

## **District of Clearwater Seniors' Needs**

### **Final Survey Report**



prepared by:

Community Development Institute  
University of Northern British Columbia

May 2012

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## Acknowledgements

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This spring, our research team visited Clearwater to conduct interviews and a community survey as part of the District of Clearwater's Seniors' Needs Project. We wish to thank all the residents, community groups, business members, service providers, policy makers, and municipal staff who took the time to help out and to answer our many questions.

Specific thanks to the Age Friendly Advisory Committee members: Mary Johnson, Drake Smith, Jack Keough, Anne Krawec, Bernie Easson, Shirley Genier, Cathy Tucker, Gord Heisterman, Jon Kreke who helped to provide input and feedback on the project. We also wish to thank the following businesses and organizations for allowing survey drop-off boxes to be located in their facilities including Evergreen Acres, Yellowhead Community Services, Home Hardware, the public library, Safety Mart, and the District of Clearwater.

On our research team, we wish to thank Kyle Kusch and Alika Rajput for their assistance in analyzing the survey results. We also wish to thank Brendan Murphy who provided assistance with data entry.

We also wish to extend our sincerest appreciation to all of the residents in Clearwater who took the time to participate in the survey. Their response from many older residents demonstrates the importance of this issue within the community.

Funding for this project came from the District of Clearwater through the Age Friendly program, a partnership between the Province of BC and the Union of BC Municipalities. We would like to extend a special thanks to Leslie Groulx who served as our key contact with the district office. We also wish to thank Lynne Frizzle and Ken Kjenstad for their support with the survey work.

Greg Halseth  
Prince George  
May 2012

## Availability

Copies of all reports associated with the project have been provided to the District of Clearwater ([www.districtofclearwater.com](http://www.districtofclearwater.com)). Copies of all the final reports have also been deposited in the Clearwater branch of the Thompson-Nicola Regional District Public Library. They may also be accessed through the UNBC Community Development Institute's website at: [www.unbc.ca/cdi/research.html](http://www.unbc.ca/cdi/research.html).

## Project Reports

- Socio-Economic Report
- Inventory Guide
- Interview Report
- Community Survey Report

## Contact Information

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**District of Clearwater Seniors’ Needs Project  
Final Report**

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**1.0 Project Description**

Many rural and small town places were established and designed to attract young families. Since the 1980s, however, the population of these communities has been aging. In Clearwater, there were approximately 385 people (17% of total population) over the age of 65 in 2011 (Statistics Canada, Census). At the same time, the proportion of the older workforce (aged 45 and older) is 53%. The proportion of older residents, and the increase in the number of residents who wish to remain in Clearwater when they retire, have increased the level of interest in how the community, local services, and available housing options will meet the needs of a growing seniors’ population. As a result, the Community Development Institute at the University of Northern British Columbia and the District of Clearwater are working together to assess the needs of older residents.

The purpose of the District of Clearwater’s Seniors’ Needs Project is to examine: infrastructure / planning, housing, community support services, mobility and transportation, care networks, and programs for seniors.

The project work was carried out by a research team from UNBC with the goal to provide local leaders with information relevant to decision-making over community planning and infrastructure investments. The project was carried out in the spring of 2012.

This report includes results from the community household survey.

**Table 1.1: Timeline**

March 2012	<ul style="list-style-type: none"> <li>• Project outline developed</li> <li>• Project Contribution Agreement confirmed</li> <li>• UNBC Research Ethics Board process completed</li> <li>• Research team established</li> <li>• Relevant local planning documents identified and obtained</li> <li>• Draft community survey</li> </ul>
April 2012	<ul style="list-style-type: none"> <li>• Construct survey database</li> <li>• Community household survey distributed</li> </ul>
May 2012	<ul style="list-style-type: none"> <li>• Data collection for community household survey completed</li> <li>• Complete survey data entry</li> <li>• Analysis of survey data</li> <li>• Complete draft survey report</li> </ul>
August 2012	<ul style="list-style-type: none"> <li>• Complete final reports for survey and interviews</li> <li>• Review of project reports with the District of Clearwater</li> <li>• Community meeting to share results</li> </ul>

Source: District of Clearwater Seniors’ Needs Project 2012.



**2.0 Methodology**

The data and information for this project was collected through 3 methods. These include:

- a review of Census population data,
- a community survey, and
- community interviews.

This report covers the information collected through the community household survey.

***Survey Implementation***

The seniors’ needs survey was distributed to residents in April 2012. The community survey and analysis was coordinated by Greg Halseth of the University of Northern British Columbia and executed by municipal staff with the District of Clearwater and a research team from UNBC. The survey was developed in cooperation with the District of Clearwater.

A standard requirement for research conducted by UNBC is that the survey and methodology be reviewed by the university’s Research Ethics Board. A key component to this protocol is to provide research participants with a copy of a cover letter (Appendix A) that outlines the purpose of the study, how the research process will protect their anonymity and confidentiality, and that their participation is voluntary.

The survey was administered both online by providing a link on the District of Clearwater’s website and through a mail distribution of 1,400 household surveys (Appendix B). Survey responses were collected until May 11<sup>th</sup>. In total, 105 surveys were completed. Drop-off boxes were placed throughout the community where residents could return completed surveys. These drop-off locations included the District of Clearwater, Home Hardware, Evergreen Acres, Yellowhead Community Services, the public library, and Safety Mart. Residents also had the opportunity to complete a community survey at the farmer’s market on May 12<sup>th</sup>.

**Table 2.1: Response Rate**

Completed online surveys	8	7.6%
Completed surveys at the farmer’s market	16	15.2%
Completed drop-off surveys	81	77.1%
Total completed surveys	105	100.0%
-----		
Sample size	1,400	
Response rate	7.5%	

Source: District of Clearwater Seniors’ Needs Survey 2012.

With a total of 105 completed surveys, the response rate was 7.5% (Table 2.1). When interpreting the survey results, it is important to keep in mind that responses are from a sample of the local population. There is always a level of ‘sampling error’ when you do not have results from every household. With 105 completed surveys, the sampling error for this work is between 6 and 10 percent, 19 times out of 20.

### ***Questionnaire Content***

The purpose of the District of Clearwater’s Seniors’ Needs Project was to identify general concerns and issues which the community might identify around infrastructure, mobility, communication, and support needs for older residents. This report assembles results from the community survey which captures key themes through each section of the research project. A detailed description of questions asked in each section is provided in Appendix B for the household survey.

In Section A of the community survey, questions were asked to better understand the demographic composition of the households living in Clearwater. Questions were also asked to gauge overall community support for developing seniors’ housing in the community. In Section B, respondents were asked to self-identify themselves as an older resident in order to further explore seniors’ needs in Clearwater. Responses by older residents were viewed to be important to help the District of Clearwater to identify priority issues. Questions in Section B covered 5 topic areas including:

- housing,
- mobility,
- community services,
- family, friends, and care networks, and
- programs for seniors.

The survey included both open and closed ended questions. Closed ended questions are those which provide a limited set of response categories and ask the respondent to choose the one most appropriate. For some closed ended questions, respondents were allowed to select all the response categories that applied. Open ended questions allow the respondent to answer in their own words.

### ***Analysis***

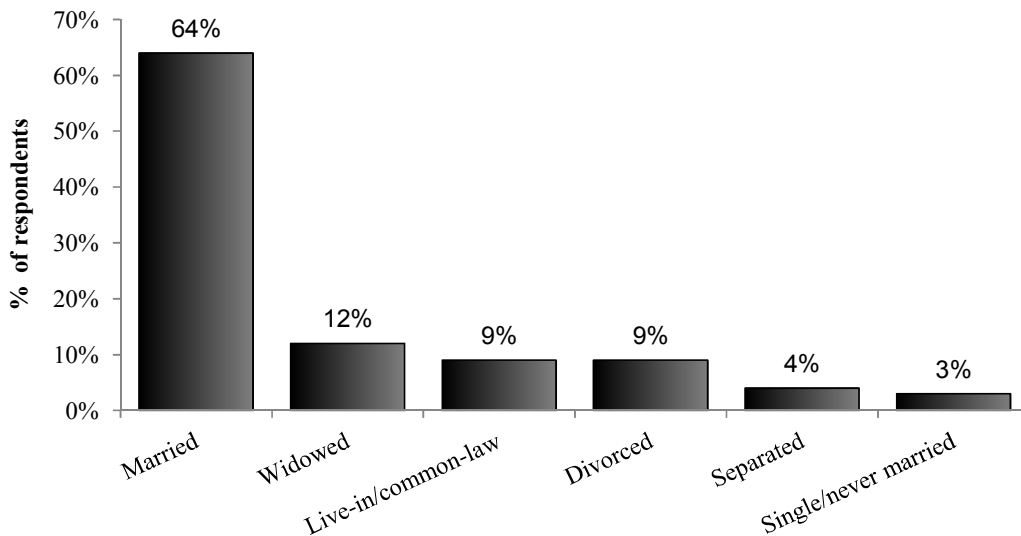
In general, the survey data reported in this report give totals for respondent answers to the various questions asked. Responses to closed ended questions were entered into an SPSS database. For open ended questions, a qualitative analysis was done to identify, code, and categorize themes from the data. Once themes were identified, responses were tallied. Qualitative tables consist of theme headings and sub-headings. The theme headings are bolded and have a numerical count beside them of the total number of comments received for that particular topic. Under each theme are sub-headings that are in plain, non-bolded font. Beside each sub-heading is a numerical count of the total number of respondents who raised a specific issue.

For example, in Table 4.1, participants were asked to explain why the current housing situation in Clearwater meets, or does not meet, the needs of seniors. The most prominent theme was inadequate building design. For example, while 13 respondents were concerned about low maintenance housing options, 10 respondents noted that there is a lack of one level housing options. When all of the sub-heading comments are added up, the theme of inadequate building design was raised 35 times.

### 3.0 Who Responded to the Survey

This section provides a brief review of the survey respondents' characteristics. In terms of marital status, about 73% of respondents were married or living in common-law, while approximately 12% were widowed and an additional 13% were either divorced or separated (Figure 3.1). This pattern is quite typical of populations across rural and resource-based communities.

**Figure 3.1: Marital Status of Respondents**



When we look at the age distribution of respondents, just over 30% are 65 years or older (Table 3.1). By comparison, over half of the respondents are between 50 and 64 years of age. While the coming 'bubble' of retirees from the workforce means growth in the local seniors' population (see Socio-Demographic Report), the participation by older residents in this survey suggests that support service needs are a motivating local concern even now.

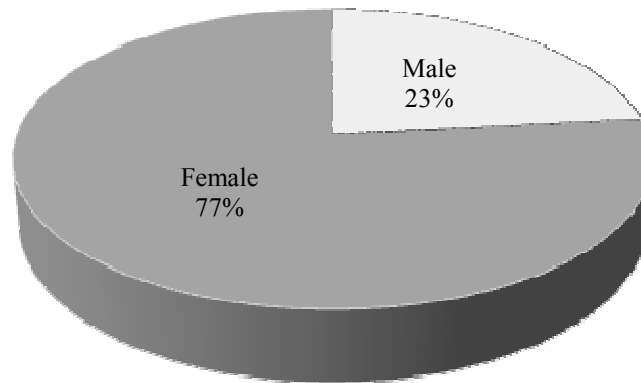
**Table 3.1: Age profile of respondent**

<b>Age Profile</b>	<b>Total # of Respondents</b>	<b>Survey Percent</b>
Under 50 years of age	15	14.4
50-64 years	57	54.8
65 years of age and over	32	30.8
	n= 104	100.0

Source: District of Clearwater Seniors' Needs Survey 2012.

In terms of gender, most survey respondents were female (Figure 3.2).

**Figure 3.2: Gender of Respondents**



Most of the people who responded to the survey have lived in Clearwater for a long period of time (Table 3.2). While just under 11% of the respondents are 'newcomers' (lived in Clearwater for five years or less), almost 65% have lived in Clearwater for at least twenty years.

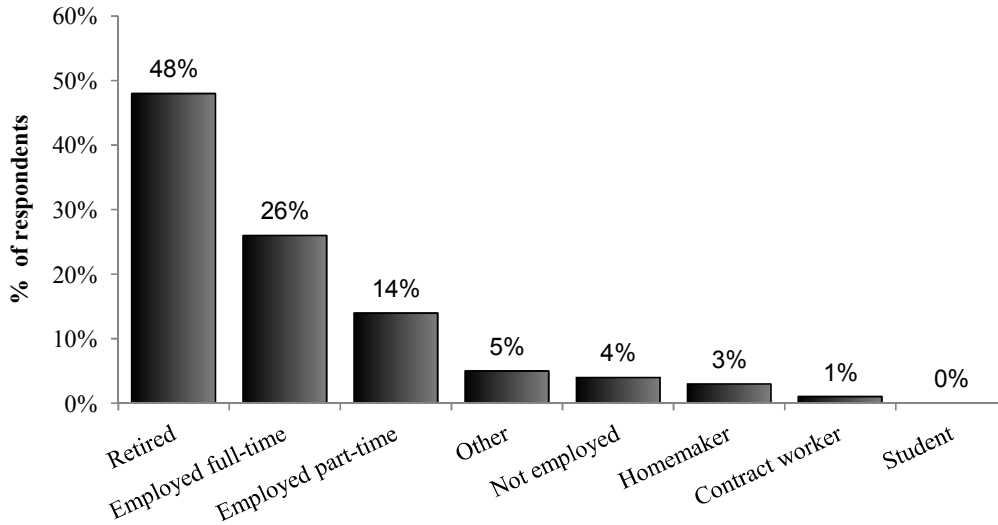
**Table 3.2: Length of residence**

<b>Age Profile</b>	<b>Total # of Respondents</b>	<b>Survey Percent</b>
0- 5 years	11	10.6
6- 10 years	20	19.2
11- 19 years	6	5.8
20 years or more	67	64.4
	n= 104	100.0

Source: District of Clearwater Seniors' Needs Survey 2012.

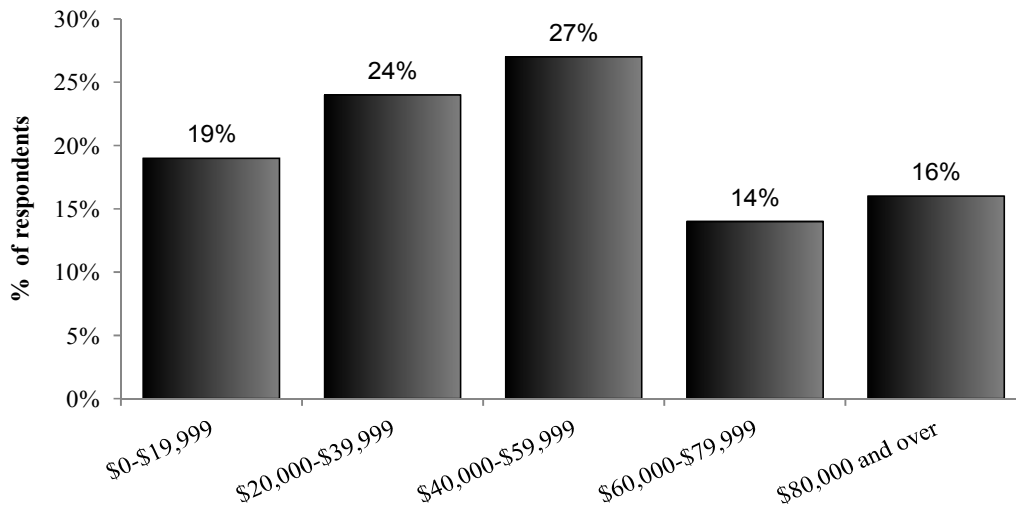
In terms of employment status, almost 48% of respondents reported that they are retired (Figure 3.3). Most other respondents are working in a range of full-time or part-time jobs.

**Figure 3.3: Employment Status of Respondents**



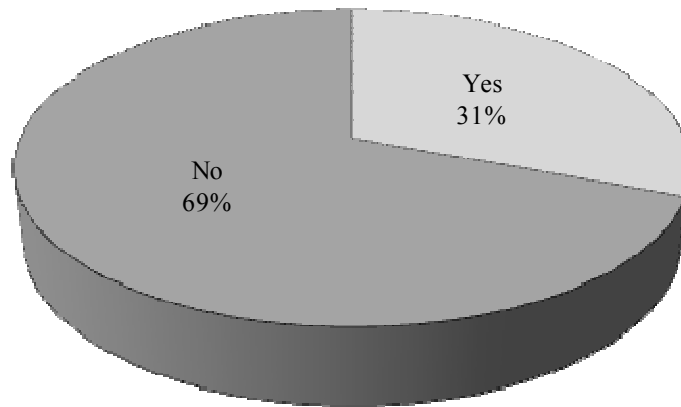
When respondents were asked about their annual household incomes, about 43% identified incomes below \$40,000 (Figure 3.4). By comparison, roughly 41% reported annual household incomes between \$40,000 and \$79,999, and just over 16% made more than \$80,000.

**Figure 3.4: Income of Respondent Households**



When asked if anyone in their household required special medical attention, 31% of respondents answered ‘yes’ (Figure 3.5). More prominent illnesses included diabetes and general disabilities. A more detailed listing of the special medical conditions is provided in Table 3.3.

**Figure 3.5: Households Requiring Special Medical Attention**



**Table 3.3: Does anyone in your household require special medical attention? If yes, please specify:**

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Diabetes (6)	Chronic illness (1)
General disability (5)	Dementia (1)
Cancer treatment (3)	Emphysema (1)
Prescriptions (3)	Eye problems (1)
Arthritis (2)	Gout (1)
Asthma (2)	Heart attack (1)
Blood pressure (2)	Heart problem (2)
COPD (2)	Knee problems (1)
Age related (1)	Leg problems (1)
Allergies (1)	Multiple sclerosis (1)
Back problems (1)	Oxygen (1)
Bipolar (1)	Stroke follow-up (1)

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Source: District of Clearwater Seniors' Needs Survey 2012.

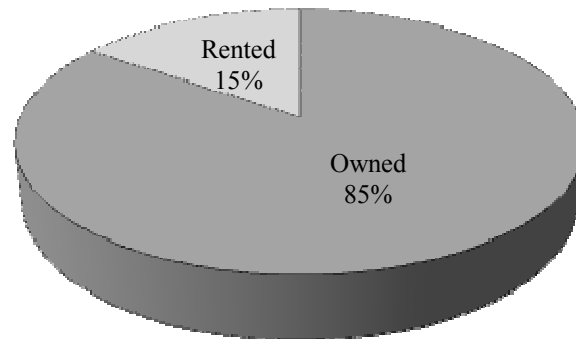
### Summary

In summary, almost three-quarters of those surveyed are married or living in common-law. In terms of age, the greatest proportion of respondents are approaching retirement, followed by those 65 years of age and older. In terms of gender, most survey respondents are female. Most of the people who responded to the survey have generally lived in Clearwater for a long period of time. Most of the respondents reported that they were retired, followed by those who were employed full-time or part-time. While approximately 43% of respondents came from low-income households, an additional 41% of respondents came from middle-income households. Finally, 31% of the respondents reported having someone in their household who required special medical attention.

## 4.0 Housing

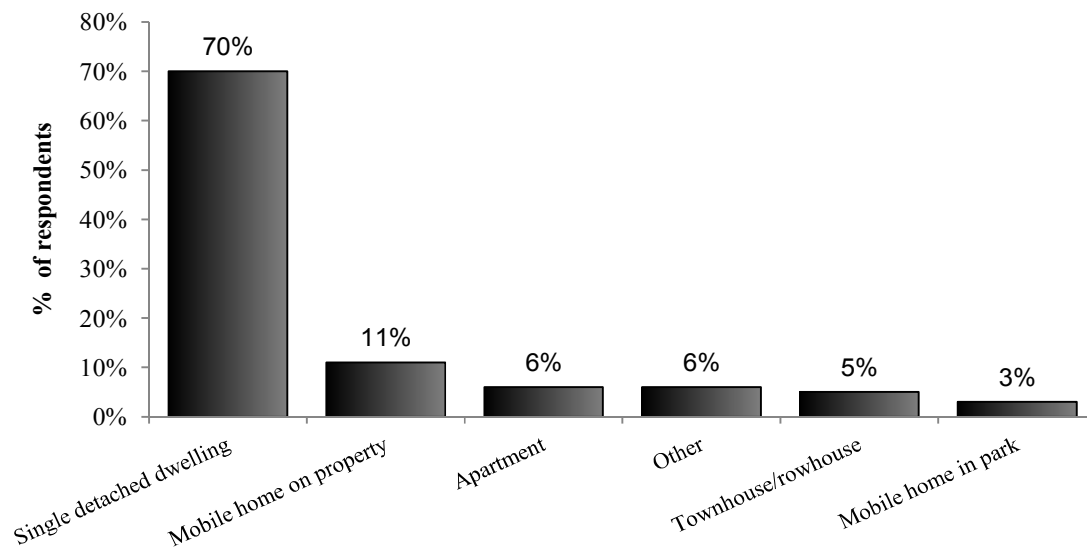
The survey asked people a number of questions related to housing. These covered not only the housing status of respondents, but also their views on housing needs for older residents. In terms of housing tenure, approximately 85% of respondents owned their dwelling (Figure 4.1).

**Figure 4.1: Household Ownership**



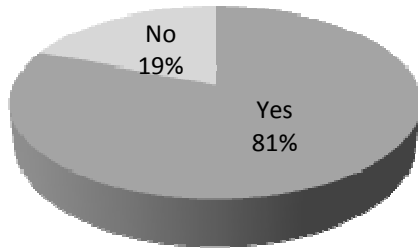
In terms of housing types, about 70% of respondents lived in a single detached house (Figure 4.2).

**Figure 4.2: Housing Type**

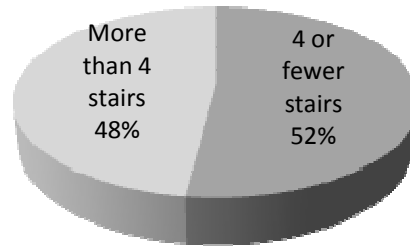


Stairs in houses are an important consideration for older households. When respondents were asked if there were stairs at the main entrance to the household, about 81% said ‘yes’ (Figure 4.3). Approximately 48% of these places had four or fewer sets of stairs (Figure 4.4).

**Figure 4.3: Households with Stairs at Entrance**

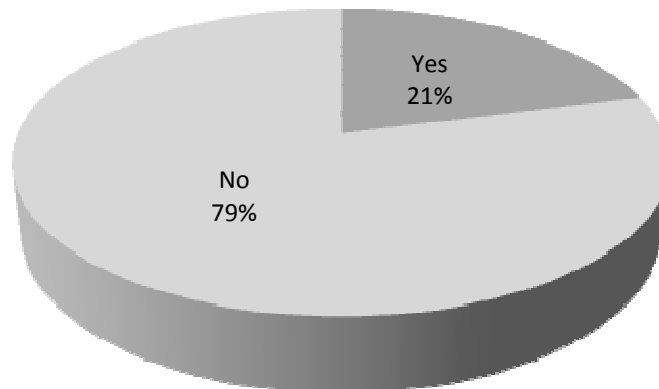


**Figure 4.4: Number of Stairs in Respondent Households**



Considering that the community has an aging workforce, we asked residents if they felt the current housing situation in Clearwater is able to meet the needs of older residents. In response, about 79% said ‘no’ (Figure 4.5).

**Figure 4.5: Percentage of Respondents Who Find Housing in Clearwater Suitable for Seniors**



Respondents were also asked to explain aspects of the current housing situation that are not appropriate to address seniors’ needs (Table 4.1). Prominent concerns stemmed from design issues, such as a lack of low maintenance housing or one level homes, as well as the limited availability and affordability of housing options for older residents in Clearwater. Residents also expressed concerns about the inadequate proximity of existing seniors’ housing options to shopping and amenities.



**Table 4.1: Would you say the current housing in Clearwater meets the needs of residents?**

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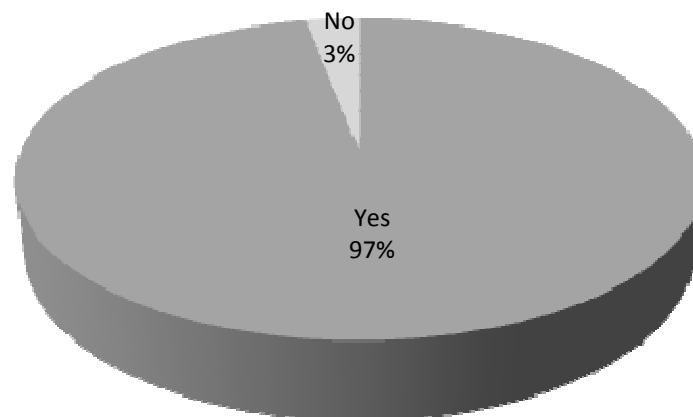
<p><b>Building design (35)</b>          Lack of low maintenance apartments/ housing (13)          Lack of one level homes (10)          Buildings are not designed for seniors (3)          More garden and space needed (3)          Need storage facilities/space (3)          More 1 bedroom units needed at Evergreen Acres (2)          Limited access to handicap parking (1)</p> <p><b>Availability (34)</b>          Lack of seniors' housing options (18)          Lack of 55+ complexes - condos, strata, duplexes (4)          Lack of smaller homes for downsizing (4)          Lack of assisted living (3)          Lack of rental accommodation (3)          Lack of extended care facility (1)          Lack of seniors gated community (1)</p>	<p><b>Housing Costs (24)</b>          Lack of affordable housing (14)          Lack of low-income seniors' housing (6)          Overpriced rental accommodation (3)          Lack of subsidized rental accommodation (1)</p> <p><b>Location (15)</b>          Proximity to shopping and facilities (9)          Inconvenient location (3)          Limited proximity to bus service/transportation (2)          Housing close to assistance (1)</p> <p><b>Strict Criteria (2)</b>          Current senior's home is only for low-income – negative (2)</p> <p><b>Other (7)</b>          Don't know (7)</p>
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Source: Clearwater Seniors' Needs Project 2012.

One of the key questions in the survey was whether the community needs a housing complex for older residents and what would be the best location for that housing complex. In terms of need, approximately 97% of respondents supported the need for a seniors' housing complex (Figure 4.6).

**Figure 4.6: Percentage of Respondents Who Think Clearwater Needs a Seniors' Housing Complex**



In terms of a possible location for a seniors' housing complex, many respondents would like a seniors' housing complex to be located close to amenities such as shopping (Table 4.2).

**Table 4.2: Where would be the best location for seniors' housing in Clearwater?**

<p><b>Close to amenities (71)</b>            Close to shopping (24)            Close to hospital (15)            Near medical center (8)            Central (5)            Close to general amenities (4)            On bus route (4)            Close to banks (2)            Close to community recreation centre (2)            Close to green space (2)            Close to library (2)            Close to seniors' recreation center (2)            Close to golf course (1)</p> <p><b>Available Sites (47)</b>            Close to Evergreen Acres (13)            High school area (6)            Park Road (5)            Brookfield Creek/Sunshine Valley (4)            Old hospital site (3)            Park Drive (3)            Across from the fire hall (1)            Dutch Lake elementary school (1)            Empty lot by courthouse (1)</p>	<p><b>Available Sites Cont'd</b>            End of Ogden Road (1)            Lodge Drive (1)            Old North Thompson Highway across from Rona (1)            Near Forest Grove (1)            North highway (1)            Not in a trailer park (1)            Weyerhaeuser Park area/behind Strawberry Moose (1)            Within 5km of town (1)            Yellowhead highway south of Rona (1)            Young Road (1)</p> <p><b>Environment (5)</b>            By the river/lake/trees/mountain view (3)            Dutch Lake (1)            Rural setting with gardens (1)</p> <p><b>Quiet Location (3)</b>            In a quiet location (2)            Not on the highway (1)</p> <p><b>Other (7)</b>            Not sure (7)</p>
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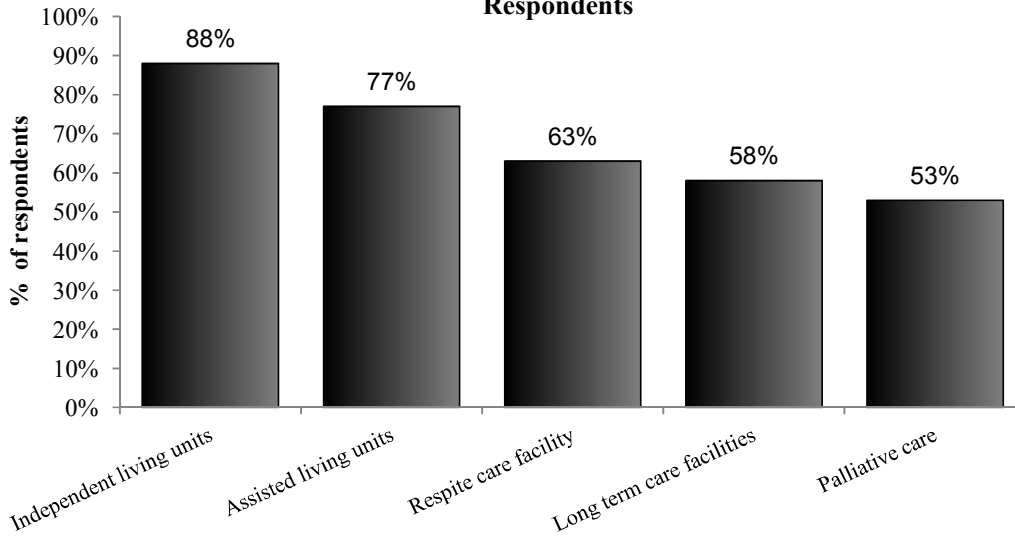
Source: Clearwater Seniors' Needs Survey 2012.

Respondents were asked about the types of housing needed to meet the needs of older residents. Five general types of housing were listed:

- *Independent living* units can include private apartments with available meals, housekeeping, laundry, and home care services.
- *Assisted living* units are like independent living but with greater care available in meals, grooming, medication, and home care services.
- *Long-term care* facilities are often referred to as nursing homes and provide a high level of care.
- *Respite care* facilities provide adult daycare services designed to give temporary relief for the primary caregivers of seniors with ongoing care needs.
- *Palliative care* facilities are designed to provide care for terminally ill residents.

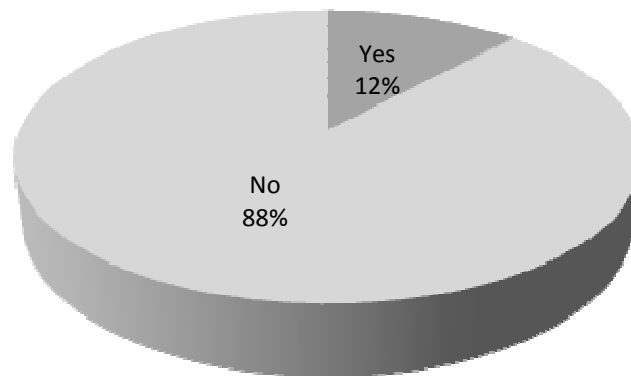
Respondents were allowed to identify any and all types of facilities they felt were needed. In Figure 4.7, the highest support was for housing with modest levels of assistance. Approximately 88% called for independent living units, about 77% called for assisted living units, and 63% called for respite care. Long-term care facilities and palliative care were also supported by over half of all respondents.

**Figure 4.7: Types of Seniors' Housing Desired for Cleawater by Respondents**



Given the interest around immediate needs for seniors' accommodation, the survey asked several questions on this topic. When asked if they needed accommodation at this time, only about 12% of respondents said 'yes' (Figure 4.8). Participants were also asked how much they were willing to pay for renting or purchasing housing accommodations. For those who were looking to rent, their ability to pay monthly rent ranged from \$300 to \$600. In terms of purchasing a home, respondents were willing to pay between \$35,000 and \$150,000.

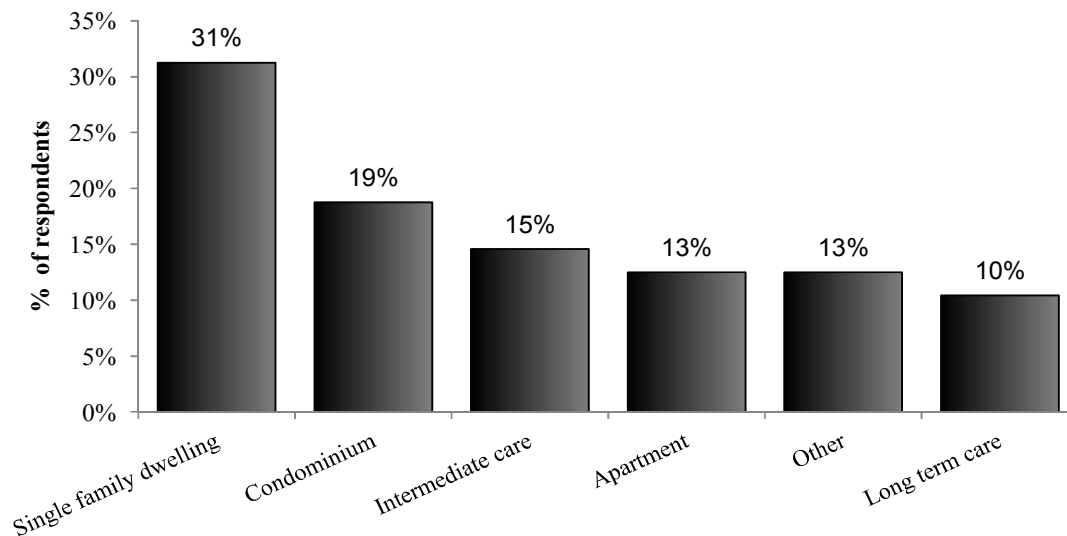
**Figure 4.8: Percentage of Respondents Requiring Seniors' Accommodation**



When asked, however, 41 respondents identified that they were looking for independent living options, such as a single family dwelling, a condominium or apartment, or intermediate care (Figure 4.9). This is not surprising given the relatively 'young' age profile of the seniors' population in the region as well as the coming 'bubble' of new retirees. Interest in apartments or

condominiums speaks to the efforts many aging households undertake to reduce their housing maintenance tasks. Of interest, however, there were also a number of respondents seeking higher levels of care through long-term or intermediate care facilities.

**Figure 4.9: Types of Seniors' Housing Desired by Respondents**



## Summary

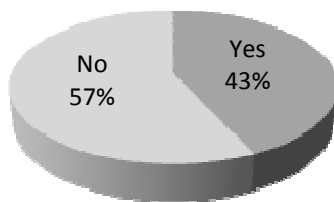
Housing is one of the key issues for older residents and our seniors' survey asked a number of housing questions. While most respondents owned their dwelling and lived in a single family dwelling, almost 80% felt that the current housing situation is not able to meet the needs of older residents, and 97% of respondents support the need for another seniors' housing complex. Stairs can be a risk and a barrier for older households, and in the survey about 81% of respondents said there were stairs at the main entrance of their house. Other key design concerns included too many split level homes and a lack of low maintenance housing options. High housing and rental costs for older residents was also an important concern. When asked about the types of housing needed to meet the needs of older residents, the highest support was for housing with modest levels of assistance (independent living and assisted living). Respite care was also supported by a majority of respondents.

## 5.0 Mobility

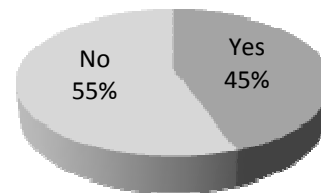
This section includes a number of questions dealing with how people move about their community. Consideration of seniors' needs must address issues of mobility since they include not only daily needs, but access for social purposes and for various medical and health care needs.

Road and sidewalk maintenance is important for older residents. This involves not only safe travel by vehicle, but also the ability to move about by foot, especially in the winter when snow and ice may create hazards. When respondents were asked if road and sidewalk maintenance is adequate, approval rates (in general and in winter) did not exceed 50% (Figures 5.1-5.4). Respondents identified sidewalk development and maintenance as an area for one investment. For example, respondents felt that sidewalks and pedestrian separation needed to be improved along the highway corridor. Some recommended that a grader be used to ensure snow is not left behind in driveways during snow removal operations.

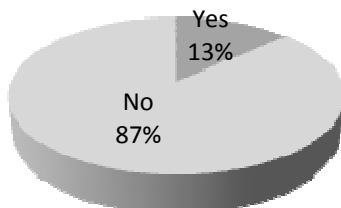
**Figure 5.1: Satisfaction with Road Maintenance in Clearwater**



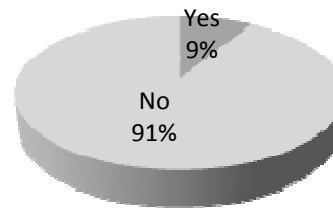
**Figure 5.2: Satisfaction with Winter Road Maintenance in Clearwater**



**Figure 5.3: Satisfaction with Sidewalk Maintenance in Clearwater**



**Figure 5.4: Satisfaction with Winter Sidewalk Maintenance in Clearwater**



Mobility issues are clearly very important. When asked about the types of transportation services that should be provided to older residents within the community, the most common responses were to maintain and provide more frequent bus service (Table 5.1). Offering more handicap transportation services was also deemed to be important.

**Table 5.1: What types of local transportation services should be provided for older residents?**

---

<b>Bus Services (64)</b> Bus (31) More frequent bus service (12) Bus on weekends (7) Bus on evenings (5) Door to door transit (4) Bus with trained helpful drivers (2) Bus with specified times (1) More bus stops (1) Regular transit to medical facilities/shopping (1)	<b>Seniors' Transportation (3)</b> Bus with seats suitable for seniors (1) On call bus for seniors (1) Seniors taxi (1)
<b>Handicap Services (17)</b> Handi dart (10) Safe/handicap accessible walkways (3) Access for motor scooters – roads/trails/paths (2) Plug-ins for electric wheelchairs (1) Wheelchair accessible bus (1)	<b>Informal Transportation Supports (2)</b> Car pool (1) List of volunteers to drive seniors (1)
	<b>Financial Support (1)</b> Free bus for seniors (1)
	<b>Other Transportation Needs (13)</b> Taxi (4) Maintain existing transportation services (4) Mini bus/van (2) Not sure (2) Highway crossing (1)

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Source: Clearwater Seniors' Needs Survey 2012.

When considering out-of-town transportation needs, respondents called for more attention to improve out-of-town bus service within the region (Table 5.2). This included recommendations for more frequent bus service for both non-medical and medical travel to Kamloops.

**Table 5.2: What types of regional transportation service should be provided for older residents?**

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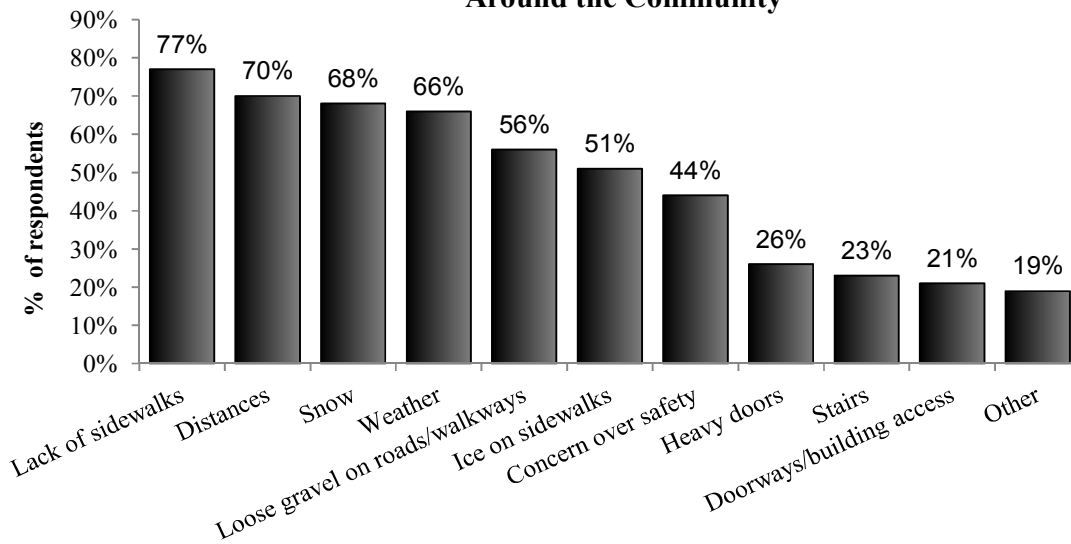
<b>Regional Bus Service (48)</b> Regional bus service (16) Bus to/from Kamloops (10) More frequent bus to/from Kamloops (7) Small bus (3) More frequent bus service (2) Specific bus trip for groceries (2) Bus for special events (1) Bus to/from Blue River (1) Bus to/from Kelowna (1) Bus to/from Vancouver (1) Convenient bus schedule to larger centres (1) Expanded routes (1) More convenient bus stops (1) Non-medical shuttle bus in Kamloops (1)	<b>Medical Transportation Cont'd</b> Drivers that have medical training (1) Drop off/pick up to doctors in larger centres (1) Helicopter (1)
<b>Medical Transportation (14)</b> Regular medical bus to/from Kamloops (10) Ambulance (1)	<b>Handicap Accessibility (2)</b> Handicap taxi (1) Bus with wheelchair accessibility (1)
	<b>Financial Supports (3)</b> Affordable medical buses to Kamloops (2) Free medical bus (1)
	<b>Other (6)</b> Maintain existing regional transportation services (2) Not sure (1) Taxi (1) Train to/from Kamloops (1)

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Source: Clearwater Seniors' Needs Survey 2012.

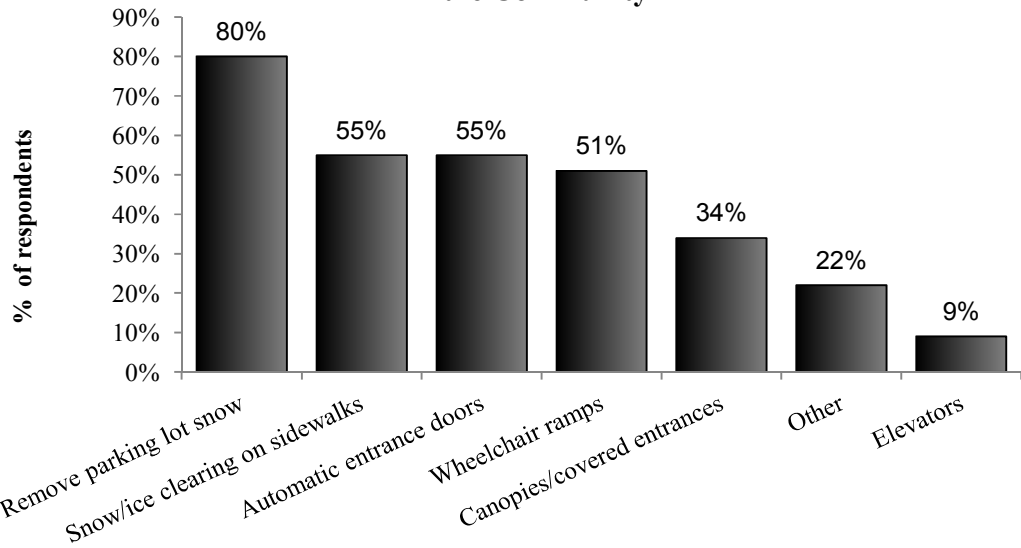
In terms of barriers to walking around town, more than half of the respondents talked about lack of sidewalks, distances, snow, weather, loose gravel on the roads and walkways, and icy sidewalks (Figure 5.5). Fewer concerns were expressed about community safety, heavy doors, stairs, and access to doorways and buildings. Other barriers identified by respondents included dispersed shopping facilities, narrow shopping isles that may be filled with items, a lack of trails for scooters, speeding traffic along highways and residential streets, potholes, loose dogs, and a lack of street lighting.

**Figure 5.5: Barriers Prohibiting Older Residents from Walking Around the Community**



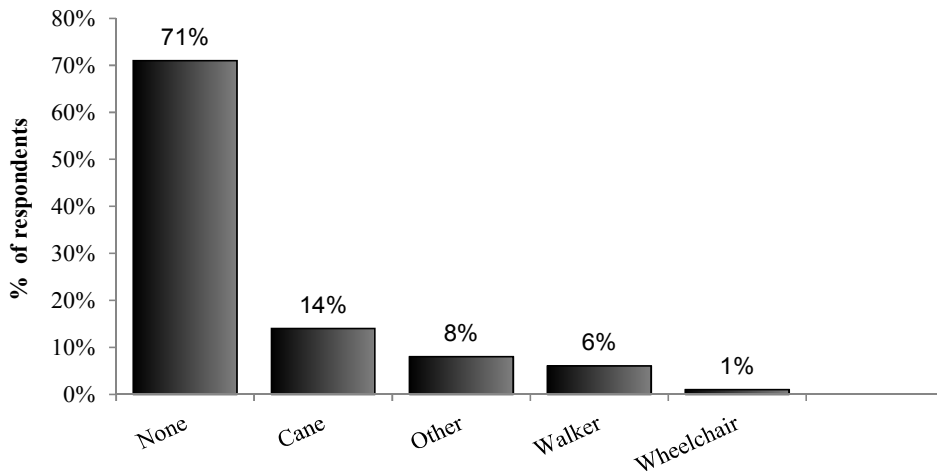
When asked about some of the things that needed to be done to allow older residents to move around the community and to go into various stores and buildings, snow and ice clearing for parking lots was the most common response (Figure 5.6). Snow and ice clearing for sidewalks, automatic entrance doors, and wheelchair ramps were also supported by more than half of the respondents. Respondents also identified a number of ‘other’ improvements to improve mobility for older residents, such as more paved sidewalks, lanes for wheelchairs and scooters, more pathways to connect the different parts of the community, more attention to centralizing businesses and services, parking spots for seniors, wider doors, railings, and more public washroom facilities.

**Figure 5.6: Recommendations to Improve Mobility Around the Community**



Finally, when participants were asked if they used any mobility aids, 71% said ‘none’ (Figure 5.7). In contrast, however, almost 30% used mobility aids such as canes, walkers, wheelchairs, and crutches. Others noted that they have a disability parking permit.

**Figure 5.7: Mobility Aid Use by Respondents**



## Summary

Seniors’ transportation and mobility issues are important as they not only affect basic daily needs, but also quality of life and personal safety. With limited transportation options and the dispersed nature of the community, the wide use of personal vehicles means that road and sidewalk maintenance (general and winter) is especially important. Given that most respondents



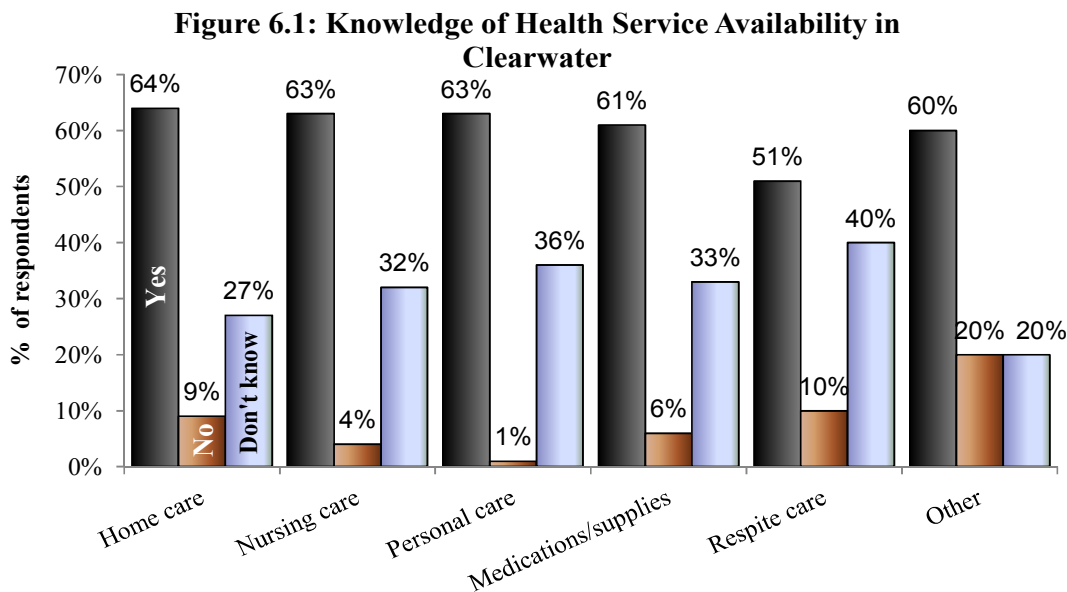
in Clearwater were not satisfied with road and sidewalk maintenance, this has clearly been identified as an area for additional investment. As the population ages, support is needed for alternative modes of transportation, such as a wheelchair accessible shuttle bus. Respondents would also like to see the bus service improved to enhance access to services in distant regional centres. This option is particularly important for those who do not have a vehicle or who are uncomfortable driving in poor winter conditions.

The lack of sidewalks, the dispersed nature of the community, and winter weather, especially snow and ice, were the key barriers identified by respondents for seniors to walk and move about their community. When asked about some of the things that needed to be done to allow older residents to move around their community, snow and ice clearing in parking lots and sidewalks, as well as investments in automatic doors and wheelchair ramps were frequently mentioned.

## 6.0 Community Services

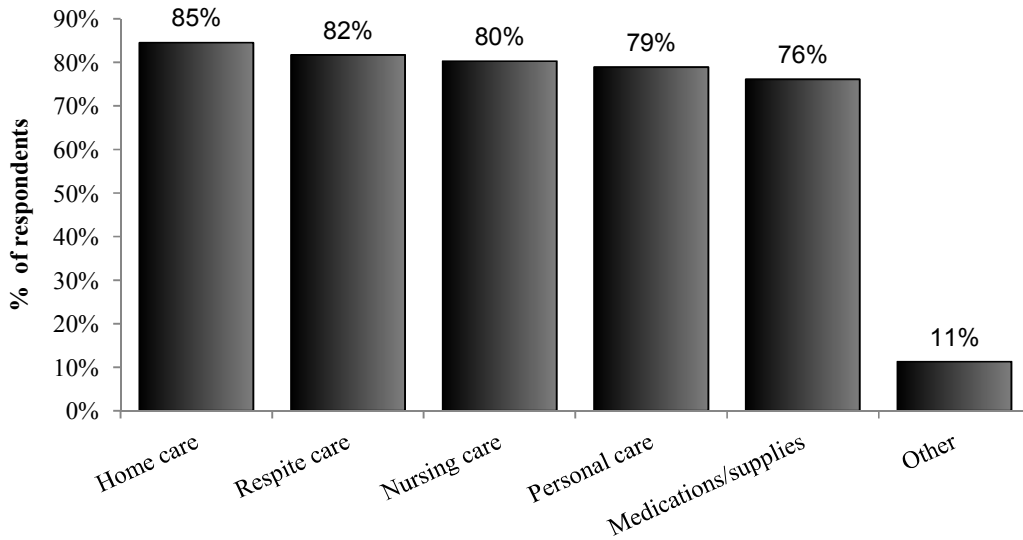
Community service provision is a critical part of planning for older residents. This section reviews the awareness of, and support for investments in, community services to support healthy aging in Clearwater.

To explore awareness of health care supports, the survey asked residents about the availability of a range of health care services to support seniors' independence. While results show that roughly 60% of residents are aware about a range of health care supports (Figure 6.1), there is clearly a need to enhance the promotion and communication of available supports to both long-term and new residents.



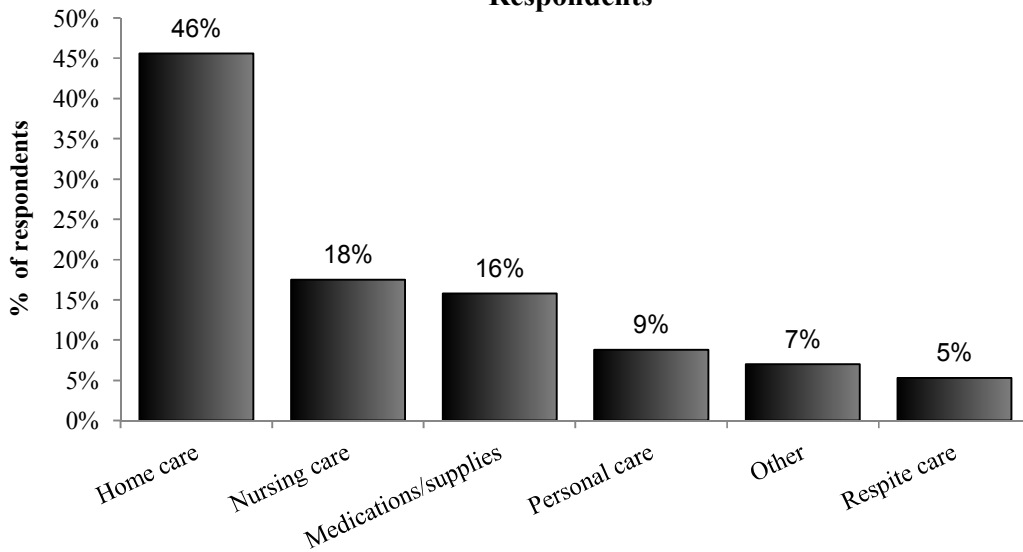
The survey also asked respondents to identify the services people feel are needed to help older residents maintain their health and wellness. Most of the services listed received high levels of support, especially for home care, respite care, and nursing care (Figure 6.2). Some respondents also highlighted the need for a nurse practitioner in the community, more resident doctors, as well as more resources to expand more routine and frequent access to home care, personal care, and other related health care supports.

**Figure 6.2: Need for Health Services in Clearwater**

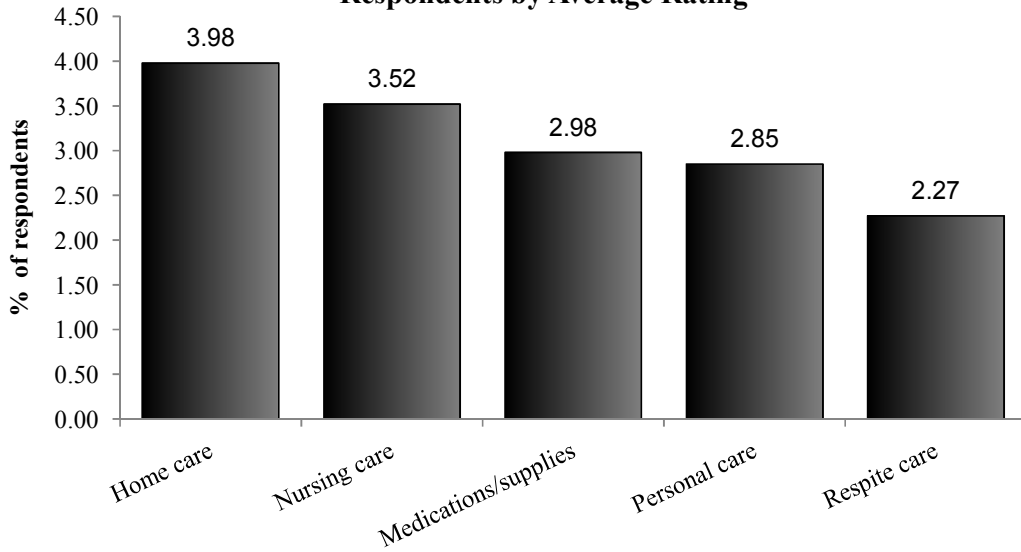


The survey also asked respondents to rank up to five priority areas for health care services that support seniors' independence. In this context, home care was most frequently ranked as the number one priority for health care services (Figure 6.3). Respondents were also asked to rank health care supports from most important to least important. As shown in Figure 6.4, home care was ranked as the most important, followed by nursing care and medications / supplies.

**Figure 6.3: Percentage of Health Care Supports Ranked First by Respondents**

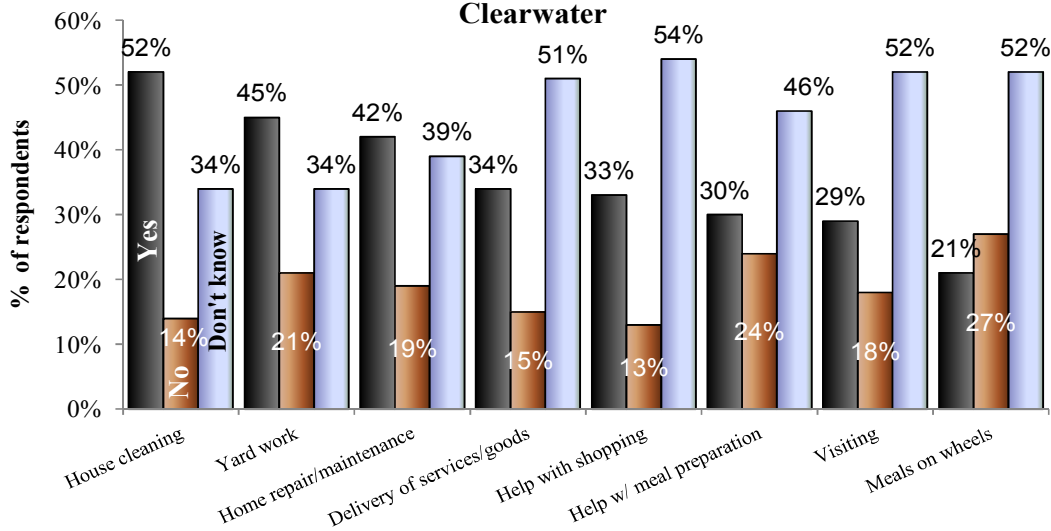


**Figure 6.4: Most Needed Health Care Supports According to Respondents by Average Rating**



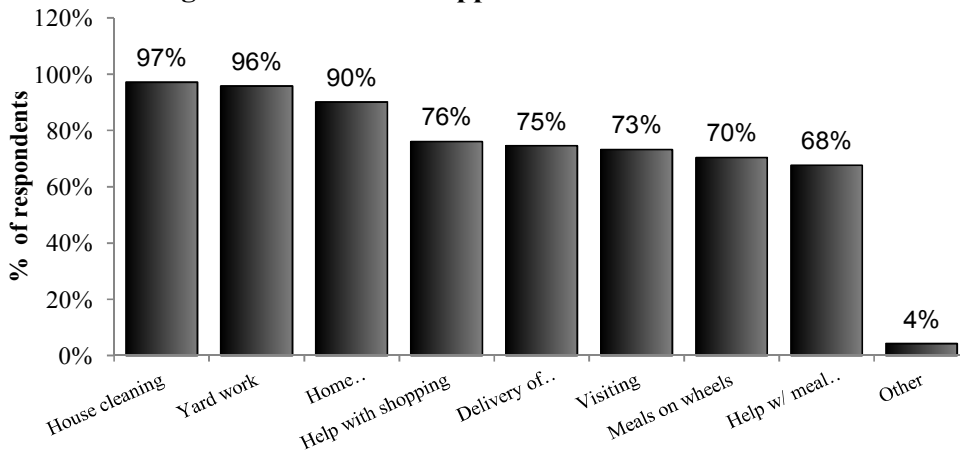
Secondly, respondents were asked about their awareness of ‘other’ support services (i.e. through the public or private sector) that would be important to maintain seniors’ health and independence. Of particular concern is that roughly half of the respondents simply did not know whether or not certain services existed, such as the delivery of services / goods, help with shopping, help with meal preparation, visiting, and meals on wheels (Figure 6.5). There was also considerable discrepancy with ‘yes’ and ‘no’ answers regarding the availability of support services. For example, while assistance is available to shop for and prepare food, a number of respondents felt this support did not exist. There are, however, several other food security and food program initiatives offered through Yellowhead Community Services.

**Figure 6.5: Knowledge of Support Service Availability in Clearwater**



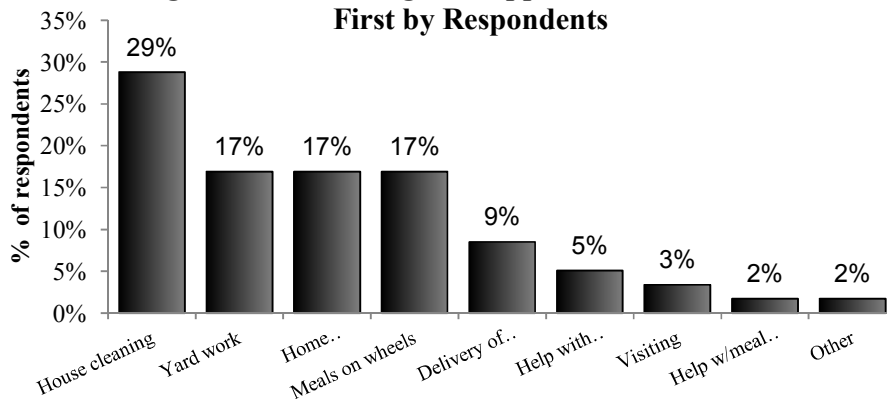
There was a good level of support for services that promote seniors' independence in their home, particularly for housecleaning, yard work, and home repair and maintenance (Figure 6.6). This is not surprising given earlier concerns expressed about the lack of low maintenance housing in Clearwater. Some respondents also expressed concerns that while supports exist, they are only available at a cost that may not be affordable for some older residents. Others cited the need for an adopt of grandparent program, as well as assistance with understanding and preparing wills.

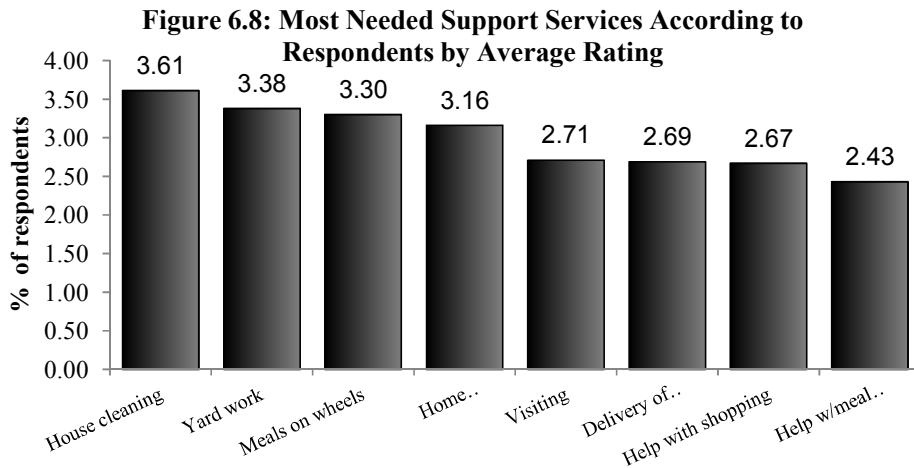
**Figure 6.6: Need for Support Services in Clearwater**



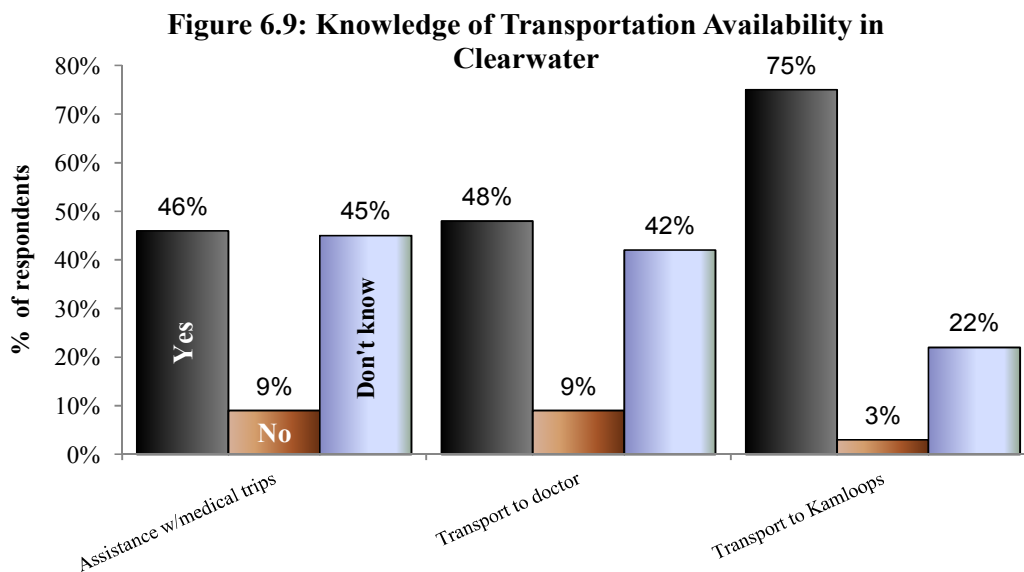
While so many services may be deemed necessary to have within the community, it is important to explore which services are deemed to be a priority. When respondents were asked to rank their top priority areas for services that promote seniors' independence, house cleaning was most frequently cited as the number one choice (Figure 6.7). This was followed by yard work, home repair / maintenance, and meals on wheels. When we examine the overall rankings that respondents assigned to support services (from most important to least important), house cleaning is ranked as the most important, followed by yard work, meals on wheels, and home repair and maintenance programs (Figure 6.8).

**Figure 6.7: Percentage of Support Services Ranked First by Respondents**



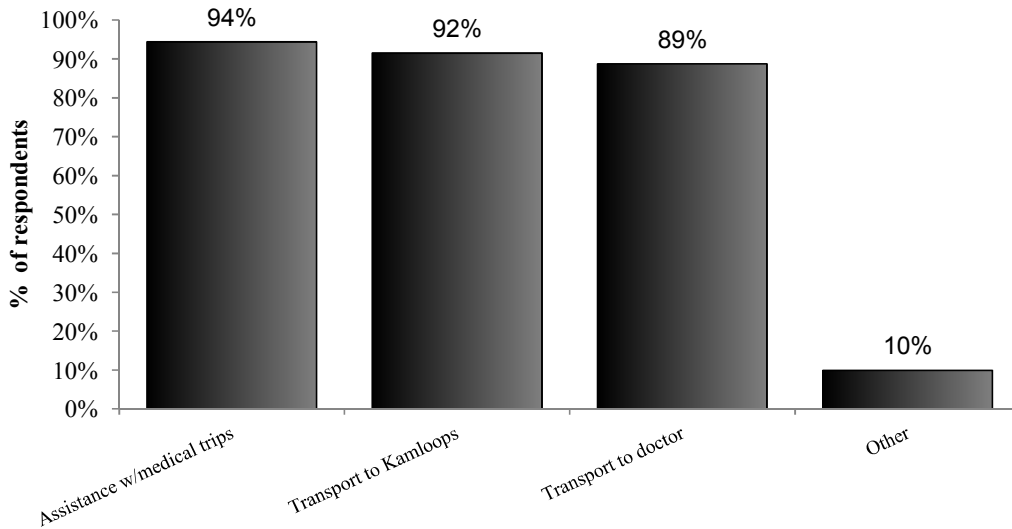


Finally, the survey asked respondents about their awareness of both local and regional transportation supports. While most respondents were aware of regional transportation supports to Kamloops, fewer residents were aware of assistance with medical trips (i.e. through the BC Travel Assistance Program) or medical-related transportation services provided through the Health Connections bus (Figure 6.9).



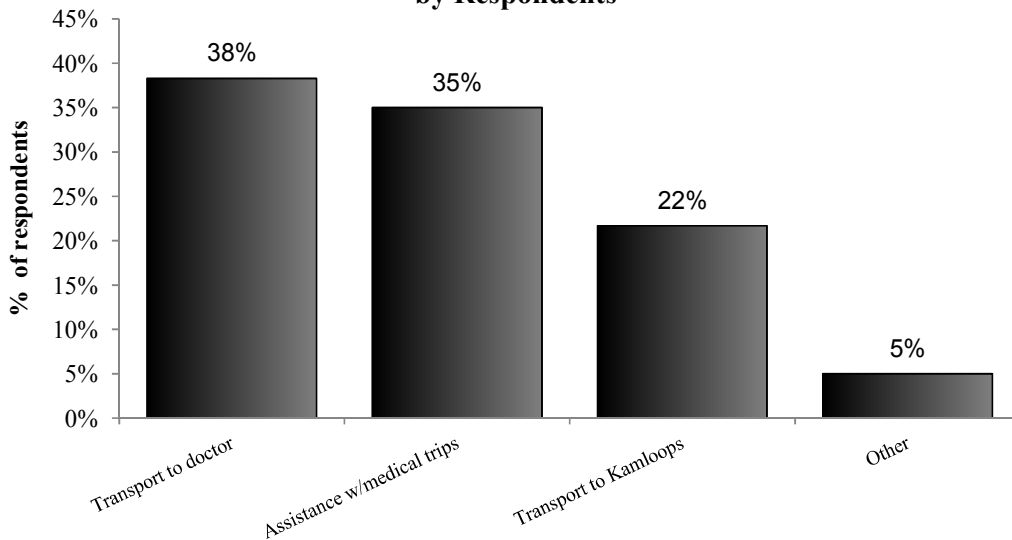
There was a very strong level of support for all of these transportation services (Figure 6.10). Respondents also felt that attention is needed to expand local transportation, particularly during the evenings and weekends, as well as to support the coordination of informal travel networks for both medical and non-medical trips in Clearwater and around the region.

**Figure 6.10: Need for Transportation Services in Clearwater**

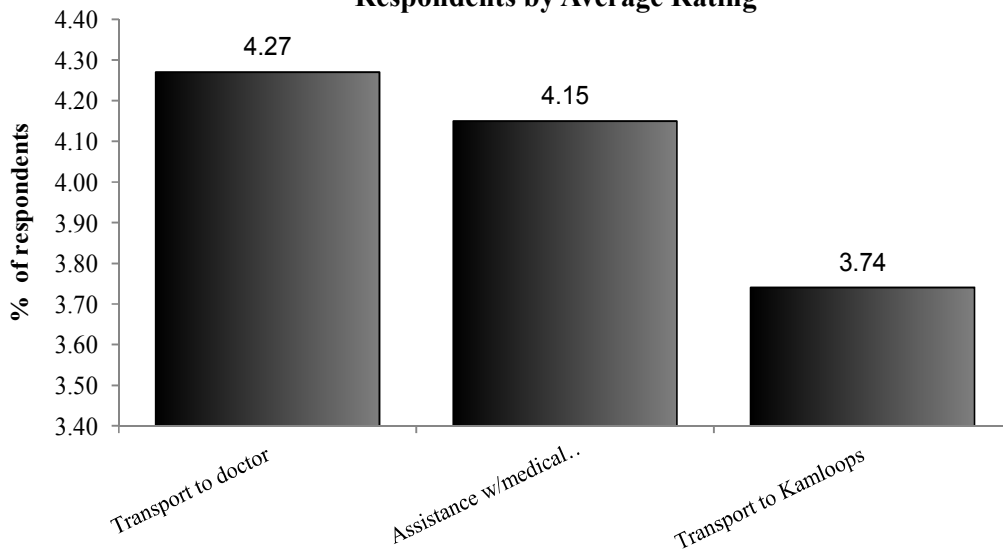


When respondents were asked to rank key transportation supports, transportation to the doctor and assistance with medical trips were most frequently ranked as respondent's number one choice (Figure 6.11). These transportation supports also received high overall rankings for services most needed (Figure 6.12).

**Figure 6.11: Percentage of Transportation Services Ranked First by Respondents**



**Figure 6.12: Most Needed Transportation Services According to Respondents by Average Rating**



### **Summary**

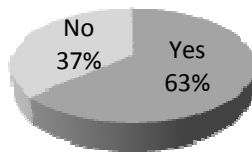
Local service provision is a critical part of planning for older residents. This section highlights the services people feel are needed to help older residents maintain their health and wellness. Home care and transportation services to medical services were the most widely supported services that older residents need to remain healthy and in their own homes. They also talked about a set of services needed to support the physical maintenance of residences.



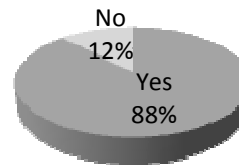
## 7.0 Family, Friends, and Care Networks

Access to care networks is an important part of support for older residents. It can play a crucial role in quality of life, how long seniors maintain their independence, and how long they remain in their own homes. The presence of a support network may influence whether older residents decide to remain in a community after they retire. While nearly all of the respondents identified that they had close friends living in Clearwater, just over 60% had other family members in the community (Figures 7.1 and 7.2).

**Figure 7.1: Percentage of Respondents with Family in Clearwater**



**Figure 7.2: Percentage of Respondents with Close Friends in Clearwater**



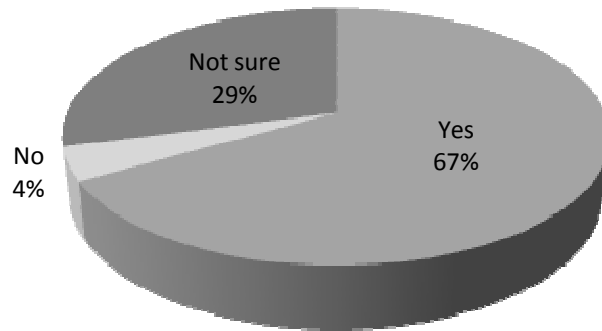
### Summary

The results suggest that many respondents do not have a high level of support from family in the community. However, most had developed close friendships in Clearwater. This is important as social networks are critical for seniors to obtain support and care when needed.

## 8.0 Retirement and Retirement Planning

An important aspect of the survey is to understand how many residents were planning on retiring in the community. This is very important for future planning of infrastructure and services to meet the needs of older residents. As noted earlier, approximately 48% of respondents were retired. Of those who are not retired, approximately 67% are planning to retire in the area (Figure 8.1). It is important to note, however, that nearly 29% of respondents are not sure about where they would like to retire.

**Figure 8.1: Percentage of Respondents Planning on Retiring in Clearwater**



For those who are not planning on retiring in the area, a prominent destination included larger service centres in southern BC (i.e. Sunshine Coast, the Okanagan). This was followed by international destinations such as Mexico.

### Summary

This section explored respondents' retirement plans in order to facilitate future planning of infrastructure and services to meet the needs of older residents in Clearwater. This is especially important since almost half of the survey respondents were already retired. Of those who are not retired, roughly 67% were also planning to retire in the area. This suggests that the local seniors' population is poised for considerable growth. With nearly 30% of residents still undecided about their retirement destination, it will be important to further explore factors that will influence their decision.

## 9.0 Advanced Care, Social, Recreational, and Educational Programs

In the final section, participants were asked to identify advanced care planning, social, recreational, and educational programs that should be provided to help older residents maintain their health and independence. In terms of advanced care planning programs, health and independent living programs were most widely recommended (Table 9.1), including suggestions to expand caregiver supports, provide more routine access to care within one's own home, and therapy-related programs. There were also recommendations to improve advocacy supports in order to help seniors access programs and plan for future needs. In addition to programs about aging and food and nutrition, people advocated for multi-residential homes that could support a more efficient delivery of outreach programs. Furthermore, developing a comprehensive communication strategy will be a key component to supporting the health and quality of life for seniors. As there is a great diversity of seniors in Clearwater, it will be important for leaders, businesses, service providers, and community groups to use multiple communication tools, engage in two-way dialogue activities, and work collectively to collate information about local and regional supports as a part of an efficient and effective communications strategy.

**Table 9.1: Recommendations for advanced care planning**

---

<b>Health and Independent Living (34)</b> Programs to promote independence in home (5) Daily adult day care program (4) Coping with illnesses (2) Massage (2) More home care (2) More personal care (2) More respite care (2) Geriatric programming (1) Health and fitness prevention programs (1) Hospice (1) Hydro therapy (1) More routine bathing (1) More routine health care assistance (1) More specialists (1) Multidisciplinary health care workers (1) Nurse practitioner (1) Pain management (1) Regular assessment of needs (1) Sensitivity training for medical staff (1) Should be determined by health care professionals (1) Training nurses to deal with cancer patients (1) Training nurses to give intravenous treatments (1)	<b>Community Advocacy Supports Cont'd</b> Assistance to find affordable housing (1) Assistance to obtain home care (1) Assistance with paying bills (1) Legal services (1) My voice workshop (1)
	<b>Aging (7)</b> Programs about aging (4) Counseling about aging (2) Grief programs (1)
	<b>Food and Nutrition (7)</b> Nutrition programs (5) Meal planning programs (2)
	<b>Housing (4)</b> Multi-resident homes to support efficient outreach (1) Multiple resident homes to share costs (1) Palliative care home (1) Residences that allow pets (1)
<b>Community Advocacy Supports (16)</b> Seniors' advocate (6) Assistance to fill out forms (2) Assistance understanding pension plans (2) Assistance with writing wills (2) Assistance to downsize (1)	<b>Communication (2)</b> More promotion of available supports (1) More promotion of Service Canada programs (1)
	<b>Other (2)</b> Church assistance programs at affordable rates (1) Volunteer homes to take seniors in after surgery (1)

---

Source: Clearwater Seniors' Needs Project 2012.

In terms of social programs, the provision and expansion of games and entertainment programs were prominent suggestions (Table 9.2). Social interaction through such programs helps to strengthen mental and physical health, and reduce feelings of isolation or loneliness. Some social support programs, such as visiting, were also deemed to be important to support emotional well-being of older residents that have more restricted mobility.

**Table 9.2: Recommendations for social activities**

---

**Games (39)**

Cards (10)  
 Games (9)  
 Billiards / pool (3)  
 Crib club (3)  
 Darts (3)  
 Bingos (2)  
 Scrabble (2)  
 Shuffle board (2)  
 Bridge club (1)  
 Chess (1)  
 Crossword clubs (1)  
 Lawn darts (1)  
 Yahtzee (1)

**Entertainment (30)**

Music (9)  
 Dances (8)  
 Movies (3)  
 Singing (3)  
 Movie theatre (2)  
 Broader movie selection for seniors (1)  
 Casino (1)  
 Oldies musicals (1)  
 Open mic (1)  
 TV (1)

**Visiting Programs (18)**

Visiting programs (8)  
 Student / senior interaction programs (6)  
 Adopt a senior program (2)  
 Child visitation programs (1)  
 Include adult children / caregivers (1)

**Arts and Crafts (15)**

Art and crafts (11)  
 Knitting (1)  
 Quilting (1)  
 Sewing (1)  
 Sharing artistic talents (1)

**Food Events / Programs (14)**

Pot luck / dinner parties (5)  
 Teas (2)  
 Barbeques (1)  
 Birthday parties (1)  
 Café geared towards seniors (1)  
 Dutch Lake picnics (1)  
 Lunches (1)  
 Meat draws (1)  
 Seniors' picnics (1)

**Community Engagement Programs (11)**

More social activities for seniors (2)  
 Programs to support community involvement (2)  
 Encouraging participation in clubs (1)  
 Improve volunteer opportunities for seniors (1)  
 More opportunities for seniors to work (1)  
 More social activities during the day (1)  
 Programs for multiple age groups (1)  
 Programs that are inclusive (1)  
 Social clubs (1)

**Social Infrastructure (8)**

Seniors' centre (6)  
 More meeting places (2)

**Transportation (5)**

Transportation to social activities (5)

**Communication (4)**

More promotion of social programs (2)  
 Create a schedule of social programs / events (1)  
 Welcome Wagon program for new seniors (1)

**Other (6)**

Book clubs (2)  
 More affordable social activities (1)  
 Senior fashion shows (1)  
 Story telling (1)  
 Support groups for caregivers (1)

---

Source: Clearwater Seniors' Needs Project 2012.

The development of social infrastructure, such as a seniors' drop-in centre or more meeting places, was deemed to be important to facilitate informal social activities, such as having coffee or visiting with friends. It would also provide a space in which other recommended social programs, such as dances or potluck dinners, could be organized. Many respondents reinforced the need to support opportunities for seniors to be engaged in community groups and activities, including more attention to communicate such opportunities and to provide seniors with transportation to activities and events.

When respondents were asked to identify recreational programs that should be provided, they discussed a range of indoor and outdoor programs that were important mechanisms for enhancing social and physical well-being (Table 9.3).

**Table 9.3: Recommendations for recreational activities**

---

**Exercise Programs (45)**

- Exercise programs – general (16)
- Walking program (11)
- Dancing classes (3)
- Yoga for seniors (3)
- Covered walking areas at the recreation centre (2)
- Limited mobility exercise program (2)
- Low impact gym / programs (2)
- Strengthening exercise programs (2)
- Seniors' time only at recreation centre (1)
- Sports activities with instruction (1)
- Stay active programs (1)
- Tai chi (1)

**Outdoor Recreation (28)**

- Carpet / lawn bowling (7)
- Gardening (5)
- Hiking (2)
- Nature walks (2)
- Paths for wheelchairs / scooters (2)
- ATV rides (1)
- Biking program (1)
- Birding club (1)
- Boat rides (1)
- Camping with supervision (1)
- Golf (1)
- Hayrides (1)
- Horseshoes (1)
- Outdoor activities (1)
- Paths (1)

**Water Programs (26)**

- Swimming pool (18)
- Aqua exercise program (3)

**Water Programs Cont'd**

- Swimming programs for seniors (2)
- Lifts for swimming pool (1)
- Public hot tub (1)
- Swimming pool therapy programs (1)

**Travel (16)**

- More local day trips (3)
- Bus tours (2)
- Trips to the waterfalls (2)
- Affordable trip events (1)
- Farm visits (1)
- Shopping trips (1)
- Trips to farmer's market (1)
- Trips to Flower Meadows (1)
- Trips to salmon run (1)
- Trips to the lake (1)
- Trips to Vancouver to watch hockey (1)
- Trips to view wildlife (1)

**Indoor Recreation (8)**

- Bowling (5)
- More recreational activities at Evergreen Acres (1)
- More recreational activities at Forest View (1)
- Wii (1)

**Winter Recreation (2)**

- Curling (1)
- Stick curling (1)

**Other**

- Senior discount recreational activities (2)
- Recreation coordinator for seniors (1)
- Transportation to recreational programs (1)

---

Source: Clearwater Seniors' Needs Project 2012.

General exercise and walking programs were prominent indoor recreational activities that were recommended. Low impact and strengthening exercise programs were also suggested to maintain seniors' health and well-being. In terms of outdoor recreation and leisure programs, carpet / lawn bowling, gardening, and nature-based activities were amongst the top recommendations. In addition to several swimming and water-related therapy programs, several respondents provided several recommendations for travel-related recreation both locally, in order to enjoy the area's nature-based assets, as well as to larger centres.

**Table 9.4: Recommendations for educational programs**

---

<p><b>Technology (34)</b>            Computer programs for seniors (22)            Access to computers (2)            Communication workshops (2)            E-mail (2)            How to use cell phones (2)            How to use Internet / Google (2)            How to do online banking (1)            Partner students / seniors for computer help (1)</p> <p><b>Arts, Culture, and Hobbies (21)</b>            Cooking classes (4)            Painting (3)            Art classes (2)            Languages (2)            Workshops on hobbies (2)            Carving (1)            Cooking classes for men (1)            Documentaries (1)            Drawing (1)            Ethnic cooking classes (1)            Floral arrangement workshops (1)            Scrap booking (1)            Wood working (1)</p> <p><b>Education (20)</b>            College / university courses (4)            Mind challenging programs (4)            Reading and literature programs (3)            Elder college / seniors' courses (2)            Writing memoirs / books (2)            Learning about legal rights (1)            Literacy (1)            Math programs (1)</p>	<p><b>Education Cont'd</b>            More educational workshops – general (1)            Seniors' focused education (1)</p> <p><b>Interactive Programs (14)</b>            Guest speakers (5)            Self-help programs (2)            Adult learning groups (1)            Educational programs to encourage interaction amongst age groups (1)            Partner students / seniors for library dates (1)            Partner students / seniors for reading (1)            Show and tell (1)            Slide shows (1)            Speakers on current issues (1)</p> <p><b>Finance and Real Estate (11)</b>            Financial planning / budget programs (8)            Real estate planning (2)            Assistance with income taxes (1)</p> <p><b>Health (8)</b>            First aid (2)            Safety programs (2)            Speakers on health issues (2)            Health maintenance programs (1)            Information programs to support decisions on seniors' care (1)</p> <p><b>Financial Support (5)</b>            Free tuition for seniors (2)            Free educational programs (2)            Affordable educational programs (1)</p>
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Source: Clearwater Seniors' Needs Project 2012.

To support seniors' health and lifelong learning, respondents discussed a range of educational programs and information needs (Table 9.4). Prominent recommendations concerned computer and technology training. For older residents, developing computer skills will help them to keep

in touch with family and friends who are living in distant places, to access information about programs and supports, and to complete transactions related to banking, bill payments, and other related needs.

Several arts, culture, and hobby related programs, as well as many advanced and continuing educational programs, were recommended to keep seniors' minds active and to facilitate social interaction. Financial planning and health-related programs were also deemed to be important to help older residents cope with the aging process. Furthermore, respondents requested the provision of financial support to help them to access a range of educational opportunities.

## **Summary**

This section explored respondent recommendations for advanced care planning, social, recreational, and educational programs that would enhance the health and quality of life of older residents. Key priorities for respondents revolved around programs to promote health and independence in one's own home, as well as advocacy supports to assist older residents with filling out forms, manoeuvring through processes, and accessing information to support informed decisions about care needs. While a number of respondents felt that current social and recreational programs are adequate, others supported the on-going provision of games and entertainment, social activities, seniors' exercise classes, outdoor recreation, or swimming programs. The development of a seniors' drop-in centre is a key area for investment in social infrastructure. Key educational programs included computer training, hobby programs, continuing education, and interactive educational events. Finally, important information needs included a 'one-stop shop' for information about financial and retirement planning and healthy aging.

## 10.0 Summary

The purpose of the Clearwater Seniors' Needs Project was to examine housing and mobility needs for seniors. The work was carried out by the UNBC Community Development Institute to provide local decision-makers with information relevant to service planning and infrastructure investments. The project was carried out in the spring of 2012 and included Census population information, community interviews, and a household survey. This report covered the door-to-door survey results. With 105 surveys completed out of a working sample of 1,400 households, the response rate is 7.5%. When interpreting the results, it is important to keep in mind that responses are from a sample of the local population and that the 'sampling error' is between 6 and 10 percent, 19 times out of 20.

Almost three-quarters of our survey respondents were married or living in common-law. By age, most of the respondents were approaching retirement or were retirees themselves. Most survey respondents were female and were long-term residents of Clearwater. Most respondents were retired or employed full-time. There was a diverse range of income households amongst respondents. In planning for service and infrastructure investments, it is important to consider that just over 40% of respondents had low annual household incomes of less than \$40,000.

Housing is one of the key issues for older residents. While most respondents owned their dwelling, most respondents felt that the current housing situation in Clearwater does not meet the needs of older residents. Key design issues included a lack of low maintenance housing options, split level homes, and limited wheelchair accessibility. Rising costs for housing and rent were additional important concerns. Most respondents supported the development of a seniors' housing complex in Clearwater. Preferred locations were close to shopping and care amenities. When asked about the types of housing needed to meet the needs of older residents, most supported housing with modest levels of assistance (independent living and assisted living). Respite care was also strongly supported.

Seniors' transportation and mobility issues are important as they not only affect basic daily needs, but also quality of life and personal safety. Limited transportation options in the community make walking or use of a personal vehicle an essential part of daily life. As such, road and sidewalk maintenance (general and winter) are especially important. There is also support to expand bus service during the evenings and weekends, as well as for a wheelchair accessible bus or shuttle service. More frequent bus service was also recommended to improve access to services in other communities. For those who are walking within the community, the lack of sidewalks, distance, and winter weather conditions were identified as barriers impacting mobility for older residents. In response, investments in sidewalks and improved snow and ice clearing for parking lots and sidewalks were frequently mentioned as ways to make it easier for older residents to move around the community.

In terms of community services, home care and transportation to medical services were most frequently recommended to help older residents maintain their health and wellness. Services that help older residents to maintain their home, such as house cleaning and yard work, were also well supported. Family and social networks are also critical for seniors to obtain support and



care when needed. The results suggest that while most residents are able to draw upon a high level of support from friends living in the community, fewer have local family networks.

With nearly half of respondents considered themselves to be retired, approximately two-thirds of the remaining respondents are planning to retire in Clearwater. Although many of the remaining respondents are undecided about where they would like to retire, this still indicates that the local seniors' population is poised for growth. This will have important implications for services and infrastructure investments.

While many respondents are satisfied with services and programs currently provided in Clearwater, they offered suggestions to expand advanced care planning, social, recreational, and educational programs. While the development of a seniors' drop-in centre is a long-term goal, it will be an important piece of infrastructure for the community as the population ages. Such a centre will be able to support ongoing social events and recreation programs for seniors. Finally, to support life-long learning, respondents recommended computer training programs, hobby / general interest programs, continuing and advanced education programs, financial planning programs, and health and wellness programs. A central focal point for information about services and programs will also be important to assist residents to make difficult decisions as they age.

## **Appendix A**

### **Cover Letter**



## District of Clearwater: Seniors' Needs Assessment

April 2012

The CDI has worked with residents and community groups in the District of Clearwater since before its incorporation in 2007. The most recent project was Clearwater's 2011 Community Economic Development (CED) Plan "*A Community for People of all Ages and Stages of Life*". One key Action Area identified in the CED Plan was "Retirement", and a local senior's working group has already been established.

Seniors issues include being active and able to move around their homes and community, and to access local and external care service, all in support of healthy aging. The District of Clearwater is collecting information to examine seniors' needs and priorities in that will inform strategic planning for, and future use of, resources in order to continue to meet community needs. By participating in this survey, you will help to supply information that can assist local decision-makers to better understand seniors' needs. This survey is being carried out under the direction of Dr. Greg Halseth of the Community Development Institute at the University of Northern British Columbia.

This survey is being mailed out to households in the District of Clearwater. However, residents may also complete an on-line survey by visiting [www.districtofclearwater.com](http://www.districtofclearwater.com). Input from as many residents as possible will help the District of Clearwater to better understand seniors' needs and priorities. **You do not have to be a senior to participate.**

Your participation is voluntary and if you examine the survey you will see that there is no way to identify individual respondents. Ideally, we would like you to answer all of the questions that apply to you, but please feel free to ignore any questions you would rather not answer. All information shared in this survey will be held in strict confidence and no results will be presented such that any individual could be identified. The survey information will be stored in a secure research room at UNBC and will be accessible only to the research team. The survey information will be kept only until the project is completed later this spring. After that, all surveys and data will be destroyed. The project has been evaluated

by the UNBC Research Ethics Board. The research team considers that this survey poses no risk to participants.

Thank you in advance for taking the time to complete the survey and **please return it by April 29, 2012** in one of the following ways:

**Sealed Drop Box:** at one of the following places District of Clearwater Office, Wells Gray Home Hardware, Evergreen Acres, Yellowhead Community Services, the Clearwater Library, Safety Mart Foods.

**By Mail:** District of Clearwater, Box 157, Clearwater, B.C. V0E 1N0

**By email:** [halseth@unbc.ca](mailto:halseth@unbc.ca)

**ON-line:** [www.districtofclearwater.com](http://www.districtofclearwater.com)

If you have any questions about this research, please feel free to contact Greg Halseth at UNBC (tel. 250-960-5826, [halseth@unbc.ca](mailto:halseth@unbc.ca)). Any complaints about this project should be directed to the Office of Research, UNBC (250) 960-6735, or e-mail [reb@unbc.ca](mailto:reb@unbc.ca).

Once completed, our seniors' needs assessment will be available from the District of Clearwater's website: [www.districtofclearwater.com](http://www.districtofclearwater.com).

Thank you for your time. Sincerely,

Greg Halseth  
Geography Program, UNBC  
Prince George, B.C. V2N 4Z9  
Tel: (250) 960-5826 Fax: (250) 960-5539  
Email: [halseth@unbc.ca](mailto:halseth@unbc.ca)

## **Appendix B**

### **Community household survey**

**District of Clearwater Seniors' Needs  
Community Survey  
2012**

**Partners:**

District of Clearwater  
Community Development Institute at the University of Northern British  
Columbia

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**Section A Questions For All Households**

This first section is for every household. We would like to ask about you and your family. These questions are important because they help to create a population profile of Clearwater. The answers are completely confidential.

A1. How long have you lived in Clearwater? \_\_\_\_\_ Years.

A2. For each person normally living in the residence, please describe their age and whether they are male/female, starting with yourself:

	Age	Male or Female
Yourself		
Person 1		
Person 2		
Person 3		
Person 4		
Person 5		
Person 6		

A3a. Please describe your employment status. *(Please check one)*

- |   |                                    |
|---|------------------------------------|
| <input type="checkbox"/> Employed / Self-employed full-time | <input type="checkbox"/> Student   |
| <input type="checkbox"/> Employed / Self-employed part-time | <input type="checkbox"/> Retired   |
| <input type="checkbox"/> Contract worker                    | <input type="checkbox"/> Homemaker |
| <input type="checkbox"/> Not employed                       |                                    |

Other, please specify: \_\_\_\_\_

A3b. If you are not retired, are you planning on retiring in Clearwater?  
*(Please check one)*

- |                              |                                   |
|------------------------------|-----------------------------------|
| <input type="checkbox"/> Yes | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> No  |                                   |

If NO, where are you going to retire?

\_\_\_\_\_

A4. What is your marital status? *(Please check one)*

- |  |                                    |
|--|------------------------------------|
| <input type="checkbox"/> Single - never married                | <input type="checkbox"/> Separated |
| <input type="checkbox"/> Married                               | <input type="checkbox"/> Divorced  |
| <input type="checkbox"/> Live-in partner or common-law partner | <input type="checkbox"/> Widowed   |

A5. What is your total household income for the past year, before taxes and deductions? *(Please check one)*

- |  |  |
|--|--|
| <input type="checkbox"/> 0 - \$19,999        | <input type="checkbox"/> \$100,000 - \$119,999 |
| <input type="checkbox"/> \$20,000 - \$39,999 | <input type="checkbox"/> \$120,000 - \$139,999 |
| <input type="checkbox"/> \$40,000 - \$59,999 | <input type="checkbox"/> \$140,000 - \$159,999 |
| <input type="checkbox"/> \$60,000 - \$79,999 | <input type="checkbox"/> \$160,000 or more     |
| <input type="checkbox"/> \$80,000 - \$99,999 |  |
| <input type="checkbox"/> Do not know         |  |

A6. Does anyone in your household require special medical attention?

- Yes
- No

If Yes, please specify: \_\_\_\_\_  
\_\_\_\_\_

A7. What is your house type:

- Single detached dwelling
- Apartment
- Townhouse/Rowhouse
- Mobile home on property
- Mobile home in mobile home park
- Other \_\_\_\_\_

A8. Is this dwelling?

- Owned (even if it is still being paid for)
- Rented

A9. Are there stairs at the main entrance of your housing?

- No
- Yes if yes,  4 or fewer
- More than 4

A10. Would you say that current housing in Clearwater meets the needs of seniors?  
(ie: design, location, affordability, etc)

- Yes
- No

Please explain:

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A11a. Do you think Clearwater needs a seniors' housing complex?

- Yes
- No

A11b. If YES, where would be the best location?

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## **Section B Questions For Older Residents**

This section is for older residents (self defined). These questions are important because they will help identify priority issues. The answers are completely confidential.

### **HOUSING**

B1. What types of housing should Clearwater have to meet the needs of older residents? *(Please check all categories that apply)*

- Independent living units *(ie: private apartments with available meals, housekeeping, laundry, and home care)*
- Assisted living units *(ie: like independent living but with greater care in meals, grooming, medication, and home care)*
- Long term care facilities *(ie: nursing home)*
- Respite care facility *(ie: adult daycare facility designed to provide temporary relief for primary caregivers of seniors with ongoing needs)*
- Palliative care *(ie: facility designed to provide care for terminally ill residents)*

B2a. Do YOU need seniors' accommodation at this time?

- Yes
- No

B2b. If yes, how much are you willing to pay?

- \$ \_\_\_\_\_ per month to rent
- \$ \_\_\_\_\_ purchase price

B2c. What kind of housing are you looking for?

- Single Family Dwelling Unit
- Apartment
- Condominium
- Seniors' Housing – Long term care
- Seniors' Housing – Intermediate care
- Other, please specify: \_\_\_\_\_

## MOBILITY

B3. To assist with seniors' mobility within Clearwater:

	Yes	No
B3a. Do you think the roads are well maintained in Clearwater?	<input type="checkbox"/>	<input type="checkbox"/>
B3b. Is winter road maintenance adequate in Clearwater?	<input type="checkbox"/>	<input type="checkbox"/>
B3c. Do you think the sidewalks are well maintained in Clearwater?	<input type="checkbox"/>	<input type="checkbox"/>
B3d. Is winter sidewalk maintenance adequate in Clearwater?	<input type="checkbox"/>	<input type="checkbox"/>

B4. What types of local transportation services should be provided for older residents?

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B5. What types of regional transportation services should be provided for older residents?

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B6. What barriers prohibit older residents from walking around the community?

*(Please check all that apply)*

- |   |  |
|---|--|
| <input type="checkbox"/> Weather                            | <input type="checkbox"/> Snow              |
| <input type="checkbox"/> Concern over safety                | <input type="checkbox"/> Distances         |
| <input type="checkbox"/> Doorways / Access into buildings   | <input type="checkbox"/> Lack of sidewalks |
| <input type="checkbox"/> Ice on sidewalks                   | <input type="checkbox"/> Stairs            |
| <input type="checkbox"/> Loose gravel on roads and walkways | <input type="checkbox"/> Heavy Doors       |
| <input type="checkbox"/> Other, please specify: _____       |  |

B7. What are some of the things that need to be done to allow older residents to move about the community/local stores more easily? *(Please check all that apply)*

- Elevators
- Wheelchair ramps
- Snow and ice clearing in parking lots
- Snow and ice clearing on sidewalks
- Canopies / covered entrances / awnings
- Automatic entrance doors on stores/offices
- Other, please specify: \_\_\_\_\_

B8. Do you use a mobility aid? *(Please check all that apply)*

- Cane
- Motorized four wheel scooter
- Walker
- Wheelchair
- Other, please specify: \_\_\_\_\_

## SUPPORT SERVICES

B9a. What *health care* support services do you think are needed to help older residents maintain their health and independence?

Services	Is it available? (Please write <u>yes</u> Or <u>no</u> or <u>I don't</u> <u>know</u> )	Is it needed? (Please write <u>yes</u> or <u>no</u> )	Of these services, which is the most needed? (rank the top 5) 1=highest priority for attention
Nursing care			
Home care			
Medications / supplies			
Personal care ( <i>ie:</i> <i>bathing, foot care</i> )			
Respite care ( <i>ie:</i> <i>caregiver relief</i> <i>program</i> )			
Other – please specify:			

B9b. What **household** support services do you think are needed to help older residents maintain their health and independence?

Services	Is it available? (Please write <u>yes</u> Or <u>no</u> or <u>I don't</u> <u>know</u> )	Is it needed? (Please write <u>yes</u> or <u>no</u> )	Of these services, which is the most needed? (rank the top 5) 1=highest priority for attention
House cleaning ( <i>ie: cleaning, laundry housework</i> )			
Yard work ( <i>ie: gardening, snowclearing</i> )			
Home repair and maintenance			
Help with shopping			
Delivery of services and goods			
Meals-on-wheels			
Help with meal preparation			
Visiting ( <i>informal or formal</i> )			
Other – please specify:			

B9c. What *transportation* support services do you think are needed to help older residents maintain their health and independence?

Services	Is it available? (Please write <u>yes</u> Or <u>no</u> or <u>I don't</u> <u>know</u> )	Is it needed? (Please write <u>yes</u> or <u>no</u> )	Of these services, which is the most needed? (rank the top 5) 1=highest priority for attention
Assistance with medical trips			
Transportation to doctor's appointments			
Transportation to Kamloops			
Other – please specify:			

**FAMILY, FRIENDSHIPS, AND CARE NETWORKS**

B10. Do you have family in Clearwater?

- Yes
- No

B11. Do you have close friends in Clearwater?

- Yes
- No

**PROGRAMS FOR SENIORS**

B12. What types of advanced care planning programs should be provided for older residents in Clearwater?

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B13. What types of social programs should be provided for older residents in Clearwater?

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B14. What types of recreational programs should be provided for older residents in Clearwater?

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B15. What types of educational programs should be provided for older residents in Clearwater?

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**Thank you for taking the time to complete the survey. We appreciate your assistance.**

**From your experiences, do you have anything else to add that was not touched on here about meeting the needs of older residents?**

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