

Seniors in Peterborough: Ahead of the Curve?

OTF Symposium on Aging

Toronto, April 6, 2011

K. Doherty



CARP'S Age Friendly City Poll

- 2009
- 17 major Canadian Cities
- Overall life
- Using Transit
- Obtaining low-cost housing
- Being a pedestrian
- Accessing health care and home services
- “Peterborough is seen to have by far the highest CARP Age-Friendly Index score”

CARP's Age-Friendly Cities Pole

	Overall	Transit	Housing	Pedestrian	Health	Index
Peterboro	77%	64%	30%	53%	64%	288
Winnipeg	62%	54%	-16%	23%	62%	185
Montreal	60%	34%	34%	20%	34%	182
Victoria	90%	68%	-72%	52%	40%	178
London	68%	28%	-22%	20%	42%	136
Vancouver	80%	60%	-88%	45%	18%	115
KW	62%	21%	-40%	26%	34%	103
All Cities	58%	35%	-58%	20%	24%	75



Peterborough profile

- City and County with same name
- City is single tier municipality and not part of County government (some shared services)
- Population of 78,000
- “gateway to the Kawarthas”; proximity to nature
- Once known for its “famed averageness”
- “birthplace of the modern day canoe”
- ?



Peterborough profile

- Once a blue collar town; gradual transition:
- Peterborough Regional Health Centre
- Kawartha Pine Ridge District School Board
- Canadian General Electric
- City of Peterborough
- Sir Sandford Fleming College
- Ministry of Natural Resources
- Trent University
- Pepsi-co (Quaker)



Peterborough profile

- An aging population:
- 29% increase in population aged 55-64 (last post)
- 21.8% increase in population over 85
- City's median age is 41.7 versus 39 as provincial average
- 13% between 55-64 in the City & County
- 9% between 65-74
- 6.8% between 75-84
- 2.4% 85+ = **31% over 55**
- **By 2026, the population over 65 will reach 27.3%**

Peterborough profile: City Org Chart

CAO & Corporate Services	Legal Services	Planning & Development Services	Utility Services	Community Services
CAO Office (Fire & EMD)	City Solicitor	Building	Engineering & Construction	Community Grants
City Clerk	Provincial Offenses	Planning	Infrastructure Planning	Arenas
Financial Planning		Housing	Environmental Protection	Arts Culture & Heritage
Financial Reporting		Property Administration	Public Works	Facilities & Spec. Projects
Human Resources		Airport	Transportation	Recreation
Technology			Waste Management	Social Services



Peterborough profile: City Services

- Organizational chart didn't address intended audience
- Seniors services scattered through departments & divisions:
- Planning & Development: Housing
- Utility Services: Transportation
- Community Services: Arenas, Arts/Culture/Heritage, Facilities, Recreation & Social Services
- Recreation out of direct delivery but funds two seniors centres: Activity Haven (Queen Alexandra) and Mapleridge
- Fairhaven (Home for the Aged) autonomous
- Community looking for coordination/ integration



Seniors Summit 2009: background

- Informal group came together in early 2009
- Inspired by Dr. Jenny Ingram, local specialist in Internal and Geriatric Medicine
- Concerned by aging population and impact on service providers
- Lack of communication and integration
- Broad range of not for profit service organizations
- Looking to the City for leadership or coordination
- City agreed to co-sponsor and help organize an event



Seniors Summit 2009: program

- June 18, 2009: 140 in attendance
- Service overview in the morning:
- **“Putting a Face to the Maturing of Our Population”**, Dawn Berry Miriam, PSPC
- **“Aging at Home, Yes We Can!”**, Dr. Jenny Ingram
- **“Boomer Tsunami: Facing the Facts”**, Judy Steed, journalist
- Expert Panel: overview of current services provided
- Networking lunch



Seniors Summit 2009: program

- Afternoon:
- **Town Hall** discussion with seniors, families and service providers in the afternoon
- **Trade show** displays by not for profit service providers



Seniors Summit 2009: program

- **Breakout Sessions:** Addressed issues related to:
- Transportation & accessibility
- Housing options to support aging at home
- Improvements to health and social services navigation
- Holistic approaches to treatment and service delivery
- Increased support for caregivers
- Community planning and service hubs
- Capacity-building, education and service planning



Seniors Summit 2009: recommendations

- Develop accessible rural transportation solution
- Re-evaluate City's public transportation system
- Evaluate City's Handi-van system (scheduling)
- Increase funding for support services to seniors at home
- Increase marketing and promotion of existing information services like 211
- Increase the role of the Geriatric Emergency Nurse project



Seniors Summit 2009: recommendations

- Educate health and social service professional on the need for holistic treatment
- Continue to develop network of support services and increase capacity
- Plan communities that have a variety of services, not just residential subdivision
- Plan annual events to promote capacity and community building
- Develop advisory body for seniors services

Services provided: accessibility



Council for Persons with Disabilities celebrated 20th anniversary in 2010

Services provided: accessibility



They have provided direction and funding for accessibility features and assistive devices throughout City-owned facilities

Services provided: accessibility







Services provided: transit

- 240,200 senior transit trips on buses (8%) of total
- Seniors monthly day pass rate \$33.00 (\$55)
- Annual seniors pass \$200 (\$660)
- Downtown central transit terminal is fully accessible
- 65 transit shelters

Services provided: transit

- 70% of bus fleet is now fully accessible with low-entry, no step to assist with mobility issues
- 95% of daily service is completed with fully accessible buses



Services provided: transit

- 8,200 senior transit trips on specialized transit (Handi-van)
- 24% of 34,100 specialized trips in 2010
- 11 Handi-vans are fully accessible



Affordable Housing for Seniors

Bradburn House



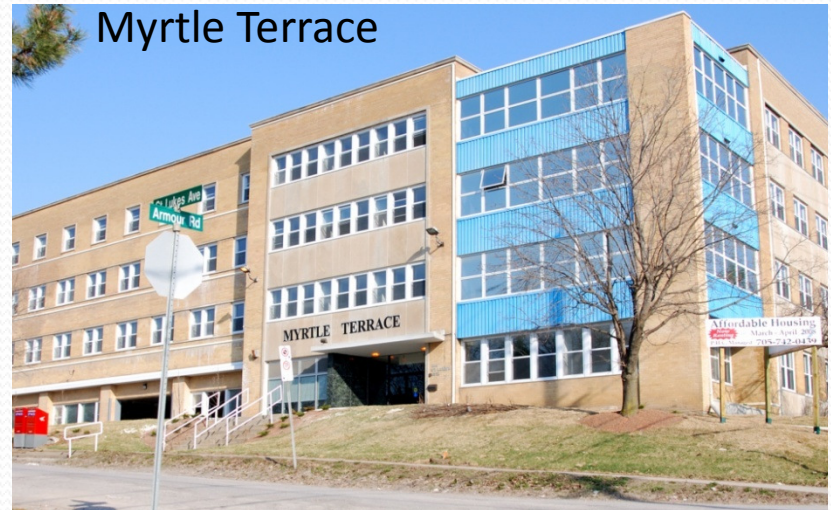
Argyle Apartments



260 Aylmer Street



Myrtle Terrace



Social Housing for Seniors

Auburn Retirement Village



St. John's Retirement Homes



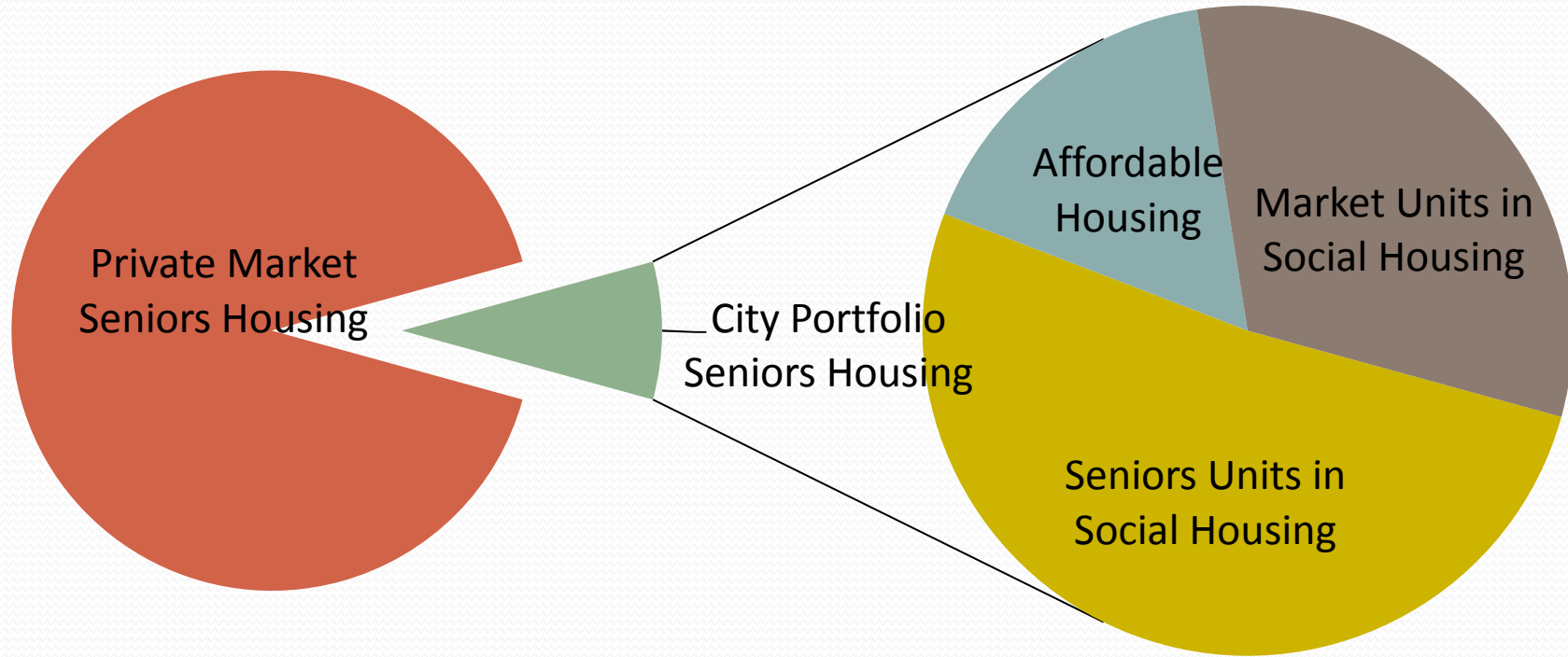
St. Giles Senior Citizens Residence



Kiwanis Club of Scott's Plains



City Portfolio Seniors Housing as a Percentage of Private Market Seniors Housing



Housing Type	Units in Portfolio	Rent
Social housing	307	Rent Geared to Income = 30% of income
Affordable Housing	99	1 Bedroom \$597
Market Units in Social Housing	189	1 Bedroom \$747
TOTAL:	1006	



Planning for Aging Populations

- Peterborough has increasing numbers of high-end retirement home units
 - Follows national trend towards more amenities and higher service levels in retirement homes (theatres, pools, exercise facilities, 24 hour call bells)
- Increasing need for housing for low-income seniors and seniors who need supports



Planning for Aging Populations

- “With a Little More Help” report, 2009
 - Research study on needs in City and County commissioned by Affordable Housing Action Committee
 - Anticipate higher number of frail seniors needing long term care forced to stay in units lacking sufficient supports



Planning for Aging Populations

- Official Plan contains provisions that address seniors:
 - Housing Strategy to address seniors needs – both rental and homeownership
 - Recognition of condominiums as a built form attractive to an increasing seniors population
- Homeownership is most highest until 60-64 years of age
 - Increased numbers of seniors will move from homeownership into rental units as population ages
 - Preference to move into smaller, lower-maintenance homes without stairs

Services provided: quality of life



Services provided: quality of life



Services provided: quality of life




Services provided: quality of life




Services provided: quality of life

[Login](#) [New password](#) [Sign up](#)

[Tutorials](#) [FAQ](#) [Restaurants](#) [Accommodations](#) [Tourism](#) [Contact Us](#) [About](#)



[Home](#) [Browse](#) [By Date](#) [Search](#) [Submit an Event](#) [Banner Contest](#)



**Peterborough
Public Library**

Arts, culture and heritage organizations in the Peterborough area are encouraged to set up an account and post their events on the Community Calendar. Local artists are encouraged to check out the [Banner Contest](#).

Organization
Event Types

[Month](#) [Week](#) [Day](#)

[« Prev](#) July 2010 [Next »](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				10:00 am Historic Dominion Day	10:00 am Women's Group	08:00 pm Little Lake MusicFest: Jimmy Bowskill
				08:00 pm Little Lake MusicFest: The Weber Brothers		

[«](#) JULY [»](#)

S	M	T	W	T	F	S
27				1	2	3
28	4	5	6	7	8	9 10
29	11	12	13	14	15	16 17
30	18	19	20	21	22	23 24



Recent Developments

- **Seniors Portfolio** within Community Services within Social Services Division (approved by Council)
- Connection for all seniors services provided by Corporation (Integration)
- Single point of contact for the community
- Recreation staff developing **Seniors Website** accessed by City home page, listing all services provided to seniors by the City and other service providers
- Creation of **Seniors Planning Table**
- **Geriatric Health Practitioners** working together



Recent Developments

- **Aging Workforce Research Pilot Project**
- Workforce Development Board
- Trent Centre for Community Based Education
- Funded by HRDC's New Horizon's initiative and Ontario Trillium Foundation
- Interviewed manufacturing and health care workers 55+



Recent Developments

- **Aging Workforce Research Pilot Project Recommendations**
- Ageism in the workplace
- Age discrimination and the multigenerational workplace
- Continuation of health benefits beyond retirement
- Expand mental health benefits
- Technology and market to adapt
- Transitions to retirement
- Accommodate part-time work with benefits



Recent Developments

- Extend relationships into volunteer community
- Help for smaller organizations
- Work schedule flexibility to accommodate care-giving
- Gender neutral workplace policies
- Tax credits for care-giving
- Technology to assist with distance care-giving
- Pension reform for part-time workers
- Workplace delivered technical courses
- Roles of higher education to accommodate
- Establishment of an Aging Workforce Taskforce



Recent Developments

- **Seniors Summit 2** in planning for June 2011
- Theme: **Aging Well**
- **Emotional**
- **Spiritual**
- **Physical**
- Formally launch website

- **Stay tuned!**

Seniors in Peterborough: Ahead of the Curve?

OTF Symposium on Aging
Toronto, April 6, 2011

K. Doherty

kdoherthy@peterborough.ca

Any Questions?