relationships
- Older adults often support each other
- Strong volunteer contributions from community; recognition at various events etc.

CHALLENGES:

- Lack of effective transportation options – inclusion issues \$\$
- Need for education about options “a transportation phone line”
- Older adults and children/youth do not integrate– youth are unsure and can be scared to interact with seniors in spite of proximity of care homes and schools

- Age restrictions to events – limits integration
- The older you are, the less included you are
- There are presumptions about what older adults are interested in
- Transportation – geography
- Ensuring older adults with mental illness are included in needs for older adults; need to avoid marginalizing seniors with mental health issues
- Tendency to not want to learn about or explore the aging process
- Silos of generations
- You don't really understand aging until you have aged
- Our society's lack of intergenerational connections/support
- We are a society that focuses on the age group you're in from childhood to older adulthood
- No ritualized ways of dealing with death as opposed to some other cultures "ritual seems to make it easier because everyone has the same expectation of it"
- Dehumanized, given up on, shut away when ill/dementia
- Few younger adults volunteer/ succession

SUGGESTIONS/IDEAS:

- Centralized information about transportation
- Integrating schools and residences
- Raise education and skills in systems/institutions to support older adults more effectively
- Ask older adults, who choose not to leave the house, what the reason for this is, to ensure it's a choice and to learn about areas that non-inclusive
- More peer led/peer mentoring opportunities
- Offer opportunities to learn and explain value of learning about the aging process
- Listening and recording voices of older adults who have 1st hand understanding and investment in aging
- More events that bridge the generations
- Acknowledge that bridging the age gap is not just young and old – across the lifespan e.g. 10 – 90, 30-50, 60-80
- Intimate, conversations, activities – films, presentations – meaningful values conversations
- Begin bridging with smaller age gaps (eg. A 40 year old arranges to bring a 90 year old to an event – modeling to children)
- Offering warmth and gestures of care (e.g. A hug) to address dehumanization that occurs with ageism/ableism – verbal acknowledgment of others values
- Warm, caring touch to connect with older adults with dementia
- Encourage multi-generational homes
- Healthy elders not appreciated
- Ageism
- CARP advocating about ageism
- Approach the school board about how to have intergenerational communication and awareness
- Inter-dependence vs independent living – need to learn to ask for help
- Non-profit school
- Intergenerational approach is key –School Board
- How do we react to offers of help – need respect both ways – need to learn to accept help graciously
- Don't call me "dear"
- Ways to be around young people – importance of intergenerational connecting

- Intergenerational focus needs to start at home and at school – actually needs to start at home and be affirmed at school
- We need signage about promoting caring for one another – that’s the kind of community this is – a Pay it Forward sign
- The Library Building houses our one age friendly plaque. But no one knows it’s there. (DoS has had 3 successful Age Friendly Projects)
- Intergenerational learning = kids helping – I need a 10 year old to help me learn to use my new iphone

E. Social Participation

STRENGTHS:

- Lots of neighbourhood (informal and formal), local opportunities
- SCRD leisure programming/social groups and Leisure Access Pass
- Elder College
- Senior Activity Centres – Gibsons and Sechelt – Harbourside Friendships in Pender Harbour (and Senior’s Initiative group in Pender)
- Strong social media network on the coast – if one has access
- Local newspapers
- Lunch bunch – senior volunteers
- Telephone tree – home care plus friendly visitor program
- CRN – Community Response Network
- Sechelt Public Library – older women’s group drop in once a month
- Newcomers club
- Transportation
- Communication
- Building on neighbourhood groups
- TOP issues about socialization – transportation and communication

CHALLENGES:

- Some are socially isolated – by location (e.g. Pender Harbour) or by transportation
- Hard to meet/break into established groups
- Including first nations Elders and older people in the planning
- Groups/drivers volunteers
- Significant geographical challenges in neighbourhoods
- Sense of community varies/loss of community associations
- Getting information out
- Need a community centre in Sandy Hook
- Identifying community members who might like a visit
- Aware of neighbours in difficulty

SUGGESTIONS/IDEAS:

- Connect/invite Sechelt Indian Band on how to engage with Elders in their community
- Build on neighbourhood networks to reach those isolated/carpool
- Educate people how to care/connect with neighbours
- Funding for a network coordinator
- Guidance to connect to services
- What resources are needed

- Cross generational connection – planning – programming- guidance
- Outdoor exercise parks – socialize/exercise together in neighbourhoods
- Clubhouse. Could move inside – in every area (neighbourhood) – open during certain hours
- List of social media groups – easy computer instructions (at the library – dependant on funding)
- Community Resource Centre – being the hub for information – e.g. Lunch bunch – a lot going on, hard to know about it
- Canvas potential participants to find out what they want
- Access through Davis Bay School in March. Have a greenhouse Removal of invasive species
- Schools with gardens – kids learn and produce food
- Seniors can teach kids how to cook
- There is no community association in Sechelt proper
- Concerned about people to people contact – need more smiling, welcoming feel – whether you are 14 years old or 80 years old – need more friendly greeting and people to people contact
- How people interact – have to become more neighbourly
- Moved here from Half Moon Bay – living in a suburb of Sechelt – don't think of it as a community
- Not a community gathering place
- School not identified as a community school
- Church library for meetings
- Local coffee shop, no, but Sangara Phase 3 proposes one
- Mason Rd has coffee but it is not a community gathering place
- Mission Rd zoned for community space but it is private property
- Can school be designated a community school, then it could have a coordinator
- We stay in place – having moved to our “preferred” isolated home – preparation re: how to “age”
- Education/workshops for people to plan for “aging” and the aging process
- Wellness fair of what is available – support for downsizing – articles in local newspapers – stories on elders
- Isolated even in a condo – how to incorporate social activities/communal gathering places
- Programs like Harbourside Friendships to get seniors out to activities
- Increased self-isolation –due to disability/medical conditions – need “outreach service” to motivate getting out – needs a leader to organize it and to be consistent
- Building code to increase undercover walkways
- Respect personal value of isolation – but ensure that they know they have access to support
- Depression – friendly visitors help communication
- Educate people on how to “release a life's worth” of stuff
- Social media – increase use ‘age friendly technology” – newspaper on line – could find out about activities
- Internet access – need to remain educated re: use as we age
- Regular checking – phone calls/visitors
- Fund an outreach tutor to create technology literacy in order for seniors to be able to access info and resources online

F. Civic Participation and Employment

STRENGTHS:

- People want to Volunteer
- Many Volunteer Activities
- Volunteering happens via networks

- Lots of Younger Volunteers
- Christiansen Village (assisted and long term residents) has 9 Residents who regularly Volunteer and many hours
- Christiansen Village has 50+ Volunteers from the community

Financial Situation - Some cannot afford fresh produce, eating canned fruit and vegetables or dogfood, some seniors are living on \$16,500 a year

VOLUNTEERING

- Matching Volunteers with opportunity – Volunteers need passion for what they are doing
- Lack of funding for Volunteer Centre – does the community need to pay for what they want??
- We need younger influence in Volunteering
- People over 80 not interested in Volunteering NOT TRUE
- Need to promote contribution made by older adults – how do we celebrate it. Right now it seems We must engage with newcomers
- Volunteers are the heart of our community!!!! Need signs everywhere, we need daily reminders.....including and beyond Volunteer Week

EMPLOYMENT

- People over 65 need employment – particularly women
- Some who thought they were well looked after then due to life experiences are now not and are looking for employment
- People over 65 who are poor cannot afford to Volunteer
- People who need work often become self-employed which is both good news and bad – bad because it often does not work. i.e. restaurants, home based businesses
- Often seniors feel isolated from opportunities
- There is a changing nature of residential care: called E-tirement where there are opportunities for retirees to do a home based business entirely via e-mail, then they can work at their leisure and still earn \$\$
- Older Adults are often at home looking after grandkids
- Older Adults working in low paying jobs
- The working Seniors give up their Volunteer jobs because they still need to work
- Older Adult caring for spouse and therefore out of the Volunteer Pool
- Because employment is driven by younger adults, organizations must figure out how to make use of older adults
- Opportunities for older adults to have gainful employment is very limited
- Some businesses have closed down – no staff
- Seniors have to be ok with doing something else – need help with making a reduction of work transition
- Need for meaningful work
- Transition after leaving paid work to working differently, reducing gradually
- Some work is computer focussed – hard for some older people – need help with the computer
- Kids want permanent full time work – some are cobbling a number of jobs together
- Hard to have benefits for employees when other come in and don't provide

IDEAS/SUGGESTIONS:

- New way of managing Boards (technology) thereby respecting their time.
- Volunteer Centre specialize as an employment centre for seniors.

- Gibsons Library Board has 12 members, 3 of whom are seniors, this speaks to recruitment. Their meetings are on Saturday, that way the Dads can look after the children. Good Model a real mix.
- Open Door – do they see seniors?
- Can they promote a course on working in retail?
- Community Futures has a self-employment focus

G. Communication and Information

STRENGTHS:

- Many easy ways of getting info out, TV, use all, dependent on audience
- Many seniors across the ages use computers/technology
- Libraries, Visitor Info Centre, Resource Centre
- Lots of social media groups on the Coast
- BC Centre for Elder Advocacy and Support

CHALLENGES:

- Knowing what gov't services are available, understanding eligibility
- Getting older adults to take action on end of life planning
- Accessing coordinated information
- Who to trust when bringing in help
- Cost of services unknown/prohibitive (not advertised)
- Not enough information about services
- People don't know what information/service is even available – don't know if information is reliable or what to look for (e.g. Title/category – where to start?)
- If TV is through Telus – do not get local TV – Coast Cable
- Transportation to trails, activities, services
- Types of information needed: health care, home care service, finding a doctor
- Transportation support – losing the right to drive- options-cost – to access services/activities etc. food delivery
- What paths/trails are accessible for seniors (consistent classification of difficulty/accessibility)
- Housing options – supports
- Rental info – word of mouth
- Social media groups that would share information
- What activities are available/happening for seniors
- Free/low cost – computers/phones etc
- Subsidies available
- Legal/advance care – end of life planning (directive/representative agreement/power of attorney)

SUGGESTIONS/IDEAS:

- Sunshine Coast specific website for seniors information (Robert D'Arcy)
- Ask friends/neighbours for recommendations for support/help
- Library to become well known source for information about community – accessible to all, hours of operation, location, other services (computer)
- Info available at places people gather – coffee shops (e.g. Outreach people/volunteer – peer navigators with laptop/ info ambassadors)
- Open houses so people can learn about your services – Resource Centre
- Use Coast Cable for info – ask Telus to provide local channel

- Share info with local social media groups
- Place to get free/low cost computers and phones
- Will writing workshops – legal info and referral – advance care planning
- www.mylawbc.ca
- Need resource information online
- FETCH is missing information – do seniors use it?
- BC 211
- Home Healthcare receives all kinds of calls and feels she is a resource centre
- The Resource Centre
- Newsletter from SPT in the Coast Reporter more regularly
- Concerned about not being able to get the local TV channel unless you are a Shaw Cable subscriber – what can Telus Optic do for others to make sure they can get the local station
- More outreach to physicians to let them know what resources are available
- Really need an updated Seniors Services Directory
- Age Friendly Communications – Michelle’s bulletin
- “Hitchhikers Guide to the Galaxies”
- Sunshine Coast in Transition.com – taking back our communities
 - o Info seminars – ask a question – get an answer regularly
 - o When I’m 64 Benefits and Services booklets from the Peoples Law School
- How can we get the 211 message out?
- How can we package info clearly and have it available for new people coming - Engage real estate community. There is Newcomers/Welcome Wagon
- Info access – best mediums include -
 - o challenging but will become more and more online and seniors will be able to access
 - o newspaper
 - o from your personal network
 - o posters
- How about a Community Resource sign? Electronic, changeable like at Elphinstone. Put by hospital or tourist bureau or CRC
- banners at the ambulance station
- Coast Connector – update transportation list produced by CRC
- Need signage for ferries s in West Van or on island – on time, delayed for people travelling through

H. Community Support and Health Services

STRENGTHS:

- See Resources Lists
- Community support is there!
- Sechelt Hospital is state of the art but....
- Book “Chronic Conditions” worth the read

CHALLENGES:

- Attracting skilled workers
- Need for more beds, home support, respite
- No detox services for seniors
- People are not aware of all the community support – usually people are in the health care system before they find community support

- Need more facility spaces for seniors
- Hospital is having seniors waiting for facility spaces
- Palliative services
- Community health services improvement will relieve pressure on the hospital
- Well trained health care workers need to be engaged to deliver services

SUGGESTIONS/IDEAS:

- Public education is key
- Post-surgery procedures need access to some at home services as available in other communities (Powell River etc...), the ferry is a barrier
- Rehab services could be enhanced and promoted locally – the value needs to be recognized by the professional community
- Lack of facilities –we have CV, Totem Lodge, Shorncliffe – dementia?
- Long waiting lists
- W/L – Healthy Heart Program – costs money here but not elsewhere?
- Podiatrist Noel Trotter is a podiatrist working one day a week in Gibsons, other podiatrist is leaving the Coast
- Family members visiting those in care – too many rules
- Transition support into care for person left at home
- At CV, couples with differing can stay in the same facility
- More Mental Health Care needed
- Art therapy
- Home handyman/garden services, home repairs -someone shared that Mental Health has people who help with this
- Meal preparation becomes harder for older gentlemen – if they've never had to, ongoing scramble.....?
- Some people need or get meal prep from a care aide, but they can only do stuff that doesn't take much time such as a scrambled egg or grilled cheese sandwich- it was noted that the Seniors Centre sells frozen meals at affordable prices
- Lacking after hours clinics – the only walk in clinic is in Gibsons? – or the emergency room option
- Need more nurse practitioners – not private – part of the medical system
- We need a more flexible system to ensure the folks who need services get them
- Would like to see more support for middle stage and later for folks with dementia – very little support after early stage dementia
- Concerned about how to create a dementia friendly community
- Health – would like to see a community health centre – it would be logical for our community with the seniors population – would like to see this idea started by introducing a nurse practitioner model
- Support for dementia patients – for families and people with it - Dementia friendly group
- Need services for middle and late stage dementia
- Concerned about the future – lost my husband 6 years ago – happy with the care at the hospital while my husband was ill
- Would like to have someone help me get rid of my stuff after I die – I have my will and all other arrangements done – just want to ensure the stuff I have will be sorted out and dealt with
- Community Support and Health Services –
 - o Persistence pays off
 - o Rapport with professionals - communication with clients
 - o Need advocates to move in and through health services

- We need more specialists –
 - o Neurologists
 - o Geriatric psychiatrists
 - o Dermatologists
 - o Podiatrists – Adam left
 - o Diabetic specialists
- Community seeing older adults as an opportunity rather than a liability – if we cultivate this attitude, specialists will come
- Celebrate our demographics!!!
- Long term care situation is critical – on the 3rd floor of hospital there are people in acute care beds not getting services they need – waiting for placement – being sedated
- Need more care aids. Only instruction that is offered is by Cap U every 2 years.
- Need for support programs after surgery – variably available for people here - back surgery – nothing offered. Heart attack, hip replacement – physio tokens reduced
- Need a wellness centre
- Navigating medical system when served in Vancouver but then come back here
- Services are disappearing – e.g. hip replacement – couldn't get to hospital to get physio
- PH Health Centre – great role model – need more integrated centers like this on the coast
- More nurse practitioners
- Communication about what is available – newsletters from community associations
- Encourage more coordination of services
- Better communication of health services and family
- More \$ for prevention and community care
- Patient and family need to understand info regarding medical conditions
- Home support needs broader role to help support people to be safe and healthy
- Expand loan cupboard – many times things are not available
- Patients are discharged before they are ready – hospital replacement program – home support and home care

Appendix D: Evaluation Form



Evaluation Form

Age Friendly Grant Focus Groups

Today I liked....

What new idea(s) or information did you learn today?

This event could be improved by...

The next steps I would like to see happen...

Appendix E: Summary of All Evaluation Forms By Question

Today I liked....

- The small groups, networking
- Meeting others who bring a range of perspectives and knowledge re: older adults. Learning from them.
- The world café approach where everyone gets to participate. Lunch was great.
- Welcome environment. Participants of young, mature adults, senior. Small groups travelling process
- Lovely day. Thank you. Lots of great discussion and brainstorming. Liked the small group discussions. Good networking.
- Age Friendly Café and the topics chosen for the Café. Networking. Appreciation of the work done by the Seniors Planning Table
- Seeing familiar and new faces. Coming up with new ideas.
- Organization – got better as it went on. Good lunch. Productive small group.
- Focus Groups
- Individual groups effective in collecting ideas and suggestions for improvement
- Meeting and talking to others who share concerns
- Information and knowledge. Sharing between community partners and representatives.
- Connecting with the community members
- The opportunity to brainstorm with everyone present
- Décor, lunch, information sharing, meeting new connections
- Ageism discussion thought provoking. World café offered meaningful participation. Decorations. Sound system.
- Good nice and generosity of participants. Appropriate scope of objectives, relative to the time and size of group. Good introduction and framing by Alison. Good use of experienced facilitators (e.g. Cayce for housing). And wonderful food.
- The format promoted lots of formal and informal interaction – respectful and fun. Food was delish.
- The openness of individuals in the room
- Input on the various issues by people living in the community
- Opportunity to meet lots of new people. Input from multiple perspectives. Summary of groups at the end. Alison's graciousness.
- The very informative atmosphere. The format worked extremely well and allowed for maximum participation and learning.
- Exchanging concerns & information
- Information & discussion
- Excellent cross section of attendees, wide range of interests, articulate speaker, Alison is a great facilitator
- The note taker writing up the comments and suggestions

- Interactions
- The new focus groups
- All of it
- The interaction of residents in my neighbourhood
- The whole experience of getting together
- The spontaneity of people making their views known
- All the ideas that people expressed
- Many people participated
- The many suggestions that were discussed
- The presentation of so much information that I wasn't aware of. So glad to hear of the BC 211 information line
- Presentation and resources shared
- All the ideas presented by individuals in attendance
- Combination of people at the front and group discussions.
- Housing stories – the examples of different problems by different ages.
- Learning about housing resources and numbers available – waiting.
- The honest opinions and stories from members of the community.
- Meeting others interested in the same issues (NOT necessarily regional groups).
- Everything! The speakers, the questions, the information, and splitting up into small groups to share.
- Good beginning but too much time on telling what is and too little of suggesting what could be. Telling 20%, thinking and input 80%.
- Hearing from others at my table. Sharing ideas both similar and different.
- The variety of speaking topics surrounding housing.
- Speakers – learned a lot.
- The opportunity to discuss “home” with my neighbours.
- Nicely structured – flowed well. Very informative. Stories were very interesting.
- Lots of information shared, personal stories.
- Information presented.

What new idea(s) or information did you learn today?

- All the resources that are available
- “standard housing” definition, new perspectives and ideas re: intergenerational connection and value of this
- I learned that there is a willingness here to address the issues.
- How the SPT activities are becoming more organized, focused and knowledgeable over time. Different perspectives on each topic.
- Outdoor spaces & buildings. Social participation. Update resources.
- Loud & clear message around the need for a central information sharing place
- I love the idea of more intergenerational events
- Short term rental issues. Affordable housing being a mandatory, non-negotiable benefit to the community. Need for more and more diverse indoor public spaces.
- I received information more specific challenges which face this community

- Greater understanding of other levels of governments and community partners. Sharing same goals and ideas.
- Reinforced the importance of engaging with various members
- Information on subsidized housing units (opportunity)
- Womens health network. Transportation/communication. Number of issues for inclusion.
- Information on employment needs of older adults
- Have been through these workshops before, and most value to me was meeting new people, especially young, new hires (Jared and VCH, Aaron at the District of Sechelt, Cayce for Patient Navigator Program). Encouraging to have youthful voices and energies. Also met new VCH reps.
- Received considerable information on issues and question a number us in the SC COSCO have been grappling with
- Extent of service available
- Creating and sharing community
- Need for dementia training, support
- Share homes – wow!
- When I'm 64, Share-There, Action Groups
- Share-There
- No taxes over 65 years
- The detail of services available to seniors
- Too many to mention
- 211, community support services
- BC211
- 211 program
- So many new – too many to mention
- Options in our area.
- A greater understanding of the needs of the Sunshine Coast Community.
- Home equity plan. That Cayce's job exists. Pender Harbour's initiative.
- Made some useful connections.
- Much information could be presenting in print form or on-line. Not sure how any of the information will be forwarded without decision makers present.
- Not really. I feel fairly well informed about the topic.
- The limited and inadequate solutions from government levels. Re: not in touch with cost of living.
- Reverse mortgage info/details. Many working independently on same issues – more gov't assistance to...
- Reverse mortgages – affordable housing society.
- More ideas about home – housing project in Gibsons.
- Reverse mortgages – excellent info.
- We all seem to be on the same page.

This event could be improved by...

- Less talking. This wrap up is difficult for me to hear and to concentrate on. Suggest that this be compiled in print.
- Sending out notes afterwards. Summarizing findings from the world café
- Separating basic standard action items from key action categories to improve clarity and focus on action items
- Including more seniors, government, children
- More diverse participants – go outside and invite strangers to participate
- Getting more older adults – 80+ - involved to speak for consensus
- A bit shorter – 3 hours would have been perfect
- A coffee break
- A bit longer
- People
- The acoustics of this space (Seaside Centre) is a real problem. It was helpful to have the sound system working properly.
- Can't think of anything except perhaps inclusion of the RCMP in the future sessions
- Beautifully presented. Great food. Most of all a great opportunity to participate.
- Increase portion of time in the "café" stage
- Super organization. Challenge of gathering the numbers to get input.
- More efficient reporting system and use of microphones. Those making reports should be briefed on how to make their reports and presentations more audible (talking too fast as if in a conversation one on one). Plus not using the microphone properly took away from the effectiveness of set up. Also felt dozens and dozens of "thank yous" over done
- Narrowing topics or selecting one at a time
- Good as is
- This was a good event! I felt listened to and actively heard. Thank you.
- Keep a tighter agenda.
- This was well supported. Thank you.
- Setting the tables so that we can all hear properly
- Bigger turn out
- More people in attendance
- Taking the next steps – more action steps by Affordable Housing Society.
- Better microphone – but I wear hearing aids so it may likely be my specific problem.
- Breaking up the presentations and group work.
- Leave out information not applicable to seniors e.g. Habitat for Humanity
- Having more planners/decision makers from SCRD, District of Sechelt, Town of Gibsons being present and hearing all this.
- It was great. Wonderfully organized. Thank you.
- Being more focused on actual, concrete outcomes. Where is the discussion going?
- More elected officials in the room (of all levels) as well as CMHC & BC Housing represented.
- Set the open space discussion tables prior to the end of the event.

- More speakers on Options/Solutions to affordable housing. Forum here today – vote on/evaluate these options. Put into motion to take local councils/local governments and ask to be included into OCPs, planning for the future.
- Promoting more age/demographic diversity in attendance.
- More discussion time.
- More discussion time in small groups.
- Less time for background speakers (or fewer) and more time for small group discussion and summarizing.

The next steps I would like to see happen...

- Pick one or two things and focus on them. More awareness of hearing challenges as people around the room use the microphones, the sound is uneven for people with hearing difficulties
- Review these notes. Looking forward to learning about broader community consultation. Focused consultation on broad issues that seemed to come up in most areas – 1. Housing 2. Transportation 3. Intergenerational connections
- Good community follow up that gets well communicated so that people/residents are aware
- Development of all-inclusive directory of support and information resources – search – keyed on seniors experienced needs rather than alphabetical by organization name
- Look forward to seeing results
- Do a remapping of what has happened in the past. Provide education sessions to the general public on Age Friendly Communities
- Some actions to be taken.
- A spotlight feature on CBC
- District of Sechelt “buy-in” to SPT, review of bylaws, starting with zoning, more consideration to needs of grandparents (generation) full time child care. On-going elder college courses for prospective and new immigrants and/or seniors to/on the Sunshine Coast
- Take suggestions to the government and follow up – pressure to implement. More money spent on planning and recommendations but little on translation into practice and change
- I would like to see a community response around issues with hoarding. Bylaw, fire prevention, health care, removal. Most of the people I’ve seen on the coast who are hoarders are seniors. (maybe under housing or safety. This challenge is far greater than people are aware)
- Steps in place for action taking.
- Build on recommendations
- Local government listening to our ideas and information
- Results from all the focus group answers from the project
- Report on the day

- This was a good launch and can be refined and expanded in future focus groups
- Completion of the project
- Summary sent to the attendees to provide opportunity to clarify, augment information
- Public meeting on the many of the key issues worth considering
- Not sure yet... need to learn more
- Action – thank you for the goodies and providing this opportunity.
- Apply for grant to update the Seniors Resource Directory. Info for Seniors – When I’m 64.
- Work on the “When I’m 64” booklet
- More of the same.
- Decide on what is most important and needed
- Identify 3-5 “most important” ideas on which to work. Identify a “working ground” and potential funding
- Criteria and priority for action
- Follow up on some the great suggestions
- More of the same
- Overwhelming task to be tackled!
- Work with gov’t groups to provide funding.
- Don’t let enthusiasm wane. Good direction.
- A collation of the ideas of the event and sent out to participants.
- Complete the survey and use the results to develop policy recommendations.
- E.g. Every new development should have to donate a parcel of land to affordable housing (Pender Harbour Housing model).
- Maybe separate meetings for seniors needs re: NOT staying in existing home –
- For staying in existing home – for rental housing only – diverse options for housing (owned, rented, cooperative, supportive)
- Some follow up from this forum and a plan created.
- Contacting governments at different levels to start to make changes
- Need to have municipal councillors, planners and developers at the table. Nothing will happen unless they are all involved and supportive of the initiatives.
- Looking forward to the report based on the input.
- Look at how to coordinate various members groups (us/affordable housing group) into specific focus groups to summarize and take to local government a specific proposal for affordable housing rentals.
- Some innovative and progressive projects at the District of Sechelt.
- Another forum to further the ideas and discussion.
- Sunshine Coast Age Friendly Strategy.
- Specific actions that will address housing issues.
- A discussion including a panel of experts on the topic of negative effects of the Provincial Landlord and Tenant Act on the supply of rental housing (also the negative effects of zoning and regulations).

Appendix F: About the Sunshine Coast Seniors Planning Table

The Sunshine Coast Seniors Planning Table was established early in 2015 as a result of findings from and a recommendation of the Progress Plan. The Planning Table's work has been supported by grants from Sunshine Coast Community Foundation, the Sunshine Coast Credit Union and an Age Friendly Grant in partnership with the District of Sechelt from the Union of BC Municipalities. The Seniors Planning Table is a program of the Community Resource Centre, a central information and referral hub that uses a collaborative approach to serve the community.

Seniors Planning Table Mission

The Seniors Planning Table works collaboratively as:

- seniors
- service providers
- community organizations and
- local governments

to ensure that the supports and programs are available for all older adults living on the Sunshine Coast to be healthy, valued and involved members of the community.

Seniors Planning Table Initial Priorities

Priority A – Improve Interagency Collaboration and Communication

- Create a plan for Interagency Collaboration and Communication to improve seniors' access to services and programs – Fall Forum
- Address ageism.
- Develop a communication and outreach plan to share Seniors Planning Table accomplishments, issues impacting older adults.

Priority B - Safety for Vulnerable Adults

- Create awareness of safety issues for seniors. Identify safety issues and map programs which address seniors safety needs (e.g. fire, falls prevention).
- Raise awareness of all aspects of abuse of vulnerable adults, such as frauds, scams, and financial abuse in trusting relationships.

- Identify supports to specifically address violence against older women.
- Create a cooperative plan with Sunshine Coast Housing Committee to address homelessness and substandard housing.
- Assess and map resources for dementia support, identifying safety issues for caregivers and caregiver support available.

In its work, the Seniors Planning Table uses a community social planning approach which is:

...a process for building community well-being... a local democratic system for setting priorities, arriving at equitable compromises, and taking action. It supports community needs and interests in social, cultural, economic and environmental affairs. Every community faces challenges. If effective solutions are to be found, then a collaborative approach that includes a wide range of organizations and individuals allows for greater understanding of the challenges and the building of relationships that are important to finding solutions.

— Michael Clague, Social Planning and Research Council of BC

The Seniors Planning Table set up Action Groups to address these priorities including: Safety at Home, Dementia Support, Abuse of Older Women, Standard Housing, Elder Care, Evaluation, Communications, and Sustainability.

Appendix G: List of Recommendations

Outdoor Spaces and Buildings Recommendations

- A1 That the District of Sechelt prioritize the development of safe walkways/trails/scooter/ bike lanes between West Sechelt, Sandy Hook/Tuwanek, Davis Bay/Wilson Creek and downtown Sechelt.
- A2 That the District of Sechelt address the need for sidewalks and lighting in local communities throughout the District including, but not limited to, the following locations in West Sechelt:
 - Jasper and Norwest. A short sidewalk with better lighting is needed, including by the West Sechelt Elementary School. Sidewalk and lighting needed between Mills Road and Norwest Bay Road on Jasper Road.
 - East side of Mason between Norwest Bay Road and Norvan Road.
 - Derby Road between Norwest Bay Road and Baillie Road.
- A3 That the District of Sechelt review and update their Official Community Plans, Transportation, and Trails and Parks Master Plans to incorporate unaddressed needs identified in the focus groups, including setting standards as appropriate.
- A4 That the District of Sechelt work with local neighbourhoods to conduct walkability studies as one means of health promotion.
- A5 That the District of Sechelt and the Seniors Planning Table collaborate to research models of stimulating further neighbourhood/community connection and share this information with local community associations and other community networks. Models to research include the community engagement process recently used in Roberts Creek for Emergency Preparedness, "Compassionate Communities", "Dementia Friendly Communities", and "transition streets."

Transportation and Traffic Safety Recommendations

- B1 That the District of Sechelt update the Official Community Plan Design Guidelines and amend zoning bylaws to make provision for scooter parking and charging, and for increasing the number of parking spots, especially disabled parking.
- B2 That the District of Sechelt address safety for pedestrians at:
 - Ocean Ave. and Cowrie, in the library and pool area
 - Trail Ave and Hwy 101, and other crossings of Teredo.

- B3 That the District of Sechelt explore through the Association of Vancouver Island and Coastal Communities and the Union of BC Municipalities encouraging ICBC to conduct a research and feasibility study into licensing of Motorized Mobility Devices (MMDs).
- B4 That the District of Sechelt's Accessibility Advisory Committee collaborate with the RCMP, Coast Ability, and local occupational therapists to offer regular MMD user training (perhaps in conjunction with events such as Accessibility Awareness Day).
- B5 That the SCR D Transportation Committee, BC Transit and HandiDART explore the feasibility of a local TaxiSaver Program, and that these organizations work together to communicate information about local bus service, HandiDart and a possible TaxiSaver Program to the public.
- B6 That local ride providers (including Share-There, the Car Co-op, HandiDART, Better at Home and the Volunteer Program through Vancouver Coastal Health) explore how they can further collaborate to provide more rides to seniors. Information about ride needs and services should be shared with the SCR D's Transportation Advisory Committee, other local governments, and groups such as Transportation Choices (TraC).
- B7 That the RCMP and ICBC continue to provide pedestrian and driver education at key times throughout the year, with a view to the use of intergenerational approaches, and consider collaborating with TraC on their "I share the road" campaign.
- B8 That the Southern Sunshine Coast Ferry Advisory Committee explore with BC Ferries and report back to the Seniors Planning Table on:
- how to make the long walk to and from the ferry at the Langdale Terminal more workable for passengers who need assistance due to accessibility challenges;
 - how to better access supports, such as wheelchairs, that are currently available;
 - what other enhancements might be put in place to support seniors and disabled ferry users.
- B9 That the Ministry of Transportation and Infrastructure with support from the Accessibility Advisory Committee and the District of Sechelt be approached about:
- the Davis Bay segment of Hwy 101 being a pilot for a reduced speed limit;
 - the lighting along Hwy 101 be enhanced, for example in Wilson Creek and near bus stops;
 - pedestrian crossings across Hwy 101 be added at Wharf Road and Westley Road;
 - a flashing light be installed at Hwy 101 and Shorncliffe, as requested by the RCMP;
 - an Activated Pedestrian System light be added at Hwy 101 by McDonalds.

Housing and Independent Living Recommendations

- C1 That the District of Sechelt develop and implement an affordable housing strategy that takes the following into consideration:
- Holding community consultations and building on existing reports (e.g. We Envision and Housing Needs Assessment) to develop a coast-wide shared vision of types of housing needed and where.
 - A more proactive role for the District in encouraging the development of affordable housing.
 - Development of a framework and guiding principles to assist non-profits in accessing funds for new housing initiatives.
 - Encouraging neighbourliness, collaboration and community cohesion through exploration of models successfully used in other communities.
 - Encouraging and communicating creative design based on best practices for neighbourhood and community connection.
 - Continuing to encourage adherence to the Accessible and Adaptable Housing Design Guidelines, especially inside housing units.
 - Restrictions on short term rentals to protect long term rental housing stock.
 - The provision of tax and other incentives for local homeowners to create more rental housing on their property, for example creating tertiary suites, or allowing all suites in a house to be rented without requiring that the house be owner occupied.
 - Providing information about financial products and financial assistance programs for renters and owners.
 - That the District of Sechelt continue to play a proactive role in encouraging new purpose built rental developments by:
 - Relaxing development cost charges;
 - Identifying possible land, e.g. Crown land, and the possibility of leasing rather than buying land;
 - Requiring that all new developments include affordable rental units, with some giving first priority to those in more vulnerable circumstances;
 - Working with property owners to preserve affordable rental housing at risk of being lost when property is put up for sale; and
 - Collaborating with the Sunshine Coast Affordable Housing Society and other local governments to implement an Affordable Housing Strategy coast wide.

- C2 That the District of Sechelt continue to actively participate in the Homelessness Advisory Committee and dedicate staff and resources.
- C3 That the Seniors Planning Table write to the Minister Responsible for Housing and the Premier to request that the provincial government revise the Shelter Aid for Elderly Renters (SAFER) Program in order to:
 - Increase the maximum rental cap to more accurately reflect market rents, and
 - Increase the subsidy from 90-100% of the rental gap.

Respect and Inclusion Recommendations

- D1 That the Seniors Planning Table encourage all associations, organizations, agencies, groups and networks in the community to foster intergenerational connection. Opportunities to spread this message include National Intergenerational Day on June 1 and National Seniors Day on October 1.
- D2 That the Seniors Planning Table provide leadership in holding "the value of each person" conversations and disseminating the ideas to the community.

Social Participation Recommendations

- E1 That the Seniors Planning Table give all local schools and community associations the "What We Heard" information about social participation and encourage them to use it to help inform their future programming.
- E2 That the SCRD Recreation Department, building on Recommendation 23 of the Recreation and Parks Master Plan:
 - Use the joint use agreement between School District 46 and the SCRD to offer recreation programming in school facilities to encourage neighbourhoods to gather on a regular basis.
 - Investigate the use of SCRD halls (e.g. Frank West, Chaster House), fields and parks (e.g. Shirley Macey, Cliff Gilker) to offer programs in neighborhoods.
- E3 That the Community Resource Centre once again make the community aware of key places in the community to access information, e.g. the Community Resource Centre, library and 211.
- E4 That the Seniors Planning Table re-establish a connection with the Sechelt Nation.

Civic Participation and Employment Recommendations

- F1 That the Seniors Planning Table organize a meeting with organizations such as the Open Door Group to collaboratively examine employment services for older adults and how to raise awareness of them.
- F2 That the Sunshine Coast Regional Economic Development Organization be asked to outline how they are taking the needs of seniors into consideration in the development and implementation of the Action Plan.
- F3 That the Community Resource Centre, the Safety at Home Action Group of the Seniors Planning Table and Service Canada collaborate to offer a regular education session on financial benefits for seniors, including federal government benefits programs.

Communication and Information Recommendations

- G1 That the Community Resource Centre develop infographics with the assistance of the Seniors Planning Table and its Action Groups to illustrate typical situations seniors find themselves in when they need information. These could be shared on paper and online in conjunction with events or with dates such as BC Seniors Week, Alzheimer's Awareness Month, etc.
- G2 That the Community Resource Centre take the lead to establish moveable kiosks in key locations that seniors and others gather. Kiosks would be stocked with an updated Seniors Resource Directory and other informational brochures.
- G3 That the Community Resource Centre, the Seniors Planning Table, and other agencies help promote Advance Care Planning in collaboration with the Sunshine Coast Hospice Society.
- G4 That the Seniors Planning Table invite the Division of Family Practice to an upcoming meeting to discuss the best avenues for sharing local resource information with physicians for their patients.

Community Support and Health Services Recommendations

- H1 That the Dementia Support Action Group of the Seniors Planning Table continue to work with the Alzheimer Society of BC to train local presenters to give Dementia Friendly Community presentations and offer more group supports to people living with dementia and their caregivers.
- H2 That the Seniors Planning Table write to the Minister of Health, the Premier and the leader of the opposition, about the need for enhanced health services on the Sunshine Coast and what a fair percentage of the new funding announced March 9, 2017 would be for the Sunshine Coast demographic.

- H3 That the SCRD Recreation Division review the Happy Hearts Program with VCH and how it fits within the continuum of care.
- H4 That the Division of Family Practice work with local medical clinics providing after hours care to inform the community in the most effective way of this service in order to possibly reduce visits to Emergency.
- H5 That Vancouver Coastal Health collaborate with the Division of Family Practice and consult with the Seniors Planning Table and the community about options for enhanced health services, such as the re-purposing of Shorncliffe and Totem Lodge, service delivery models similar to the Pender Harbour Health Centre, and proposed new Continuing Care hubs.
- H6 That the Sunshine Coast Healthcare Auxiliary collaborate with the Seniors Planning Table on an article for the local papers on how the Loan Cupboard works, the equipment available, and how to access it.
- H7 That Capilano University's Kálox-ay Campus Health Care Assistant Program collaborate with the Seniors Planning Table to produce an article about the program for the local papers.

Overall Recommendations

- 1 That the District of Sechelt prioritize the recommendations in this community plan that are specific to the District, addressing them in future development plans, bylaw revisions and budgets.
- 2 That the District of Sechelt collaborate with others named in these recommendations to take actions not specific to the District.
3. That the District of Sechelt share this community plan with other local governments and work collaboratively toward establishment of a community social planning position and supported Seniors Planning Table.
4. That all interested community members and agencies review this plan (including the detailed focus group notes in Appendix C) for ideas on how they can contribute beyond the recommendations.
5. To ensure that all recommendations in this plan are implemented there is a need for a community social planner and a modestly supported Seniors Planning Table (now unfunded). There is a need for evidence-based community social planning based on a provincial social planning framework advocated for by Board Voice, and a National Seniors Strategy (that may be in the works), to augment the actions of our engaged and highly skilled local community members.