



2 - 2016

Age-Friendly Assessment of the South Shuswap

Prepared for:

South Shuswap Health Services Society
#8, 2417 Golf Course Drive
Blind Bay, BC
V0E 1H2
250-675-3562
sshealthss@gmail.com

Prepared by

Simmonds Research Consulting
850 26th Street Southeast
Salmon Arm, BC
V1E 2H6
250-517-0197

Contents

Executive Summary	3
Introduction	4
A Brief History of the Age-Friendly Movement	4
Project Purpose	4
Structure of the Report.....	5
Age-Friendly Project Approach	5
Key Findings	8
Regional Profile of the South Shuswap	13
Population Distribution by Community	13
Age Distribution by Community	14
Employment & Income	15
Transportation	17
Housing.....	20
Health.....	28
Next Steps	35
Apply to the Provincial Government for Age-Friendly Recognition	35
Develop the Age-Friendly Action Teams and Plan	35
Bibliography	36
Appendix 1: Age-Friendly Action Plan – Record of Discussion.....	37
Appendix 2: Community Profiles	58
Appendix 2A: Community Profile: Blind Bay.....	58
Appendix 2B: Community Profile: Eagle Bay.....	76
Appendix 2C: Community Profile: Notch Hill.....	92
Appendix 2D: Community Profile: Sorrento	106
Appendix 2E: Community Profile: Sunnybrae.....	124
Appendix 2F: Community Profile: Tappen	141
Appendix 2G: Community Profile: White Lake	157
Appendix 3: Age-Friendly 2 Survey	172
Appendix 4: Interview Sample.....	189

Executive Summary

The Columbia Shuswap Regional District Electoral Area C or South Shuswap is located north of Salmon Arm between the Main Arm and the Salmon Arm of Shuswap Lake. It includes the communities of Blind Bay, Eagle Bay, Notch Hill, Sorrento, Sunnybrae, Tappen, and White Lake. The natural beauty of the area, the recreational opportunities, and the vibrant communities make the South Shuswap an attractive place to live.

In fact, according to Shuswap Economic Development Area C makes up only 2% of land within the CSRD, but has 15% of the population. Furthermore, 60% of the total population in the area is over the age of 50. Developing the age-friendly attributes of the region (the opportunities for active living, health conscious communities, and a spirit of volunteerism for example) will be an important part of the region's anticipated growth.

In order to identify the age-friendly attributes of communities in the region, the South Shuswap Health Services Society initiated the age-friendly community development process. This process was guided by The World Health Organization's *Global Age-Friendly Cities: A Guide*, the Public Health Agency of Canada's *Age Friendly Communities*, and the Government of British Columbia's *Age-Friendly BC*. The CSRD supported this process by submitting two age-friendly grants to the Union of British Columbia Municipalities and the Provincial Government of British Columbia.

To date this process includes an inventory of age-friendly services in the region and community consultations. The inventory of services was completed in January of 2016 and the community consultation took place in two phases over two years. The consultation relied on two rounds of surveys (the first with 187 participants and the second with 308), interviews with 5 community informants, community presentations, 4 community focus groups, and an action planning session.

Research indicates that participants generally enjoy a high standard of living and are actively involved in the life of their communities and the area. That stated, participants consistently emphasized the importance of developing the health, housing, and transportation as age-friendly attributes of the South Shuswap.

Introduction

Three years ago, the South Shuswap Health Services Society (SSHSS) initiated the age-friendly community development process which, according to British Columbia's *Becoming an Age-Friendly Community: A Government Guide* typically occurs in six phases:

1. Establish an Age-Friendly Committee;
2. Pass a Local Council or District Board Resolution;
3. Conduct an Age-Friendly Assessment;
4. Develop and Publish an Action Plan;
5. Implement the Action Plan; and
6. Monitor Age-Friendly Progress.

A Brief History of the Age-Friendly Movement

Though this process is relatively new to the Shuswap, it is part of a larger global movement started in 2006 by the World Health Organization through the Age-Friendly Cities Initiative. The purpose of this initiative is “to facilitate the inclusion of older persons and to make our world more age-friendly” (World Health Organization). While the age-friendly concept and the process focuses on “inclusion of older persons,” age-friendly development benefits the entire community. In fact, as the World Health Organization notes, “An age-friendly world enables people of all ages to actively participate in community activities and treats everyone with respect, regardless of their age.” In other words, Age-friendly is for everyone.

In 2007, the Federal Government of Canada launched its own age-friendly initiative in “ten communities across eight provinces.” This national initiative focused on communities with under 5,000 people.” This initiative resulted in the Federal Government’s report: *Age-Friendly Rural and Remote Communities: A Guide*. In British Columbia, the BC Ministry of Health and the Union of BC Municipalities have “funded age-friendly projects in over 120 communities across the province” (City of Richmond, p.7).

In the South Shuswap, the Columbia Shuswap Regional District (CSRD) has submitted two age-friendly grant applications to the BC Ministry of Health and the Union of BC Municipalities on behalf of the SSHSS. The first of these grants, awarded in January of 2015 supported a preliminary assessment of the age-friendly attributes and needs of the South Shuswap and the promotion of Copper Island Seniors Resource Centre, started by SSHSS in October 2014. The second of these grants, awarded in January 2016, results in this current report, *Age-Friendly Assessment of the South Shuswap*.

Project Purpose

The *Age-Friendly Assessment of the South Shuswap* represents the South Shuswap’s transition from phase 3 to phase 4 of age-friendly community development. Thus this current report includes an assessment of priority age-friendly areas and an action plan to develop these age friendly attributes.

Structure of the Report

This report is organized into the following sections:

1. The *Introduction* provides a brief background to age-friendly work in the South Shuswap, a description of the research approach, and a summary of key action areas from the community action plan.
2. The second section, *Regional Profile*, provides an analysis of data from the surveys, interviews, community engagement sessions, and the action plan;
3. The third section provides a brief description of possible next steps.

Age-Friendly Project Approach

Age-friendly development is a multi-phase process which the SSHSS has pursued over the last three years. After building relationships in the South Shuswap and establishing a committee focused on enhancing the age-friendly attributes of the area, the SSHSS undertook a two-year assessment which includes an inventory of services, a 198 scoping survey, 308 comprehensive surveys, 5 interviews with community informants, 4 community focus groups, and 1 community action plan. Support for this age-friendly work has come through the CSRD which submitted two successful age-friendly grant applications to BC's Ministry of Health and the Union of BC Municipalities.

Age-Friendly Scoping Research

In 2015 during the first assessment, the Project Team designed a *Scoping Survey* based on the World Health Organization's *Global Age-Friendly Cities: A Guide*, the Public Health Agency of Canada's *Age-Friendly Communities*, and the BC Ministry of Health's *Becoming an Age-Friendly Community: Local Government Guide*. All three documents identify the following eight areas where communities can develop age-friendly characteristics:

- Outdoor Spaces & Buildings
- Transportation
- Housing
- Social Participation
- Respect & Social Inclusion
- Civic Participation & Employment
- Communication & Information
- Community Support & Health Services

The *Survey* asked participants to rank their communities in each of the eight areas on a scale of 0-5: 0 being "not at all age-friendly;" 3 being "adequate;" and 5 being "outstanding." *Survey* participants were also given the option of "No opinion." From this preliminary study, participants identified three age-friendly attributes of the South Shuswap that require improvement: Health, Transportation, and Housing.

The same survey also asked participants to prioritize the eight aforementioned age-friendly attributes. Participants identified health services and transportation as the top two age friendly priority areas. Furthermore, these priority areas emerged during the final scoping meeting as participants identified health and transportation as important to their communities. A third age-friendly attribute, housing emerged as important during this final meeting.

Approach to Age-Friendly Research

Based on the findings from the *Scoping Survey*, the interviews, surveys, engagement sessions, and community action plan focused on health, transportation, and housing. The surveys, interviews, and engagement sessions also included questions regarding employment, income, and economic opportunities in the area.

The research is guided by community members and it profiles resident's experiences of aging in the South Shuswap. However, this approach is not without its limitations. It does not provide a robust analysis of the age-friendly attributes of specific sites around the South Shuswap. For example, it does not assess the accessibility of a local restaurant or the walkability of a neighborhood in White Lake compared to a neighbourhood in Sorrento.

Surveys

Surveys were administered by telephone, distributed through businesses, community centres, non-profit organizations in the communities, and given out at community events (for example presentations to Probus, church groups, and senior's groups). Surveys were also available online at the South Shuswap Health Services Society website: www.sshss.ca. A total of 308 surveys were completed. However, only 289 surveys are analyzed because 18 participants either responded "yes" or did not respond to the initial screening question: "Have you completed this survey before?"

Strengths and Limitations

The surveys address information gaps around health, transportation, housing, and employment and income. Survey sampling was non-representative. This limits the findings to the survey participants. The surveys were also lengthy (42 questions) with some complex questions. The combination of length and complexity means that response burden likely influenced some responses.

Interviews

Interviews were conducted on the phone and in person. Selection criteria for the interviews focused on individuals who were health-care professionals and/or residents of the South Shuswap. A total of five interviews were completed: one interview with a local health care professional and four interviews with residents. Interviews ran approximately 30 – 45 minutes. Interviews were confidential. Participants were provided with Personal Identification Numbers (PIN) to keep their identities confidential. Direct quotations from survey participants are identified using the PIN number.

Strengths and Limitations

The interviews provide stories and perspectives from individuals who work with or are shut-in. While these interviews provide compelling human stories to the quantitative data, they should not be used to infer trends for the whole region or the communities.

Community Engagement Sessions

A total of four community engagement sessions were conducted. During these sessions participants were asked to answer questions on each of the four aforementioned age-friendly themes. Of the four community engagement sessions, Sunnybrae had the largest turnout with over twenty participants. Sorrento and Blind Bay had five participants for each community, while White Lake had only four participants.

Strengths and Limitations

The community engagement sessions provided a forum for participants to explore the age-friendly attributes of their community and region. Despite advertising in local papers and at community centres, local businesses, and non-profits, turnout for the community meetings was lower than expected.

Action Planning Session

The action planning session was held November 22, 2016 at the Olde Town Centre in Blind Bay. The session was advertised in local newspapers, on the SSHSS website, through emails, and through notices posted on community centre bulletin boards. Over 33 people attended including representatives from the regional district, the health authority, local non-profits, and businesses. Prior to the action planning session, the consultant presented the preliminary findings from the surveys as well as some demographic information from the 2011 Census. Participants then responded to the presentation through an appreciative inquiry action planning process.¹

For the purposes of action planning, the appreciative inquiry approach invited participants to envision the age-friendly development they want for their region and their communities, to assess their collective strengths and weaknesses in light of what they had envisioned, and to create an action plan in light of their vision. This process occurred in three stages: Define the situation; identify possible actions; create the action plan. The result of this action planning engagement session was a framework for age-friendly action over the next year. During the process, participants identified the following eight areas for possible action and prioritized five of these as tasks (refer to items in bold) from which they developed their action plan:

- 1. Improve accessibility to transportation;**
- 2. Nurture volunteerism;**
3. Ensure a safer community;
- 4. Make it happen (source and acquire funding);**
5. Agree on how halls can be utilized;
6. Enhance health and wellness services; and
- 7. Consolidate and communicate information about community resources.**

By the end of the day, participants had developed an action planning framework with core task teams, quarterly actions, and annual goals (victories). For a full summary of the action plan refer to *Appendix 1: Action Plan Record of Discussion*.

Strengths and Limitations

The action planning process cultivates collaboration between a large group of people to produce a common set of goals, a plan to accomplish those goals, and a commitment to that plan. The strength of this approach is evident in the age-friendly commitment statement participants developed for the South Shuswap:

¹ “Appreciative Inquiry is a form of action research that attempts to create new theories/ideas/images that aide in the developmental change of a system” (Cooperrider & Srivastva, 1987).

Our commitment is to be a sustainable, healthy, safe, beautiful, people-centred community that is actively engaged in enhancing the quality of life for all its citizens, regardless of age.

This statement represents the participants' commitment to enhancing their local and regional community.

Key Findings

Health

- **Chronic health conditions:** 47% of survey participants have a chronic health condition.
- **Percentage of Individuals with family doctors:** 88% of survey participants have a regular family doctor. This is better than the provincial and the national statistics. According to Statistics Canada *Access to Regular Medical Doctor, 2013*, 74.5% of Canadians have a regular family doctor. Furthermore, Statistics Canada notes that "Residents of Manitoba and British Columbia reported rates that were about the same as the national average" (2013).
- **Distance travelled to doctors:** 30% of participants have to travel 26-30 kilometers to see a doctor, while 23% have to travel over 30 kilometers.

During the research those who participated in the interviews, the community engagement sessions, and the action planning session consistently emphasized health and wellness support as age-friendly priorities for their area.

Health Services

In fact, participants in the action planning session envisioned an age-friendly future for the area that includes "local access to healthcare and health services," "doctors in the community," "community centres used in the distribution of health and support services," and even "a central integrated health services facility." Participants also noted the nurse practitioner as a current strength in the area. The emphasis during the action plans on health services is consistent with findings from the community engagement sessions where participants often remarked on their desire for local doctors in the South Shuswap.

Action planning participants also identified that one of the South Shuswap's vulnerabilities is the distance from residential areas to health services. As one participant noted, in order to live in the South Shuswap "you need youth health – people are forced to move out at 80." Furthermore, while identifying their vision for the area, participants stated it was important to "keep seniors in their homes." Still other participants noted the importance of a "support system of a community-based volunteer support network."

Similarly interview respondent noted, the need for increased health care services in the area. As one interview respondent stated, "adequate access to health care tops the list for facilitating a good quality of life" (PIN 03). Still another respondent noted that, "If health declines, there is just too much driving" (PIN 04). This respondent's observation corroborates the aforementioned action planning participants who identified the challenge of remaining in the South Shuswap after the age of 80.

Wellness

Several participants also identified the need for prevention and emphasis on wellness. Those participating in the action planning session envisioned the development of “facilities and opportunities for seniors to stay healthy, [for example a] curling rink/arena.” They also envisioned a “Squilax-like health and wellness centre.” Likewise, during the community engagement session in Sunnybrae participants noted the need for “preventative health care.”

This emphasis on wellness is important in light of the high number of survey participants with a chronic health disease. According to *Chronic Diseases Related to Aging And Health Promotion And Disease Prevention*, “as many as 25 chronic diseases are directly linked to physical inactivity, and that an inactive person will spend 38% more days in hospital use 5.5% more family physician visits, 13% more specialist services, and 12% more nurse visits compared to an active person” (pg. 2). The age-friendly action plan task “Enhance Health/ Wellness Services” represents an important initiative in the area for addressing and preventing chronic health issues.

Housing

- **Home ownership:** 91% of participants own their own homes. This is significantly higher than the provincial average which, according to the 2011 Census, has 70% of all provincial residents owning their own homes.
- **Homecare:** 96% of survey participants are not currently receiving homecare
- **# of Years Living in the Area:** Those in the South Shuswap who participated in the surveys are long-term residents of the area. 36.8% of participants have lived in their current home for 6-15 years, while 21.9% of participants have lived in their current home for 16-30 years. 12.8% have spent 30+ years in their home.
- **Permanency:** 43% of participants indicated that they plan on staying in their current home for 10 or more years, while 24% stated that they plan to stay for 5 to 10 years. Only 6% stated that they plan to remain for 1 year or less.

The survey results indicate that participants are established in their respective communities in South Shuswap, the largest proportion of participants having lived in their home for 16-30 years. Furthermore, the largest proportion of survey participants also noted that they plan on remaining in their home for the next 10 years.

Aging in Place

While the survey participants demonstrate a commitment to remain in their current homes, neighbourhoods, and communities in the South Shuswap, action planning participants also envisioned more support for aging in place. These participants saw the possibility that the area has “options for independent living maximized so assisting living is [a] secondary [option].” Action planning participants also envisioned that houses in the area would be “built under safer health standards so people can age in place (make this normative).”

During the action planning session participants also identified the possibility of “flexible housing options” and the possibility of innovative age-friendly housing solutions for the area. For example, several action planning participants mentioned the possibility of “Co-housing (young people moving in with older people – partnership between old and young people). Still other participants envisioned the possibility of developing a “Holland model

housing – rooms rented to young folks who support the seniors [they are living with].” Participants also noted the need to use “existing houses/ infrastructure used fully to support independent home options.” Some of these solutions might encourage young people to remain in or move to the area, while at the same time supporting seniors to age in place.

Interview participants corroborated the importance of developing supports for seniors to age in place. For example, one interview participant stated: “People want to be in their home as long as possible. There is a lot of transitional housing in Salmon Arm, but not in Blind Bay or Sorrento. Transitional housing includes supportive housing, assisted living and then complex care housing. This kind of housing could be in Area C, and many seniors there do not want to move” (PIN 03). Similarly, participants in the community engagement sessions at Sunnybrae, Sorrento, and White Lake emphasized the importance of developing supports for seniors to age in place.

Transportation

- **Driver’s license:** 95% of survey participants indicated that they currently have a valid driver’s license, while 4% responded “No” and 1% did not answer.
- **Transportation and Access to Doctors:** 87% of participants stated that transportation is not a barrier to visiting the family doctor, while 10% stated that it was.
- **Primary Mode of Transportation to Doctor:** 88% of survey participants drive their own vehicles to visit a doctor. 7% note that they ask for a ride from a family member or friend.

Transportation Services

The overwhelming majority of survey participants have a valid driver’s license and drive their own vehicles to carry out the business of daily living. That stated, participants at the community engagement sessions stated a need for transportation services. Similarly, one interview participant who relies on the local transportation services noted that the “Handi-Dart is too limited. There’s only one. The bus stops in an area that is difficult for mobile-challenged, and comes only once a week” (PIN 04). Interview participants also noted that local organizations have volunteer or paid driver’s services. For example, the “Hospice Society does provide transportation, but it is little known and they have lost volunteers” (PIN 02).

Roads and Safety

With regard to roads and safety, action planning participants noted that the South Shuswap is “divided by an unsafe section of the Trans-Canada highway.” At the same time, they envisioned better road conditions for the area. Furthermore, as one interview participant noted, the local roads have no shoulders and this is “very dangerous!”

Employment & Income

- **Sources of Income:** The majority of survey participants receive income from the Canada Pension Plan.
- A total of 14.6% survey participants currently live on \$2501-\$3000 per month. 11.8% indicated that they live on \$3000-\$3500 per month, while 11.1% currently live on \$1001-\$1500 per month.

- A total of 10.8% of survey participants live on \$5001 or more per month. 3.8% of survey participants live on \$1000 or less per month, while 10.8% of survey participants did not answer the question.

For many participants, the cost of independent living with some supports may be financially out of reach. According to the 2016 Canada Mortgage and Housing Corporation's *Senior's Housing Report*, the average cost of an independent supportive living arrangement in the Thompson/Okanagan region is \$2,259.00 (pg. 20).

With regard to employment, the economy, and income, action planning participants identified age-friendly financial planning supports for seniors as important. Action planning participants also envisioned economic opportunities for the area through the creation of "seniors employment and mentoring network" and even the possibility of a "dedicated industrial park land (business friendly) and commercial."

Regional Profile of the South Shuswap

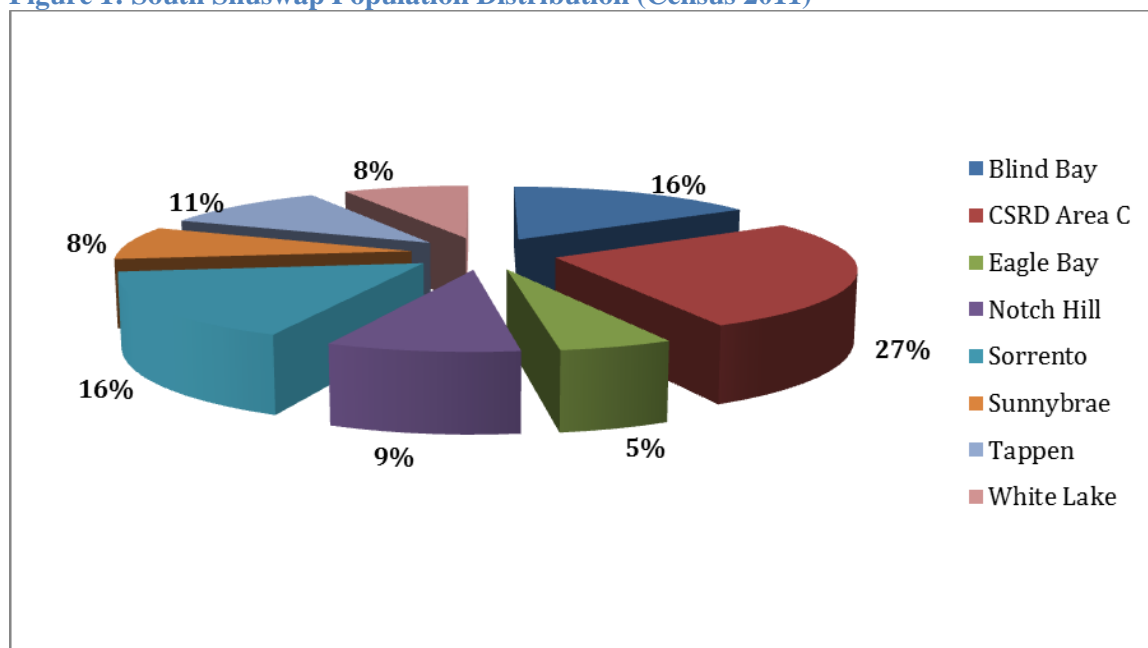
Regional Profile of the South Shuswap

The South Shuswap (CSRD Area C) is located north of Salmon Arm and between the Main and Salmon Arms of Shuswap Lake. Area C makes up only 2% of land within the CSRD, but has 15% of the population (Shuswap Economic Development, 2014).

Population Distribution by Community

According to the 2011 Census conducted by Statistics Canada, the total population of the South Shuswap is 7662. Within the region, the community with the largest population is Sorrento at 1260, followed by Blind Bay at 1230, Tappen at 820, Notch Hill at 675, Sunnybrae at 625, White Lake at 620, and Eagle Bay at 400. The remaining 2032 residents live within CSRD Area C, but outside of these communities (Statistics Canada, 2012).

Figure 1: South Shuswap Population Distribution (Census 2011)

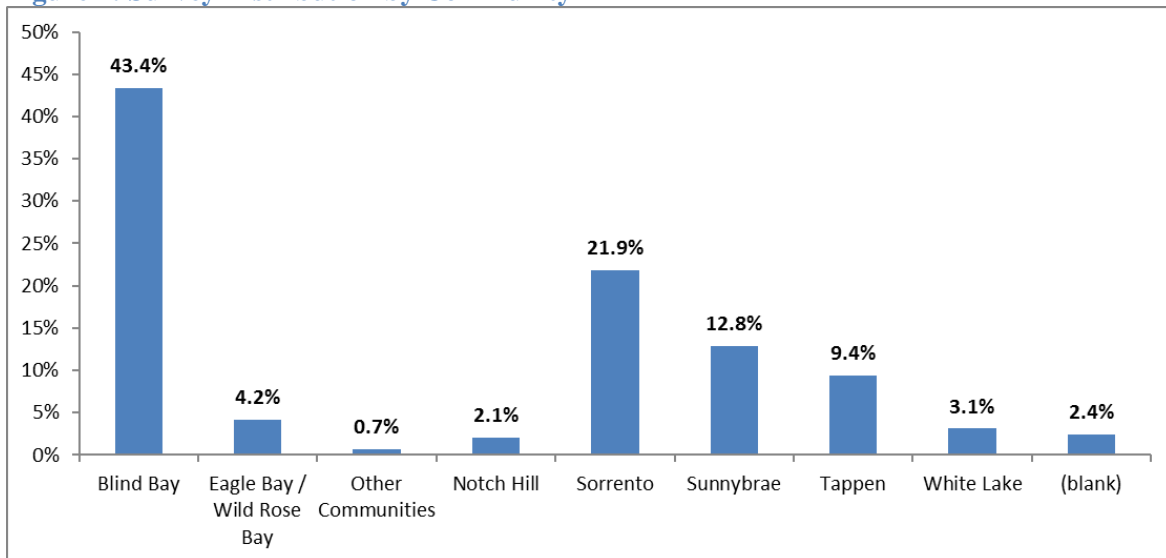


According to Statistics Canada, the CSRD Area C has a median age of 55.6 years old, while the Columbia Shuswap and the Province of British Columbia have median ages of 48.1 and 41.9 years old respectively (Statistics Canada, 2012). Compared to the entire province of British Columbia and even the Columbia Shuswap, the South Shuswap has a proportionally older population base.

Unlike the 2011 Census data, the survey population distribution indicates that the largest group of survey participants are from Blind Bay, 43.4%. Further investigation into the Census boundaries and the population distribution by community may be something to consider.

After Blind Bay, 21.9% of survey participants from Sorrento. A total of 12.8% are from Sunnybrae, 9.4% are from Tappen, and 4.2% from Eagle Bay. A total of 3.1% of survey participants were from White Lake. Finally, 2.1% are from Notch Hill. 2.4% of the participants did not list a community and 0.7% selected “I live in the South Shuswap (CSRD Area C) but outside of the listed communities.”

Figure 2: Survey Distribution by Community

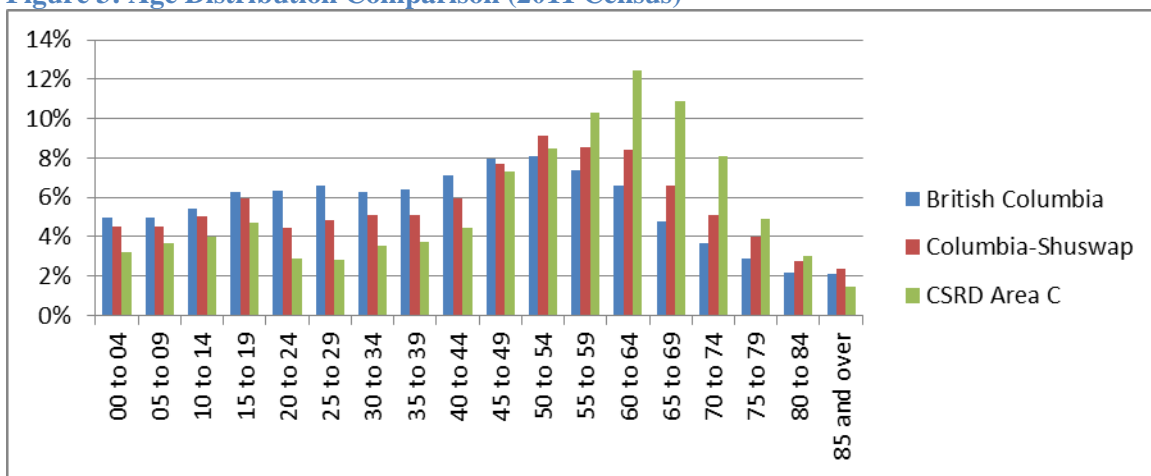


Age Distribution by Community

Census 2011 Age Distribution

The largest age group in the South Shuswap is between the ages of 60 and 64 years old, accounting for over 12% of the total population. The next largest group is 65 to 69, followed by 55 to 59 year-olds, with 10.9% and 10.3% of the population respectively. In fact, residents 50 years old and older total 4565, making up 59.6% of the population while in comparison, those aged 15 to 39 account for only 17.6% of the population with a total of 1350 people.

Figure 3: Age Distribution Comparison (2011 Census)

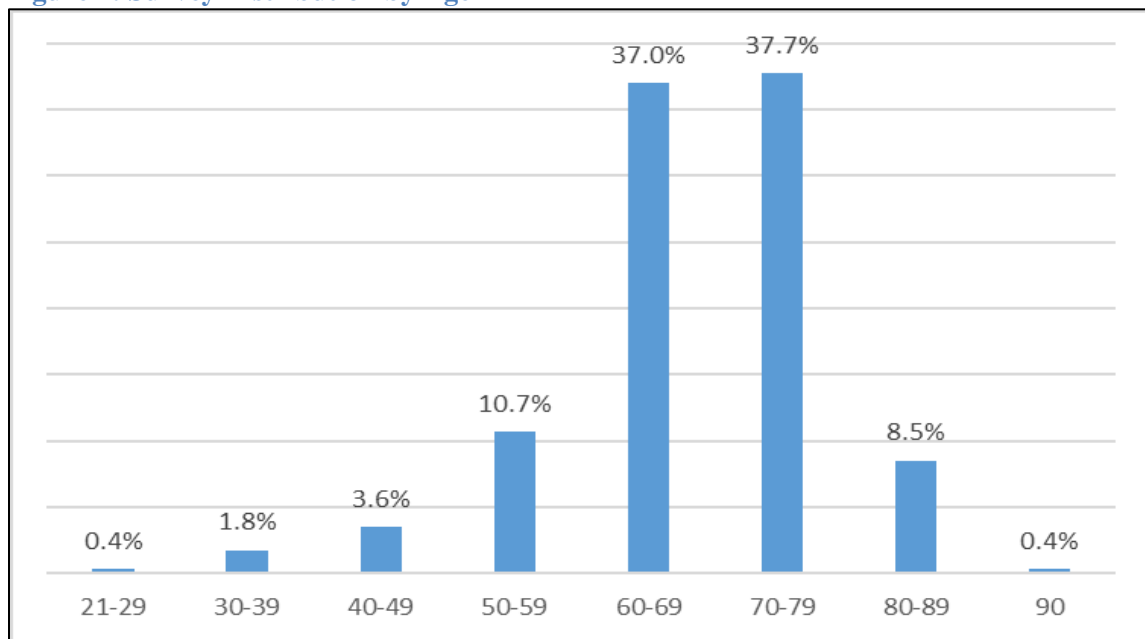


Survey Age Distribution

According to the survey data, the age group with the highest participation rate for the South Shuswap, were residents aged 70 to 79 years old with 37.7%. Survey participants aged 60 to 69 years old had the second highest participation rate with 37%, followed by residents aged 50 to 59 with 10.7%, residents aged 80 to 89 with 8.5%, residents aged 40 to 49 with

3.6%, residents aged 30 to 39 with 1.8%, residents aged 90 and over with 0.4%, and residents aged 21 to 29 with 0.3%.

Figure 4: Survey Distribution by Age



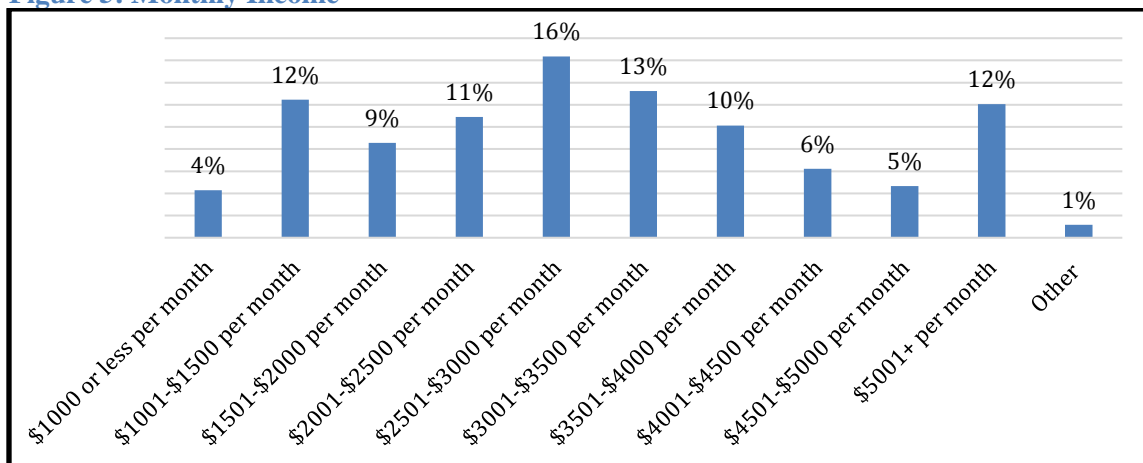
Employment & Income

Questions 6-10 of the survey asked the participants questions related to employment in the South Shuswap.

Monthly Income Amount

A total of 16% participants who responded currently live on \$2501-\$3000 per month. 13% indicated that they live on \$3001-\$3500 per month, while 12% currently live on \$1001-\$1500 per month and on \$5001 or more per month. 4% of survey participants live on \$1000 or less per month, while 1% of participants who responded identified “other” as their income.

Figure 5: Monthly Income

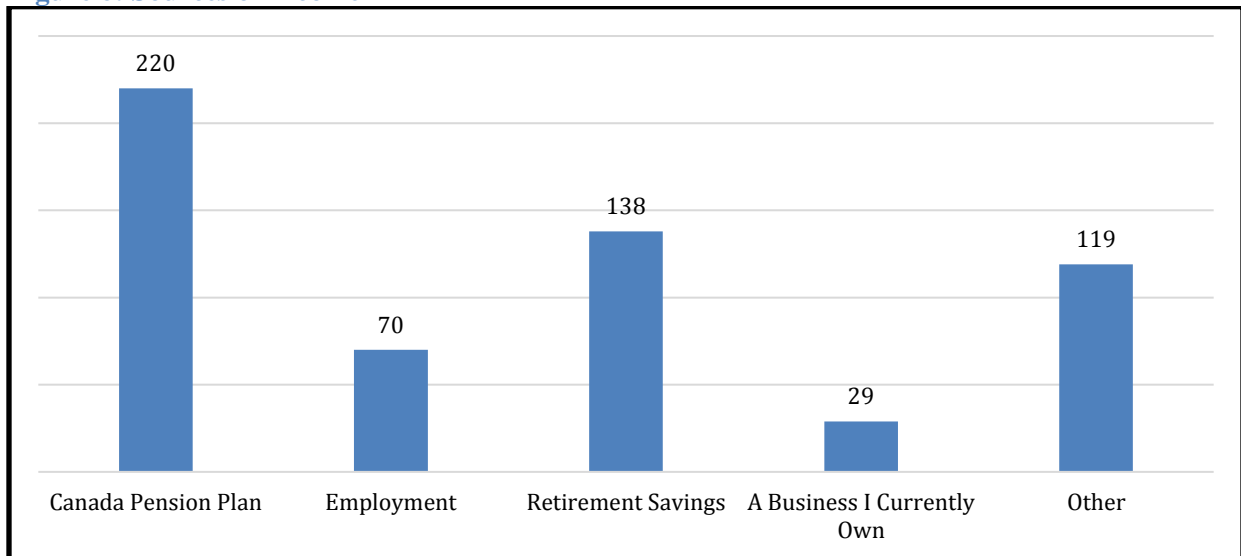


While Canada and therefore British Columbia does not have an official poverty level, according to the Canadian Centre for Policy Alternatives, the “annual low-income... thresholds for British Columbia” in 2014 for a single person living in rural BC was \$18,024 (Klein, Ivanova, & Leyland, 2017). In comparison to our survey data, this indicates that a number of individuals (those individuals making \$1500 per month or less) are low-income and quite possibly at an impoverished level.

Monthly Income Sources

For the monthly income sources, participants could select more than one option. For that reason, the graph below presents whole numbers rather than percentages. The majority of survey participants, 220, receive an income from the Canada Pension Plan. One-hundred and thirty-eight rely on retirement savings for an income source, while the majority of the 119 participants who rely on other sources of income noted Old Age Security in the comment box. Seventy respondents currently rely on employment for their income followed, while 29 respondents own their own business.

Figure 6: Sources of Income

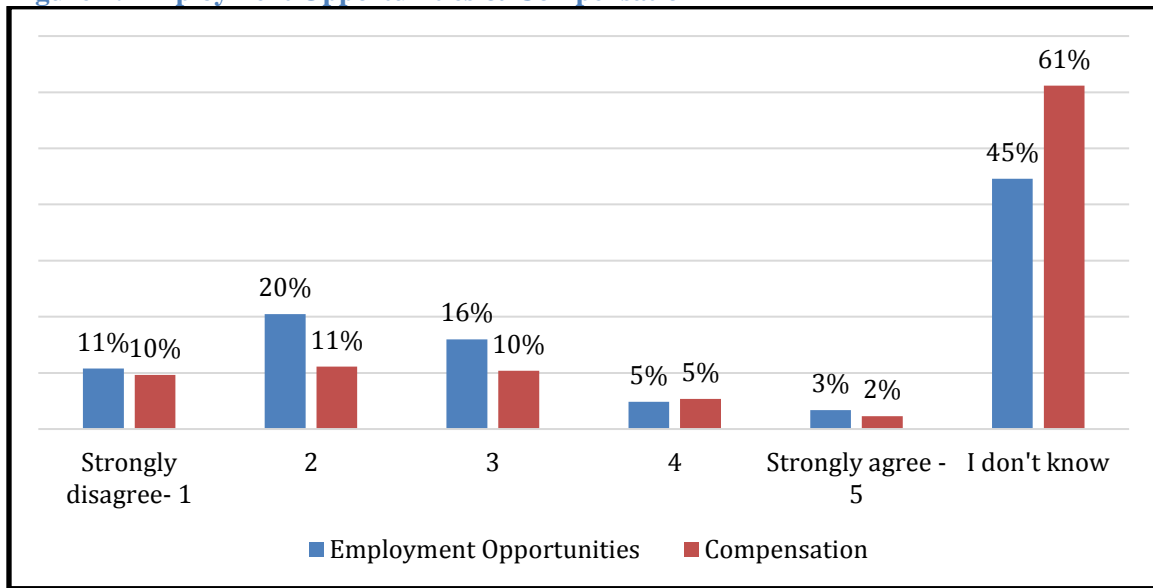


Employment Opportunities

With regard to employment opportunities, participants were asked two questions: “Are employment opportunities in the South Shuswap are available to older adults” and “Are older adults in the South Shuswap are fairly compensated for their work.” The majority of participants did not know if employment opportunities are available to older adults. Likewise, the majority of participants did not know if older adults working in the South Shuswap were fairly compensated.

However, the interview respondents indicated that employment opportunities are “limited” (PIN 05) or “very poor” (PIN 04). One participant stated that employment is “non-existent” unless you are “in business for yourself” (PIN 01), while another said that employment is “challenging” because “Area C is a summer destination, so year-round employment is challenging... Most families have at least one working person who has to go outside of the community for employment” (PIN 03).

Figure 7: Employment Opportunities & Compensation



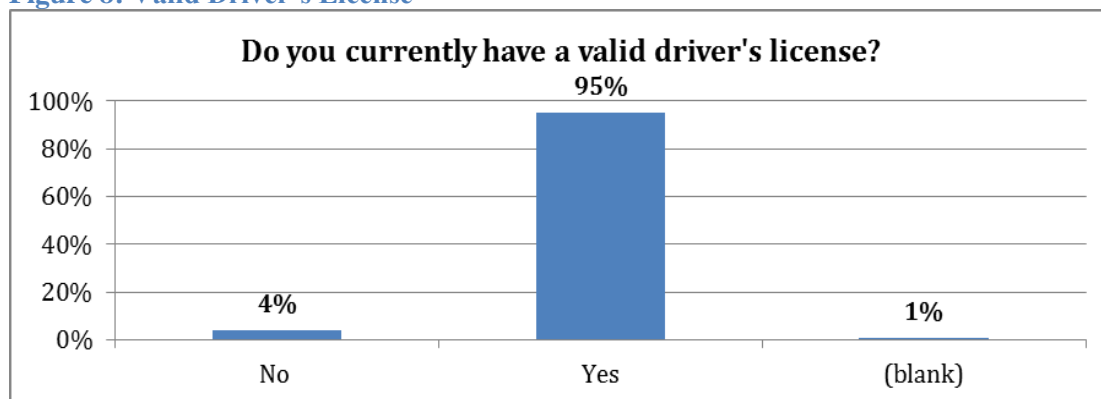
Transportation

Questions 11-15 of the survey asked information on residents' transportation methods.

of Participants with a Valid Driver's License

Ninety-five percent of respondents indicated that they currently have a valid driver's license, while 4% responded "No" and 1% did not answer.

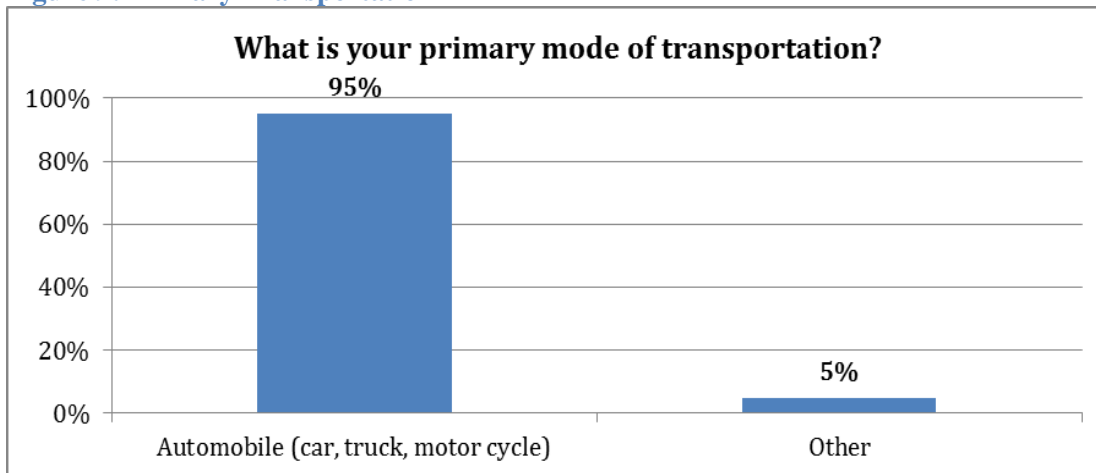
Figure 8: Valid Driver's License



Primary Mode of Transportation

Ninety-five percent of participants answered that their primary mode of transportation was an automobile – car, truck, motorcycle. 5% selected "other" as their response, mentioning that they rely on others, public transport, taxis or walking as their primary mode of transportation. The majority of survey participants in the South Shuswap are mobile and have their own vehicles.

Figure 9: Primary Transportation



Quality of Roads

Survey participants identified room to improve the roads. In fact, the majority of participants indicate that the road quality is not ideal (a rating of 3 or less):

These findings are supported by the answers given in the interviews specifically mention that the quality of the roads in the South Shuswap could be better. One participant states that there are “no shoulders on the road” which was “very dangerous” (PIN 01) while another says that “walking around here is dangerous. The area is hilly, the roads are too narrow, the traffic goes too fast” (PIN 04).

Figure 10: Quality of Roads

13. Transportation - Roads	Roads and streets are well maintained and appropriately lit	Roads are well signed	Lines on pavement are clear and visible	Crosswalks are well marked and signed	Speed limits are appropriate in populated areas
1 - Strongly disagree	75	72	73	73	74
2	55	52	55	54	52
3	82	81	81	80	81
4	55	54	54	54	55
5 - Strongly agree	14	14	14	14	14
No Answer provided	3	3	3	3	3
No response (blank)	0	3	3	3	3
Grand Total	284	279	283	281	282

Parking

The results show that the majority of participants either agree or strongly agree that parking in the South Shuswap is adequate, available and convenient: 67.2% for “parking lots and street parking are located close to services”, 66.2% for “there are enough designated parking spots for vehicles with handicap hangtags”, 65.8% for spaces for disabled parking are monitored to ensure space is available for those who need it,” and 67% for “drop off and pick up areas are available and conveniently located.”

Figure 11: Parking

14. Transportation - Parking	Parking lots and street parking are located close to services	There are enough designated parking spots for vehicles with handicap hangtags	Spaces for disabled parking are monitored to ensure space is available for those who need it	Drop off and pick up areas are available and conveniently located
1 - Strongly disagree	14	14	14	14
2	13	12	12	11
3	48	47	47	45
4	109	109	108	109
5 - Strongly agree	77	77	75	74
No answer provided	16	16	16	16
No response (blank)	0	6	6	4
Grand Total	277	281	278	273

Transportation Services

Approximately 38% of participants have selected “1 – Strongly disagree” for the four questions. 38.4% (106) strongly disagree that affordable and accessible transportation is available, 37.4% (102) strongly disagree that a volunteer and/or informal network of drivers is available, 38.2% (105) strongly disagree that accessible transportation is available to take people to health appointments out of the community, and 38% (105) strongly disagree that information about transportation options is readily available.

Similarly, interview respondents noted the need for transportation supports. One person stated that “many seniors do not have adequate public transit” (PIN 05), another said that the transportation in their community is inadequate: “A bus stopping on the main street is no good. There needs to be ‘At the Door’ pick up” (PIN 01), while a third stated that the “Handi-Dart is too limited. There’s only one. The bus stops in an area that is difficult for mobile-challenged, and comes only once a week” (PIN 03). While participants in both the surveys and the interviews identified the need for transportation services, it is important to note that the majority of survey participants, 95%, had a valid driver’s license and that 95% of participants relied on a vehicle for their primary mode of transportation.

Figure 12: Community Services

15. Transportation - Community Services	Affordable and accessible transportation is available	A volunteer and/or informal network of drivers is available	Accessible transportation is available to take people to health appointments out of the community	Information about transportation options is readily available
1 - Strongly disagree	106	102	105	105
2	38	38	38	38
3	28	28	28	28
4	20	20	19	20
5 - Strongly agree	8	8	8	8
No answer provided	76	76	76	76
No response (blank)	0	1	1	1
Grand Total	276	273	275	276

Housing

Questions 16-28 of the survey asked information on residents' housing situation.

Residency

According to the survey data, 91% of participants own their own homes, while 7% rent. Comparing residence against age, we see that 71% of all residents who own their own home are 60 to 79 years old.

Figure 13: Residence

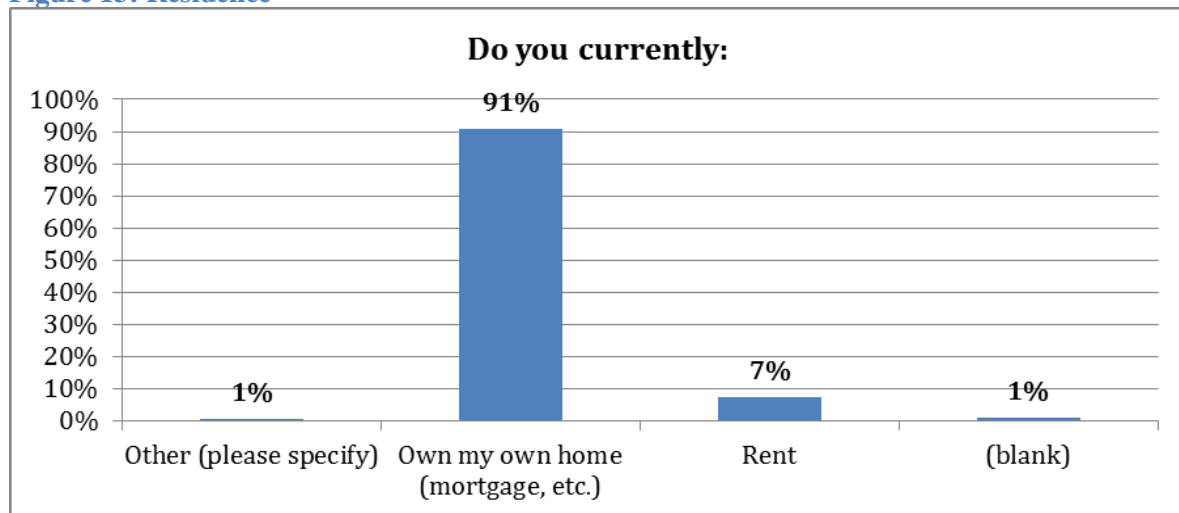
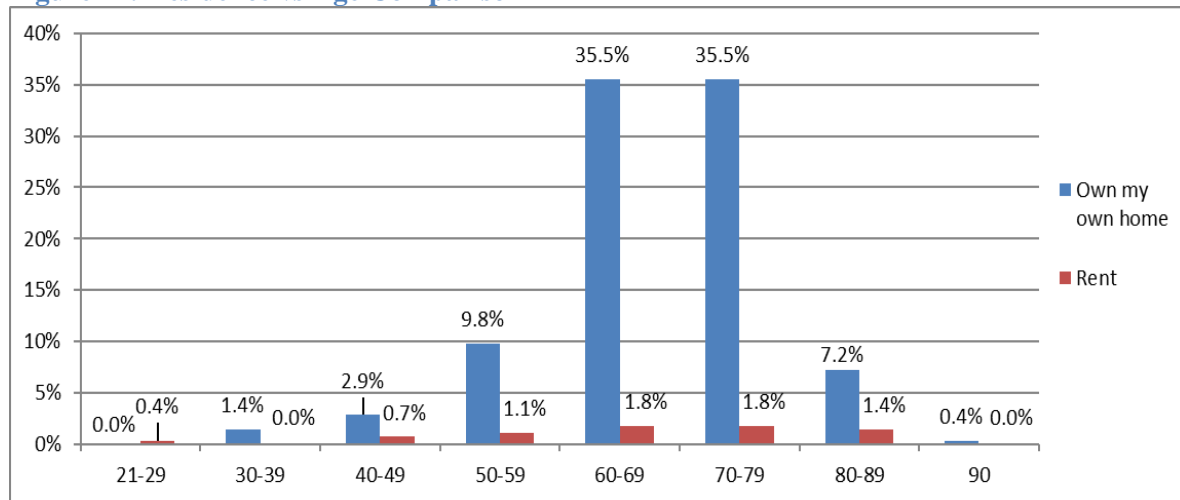


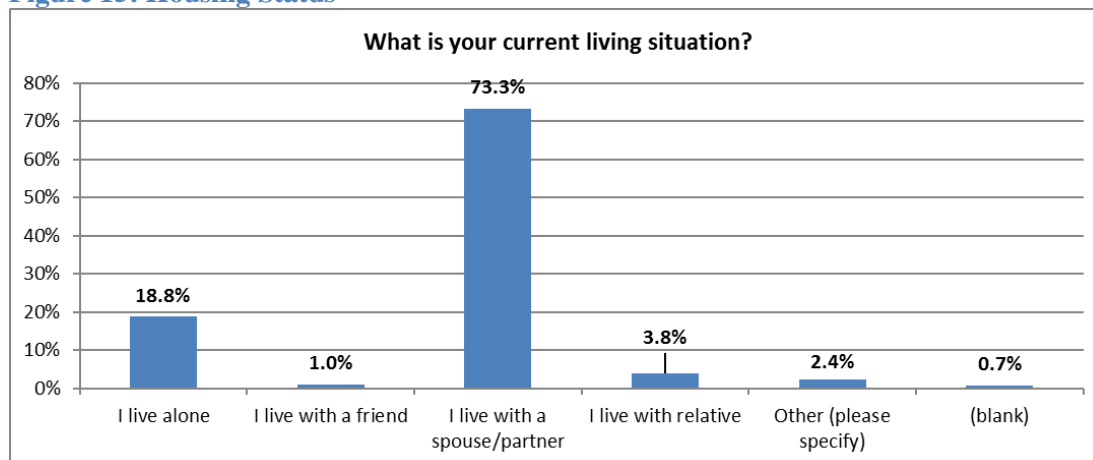
Figure 14: Residence vs Age Comparison



Living Situation

Seventy-three percent of participants indicated that they live with a spouse/partner while 18.8% of participants state that they live alone.

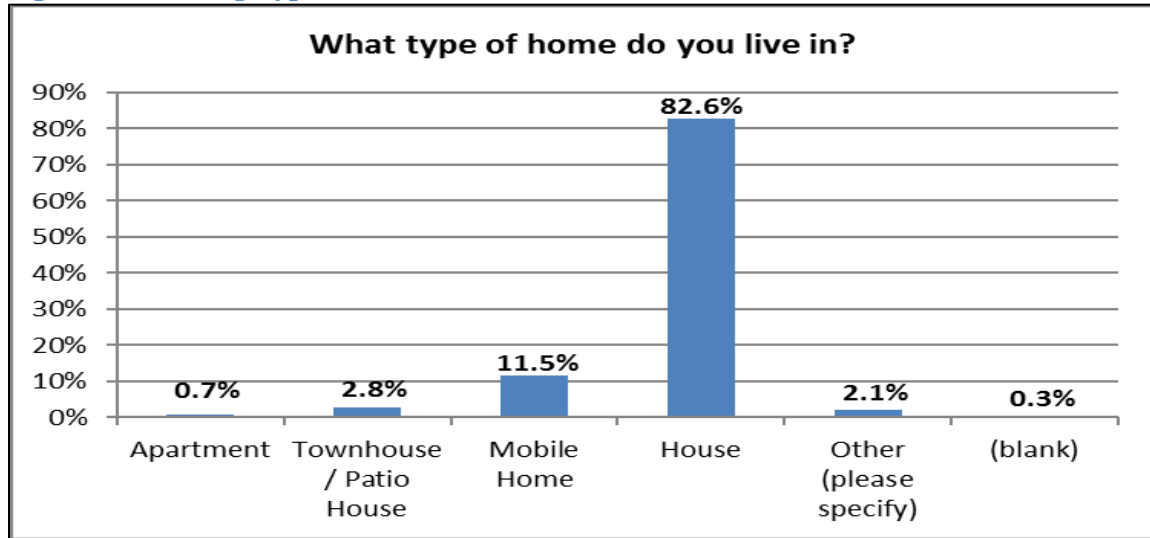
Figure 15: Housing Status



Type of Home

Approximately eighty-three percent participants identified that they currently live in a house while 11.5% indicated that they live in a mobile home.

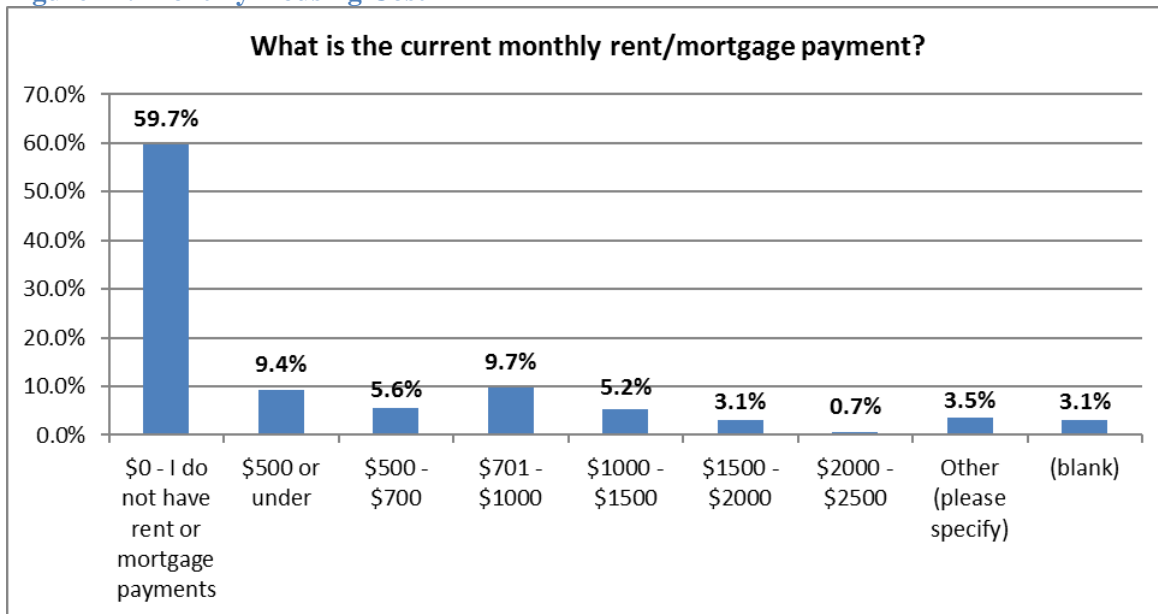
Figure 16: Housing Type



Monthly Housing Cost

59.7% (172) of participants do not have rent and/or monthly payments in their current residence. 9.7% (28) of residents have a monthly payment of between \$700-\$1000, while 9.4% (27) of residents have a monthly payment of \$500 or less.

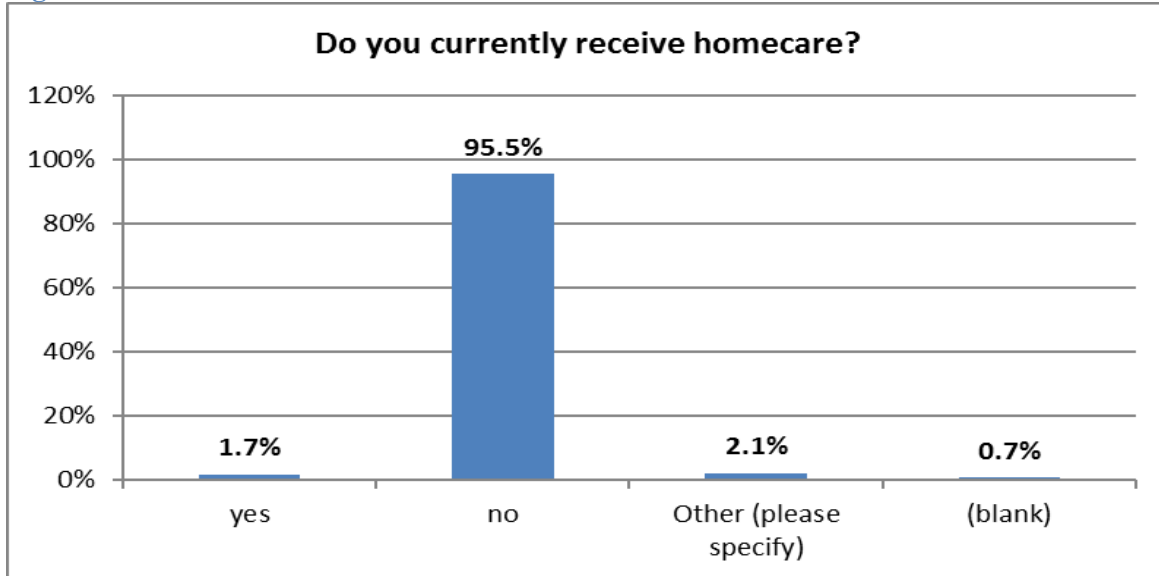
Figure 17: Monthly Housing Cost



Homecare

95.5% (275) of surveys indicated that the participants are not currently receiving homecare, while 1.7% (5) stated that they are.

Figure 18: Homecare



Length of Time in Home

36.8% of participants have lived in their current home for 6-15 years, while 21.9% of participants have lived in their current home for 16-30 years. 12.8% have spent 30+ years in their home, while 21.5% have lived in their current home for 2-5 years.

Figure 19: Length of Time in Home

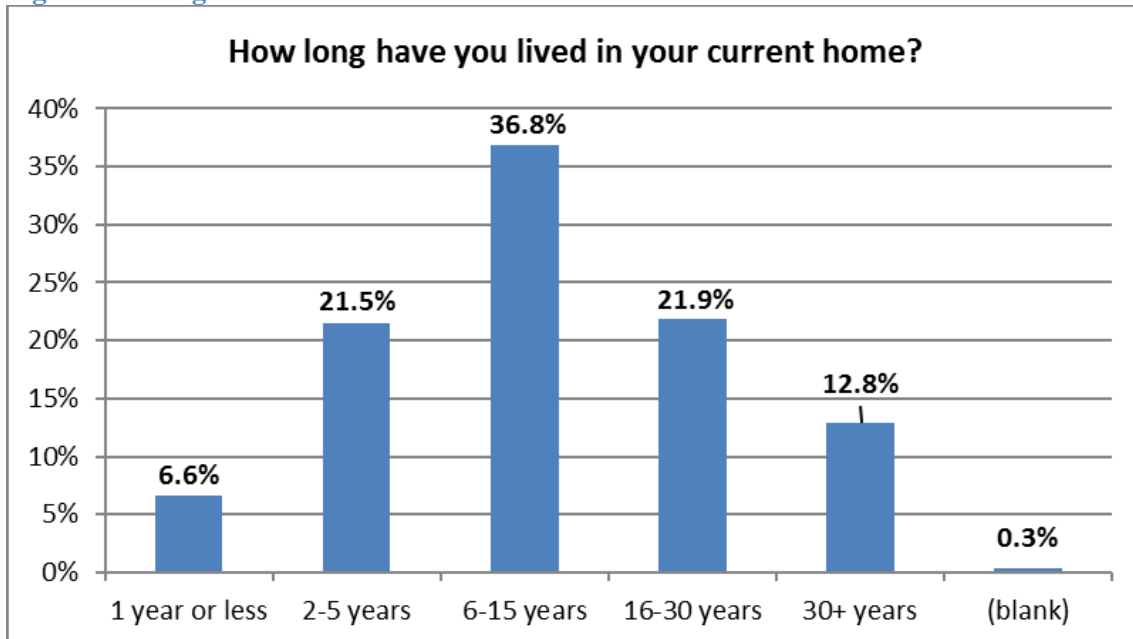
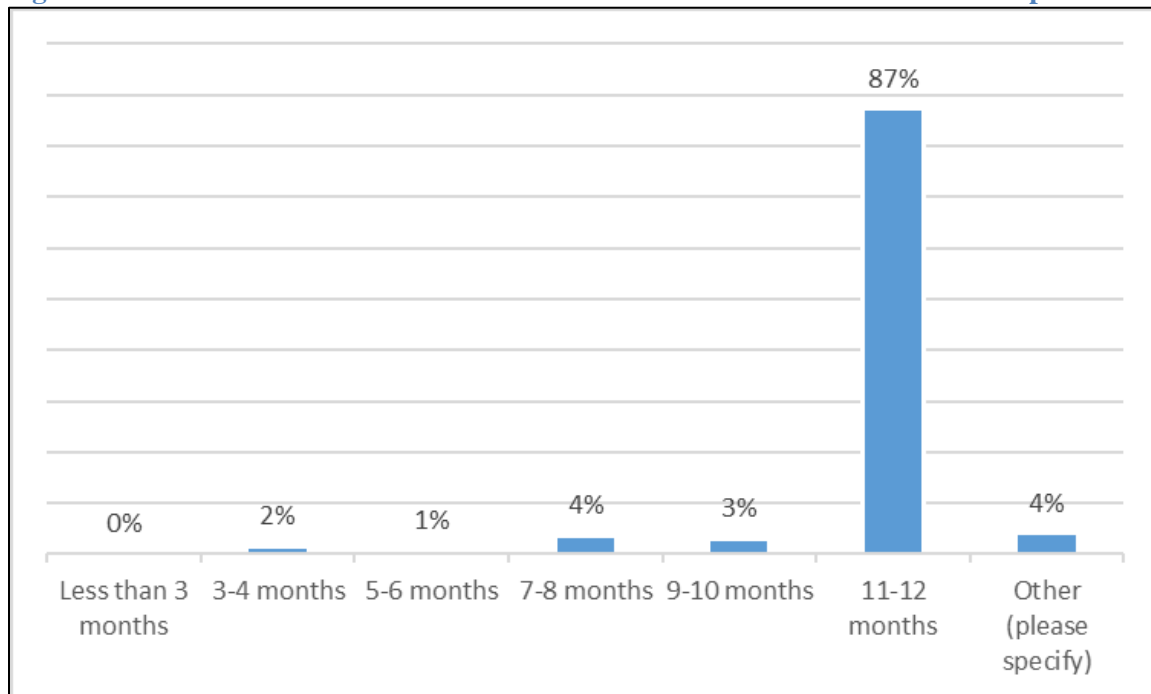


Figure 20: # of Months Out of the Year that Individuals Live in the South Shuswap



Out of the 288 completed surveys, 87% of the participants who responded live in South Shuswap communities 11-12 months of the year. 4% of the participants live in the South Shuswap 7-8 months of the year, 3% live there 9-10 months, 2% live there 3-4 months, while 1% live there 5-6 months of the year. 4% of participants who responded selected “Other” as their answer.

Help in the Home

The majority of participants, 93.7% on average, answered that they do not receive help in the home.

However, some of the interview participants noted their need for services. For example, one participant states that they would benefit from having “support services brought into your home” because “it’s a 3 year wait to get into a facility in Salmon Arm” (PIN 01). Another interviewee suggested that there is a greater “need for supportive living then assisted living” (PIN 02) which was corroborated by another interviewee as “people want to be in their home as long as possible. There is a lot of transitional housing in Salmon Arm, but not in Blind Bay or Sorrento” (PIN 03).

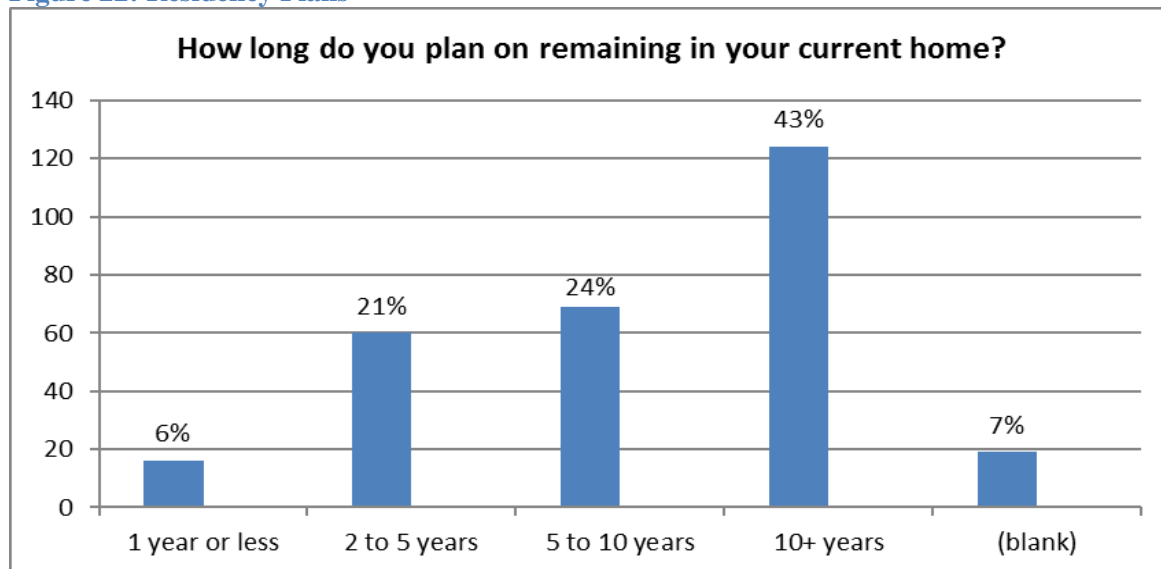
Figure 21: Help in the Home

22. Help in the Home	Cooking	Housekeeping	Maintenance	Shopping, Banking and Appointments	Other
No	262	260	258	259	8
Yes	15	14	14	15	2
No response (blank)	0	2	6	1	2
Grand Total	277	276	278	275	12

Current Residency Plan

Forty-three percent of participants indicated that they plan on staying in their current home for 10 or more years, while 24% stated that they plan to stay for 5 to 10 years. Only 6% stated that they plan to remain for 1 year or less.

Figure 22: Residency Plans



Situations Forcing a Move

The majority of participants, approximately 52%, indicated that they anticipate having to move in the next 5 years due to one or more age related factors. Conversely, approximately 20% of participants stated that they will not have to move due to age related factors.

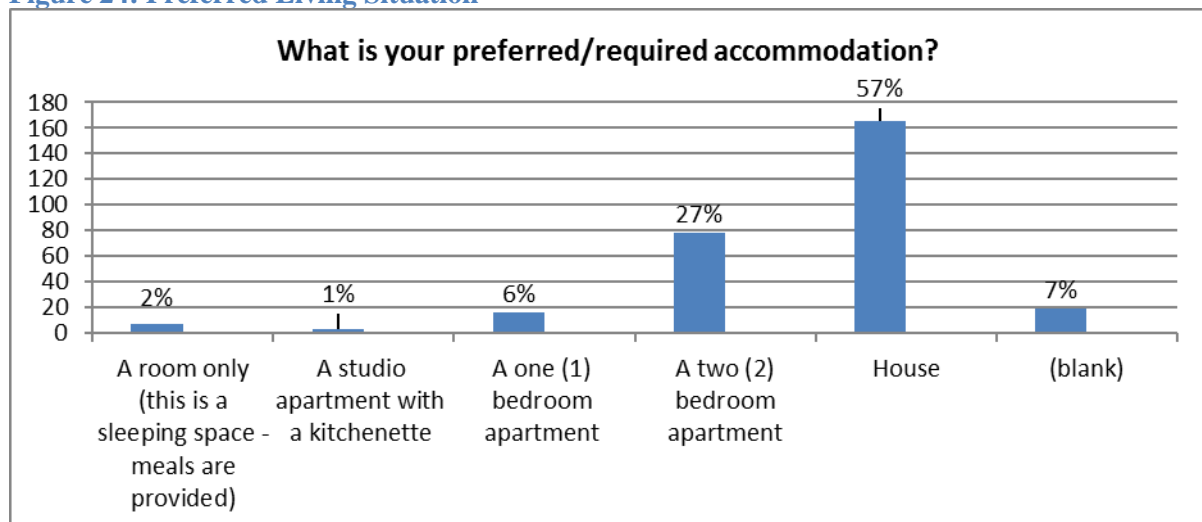
Figure 23: Situations Forcing a Move

Situations Forcing a Move	Home is too much work	Home is too difficult to navigate	Home costs too much	Too far from amenities	Feel unsafe	Poor health	The death of spouse	Other
Did not respond	0	2	3	1	2	2	1	0
This won't be an issue	55	55	55	55	54	52	50	2
This is an immediate issue	20	17	18	18	16	19	12	2
This will be an issue in 1-3 years	29	28	29	28	29	28	25	
This will be an issue in 3-5 years	31	30	28	26	25	26	22	1
This will be an issue in 5-10 years	77	76	75	74	74	70	69	2
This will be an issue in 10+ years	67	67	66	65	63	65	65	2
Grand Total	279	275	274	267	263	262	244	9

Preferred Living Situation

Fifty-seven percent of respondents indicated that they prefer to live in a house, while 27% of participants stated that they would prefer a two-bedroom apartment. Only 2% stated that they prefer a room only.

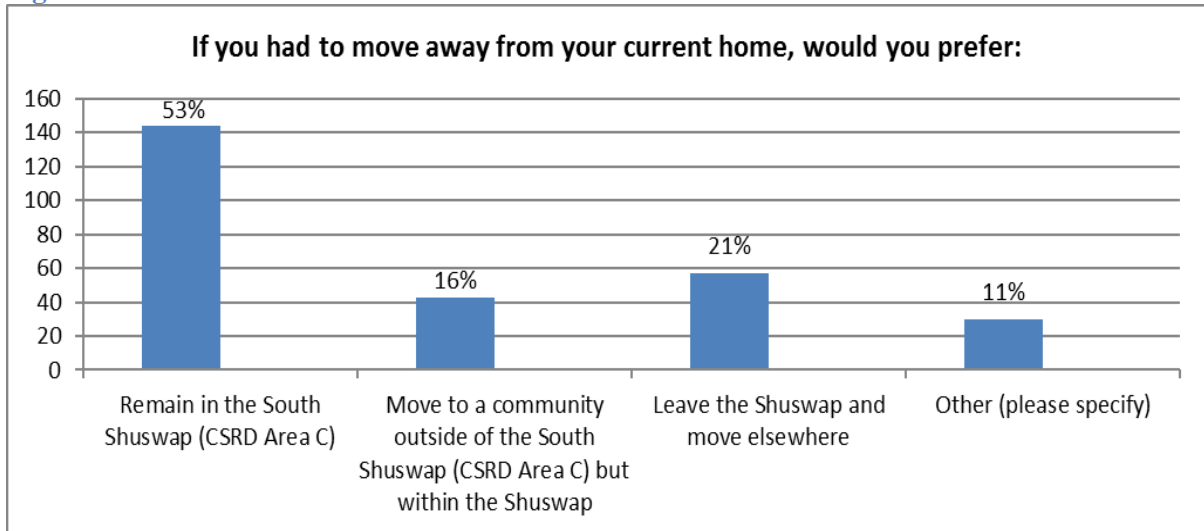
Figure 24: Preferred Living Situation



Forced Move Location Preference

Fifty-three percent of participants have indicated that they would prefer to remain in the South Shuswap, while 21% (58) would prefer to leave the Shuswap area. 16% (43) would like to move to a community outside of the CSRD Area C, but remain in the Shuswap area, and 11% have selected another option or have not answered the question.

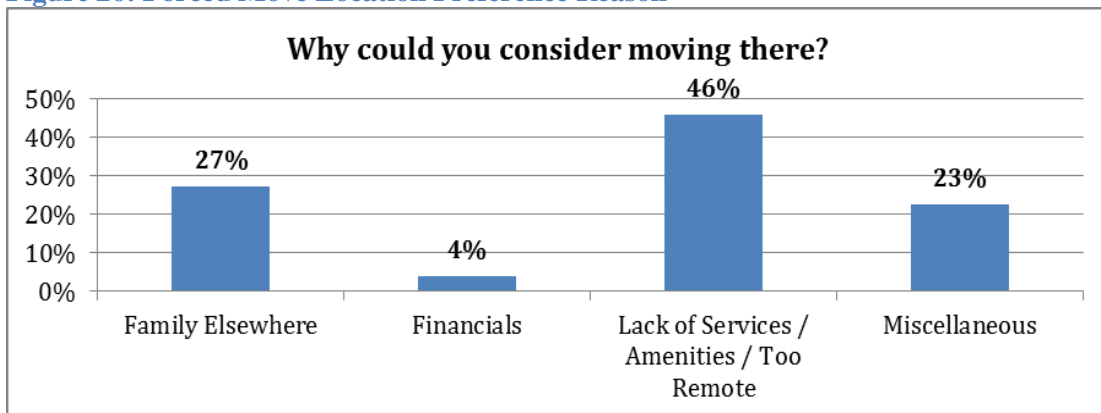
Figure 25: Forced Move Location Preference



Forced Move Location Preference Reason

Forty-six percent of participants stated that they would prefer another location than the South Shuswap because of a lack of services and amenities. They feel that their current location would be too remote if they experienced a significant life-change this includes: an emerging chronic health condition and/or the loss of their license. 27% of participants have family elsewhere. 4% mentioned that it is more affordable outside of the South Shuswap and 23% (28) stated that they would leave because of other reasons (for example better weather).

Figure 26: Forced Move Location Preference Reason



Health

Questions 29-42 of the survey asked information on residents' health situation.

Accessible Health Services

Participants were asked to scale their responses regarding the accessibility of a variety of health care services in the South Shuswap. The largest group, 31%, “Strongly disagree,” that health care services are accessible and adequate. Alternatively, 26% of respondents “Strongly agree” that healthcare services are accessible and adequate.

Interview participants noted room for improvement in local healthcare services. For example, one participant had difficulty accessing a registered nurse (PIN 01). Another participant stated that “there are not enough [health] services in the Blind Bay area [as] it’s all in Salmon Arm” (PIN 03).

Figure 27: Accessible Health Services

Health - Accessible Services	1 - Strongly disagree	2	3	4	5 - Strongly agree	I do not know	No response (blank)	Grand Total
Physicians	88	22	41	39	74	12	0	276
Public health nurses	87	22	39	38	72	12	2	272
Transportation to appointments	87	22	40	39	72	12	4	276
Palliative care	86	21	38	39	72	12	4	272
Dentists	86	22	41	38	72	12	4	275
Physical therapists	87	22	41	39	73	12	4	278

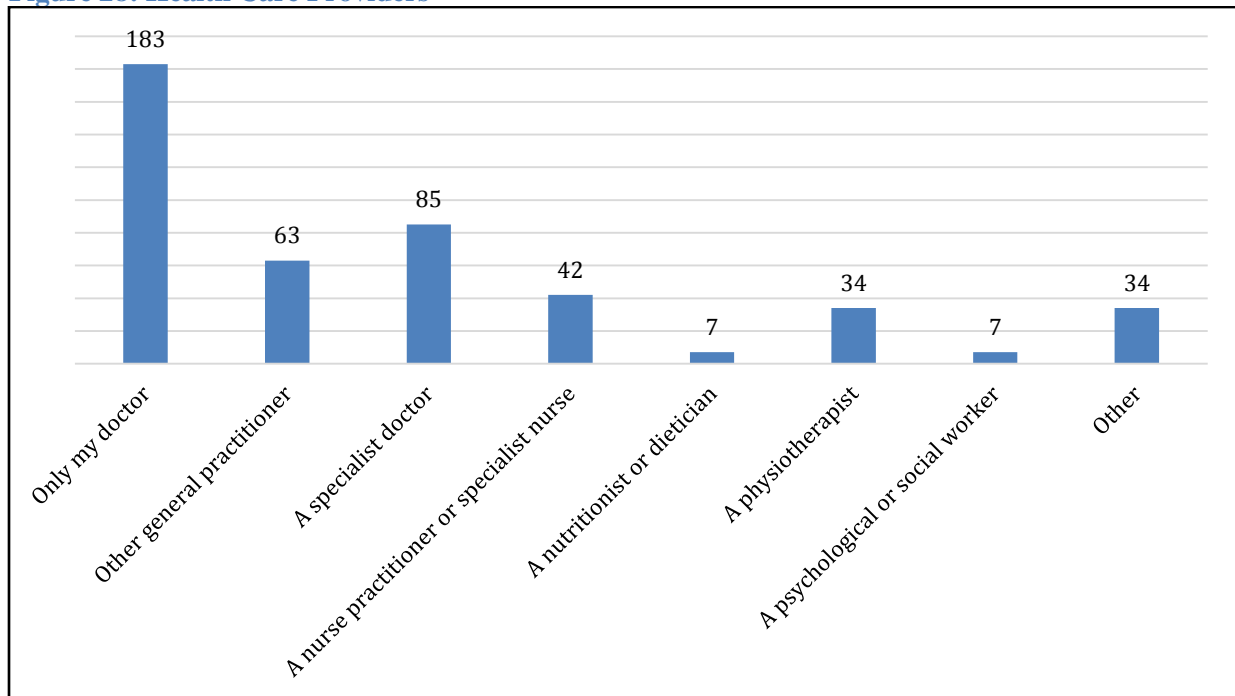
Health - Accessible Services	1 - Strongly disagree	2	3	4	5 - Strongly agree	I do not know	No response (blank)	Grand Total
Optometrists	87	22	41	39	73	12	3	277
Mental health services	87	22	39	39	71	12	3	273
Foot care	87	22	41	38	70	12	3	273
Respite care	85	22	41	38	71	12	3	272
Adult day programs	82	22	41	37	69	12	3	266
Specialist services	87	22	40	39	72	12	2	274

Health - Accessible Services	1 - Strongly disagree	2	3	4	5 - Strongly agree	I do not know	No response (blank)	Grand Total
Home health and care	87	22	40	39	71	12	3	274
Transportation to appointments	55	21	37	37	65	8	2	225
Medical equipment rentals	87	21	39	38	72	12	3	272
Cancer support	86	20	40	38	69	11	3	267
Diabetes clinics	86	20	40	38	68	11	3	266
Meal delivery	84	20	40	37	67	11	2	261
Communal meal programs	85	20	40	36	68	11	2	262

Health Care Providers

Participants were able to provide more than one answer for this question. For that reason, whole numbers are included in the chart below. The largest number of participants currently see a family doctor, followed by a specialist doctor, and another general practitioner (for example accessing drop-in times to visit a doctor at a walk-in clinic). A number of participants also rely on the nurse practitioner. After a nurse practitioner, several participants identified physiotherapists, followed by other including chiropractors. A small proportion of participants see a psychological or social worker. Finally, a small proportion of participants also saw a dietician or nutritionist.

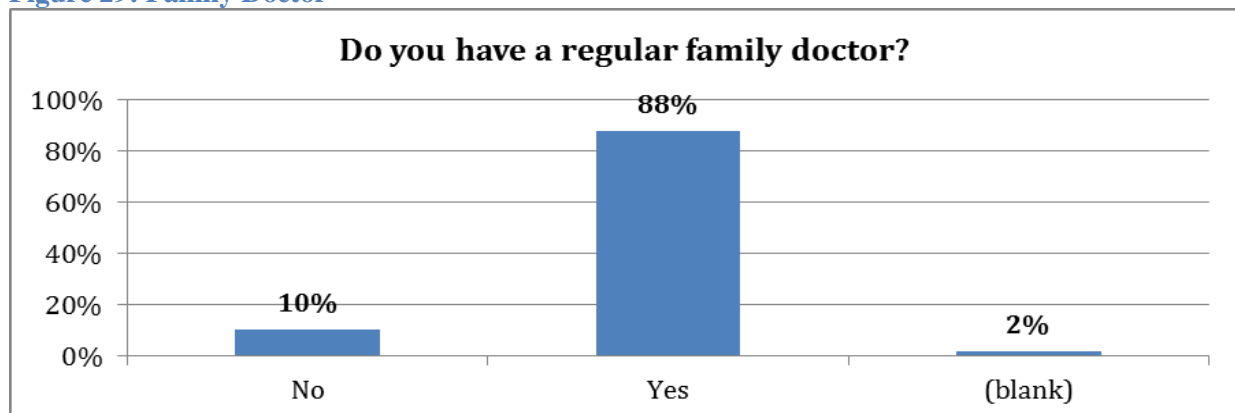
Figure 28: Health Care Providers



Family Doctor

Eighty-eight percent of participants responded that they have a regular family doctor, while 10% stated that they did not. 2% participants did not respond. Sixty-three percent of those who did not have a doctor see a nurse practitioner.

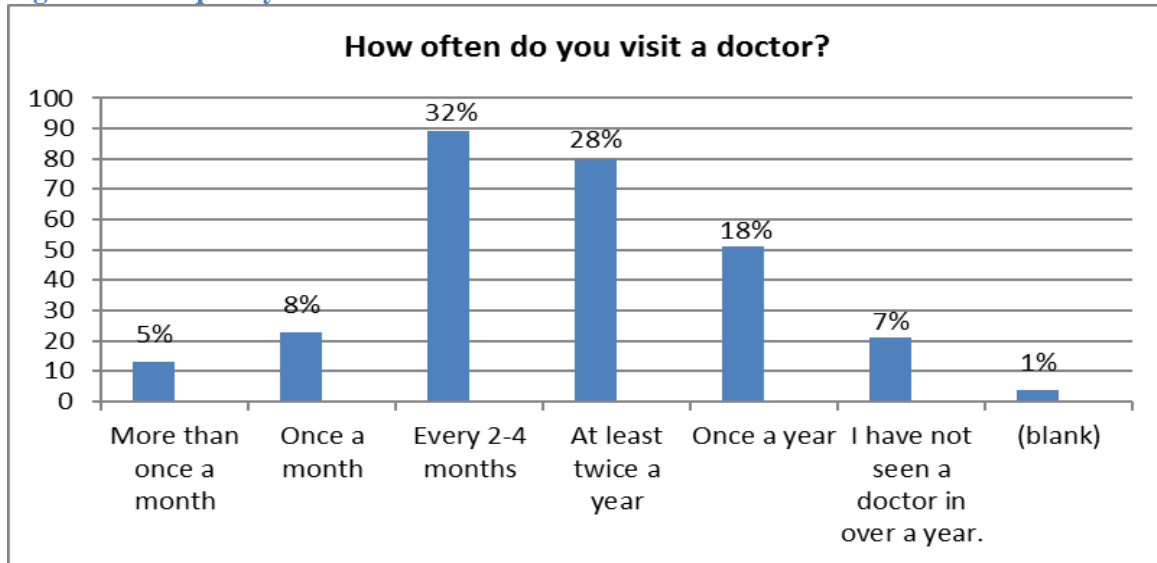
Figure 29: Family Doctor



Doctor Visits

Thirty-two percent of participants stated that they see a doctor every 2-4 months, while 28% (82) said that they visit a doctor at least twice a year. At 18%, 53 participants stated that they see a doctor once a year, while 13% (23) visit once a month and more than once a month.

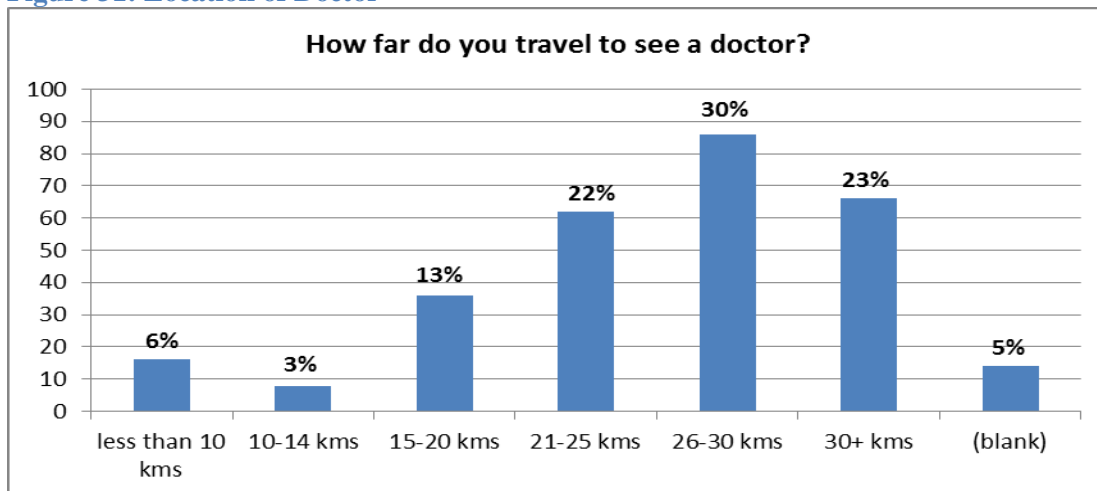
Figure 30: Frequency of Doctor Visits



Doctor Location

According to the surveys, 30% (86) of participants have to travel 26-30 kilometers to see a doctor, while 23% (66) have to travel over 30 kilometers. 22% (62) go 21-25 kilometers to visit a doctor and 13% (36) of participants have to go 15-20 kilometers. According to the interviews, 60% (3) specifically mention that transportation to a health service provider is a major problem. One participant states that they “can’t afford to take a taxi 2 times a month for her medical treatments” (PIN 01), while another states that “if the transportation issue was resolved, health services wouldn’t be as much of an issue” (PIN 04).

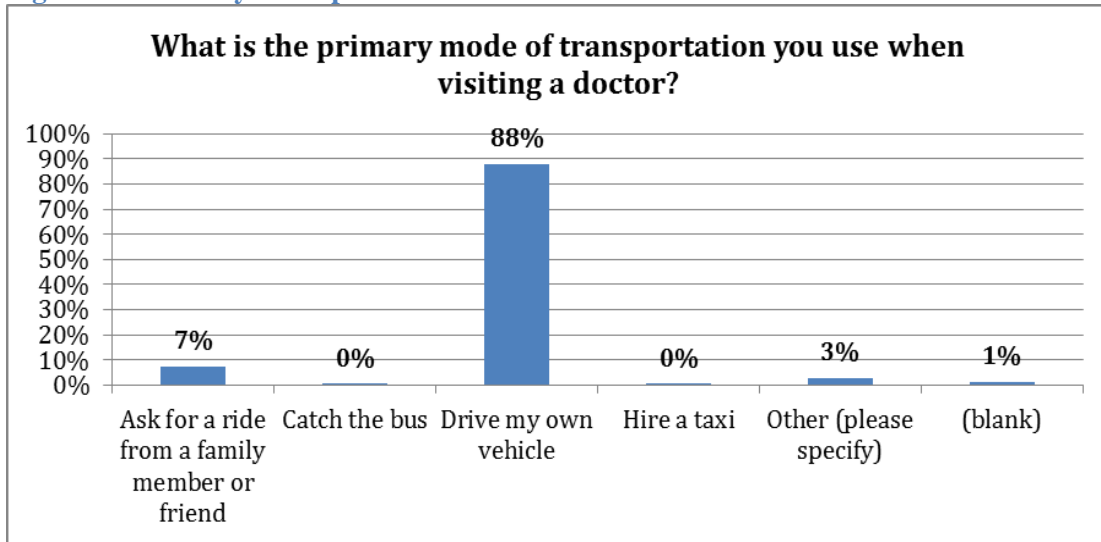
Figure 31: Location of Doctor



Primary Transportation to Doctor

Eighty-eight percent of the surveys state that residents drive their own vehicles to visit a doctor. Seven percent ask for a ride from a family member or friend. Seven percent ask for a ride from a family member or friend.

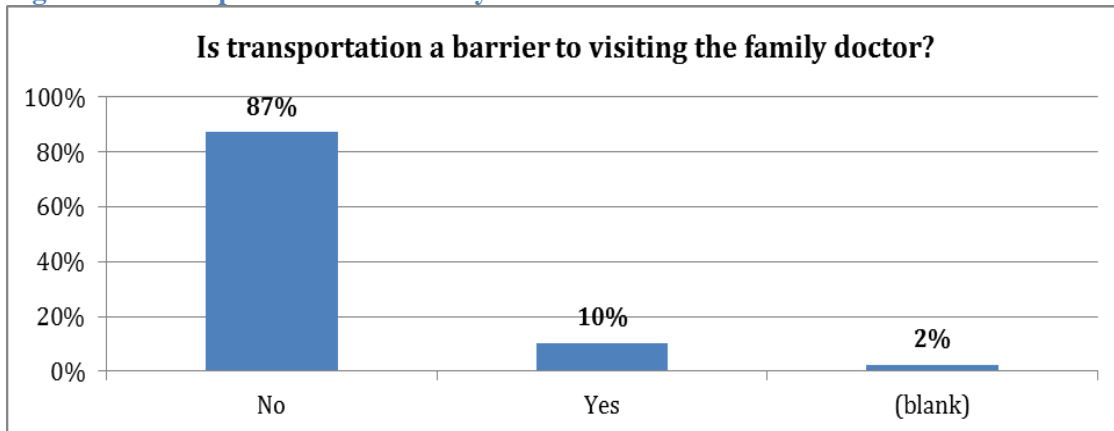
Figure 32: Primary Transportation



Transportation Availability

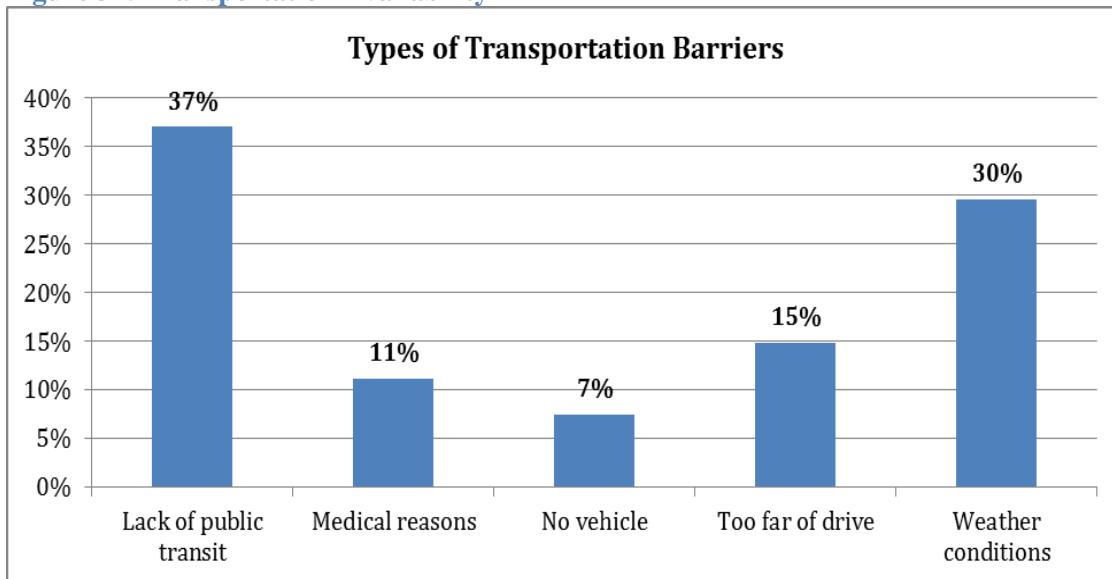
Eighty-seven percent of participants stated that transportation is not a barrier to visiting the family doctor, while 10% (30) stated that it was.

Figure 33: Transportation Availability



Of the participants that said that transportation was a barrier in Question 35, 37% stated that lack of public transit was an issue. 30% mentioned that winter weather conditions impacted their ability to get to the doctor while 15% stated that it was too far to drive.

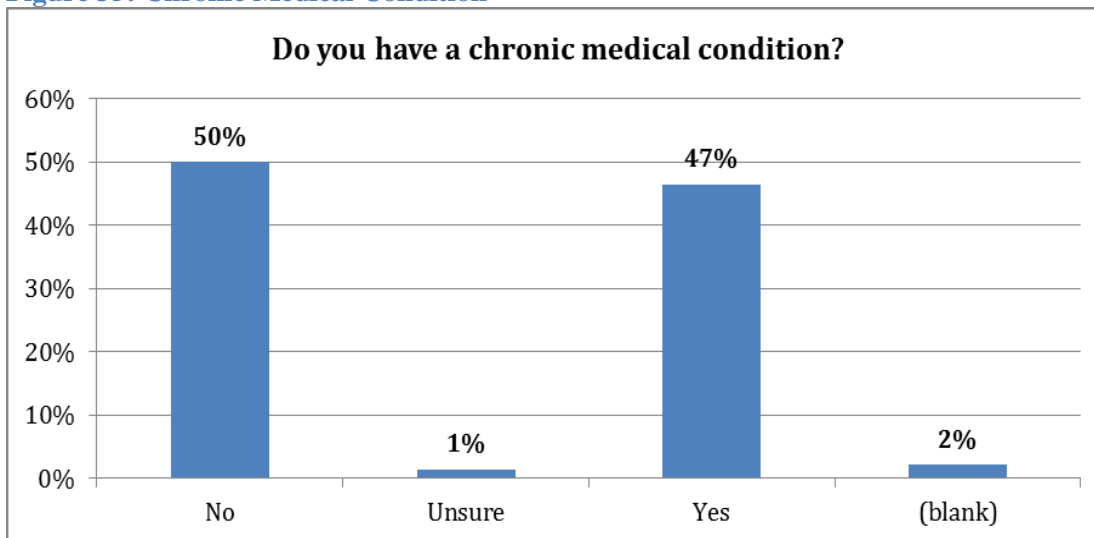
Figure 34: Transportation Availability



Chronic Medical Condition

Fifty percent of responses to this question stated that they did not have a chronic medical condition², while 47% stated that they did and 1% indicated that they did not know.

Figure 35: Chronic Medical Condition

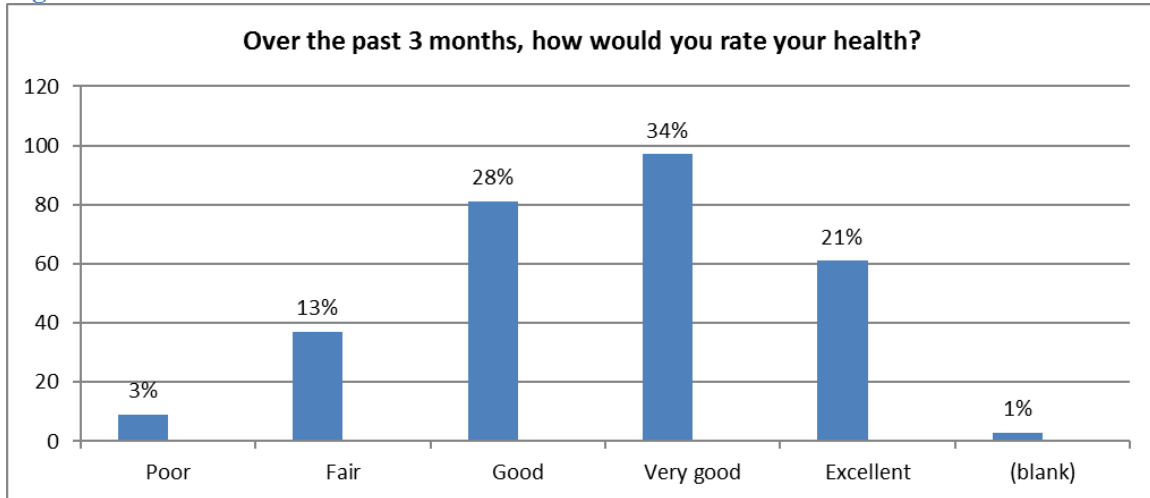


² As was mentioned in the survey, a chronic medical condition includes: diabetes, lung disease (e.g. Asthma, emphysema, bronchitis), high blood pressure, heart disease, chronic kidney disease, chronic pain, substance abuse, depression, anxiety, mental health, addictions.

Health Status

According to the survey data, 21% of participants stated that their health was excellent, while 34% said that their health was very good. At 28%, 81 participants rated themselves as having good health, while 13% (37) stated that it was fair.

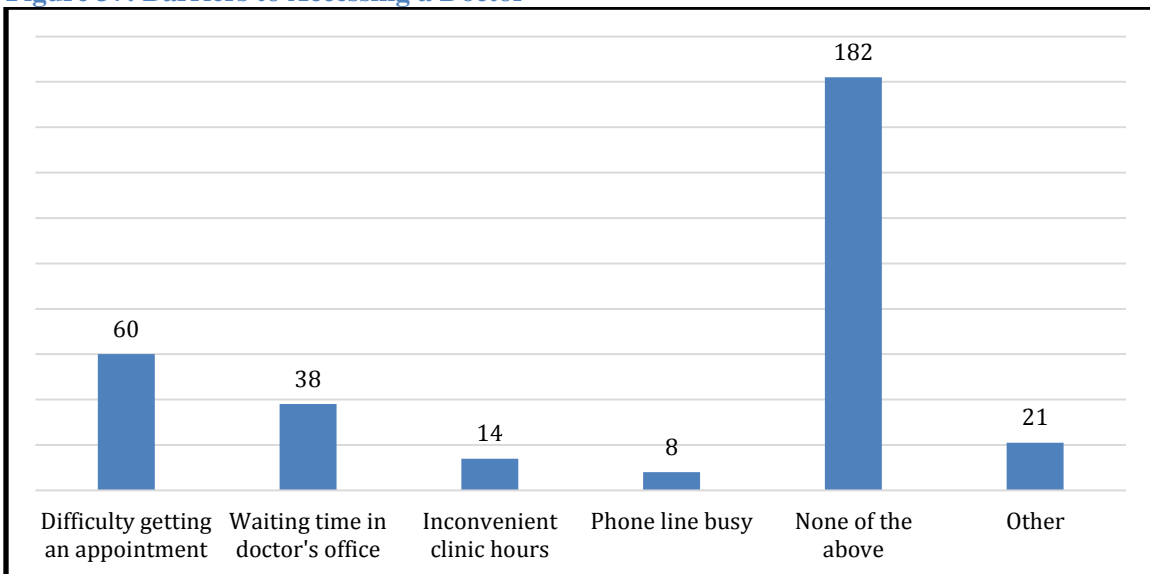
Figure 36: Health Status



Barriers to Accessing a Doctor

Twenty-one percent of respondents mentioned that they had difficulty getting an appointment with a doctor, while 13% stated that the wait times in the doctor's office was a barrier. Seven percent listed other barriers, while the majority of survey participants, 63% (182), noted that they did not have a barrier to seeing a doctor. A small number of individuals chose the response 'other' (for example not having a doctor), inconvenient clinic hours, and finally a busy phone line as a barrier.

Figure 37: Barriers to Accessing a Doctor



Next Steps

Apply to the Provincial Government for Age-Friendly Recognition

The Government of British Columbia has published a detailed guide to implementing the steps to age-friendly. *Becoming an Age-Friendly Community: Local Government Guide* presents clear steps in the age-friendly development process. When one considers these steps it is clear that the South Shuswap has already completed a number of steps in the process. Applying for Age-Friendly Recognition through the aforementioned program would be an excellent way to acknowledge the work already done.

Develop the Age-Friendly Action Teams and Plan

The age-friendly action planning process identified a number of tasks and priorities that provide an age-friendly action planning framework for the area. Develop the annual action plan for each task by recruiting more residents to participate in the plan's implementation. Review and refine the task timelines with the task team.

Bibliography

- Columbia Shuswap Regional District. (2016, September 7). *Electoral Area C*. Retrieved January 20, 2017, from Columbia Shuswap Regional District: <http://www.csr.d.bc.ca/areas/electoral-area-c>
- Cooperrider, D. (2012). *What is Appreciative Inquiry?* Retrieved January 21, 2017, from David Cooperrider and Associates: <http://www.davidcooperrider.com/ai-process/>
- Government of British Columbia. (2016). 2016 Age-friendly Community Planning & Project Grants Application Form. *2016 Seniors' Housing & Support Initiative - Application Form*. Victoria, BC, Canada: AgeFriendlyBC.
- Government of British Columbia. (n.d.). *Assisted Living Registrar*. Retrieved February 12, 2017, from Government of British Columbia: <http://www2.gov.bc.ca/gov/content/health/accessing-health-care/assisted-living-registrar>
- Klein, S., Ivanova, I., & Leyland, A. (2017). *Long Overdue: Why BC Needs A Poverty Reduction Plan*. Vancouver, BC: Canadian Centre for Policy Alternatives.
- Shuswap Economic Development. (2014, April). *Community Profile CSRD Area C*. Shuswap Economic Development.
- Statistics Canada. (2012, October 24). *Statistics Canada*. Retrieved January 20, 2017, from Salmon Arm, British Columbia (Code 5939032) and Columbia-Shuswap, British Columbia (Code 5939): <http://www12.statcan.gc.ca/census-recensement/2011/dp-pd/prof/index.cfm?Lang=E>
- Watters, J., Comeau, S., & Restall, G. (2010). *Participatory Action Research: An educational tool for citizen-users of community mental health service*. University of Manitoba.

**South Shuswap Health Services Society
Age-Friendly Community Planning
Action Plan Workshop
Record of Discussion
November 22, 2016**

Prepared by Jason Woodman
Simmonds, PhD
Simmonds Research Consulting
(250) 517-0197
Jason.woodmansimmonds@gmail.com

Table of Contents

Introduction.....	1
Attendees.....	1
Overview of the Day	1
Solutions Workshop	2
Phase 1: Define the Situation	2
Phase 2: Identify Possible Actions	3
Phase 3: Create the Action Plan.....	4
Phase 1: Define the Situation	5
Our Victory	5
Our Reality	11
Our Commitment	13
Phase 2: Identify Possible Actions	14
Phase 3: Create Our Action Plan	16

Introduction

On November 22, 2016, the South Shuswap Health Services Society (SSHSS) hosted an Age-Friendly Community Planning session at The Old Towne Centre in Blind Bay, BC. The purpose of the action planning session was to identify actions to enhance the age-friendly attributes of the South Shuswap.

Attendees

Thirty-three people participated in the planning session. These participants represented the following thirteen entities:

- Shuswap Hospice Society
- Columbia-Shuswap Regional District (CSRD)
- Sorrento Housing
- Better at Home
- Sorrento Health Centre
- Babb & Sunnybrae Services
- Interior Health
- St. Mary's Church
- Copper Island Senior Resource Centre
- South Shuswap First Responders (SSFR)
- WorkBC
- (SDIS)
- South Shuswap Health Services Society

Overview of the Day

The day began with a brief introduction from Sue McCrae, President of the South Shuswap Health Services Society. Following this welcome, Sue introduced the facilitator, Jason Simmonds from Simmonds Research Consulting, who introduced the action planning process.

Action Planning Workshop

The action planning process focused on answering one question:

What important, urgent & realistic actions could we take in the next year?

The facilitator guided the participants through an Appreciative Inquiry process in which they answered this question in three phases:

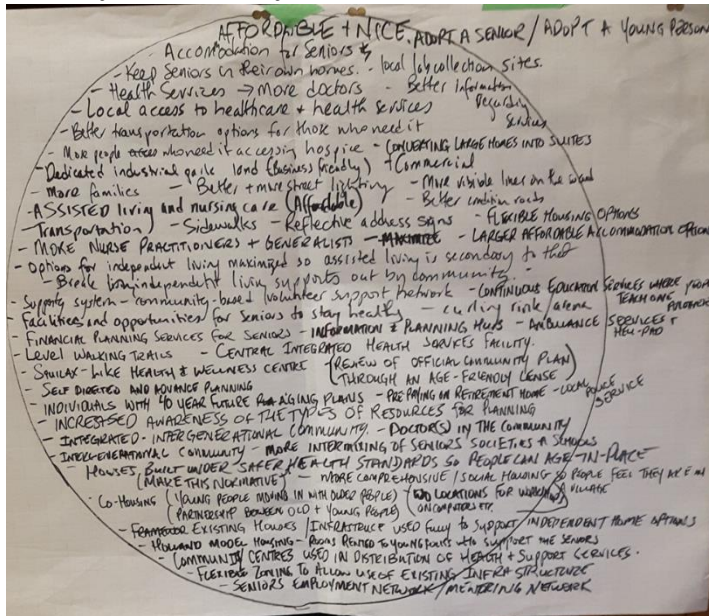
- **Phase 1: Define the Situation**
- **Phase 2: Identify Possible Actions**
- **Phase 3: Participate in an Action Planning Exercise**

The participants' collective answers to this question culminated in the Action Planning Exercise. During this exercise, participants brainstormed how they might implement a one-year action plan to complete the task identified by the group.

Phase 1: Define the Situation

During the first phase of action planning, participants focused on the following:

1. Identify Our Victory – “Full Circle”



During this task, participants answered the question: “if we could realize our collective hopes and dreams in the next year, what would we see; what would we hear and what would we feel?”

Four Victory Circles have been developed based on the four themes researched in this project. These themes follow:

- Transportation
- Employment
- Housing
- Health

These four Victory Circles are the

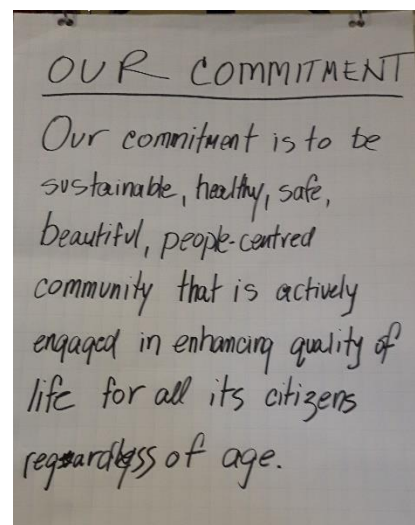
foundation of the Action Planning Workshop.

2. **Consider Our Reality** – This second task initiated the action planning process for the Action Planning Workshop. From these items, the participants considered the present strengths and vulnerabilities as well as the future benefits and dangers of accomplishing some or all of the victories.
3. **Make Our Commitment** – This task developed the participants’ collective commitment to actualizing priority items from “Our Victory”.

Phase 2: Identify Possible Actions

After considering the Victory Circles, describing the situation, and making a commitment to change, the facilitator asked the participants to identify actions that would honour their commitment and actualize some of the items identified in “Our Victory”. The participants identified these actions through the following process:

1. **Brainstorm** – Individuals wrote some possible actions that they could undertake in the next year to realize the items in the Victory Circle.
2. **Collaborate** - Participants regrouped in teams of six and worked with their partners to identify possible actions from their individual brainstorming activities
3. **Name** - Once the teams identified the possible actions and wrote each action out on a large card, their actions were placed on the planning wall in no particular order. Then, as a group, the participants organized the action items into several unnamed columns. After organizing



the action items, the participants named the columns. These names, listed below, became the *tasks* for *Phase 3: Action Planning Exercise*.

- Improve Accessibility to Transportation
- Nurture Volunteerism
- Consolidate & Communicate Information about Community Resources
- Enhance Health/Wellness Services
- Make it Happen

Phase 3: Create the Action Plan


During the final phase of the action planning session, the lead-participants identified their first choice tasks by placing their names on post-it notes and placing their post-it notes on or beside the respective tasks. The remaining participants were then asked to join the lead-participants and form task teams using the same process. Next, participants convened in their teams and set to work building a one-year plan for their respective tasks. With this process completed, the participants had developed a one-year action plan to support seniors in the South Shuswap. The following sections detail the outcomes of each phase of the planning process.

Phase 1: Define the Situation

Our Victory

Broken down into the four themes that were researched, Transportation, Housing, Health and Employment, this is what a Victory Circle looks like in each of these areas:

**OUR VICTORY CIRCLE:
EMPLOYMENT & ECONOMY**

- 
- Dedicated industrial park land (business friendly) & commercial
 - Financial planning services for seniors
 - Individuals with 40-year future aging plans
 - Self-directed and advance planning
 - Increased awareness of the types of resources for planning
 - Seniors employment network/mentoring network
 - Squilax-like health & wellness centre

**OUR VICTORY CIRCLE:
HEALTH SUPPORTS & SERVICES**

- Local access to healthcare & health services
- More people who need it access hospice
- Keep seniors in their homes
- Health services – more doctors
- Assisted living and nursing care (affordable)
- Local lab collection sites
- Support system- community-based volunteer support network
- Facilities and opportunities for seniors to stay healthy- curling rink/arena
- Doctors in the community
- Community centres used in distribution of health & support services
- Ambulance services & Heli-pad
- Central integrated health services facility
- Continuous education services where people teach one another

OUR VICTORY CIRCLE: HOUSING

- Affordable & nice accommodation
- Converting large homes into suites
- Flexible housing options
- Options for independent living maximized so assisted living is secondary to [that]
- Larger affordable accommodation options
- Break independent living supports out by community
- Pre-paying on retirement home
- Houses built under safer health standards so people can age-in-place (make this normative)
- Co-housing (young people moving in with older people-partnership between old and young people)
- Holland model housing- rooms rented to young folks who support the seniors
- Flexible zoning to allow use of existing infrastructure
- Existing houses/infrastructure used fully to support independent home options

**OUR VICTORY CIRCLE:
TRANSPORTATION & CIVIC SERVICES**

- Sidewalks
- Review of official community plan through an age-friendly lens
- Flexible zoning to allow use of existing infrastructure
- Increased awareness of the types of resources for planning
- Integrated -intergenerational community
- Local police service
- Level walking trails
- Information & planning hub
- Support system- community-based volunteer support network
- Better road conditions
- More intermixing of seniors, societies & schools
- Adopt-a-senior/adopt-a-young person
- Reflective address signs
- Transportation
- Better & more lighting

Our Reality

ADVANTAGES

STRENGTHS

- Lions Service Club
- Healthy lifestyle
- Summer tourists
- High skill level of citizens
- Our sense of community
- Not bogged down by bureaucracy
- Beautiful natural environment & healthy access to it- lake, golf course
- Community centres, halls & Sorrento Centre
- Two free newspapers
- Transportation infrastructure (e.g. School district & BC Transit)
- Housing infrastructure- lots of square footage
- Opportunity to rethink infrastructure
- Several resource centres (e.g. CISRC, SSHSS)
- Nurse practitioner
- Great community spirit
- A large population who will use the services
- Great services in Salmon Arm (relatively close)
- A number of health professionals in the area
- Small
- Knowledgeable pharmacist to talk about interactivity of medications
- Trail systems
- Several good churches
- Schools
- Own fire department
- Drinking water system
- Nice park, green space
- First responders
- Beautiful sky

DISADVANTAGES

VULNERABILITIES

- Tourists (dependence on tourists)
- Isolated
- Lack of information on crime stats
- Size population in relation to our civil support and a large geography
- Transient population
- Lack of information due to rivalries
- Built as a retirement community but never recognized as a large population base
- Thompson-Okanagan- we are invisible
- Divided by an unsafe section of Trans-Canada highway
- Decisions affecting us locally are not made locally
- Traffic from tourist traffic on roads that shifts user-groups in neighbourhood
- You need a car
- Poor governance model
- Lack of commitment to area as a whole
- You need your health- people forced to move out at 80
- People not able or not wanting to invest in community
- Lack of affordable housing
- Inhibiting cost factors
- Lack of police services
- Who is paying- limited funds
- Absentee homes burglar' d
- Walkability- complacency (around aging)
- Victories are too limited
- Rivalry & isolation between individual communities
- No central location for community care practitioner

F U T U R E	ADVANTAGES	DISADVANTAGES
	BENEFITS	DANGERS
	<ul style="list-style-type: none"> • Robust transportation • Robust economy • Sustainable communities • Accessibility to health services • Seniors staying in the area • Multi-generational • No gaps between services • Employment for younger workers • Better sense of community • Sense of safety • Residential facilities (affordable) • More active people • Health benefits from accessible services • Permanent long-term residents • Federal funding for infrastructure • Increased property value • Maintain & more accessibility to beautiful scenery • Retention & support of the small farming community • Better representation in regional government • More self-sustaining • A larger Lions organization • Families & seniors live closer together 	<ul style="list-style-type: none"> • Overwhelmed by growth-over-population • Destination for the rest of the country • Overwhelmed by cost • Increased taxes • We become more like a city • Negative environmental impact • Unaffordable housing & cost of living • More motor vehicle accidents • Increase of senior bullying • Increased crime rate • Loss of small community & personal feeling • Less volunteerism & more reliance on bureaucracy • Loss of the aesthetic of our communities through development • Volunteer burnout • Loss of small town feel • Identity of the community would change (we would no longer be a retirement community)

Our Commitment

Our commitment is to be a sustainable,
healthy, safe, beautiful,
people-centred community that is
actively engaged in
enhancing quality of life for all its
citizens regardless of age.

Phase 2: Identify Possible Actions

What important, urgent and realistic activities could we undertake in the next year?							
Improve accessibility to transportation	Nurture Volunteerism	Ensure a safer community	Make it happen	Engage community champions for issues	Agree on how halls can be utilized	Enhance health/wellness services	Consolidate & communicate information about community resources
Initiate transportation study	Provide cost-effective yard maintenance	Address, solve speed on roads	Prioritize desired victories	Demand SASCU talk about alternative funding models	Establish inter-agency committee to inventory services	Implement lab collection site	Identify all available resources
Drive clients to appointments	Establish visiting support groups for shut-ins	Provide First Aid training to seniors (etc.)	Set short & long term goals	Act on governance review study	Share discovered resources with others	Expand affordable living units	Build on what is already available
Add bus stop locations & parking	Volunteer more	Demand “safer standards” on all new builds	Have a clear understanding of issues	Lobby provincial gov’t re: needs of rural areas	Take advantage of <u>local</u> resources first	Expand Wheels to Meals.	Create a South Shuswap Survival Guide
Supports endeavours to provide safe timely transportation	Stay engaged with neighbours and shut-ins	Fix walking trails	Create team to participate in organized tasks	Initiate land use study	Identify missing resources	Build a health centre	Develop an APP of services & businesses
Provide public transportation	Adopt a senior	Improve street/sign lighting & paint	Implement parks plan	Initiate South Shuswap economic development plan	Foster community services awareness	Set up health & wellness centre	Effectively communicate information to seniors
Explore feasibility of Handi-Dart	Develop a volunteer service	Buy an address sign from First Responders	Organize required activities	Lobby for more funding for service programs	Produce a community services directory	Engage university medical programs to provide DR.	Advertise existing services for seniors
Bring Handi-Dart to our community	Visit shut-ins who are lonely		Establish a personal long-term plan	Research & apply for available grants	Develop collaboration between organizations, businesses & groups	Build assisted living units	Build registry-volunteers, services- across organizations & geography
Network for volunteer drivers	Create a phone network for isolated seniors					Acquire health practitioners to live & work here	Compile a list of services available in all of the small communities that make up the South Shuswap

What important, urgent and realistic activities could we undertake in the next year?							
Improve accessibility to transportation	Nurture Volunteerism	Ensure a safer community	Make it happen	Engage community champions for issues	Agree on how halls can be utilized	Enhance health/wellness services	Consolidate & communicate about community resources
Create a ride sharing program w/ database	Volunteer on committees formed today					Implement a travelling health care unit	Encourage community groups to work together to enhance the delivery of services
Advocate for increased transportation support to medical appointments as well as social events	Provide mentoring- in our areas of strength						
	Support growth of “better at home”						
	Volunteer to help						

Phase 3: Action Planning Exercise

During the Action Planning Exercise, participants self-selected task teams by placing their name (written out on a post-it note) beside one of the following 5 tasks:

- Improve Accessibility to Transportation
- Nurture Volunteerism
- Consolidate & Communicate Information about Community Resources
- Enhance Health & Wellness Services
- Make it Happen

Participants chose the task about which they felt most passionate. The participants then assembled into teams around their chosen task. Working together, these teams went through an exercise whereby they answered key action planning questions, including:

- Who to involve?
- What human resources are required?
- What is the cost to undertake our task?
- What are our victories in this task?
- What are the risks?
- What important, urgent & realistic actions do we need to undertake over the next 1 year to realize our task victory?

By working together in teams to answer these questions, the participants focused on the possible solutions, included in the tables that follow.

A Note on Key Action Plan Terms

The following describes and/or defines the following action plan terms and phrases:

Task:

The task is an overarching activity that aligns the individual actions of a group of people (the team).

Team:

A group of people who share a common interest in a particular task and, as a result, choose to champion that task. It is important that the teams identified in the action plan work at recruiting more members to their task team.

Who to Involve:

This column of the action plan identifies individuals, organizations, and others external to the Task Team who are nevertheless important for successfully undertaking a specific task.

Human Resources:

Internal roles or positions that are important to the day-to-day completion of the Task. For example, a community coordinator and a proposal writer are often essential human resources.

Budget:

This is a rough estimate of the cost of undertaking the individual task in the next two years. Budget items identified in the action plan are rough guesstimates of the associated costs of a given task. They do not reflect an accurate consideration.

Cautions & Risks:

Consider the potential issues that may emerge from the successful execution of a given task. For example, volunteer burnout is a potential consequence of a growing, thriving community.

Victory:

Represents the realistic three-year goals or outcomes for a specific task. The team identifies the victory. The task and the victory, together, provide the framework for planning the remaining items of the action plan.

Task 1: Improve Accessibility to Transportation

South Shuswap Age-Friendly Community Planning Project: Action Plan, 2017										
TASK	TEAM	WHO TO INVOLVE	Our Actions for 2017				HUMAN RESOURCES	BUDGET	RISKS	VICTORY
			JAN-MAR 2017	APR-JUNE 2017	JULY-SEPT 2017	OCT-DEC 2017				
Improve accessibility to transportation	Simon Carole Marilyn Tanya	.BC Transit .Handi-Dart .Senior Resource Centre .Hospice .Better at Home	.Talk to Better at Home .Talk to Hospice re: driver programs .12 hours of volunteer time	.Talk to BC Transit re: availability .12 hours of volunteer time	.Write report for need .20 hours of volunteer time	.Alternative bus use, of other bus services	.Interview for need .Volunteer .Interviewers	44 hours of volunteer time	.Insurance for drivers & passengers .Won't change bus times	.Assess & determine need for volunteer drivers & bus service – frequency & stops

Task 2: Nurture Volunteerism

South Shuswap Age-Friendly Community Planning Project: Action Plan, 2017										
TASK	TEAM	WHO TO INVOLVE	Our Actions for 2017				HUMAN RESOURCES	BUDGET	RISKS	VICTORY
			JAN-MAR 2017	APR-JUNE 2017	JULY-SEPT 2017	OCT-DEC 2017				
Nurture volunteerism	Diane Jennie Margo Deb Don	.Media .Halls & societies .Churches .Service clubs .Schools .N.P. office .Hospice .Bulletin boards .Meals to wheels .Chamber of Commerce .Private senior's homes	.Contact all on "Involve" list	.Start network .Coordinator .Commitment	.List out to all involved, organizations / resources	.We are up and running in time for holiday shopping	.Recruiter .Volunteers .Co-ordinator	.Donations ie. Monies & Hours \$5000/year	.Liabilities .Criminal checks .non-availability .System abuse	.More Volunteers .Set up network Co-ordinator .Website

Task 3: Consolidate & Communicate Information about Community Resources

South Shuswap Age-Friendly Community Planning Project: Action Plan, 2017										
TASK	TEAM	WHO TO INVOLVE	Our Actions for 2017				HUMAN RESOURCES	BUDGET	RISKS	VICTORY
			JAN-MAR 2017	APR-JUNE 2017	JULY-SEPT 2017	OCT-DEC 2017				
Consolidate & communicate information about community resources	Cookie Bruce Heather Shaunne	.CISRC .Churches .Comm. Associations .IHA .SSHSS .Hospice .Service groups .Community Care .Sorrento Health Centre .Businesses .Senior's accommodations, etc. .Healthcare providers	.Establish a team .Develop detailed plan .Detailed scope	.Identify & hire consultants .ID current sources of info .Detail inventory fields & categories .ID criteria for inclusion / exclusion	.Consultants work	.Consultants continue & begin data collection	.Volunteers .Project coordinator .Writer .Marketing consultant .Web developer .Database developer	.Start-up costs .Website & database development .Advertising & marketing .Office space & equipment \$100,000 + ongoing/operational costs	.Local resources are overwhelmed .Unintended impact to other information providers	.Consolidate d accessible, well-maintained inventory of resources/ services available for seniors .Seniors know how to access info

Task 4: Enhance Health/Wellness Services

South Shuswap Age-Friendly Community Planning Project: Action Plan, 2017										
TASK	TEAM	WHO TO INVOLVE	Our Actions for 2017				HUMAN RESOURCES	BUDGET	RISKS	VICTORY
			JAN-MAR 2017	APR-JUNE 2017	JULY-SEPT 2017	OCT-DEC 2017				
Enhance Health/Wellness Services	Marilyn C Jim H Bill N Nanette H Louise P Jerre P	.Interior Health .MLA .CSR- for support .Community .Visiting Nurse Practitioner	.Review work to date .Secure funding for PD position .Position description etc....time lines...	.Post-Interview-Hire P.M. .Engage stakeholders .Proposal done & submitted	.Support MD/Locum .P.M.- team oversees work of PM .Monitor M.O. utilization - collect data & advocate	.Write reports .Testimonials .Continue to lobby .Maintain community engagement .Christmas	.Consultation Contract writer .Coordinator/Manager-paid .Technology .Space	Consultant/Project Manager (half-time) Technology \$40,000	.Sustainability of level of care .Funding is withdrawn .Possible election	.Lobby Interior Health to provide a nurse practitioner for Sorrento area (a staff position) .Continue Board of Directors Sorrento H.C. for Locum

Task 5: Make it Happen

South Shuswap Age-Friendly Community Planning Project: Action Plan, 2017										
TASK	TEAM	WHO TO INVOLVE	Our Actions for 2017				HUMAN RESOURCE S	BUDGET	RISKS	VICTORY
			JAN-MAR 2017	APR-JUNE 2017	JULY-SEPT 2017	OCT-DEC 2017				
Make it happen	Paul Sharron Doug Sue Barbra Carol Kathleen	.Age-Friendly teams .Funding agencies .Community partners	.Research funding opportunities	.Gather funding requirements from teams .Apply for funding	.Apply for funding .Administer grants	.Apply for funding .Administer grants	1 full-time equivalent person	HR budget: Admin- 1-\$30,000 2-\$12,000 Operations - (to teams) \$150,000	.Not receiving funds .Not receiving enough to cover goals .Not finding the right staff	Provide funding & support for Age-Friendly projects

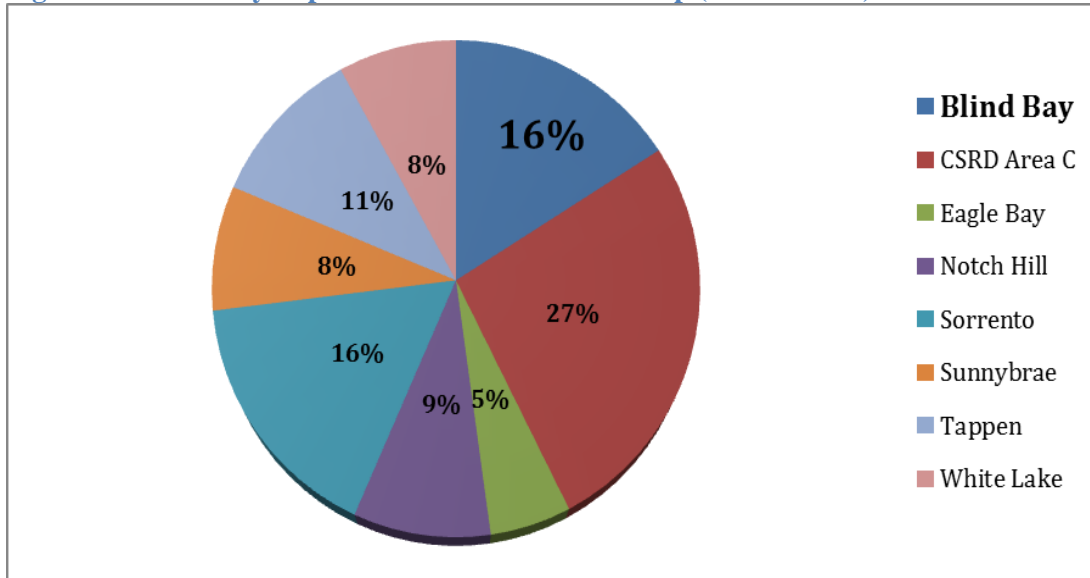
Appendix 2: Community Profiles

Appendix 2A: Community Profile: Blind Bay

Census Age Distribution of Blind Bay

Blind Bay is an unincorporated community located in Electoral Area C of the Columbia Shuswap Regional District. According to Statistic Canada, it accounts for 16% of the population of the South Shuswap region with 1230 people.

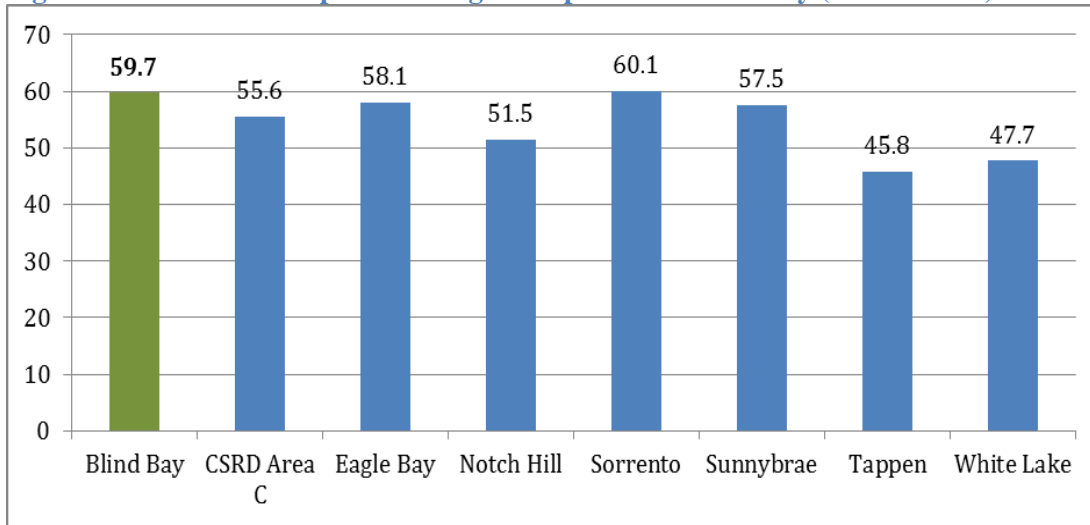
Figure 38: Blind Bay Population in the South Shuswap (2011 Census)



According to the 2011 Census, Blind Bay has a median age of 59.7 years old (Statistics Canada, 2012). This is higher than not only the South Shuswap (CSRD Area C), but it is also higher than the entire Columbia-Shuswap region, with 55.6 and 48.1 median ages respectively. Compared to the rest of the South Shuswap, Blind Bay has the second highest median age in the region.

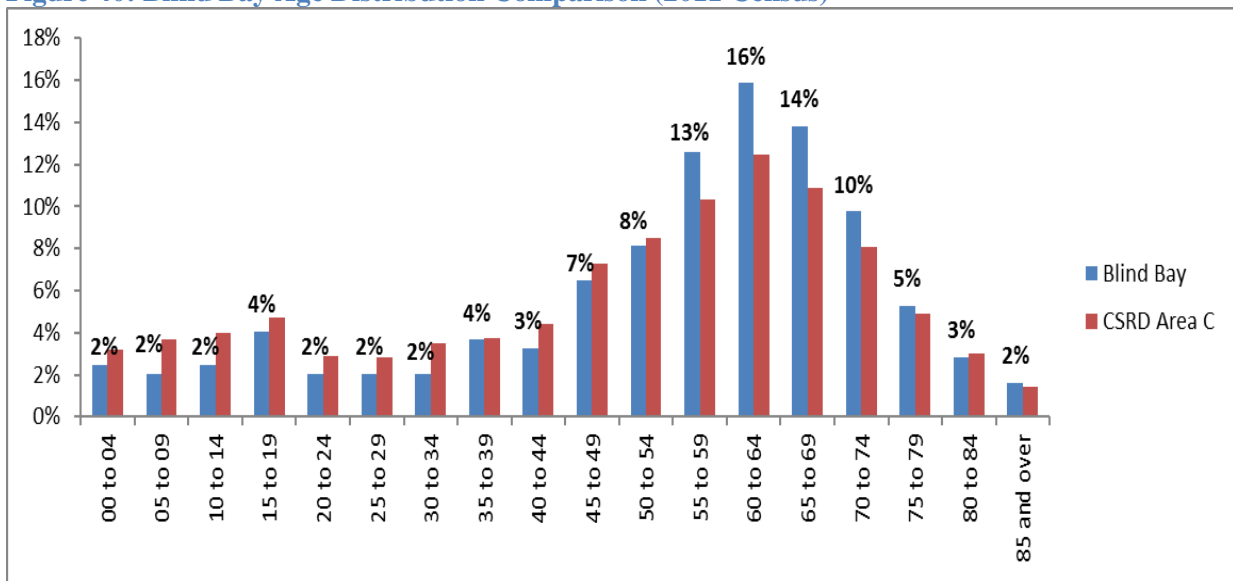
Appendix 2A: Community Profile: Blind Bay

Figure 39: South Shuswap Median Age Comparison – Blind Bay (2011 Census)



With a total of 195, the largest age group in Blind Bay is between the ages of 60 and 64 years old, accounting for over 16% of the total population. The next largest group is 65 to 69, followed by 55 to 59 year olds, with 14% and 13% of the population respectively. In fact, residents 50 years old and older total 860, making up 68% of the population while in comparison, those aged 15 to 39 account for only 14% of the population with a total of 170 people.

Figure 40: Blind Bay Age Distribution Comparison (2011 Census)



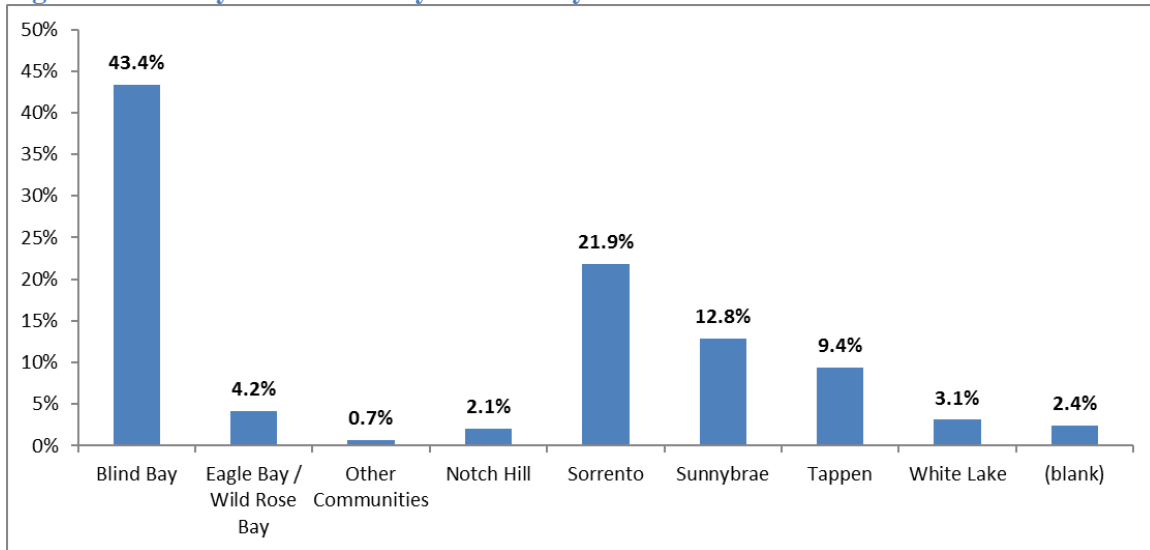
Survey Age Distribution of Blind Bay

As was previously noted in the project approach, 309 surveys in the South Shuswap were conducted for this study; however, 28 of those have been excluded for the communities, leaving 281 surveys for our analysis.

According to the survey data, Blind Bay has the largest percentage of survey participation with 44.5% (125 out of 281 participants).

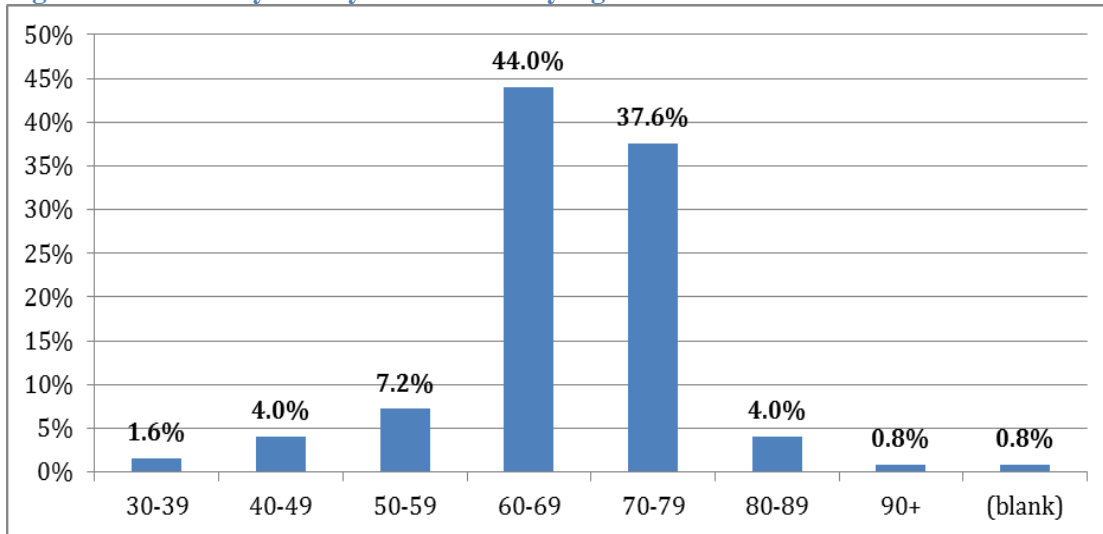
Appendix 2A: Community Profile: Blind Bay

Figure 41: Survey Distribution by Community



According to the survey data, the age group with the highest participation rate for Blind Bay were residents aged 60 to 69 years old with 44% (55 surveys). Survey participants aged 70 to 79 years old had the second highest participation rate with 37.6% (47 surveys), followed by residents aged 50 to 59 with 7.2% (9 surveys), residents aged 40 to 49 with 4% (5 surveys), residents aged 80 to 89 with 4% (5 surveys), residents aged 30 to 39 with 1.6% (2 surveys), and residents aged 90 and over with 0.8% (1 survey). 0.8% of the survey participants did not indicate an age group.

Figure 42: Blind Bay Survey Distribution by Age

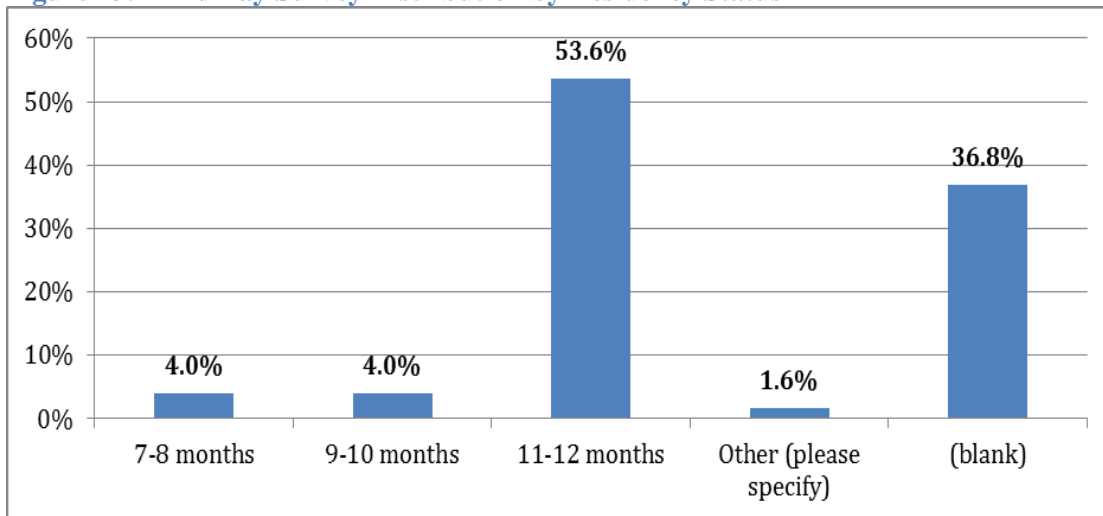


Out of the 125 completed surveys, 53.6% (67) of the participants live in their indicated communities 11-12 months of the year. 4% (5) of the participants live in Blind Bay 9-10 months of the year and 4% (5) live there 7-8 months of the year.

Please Note: 36.8% (46) of the participants did not answer this question and 1.6% (2) selected “Other” as their answer. With 38.4% (48) of the data missing or unspecified, it is difficult to accurately reflect the living status of the survey participants.

Appendix 2A: Community Profile: Blind Bay

Figure 43: Blind Bay Survey Distribution by Residency Status



Survey Assessment of Employment, Transportation, Housing, and Health: Blind Bay

Employment: Questions 6-10

Question 6: Monthly Income

Community	Blind Bay	
I currently live on	Number of Responses	Response %
\$1000 or less per month	2	1.6%
\$1001-\$1500 per month	5	4.0%
\$1501-\$2000 per month	6	4.8%
\$2001-\$2500 per month	11	8.8%
\$2501-\$3000 per month	24	19.2%
\$3001-\$3500 per month	20	16.0%
\$3501-\$4000 per month	14	11.2%
\$4001-\$4500 per month	9	7.2%
\$4501-\$5000 per month	4	3.2%
\$5001+ per month	19	15.2%
No response (blank)	11	8.8%
Grand Total	125	100.0%

Appendix 2A: Community Profile: Blind Bay

Question 7: # of People Monthly Income Supports

Community	Blind Bay	
This monthly income currently supports:	Number of Responses	Response %
1 person (only me)	33	26.4%
2 people (e.g. me and my spouse)	84	67.2%
3 people (e.g. me, my spouse/partner, and 1 dependent)	1	0.8%
4 people (e.g. me, my spouse/partner, and 2 dependents)	4	3.2%
5+ people	1	0.8%
Other (please specify)	1	0.8%
No response (blank)	1	0.8%
Grand Total	125	100.0%

Question 8: Income Sources

Community	Blind Bay	
Sources of Income:	Number of Responses	Response %
Canada Pension Plan	98	78.4%
Employment	30	24.0%
Retirement Savings	71	56.8%
A business I currently Own	11	8.8%
Other	53	42.4%
Grand Total	125	100.0%

Question 9: Employment Status

Community	Blind Bay	
I am currently	Number of Responses	Response %
Employed	13	10.4%
Self-employed	6	4.8%
Semi-retired (working occasionally)	8	6.4%
Unemployed (not working, but looking for work)	1	0.8%
Retired	86	68.8%
Other (please specify)	8	6.4%
No response (blank)	3	2.4%
Grand Total	125	100.0%

Appendix 2A: Community Profile: Blind Bay

Question 10: Employment Opportunities

Community	Blind Bay							
	1 - Strongly disagree	2	3	4	5 - Strongly agree	I don't know	No response (blank)	Totals
Employment opportunities in the South Shuswap are available to older adults	17	23	56	3	5	52	6	162
Older adults in the South Shuswap are fairly compensated for their work	14	0	11	4	0	66	8	103
Totals	31	23	67	7	5	118	14	265
Percentages	12%	9%	25%	3%	2%	44%	5%	100%

Transportation: Questions 11-15

Question 11: Valid Driver's License

Community	Blind Bay	
Do you currently have a valid driver's license?	Number of Responses	Response %
No	6	4.8%
Yes	118	94.4%
Other (please specify)	1	0.8%
Grand Total	125	100.0%

Question 12: Primary Transportation

Community	Blind Bay	
What is your primary mode of transportation?	Number of Responses	Response %
Automobile (car, truck, motor cycle)	121	96.8%
No response (blank)	4	3.2%
Grand Total	125	100.0%

Appendix 2A: Community Profile: Blind Bay

Question 13: Quality of Roads

Community	Blind Bay				
Quality of Roads	Roads are streets are well maintained and appropriately lit	Roads are well signed	Lines on pavement are clear and visible	Crosswalks are well marked and signed	Speed limits are appropriate in populated areas
1 - Strongly disagree	32	31	31	32	32
2	29	27	29	29	28
3	35	35	35	35	35
4	23	23	22	23	23
5 - Strongly agree	5	5	5	5	5
No response (blank)	0	0	1	1	1
Grand Total	124	121	123	125	124

Question 14: Parking

Community	Blind Bay			
Parking	Parking lots and street parking are located close to services	There are enough designated parking spots for vehicles with handicap hangtags	Spaces for disabled parking are monitored to ensure space is available for those who need it	Drop off and pick up areas are available and conveniently located
1 - Strongly disagree	6	6	6	6
2	7	6	6	6
3	19	19	19	19
4	50	50	50	50
5 - Strongly agree	34	34	34	34
No answer provided	4	4	4	4
No response (blank)	0	3	3	2
Grand Total	120	122	122	121

Appendix 2A: Community Profile: Blind Bay

Question 15: Community Services

Community	Blind Bay			
Community Services	Affordable and accessible transportation is available	A volunteer and/or informal network of drivers is available	Accessible transportation is available to take people to health appointments out of the community	Information about transportation options is readily available
1 - Strongly disagree	54	51	53	53
2	21	21	21	21
3	5	5	5	5
4	3	3	3	3
5 - Strongly agree	5	5	5	5
No answer provided	34	34	34	34
No Response (blank)	0	0	0	0
Grand Total	122	119	121	121

Housing: Questions 16-28

Question 16: Ownership of Residence

Community	Blind Bay	
Do you currently	Number of Responses	Response %
Own my own home (mortgage, etc.)	121	96.8%
Rent	4	3.2%
Grand Total	125	100.0%

Question 17: Housing Status

Community	Blind Bay	
Current Living Situation	Number of Responses	Response %
I live alone	23	18.4%
I live with a friend	1	0.8%
I live with a spouse/partner	94	75.2%
I live with relative	3	2.4%
Other (please specify)	3	2.4%
No response (blank)	1	0.8%
Grand Total	125	100.0%

Appendix 2A: Community Profile: Blind Bay

Question 18: Housing Type

Community	Blind Bay	
Type of Home	Number of Responses	Response %
Townhouse / Patio House	7	5.6%
Apartment	1	0.8%
House	115	92.0%
Other (please specify)	1	0.8%
No response (blank)	1	0.8%
Grand Total	125	100.0%

Question 19: Monthly Housing Cost

Community	Blind Bay	
Monthly Housing Cost	Number of Responses	Response %
\$0 - I do not rent and/or do not have mortgage payments	76	60.8%
\$500 or under	10	8.0%
\$500 - \$700	9	7.2%
\$701 - \$1000	8	6.4%
\$1000 - \$1500	8	6.4%
\$1500 - \$2000	5	4.0%
\$2000 - \$2500	1	0.8%
Other (please specify)	3	2.4%
No response (blank)	5	4.0%
Grand Total	125	100.0%

Question 20: Homecare

Community	Blind Bay	
Receive Homecare	Number of Responses	Response %
Yes	0	0.0%
No	120	96.0%
Other (please specify)	4	3.2%
No response (blank)	1	0.8%
Grand Total	125	100.0%

Appendix 2A: Community Profile: Blind Bay

Question 21: Length of Time in Home

Community	Blind Bay	
Been in your home	Number of Responses	Response %
1 year or less	10	8.0%
2-5 years	34	27.2%
6-15 years	53	42.4%
16-30 years	19	15.2%
30+ years	9	7.2%
Grand Total	125	100.0%

Question 22: Help in the Home

Community	Blind Bay				
Receive help in the home	Cooking	Housekeeping	Maintenance	Shopping, Banking and Appointments	Other
No	113	112	111	110	5
Yes	7	6	6	7	1
No response (blank)	0	0	3	0	1
Grand Total	120	118	120	117	7

Question 23: Current Residence Plan

Community	Blind Bay	
How long do you plan to stay in current home	Number of Responses	Response %
1 year or less	3	2%
2 to 5 years	31	25%
5 to 10 years	34	27%
10+ years	50	40%
No response (blank)	7	6%
Grand Total	125	100%

Appendix 2A: Community Profile: Blind Bay

Question 24: Situations Forcing a Move

Community	Blind Bay							
Situations Forcing a Move	Home is too much work	Home is too difficult	Home costs too much	Too far from amenities	Feel unsafe	Poor health	Death of spouse	Other
This is an immediate issue	7	6	6	6	5	6	3	2
This will be an issue in 1-3 years	14	13	14	14	14	14	12	0
This will be an issue in 3-5 years	15	14	12	12	12	12	10	1
This will be an issue in 5-10 years	38	37	38	36	38	35	35	1
This will be an issue in 10+ years	37	37	37	37	36	37	37	1
This won't be an issue	11	11	11	11	10	10	9	2
No response (blank)	0	0	1	0	0	0	0	1
Grand Total	122	118	119	116	115	114	106	7

Question 25: Preferred Living Situation

Community	Blind Bay	
Preferred/ required accommodation	Number of Responses	Response %
A room only (this is a sleeping space - meals are provided)	2	2%
A studio apartment with a kitchenette	1	1%
A one (1) bedroom apartment	3	2%
A two (2) bedroom apartment	41	33%
House	73	58%
No response (blank)	5	4%
Grand Total	125	100%

Appendix 2A: Community Profile: Blind Bay

Question 26: Support Types

Community	Blind Bay				
If you moved, would you require, prefer or not want these supports	A kitchen with the option of meal service	No kitchen with meal service	Laundry service	Housekeeping service	Medication management
I do not require or want this support	56	55	56	56	56
I prefer, but do not require, this support	53	48	51	50	51
I require this support	12	8	11	12	10
No response (blank)	0	0	1	0	1
Grand Total	121	111	119	118	118

If you moved, would you require, prefer or not want these supports	Health & exercise programs	Medical & health service	Transportation to appointments and events	Social & recreational activities	Assistance with daily living
I do not require or want this support	32	32	32	32	32
I prefer, but do not require, this support	62	62	62	62	62
I require this support	25	24	24	22	23
No response (blank)	0	1	1	1	1
Grand Total	119	119	119	117	118

Question 27: Forced Move Location Preference

Community	Blind Bay	
If you had to move, would you prefer to:	Number of Responses	Response %
Remain in the South Shuswap (CSRD Area C)	64	51%
Move to a community outside of the South Shuswap (CSRD Area C) but within the Shuswap	18	14%
Leave the Shuswap and move elsewhere	27	22%
Other (please specify)	11	9%
No response (blank)	5	4%
Grand Total	125	100%

Appendix 2A: Community Profile: Blind Bay

Question 28: Forced Move Location Preference Reason

Community	Blind Bay	
Forced Move Location Preference Reason	Number of Responses	Response %
Family Elsewhere	18	32%
Financials	2	4%
Lack of Services/Amenities	33	59%
Miscellaneous	3	5%
Grand Total	56	100%

Health: Questions 29-42

Question 29: Accessible Health Services

Community	Blind Bay					
The following professional services are accessible	Physicians	Public health nurses	Transportation to appointments	Palliative care	Dentists	Physical therapists
1 - Strongly disagree	34	34	34	34	34	34
2	12	12	12	11	12	12
3	21	20	20	19	21	21
4	19	19	19	19	19	19
5 - Strongly agree	33	31	31	31	32	32
I do not know	2	2	2	2	2	2
No response (blank)	0	1	2	2	2	2
Grand Total	121	119	120	118	122	122

Appendix 2A: Community Profile: Blind Bay

The following professional services are accessible	Optometrists	Mental health services	Foot care	Respite care	Adult day programs	Specialist services
1 - Strongly disagree	34	34	34	32	30	34
2	12	12	12	12	12	12
3	21	20	21	21	21	21
4	19	19	19	18	18	19
5 - Strongly agree	32	30	29	31	30	31
I do not know	2	2	2	2	2	2
No response (blank)	1	1	1	1	1	1
Grand Total	121	118	118	117	114	120

The following professional services are accessible	Home health and care	Transportation to appointments	Medical equipment rentals	Cancer support	Diabetes clinics	Meal delivery	Communal meal programs
1 - Strongly disagree	34	29	34	33	33	31	33
2	12	12	12	12	12	12	12
3	21	21	20	21	21	21	21
4	19	19	19	19	19	19	19
5 - Strongly agree	31	30	31	29	29	29	29
I do not know	2	2	2	2	2	2	2
No response (blank)	1	1	1	1	1	1	1
Grand Total	120	114	119	117	117	115	117

Appendix 2A: Community Profile: Blind Bay

Question 30: Health Care Providers

Community	Blind Bay	
Healthcare Professional	Number of Responses	Response %
Only my doctor	77	36%
Other family doctor or general practitioner	27	13%
A specialist doctor	44	21%
A nurse	2	1%
A nurse practitioner or specialist nurse	21	10%
A nutritionist or dietician	3	1%
A physiotherapist	23	11%
A psychological or social worker	4	2%
An Indigenous healer	0	0%
Other	12	6%
Grand Total	213	100%

Question 31: Family Doctor

Community	Blind Bay	
Do you have a regular family doctor?	Number of Responses	Response %
No	14	11%
Yes	109	87%
No response (blank)	2	2%
Grand Total	125	100%

Appendix 2A: Community Profile: Blind Bay

Question 32: Doctor Visits

Community	Blind Bay	
Doctor Visits	Number of Responses	Response %
More than once a month	4	3%
Once a month	9	7%
Every 2-4 months	40	32%
At least twice a year	43	34%
Once a year	20	16%
I have not seen a doctor in over a year.	6	5%
No response (blank)	3	2%
Grand Total	125	100%

Question 33: Doctor Location

Community	Blind Bay	
How far do you travel to see a doctor?	Number of Responses	Response %
less than 10 kms	5	4%
10-14 kms	1	1%
15-20 kms	6	5%
21-25 kms	31	25%
26-30 kms	49	39%
30+ kms	26	21%
No response (blank)	7	6%
Grand Total	125	100%

Question 34: Primary Transportation

Community	Blind Bay	
Primary mode of transportation to see a doctor	Number of Responses	Response %
Ask for a ride from a family member or friend	13	10%
Drive my own vehicle	107	86%
Other (please specify)	3	2%
No response (blank)	2	2%
Grand Total	125	100%

Appendix 2A: Community Profile: Blind Bay

Question 35: Available Transportation

Community	Blind Bay	
Is transportation a barrier to visiting the doctor	Number of Responses	Response %
No	108	86%
Yes	14	11%
No response (blank)	3	2%
Grand Total	125	100%

Question 37: Chronic Medical Condition

Community	Blind Bay	
Do you have a chronic medical condition?	Number of Responses	Response %
No	62	50%
Yes	59	47%
Unsure	2	2%
No response (blank)	2	2%
Grand Total	125	100%

For example; diabetes, lung disease (e.g. Asthma, emphysema, bronchitis), high blood pressure, heart disease, chronic kidney disease, chronic pain, substance abuse, depression, anxiety, mental health, addictions.

Question 38: Health Status

Community	Blind Bay	
Health over past 3 months	Number of Responses	Response %
Excellent	21	17%
Very good	40	32%
Good	44	35%
Fair	15	12%
Poor	3	2%
No response (blank)	2	2%
Grand Total	125	100%

Appendix 2A: Community Profile: Blind Bay

Question 39: Mental Health Service Needs

Community	Blind Bay		
Is there a need for additional or improved services in the following areas:			
	Adult mental health and substance use services	Child mental health and substance use services	Support services for family of patients with mental health issues
Yes	52	30	33
Percentage of Surveys	41.6%	24%	26.4%

Question 40: Community-Based Services Needs

Community	Blind Bay			
Do the following services need to be improved?				
	Physical therapy	Occupational therapy	Social Work	Home care/nursing
Yes	65	27	20	46
Percentage of Surveys	52%	21.6%	16%	36.8%

Question 41: Long-Term Care Needs

Community		Blind Bay	
Is there a need for improvement in the following areas:			
	Assisted Living	Long-term care	Other
Yes	93	33	4
Percentage of Surveys	74.4%	26.4%	3.2%

Question 42: Barriers to Accessing a Doctor

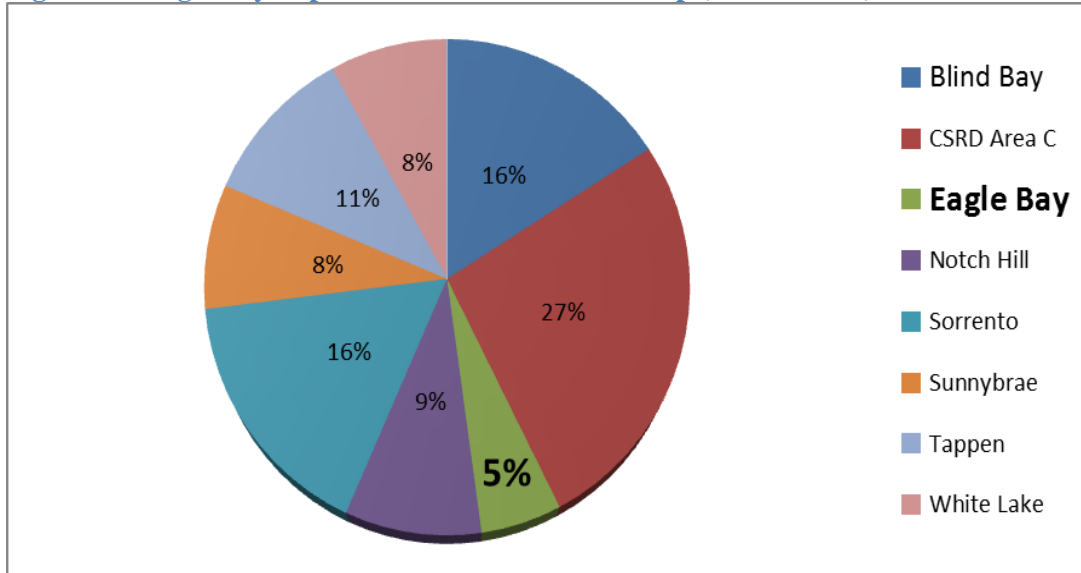
Community	Blind Bay					
Are there barriers to accessing a doctor?						
	Difficulty getting an appointment	Waiting time in doctor's office	Inconvenient clinic hours	Phone line busy	None of the above	Other
Yes	35	12	6	4	1	5
Percentage of Surveys	28%	9.6%	4.8%	3.2%	0.8%	4%

Appendix 2B: Community Profile: Eagle Bay

Census Age Distribution of Eagle Bay

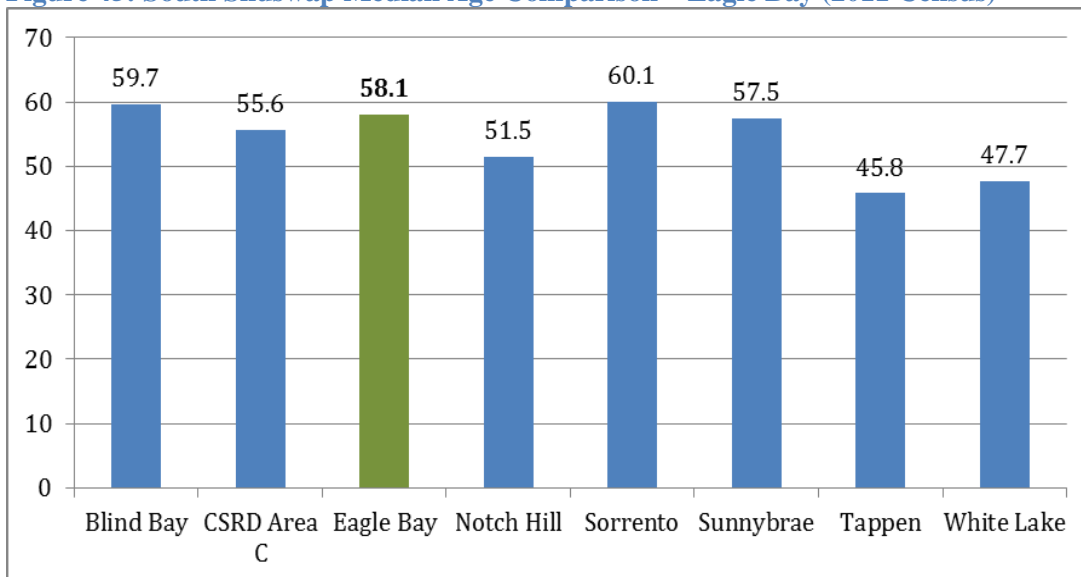
Eagle Bay is an unincorporated community located in Electoral Area C of the Columbia Shuswap Regional District. According to Statistic Canada, it accounts for 5% of the population of the South Shuswap region with 400 people.

Figure 44: Eagle Bay Population in the South Shuswap (2011 Census)



According to the 2011 Census, Eagle Bay has a median age of 58.1 years old (Statistics Canada, 2012). This is higher than not only the South Shuswap (CSRD Area C), but it is also higher than the entire Columbia-Shuswap region, with 55.6 and 48.1 median ages respectively. Compared to the rest of the South Shuswap, Eagle Bay has the third highest median age in the region.

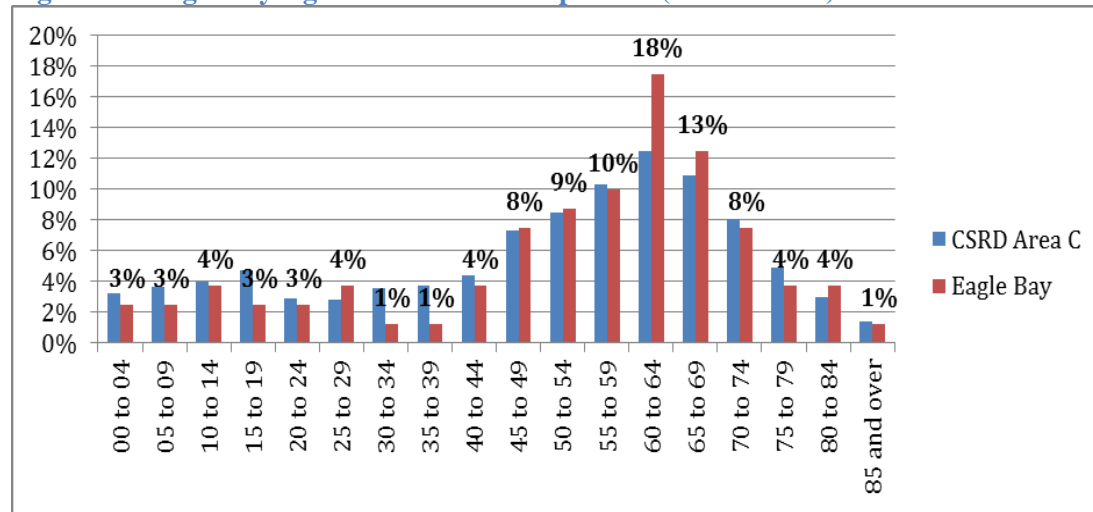
Figure 45: South Shuswap Median Age Comparison – Eagle Bay (2011 Census)



Appendix 2B: Community Profile: Eagle Bay

With a total of 70, the largest age group in Eagle Bay is between the ages of 60 and 64 years old, accounting for over 18% of the total population. The next largest group is 65 to 69, followed by 55 to 59 year olds, with 13% and 10% of the population respectively. In fact, residents 50 years old and older total 260, making up 65% of the population while in comparison, those aged 15 to 39 account for only 11% of the population with a total of 45 people.

Figure 46: Eagle Bay Age Distribution Comparison (2011 Census)

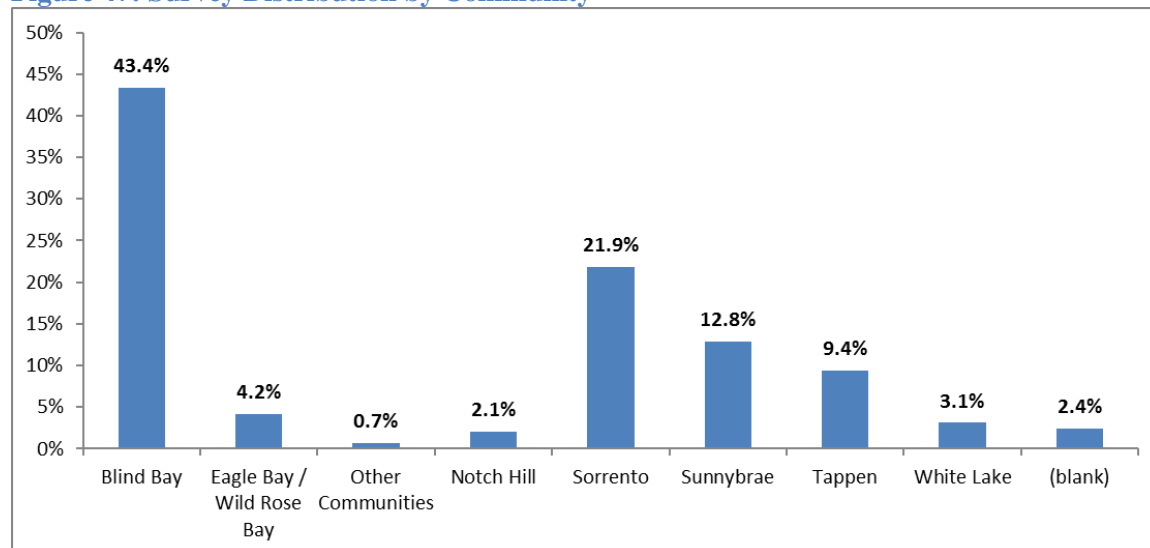


Survey Age Distribution of Eagle Bay

As was previously noted in the project approach, 309 surveys in the South Shuswap were conducted for this study; however 28 of those have been excluded for the communities, leaving 281 surveys for our analysis.

According to the survey data, Eagle Bay has one of the lowest percentage of survey participation with 4.3% (12 out of 281 participants).

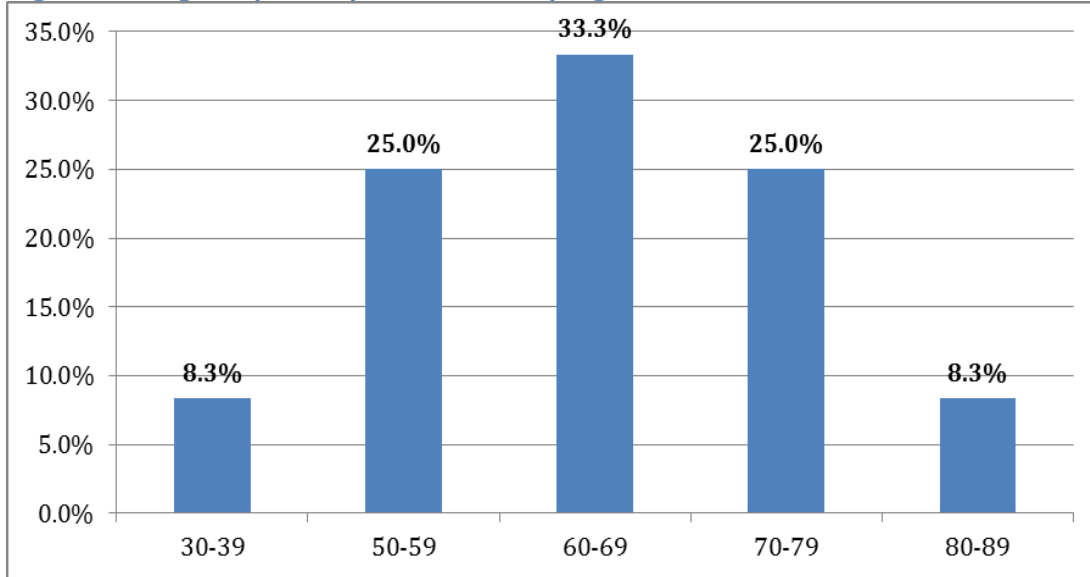
Figure 47: Survey Distribution by Community



Appendix 2B: Community Profile: Eagle Bay

According to the survey data, the age group with the highest participation rate for Eagle Bay were residents aged 60 to 69 years old with 33.3% (4 surveys). Survey participants aged 70 to 79 years old and 50 to 59 years old were tied for the second highest participation rate with 25% (3 surveys) each, followed by residents aged 30 to 39 and 80 to 89 with 8.3% (1 survey) each.

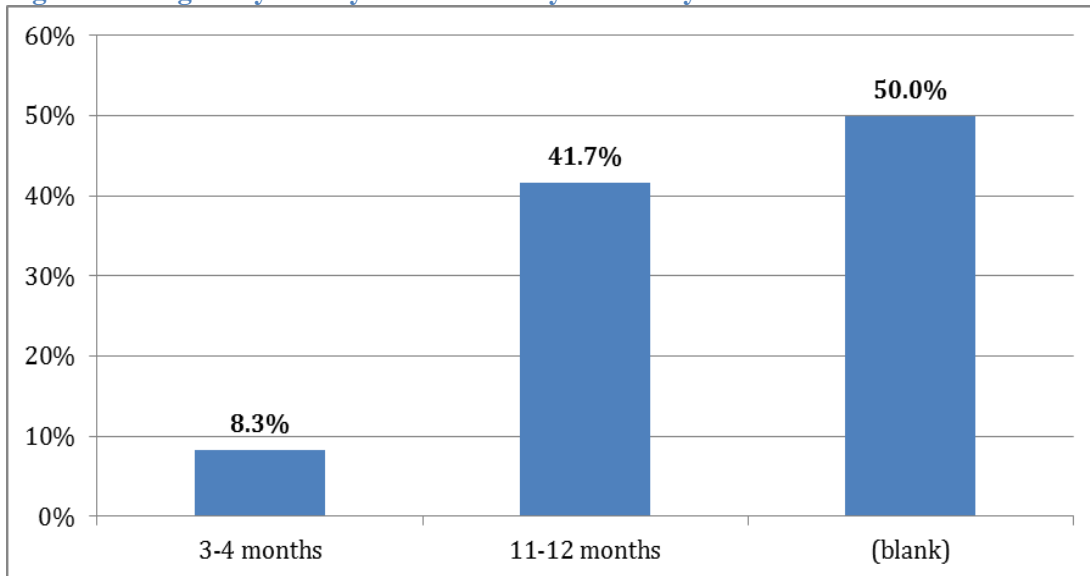
Figure 48: Eagle Bay Survey Distribution by Age



Out of the 12 completed surveys, 41.7% (5) of the participants live in their indicated communities 11-12 months of the year, while 8.3% (1) of the participants live in Eagle Bay 3-4 months of the year.

Please Note: 50% (6) of the participants did not answer this question and with half of the data missing, it is difficult to accurately reflect the living status of the survey participants.

Figure 49: Eagle Bay Survey Distribution by Residency Status



Appendix 2B: Community Profile: Eagle Bay

Survey Assessment of Employment, Transportation, Housing, and Health: Eagle Bay

Employment

Questions 6-10 of the survey asked information on residents' employment status.

Question 6: Monthly Income

Community	Eagle Bay / Wild Rose Bay	
I currently live on	Number of Responses	Response %
\$1000 or less per month	0	0.0%
\$1001-\$1500 per month	2	16.7%
\$1501-\$2000 per month	2	16.7%
\$2001-\$2500 per month	2	16.7%
\$2501-\$3000 per month	1	8.3%
\$4001-\$4500 per month	1	8.3%
\$5001+ per month	3	25%
No response (blank)	1	8.3%
Grand Total	12	100.0%

Question 7: # of People Monthly Income Supports

Community	Eagle Bay / Wild Rose Bay	
This monthly income currently supports:	Number of Responses	Response %
2 people (e.g. me and my spouse)	11	91.7%
3 people (e.g. me, my spouse/partner, and 1 dependent)	1	8.3%
Grand Total	12	100.0%

Question 8: Income Sources

Community	Eagle Bay / Wild Rose Bay	
Sources of Income:	Number of Responses	Response %
Canada Pension Plan	8	66.7%
Employment	2	16.7%
Retirement Savings	3	25.0%
A business I currently Own	1	8.3%
Other	6	50.0%
Grand Total	12	100.0%

Appendix 2B: Community Profile: Eagle Bay

Question 9: Employment Status

Community	Eagle Bay / Wild Rose Bay	
I am currently	Number of Responses	Response %
Employed	1	8.3%
Self-employed	2	16.7%
Semi-retired (working occasionally)	1	8.3%
Retired	7	58.3%
Other (please specify)	1	8.3%
Grand Total	12	100.0%

Question 10: Employment Opportunities

Community	Eagle Bay / Wild Rose Bay							
Number of Responses								
	1 - Strongly disagree	2	3	4	5 - Strongly agree	I don't know	No response (blank)	Totals
Employment opportunities in the South Shuswap are available to older adults	2	1	2	1	0	3	3	12
Older adults in the South Shuswap are fairly compensated for their work	0	1	1	1	1	4	4	12
Totals	2	2	3	2	1	7	7	24
Percentages	8%	8 %	13 %	8 %	4%	29%	29%	100%

Transportation: Questions 11-15

Question 11: Valid Driver's License

Community	Eagle Bay / Wild Rose Bay	
Do you currently have a valid driver's license?	Number of Responses	Response %
No	0	0.0%
Yes	12	100.0%
Grand Total	12	100.0%

Appendix 2B: Community Profile: Eagle Bay

Question 12: Primary Transportation

Community	Eagle Bay / Wild Rose Bay	
What is your primary mode of transportation?	Number of Responses	Response %
Automobile (car, truck, motor cycle)	12	100.0%
Grand Total	12	100.0%

Question 13: Quality of Roads

Community	Eagle Bay / Wild Rose Bay				
Quality of Roads	Roads are streets are well maintained and appropriately lit	Roads are well signed	Lines on pavement are clear and visible	Crosswalks are well marked and signed	Speed limits are appropriate in populated areas
1 - Strongly disagree	3	3	3	3	3
2	2	2	2	2	2
3	2	1	1	1	1
4	4	4	4	4	4
5 - Strongly agree	1	1	1	1	1
Grand Total	12	11	11	11	11

Question 14: Parking

Community	Eagle Bay / Wild Rose Bay			
Parking	Parking lots and street parking are located close to services	There are enough designated parking spots for vehicles with handicap hangtags	Spaces for disabled parking are monitored to ensure space is available for those who need it	Drop off and pick up areas are available and conveniently located
1 - Strongly disagree	1	1	1	1
2	0	0	0	0
3	2	2	2	2
4	6	6	6	6
5 – Strongly agree	0	0	0	0
No answer provided	3	3	3	3
Grand Total	12	12	12	12

Appendix 2B: Community Profile: Eagle Bay

Question 15: Community Services

Community	Eagle Bay / Wild Rose Bay			
Community Services	Affordable and accessible transportation is available	A volunteer and/or informal network of drivers is available	Accessible transportation is available to take people to health appointments out of the community	Information about transportation options is readily available
1 - Strongly disagree	3	3	3	3
2	1	1	1	1
3	4	4	4	4
4	1	1	1	1
5 - Strongly agree	1	1	1	1
No answer provided	2	2	2	2
Grand Total	12	12	12	12

Housing: Questions 16-28

Question 16: Ownership of Residence

Community	Eagle Bay / Wild Rose Bay	
Do you currently	Number of Responses	Response %
Own my own home (mortgage, etc.)	11	91.7%
Other (please specify)	1	8.3%
Grand Total	12	100.0%

Question 17: Housing Status

Community	Eagle Bay / Wild Rose Bay	
Current Living Situation	Number of Responses	Response %
I live with a spouse/partner	12	100.0%
Grand Total	12	100.0%

Question 18: Housing Type

Community	Eagle Bay / Wild Rose Bay	
Type of Home	Number of Responses	Response %
House	12	100.0%
Grand Total	12	100.0%

Appendix 2B: Community Profile: Eagle Bay

Question 19: Monthly Housing Cost

Community	Eagle Bay / Wild Rose Bay	
Monthly Housing Cost	Number of Responses	Response %
\$0 - I do not rent and/or do not have mortgage payments	7	58.3%
\$500 or under	2	16.7%
\$500 - \$700	1	8.3%
\$701 - \$1000	1	8.3%
\$1500 - \$2000	1	8.3%
Grand Total	12	100.0%

Question 20: Homecare

Community	Eagle Bay / Wild Rose Bay	
Receive Homecare	Number of Responses	Response %
No	11	91.7%
Yes	1	8.3%
Grand Total	12	100.0%

Question 21: Length of Time in Home

Community	Eagle Bay / Wild Rose Bay	
Been in your home	Number of Responses	Response %
2-5 years	3	25.0%
6-15 years	3	25.0%
16-30 years	3	25.0%
30+ years	3	25.0%
Grand Total	12	100.0%

Question 22: Help in the Home

Community	Eagle Bay / Wild Rose Bay				
Receive help in the home	Cooking	Housekeeping	Maintenance	Shopping, Banking and Appointments	Other
No	11	11	11	11	0
Yes	1	1	1	1	1
Grand Total	12	12	12	12	1

Appendix 2B: Community Profile: Eagle Bay

Question 23: Current Residence Plan

Community	Eagle Bay / Wild Rose Bay	
How long do you plan to stay in current home	Number of Responses	Response %
1 year or less	1	8%
2 to 5 years	1	8%
5 to 10 years	2	17%
10+ years	5	42%
No response (blank)	3	25%
Grand Total	12	100%

Question 24: Situations Forcing a Move

Community	Eagle Bay / Wild Rose Bay							
Situations Forcing a Move	Home is too much work	Home is too difficult	Home costs too much	Too far from amenities	Feel unsafe	Poor health	Death of spouse	Other
This is an immediate issue	1	0	1	0	1	1	0	0
This will be an issue in 3-5 years	1	1	1	1	1	1	1	0
This will be an issue in 5-10 years	5	5	5	5	5	5	4	0
This will be an issue in 10+ years	2	2	2	2	2	2	2	0
This won't be an issue	2	2	2	2	2	2	2	0
No response (blank)	0	0	0	0	0	0	0	0
Grand Total	11	10	11	10	11	11	9	0

Question 25: Preferred Living Situation

Community	Eagle Bay / Wild Rose Bay	
Preferred/ required accommodation	Number of Responses	Response %
A two (2) bedroom apartment	2	17%
House	9	75%
No response (blank)	1	8%
Grand Total	12	100%

Appendix 2B: Community Profile: Eagle Bay

Question 26: Support Types

Community	Eagle Bay / Wild Rose Bay				
If you moved, would you require, prefer or not want these supports	A kitchen with the option of meal service	No kitchen with meal service	Laundry service	Housekeeping service	Medication management
I do not require or want this support	5	5	5	5	5
I prefer, but do not require, this support	5	5	5	5	5
I require this support	1	1	1	1	1
No response (blank)	0	0	0	0	0
Grand Total	11	11	11	11	11

If you moved, would you require, prefer or not want these supports	Health & exercise programs	Medical & health service	Transportation to appointments and events	Social & recreational activities	Assistance with daily living
I do not require or want this support	3	3	3	3	3
I prefer, but do not require, this support	8	8	8	8	7
No response (blank)	0	0	0	0	0
Grand Total	11	11	11	11	10

Question 27: Forced Move Location Preference

Community	Eagle Bay / Wild Rose Bay	
If you had to move, would you prefer to:	Number of Responses	Response %
Remain in the South Shuswap (CSRD Area C)	5	42%
Move to a community outside of the South Shuswap (CSRD Area C) but within the Shuswap	1	8%
Leave the Shuswap and move elsewhere	2	17%
Other (please specify)	4	33%
Grand Total	12	100%

Appendix 2B: Community Profile: Eagle Bay

Question 28: Forced Move Location Preference Reason

Community	Eagle Bay / Wild Rose Bay	
Forced Move Location Preference Reason	Number of Responses	Response %
Family Elsewhere	3	60%
Financials	2	40%
Lack of Services/Amenities	0	0%
Miscellaneous	0	0%
Grand Total	5	100%

Health: Questions 29-42

Question 29: Accessible Health Services

Community	Eagle Bay / Wild Rose Bay					
The following professional services are accessible	Physicians	Public health nurses	Transportation to appointments	Palliative care	Dentists	Physical therapists
1 - Strongly disagree	1	1	1	1	1	1
2	2	2	2	2	2	2
3	2	1	2	2	2	2
4	1	1	1	1	1	1
5 - Strongly agree	4	4	4	4	4	4
I do not know	1	1	1	1	1	1
No response (blank)	0	0	0	0	0	0
Grand Total	11	10	11	11	11	11

Appendix 2B: Community Profile: Eagle Bay

The following professional services are accessible	Optometrists	Mental health services	Foot care	Respite care	Adult day programs	Specialist services
1 - Strongly disagree	1	1	1	1	1	1
2	2	2	2	2	2	2
3	2	1	2	2	2	2
4	1	1	1	1	1	1
5 - Strongly agree	4	4	4	4	4	4
I do not know	1	1	1	1	1	1
No response (blank)	0	0	0	0	0	0
Grand Total	11	10	11	11	11	11

The following professional services are accessible	Home health and care	Transportation to appointments	Medical equipment rentals	Cancer support	Diabetes clinics	Meal delivery	Communal meal programs
1 - Strongly disagree	1	1	1	1	1	1	1
2	2	2	2	1	1	1	1
3	2	1	2	2	2	2	2
4	1	1	1	1	1	1	1
5 - Strongly agree	4	2	4	4	4	4	4
I do not know	1	1	1	1	1	1	1
No response (blank)	0	0	0	0	0	0	0
Grand Total	11	8	11	10	10	10	10

Appendix 2B: Community Profile: Eagle Bay

Question 30: Health Care Providers

Community	Eagle Bay / Wild Rose Bay	
Healthcare Professional	Number of Responses	Response %
Only my doctor	9	45%
Other family doctor or general practitioner	3	15%
A specialist doctor	4	20%
A nurse	0	0%
A nurse practitioner or specialist nurse	0	0%
A nutritionist or dietician	0	0%
A physiotherapist	3	15%
A psychological or social worker	0	0%
An Indigenous healer	0	0%
Other	1	5%
Grand Total	20	100%

Question 31: Family Doctor

Community	Eagle Bay / Wild Rose Bay	
Do you have a regular family doctor?	Number of Responses	Response %
Yes	12	100%
Grand Total	12	100%

Question 32: Doctor Visits

Community	Eagle Bay / Wild Rose Bay	
Doctor Visits	Number of Responses	Response %
Once a month	2	17%
Every 2-4 months	4	33%
At least twice a year	3	25%
Once a year	3	25%
Grand Total	12	100%

Appendix 2B: Community Profile: Eagle Bay

Question 33: Doctor Location

Community	Eagle Bay / Wild Rose Bay	
How far do you travel to see a doctor?	Number of Responses	Response %
15-20 kms	1	8%
26-30 kms	1	8%
30+ kms	10	83%
Grand Total	12	100%

Question 34: Primary Transportation

Community	Eagle Bay / Wild Rose Bay	
Primary mode of transportation to see a doctor	Number of Responses	Response %
Ask for a ride from a family member or friend	1	8%
Drive my own vehicle	10	83%
No response (blank)	1	8%
Grand Total	12	100%

Question 35: Available Transportation

Community	Eagle Bay / Wild Rose Bay	
Is transportation a barrier to visiting the doctor	Number of Responses	Response %
No	11	92%
Yes	1	8%
Grand Total	12	100%

Question 36: Available Transportation – Describe

Not applicable.

Question 37: Chronic Medical Condition

Community	Eagle Bay / Wild Rose Bay	
Do you have a chronic medical condition?	Number of Responses	Response %
No	7	58%
Yes	4	33%
Unsure	1	8%
Grand Total	12	100%

For example; diabetes, lung disease (e.g. Asthma, emphysema, bronchitis), high blood pressure, heart disease, chronic kidney disease, chronic pain, substance abuse, depression, anxiety, mental health, addictions.

Appendix 2B: Community Profile: Eagle Bay

Question 38: Health Status

Community	Eagle Bay / Wild Rose Bay	
Health over past 3 months	Number of Responses	Response %
Excellent	1	8%
Very good	4	33%
Good	4	33%
Fair	2	17%
Poor	1	8%
Grand Total	12	100%

Question 39: Mental Health Service Needs

Community	Eagle Bay / Wild Rose Bay		
Is there a need for additional or improved services in the following areas:			
	Adult mental health and substance use services	Child mental health and substance use services	Support services for family of patients with mental health issues
Yes	4	2	2
Percentage of Surveys	33.3%	16.7%	16.7%

Question 40: Community-Based Services Needs

Community	Eagle Bay / Wild Rose Bay			
Do the following services need to be improved?				
	Physical therapy	Occupational therapy	Social Work	Home care/nursing
Yes	5	3	2	3
Percentage of Surveys	41.6%	25%	16.7%	25%

Question 41: Long-Term Care Needs

Community	Eagle Bay / Wild Rose Bay		
Is there a need for improvement in the following areas:			
	Assisted Living	Long-term care	Other
Yes	8	3	0
Percentage of Surveys	66.7%	25%	0.0%

Appendix 2B: Community Profile: Eagle Bay

Question 42: Barriers to Accessing a Doctor

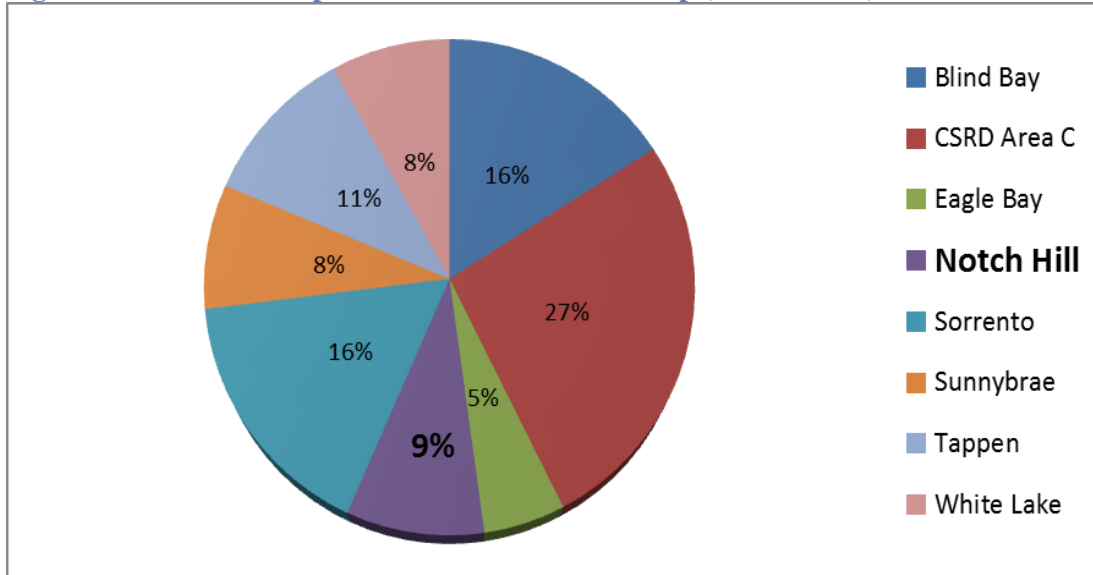
Community	Eagle Bay / Wild Rose Bay					
Are there barriers to accessing a doctor?						
	Difficulty getting an appointment	Waiting time in doctor's office	Inconvenient clinic hours	Phone line busy	None of the above	Other
Yes	2	1	1	1	0	0
Percentage of Surveys	16.7%	8.3%	8.3%	8.3%	0.0%	0.0%

Appendix 2C: Community Profile: Notch Hill

Census Age Distribution of Notch Hill

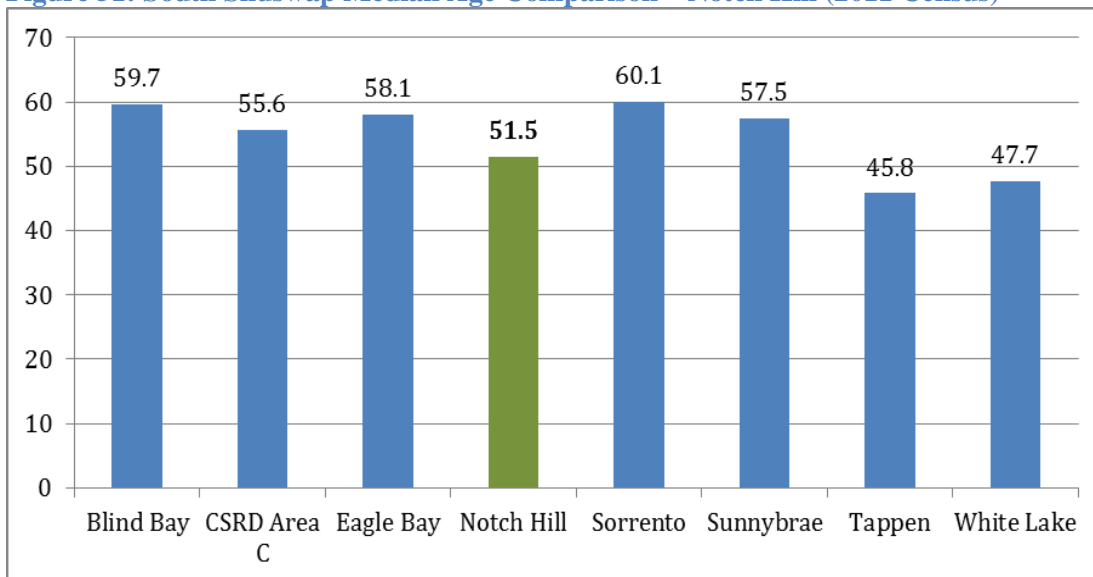
Notch Hill is an unincorporated community located in Electoral Area C of the Columbia Shuswap Regional District. According to Statistic Canada, it accounts for 9% of the population of the South Shuswap region with 675 people.

Figure 50: Notch Hill Population in the South Shuswap (2011 Census)



According to the 2011 Census, Notch Hill has a median age of 51.5 years old (Statistics Canada, 2012). While this is higher than the median age of the Columbia-Shuswap region at 48.1, it is lower than the median age of the South Shuswap (CSRD Area C) at 55.6 years old. Compared to the rest of the South Shuswap, Notch Hill has the third lowest median age in the region.

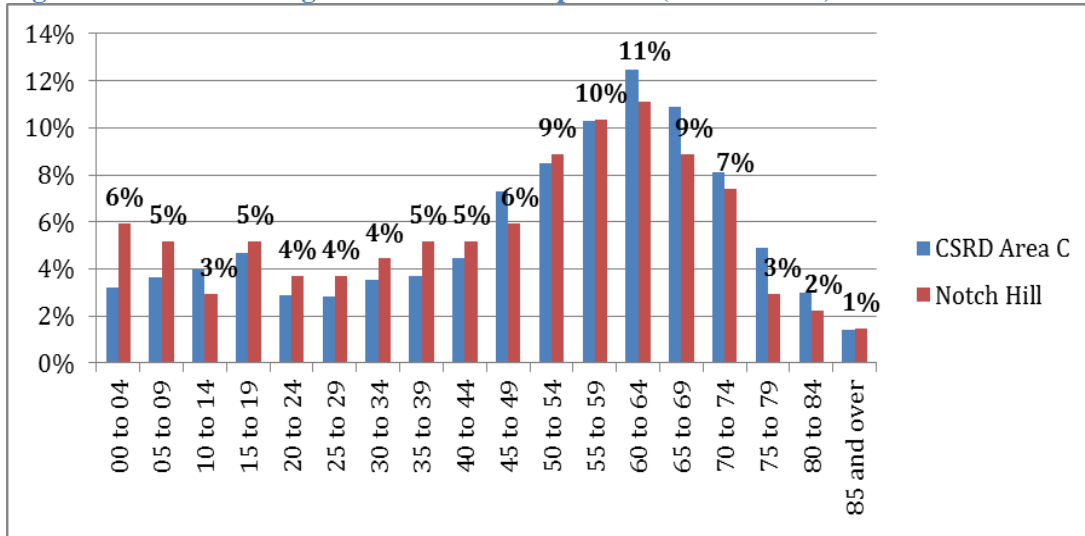
Figure 51: South Shuswap Median Age Comparison – Notch Hill (2011 Census)



Appendix 2C: Community Profile: Notch Hill

With a total of 75, the largest age group in Notch Hill is between the ages of 60 and 64 years old, accounting for over 11% of the total population. The next largest group is 55 to 59, followed by 50 to 54 year olds and 65 to 69 year olds, with 10%, 9% and 9% of the population respectively. In fact, residents 50 years old and older total 360, making up 52% of the population while in comparison, those aged 15 to 39 account for 22% of the population with a total of 150 people.

Figure 52: Notch Hill Age Distribution Comparison (2011 Census)

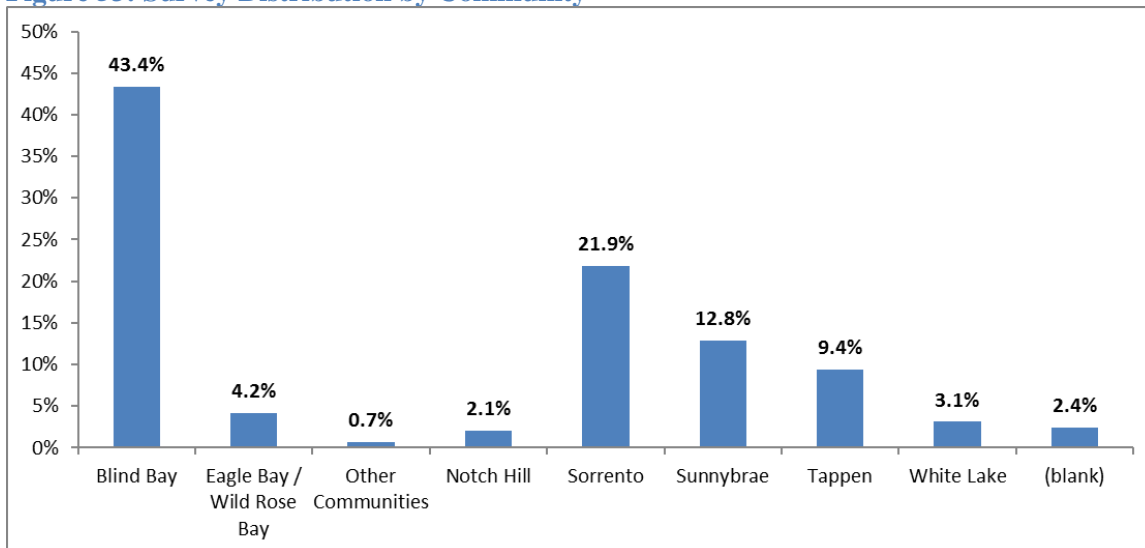


Survey Age Distribution of Notch Hill

As was previously noted in the project approach, 309 surveys in the South Shuswap were conducted for this study; however 28 of those have been excluded for the communities, leaving 281 surveys for our analysis.

According to the survey data, Notch Hill has the smallest percentage of the survey participation (not including “Other Communities”) with 2.1% (6 out of 281 participants).

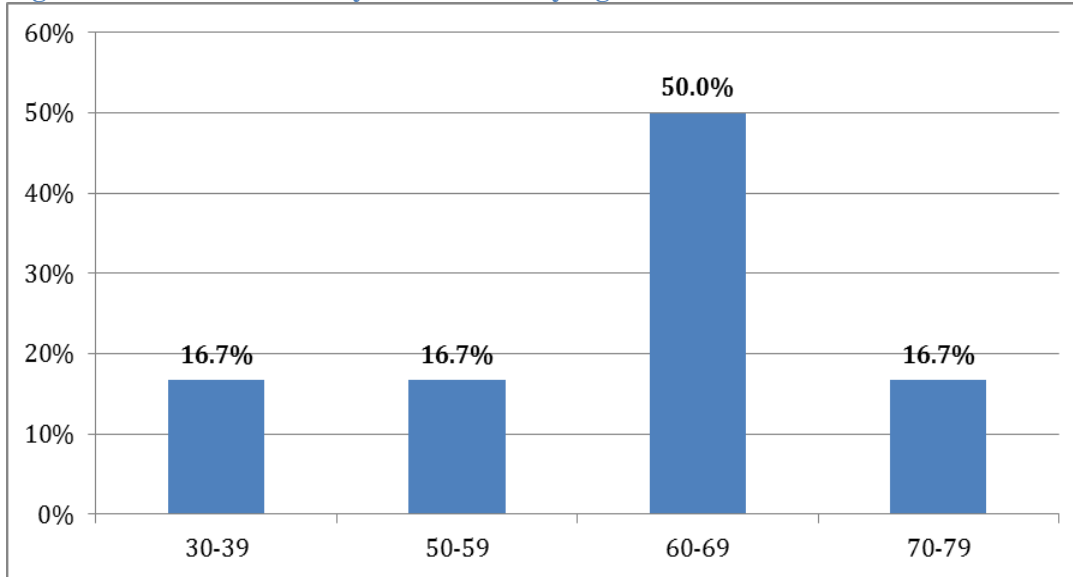
Figure 53: Survey Distribution by Community



Appendix 2C: Community Profile: Notch Hill

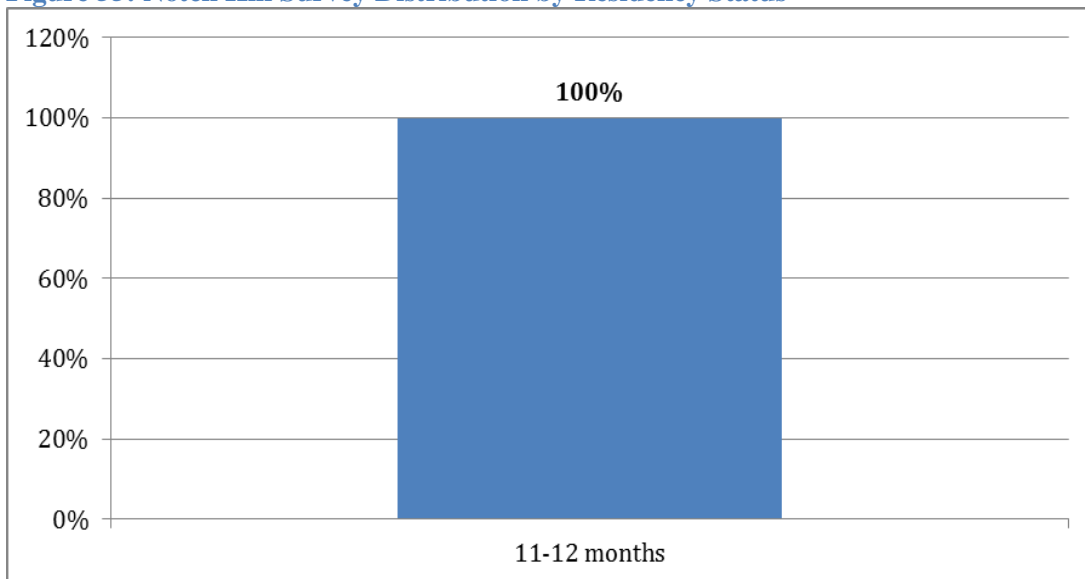
According to the survey data, the age group with the highest participation rate for Notch Hill were residents aged 60 to 69 years old with 50% (3 surveys). Survey participants aged 70 to 79 years old, 30 to 39 years old, and 50 to 59 years old all had participation rates of 16.7% (1 survey) each.

Figure 54: Notch Hill Survey Distribution by Age



Out of the 6 completed surveys, 100% (6) of the participants live in Notch Hill 11-12 months of the year.

Figure 55: Notch Hill Survey Distribution by Residency Status



Appendix 2C: Community Profile: Notch Hill

Survey Assessment of Employment, Transportation, Housing, and Health: Notch Hill

Employment

Questions 6-10 of the survey asked information on residents' employment status.

Question 6: Monthly Income

Community	Notch Hill	
I currently live on	Number of Responses	Response %
\$1001-\$1500 per month	1	16.7%
\$1501-\$2000 per month	1	16.7%
\$2001-\$2500 per month	1	16.7%
\$3001-\$3500 per month	1	16.7%
\$4501-\$5000 per month	2	33.3%
Grand Total	6	100.0%

Question 7: # of People Monthly Income Supports

Community	Notch Hill	
This monthly income currently supports:	Number of Responses	Response %
1 person (only me)	1	16.7%
2 people (e.g. me and my spouse)	3	50.0%
4 people (e.g. me, my spouse/partner, and 2 dependents)	2	33.3%
Grand Total	6	100.0%

Question 8: Income Sources

Community	Notch Hill	
Sources of Income:	Number of Responses	Response %
Canada Pension Plan	4	66.7%
Employment	4	66.7%
Retirement Savings	2	33.3%
A business I currently Own	3	50.0%
Other	3	50.0%
Grand Total	6	100.0%

Question 9: Employment Status

Community	Notch Hill	
I am currently	Number of Responses	Response %
Employed	1	16.7%
Self-employed	2	33.3%
Semi-retired (working occasionally)	1	16.7%
Retired	2	33.3%
Grand Total	6	100.0%

Appendix 2C: Community Profile: Notch Hill

Question 10: Employment Opportunities

Community	Notch Hill							
	Number of Responses							
	1 - Strongly disagree	2	3	4	5 - Strongly agree	I don't know	No response (blank)	Totals
Employment opportunities in the South Shuswap are available to older adults	1	2	0	0	0	3	0	6
Older adults in the South Shuswap are fairly compensated for their work	0	0	2	0	0	3	1	6
Totals	1	2	2	0	0	6	1	12
Percentages	8%	17%	17%	0%	0%	50%	8%	100%

Transportation: Questions 11-15

Question 11: Valid Driver's License

Community	Notch Hill	
Do you currently have a valid driver's license?	Number of Responses	Response %
Yes	5	83.3%
No response (blank)	1	16.7%
Grand Total	6	100.0%

Question 12: Primary Transportation

Community	Notch Hill	
What is your primary mode of transportation?	Number of Responses	Response %
Automobile (car, truck, motor cycle)	5	83.3%
No response (blank)	1	16.7%
Grand Total	6	100.0%

Appendix 2C: Community Profile: Notch Hill

Question 13: Quality of Roads

Community	Notch Hill				
Quality of Roads	Roads are streets are well maintained and appropriately lit	Roads are well signed	Lines on pavement are clear and visible	Crosswalks are well marked and signed	Speed limits are appropriate in populated areas
2	1	1	1	1	1
3	3	3	3	3	3
4	1	1	1	1	1
5 - Strongly agree	1	1	1	1	1
Grand Total	6	6	6	6	6

Question 14: Parking

Community	Notch Hill			
Parking	Parking lots and street parking are located close to services	There are enough designated parking spots for vehicles with handicap hangtags	Spaces for disabled parking are monitored to ensure space is available for those who need it	Drop off and pick up areas are available and conveniently located
1 - Strongly disagree	1	1	1	1
3	1	1	1	1
4	2	2	2	2
5 - Strongly agree	2	2	2	2
Grand Total	6	6	6	6

Question 15: Community Services

Community	Notch Hill			
Community Services	Affordable and accessible transportation is available	A volunteer and/or informal network of drivers is available	Accessible transportation is available to take people to health appointments out of the community	Information about transportation options is readily available
4	2	2	2	2
5 - Strongly agree	1	1	1	1
No answer provided	3	3	3	3
Grand Total	6	6	6	6

Appendix 2C: Community Profile: Notch Hill

Housing: Questions 16-28

Question 16: Ownership of Residence

Community	Notch Hill	
Do you currently	Number of Responses	Response %
Own my own home (mortgage, etc.)	6	100.0%
Grand Total	6	100.0%

Question 17: Housing Status

Community	Notch Hill	
Current Living Situation	Number of Responses	Response %
I live alone	1	16.7%
I live with a spouse/partner	5	83.3%
Grand Total	6	100.0%

Question 18: Housing Type

Community	Notch Hill	
Type of Home	Number of Responses	Response %
House	5	83.3%
Mobile Home	1	16.7%
Grand Total	6	100.0%

Question 19: Monthly Housing Cost

Community	Notch Hill	
Monthly Housing Cost	Number of Responses	Response %
\$0 - I do not rent and/or do not have mortgage payments	4	66.7%
\$500 - \$700	1	16.7%
\$1000 - \$1500	1	16.7%
Grand Total	6	100.0%

Question 20: Homecare

Community	Notch Hill	
Receive Homecare	Number of Responses	Response %
No	6	100.0%
Grand Total	6	100.0%

Question 21: Length of Time in Home

Community	Notch Hill	
Been in your home	Number of Responses	Response %
6-15 years	2	33.3%
16-30 years	4	66.7%
Grand Total	6	100.0%

Appendix 2C: Community Profile: Notch Hill

Question 22: Help in the Home

Community	Notch Hill				
Receive help in the home	Cooking	Housekeeping	Maintenance	Shopping, Banking and Appointments	Other
No	6	6	6	6	0
Grand Total	6	6	6	6	0

Question 23: Current Residence Plan

Community	Notch Hill	
How long do you plan to stay in current home	Number of Responses	Response %
2 to 5 years	2	33%
5 to 10 years	1	17%
10+ years	3	50%
Grand Total	6	100%

Question 24: Situations Forcing a Move

Community	Notch Hill							
Situations Forcing a Move	Home is too much work	Home is too difficult	Home costs too much	Too far from amenities	Feel unsafe	Poor health	Death of spouse	Other
This is an immediate issue	1	1	1	1	1	1	1	0
This will be an issue in 5-10 years	1	1	1	1	1	1	0	0
This will be an issue in 10+ years	3	3	3	3	2	3	3	0
This won't be an issue	1	1	1	1	1	1	1	0
Grand Total	6	6	6	6	5	6	5	0

Question 25: Preferred Living Situation

Community	Notch Hill	
Preferred/ required accommodation	Number of Responses	Response %
House	6	100%
Grand Total	6	100%

Appendix 2C: Community Profile: Notch Hill

Question 26: Support Types

Community	Notch Hill				
If you moved, would you require, prefer or not want these supports	A kitchen with the option of meal service	No kitchen with meal service	Laundry service	Housekeeping service	Medication management
I do not require or want this support	6	6	6	6	6
Grand Total	6	6	6	6	6

If you moved, would you require, prefer or not want these supports	Health & exercise programs	Medical & health service	Transportation to appointments and events	Social & recreational activities	Assistance with daily living
I do not require or want this support	3	3	3	3	3
I prefer, but do not require, this support	3	3	3	3	3
Grand Total	6	6	6	6	6

Question 27: Forced Move Location Preference

Community	Notch Hill	
If you had to move, would you prefer to:	Number of Responses	Response %
Move to a community outside of the South Shuswap (CSRD Area C) but within the Shuswap	2	33%
Remain in the South Shuswap (CSRD Area C)	3	50%
Other (please specify)	1	17%
Grand Total	6	100%

Question 28: Forced Move Location Preference Reason

Community	Notch Hill	
Forced Move Location Preference Reason	Number of Responses	Response %
Family Elsewhere	0	0%
Financials	1	50%
Lack of Services/Amenities	1	50%
Miscellaneous	0	0%
Grand Total	2	100%

Health: Questions 29-42

Question 29: Accessible Health Services

Community	Notch Hill					
The following professional services are accessible	Physicians	Public health nurses	Transportation to appointments	Palliative care	Dentists	Physical therapists
1 - Strongly disagree	1	1	1	1	1	1
3	1	1	1	1	1	1
5 - Strongly agree	2	2	2	2	2	2
I do not know	2	2	2	2	2	2
Grand Total	6	6	6	6	6	6

The following professional services are accessible	Optometrists	Mental health services	Foot care	Respite care	Adult day programs	Specialist services
1 - Strongly disagree	1	1	1	1	1	1
3	1	1	1	1	1	1
5 - Strongly agree	2	2	2	2	2	2
I do not know	2	2	2	2	2	2
Grand Total	6	6	6	6	6	6

The following professional services are accessible	Home health and care	Transportation to appointments	Medical equipment rentals	Cancer support	Diabetes clinics	Meal delivery	Communal meal programs
1 - Strongly disagree	1	0	1	1	1	1	1
3	1	1	1	1	1	1	1
5 - Strongly agree	2	2	2	2	2	2	2
I do not know	2	2	2	1	1	1	1
Grand Total	6	5	6	5	5	5	5

Appendix 2D: Community Profile: Sorrento

Question 30: Health Care Providers

Community	Notch Hill	
Healthcare Professional	Number of Responses	Response %
Only my doctor	5	71%
Other family doctor or general practitioner	1	14%
A specialist doctor	0	0%
A nurse	0	0%
A nurse practitioner or specialist nurse	0	0%
A nutritionist or dietician	0	0%
A physiotherapist	0	0%
A psychological or social worker	0	0%
An Indigenous healer	0	0%
Other	1	14%
Grand Total	7	100%

Question 31: Family Doctor

Community	Notch Hill	
Do you have a regular family doctor?	Number of Responses	Response %
Yes	6	100%
Grand Total	6	100%

Question 32: Doctor Visits

Community	Notch Hill	
Doctor Visits	Number of Responses	Response %
Every 2-4 months	1	17%
At least twice a year	1	17%
Once a year	3	50%
I have not seen a doctor in over a year.	1	17%
Grand Total	6	100%

Appendix 2D: Community Profile: Sorrento

Question 33: Doctor Location

Community	Notch Hill	
How far do you travel to see a doctor?	Number of Responses	Response %
26-30 kms	5	83%
30+ kms	1	17%
Grand Total	6	100%

Question 34: Primary Transportation

Community	Notch Hill	
Primary mode of transportation to see a doctor	Number of Responses	Response %
Drive my own vehicle	6	100%
Grand Total	6	100%

Question 35: Available Transportation

Community	Notch Hill	
Is transportation a barrier to visiting the doctor	Number of Responses	Response %
No	6	100%
Grand Total	6	100%

Question 36: Available Transportation

Not applicable

Question 37: Chronic Medical Condition

Community	Notch Hill	
Do you have a chronic medical condition?	Number of Responses	Response %
No	4	67%
Yes	2	33%
Grand Total	6	100%

For example; diabetes, lung disease (e.g. Asthma, emphysema, bronchitis), high blood pressure, heart disease, chronic kidney disease, chronic pain, substance abuse, depression, anxiety, mental health, addictions.

Appendix 2D: Community Profile: Sorrento

Question 38: Health Status

Community	Notch Hill	
Health over past 3 months	Number of Responses	Response %
Excellent	2	33%
Very good	2	33%
Good	2	33%
Grand Total	6	100%

Question 39: Mental Health Services Needs

Community	Notch Hill		
Is there a need for additional or improved services in the following areas:			
	Adult mental health and substance use services	Child mental health and substance use services	Support services for family of patients with mental health issues
Yes	2	1	1
Percentage of Surveys	33.3%	16.7%	16.7%

Question 40: Community-Based Services Needs

Community	Notch Hill			
Do the following services need to be improved?				
	Physical therapy	Occupational therapy	Social Work	Home care/nursing
Yes	2	1	1	1
Percentage of Surveys	33.3%	16.7%	16.7%	16.7%

Question 41: Long-Term Care Needs

Community	Notch Hill		
Is there a need for improvement in the following areas:			
	Assisted Living	Long-term care	Other
Yes	4	0	0
Percentage of Surveys	66.7%	0.0%	0.0%

Appendix 2D: Community Profile: Sorrento

Question 42: Barriers to Accessing a Doctor

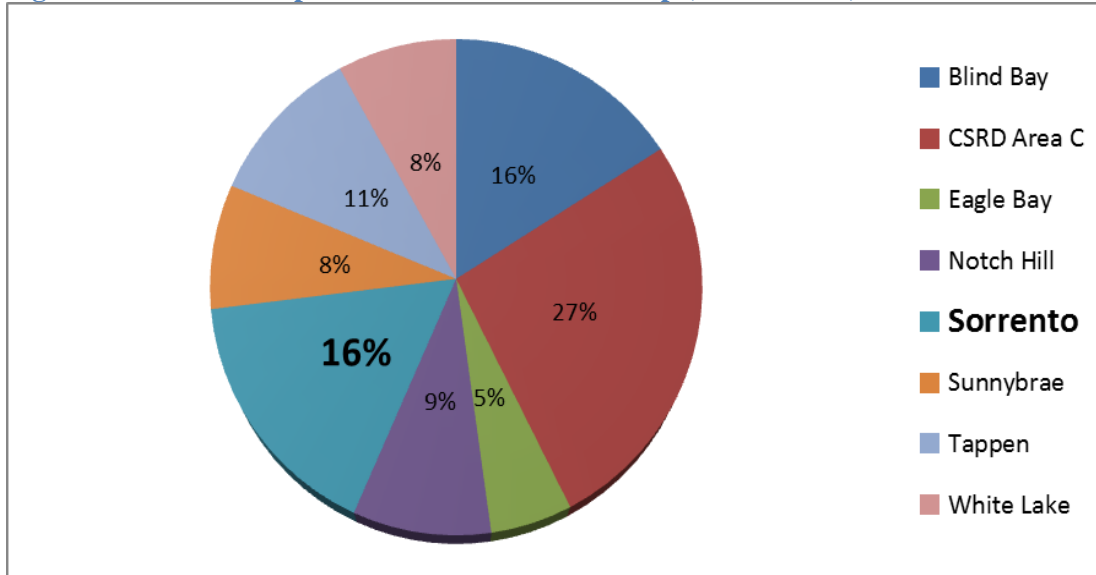
Community	Notch Hill					
Are there barriers to accessing a doctor?						
	Difficulty getting an appointment	Waiting time in doctor's office	Inconvenient clinic hours	Phone line busy	None of the above	Other
Yes	0	1	1	0	4	0
Percentage of Surveys	0.0%	16.7%	16.7%	0.0%	66.7%	0.0%

Appendix 2D: Community Profile: Sorrento

Census Age Distribution of Sorrento

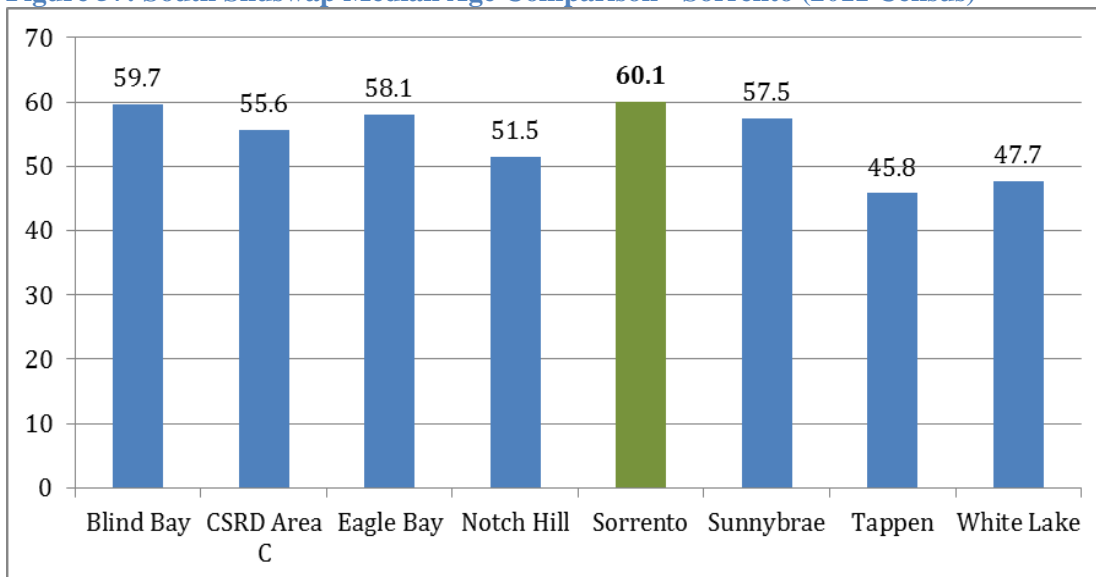
Sorrento is an unincorporated community located in Electoral Area C of the Columbia Shuswap Regional District. According to Statistic Canada, it accounts for 16% of the population of the South Shuswap region with 1260 people.

Figure 56: Sorrento Population in the South Shuswap (2011 Census)



According to the 2011 Census, Sorrento has a median age of 60.1 years old (Statistics Canada, 2012). This is higher than not only the South Shuswap (CSRD Area C), but it is also higher than the entire Columbia-Shuswap region, with 55.6 and 48.1 median ages respectively. Compared to the rest of the South Shuswap, Sorrento has the highest median age in the region.

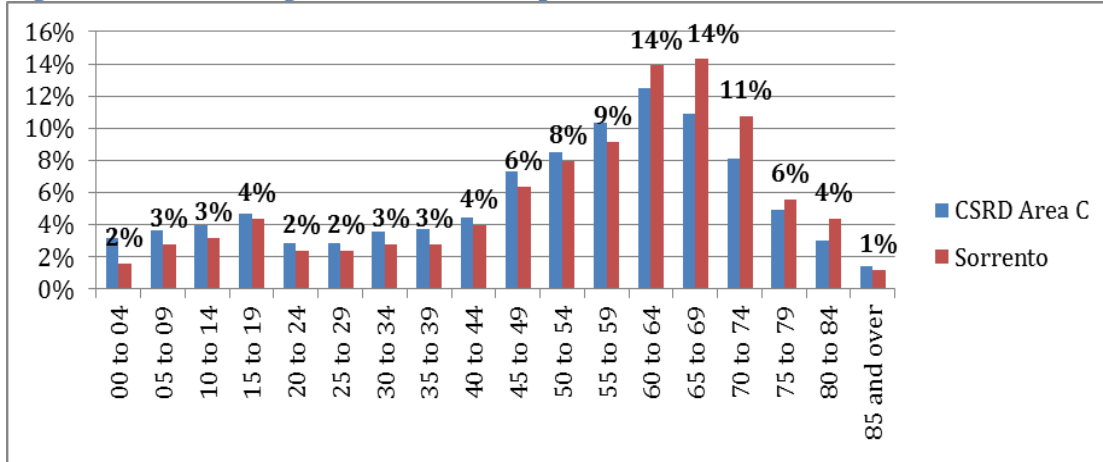
Figure 57: South Shuswap Median Age Comparison - Sorrento (2011 Census)



Appendix 2D: Community Profile: Sorrento

With a total of 180, the largest age group in Sorrento is between the ages of 65 and 69 years old, accounting for over 14% of the total population. The next largest group is 60 to 64, followed by 70 to 74 year olds, with 14% and 11% of the population respectively. In fact, residents 50 years old and older total 845, making up 67% of the population while in comparison, those aged 15 to 39 account for only 15% of the population with a total of 185 people.

Figure 58: Sorrento Age Distribution Comparison (2011 Census)

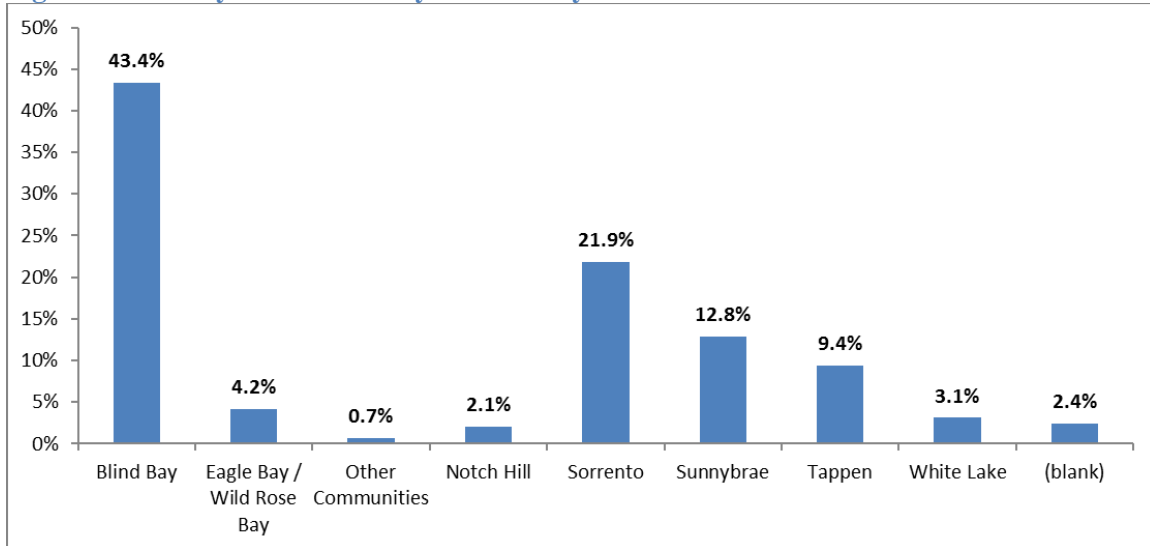


Survey Age Distribution of Sorrento

As was previously noted in the project approach, 309 surveys in the South Shuswap were conducted for this study; however 28 of those have been excluded for the communities, leaving 281 surveys for our analysis.

According to the survey data, Sorrento has the second largest percentage of survey participation with 22.4% (63 out of 281 participants).

Figure 59: Survey Distribution by Community

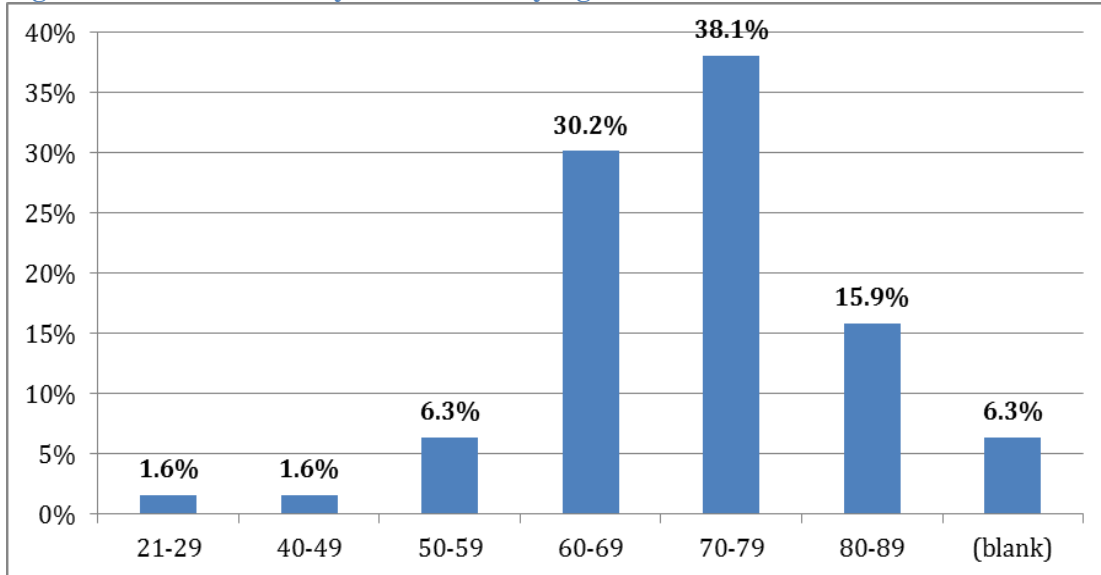


According to the survey data, the age group with the highest participation rate for Sorrento were residents aged 70 to 79 years old with 38.1% (24 surveys). Survey participants aged

Appendix 2D: Community Profile: Sorrento

60 to 69 years old had the second highest participation rate with 30.2% (19 surveys), followed by residents aged 80 to 89 with 15.9% (10 surveys), residents aged 50 to 59 with 6.3% (4 surveys), and residents aged 40 to 49 and 21 to 29 years old with 1.6% (1 survey) each. 6.3% of the survey participants did not indicate an age group.

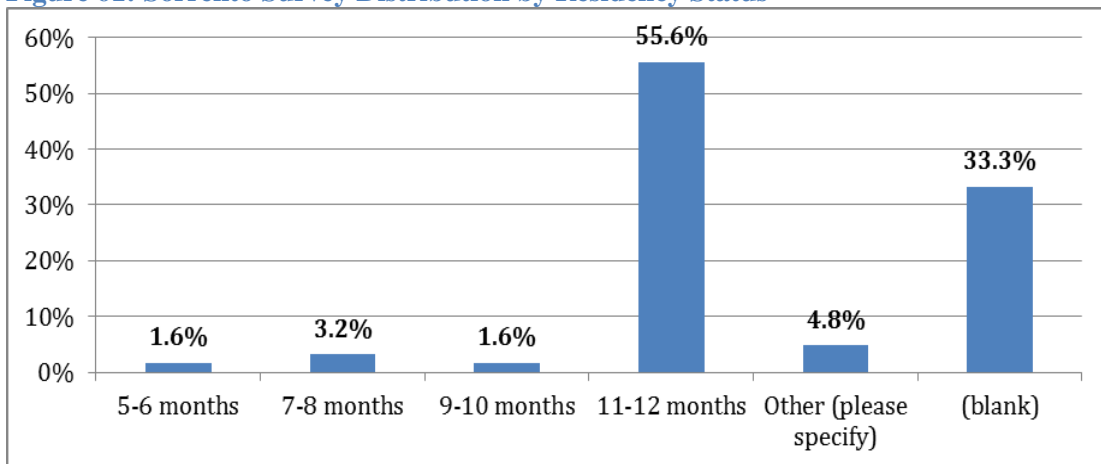
Figure 60: Sorrento Survey Distribution by Age



Out of the 63 completed surveys, 55.6% (35) of the participants live in their indicated communities 11-12 months of the year. 3.2% (2) of the participants live in Sorrento 7-8 months of the year, while 1.6% (1) and 1.6% (1) of the participants live there 5-6 months and 9-10 months of the year respectively.

Please Note: 33.3% (21) of the participants did not answer this question and 4.8% (3) selected “Other” as their answer. With 38.1% (24) of the data missing or unspecified, it is difficult to accurately reflect the living status of the survey participants.

Figure 61: Sorrento Survey Distribution by Residency Status



Survey Assessment of Employment, Transportation, Housing, and Health: Sorrento

Employment

Questions 6-10 of the survey asked information on residents' employment status.

Question 6: Monthly Income

Community	Sorrento	
I currently live on	Number of Responses	Response %
\$1000 or less per month	2	3.2%
\$1001-\$1500 per month	12	19.1%
\$1501-\$2000 per month	7	11.1%
\$2001-\$2500 per month	7	11.1%
\$2501-\$3000 per month	8	12.7%
\$3001-\$3500 per month	3	4.8%
\$3501-\$4000 per month	7	11.1%
\$4001-\$4500 per month	2	3.2%
\$4501-\$5000 per month	4	6.4%
\$5001+ per month	2	3.2%
No response (blank)	9	14.3%
Grand Total	63	100.0%

Question 7: # of People Monthly Income Supports

Community	Sorrento	
This monthly income currently supports:	Number of Responses	Response %
1 person (only me)	19	30.2%
2 people (e.g. me and my spouse)	39	61.9%
3 people (e.g. me, my spouse/partner, and 1 dependent)	2	3.2%
4 people (e.g. me, my spouse/partner, and 2 dependents)	1	1.6%
Other (please specify)	1	1.6%
No response (blank)	1	1.6%
Grand Total	63	100.0%

Appendix 2D: Community Profile: Sorrento

Question 8: Income Sources

Community	Sorrento	
Sources of Income:	Number of Responses	Response %
Canada Pension Plan	51	81.0%
Employment	9	14.3%
Retirement Savings	22	34.9%
A business I currently Own	3	4.8%
Other	29	46.0%
Grand Total	63	100.0%

Question 9: Employment Status

Community	Sorrento	
I am currently	Number of Responses	Response %
Employed	4	6.4%
Self-employed	2	3.2%
Semi-retired (working occasionally)	6	9.5%
Retired	48	76.2%
Other (please specify)	3	4.8%
Grand Total	63	100.0%

Question 10: Employment Opportunities

Community	Sorrento							
	Number of Responses							
	1 - Strongly disagree	2	3	4	5 - Strongly agree	I don't know	No response (blank)	Totals
Employment opportunities in the South Shuswap are available to older adults	6	10	12	4	0	27	3	62
Older adults in the South Shuswap are fairly compensated for their work	6	5	9	4	3	31	5	63
Totals	12	15	21	8	3	58	8	125
Percentages	10%	12 %	17 %	6 %	2%	46%	6%	100%

Appendix 2D: Community Profile: Sorrento

Transportation: Questions 11-15

Question 11: Valid Driver's License

Community	Sorrento	
Do you currently have a valid driver's license?	Number of Responses	Response %
No	3	4.8%
Yes	60	95.2%
Grand Total	63	100.0%

Question 12: Primary Transportation

Community	Sorrento	
What is your primary mode of transportation?	Number of Responses	Response %
Automobile (car, truck, motor cycle)	59	93.7%
No response (blank)	4	6.3%
Grand Total	63	100.0%

Question 13: Quality of Roads

Community	Sorrento				
Quality of Roads	Roads are streets are well maintained and appropriately lit	Roads are well signed	Lines on pavement are clear and visible	Crosswalks are well marked and signed	Speed limits are appropriate in populated areas
1 - Strongly disagree	11	9	10	10	11
2	11	11	11	11	11
3	20	20	20	20	20
4	14	13	14	14	14
5 - Strongly agree	4	4	4	4	4
No Answer provided	3	3	3	3	3
Grand Total	63	60	62	62	63

Appendix 2D: Community Profile: Sorrento

Question 14: Parking

Community	Sorrento			
Parking	Parking lots and street parking are located close to services	There are enough designated parking spots for vehicles with handicap hangtags	Spaces for disabled parking are monitored to ensure space is available for those who need it	Drop off and pick up areas are available and conveniently located
1 - Strongly disagree	2	2	2	2
2	3	3	3	3
3	13	13	13	11
4	21	21	21	21
5 - Strongly agree	21	21	20	20
No answer provided	2	2	2	2
No response (blank)	0	1	1	1
Grand Total	62	63	62	60

Question 15: Community Services

Community	Sorrento			
Community Services	Affordable and accessible transportation is available	A volunteer and/or informal network of drivers is available	Accessible transportation is available to take people to health appointments out of the community	Information about transportation options is readily available
1 - Strongly disagree	17	17	17	17
2	8	8	8	8
3	14	14	14	14
4	7	7	7	7
5 - Strongly agree	1	1	1	1
No answer provided	12	12	12	12
No response (blank)	0	1	1	1
Grand Total	59	60	60	60

Housing: Questions 16-28

Question 16: Ownership of Residence

Community	Sorrento	
Do you currently	Number of Responses	Response %
Own my own home (mortgage, etc.)	50	79.4%
Rent	10	15.9%
No response (blank)	3	4.8%
Grand Total	63	100.0%

Appendix 2D: Community Profile: Sorrento

Question 17: Housing Status

Community	Sorrento	
Current Living Situation	Number of Responses	Response %
I live alone	14	22.2%
I live with a friend	2	3.2%
I live with a spouse/partner	44	69.8%
I live with relative	1	1.6%
Other (please specify)	1	1.6%
No response (blank)	1	1.6%
Grand Total	63	100.0%

Question 18: Housing Type

Community	Sorrento	
Type of Home	Number of Responses	Response %
Apartment	1	1.6%
House	47	74.6%
Mobile Home	14	22.2%
Other (please specify)	1	1.6%
Grand Total	63	100.0%

Question 19: Monthly Housing Cost

Community	Sorrento	
Monthly Housing Cost	Number of Responses	Response %
\$0 - I do not rent and/or do not have mortgage payments	36	57.1%
\$500 or under	7	11.1%
\$500 - \$700	2	3.2%
\$701 - \$1000	9	14.3%
\$1000 - \$1500	1	1.6%
Other (please specify)	6	9.5%
No response (blank)	2	3.2%
Grand Total	63	100.0%

Question 20: Homecare

Community	Sorrento	
Receive Homecare	Number of Responses	Response %
No	61	96.8%
Other (please specify)	1	1.6%
No response (blank)	1	1.6%
Grand Total	63	100.0%

Appendix 2D: Community Profile: Sorrento

Question 21: Length of Time in Home

Community	Sorrento	
Been in your home	Number of Responses	Response %
1 year or less	2	3.2%
2-5 years	6	9.5%
6-15 years	21	33.3%
16-30 years	17	27.0%
30+ years	16	25.4%
No response (blank)	1	1.6%
Grand Total	63	100.0%

Question 22: Help in the Home

Community	Sorrento				
Receive help in the home	Cooking	Housekeeping	Maintenance	Shopping, Banking and Appointments	Other
No	58	58	57	58	2
Yes	3	3	3	3	
No response (blank)		1	1		
Grand Total	61	62	61	61	2

Question 23: Current Residence Plan

Community	Sorrento	
How long do you plan to stay in current home	Number of Responses	Response %
1 year or less	6	10%
2 to 5 years	11	17%
5 to 10 years	18	29%
10+ years	26	41%
No response (blank)	2	3%
Grand Total	63	100%

Appendix 2D: Community Profile: Sorrento

Question 24: Situations Forcing a Move

Community	Sorrento							
Situations Forcing a Move	Home is too much work	Home is too difficult	Home costs too much	Too far from amenities	Feel unsafe	Poor health	Death of spouse	Other
This is an immediate issue	3	2	2	3	2	3	2	0
This will be an issue in 1-3 years	8	8	8	8	8	8	7	0
This will be an issue in 3-5 years	8	8	8	7	7	7	5	0
This will be an issue in 5-10 years	13	13	13	13	13	13	13	0
This will be an issue in 10+ years	5	5	5	4	4	4	3	0
This won't be an issue	23	23	23	23	23	22	22	0
No response (blank)	0	2	2	1	2	2	1	0
Grand Total	60	61	61	59	59	59	53	0

Question 25: Preferred Living Situation

Community	Sorrento	
Preferred/ required accommodation	Number of Responses	Response %
A room only (this is a sleeping space - meals are provided)	2	3%
A studio apartment with a kitchenette	1	2%
A one (1) bedroom apartment	9	14%
A two (2) bedroom apartment	20	32%
House	27	43%
No response (blank)	4	6%
Grand Total	63	100%

Appendix 2D: Community Profile: Sorrento

Question 26: Support Types

Community	Sorrento				
If you moved, would you require, prefer or not want these supports	A kitchen with the option of meal service	No kitchen with meal service	Laundry service	Housekeeping service	Medication management
I do not require or want this support	26	25	26	26	26
I prefer, but do not require, this support	29	27	28	27	27
I require this support	4	2	4	4	4
No response (blank)	0	1	0	1	1
Grand Total	59	55	58	58	58

If you moved, would you require, prefer or not want these supports	Health & exercise programs	Medical & health service	Transportation to appointments and events	Social & recreational activities	Assistance with daily living
I do not require or want this support	29	29	29	29	29
I prefer, but do not require, this support	20	20	20	20	20
I require this support	10	9	9	8	8
No response (blank)	0	0	0	0	0
Grand Total	59	58	58	57	57

Question 27: Forced Move Location Preference

Community	Sorrento	
If you had to move, would you prefer to:	Number of Responses	Response %
Remain in the South Shuswap (CSRD Area C)	32	51%
Move to a community outside of the South Shuswap (CSRD Area C) but within the Shuswap	9	14%
Leave the Shuswap and move elsewhere	14	22%
Other (please specify)	7	11%
No response (blank)	1	2%
Grand Total	63	100%

Appendix 2D: Community Profile: Sorrento

Question 28: Forced Move Location Preference Reason

Community	Sorrento	
Forced Move Location Preference Reason	Number of Responses	Response %
Family Elsewhere	13	48%
Financials	0	0%
Lack of Services/Amenities	11	41%
Miscellaneous	3	11%
Grand Total	27	100%

Health: Questions 29-42

Question 29: Accessible Health Services

Community	Sorrento					
The following professional services are accessible	Physicians	Public health nurses	Transportation to appointments	Palliative care	Dentists	Physical therapists
1 - Strongly disagree	22	21	21	21	21	21
2	7	7	7	7	7	7
3	9	9	9	9	9	9
4	4	4	4	4	3	4
5 - Strongly agree	17	17	17	17	17	17
I do not know	2	2	2	2	2	2
No response (blank)	0	0	1	1	1	1
Grand Total	61	60	61	61	60	61

Appendix 2D: Community Profile: Sorrento

The following professional services are accessible	Optometrists	Mental health services	Foot care	Respite care	Adult day programs	Specialist services
1 - Strongly disagree	21	21	21	21	20	22
2	7	7	7	7	7	7
3	9	9	9	9	9	8
4	4	4	3	4	3	4
5 - Strongly agree	17	17	17	17	17	17
I do not know	2	2	2	2	2	2
No response (blank)	1	1	1	1	1	0
Grand Total	61	61	60	61	59	60

The following professional services are accessible	Home health and care	Transportation to appointments	Medical equipment rentals	Cancer support	Diabetes clinics	Meal delivery	Communal meal programs
1 - Strongly disagree	21	13	21	21	21	21	20
2	7	6	6	6	6	6	6
3	8	8	8	8	8	8	8
4	4	3	3	4	4	3	2
5 - Strongly agree	17	13	17	17	17	16	16
I do not know	2	1	2	2	2	2	2
No response (blank)	1	0	1	1	1	0	1
Grand Total	60	44	58	59	59	56	55

Appendix 2D: Community Profile: Sorrento

Question 30: Health Care Providers

Community	Sorrento	
Healthcare Professional	Number of Responses	Response %
Only my doctor	32	33%
Other family doctor or general practitioner	15	15%
A specialist doctor	16	16%
A nurse	1	1%
A nurse practitioner or specialist nurse	19	20%
A nutritionist or dietician	2	2%
A physiotherapist	4	4%
A psychological or social worker	0	0%
An Indigenous healer	2	2%
Other	6	6%
Grand Total	97	100%

Question 31: Family Doctor

Community	Sorrento	
Do you have a regular family doctor?	Number of Responses	Response %
No	11	17%
Yes	51	81%
No response (blank)	1	2%
Grand Total	63	100%

Appendix 2D: Community Profile: Sorrento

Question 32: Doctor Visits

Community	Sorrento	
Doctor Visits	Number of Responses	Response %
More than once a month	4	6%
Once a month	6	10%
Every 2-4 months	24	38%
At least twice a year	14	22%
Once a year	8	13%
I have not seen a doctor in over a year.	6	10%
No response (blank)	1	2%
Grand Total	63	100%

Question 33: Doctor Location

Community	Sorrento	
How far do you travel to see a doctor?	Number of Responses	Response %
less than 10 kms	5	8%
10-14 kms	1	2%
15-20 kms	5	8%
21-25 kms	9	14%
26-30 kms	22	35%
30+ kms	17	27%
No response (blank)	4	6%
Grand Total	63	100%

Question 34: Primary Transportation

Community	Sorrento	
Primary mode of transportation to see a doctor	Number of Responses	Response %
Ask for a ride from a family member or friend	3	5%
Catch the bus	1	2%
Drive my own vehicle	56	89%
Other (please specify)	3	5%
Grand Total	63	100%

Appendix 2D: Community Profile: Sorrento

Question 35: Available Transportation

Community	Sorrento	
Is transportation a barrier to visiting the doctor	Number of Responses	Response %
No	55	87%
Yes	6	10%
No response (blank)	2	3%
Grand Total	63	100%

Question 36: Available Transportation – Describe

Community	Sorrento	
Is transportation a barrier to visiting the doctor	Number of Responses	Response %
Yes	4	100%
bus limited to 1/week with minimal time in town	1	25%
bus to salmon arm only once per week- too many things to do with that limited time there	1	25%
HIGHWAY DRIVING, UNCOMFORTABLE DRIVING HERSELF	1	25%
Icy roads in winter and not being able to get out of my driveway	1	25%
Grand Total	4	100%

Question 37: Chronic Medical Condition

Community	Sorrento	
Do you have a chronic medical condition?	Number of Responses	Response %
No	33	52%
Yes	27	43%
No response (blank)	3	5%
Grand Total	63	100%

For example; diabetes, lung disease (e.g. Asthma, emphysema, bronchitis), high blood pressure, heart disease, chronic kidney disease, chronic pain, substance abuse, depression, anxiety, mental health, addictions.

Appendix 2D: Community Profile: Sorrento

Question 38: Health Status

Community	Sorrento	
Health over past 3 months	Number of Responses	Response %
Excellent	17	27%
Very good	27	43%
Good	11	17%
Fair	6	10%
Poor	1	2%
No response (blank)	1	2%
Grand Total	63	100%

Question 39: Mental Health Services Needs

Community	Sorrento		
Is there a need for additional or improved services in the following areas:			
	Adult mental health and substance use services	Child mental health and substance use services	Support services for family of patients with mental health issues
Yes	20	11	14
Percentage of Surveys	31.7%	17.5%	22.2%

Question 40: Community-Based Services Needs

Community	Sorrento			
Do the following services need to be improved?				
	Physical therapy	Occupational therapy	Social Work	Home care/nursing
Yes	21	8	8	10
Percentage of Surveys	33.3%	12.7%	12.7%	15.9%

Question 41: Long-Term Care Needs

Community		Sorrento	
Is there a need for improvement in the following areas:			
	Assisted Living	Long-term care	Other
Yes	44	12	1
Percentage of Surveys	69.8%	19.1%	1.6%

Appendix 2D: Community Profile: Sorrento

Question 42: Barriers to Accessing a Doctor

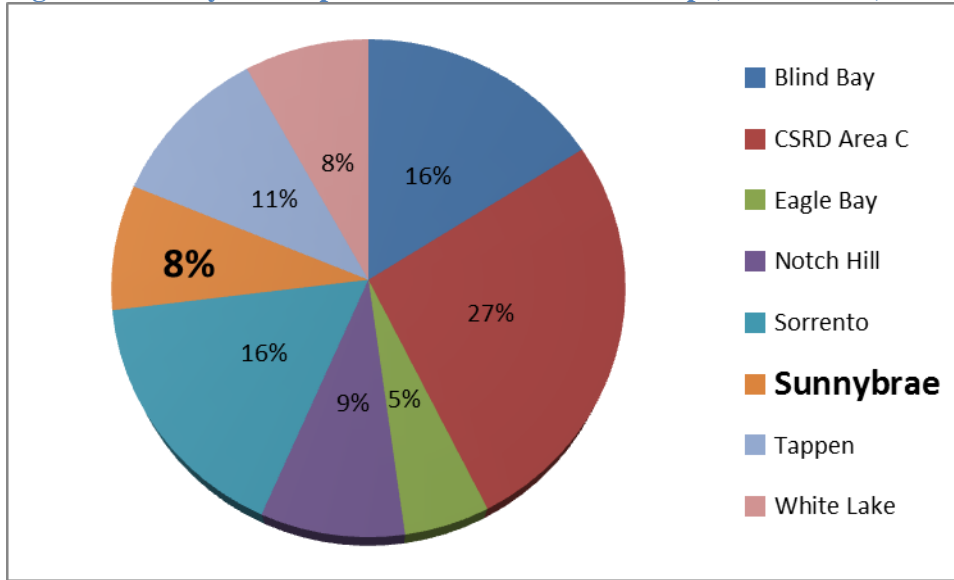
Community	Sorrento					
Are there barriers to accessing a doctor?						
	Difficulty getting an appointment	Waiting time in doctor's office	Inconvenient clinic hours	Phone line busy	None of the above	Other
Yes	8	3	0	0	0	1
Percentage of Surveys	12.7%	4.8%	0.0%	0.0%	0.0%	1.6%

Appendix 2E: Community Profile: Sunnybrae

Census Age Distribution of Sunnybrae

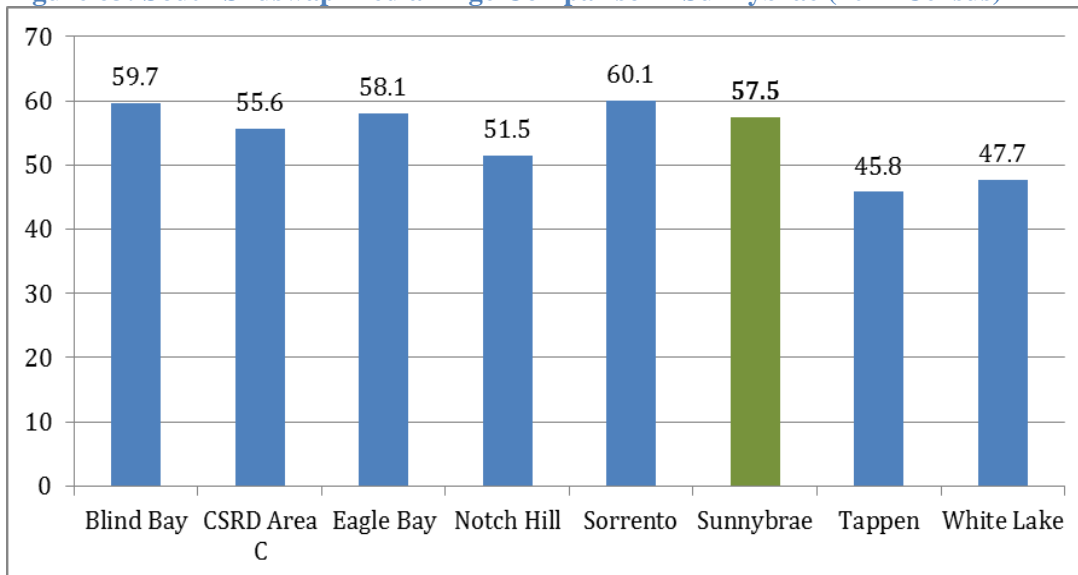
Sunnybrae is an unincorporated community located in Electoral Area C of the Columbia Shuswap Regional District. According to Statistics Canada, it accounts for 8% of the population of the South Shuswap region with 625 people.

Figure 62: Sunnybrae Population in the South Shuswap (2011 Census)



According to the 2011 Census, Sunnybrae has a median age of 57.5 years old (Statistics Canada, 2012). This is higher than not only the South Shuswap (CSRD Area C), but it is also higher than the entire Columbia-Shuswap region, with 55.6 and 48.1 median ages respectively. Compared to the rest of the South Shuswap, Sunnybrae has the fourth highest median age in the region.

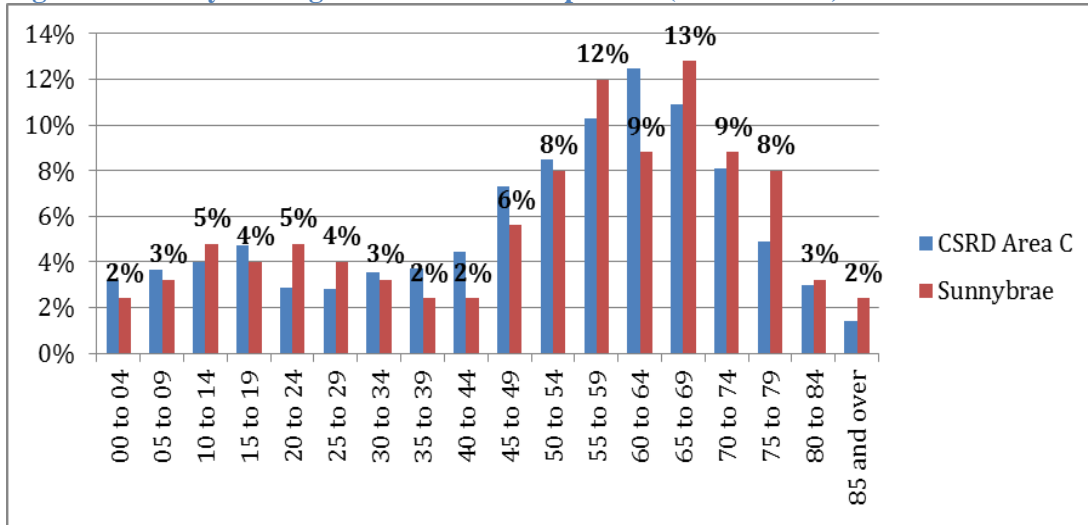
Figure 63: South Shuswap Median Age Comparison - Sunnybrae (2011 Census)



Appendix 2E: Community Profile: Sunnybrae

With a total of 80, the largest age group in Sunnybrae is between the ages of 65 and 69 years old, accounting for over 13% of the total population. The next largest group is 55 to 59, followed by 60 to 64 year olds and 70 to 74 year olds, with 12%, 9% and 9% of the population respectively. In fact, residents 50 years old and older total 350, making up 56% of the population while in comparison, those aged 15 to 39 account for only 18% of the population with a total of 115 people.

Figure 64: Sunnybrae Age Distribution Comparison (2011 Census)

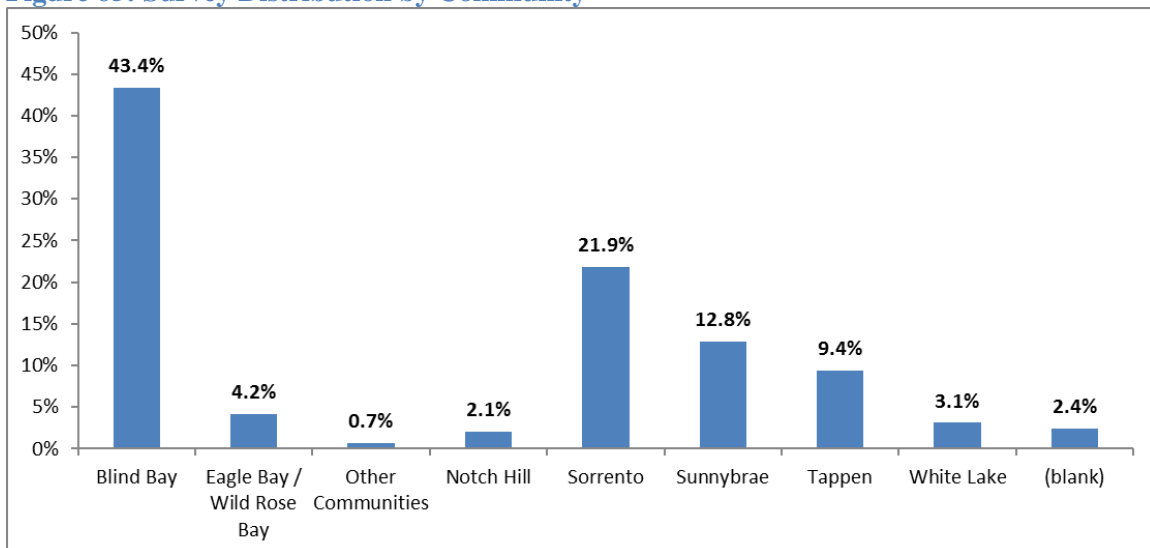


Survey Age Distribution of Sunnybrae

As was previously noted in the project approach, 309 surveys in the South Shuswap were conducted for this study; however 28 of those have been excluded for the communities, leaving 281 surveys for our analysis.

According to the survey data, Sunnybrae has the third largest percentage of survey participation with 13.2% (37 out of 281 participants).

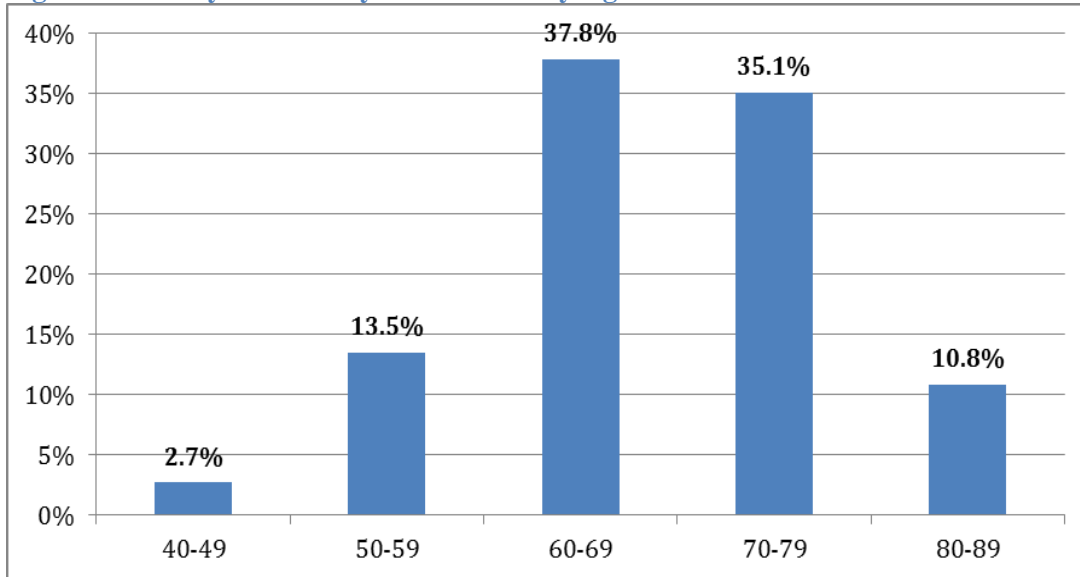
Figure 65: Survey Distribution by Community



Appendix 2E: Community Profile: Sunnybrae

According to the survey data, the age group with the highest participation rate for Sunnybrae were residents aged 60 to 69 years old with 37.8% (14 surveys). Survey participants aged 70 to 79 years old had the second highest participation rate with 35.1% (13 surveys), followed by residents aged 50 to 59 with 13.5% (5 surveys), residents aged 80 to 89 with 10.8% (4 surveys), and residents aged 40 to 49 with 2.7% (1 survey).

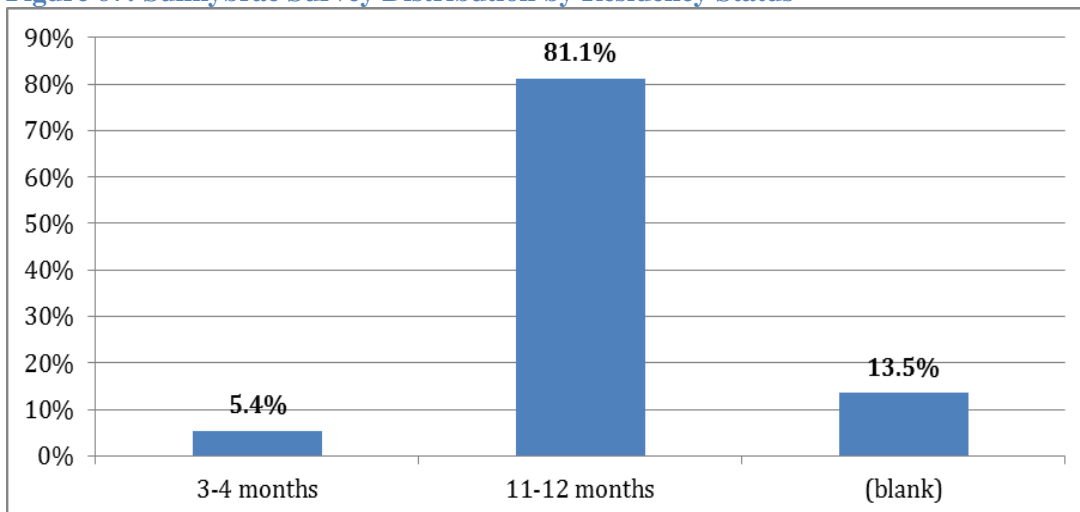
Figure 66: Sunnybrae Survey Distribution by Age



Out of the 37 completed surveys, 81.1% (30) of the participants live in their indicated communities 11-12 months of the year, while 5.4% (2) of the participants live in Sunnybrae 3-4 months of the year.

Please Note: 13.5% (5) of the participants did not answer this question and with that percentage of data missing, it is difficult to accurately reflect the living status of the survey participants.

Figure 67: Sunnybrae Survey Distribution by Residency Status



Appendix 2E: Community Profile: Sunnybrae

Assessment of Employment, Transportation, Housing, and Health: Sunnybrae

Employment

Questions 6-10 of the survey asked information on residents' employment status.

Question 6: Monthly Income

Community	Sunnybrae	
I currently live on	Number of Responses	Response %
\$1000 or less per month	3	8.1%
\$1001-\$1500 per month	6	16.2%
\$1501-\$2000 per month	3	8.1%
\$2001-\$2500 per month	3	8.1%
\$2501-\$3000 per month	4	10.8%
\$3001-\$3500 per month	3	8.1%
\$3501-\$4000 per month	2	5.4%
\$4001-\$4500 per month	3	8.1%
\$4501-\$5000 per month	1	2.7%
\$5001+ per month	2	5.4%
Other (please specify)	1	2.7%
No response (blank)	6	16.2%
Grand Total	37	100.0%

Question 7: # of People Monthly Income Supports

Community	Sunnybrae	
This monthly income currently supports:	Number of Responses	Response %
1 person (only me)	16	43.2%
2 people (e.g. me and my spouse)	17	46.0%
3 people (e.g. me, my spouse/partner, and 1 dependent)	1	2.7%
4 people (e.g. me, my spouse/partner, and 2 dependents)	2	5.4%
No response (blank)	1	2.7%
Grand Total	37	100.0%

Question 8: Income Sources

Community	Sunnybrae	
Sources of Income:	Number of Responses	Response %
Canada Pension Plan	26	70.3%
Employment	12	32.4%
Retirement Savings	19	51.4%
A business I currently Own	6	16.2%
Other	14	37.8%

Appendix 2E: Community Profile: Sunnybrae

Grand Total	37	100.0%
--------------------	-----------	---------------

Question 9: Employment Status

Community	Sunnybrae	
I am currently	Number of Responses	Response %
Employed	4	10.8%
Self-employed	1	2.7%
Semi-retired (working occasionally)	5	13.5%
Retired	23	62.2%
Other (please specify)	3	8.1%
No response (blank)	1	2.7%
Grand Total	37	100.0%

Question 10: Employment Opportunities

Community	Sunnybrae							
	Number of Responses							
	1 - Strongly disagree	2	3	4	5 - Strongly agree	I don't know	No response (blank)	Totals
Employment opportunities in the South Shuswap are available to older adults	1	12	6	1	2	14	1	37
Older adults in the South Shuswap are fairly compensated for their work	3	5	2	0	1	23	1	3
Totals	4	17	8	1	3	37	2	40
Percentages	10%	43 %	20 %	3 %	8%	93%	5%	100%

Transportation: Questions 11-15

Question 11: Valid Driver's License

Community	Sunnybrae	
Do you currently have a valid driver's license?	Number of Responses	Response %
No	2	5.4%
Yes	35	94.6%
Grand Total	37	100.0%

Appendix 2E: Community Profile: Sunnybrae

Question 12: Primary Transportation

Community	Sunnybrae	
What is your primary mode of transportation?	Number of Responses	Response %
Automobile (car, truck, motor cycle)	33	89.2%
No response (blank)	4	10.8%
Grand Total	37	100.0%

Question 13: Quality of Roads

Community	Sunnybrae				
Quality of Roads	Roads are streets are well maintained and appropriately lit	Roads are well signed	Lines on pavement are clear and visible	Crosswalks are well marked and signed	Speed limits are appropriate in populated areas
1 - Strongly disagree	19	19	19	19	19
2	6	6	6	6	5
3	6	6	6	6	6
4	4	4	4	3	4
5 - Strongly agree	1	1	1	1	1
No response (blank)	0	1	1	1	1
Grand Total	36	37	37	36	36

Question 14: Parking

Community	Sunnybrae			
Parking	Parking lots and street parking are located close to services	There are enough designated parking spots for vehicles with handicap hangtags	Spaces for disabled parking are monitored to ensure space is available for those who need it	Drop off and pick up areas are available and conveniently located
1 - Strongly disagree	3	3	3	3
2	1	1	1	0
3	7	6	6	6
4	13	13	12	13
5 - Strongly agree	8	8	8	8
No answer provided	4	4	4	4
No response (blank)	0	0	0	0
Grand Total	36	35	34	34

Appendix 2E: Community Profile: Sunnybrae

Question 15: Community Services

Community	Sunnybrae			
Community Services	Affordable and accessible transportation is available	A volunteer and/or informal network of drivers is available	Accessible transportation is available to take people to health appointments out of the community	Information about transportation options is readily available
1 - Strongly disagree	18	18	18	18
2	4	4	4	4
3	1	1	1	1
4	2	2	2	2
No answer provided	11	11	11	11
No response (blank)	0	0	0	0
Grand Total	36	36	36	36

Housing: Questions 16-28

Question 16: Ownership of Residence

Community	Sunnybrae	
Do you currently	Number of Responses	Response %
Own my own home (mortgage, etc.)	31	83.8%
Rent	5	13.5%
Other (please specify)	1	2.7%
Grand Total	37	100.0%

Question 17: Housing Status

Community	Sunnybrae	
Current Living Situation	Number of Responses	Response %
I live alone	11	29.7%
I live with a spouse/partner	21	56.8%
I live with relative	4	10.8%
Other (please specify)	1	2.7%
Grand Total	37	100.0%

Question 18: Housing Type

Community	Sunnybrae	
Type of Home	Number of Responses	Response %
House	23	62.2%
Mobile Home	12	32.4%
Other (please specify)	2	5.4%
Grand Total	37	100.0%

Appendix 2E: Community Profile: Sunnybrae

Question 19: Monthly Housing Cost

Community	Sunnybrae	
Monthly Housing Cost	Number of Responses	Response %
\$0 - I do not rent and/or do not have mortgage payments	20	54.1%
\$500 or under	6	16.2%
\$500 - \$700	2	5.4%
\$701 - \$1000	5	13.5%
\$1000 - \$1500	1	2.7%
\$1500 - \$2000	1	2.7%
\$2000 - \$2500	1	2.7%
No response (blank)	1	2.7%
Grand Total	37	100.0%

Question 20: Homecare

Community	Sunnybrae	
Receive Homecare	Number of Responses	Response %
No	35	94.9%
Yes	2	5.4%
Grand Total	37	100.0%

Question 21: Length of Time in Home

Community	Sunnybrae	
Been in your home	Number of Responses	Response %
1 year or less	6	16.2%
2-5 years	10	27.0%
6-15 years	9	24.3%
16-30 years	8	21.6%
30+ years	4	10.8%
Grand Total	37	100.0%

Question 22: Help in the Home

Community	Sunnybrae				
Receive help in the home	Cooking	Housekeeping	Maintenance	Shopping, Banking and Appointments	Other
No	34	34	34	34	0
Yes	1	1	1	1	0
No response (blank)	0	0	0	0	1
Grand Total	35	35	35	35	1

Appendix 2E: Community Profile: Sunnybrae

Question 23: Current Residence Plan

Community	Sunnybrae	
How long do you plan to stay in current home	Number of Responses	Response %
1 year or less	1	3%
2 to 5 years	5	14%
5 to 10 years	3	8%
10+ years	25	68%
No response (blank)	3	8%
Grand Total	37	100%

Question 24: Situations Forcing a Move

Community	Sunnybrae							
Situations Forcing a Move	Home is too much work	Home is too difficult	Home costs too much	Too far from amenities	Feel unsafe	Poor health	Death of spouse	Other
This is an immediate issue	3	3	3	3	3	3	3	0
This will be an issue in 1-3 years	3	3	3	3	3	3	3	0
This will be an issue in 3-5 years	2	2	2	2	2	2	2	0
This will be an issue in 5-10 years	9	9	8	8	8	7	8	1
This will be an issue in 10+ years	10	10	9	9	10	10	10	1
This won't be an issue	9	9	9	9	9	8	9	0
No response (blank)	0	0	0	0	0	0	0	0
Grand Total	36	36	34	34	35	33	35	2

Question 25: Preferred Living Situation

Community	Sunnybrae	
Preferred/ required accommodation	Number of Responses	Response %
A room only (this is a sleeping space - meals are provided)	1	3%
A studio apartment with a kitchenette	1	3%
A one (1) bedroom apartment	1	3%
A two (2) bedroom apartment	7	19%
House	24	65%
No response (blank)	3	8%
Grand Total	37	100%

Appendix 2E: Community Profile: Sunnybrae

Question 26: Support Types

Community	Sunnybrae				
If you moved, would you require, prefer or not want these supports	A kitchen with the option of meal service	No kitchen with meal service	Laundry service	Housekeeping service	Medication management
I do not require or want this support	15	15	15	15	15
I prefer, but do not require, this support	17	16	17	17	17
I require this support	4	2	4	4	4
No response (blank)	0	0	0	1	0
Grand Total	36	33	36	37	36

If you moved, would you require, prefer or not want these supports	Health & exercise programs	Medical & health service	Transportation to appointments and events	Social & recreational activities	Assistance with daily living
I do not require or want this support	10	10	10	10	10
I prefer, but do not require, this support	15	15	15	15	15
I require this support	10	10	9	10	10
No response (blank)	0	1	1	1	1
Grand Total	35	36	35	36	36

Question 27: Forced Move Location Preference

Community	Sunnybrae	
If you had to move, would you prefer to:	Number of Responses	Response %
Remain in the South Shuswap (CSRD Area C)	21	57%
Move to a community outside of the South Shuswap (CSRD Area C) but within the Shuswap	8	22%
Leave the Shuswap and move elsewhere	4	11%
Other (please specify)	4	11%
Grand Total	37	100%

Appendix 2E: Community Profile: Sunnybrae

Question 28: Forced Move Location Preference Reason

Community	Sunnybrae	
Forced Move Location Preference Reason	Number of Responses	Response %
Family Elsewhere	5	36%
Financials	2	14%
Lack of Services/Amenities	6	43%
Miscellaneous	1	7%
Grand Total	14	100%

Health: Questions 29-42

Question 29: Accessible Health Services

Community	Sunnybrae					
The following professional services are accessible	Physicians	Public health nurses	Transportation to appointments	Palliative care	Dentists	Physical therapists
1 - Strongly disagree	15	15	15	15	15	15
2	1	1	1	1	1	1
3	3	3	3	3	3	3
4	6	5	6	6	6	6
5 - Strongly agree	7	7	7	7	7	7
I do not know	3	3	3	3	3	3
No response (blank)	0	1	1	1	1	1
Grand Total	35	35	36	36	36	36

Appendix 2E: Community Profile: Sunnybrae

The following professional services are accessible	Optometrists	Mental health services	Foot care	Respite care	Adult day programs	Specialist services
1 - Strongly disagree	15	15	15	15	15	14
2	1	1	1	1	1	1
3	3	3	3	3	3	3
4	6	6	6	6	6	6
5 - Strongly agree	7	7	7	6	7	7
I do not know	3	3	3	3	3	3
No response (blank)	1	1	1	1	1	1
Grand Total	36	36	36	35	36	35

The following professional services are accessible	Home health and care	Transportation to appointments	Medical equipment rentals	Cancer support	Diabetes clinics	Meal delivery	Communal meal programs
1 - Strongly disagree	15	7	15	15	15	15	15
2	1	1	1	1	1	1	1
3	3	3	3	3	3	3	3
4	6	6	6	5	5	5	5
5 - Strongly agree	7	7	7	7	6	7	7
I do not know	3	1	3	3	3	3	3
No response (blank)	1	1	1	1	1	1	0
Grand Total	36	26	36	35	34	35	34

Appendix 2E: Community Profile: Sunnybrae

Question 30: Health Care Providers

Community	Sunnybrae	
Healthcare Professional	Number of Responses	Response %
Only my doctor	28	42%
Other family doctor or general practitioner	7	10%
A specialist doctor	13	19%
A nurse	3	4%
A nurse practitioner or specialist nurse	2	3%
A nutritionist or dietician	2	3%
A physiotherapist	3	4%
A psychological or social worker	2	3%
An Indigenous healer	0	0%
Other	7	10%
Grand Total	67	100%

Question 31: Family Doctor

Community	Sunnybrae	
Do you have a regular family doctor?	Number of Responses	Response %
No	4	11%
Yes	33	89%
Grand Total	37	100%

Question 32: Doctor Visits

Community	Sunnybrae	
Doctor Visits	Number of Responses	Response %
More than once a month	5	14%
Once a month	2	5%
Every 2-4 months	10	27%
At least twice a year	11	30%
Once a year	6	16%
I have not seen a doctor in over a year.	3	8%
Grand Total	37	100%

Appendix 2E: Community Profile: Sunnybrae

Question 33: Doctor Location

Community	Sunnybrae	
How far do you travel to see a doctor?	Number of Responses	Response %
less than 10 kms	2	5%
10-14 kms	2	5%
15-20 kms	10	27%
21-25 kms	9	24%
26-30 kms	6	16%
30+ kms	6	16%
No response (blank)	2	5%
Grand Total	37	100%

Question 34: Primary Transportation

Community	Sunnybrae	
Primary mode of transportation to see a doctor	Number of Responses	Response %
Ask for a ride from a family member or friend	4	11%
Drive my own vehicle	32	86%
Hire a taxi	1	3%
Grand Total	37	100%

Question 35: Available Transportation

Community	Sunnybrae	
Is transportation a barrier to visiting the doctor	Number of Responses	Response %
No	30	81%
Yes	6	16%
No response (blank)	1	3%
Grand Total	37	100%

Appendix 2E: Community Profile: Sunnybrae

Question 36: Available Transportation – Describe

Community	Sunnybrae	
Is transportation a barrier to visiting the doctor	Number of Responses	Response %
Yes	6	100%
DON'T HAVE A CAR/DRIVE, DEPEND ON FRIENDS	1	17%
I barely can drive now because of eyesight problems but I don't want to give up my licence and be stuck without a ride in Sunnybrae	1	17%
IF WE HAVE ONLY ONE CAR, OR NONE, IT'S TOO FAR TO GET TO THE DR.	1	17%
not if I have car, the roads are good and I have gas \$	1	17%
only one vehicle per family, if road is closed in winter	1	17%
over 500km to see a family dr. too sick to do the drive some times	1	17%
Grand Total	6	100%

Question 37: Chronic Medical Condition

Community	Sunnybrae	
Do you have a chronic medical condition?	Number of Responses	Response %
No	12	32%
Yes	24	65%
Unsure	1	3%
Grand Total	37	100%

For example; diabetes, lung disease (e.g. Asthma, emphysema, bronchitis), high blood pressure, heart disease, chronic kidney disease, chronic pain, substance abuse, depression, anxiety, mental health, addictions.

Appendix 2E: Community Profile: Sunnybrae

Question 38: Health Status

Community	Sunnybrae	
Health over past 3 months	Number of Responses	Response %
Excellent	5	14%
Very good	10	27%
Good	8	22%
Fair	12	32%
Poor	2	5%
Grand Total	37	100%

Question 39: Mental Health Services Needs

Community	Sunnybrae		
Is there a need for additional or improved services in the following areas:			
	Adult mental health and substance use services	Child mental health and substance use services	Support services for family of patients with mental health issues
Yes	15	11	12
Percentage of Surveys	40.5%	29.7%	32.4%

Question 40: Community-Based Services Needs

Community	Sunnybrae			
Do the following services need to be improved?				
	Physical therapy	Occupational therapy	Social Work	Home care/nursing
Yes	21	11	11	15
Percentage of Surveys	56.8%	29.7%	29.7%	40.5%

Question 41: Long-Term Care Needs

Community	Sunnybrae		
Is there a need for improvement in the following areas:			
	Assisted Living	Long-term care	Other
Yes	22	12	0
Percentage of Surveys	59.5%	32.4%	0.0%

Appendix 2E: Community Profile: Sunnybrae

Question 42: Barriers to Accessing a Doctor

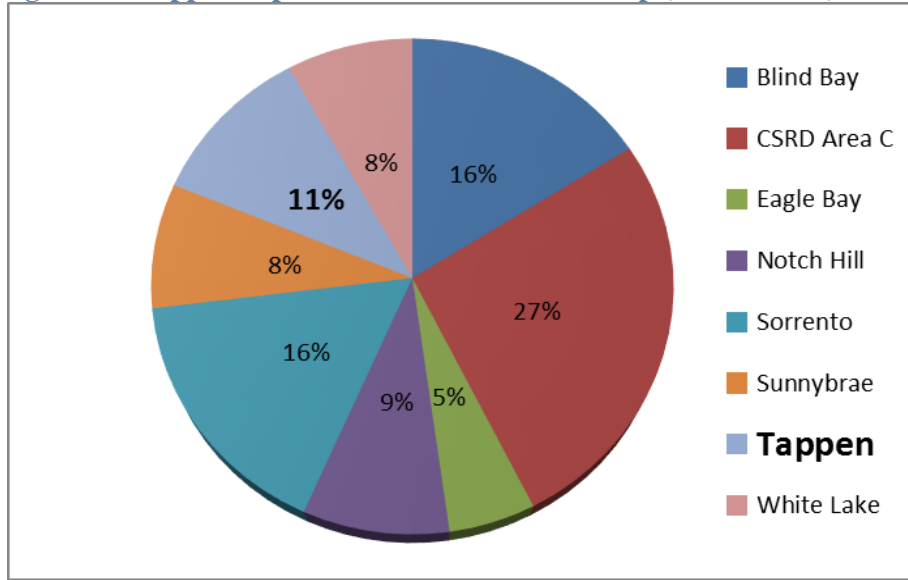
Community	Sunnybrae					
Are there barriers to accessing a doctor?						
	Difficulty getting an appointment	Waiting time in doctor's office	Inconvenient clinic hours	Phone line busy	None of the above	Other
Yes	10	4	2	2	0	1
Percentage of Surveys	27.0%	10.8%	5.4%	5.4%	0.0%	2.7%

Appendix 2F: Community Profile: Tappen

Census Age Distribution of Tappen

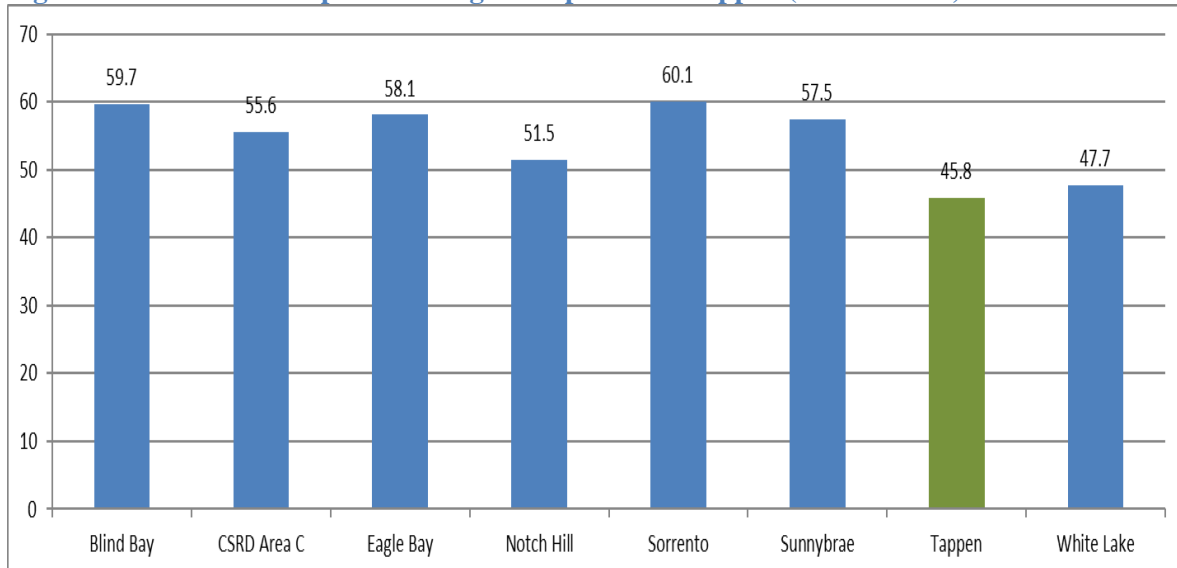
Tappen is an unincorporated community located in Electoral Area C of the Columbia Shuswap Regional District. According to Statistic Canada, it accounts for 11% of the population of the South Shuswap region.

Figure 68: Tappen Population in the South Shuswap (2011 Census)



According to the 2011 Census, Tappen has a median age of 45.8 years old (Statistics Canada, 2012). This is lower than both the South Shuswap (CSRD Area C) and the Columbia-Shuswap region, with 55.6 and 48.1 median ages respectively. Compared to the rest of the South Shuswap, Tappen has the lowest median age in the region.

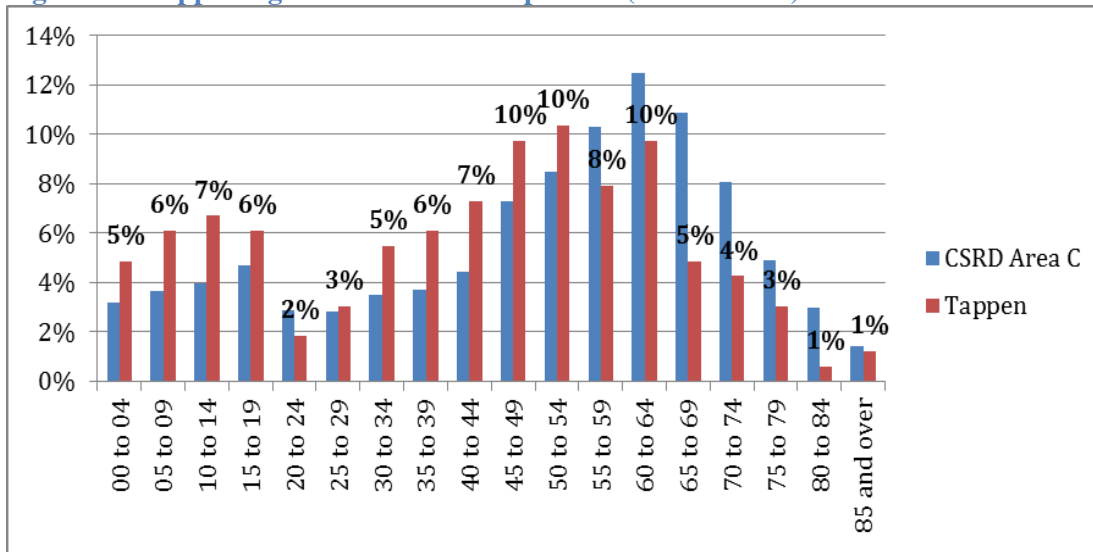
Figure 69: South Shuswap Median Age Comparison - Tappen (2011 Census)



Appendix 2E: Community Profile: Sunnybrae

With a total of 85, the largest age group in Tappen is between the ages of 50 and 54 years old, accounting for over 10% of the total population. The next largest groups are 60 to 65 and 45 to 49, each with 10%, followed by 55 to 59 year olds with 8% of the population. Residents 50 years old and older total 345, making up 42% of the population while in comparison, those aged 15 to 39 account for 23% of the population with a total of 185 people.

Figure 70: Tappen Age Distribution Comparison (2011 Census)

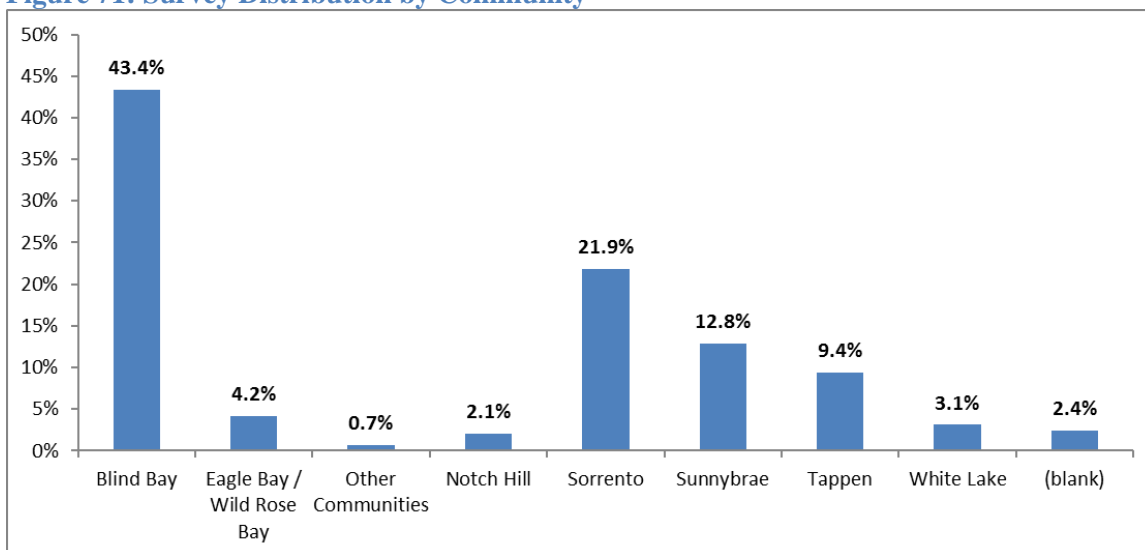


Survey Age Distribution of Tappen

As was previously noted in the project approach, 309 surveys in the South Shuswap were conducted for this study; however, 28 of those have been excluded for the communities, leaving 281 surveys for our analysis.

According to the survey data, Tappen accounts for 9.6% (27 out of 281 participants) of survey participation.

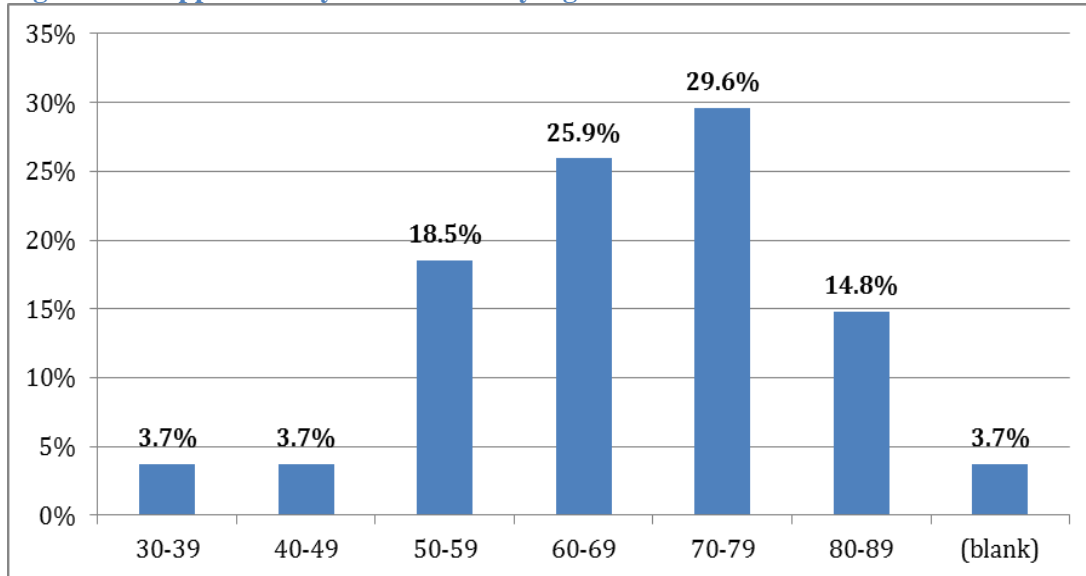
Figure 71: Survey Distribution by Community



Appendix 2E: Community Profile: Sunnybrae

According to the survey data, the age group with the highest participation rate for Tappen were residents aged 70 to 79 years old with 29.6% (8 surveys). Survey participants aged 60 to 69 years old had the second highest participation rate with 25.9% (7 surveys), followed by residents aged 50 to 59 with 18.5% (5 surveys), residents aged 80 to 89 with 14.8% (4 surveys), and residents aged 40 to 49 and 30 to 39 years old with 3.7% (1 survey) each. 3.7% of the survey participants did not indicate an age group.

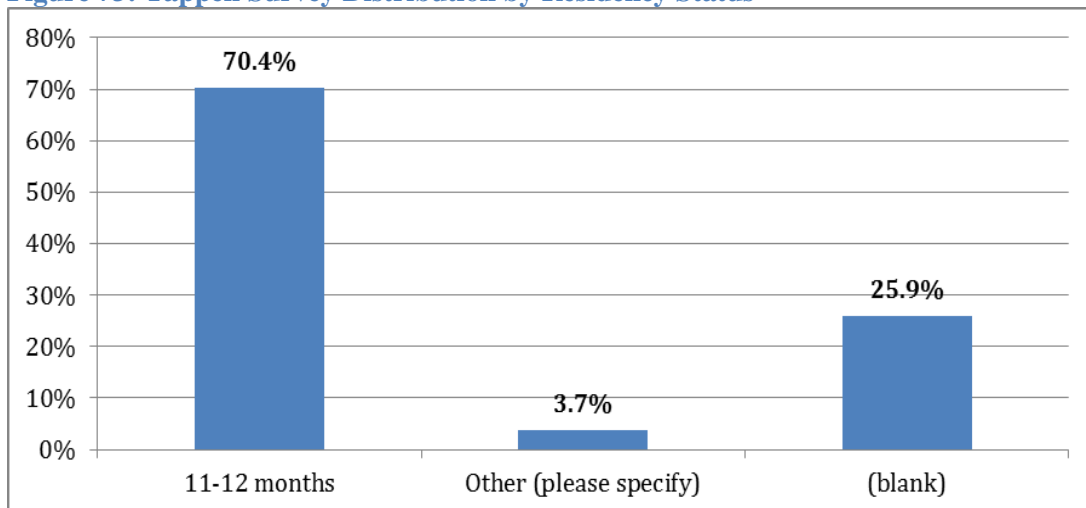
Figure 72: Tappen Survey Distribution by Age



Out of the 27 completed surveys, 70.4% (19) of the participants live in Tappen 11-12 months of the year.

Please Note: 25.9% (7) of the participants did not answer this question and 3.7% (1) selected “Other” as their answer. With 29.6% (8) of the data missing or unspecified, it is difficult to accurately reflect the living status of the survey participants.

Figure 73: Tappen Survey Distribution by Residency Status



***Survey Assessment of Employment, Transportation, Housing, and Health:
Tappen***

Employment

Questions 6-10 of the survey asked information on residents' employment status.

Question 6: Monthly Income

Community	Tappen	
I currently live on	Number of Responses	Response %
\$1000 or less per month	4	15.4%
\$1001-\$1500 per month	4	15.4%
\$1501-\$2000 per month	2	7.7%
\$2501-\$3000 per month	3	11.5%
\$3001-\$3500 per month	5	19.2%
\$3501-\$4000 per month	1	3.9%
\$4001-\$4500 per month	1	3.9%
\$4501-\$5000 per month	1	3.9%
\$5001+ per month	1	3.9%
Other (please specify)	1	3.9%
No response (blank)	3	11.5%
Grand Total	26	100.0%

Appendix 2E: Community Profile: Sunnybrae

Question 7: # of People Monthly Income Supports

Community	Tappen	
This monthly income currently supports:	Number of Responses	Response %
1 person (only me)	5	18.5%
2 people (e.g. me and my spouse)	19	70.4%
4 people (e.g. me, my spouse/partner, and 2 dependents)	2	7.4%
5+ people	1	3.7%
Grand Total	27	100.0%

Question 8: Income Sources

Community	Tappen	
Sources of Income:	Number of Responses	Response %
Canada Pension Plan	20	74.1%
Employment	8	29.6%
Retirement Savings	11	40.7%
A business I currently Own	2	7.4%
Other	9	33.3%
Grand Total	27	100.0%

Question 9: Employment Status

Community	Tappen	
I am currently	Number of Responses	Response %
Employed	3	11.1%
Self-employed	2	7.4%
Unemployed (not working, but looking for work)	1	3.7%
Retired	20	74.1%
Other (please specify)	1	3.7%
Grand Total	27	100.0%

Question 10: Employment Opportunities

Community	Tappen							
	Number of Responses							
	1 - Strongly disagree	2	3	4	5 - Strongly agree	I don't know	No response (blank)	Totals
Employment opportunities in the South Shuswap are available to older adults	1	4	2	2	1	14	3	27

Appendix 2E: Community Profile: Sunnybrae

Older adults in the South Shuswap are fairly compensated for their work	0	2	1	4	0	16	4	3
Totals	1	6	3	6	1	30	7	30
Percentages	3%	20%	10%	20%	3%	100%	23%	100%

Transportation: Questions 11-15

Question 11: Valid Driver's License

Community	Tappen	
Do you currently have a valid driver's license?	Number of Responses	Response %
Yes	26	96.3%
No response (blank)	1	3.7%
Grand Total	27	100.0%

Question 12: Primary Transportation

Community	Tappen	
What is your primary mode of transportation?	Number of Responses	Response %
Automobile (car, truck, motor cycle)	27	100.0%
Grand Total	27	100.0%

Question 13: Quality of Roads

Community	Tappen				
Quality of Roads	Roads are streets are well maintained and appropriately lit	Roads are well signed	Lines on pavement are clear and visible	Crosswalks are well marked and signed	Speed limits are appropriate in populated areas
1 - Strongly disagree	5	5	5	4	4
2	5	4	5	4	4
3	10	10	10	10	10
4	6	6	6	6	6
5 - Strongly agree	1	1	1	1	1
Grand Total	27	26	27	25	25

Appendix 2E: Community Profile: Sunnybrae

Question 14: Parking

Community	Tappen			
Parking	Parking lots and street parking are located close to services	There are enough designated parking spots for vehicles with handicap hangtags	Spaces for disabled parking are monitored to ensure space is available for those who need it	Drop off and pick up areas are available and conveniently located
3	3	3	3	3
4	13	13	13	13
5 - Strongly agree	6	6	5	4
No answer provided	3	3	3	3
No response (blank)	0	1	1	0
Grand Total	25	26	25	23

Question 15: Community Services

Community	Tappen			
Community Services	Affordable and accessible transportation is available	A volunteer and/or informal network of drivers is available	Accessible transportation is available to take people to health appointments out of the community	Information about transportation options is readily available
1 - Strongly disagree	7	6	7	7
2	2	2	2	2
3	2	2	2	2
4	2	2	2	2
No answer provided	11	11	11	11
No response (blank)	0	0	0	0
Grand Total	24	23	24	24

Housing: Questions 16-28

Question 16: Ownership of Residence

Community	Tappen	
Do you currently	Number of Responses	Response %
Own my own home (mortgage, etc.)	26	96.3%
Rent	1	3.7%
Grand Total	27	100.0%

Appendix 2E: Community Profile: Sunnybrae

Question 17: Housing Status

Community	Tappen	
Current Living Situation	Number of Responses	Response %
I live alone	3	11.1%
I live with a spouse/partner	20	74.1%
I live with relative	3	11.1%
Other (please specify)	1	3.7%
Grand Total	27	100.0%

Question 18: Housing Type

Community	Tappen	
Type of Home	Number of Responses	Response %
House	21	77.8%
Mobile Home	5	18.5%
Other (please specify)	1	3.7%
Grand Total	27	100.0%

Question 19: Monthly Housing Cost

Community	Tappen	
Monthly Housing Cost	Number of Responses	Response %
\$0 - I do not rent and/or do not have mortgage payments	17	63.0%
\$500 or under	2	7.4%
\$500 - \$700	1	3.7%
\$701 - \$1000	2	7.4%
\$1000 - \$1500	2	7.4%
\$1500 - \$2000	2	7.4%
Other (please specify)	1	3.7%
Grand Total	27	100.0%

Question 20: Homecare

Community	Tappen	
Receive Homecare	Number of Responses	Response %
No	26	96.3%
Yes	1	3.7%
Grand Total	27	100.0%

Appendix 2E: Community Profile: Sunnybrae

Question 21: Length of Time in Home

Community	Tappen	
Been in your home	Number of Responses	Response %
1 year or less	1	3.7%
2-5 years	5	18.5%
6-15 years	14	51.9%
16-30 years	4	14.8%
30+ years	3	11.1%
Grand Total	27	100.0%

Question 22: Help in the Home

Community	Tappen				
Receive help in the home	Cooking	Housekeeping	Maintenance	Shopping, Banking and Appointments	Other
No	25	25	25	25	0
Yes	2	2	2	2	0
Grand Total	27	27	27	27	0

Question 23: Current Residence Plan

Community	Tappen	
How long do you plan to stay in current home	Number of Responses	Response %
1 year or less	4	15%
2 to 5 years	5	19%
5 to 10 years	5	19%
10+ years	12	44%
No response (blank)	1	4%
Grand Total	27	100%

Appendix 2E: Community Profile: Sunnybrae

Question 24: Situations Forcing a Move

Community	Tappen							
Situations Forcing a Move	Home is too much work	Home is too difficult	Home costs too much	Too far from amenities	Feel unsafe	Poor health	Death of spouse	Other
This is an immediate issue	3	3	3	3	2	3	3	0
This will be an issue in 1-3 years	1	1	1	1	1	1	1	0
This will be an issue in 3-5 years	4	4	4	3	2	3	3	0
This will be an issue in 5-10 years	6	6	5	6	4	4	4	0
This will be an issue in 10+ years	7	7	7	7	6	6	7	0
This won't be an issue	5	5	5	5	5	5	4	0
No response (blank)	0	0	0	0	0	0	0	0
Grand Total	26	26	25	25	20	22	22	0

Question 25: Preferred Living Situation

Community	Tappen	
Preferred/ required accommodation	Number of Responses	Response %
A room only (this is a sleeping space - meals are provided)	1	4%
A one (1) bedroom apartment	1	4%
A two (2) bedroom apartment	5	19%
House	15	56%
No response (blank)	5	19%
Grand Total	27	100%

Appendix 2E: Community Profile: Sunnybrae

Question 26: Support Types

Community	Tappen				
If you moved, would you require, prefer or not want these supports	A kitchen with the option of meal service	No kitchen with meal service	Laundry service	Housekeeping service	Medication management
I do not require or want this support	16	16	16	16	16
I prefer, but do not require, this support	8	7	8	8	8
I require this support	1	1	1	1	1
No response (blank)	0	0	0	0	0
Grand Total	25	24	25	25	25

If you moved, would you require, prefer or not want these supports	Health & exercise programs	Medical & health service	Transportation to appointments and events	Social & recreational activities	Assistance with daily living
I do not require or want this support	12	12	12	12	12
I prefer, but do not require, this support	11	10	10	10	9
I require this support	2	2	2	2	2
No response (blank)	0	0	0	0	0
Grand Total	25	24	24	24	23

Question 27: Forced Move Location Preference

Community	Tappen	
If you had to move, would you prefer to:	Number of Responses	Response %
Remain in the South Shuswap (CSRD Area C)	16	59%
Move to a community outside of the South Shuswap (CSRD Area C) but within the Shuswap	4	15%
Leave the Shuswap and move elsewhere	4	15%
Other (please specify)	3	11%
Grand Total	27	100%

Question 28: Forced Move Location Preference Reason

Community	Tappen	
Forced Move Location Preference Reason	Number of Responses	Response %
Family Elsewhere	5	45%
Financials	0	0%
Lack of Services/Amenities	5	45%
Miscellaneous	1	9%
Grand Total	11	100%

Health: Questions 29-42**Question 29: Accessible Health Services**

Community	Tappen					
The following professional services are accessible	Physicians	Public health nurses	Transportation to appointments	Palliative care	Dentists	Physical therapists
1 - Strongly disagree	10	10	10	10	10	10
3	3	3	3	2	3	3
4	4	4	4	4	4	4
5 - Strongly agree	6	6	6	6	5	6
I do not know	1	1	1	1	1	1
No response (blank)	0	0	0	0	0	0
Grand Total	24	24	24	23	23	24

The following professional services are accessible	Optometrists	Mental health services	Foot care	Respite care	Adult day programs	Specialist services
1 - Strongly disagree	10	10	10	10	10	10
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5 - Strongly agree	6	6	6	6	4	6
I do not know	1	1	1	1	1	1
No response (blank)	0	0	0	0	0	0
Grand Total	24	24	24	24	22	24

Appendix 2E: Community Profile: Sunnybrae

The following professional services are accessible	Home health and care	Transportation to appointments	Medical equipment rentals	Cancer support	Diabetes clinics	Meal delivery	Communal meal programs
1 - Strongly disagree	10	0	10	10	10	10	10
3	3	1	3	3	3	3	3
4	4	3	4	4	4	4	4
5 - Strongly agree	5	6	6	6	6	5	6
I do not know	1	0	1	1	1	1	1
No response (blank)	0	0	0	0	0	0	0
Grand Total	23	10	24	24	24	23	24

Question 30: Health Care Providers

Community	Tappen	
Healthcare Professional	Number of Responses	Response %
Only my doctor	18	49%
Other family doctor or general practitioner	6	16%
A specialist doctor	7	19%
A nurse	1	3%
A nurse practitioner or specialist nurse	0	0%
A nutritionist or dietician	0	0%
A physiotherapist	1	3%
A psychological or social worker	0	0%
An Indigenous healer	0	0%
Other	4	11%
Grand Total	37	100%

Appendix 2E: Community Profile: Sunnybrae

Question 31: Family Doctor

Community	Tappen	
Do you have a regular family doctor?	Number of Responses	Response %
No	1	4%
Yes	25	93%
No response (blank)	1	4%
Grand Total	27	100%

Question 32: Doctor Visits

Community	Tappen	
Doctor Visits	Number of Responses	Response %
Once a month	3	11%
Every 2-4 months	9	33%
At least twice a year	4	15%
Once a year	6	22%
I have not seen a doctor in over a year.	5	19%
Grand Total	27	100%

Question 33: Doctor Location

Community	Tappen	
How far do you travel to see a doctor?	Number of Responses	Response %
10-14 kms	4	15%
15-20 kms	11	41%
21-25 kms	8	30%
26-30 kms	2	7%
30+ kms	2	7%
Grand Total	27	100%

Question 34: Primary Transportation

Community	Tappen	
Primary mode of transportation to see a doctor	Number of Responses	Response %
Drive my own vehicle	27	100%
Grand Total	27	100%

Appendix 2E: Community Profile: Sunnybrae

Question 35: Available Transportation

Community	Tappen	
Is transportation a barrier to visiting the doctor	Number of Responses	Response %
No	26	96%
Yes	1	4%
Grand Total	27	100%

Question 36: Available Transportation – Describe

Community	Tappen	
Is transportation a barrier to visiting the doctor	Number of Responses	Response %
Yes	1	100%
Too far	1	100%
Grand Total	1	100%

Question 37: Chronic Medical Condition

Community	Tappen	
Do you have a chronic medical condition?	Number of Responses	Response %
No	15	56%
Yes	11	41%
No response (blank)	1	4%
Grand Total	27	100%

For example; diabetes, lung disease (e.g. Asthma, emphysema, bronchitis), high blood pressure, heart disease, chronic kidney disease, chronic pain, substance abuse, depression, anxiety, mental health, addictions.

Question 38: Health Status

Community	Tappen	
Health over past 3 months	Number of Responses	Response %
Excellent	10	37%
Very good	8	30%
Good	7	26%
Poor	2	7%
Grand Total	27	100%

Appendix 2E: Community Profile: Sunnybrae

Question 39: Mental Health Services Needs

Community	Tappen		
Is there a need for additional or improved services in the following areas:			
	Adult mental health and substance use services	Child mental health and substance use services	Support services for family of patients with mental health issues
Yes	10	8	8
Percentage of Surveys	37.0%	29.6%	29.6%

Question 40: Community-Based Services Needs

Community	Tappen			
Do the following services need to be improved?				
	Physical therapy	Occupational therapy	Social Work	Home care/nursing
Yes	9	6	6	7
Percentage of Surveys	33.3%	22.2%	22.2%	25.9%

Question 41: Long-Term Care Needs

Community	Tappen		
Is there a need for improvement in the following areas:			
	Assisted Living	Long-term care	Other
Yes	12	8	1
Percentage of Surveys	44.4%	29.6%	3.7%

Question 42: Barriers to Accessing a Doctor

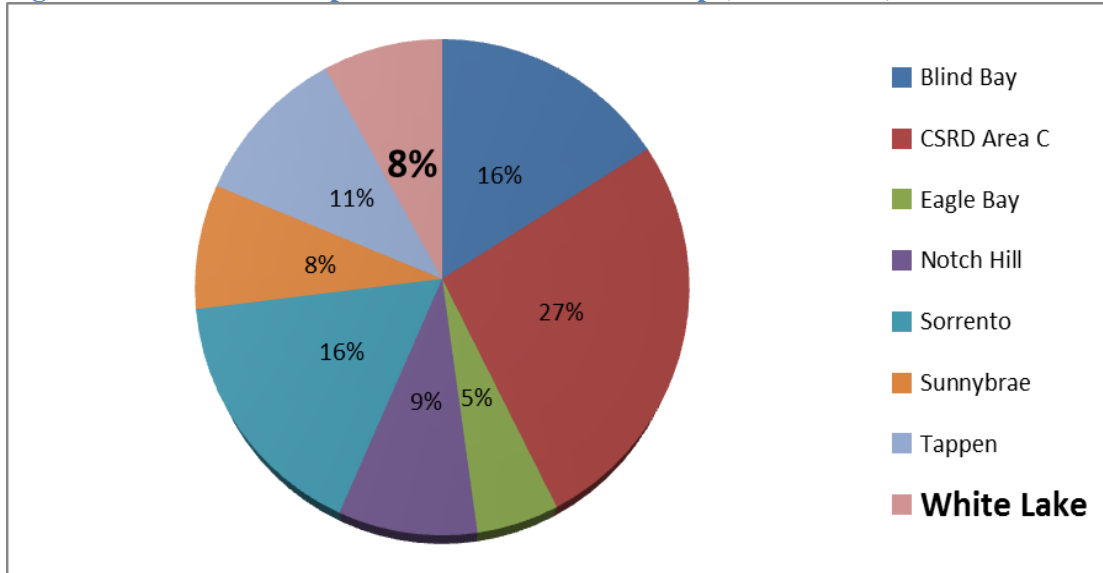
Community	Tappen					
Are there barriers to accessing a doctor?						
	Difficulty getting an appointment	Waiting time in doctor's office	Inconvenient clinic hours	Phone line busy	None of the above	Other
Yes	2	0	0	0	0	0
Percentage of Surveys	7.4%	0.0%	0.0%	0.0%	0.0%	0.0%

Appendix 2G: Community Profile: White Lake

Census Age Distribution of White Lake

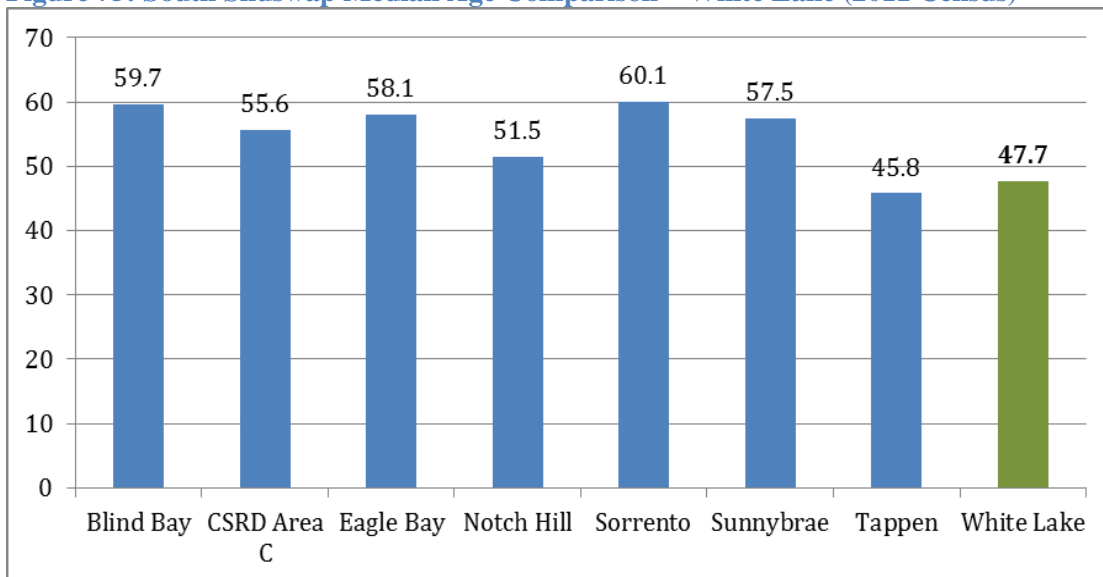
White Lake is an unincorporated community located in Electoral Area C of the Columbia Shuswap Regional District. According to Statistic Canada, it accounts for 8% of the population of the South Shuswap region with 620 people.

Figure 74: White Lake Population in the South Shuswap (2011 Census)



According to the 2011 Census, White Lake has a median age of 47.7 years old (Statistics Canada, 2012). This is lower than not only the South Shuswap (CSRD Area C), but it is also higher than the entire Columbia-Shuswap region, with 55.6 and 48.1 median ages respectively. Compared to the rest of the South Shuswap, White Lake has the second lowest median age in the region.

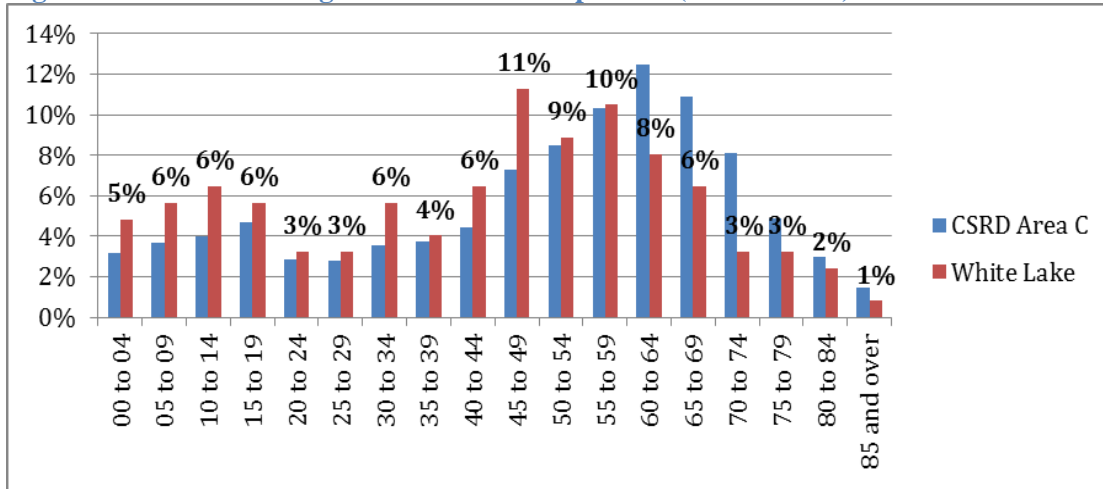
Figure 75: South Shuswap Median Age Comparison – White Lake (2011 Census)



Appendix 2G: Community Profile: White Lake

With a total of 70, the largest age group in White Lake is between the ages of 45 and 49 years old, accounting for over 11% of the total population. The next largest group is 55 to 59, followed by 50 to 54 year olds, with 10% and 9% of the population respectively. Residents 50 years old and older total 270, making up 44% of the population while in comparison, those aged 15 to 39 account for 22% of the population with a total of 135 people.

Figure 76: White Lake Age Distribution Comparison (2011 Census)

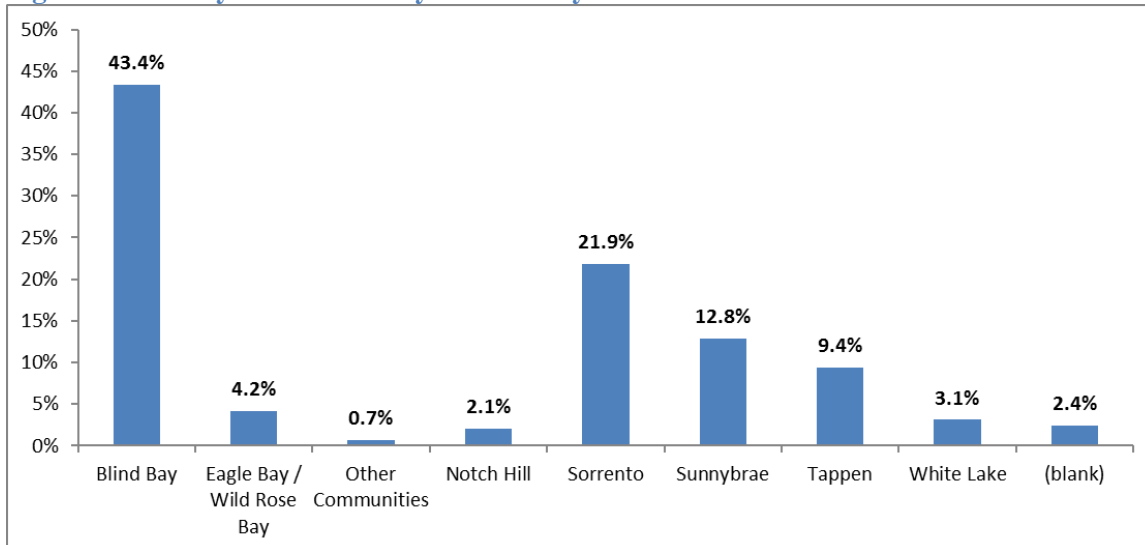


Survey Age Distribution of White Lake

As was previously noted in the project approach, 309 surveys in the South Shuswap were conducted for this study; however 28 of those have been excluded for the communities, leaving 281 surveys for our analysis.

According to the survey data, White Lake has the second smallest percentage of survey participation (not including “Other Communities”) with 3.2% (9 out of 281 participants).

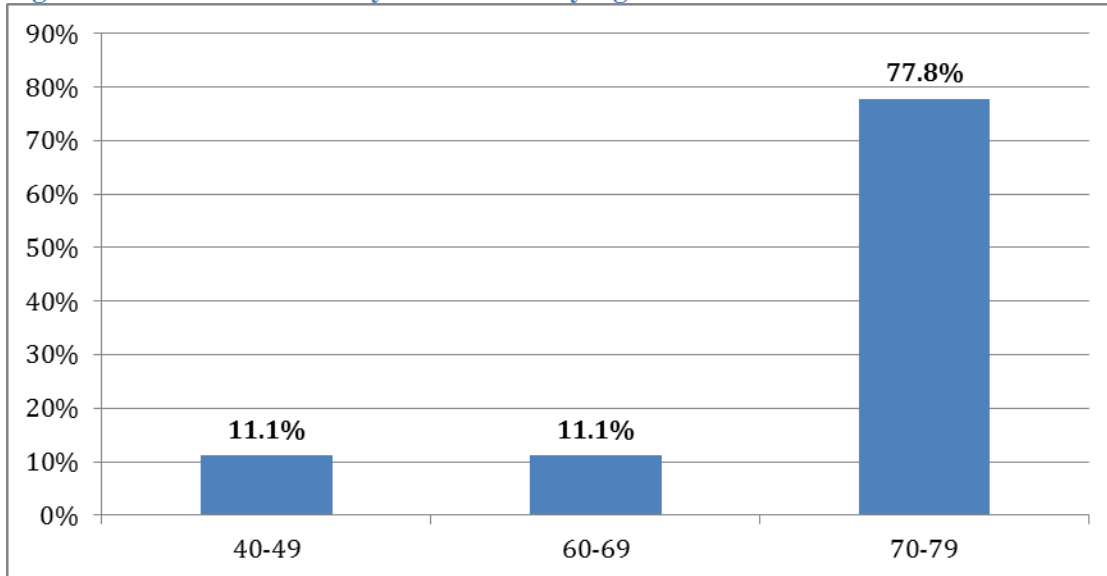
Figure 77: Survey Distribution by Community



Appendix 2G: Community Profile: White Lake

According to the survey data, the age group with the highest participation rate for White Lake were residents aged 70 to 79 years old with 77.8% (7 surveys), followed by residents aged 40 to 49 and 60 to 69 with 11.1% (1 survey) each.

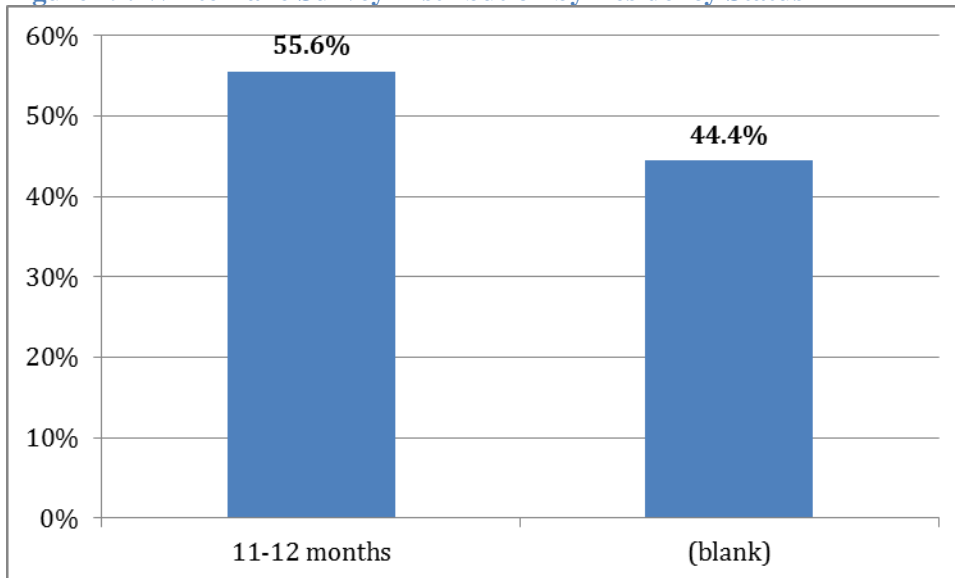
Figure 78: White Lake Survey Distribution by Age



Out of the 9 completed surveys, 55.6% (5) of the participants live in White Lake 11-12 months of the year.

Please Note: 44.4% (4) of the participants did not answer this question and with almost half of the data missing, it is difficult to accurately reflect the living status of the survey participants.

Figure 79: White Lake Survey Distribution by Residency Status



***Survey Assessment of Employment, Transportation, Housing, and Health:
White Lake***

Employment

Questions 6-10 of the survey asked information on residents' employment status.

Question 6: Monthly Income

Community	White Lake	
I currently live on	Number of Responses	Response %
\$1001-\$1500 per month	1	11.1%
\$2001-\$2500 per month	4	44.4%
\$2501-\$3000 per month	1	11.1%
\$3001-\$3500 per month	1	11.1%
\$3501-\$4000 per month	1	11.1%
\$5001+ per month	1	11.1%
Grand Total	9	100.0%

Question 7: # of People Monthly Income Supports

Community	White Lake	
This monthly income currently supports:	Number of Responses	Response %
1 person (only me)	3	33.3%
2 people (e.g. me and my spouse)	4	44.4%
3 people (e.g. me, my spouse/partner, and 1 dependent)	1	11.1%
4 people (e.g. me, my spouse/partner, and 2 dependents)	1	11.1%
Grand Total	9	100.0%

Question 8: Income Sources

Community	White Lake	
Sources of Income:	Number of Responses	Response %
Canada Pension Plan	8	88.9%
Employment	2	22.2%
Retirement Savings	6	66.7%
A business I currently Own	2	22.2%
Other	4	44.4%
Grand Total	9	100.0%

Appendix 2G: Community Profile: White Lake

Question 9: Employment Status

Community	White Lake	
I am currently	Number of Responses	Response %
Employed	1	11.1%
Self-employed	1	11.1%
Semi-retired (working occasionally)	1	11.1%
Unemployed (not working, but looking for work)	1	11.1%
Retired	5	55.6%
Grand Total	9	100.0%

Question 10: Employment Opportunities

Community	White Lake							
	Number of Responses							
	1 - Strongly disagree	2	3	4	5 - Strongly agree	I don't know	No response (blank)	Totals
Employment opportunities in the South Shuswap are available to older adults	1	2	1	0	0	3	2	9
Older adults in the South Shuswap are fairly compensated for their work	2	1	0	0	0	5	1	3
Totals	3	3	1	0	0	8	3	12
Percentages	25%	25%	8%	0%	0%	67%	25%	100%

Transportation: Questions 11-15

Question 11: Valid Driver's License

Community	White Lake	
Do you currently have a valid driver's license?	Number of Responses	Response %
Yes	9	100.0%
Grand Total	9	100.0%

Appendix 2G: Community Profile: White Lake

Question 12: Primary Transportation

Community	White Lake	
What is your primary mode of transportation?	Number of Responses	Response %
Automobile (car, truck, motor cycle)	9	100.0%
Grand Total	9	100.0%

Question 13: Quality of Roads

Community	White Lake				
Quality of Roads	Roads are streets are well maintained and appropriately lit	Roads are well signed	Lines on pavement are clear and visible	Crosswalks are well marked and signed	Speed limits are appropriate in populated areas
1 - Strongly disagree	4	4	4	4	4
3	2	2	2	1	2
4	1	1	1	1	1
No response (blank)	0	2	1	1	1
Grand Total	7	9	8	7	8

Question 14: Parking

Community	White Lake			
Parking	Parking lots and street parking are located close to services	There are enough designated parking spots for vehicles with handicap hangtags	Spaces for disabled parking are monitored to ensure space is available for those who need it	Drop off and pick up areas are available and conveniently located
2	1	1	1	1
3	2	2	2	2
5 - Strongly agree	4	4	4	4
No response (blank)	0	1	1	1
Grand Total	7	8	8	8

Appendix 2G: Community Profile: White Lake

Question 15: Community Services

Community	White Lake			
Community Services	Affordable and accessible transportation is available	A volunteer and/or informal network of drivers is available	Accessible transportation is available to take people to health appointments out of the community	Information about transportation options is readily available
1 - Strongly disagree	4	4	4	4
2	2	2	2	2
3	1	1	1	1
No answer provided	1	1	1	1
No response (blank)	0	0	0	0
Grand Total	8	8	8	8

Housing: Questions 16-28

Question 16: Ownership of Residence

Community	White Lake	
Do you currently	Number of Responses	Response %
Own my own home (mortgage, etc.)	9	100.0%
Grand Total	9	100.0%

Question 17: Housing Status

Community	White Lake	
Current Living Situation	Number of Responses	Response %
I live alone	1	11.1%
I live with a spouse/partner	8	88.9%
Grand Total	9	100.0%

Question 18: Housing Type

Community	White Lake	
Type of Home	Number of Responses	Response %
House	9	100.0%
Grand Total	9	100.0%

Appendix 2G: Community Profile: White Lake

Question 19: Monthly Housing Cost

Community	White Lake	
Monthly Housing Cost	Number of Responses	Response %
\$0 - I do not rent and/or do not have mortgage payments	6	66.7%
\$701 - \$1000	2	22.2%
\$1000 - \$1500	1	11.1%
Grand Total	9	100.0%

Question 20: Homecare

Community	White Lake	
Receive Homecare	Number of Responses	Response %
No	9	100.0%
Grand Total	9	100.0%

Question 21: Length of Time in Home

Community	White Lake	
Been in your home	Number of Responses	Response %
6-15 years	2	22.2%
16-30 years	5	55.6%
30+ years	2	22.2%
Grand Total	9	100.0%

Question 22: Help in the Home

Community	White Lake				
Receive help in the home	Cooking	Housekeeping	Maintenance	Shopping, Banking and Appointments	Other
No	7	7	7	7	1
No response (blank)		1	2	1	0
Grand Total	7	8	9	8	1

Question 23: Current Residence Plan

Community	White Lake	
How long do you plan to stay in current home	Number of Responses	Response %
2 to 5 years	3	33%
5 to 10 years	4	44%
10+ years	1	11%
No response (blank)	1	11%
Grand Total	9	100%

Appendix 2G: Community Profile: White Lake

Question 24: Situations Forcing a Move

Community	White Lake							
Situations Forcing a Move	Home is too much work	Home is too difficult	Home costs too much	Too far from amenities	Feel unsafe	Poor health	Death of spouse	Other
This is an immediate issue	1	1	1	1	1	1	0	0
This will be an issue in 1-3 years	1	1	1	1	1	1	1	0
This will be an issue in 3-5 years	1	1	1	1	1	1	1	0
This will be an issue in 5-10 years	4	4	4	4	4	4	4	0
This will be an issue in 10+ years	1	1	1	1	1	1	1	0
This won't be an issue	1	1	1	1	1	1	0	0
Grand Total	9	9	9	9	9	9	7	0

Question 25: Preferred Living Situation

Community	White Lake	
Preferred/ required accommodation	Number of Responses	Response %
A one (1) bedroom apartment	1	11%
A two (2) bedroom apartment	1	11%
House	7	78%
Grand Total	9	100%

Question 26: Support Types

Community	White Lake				
If you moved, would you require, prefer or not want these supports	A kitchen with the option of meal service	No kitchen with meal service	Laundry service	Housekeeping service	Medication management
I do not require or want this support	5	5	5	5	5
I prefer, but do not require, this support	4	4	4	4	4
Grand Total	9	9	9	9	9

Appendix 2G: Community Profile: White Lake

If you moved, would you require, prefer or not want these supports	Health & exercise programs	Medical & health service	Transportation to appointments and events	Social & recreational activities	Assistance with daily living
I do not require or want this support	6	6	6	6	6
I prefer, but do not require, this support	3	3	3	3	3
Grand Total	9	9	9	9	9

Question 27: Forced Move Location Preference

Community	White Lake	
If you had to move, would you prefer to:	Number of Responses	Response %
Leave the Shuswap and move elsewhere	5	56%
Move to a community outside of the South Shuswap (CSRD Area C) but within the Shuswap	1	11%
Remain in the South Shuswap (CSRD Area C)	2	22%
No response (blank)	1	11%
Grand Total	9	100%

Question 28: Forced Move Location Preference Reason

Community	White Lake	
Forced Move Location Preference Reason	Number of Responses	Response %
Family Elsewhere	3	43%
Financials	0	0%
Lack of Services/Amenities	3	43%
Miscellaneous	1	14%
Grand Total	7	100%

Appendix 2G: Community Profile: White Lake

Health: Questions 29-42

Question 29: Accessible Health Services

Community	White Lake					
The following professional services are accessible	Physicians	Public health nurses	Transportation to appointments	Palliative care	Dentists	Physical therapists
1 - Strongly disagree	1	1	1	1	1	1
3	1	1	1	1	1	1
4	4	4	4	4	4	4
5 - Strongly agree	2	2	2	2	2	2
I do not know	1	1	1	1	1	1
Grand Total	9	9	9	9	9	9

The following professional services are accessible	Optometrists	Mental health services	Foot care	Respite care	Adult day programs	Specialist services
1 - Strongly disagree	1	1	1	1	1	1
3	1	1	1	1	1	1
4	4	4	4	4	4	4
5 - Strongly agree	2	2	2	2	2	2
I do not know	1	1	1	1	1	1
Grand Total	9	9	9	9	9	9

The following professional services are accessible	Home health and care	Transportation to appointments	Medical equipment rentals	Cancer support	Diabetes clinics	Meal delivery	Communal meal programs
1 - Strongly disagree	1	1	1	1	1	1	1
3	1	1	1	1	1	1	1
4	4	4	4	4	4	4	4
5 - Strongly agree	2	2	2	2	2	2	2
I do not know	1	1	1	1	1	1	1
Grand Total	9	9	9	9	9	9	9

Appendix 2G: Community Profile: White Lake

Question 30: Health Care Providers

Community	White Lake	
Healthcare Professional	Number of Responses	Response %
Only my doctor	9	75%
Other family doctor or general practitioner	1	8%
A specialist doctor	1	8%
A nurse	0	0%
A nurse practitioner or specialist nurse	0	0%
A nutritionist or dietician	0	0%
A physiotherapist	0	0%
A psychological or social worker	0	0%
An Indigenous healer	0	0%
Other	1	8%
Grand Total	12	100%

Question 31: Family Doctor

Community	White Lake	
Do you have a regular family doctor?	Number of Responses	Response %
Yes	9	100%
Grand Total	9	100%

Question 32: Doctor Visits

Community	White Lake	
Doctor Visits	Number of Responses	Response %
Once a month	1	11%
Every 2-4 months	1	11%
At least twice a year	3	33%
Once a year	4	44%
Grand Total	9	100%

Appendix 2G: Community Profile: White Lake

Question 33: Doctor Location

Community	White Lake	
How far do you travel to see a doctor?	Number of Responses	Response %
15-20 kms	2	22%
21-25 kms	4	44%
26-30 kms	1	11%
30+ kms	2	22%
Grand Total	9	100%

Question 34: Primary Transportation

Community	White Lake	
Primary mode of transportation to see a doctor	Number of Responses	Response %
Drive my own vehicle	9	100%
Grand Total	9	100%

Question 35: Available Transportation

Community	White Lake	
Is transportation a barrier to visiting the doctor	Number of Responses	Response %
No	8	89%
Yes	1	11%
Grand Total	9	100%

Question 36: Available Transportation – Describe

Community	White Lake	
Is transportation a barrier to visiting the doctor	Number of Responses	Response %
Yes	1	100%
poor once a week service	1	100%
Grand Total	1	100%

Appendix 2G: Community Profile: White Lake

Question 37: Chronic Medical Condition

Community	White Lake	
Do you have a chronic medical condition?	Number of Responses	Response %
No	7	78%
Yes	2	22%
Grand Total	9	100%

For example; diabetes, lung disease (e.g. Asthma, emphysema, bronchitis), high blood pressure, heart disease, chronic kidney disease, chronic pain, substance abuse, depression, anxiety, mental health, addictions.

Question 38: Health Status

Community	White Lake	
Health over past 3 months	Number of Responses	Response %
Excellent	2	22%
Very good	4	44%
Good	3	33%
Grand Total	9	100%

Question 39: Mental Health Services Needs

Community	White Lake		
Is there a need for additional or improved services in the following areas:			
	Adult mental health and substance use services	Child mental health and substance use services	Support services for family of patients with mental health issues
Yes	0	0	0
Percentage of Surveys	0.0%	0.0%	0.0%

Question 40: Community-Based Services Needs

Community	White Lake			
Do the following services need to be improved?				
	Physical therapy	Occupational therapy	Social Work	Home care/nursing
Yes	3	0	0	1
Percentage of Surveys	33.3%	0.0%	0.0%	11.1%

Appendix 2G: Community Profile: White Lake

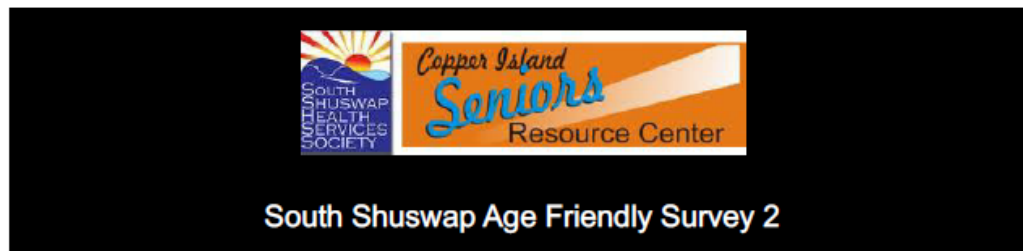
Question 41: Long-Term Care Needs

Community	White Lake		
Is there a need for improvement in the following areas:			
	Assisted Living	Long-term care	Other
Yes	5	1	1
Percentage of Surveys	55.6%	11.1%	11.1%

Question 42: Barriers to Accessing a Doctor

Community	White Lake					
Are there barriers to accessing a doctor?						
	Difficulty getting an appointment	Waiting time in doctor's office	Inconvenient clinic hours	Phone line busy	None of the above	Other
Yes	2	1	0	0	5	0
Percentage of Surveys	22.2%	11.1%	0.0%	0.0%	55.6%	0.0%

Appendix 3: Age-Friendly 2 Survey



The South Shuswap Health Services Society is undertaking the following survey in partnership with the Copper Island Seniors Resource Centre through an Age Friendly Grant from the Province of British Columbia.

THIS SURVEY IS NOT THE SAME AS THE PREVIOUS AGE FRIENDLY SURVEY.
It provides a more in depth exploration of key age friendly themes in the South Shuswap including: Employment, Transportation, Housing, and Health

This survey is part of a comprehensive needs assessment. As such it is integral to strategic regional age friendly planning in the South Shuswap.

The survey will help identify potential challenges and opportunities for aging in South Shuswap communities.

The survey is anonymous.

The information you provide will not be linked to you in any way.

No one will be able to identify you.

Your participation in the survey is voluntary.

If you have any further questions please contact:

Sue McCrae
Argyle Business Solutions
250-832-5932
or
250-675-3562
ds.mc@telus.net

Thank you for your participation!



South Shuswap Age Friendly Survey 2

1. Have you completed this survey before?

☐ Yes

☐ No

2. I am

☐ Male

☐ Female

3. What is your age?

☐ 17 or younger

☐ 18-20

☐ 21-29

☐ 30-39

☐ 40-49

☐ 50-59

☐ 60-69

☐ 70-79

☐ 80-89

☐ 90+

4. What community do you live in? (Choose the best option from the list below)

- ☐ Sorrento
- ☐ White Lake
- ☐ Eagle Bay / Wild Rose Bay
- ☐ Blind Bay
- ☐ Tappen
- ☐ Sunnybrae
- ☐ Notch Hill
- ☐ I live in the South Shuswap (CSRD Area C) but outside of the listed communities
- ☐ I do not live in the South Shuswap

Other (please specify)

5. How many months out of the year do you live in this community? (i.e. the South Shuswap/CSRD Area C)?

- ☐ less than 1 month
- ☐ 1-2 months
- ☐ 3-4 months
- ☐ 5-6 months
- ☐ 7-8 months
- ☐ 9-10 months
- ☐ 11-12 months
- ☐ Other (please specify)

6. I currently live on (choose one of the following options)

- ☐ \$1000 or less per month
- ☐ \$1001-\$1500 per month
- ☐ \$1501-\$2000 per month
- ☐ \$2001-\$2500 per month
- ☐ \$2501-\$3000 per month
- ☐ \$3001-\$3500 per month
- ☐ \$2501-\$4000 per month
- ☐ \$4001-\$4500 per month
- ☐ \$4501-\$5000 per month
- ☐ \$5001+ per month
- ☐ Other (please specify)

7. This monthly income currently supports

- ☐ 1 person (only me)
- ☐ 2 people (eg. me and my spouse)
- ☐ 3 people (e.g. me, my spouse/partner, and 1 dependent)
- ☐ 4 people (e.g. me, my spouse/partner, and 2 dependents)
- ☐ 5+ people
- ☐ Other (please specify)

8. My sources of income are from (Choose those options that best describe your situation - you can choose more than one)

- ☐ Canada Pension Plan
- ☐ Employment
- ☐ Retirement Savings
- ☐ A business I currently own
- ☐ Other (please specify)

9. Employment - I am currently: (choose one of the following)

- ☐ Employed
- ☐ Unemployed (not working, but looking for work)
- ☐ Retired
- ☐ Semi-retired (working occasionally)
- ☐ Self-employed
- ☐ Other (please specify)

10. Employment

	Strongly disagree- 1	2	3	4	Strongly agree - 5	I don't know
Employment opportunities in the South Shuswap (CSRD Area C) are available to older adults	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Older adults in the South Shuswap CSRD Area C) are fairly compensated for their work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11. Transportation - Do you currently have a valid driver's license

- ☐ Yes
- ☐ No
- ☐ Other (please specify)

12. Transportation - What is your primary mode of transportation?

- ☐ Automobile (car, truck, motor cycle)
- ☐ Bicycle
- ☐ Walking
- ☐ Other (please specify)

13. Transportation - Roads

	Strongly disagree - 1	2	3	4	Strongly agree - 5	No Answer provided
Roads and streets are well maintained and appropriately lit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Roads are well signed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lines on pavement are clear and visible	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Crosswalks are well marked and signed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Speed limits are appropriate in populated areas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

14. Transportation - Parking

	Strongly disagree-1	2	3	4	5	No answer provided
Parking lots and street parking are located close to services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are enough designated parking spots for vehicles with handicap hangtags	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spaces for disabled parking are monitored to ensure space is available for those who need it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drop off and pick up areas are available and conveniently located	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

15. Transportation - Community Services

	Strongly disagree - 1	2	3	4	Strongly agree - 5	No answer provided
Affordable and accessible transportation is available	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A volunteer and/or informal network of drivers is available	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Accessible transportation is available to take people to health appointments out of the community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Information about transportation options is readily available	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

16. Housing - Do you currently . . . (choose one of the following options)

- ☐ Own my own home (mortgage, etc.)
- ☐ Rent
- ☐ Other (please specify)

17. Housing - What is your current living situation?

- ☐ I live alone
- ☐ I live with a spouse/partner
- ☐ I live with relative
- ☐ I live with a friend
- ☐ Other (please specify)

18. Housing - What type of home do you live in? (Choose one of the following options)

- ☐ House
- ☐ Apartment
- ☐ Townhouse / Patio House
- ☐ Mobile Home
- ☐ Assisted Living (Supports include meal preparation, housekeeping, laundry, personal care, and medication dispensing)
- ☐ Long term care facility (Support are the same as assisted living and also include 24 hour supervision and care)
- ☐ Other (please specify)

19. Housing - What is the current monthly rent/mortgage payment?
(Choose one of the following options)

- ☐ \$0 - I do not rent and/or do not have mortgage payments
- ☐ \$500 or under
- ☐ \$500 - \$700
- ☐ \$701 - \$1000
- ☐ \$1000 - \$1500
- ☐ \$1500 - \$2000
- ☐ \$2000 - \$2500
- ☐ \$2500+
- ☐ Other (please specify)

20. Housing - Do you currently receive homecare?

- ☐ yes
- ☐ no
- ☐ Other (please specify)

21. Housing - How long have you lived in your current home?

- ☐ 1 year or less
- ☐ 2-5 years
- ☐ 6-15 years
- ☐ 16-30 years
- ☐ 30+ years

22. Housing - Do you currently receive help from family or friends with any of the following tasks?

	yes	no
Cooking	<input type="radio"/>	<input type="radio"/>
Housekeeping	<input type="radio"/>	<input type="radio"/>
Maintenance (yard work etc.)	<input type="radio"/>	<input type="radio"/>
Shopping, Banking, and Appointments (doctor etc.)	<input type="radio"/>	<input type="radio"/>
Other (please specify)	<input type="text"/>	

23. Housing - How long do you plan on remaining in your current home?

- ☐ 1 year or less
- ☐ 2 to 5 years
- ☐ 5 to 10 years
- ☐ 10+ years

24. Housing - Would any of the issues listed below cause you to have to move from your home? If so how long before these issues would make you decide to move?

	This is an immediate issue	This will be an issue in 1-3 years	This will be an issue in 3-5 years	This will be an issue in 5-10 years	This will be an issue in 10+ years	This won't be an issue
My home is too much work to maintain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My home is too difficult to navigate (too many stairs, too steep a driveway etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My home costs too much money (rent, mortgage payments, property taxes etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My home is too far from amenities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel unsafe in my current home	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My health is poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The death of a spouse	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other (please specify)

25. Housing - What is your preferred / required accommodation?
(Choose one of the following options)

- ☐ House
- ☐ A studio apartment with a kitchenette (a studio apartment has a combined living and sleeping space)
- ☐ A studio apartment without a kitchenette (a studio apartment has a combined living and sleeping space)
- ☐ A one (1) bedroom apartment (includes a separate living room & kitchen)
- ☐ A two (2) bedroom apartment (includes a separate living room & kitchen)
- ☐ A room only (this is a sleeping space - meals are provided. This is typically an assisted living and/or long term care facility)

26. Housing - If you moved from your current home, would you (a.) **require**, (b.) **prefer**, or (c.) **not want** the following supports

	I require this support	I prefer, but do not require, this support	I do not require or want this support
A kitchen with the option of meal service	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No kitchen with meal service	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Laundry service	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Housekeeping service	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Medication management	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Health & exercise programs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Medical & health service (visiting health care professionals such as nurses, physicians, therapists etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Transportation to appointments and events	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social & recreational activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Assistance bathing, dressing, grooming, eating and walking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

27. Housing - If you had to move away from your current home would you prefer to?

- ☐ Remain in the South Shuswap (CSRD Area C)
- ☐ Move to a community outside of the South Shuswap (CSRD Area C) but within the Shuswap
- ☐ Leave the Shuswap and move elsewhere
- ☐ Other (please specify)

28. Housing - Why would you consider moving there?

29. Health - The following professionals and services are accessible

	Strongly disagree - 1	2	3	4	Strongly agree - 5	I do not know
Physicians	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Public health nurses	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Transportation to medical appointments	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Palliative care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dentists	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Occupational and physical therapists	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Optometrists (Vision Care)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental health services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Foot care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Respite care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Adult day programs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Specialist services (eg. - care for patients before, during, and after operation; heart specialists; diabetes care)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Home health, personal care and support services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Transportation to medical appointments	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Medical equipment rentals (scooters, stairlifts, home oxygen, walk-in tubs, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Strongly disagree - 1	2	3	4	Strongly agree - 5	I do not know
Cancer support	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Diabetes clinics	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meal delivery	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Communal meal programs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

30. Health - Who do you see to manage your health concerns?

- ☐ Only my doctor
- ☐ Other family doctor or general practitioner
- ☐ A specialist doctor
- ☐ A nurse
- ☐ A nurse practitioner or specialist nurse
- ☐ a nutritionist or dietician
- ☐ A physiotherapist or an occupational therapist
- ☐ A psychological or social worker
- ☐ An Indigenous healer

Other (please specify)

31. Health - Do you have a regular family doctor?

- ☐ Yes
- ☐ No

32. Health - How often do you visit a doctor

- ☐ More than once a month
- ☐ Once a month
- ☐ Every 2-4 months
- ☐ At least twice a year
- ☐ Once a year
- ☐ I have not seen a doctor in over a year.

33. Health - How far do you travel to see a doctor?

- ☐ less than 10 kms
- ☐ 10-14 kms
- ☐ 15-20 kms
- ☐ 21-25 kms
- ☐ 26-30 kms
- ☐ 30+ kms

34. Health - What is the primary mode of transportation you use when visiting a doctor?

- ☐ Drive my own vehicle
- ☐ Ask for a ride from a family member or friend
- ☐ Catch the bus
- ☐ Hire a taxi
- ☐ Rely on a community driver service
- ☐ Other (please specify)

35. Health - Is transportation a barrier to visiting the family doctor?

- ☐ Yes
- ☐ No

36. Health - If yes, describe the nature of the transportation barrier

37. Health - Do you have a chronic medical condition?

For example diabetes, lung disease (eg. Asthma, emphysema, bronchitis), high blood pressure, heart disease, chronic kidney disease, chronic pain, substance abuse, depression, anxiety, mental health, addictions

- ☐ Yes
- ☐ No
- ☐ Unsure

38. Health - Over the past 3 months how would you rate your health?

- ☐ Excellent
- ☐ Very good
- ☐ Good
- ☐ Fair
- ☐ Poor

39. Health - What, if any, mental health services would you like to be added/improved in your community?

- ☐ Adult mental health and substance use services
- ☐ Child mental health and substance use services
- ☐ Support services for family of patients with mental health issues

40. Health - What, if any, community-based services / rehabilitation would you like to be added/improved in your community?

- ☐ Physical therapy (PT)
- ☐ Occupational therapy (OT)
- ☐ Social work
- ☐ Home care/ nursing

41. Health - What, if any, long-term care would you like to be added/improved in your community?

- ☐ Assisted living
- ☐ Long-term care (i.e. nursing home)
- ☐ Other (please specify)

42. Health - Do any of the following issues affect your ability to see the doctor? Please mark all that apply

- ☐ Difficulty getting an appointment
- ☐ Waiting time in doctor's office
- ☐ Inconvenient clinic hours
- ☐ Phone line busy
- ☐ None of the above

Other (please specify)

Appendix 4: Interview Sample

South Shuswap Age Friendly Interview

Introduce the Session

My name is, [interviewer] and today is _____, 2016. The time is _____. I have just reviewed the consent form with _____. S/he has signed this form and in so doing has declared that s/he is willing to participate in the study. We're in the _____ building in _____, British Columbia to do an Age-Friendly Interview for the South Shuswap, Area C.

Background Information

1. Where were you born?
2. When were you born? (Day, Month, Year)
3. Are you a resident of CSRD Area C?
 - a. What community do you currently live in?
 - b. Approximately how many months of the year do you reside in the area?
 - c. (if applicable) Where else do you reside?
4. What attracted you to the South Shuswap and CSRD Area C?
5. What is most important to you about living in the South Shuswap/Area C?
6. How would you describe an Age-Friendly community?

Employment

1. How would you describe the employment opportunities in the South Shuswap/Area C?
2. In what way(s) would you like to see improvement in the employment opportunities within the South Shuswap which benefit all residents, both working and retired?
3. Are there any business opportunities that you think Sorrento, Blind Bay and/or other communities in the South Shuswap should explore?
4. In an era when seniors often need to continue working at least part-time, in what way do you think seniors' experiences and abilities can be valued and utilized in the work place?
5. Do you know of any employment opportunities for seniors in the South Shuswap?

Health

1. How important are health services to you and to people you know who live in the South Shuswap/Area C?
 - a. In your experience do these services meet the needs of current residents?
 - b. What are the strengths/weaknesses of these health services?
 - c. What do you do if you need emergency medical care?
2. Are there any health services that are currently not available in the South Shuswap that you think would benefit your community? Why?

3. In circumstances where health needs change, what services and supports need to be in place to facilitate continuing a good quality of life?
4. Is there a service that would assist seniors to remain in their rural home that you would like to see offered in the South Shuswap, and what might that look like?

Housing

1. In an age-friendly community, what kind of housing options do you think *must* be available?
2. What are the options for seniors in your community who want to remain in the community but need to downsize or move into an accommodation which offers some level of home/personal care?

Transportation

1. What are the strengths/weaknesses of the transportation services throughout the South Shuswap/Area C?
2. What is the most important transportation service that needs to be added or improved in your community?
3. In light of fostering healthy, active living for all age groups, how does your community provide safe and adequate walking/biking lanes, roadways and specialized parking spots close to services?

Closing Question

Is there anything else you would like to add to this interview that we haven't talked about that you think is important to age-friendly community planning?

Close the Session

My name is _____ and today is _____, 2016. I have just completed an Age-Friendly Community Planning interview with _____. The interview lasted _____ minutes. We're in the _____ building in _____, British Columbia.