



Minutes

Village of Tahsis

Meeting **Committee of the Whole**
Date **Tuesday October 8, 2019**
Time **7:00 p.m.**
Place **Municipal Hall - Council Chambers**

Present Mayor Martin Davis
 Councillor Bill Elder
 Councillor Sarah Fowler
 Councillor Lynda Llewellyn

Staff Mark Tatchell, Chief Administrative Officer
 Janet StDenis, Finance & Corporate Services Manager

Guests Aislin O'Hara (O'Hara and Associates Consulting)

Public 19 members of the public

Call to Order

Mayor Davis called the meeting to order at 7:00 p.m.
 Mayor Davis acknowledged and respected that Council is meeting upon Mowachaht/ Muchalaht territory.

Approval of the Agenda

Llewellyn : COW 73/19

THAT the Agenda for the October 8, 2019 Committee of the Whole meeting be adopted as presented.

CARRIED

Business Arising

1

Tahsis Age Friendly Community Action Plan- presentation and recommendations by Aislin O'Hara (O'Hara and Associates Consulting).

(presentation attached)

Llewellyn: COW 74/19

THAT this presentation be received.

CARRIED

A discussion followed with council and members of the public.

Adjournment

Llewellyn: COW 75/19

THAT the meeting be adjourned at 8:04 p.m.

CARRIED

Certified correct this

15th Day of October, 2019



Chief Administrative Officer



Tahsis Age-Friendly Community Action Plan

Presentation to Council

October 8, 2019

Agenda

- ▶ Introductions
- ▶ Project Objectives
- ▶ Approach & Methodology
- ▶ Key Findings
- ▶ Recommendations
- ▶ Next Steps
- ▶ Question & Answer



Introduction

O'Hara Aging + Accessibility Consulting

- ▶ After spending 12 years working alongside consultants as employees within the public sector, a clear need was identified to do things differently.
- ▶ Our approach is to lead a company that deeply connects with the communities we are aiming to support in order to provide tailored consulting that supports and fosters age-friendly, complete communities.
- ▶ O'Hara Aging + Accessibility is located in Toronto, Ontario and was founded in 2018 to provide advice and consultation on how to appropriately serve seniors through public sector services.

Our **vision:** *to make Canada one of the best places in the world to age.*

Our **mission:** *to provide services that contribute to age-friendly, inclusive and complete communities.*

O'Hara Aging + Accessibility Consulting



Aislin O'Hara

Certified Professional
Consultant on Aging

- ▶ Over 12 years experience in designing & leading public programs and services for seniors and persons with disabilities.
- ▶ Former Customer Experience Lead for Toronto Transit Commission paratransit services, Wheel-Trans. Developed & implemented various initiatives for older adults with disabilities.
- ▶ Researched, authored & implemented over 21 age-friendly policies.
- ▶ Co-authored City of Toronto Seniors Strategy including drafting recommendations that are actionable and realistic to improve the quality of life for seniors and contribute to an age-friendly community.
- ▶ Project Advisor for Toronto HomeShare which is an intergenerational program that matches older adults who have spare bedrooms with students in need of affordable housing.

O'Hara Aging + Accessibility Consulting



Mitchell Underhay
Technical Lead

- ▶ Bachelor of Community Design, Honours in Environmental Planning
- ▶ Developed Project Manager and experience leading projects for seniors and older adults
- ▶ Experience in consulting, designing and implementing strategies that are age-friendly, accesible and inclusive
- ▶ Senior Community Liaison Officer for Toronto Transit Commission delivering extensive public consultation & stakeholder engagement
- ▶ Development Manager for Wind Energy Projects in Nova Scotia & Maine, leading community oriented wind projects
- ▶ Extensive background in GIS asset mapping using multiple criteria for geographic analysis

Why does Tahsis need an Age-Friendly Community Action Plan?

- ▶ Average age of a Tahsis resident is 58 years old
- ▶ 76% of Tahsis residents are 55+
- ▶ 50% of the population is retired
- ▶ 74% of the population plans to retire/continue their retirement in Tahsis

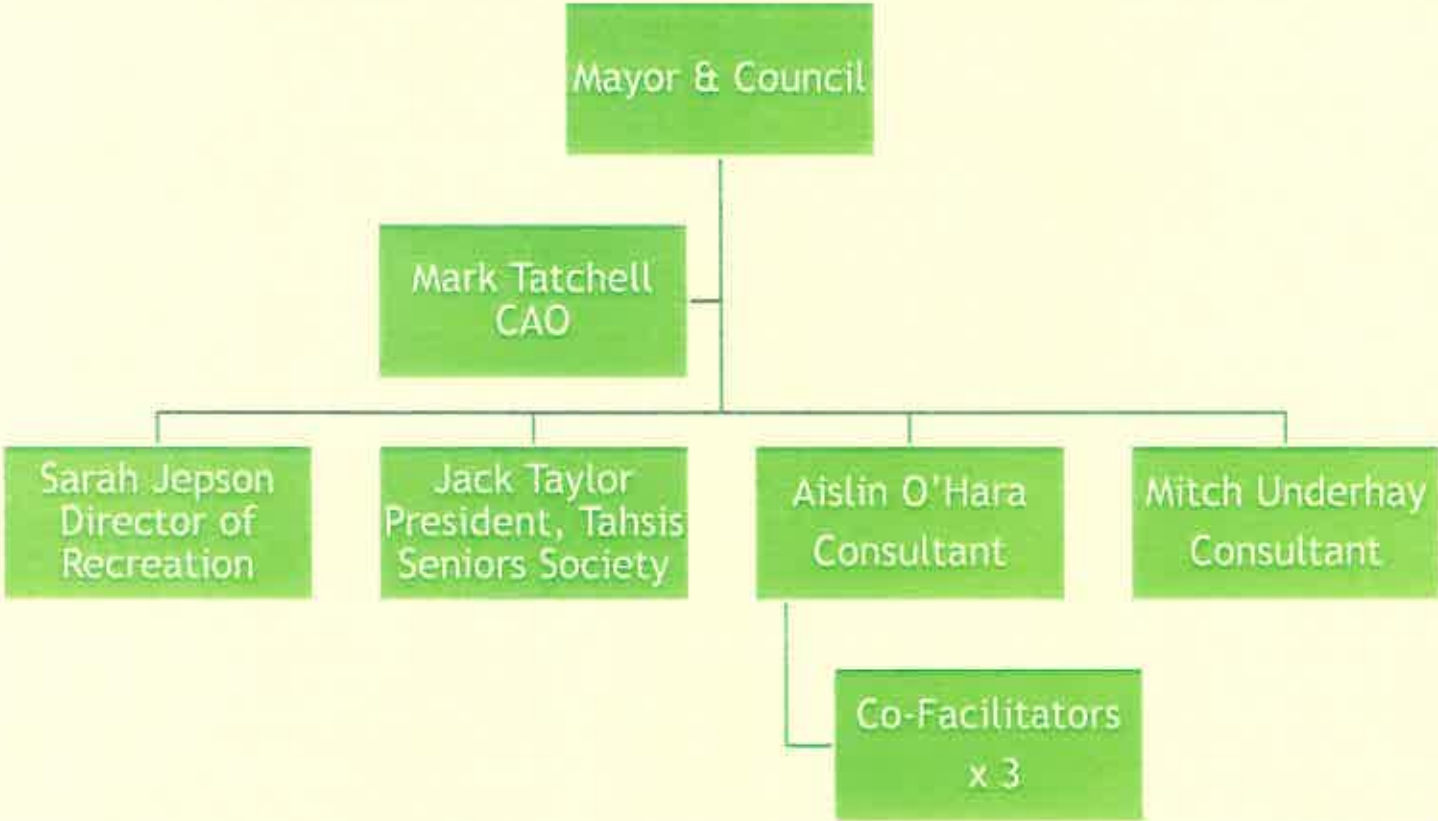


Project Objectives

“Ensure the Village is positioned through its plans, policies and programs to support and sustain active, social and independent lifestyles for its mature adults and seniors.”

- ▶ Evaluate the current state of age-friendliness
- ▶ Actively engage the Tahsis community
- ▶ Articulate the needs of mature adults and seniors living in the Village
- ▶ Identify gaps in programs and services to inform future strategies
- ▶ Develop realistic, achievable community action plan that improves quality of life for seniors in Tahsis now and in the future

Our Project Team



Our Approach

Phase 1 Discovery	Phase 2 Analysis	Phase 3 Recommendations
<ul style="list-style-type: none">• Task 1 Inventory List <i>Categorizes and ranks the availability of all community assets for older adults</i>• Task 2 Community Surveys <i>Identifies the needs & priorities for seniors in Tahsis as well as risk/social isolation assessment</i>• Task 3 World Café <i>Facilitated public meeting to solicit feedback from all community members</i>	<ul style="list-style-type: none">• Task 4 Analysis of Phase 1 data <i>Inventory list, surveys, world café data</i>• Task 5 Asset Map <i>Visual representation of all services/resources as well as the type/availability</i>• Task 6 Policy Review <i>Apply an age-friendly lens to all policy/planning & strategy documents</i>	<ul style="list-style-type: none">• Task 7 Community Action Plan Report <i>Tasks 1-6 will culminate in a final community action plan report including the identified needs for seniors and recommendations on how to best meet those needs</i>• Task 8 Presentation to Village of Tahsis <i>Specific recommendations & implementation strategies will be presented to Tahsis Council for consideration & incorporation into Village plans, policies and programs</i>

What We Heard From the Community



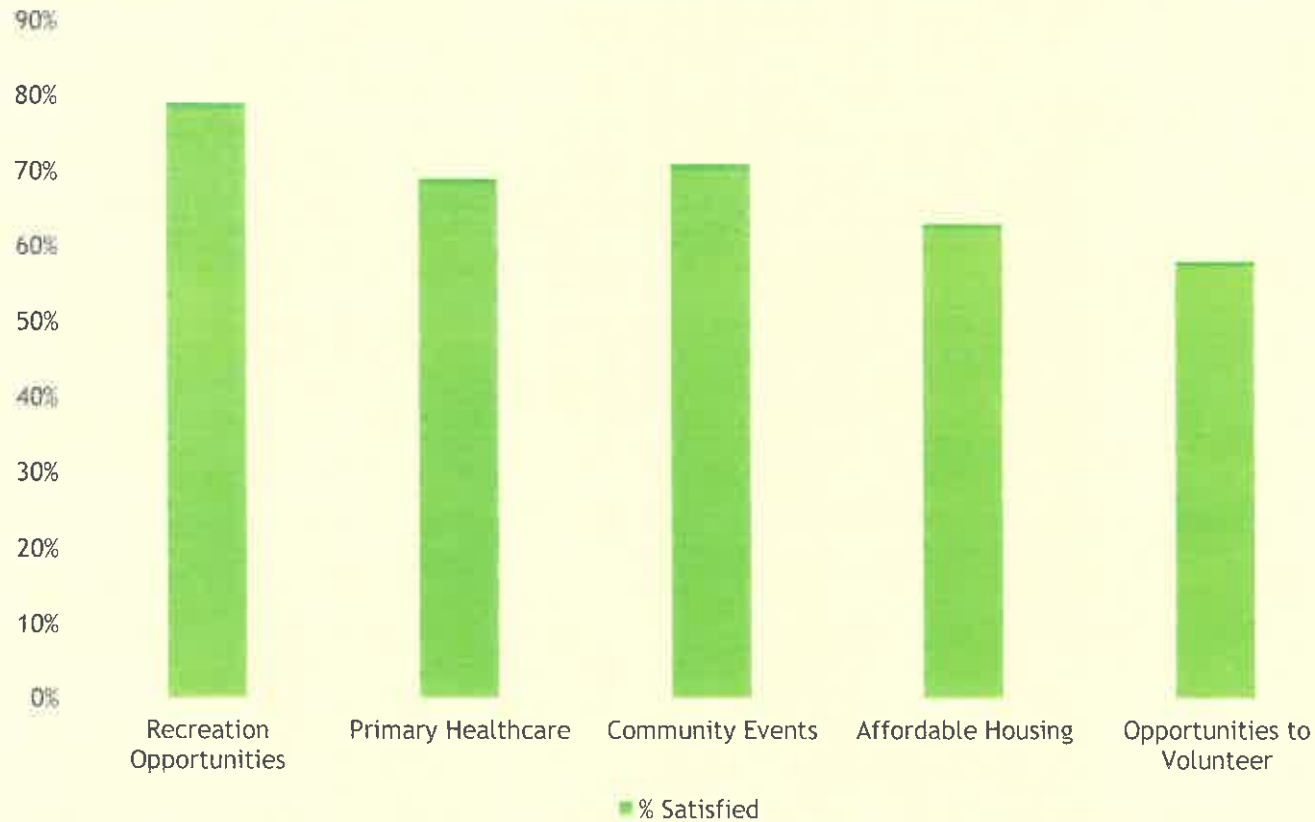
Key Findings: Seniors Community Survey

- ▶ Majority of respondents were over the age of 65 (63%)
- ▶ Equal gender representation 48% male/46% female
- ▶ Majority reside in Tahsis as full-time residents (68%)
- ▶ Majority are living with a partner/spouse (62%)
- ▶ 67% are in good or excellent health
- ▶ 52% feel engaged/very engaged and connected to the community
- ▶ 30% of respondents live alone
- ▶ 7% of respondents indicated that they do not have anyone to call or talk to if they are having a bad day

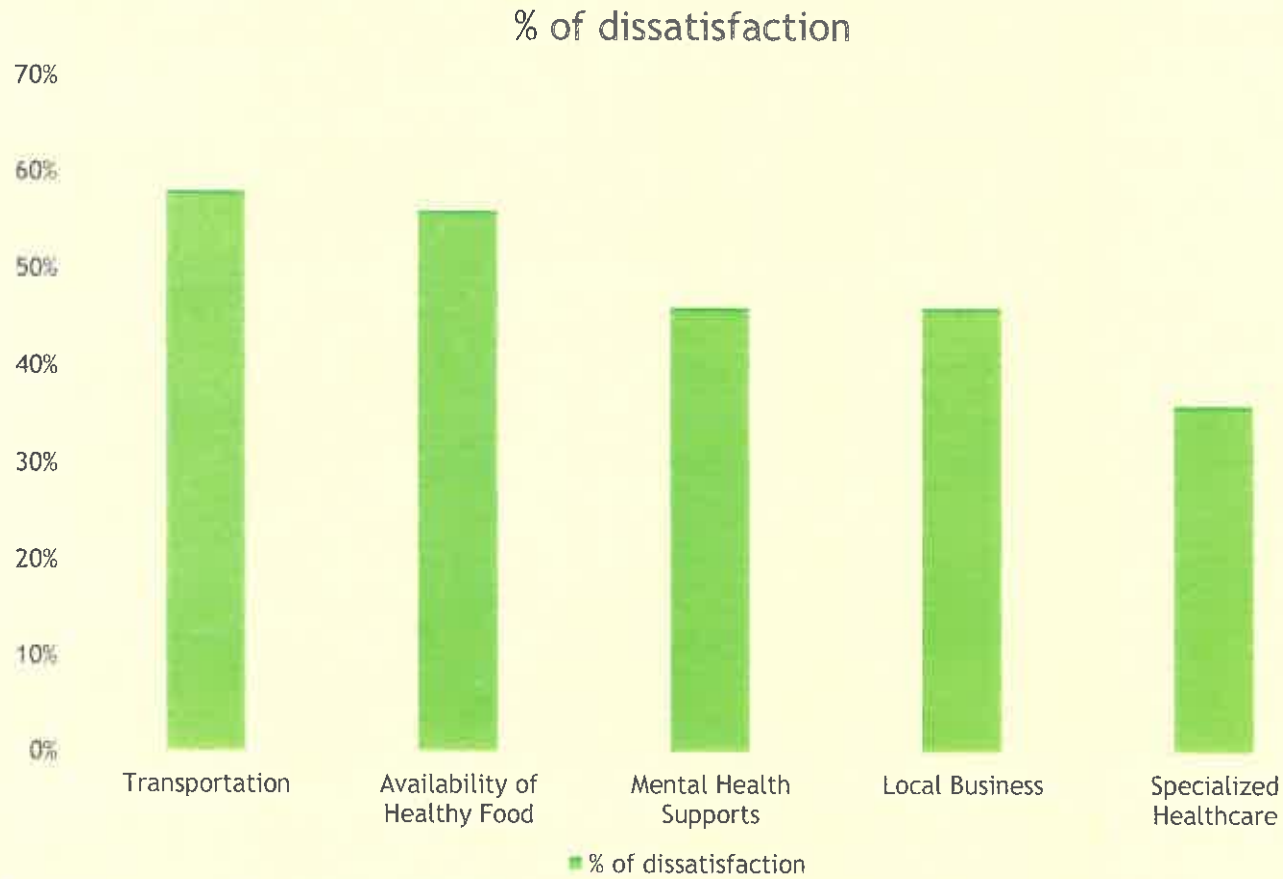


Top Markers of Satisfaction Among Seniors

% of Satisfaction



Top Markers of Dissatisfaction Among Seniors



What are the Most Important Priorities to Seniors in Tahsis?

1. Paramedic / Fire services
2. Access to medical specialists
3. Personal in-home care services
4. Access to fresh affordable food
5. Transportation

80% rated health & fitness programming as important

74% felt seniors specific programs were important

69% ranked Dementia supports as important



Priorities Identified by World Café

Category	Score
Community Support & Health Services	110
Outdoor Spaces & Buildings	93
Transportation	69
Social Participation	58
Respect & Inclusion	33
Communication & Information	26
Housing	26
Food Security	21
Civic Participation & Employment	10

A photograph of a community meeting taking place in a room with large windows. Several people are seated around a long table, engaged in discussion. In the foreground, a woman with blonde hair is seen from the side, looking towards the center of the table. The table is covered with large sheets of paper, likely documents or maps, and has several coffee cups and pens on it. The background shows other participants and a person standing near a counter. The text "Community Action Plan" is overlaid in blue on the image.

Community Action Plan

Recommendations

1. Establish Task Force - Specialized Healthcare

World Health Organization (WHO) Domain:

✓ Community Support & Health Services

Village of Tahsis is recommended to spearhead a “Task Force - Specialized Healthcare” in partnership with Vancouver Island Health Authority, the Medical Officer of Health and the Strathcona Community Health Network to create an action plan that addresses the gaps in access to specialized health care for Tahsis seniors and ensures current barriers to specialized healthcare are resolved.

2. Conduct Seniors Housing Needs Assessment

World Health Organization (WHO) Domain:

✓ Housing

Conduct Needs Assessment of Seniors Housing to determine the appropriate viable options for meeting needs of older adults over the next 5 to 10 years. Options that should be explored in the study include HomeShare Program, NORC - Naturally Occurring Retirement Community and Care facilities.

Recommendations

3. Establish a Public/Private Transportation Partnership

World Health Organization (WHO) Domain:

✓ Transportation

Establish a Public/Private Transportation Partnership through a Ride Sharing Program. Host a public information session and have Uber/Lyft participate via teleconference. Show residents how they could benefit from driving for a ride share company. Establish if there is a way for the Village to subsidize costs of trips, particularly within Tahsis.

4. Community Programming Partnership Framework

World Health Organization (WHO) Domain:

✓ Social Participation

Develop a framework to foster partnerships in community programming at the Recreation Centre by developing a policy, application form and a procedure for running programs using Village facilities.

Recommendations

5. Provide Seniors Specific Programming at Recreation Centre

World Health Organization (WHO) Domain:

- ✓ Social Participation
- ✓ Health
- ✓ Social Inclusion

Provide senior specific programming at the Recreation Centre. Specifically look to include Tai Chi and Yoga and ensure that seniors programming is offered during daytime rather than evening hours.

6. Develop Friendly Visitor Volunteer Program

World Health Organization (WHO) Domain:

- ✓ Social Inclusion
- ✓ Health

Community Paramedicine Program should develop and manage a volunteer run “Friendly Visiting” program for seniors/members of the community who are at risk for social isolation. This would include a weekly phone call to each at risk senior and a monthly visit.

Next Steps

Report received and finalized by Council along with Official Community Plan

- ▶ Establishing the TAAC - Tahsis Age-Friendly Action Committee
 - ▶ Representative from Council as Chair
 - ▶ President of Tahsis Senior's Society as Vice Chair
 - ▶ Village Staff
 - ▶ Health & Paramedicine
 - ▶ Additional 1-3 seniors
- ▶ Year 1- 2 implementation plan developed

How you can get involved

- ▶ Volunteering
- ▶ Seniors Centre

Feedback & Questions

Aislin O'Hara

Project Manager

416-721-1972

aislin@oharaconsult.com



Thank You!