



Aging in the Kootenays and Boundary Region

AKBLG Workshop

Warfield, October 7, 2015

Our Mission

To support the efforts of the people of the Columbia Basin to create a legacy of social, economic and environmental well-being to achieve greater self-sufficiency for present and future generations.



What will be covered?

- Affordable Housing
- Social Connectedness
- Outreach Support and Navigation
- Transportation
- End of Life Care

- Basin wide issues & themes
- Share examples of projects, initiatives and ideas



Affordable Housing

- Affordable Housing Rental Initiative
 - Partnership with BC Housing
 - The Trust invested \$5 million to increase affordable housing capacity in the Basin
 - Over 100 units of affordable housing (seniors and low income families)
- Trust support is available to nonprofit societies for:
 - needs and demands studies
 - feasibility / business planning

Our Trust, Our Future

- Engaged with 3,000 residents
- Asked: What's important to you?
How should the Trust focus its efforts?
- 17,000 thoughts
- Renewed *Columbia Basin Management Plan Strategic Priorities*
- 13 focus areas



Strategic Priorities 2016-2020

Basin Priorities

- Affordable Housing
- Agriculture
- Arts, Culture and Heritage
- Broadband
- Community Priorities
- Early Childhood/Childhood Development
- Economic Development
- Environment
- First Nations Relationships
- Land Acquisition
- Non-profit Support
- Recreation and Physical Activity
- Renewable and Alternative Energy

Social Connectedness

- A socially connected community is a place where everyone feels like they belong
 - Strengthens community safety, resiliency during emergency events, volunteerism & community pride
- Evidence has shown that social well being is critical to healthy aging
 - Social isolation is a factor in the development of chronic illness and early death
 - It is as important of a predictor as diet and exercise

Addressing social isolation

The Revelstoke Gatekeeper Program

- Teaches community people what to do when they identify a vulnerable adult in need of assistance the community
 - e.g. bank teller, taxi driver, retail clerk

Just for the Health of it! Burton / Nakusp

- A weekly health & fitness program designed for older adults living in rural and remote areas
- Focuses on health information, building social connections, and strengthening fitness levels

Local Government Action Guide: Social Connectedness

- Local gov't plays a vital role
- Strengthening social well being integrated:
 - Planning
 - Policy
 - Programs
 - Partnerships



- <http://planh.ca/>

Transportation: a vital resource

- Transportation is critical to accessing community & health services; participating in social & recreational activities
- Impact on health outcomes and aging in place



Moving Together:

A Collaborative Approach to Addressing Seniors Transportation Barriers (Final Report)

- A comprehensive initiative led by Nelson CARES Society:
 - Scope: West Kootenay Transit Region
 - Cross sectoral approach to finding answers
- Highlights:
 - People / seniors don't plan ahead for life after driving
 - Improve marketing and coordination of existing transportation options
 - Reduce barriers for seniors using public transit
 - Significant barriers for the most rural seniors

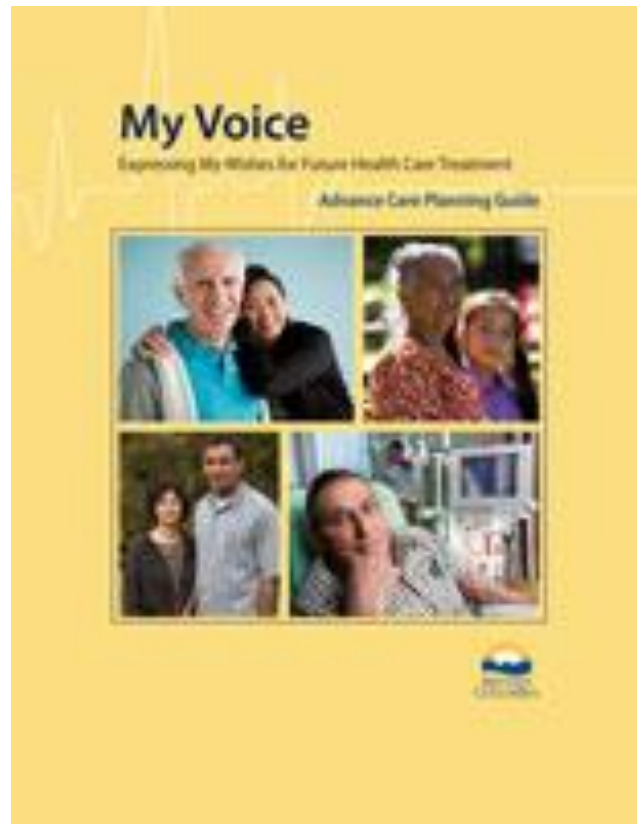
Outreach Support and Navigation

- Outreach workers provide support and advocacy for seniors / families:
 - Ensure retirement income support
 - Access to local / government programs
 - Advocacy and information (housing, health, home support; grocery delivery)
 - Kaslo, Lardeau Valley, Castlegar, Valemount, Nelson
- Navigation of online resources & information
 - CBAL computer classes for seniors

End of Life Care

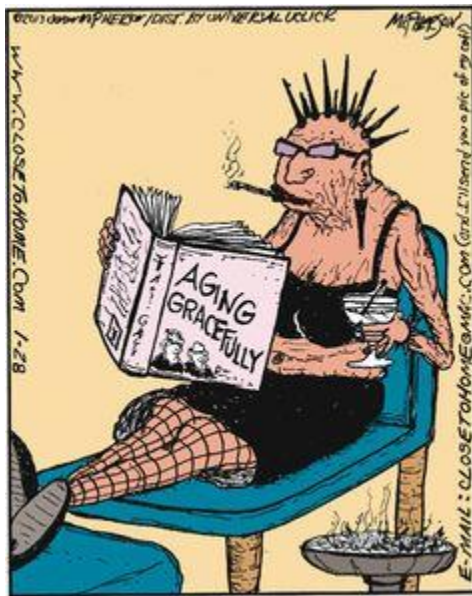
- The aging of our population will place increased demands on palliative / hospice care services
- Population is aging with complex, chronic disease (diabetes, COPD, dementia)
- Across the Basin:
 - 14 non profit hospice societies
 - IHA developed a comprehensive plan to address end of life and palliative care services

My Voice: Expressing My Wishes for Future Health Care Treatment



- A guide that helps you make decisions about your future health care treatment
- Helps communicate your wishes and instructions to family, friends and health providers
- Provides information and guidance to develop your advance care plan

Aging Baby Boomers: diverse attitudes, values and expectations



Thank You.

