

Nanaimo Age Friendly City Plan 2018-2022



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OVERVIEW

According to the 2016 Census Nanaimo has about 23,000 residents over the age of 65, representing about 23% of the total population of our community. This number is expected to increase so that over the next decade seniors will represent an even larger percentage of Nanaimo residents.

In 2015 the City of Nanaimo partnered with four local agencies (Nanaimo Family Life Association, Nanaimo Women's Centre, Healthwell Associates and Nanaimo Hospital Foundation) to address social isolation in older adults. This collaborative ("Seniors Connect") received funding from the Federal government's New Horizons for Seniors Program, under the auspices of Employment and Social Development Canada. Seniors Connect is part of a pan-Canadian initiative to explore ways to enhance the social inclusion of older adults (55+). One aspect of the Seniors Connect project was the creation of the Nanaimo Seniors Task Force (NTSF), a group of local residents who advocate for age friendly community programs and infrastructure. Their hard work has led to this plan; *Nanaimo's Age Friendly City Plan*.



EXECUTIVE SUMMARY

In January 2017, the Seniors Connect Project held an Ideas & Event Exchange to identify a list of barriers that lead to social isolation for adults over the age of 55 in the City of Nanaimo. The event was attended by members of the general population with a high concentration of seniors and community based senior support services. Following the event, several action groups were developed, and activities and programs were supported to implement solutions that could reduce the identified barriers.

In the fall of 2017, the Seniors Connect Project surveyed over 500 Nanaimo residents at the annual Seniors Health & Wellness event as well as at shopping centres and through online surveys, to identify how age friendly Nanaimo is in the nine domains identified by the World Health Organization (see Appendix 1). In January of 2018, a second Idea & Event Exchange was held to look at all the issues that were identified through the survey and to ask the community to further elaborate on any current practices already being undertaken in the community to share information and to brainstorm creative solutions to reduce these barriers.

In June of 2018, the Nanaimo Seniors Task Force (NSTF); a committee developed through the Seniors Connect Project to support the impact plan objectives examined all the ideas that were presented at the Idea Event Exchange held in January 2018 and used it to form the basis of an Age Friendly City plan for Nanaimo.

All the issues that were documented for each domain were reviewed and categorized by importance, and/or by the perceived ability for the NSTF or another organization or sponsor in the community to address the issue at a city level, either through advocacy or through a collaborative project initiative with another stakeholder. Objectives chosen for inclusion in the plan were based on availability of creative solutions, the impact it would have on our community and the likelihood of successful implementation through the adoption of an Age Friendly City Plan.

Objectives are rated in the following way:

IMPACT High or Low

LIKELIHOOD Easy / Moderate / Hard

Only high impact objectives were included in this document.



AGE-FRIENDLY CITY PLAN

The World Health Organisation Global Network for Age-friendly Cities and Communities currently includes 705 cities and communities in 39 countries, covering over 210 million people worldwide. In 2006 the WHO established eight pillars for assessing and developing strategies to create age-friendly communities. Nanaimo has added a food security pillar to this recognising that for older adults nutrition is an important part of physical health and also that meals are often an opportunity for social connection.

- Outdoor spaces and public buildings
- Public Transportation
- Housing
- Social participation
- Health and Community services
- Respect and social inclusion
- Civic participation, volunteerism, and employment
- Communication and information
- Food security

One way to support the inclusion of older persons is to make our community more age-friendly. An age-friendly city helps people of all ages to actively participate in community activities and makes it easy for older people to stay connected to people and activities that are important to them. Many cities and communities are already taking active steps towards becoming more age-friendly. An age friendly community benefits more than just older adults; an age-friendly city is also one that is friendly to children, parents, and those with mobility challenges.



OBJECTIVES AND STRATEGIES



Domain #1 - Outdoor Spaces & Public Buildings

Refers to the natural and built environments and the ability of older persons to get around easily and safely in the community, thereby enabling their full participation in the public life of the community.

Barriers:

- Safety navigating crosswalks
- Access to public washroom facilities

Current practices:

- LED Replacement Program in city centre
- City Builders adding benches in specific areas
- Bowen Road, Oliver Road and Uplands have plans for longer crosswalk times

Objective #1

Improve safety at crosswalks that are close to senior living communities and community centres and facilities frequented by seniors by reviewing crosswalk times, lighting, and location in proximity to the building entrance.

Recommended Strategies:

- Identify key crosswalks for consideration and advocate for lighted crosswalks.
- Explore and implement plans to ensure crosswalks close to senior living communities, 55+ apartments and buildings known to have a high density of seniors have a lighted crosswalk.
- Explore options with the municipality to require any new buildings that will have seniors as the primary resident be required to have a lighted crosswalk close to the building entrance.
- Explore and implement plans to lengthen crosswalk times to 25 seconds for crosswalks that span across 4 lanes of traffic.
- Support the RCMP's See & Be Seen Campaign at the Seniors Connect Centre, Harbour City Seniors at Bowen Park, and other senior community developments in November 2018.

Sponsor: City of Nanaimo, Regional District of Nanaimo

Stakeholders: Nanaimo Seniors Task Force, RCMP, Seniors Communities and Residential Facilities.

IMPACT

High

LIKELIHOOD

Moderate



Objective #2

Improve access and availability of public washroom facilities.

Recommended strategies:

- Explore ways to add additional public washrooms at existing bus exchanges and large parks using municipal funding initiatives or other philanthropic organizations.
 - » Approach clubs like Rotary to sponsor a port-a-potty
- Advocate for any city plan for future development to include washroom facilities at new bus exchanges
- NSTF to develop an awareness campaign for local businesses to provide access to washrooms for people with mobility challenges, seniors, and children.

Sponsor: City of Nanaimo, Service Clubs

Stakeholders: Nanaimo Seniors Task Force, Seniors Connect City Builders, local businesses

IMPACT

High

LIKELIHOOD

Easy



“There’s nothing more disheartening than going somewhere nice and discovering it’s inaccessible because of stairs.”

– Female 65-69

OBJECTIVES AND STRATEGIES



Domain #2 – Transportation

Transportation takes into consideration convenience, safety, and affordability with the goal of enabling older persons to go where they need or want to when they need or want to.

Barriers:

- A lack of online or printed schedules and trip apps that are user friendly for older adults.
- A lack of alternative transportation options for evening and weekend ridership.
- Busy routes, like those going to and from the university often do not implement the priority seating for those who have mobility challenges.
- Pressure on seniors to move quickly means fear of falling on buses.
- Seniors who use walkers and scooters are unaware that they can take their mobility tools on public transit.
- HandyDart scheduling is not user-friendly.
- No awareness of transportation alternatives for older adults who give up driving.
- Lack of affordable transportation options.

Current practices:

- Seniors Connect Transportation Action Group.
- RDN “Ride the Bus” Program.
- Announcing timings and stops on the buses.

Objective #1

Improve user-friendliness of schedules and trip planning apps for public transportation.

Recommended strategies:

- NSTF to hold a meeting with Regional District of Nanaimo to bring attention to readability issues regarding schedules and trip apps and the need for more “live support” to assist people with trip planning outside of peak hours.
- Hold a focus group for seniors to identify problems and create solutions to make printed schedules and computer applications more user friendly.
- Make Rider Guides more accessible in Nanaimo.
- Print larger schedules.
- Make the on-line schedule scalable.
- Have bus numbers and schedules available at intersecting routes.

Sponsors: Regional District of Nanaimo, Seniors Connect Transportation Group

Stakeholders: NSTF, Seniors Groups, Nanaimo Disability Resource Centre, Community Centres, Coffee Shops, Churches, Shopping Malls, Farmers Markets

IMPACT

High

LIKELIHOOD

Easy



Objective #2

Support the development and awareness of programs that educate seniors on using public transportation.

Recommended Strategies:

- Increase frequency and awareness of the RDN's "How to Ride the Bus" program.
- Request that the RDN make the program available in all areas of Nanaimo.
- Advocate with ICBC that all seniors in Nanaimo who lose their driving privileges be sent a letter with an invitation to the "How to Ride the Bus" program and mail a copy of the Seniors Connect "Hanging up the Keys" brochure.
- Support the development and implementation of a Bus Buddy Program in Nanaimo to assist those who are new to or fearful of using public transportation.
- Develop a brochure for businesses that sell scooters or mobility supports to educate purchasers about taking their supports on public transportation.

Sponsors: NSTF, Service Clubs, Vancouver Island University Marketing/Tourism Program, Vancouver Island Regional Library

Stakeholders: Regional District of Nanaimo, ICBC

IMPACT

High

LIKELIHOOD

Moderate

Objective #3

Support the development of affordable transportation options to transport low income seniors to appointments and activities that enhance social inclusion.

Recommended Strategies:

- Explore funding options and advocate for a coordinated volunteer driver program with Volunteer Nanaimo based on the Wheels for Wellness model.
- Explore funding options including provincial, federal, and municipal grants for rideshare programs to provide funding and support to volunteer drivers.
- Explore partnerships with senior community residences for better utilization of busses.
- NSTF to coordinate letter writing campaign to Office of the Seniors Advocate and Island Health to support the idea of Home & Community Care providing transportation to medical appointments and social activities for seniors without access to transportation into the current program.

Sponsors: Wheels for Wellness, Gas Companies, Volunteer Nanaimo

Stakeholders: Island Health Home and Community Care, NSTF

IMPACT

High

LIKELIHOOD

Moderate

OBJECTIVES AND STRATEGIES



Domain #3 – Housing

Older residents need to have access to housing that is safe and affordable and allows them to stay independent as their needs change. Ideally housing is embedded in a neighbourhood context that minimizes the risk of social isolation.

Barriers:

- Lack of safe and affordable housing.
- Limited range of housing types.
- Increases to rents are above affordable rates for pensioners living at or below the poverty level.
- Affordable housing is not situated near amenities and services required by seniors including transportation hubs, medical centres, and social centres.
- Lack of coordinated information process negatively impacts neighbourhoods.

Current practices:

- City of Nanaimo and Nanaimo Affordable Housing Society developing 250 units of affordable housing for seniors.
- Urban Containment Boundary in place to concentrate future development within existing municipal boundaries.
- City is looking at expanding zoning bylaws to allow for a wide range of forms and styles of residential dwelling units.
- BC SAFER program.





Objective #1

Support the development of more attainable (affordable) and accessible housing for seniors in Nanaimo that is close to amenities.

Recommended strategies:

- Advocate with the City of Nanaimo to offer tax incentives to builders who incorporate more affordable housing options into single family community developments.
- Advocate for changes in the existing City of Nanaimo bylaws to support row houses, carriage houses, co-housing, and cluster housing options in areas with a high density of seniors.
- Undertake a housing study to identify how many seniors in Nanaimo are without safe, affordable housing and explore options.
- Research how the city views aesthetics to accessibility to ensure it meets the needs of an aging population.
- Improved communication process with impacted neighbourhoods.

Sponsors: City of Nanaimo, Nanaimo Affordable Housing Society

Stakeholders: NSTF, BC Housing, Seniors Organizations, Developers and Builders

IMPACT High

LIKELIHOOD Hard

Objective #2

Educate older adults about the Shelter Aid For Elderly Renters (SAFER) program to offer increased rent subsidies to low-income seniors.

Recommended Strategies:

- Advocate with the Province of BC to review the SAFER program and increase rent subsidies proportionally to rent increases.

Sponsors: City of Nanaimo, BC Housing

Stakeholders: NSTF, Nanaimo Citizens Advocacy, Seniors Connect City Builders

IMPACT High

LIKELIHOOD Easy

“Affordable, easily accessible public transportation and affordable rental housing in Nanaimo are the most important issues, in my opinion for the older Seniors. (80plus)”

– Female 85+



Domain #4 – Social Participation

Social participation includes opportunities for developing and maintaining meaningful social networks within the community and for full participation in the recreational, cultural, and social life of the community.

Barriers:

- Affordable and free programs are not evenly distributed throughout Nanaimo.
- There is a perceived lack of programs and services for seniors who lack social confidence, have cognitive issues, physical and mobility issues (including vision and hearing challenges); fits for older vs younger seniors; gender-based programs, chronic conditions, house-bound seniors, outdoor activities, out of town activities and mentally stimulating programs.
- Lack of space and funding for senior programming for seniors aging in place who don't access mainstream organizations due to social isolation risk factors (poverty, mental and physical health challenges, lack of transportation, cultural fit etc.).

Current practices:

- Seniors Connect program has provided website, Seniors Connections newsletter, programming on Shaw TV and a free check-in service through Nanaimo Lifeline.
- Seniors Connect program has provided free programs for seniors in various locations throughout the community.
- City of Nanaimo has the LEAP program for low income seniors.
- Free use of pools and gyms for those over 80.
- Elder College and Harbour City Seniors provide free and low cost programs for seniors.





Objective #1

Advocate for a redeployment of city delivered and community based senior service programs to areas of the city with high senior residential density and low-income levels.

Recommended strategies:

- Have City Builders identify areas for programs based on income levels and density of older adults.
- Arrange for Parks and Recreation to bring more programs to neighbourhoods that do not have a community centre and work with businesses and non-profits to offer programs in these areas.
- Increase programs from non-profit organizations.

Sponsors: City of Nanaimo, Community Based Seniors Services, Island Health, Local Businesses

Stakeholders: NSTF

IMPACT High

LIKELIHOOD Hard

Objective #2

Actively advocate for information hubs at local libraries and shopping malls and have senior volunteers act as peer to peer supports to provide information.

Recommended Strategies:

- Apply for municipal, provincial, and federal funding to continue the development of the Seniors Connector pilot program.
- Approach local shopping malls about donating empty space or allowing the Seniors Connectors to have a table once a month at each shopping mall to give seniors an opportunity to find out about activities and volunteer opportunities in Nanaimo.

Sponsors: New Horizon for Seniors Program Community Grant, Seniors Connectors

Stakeholders: NSTF, BC211, Old Age Pensioners Society, Nanaimo Disability Resource Centre, Care Facilities, Medical Offices

IMPACT High

LIKELIHOOD Easy

“Participation needs to be encouraged as many are steeped in their isolation. The first steps are always the most difficult.”

– Female 80-84

Domain #5 – Health & Community Services

Older residents of our community need access to social and health services to stay healthy and maintain their independence. An Age Friendly community is one in which these kinds of services are accessible, affordable, and appropriate.

Barriers:

- Access to Services
 - » Challenging to find information about services.
 - » Lack of information about support and services for caregivers.
 - » Poor communication amongst service providers.
 - » Long wait lists for residential care make planning difficult.
- Availability of Services
 - » Long wait times for medical services including specialists.
 - » Long wait times for non-medical support groups like Better at Home.
 - » GPs don't give seniors enough time.
 - » Not enough support from hospital post discharge.
 - » Lack of loaner equipment.
- Non-funded health needs are too costly like exercise programs.
- Lack of funding for allied health services such as community social workers, occupational therapists and recreation therapists.

Current practices:

- Seniors Connect Resource Card with gateway numbers.
- Nanaimo News Bulletin bi-annual seniors directory.
- City of Nanaimo bi-annual Parks and Recreation Program.
- BC 211.
- Public Caregiver Support Groups at NFLA & Old Age Pensioners Society.

“In home care is a huge issue. There are not enough caregivers or services available of the types that seniors want. Many seniors are under the poverty level and can not afford to pay for the care they need.”

– Female 70-74



Objective #1

Increase access to existing services in Nanaimo by promoting the adoption and encourage wide range support for BC211 program in Nanaimo.

Recommended strategies:

- NSTF to champion the use and promotion of the BC 211 program through an awareness campaign.

Sponsors: BC211, Office of the Seniors Advocate

Stakeholders: NSTF, RDN, businesses

IMPACT

High

LIKELIHOOD

Easy

Objective #2

Engage with the community and improve the health status of Nanaimo residents by advocating for better programs and services, strengthening the health capacity of local communities, and influencing public policy.

Recommended Strategies:

- Promote Island Health's free and subsidized programs for those with chronic diseases in all Parks & Recreation and seniors directories.
- Advocate for free medications for those over 65 as is done in other provinces.
- Encourage Island Health's Community Health Services to do more general promotion of programs and services at all seniors centre, community centres, libraries and shopping centres.
- Advocate for recreational therapists and dietary nutritionists through Island Health's Gerontological Specialists Group.

Sponsors: Island Health, City of Nanaimo, Home and Community Care

Stakeholders: NSTF

IMPACT

High

LIKELIHOOD

Moderate





Domain #6 – Respect & Social Inclusion

Respect and social inclusion encompasses the need for various aspects of the community, like public services, commercial enterprises, media, community attitudes, to be respectful of and willing to accommodate the diversity of needs among older people.

Barriers:

- Public may not be aware of the high rate of poverty amongst seniors in Nanaimo or awareness of the degree of support low income seniors need.
- Businesses are not always responsive to seniors needs: voice mail systems, lack of mobility access, impatient, no handicap parking.
- Few government funded programs or philanthropic programs that support requirements that are non-medical in nature (yard work, driving programs, etc.).
- Ageism.

Current practices:

- Seniors Connect Public Awareness Campaign.
- Better Together Champion Program.
- Anti Ageism program for health care students at VIU.
- Seniors Celebrate Month.
- Community Champion Volunteer Awards for Seniors.
- Elder Bench Program in Senior Community.





Objective #1

Advocate for local high schools to include multigenerational support programs as part of their volunteer curriculum to support disadvantaged seniors and curtail ageism.

Recommended strategies:

- Enhance volunteer programs at the high school level to add 20 hours of support for senior specific support program, such as snow removal, lawn cutting, food shopping.

Sponsors: School District 68, Vancouver Island University Students practicum placements and Volunteer Nanaimo

Stakeholders: NSTF

IMPACT High

LIKELIHOOD Moderate

Objective #2

Advocate that bureaucracies provide in-person or phone services to seniors who are challenged by technology.

Recommended Strategies:

- A policy change so that any of the all-important services provided have someone live to chat with vulnerable seniors to help support any required application completion.

Sponsors: NSTF

Stakeholders: City of Nanaimo, Island Health, Literacy Nanaimo, Nanaimo Disability Resource Centre, Home and Community Care, Central Vancouver Island Multicultural Society, Vancouver Island Mental Health Society

IMPACT High

LIKELIHOOD Hard

“Trends (especially banks & retailers) are to have self checkouts, yet - a teller or cashier may be the only opportunity for seniors to interact socially. Automated phone systems & computerization also alienate seniors who are not technologically savvy.”

– Senior Serving Organization Survey Response



Domain #7 – Civic Participation, Volunteerism & Employment

Civic participation means the inclusion of older persons in community decision making processes, employment refers to opportunities for older residents to contribute experience and skills to the community through both paid and unpaid work.

Barriers:

- Volunteering
 - » Lack of variety of opportunities for seniors over 70.
 - » Work is devaluing.
 - » Lack of sufficient training.
 - » Support needed to keep engaged.
- Employment
 - » Ageist attitudes in hiring.
 - » Difficult to keep technology skills current for older adults.

Current practices:

- Volunteer Nanaimo provides lots of opportunities for volunteerism in Nanaimo.
- Involvement of older adults in Seniors Connect programs.
- Seniors Connect offering programs to assist older adults in preparing resumes and interviewing effectively.
- City of Nanaimo Advisory Committees have strong representation from older residents.

“More situations to become involved in activities that are multi-aged groups of people working in an ensemble volunteering their many skills WITHOUT having to pay to participate in activities that they once were remunerated for in a job! On a fixed income, it is frustrating to have to pay to be a volunteer.”

– Female 65 to 69



Objective #1

Advocate for policy changes to ensure that all City of Nanaimo and Regional District of Nanaimo decision making organizations have representation from adults over age 70.

Recommended strategies:

- Ask City of Nanaimo to review existing public decision-making bodies to ensure there is diverse representation.
- NSTF, when reaching out to the public at information booths, will solicit seniors over 70 to augment volunteers for the City of Nanaimo.

Sponsors: NSTF

Stakeholders: City of Nanaimo, Regional District of Nanaimo

IMPACT

High

LIKELIHOOD

Moderate



OBJECTIVES AND STRATEGIES



Domain #8 – Communication & Information

Communication and information refers to the availability, appropriate design, and delivery of information in such a way to ensure awareness of the full range of programs and services for seniors in the community.

Barriers:

- Low income seniors may not have access to technology.
- Some older seniors can no longer navigate or use technology due to a decline in health.
- Lack of local news outlet and no daily newspaper mean fewer opportunities for seniors without technology skills to access information.
- Reaching isolated seniors.

Current practices:

- Computer technology classes being offered by Volunteer Nanaimo, Nanaimo Disability Resource Centre, Elder College, Literacy Nanaimo and Seniors Connect.
- BC 211 now available on Vancouver Island.
- Seniors Connections Newsletter & Seniors Connection Website.
- Seniors101.ca website.
- Seniors Connect Check-in Program.

Objective #1

Maintain the Seniors Connect website and social media pages through the Nanaimo Seniors Task Force Committee.

Recommended strategies:

- Create a “What’s on For Seniors”.
- Include links to all existing community programs and services in Nanaimo.
- Update the community on progress and output of Age Friendly City Plan.
- Host through NFLA, the website, the New Horizons For Seniors Program Community grant is received.

Sponsors: NSTF, NHSP, City of Nanaimo, NSSL

Stakeholders: NFLA, CBSS, City of Nanaimo, RDN

IMPACT

High

LIKELIHOOD

Easy



Objective #2

Create and distribute printed documents that list senior service providers, social programs and health and wellness information for seniors who do not use technology.

Recommended Strategies:

- Make the Seniors Resource Card available to all senior serving agencies in Nanaimo.
- Distribute materials through Island Health's Home & Community Care.
- City of Nanaimo to print more copies of Surviving Nanaimo Guide.
- Establish distribution centres in strategic locations and list locations in local newspaper.
- Create a partnership with Nanaimo News Bulletin to make resource list a free listing in newspaper.
- Parks & Recreation to include the list of clubs and organizations in the Parks and Rec Bi-annual Guide.
- NSSL and other senior living communities to sponsor.

Sponsors: The Wolf, The Wave, Coast FM Radio, CHLY Radio (Select Shows – Wise Folks), Shaw TV, CBSS, Island Health Home and Community Care, Nanaimo News Bulletin, NSSL

Stakeholders: NSTF, City of Nanaimo

IMPACT

High

LIKELIHOOD

Moderate

Objective #3

Work with local media outlets to have seniors information public service announcements on local radio stations at the same time every day to support seniors without access to technology or who have literacy issues.

Sponsors: The Wolf, The Wave, Coast FM Radio, CHLY Radio (Select Shows – Wise Folks), Shaw TV

Stakeholders: NSTF, City of Nanaimo

IMPACT

High

LIKELIHOOD

Easy

“I really appreciate personal calls from community members that let me know what’s going on in the community.”

– Male 65 to 69

OBJECTIVES AND STRATEGIES



Domain #9 – Food Security & Healthy Eating

Food Security and Healthy Eating encompasses physical, economic, and social access to sufficient, safe, nutritious, and culturally acceptable food to meet dietary needs and food preferences for an active and healthy life.

Barriers:

- Healthy food is not affordable for many low-income seniors.
- Lack of knowledge about healthy eating options to address chronic diseases.
- Transportation for seniors to rural Farmers Markets is not available.
- Inter-agency communication and projects is not available at all levels. Many in home support agencies cannot or do not support eating with seniors, meaning seniors who are having food delivered are eating alone.
- A national study found that 56% of patients enrolled in the study at Nanaimo Regional General Hospital (NRGH) met the criteria for being malnourished.
- The majority of malnourished patients at NRGH were not offered a consultation with a dietician.
- The city does not have a food charter.
- The city does not have a city supported nutritionist.
- Seniors services in BC need increased support to expand programs and access to nutritious food.
- No delivery mechanism of Good Food Box program for house-bound seniors.

Current practices:

- Five local farmers markets.
- Good Food Box Program.
- Access to community garden opportunities.
- Cooking programs for seniors.
- Island Health Healthy Eating Options & 811 to ask a dietician.
- Community organizations in Nanaimo collaborated to recover and distribute \$2.4 million worth of food in 2015.

Objective #1

Advocate for municipal governmental support for appropriate age-friendly food projects with local funding.

Recommended strategies:

- NSTF and Foodshare present to City Council.
- Advocacy campaign at local events such as VIEX.

Sponsors: RDN, City of Nanaimo, NHSP

Stakeholders: NSTF, Nanaimo Foodshare

IMPACT

High

LIKELIHOOD

Moderate

“Nutrition is often lost when supplying food or snacks for seniors. We need healthy whole foods, fresh fruit and veggies with healthy dips and if you are going to have sweets, link up with someone who knows how to make healthy ones.”

– Senior Serving Organization
Survey Response



Objective #2

Restore Nanaimo community nutritionist with age-friendly responsibilities to reduce the rate of seniors suffering from malnutrition.

Recommended Strategies:

- Annualized project for delivering food and connected help.

Sponsors: Island Health, City of Nanaimo, Better Meals, Meals on Wheels

Stakeholders: NSTF, Nanaimo Foodshare

IMPACT

High

LIKELIHOOD

Hard

Objective #3

Advocate for a Nanaimo Food Charter; a set of principles that helps guide decisions, policies, and collaboration for food security in our community with a section devoted to seniors' issues.

Recommended strategies:

- Develop a Food Charter Tool Kit.
- City sponsored senior and youth program to develop food charter lead by Nanaimo Foodshare.
- Support for local food including farmers markets and urban farms.
- Create a senior lead home garden program.
- Advocate for community gardens at all seniors facilities.
- Advocate for busing for seniors to farmers markets.

Sponsors: Foodshare, Loaves and Fishes, City of Nanaimo, Island Health

Stakeholders: NSTF, CBSS

IMPACT

High

LIKELIHOOD

Easy

Objective #4

Fostering collaborative partnerships between non-profit agencies to advocate and support programs for in-home help with services along the continuum of dependency focused on health eating.

Recommended Strategies:

- Non-profits to collaborate and advocate for affordable retirement housing with appropriate food services to allow seniors to age in place.
- Advocate for age-friendly opportunities for socialising while eating.
- Friendly visitor program focused on healthy eating.

Sponsors: Foodshare, City of Nanaimo, Harbour City Seniors, Nanaimo Affordable Housing Society

Stakeholders: CBSS, NSTF, Island Health

IMPACT

High

LIKELIHOOD

Easy

Appendix I

Age Friendly Survey Results

Five ratings were listed on the Age Friendly City Survey (2018) for each domain with ratings being 1 for Poor and 5 for Best

Red = Highest overall ranking as poor or less than average

Green = Highest overall ranking as average or greater than average

Domain	<% Less than Average or Poor	% Average	>% (Better or Best)
1. Outdoor Spaces & Public Buildings	16.35	35.82	47.84
2. Public Transportation	46.50	29.75	24.70
3. Housing	49.23	33.08	17.95
5. Health & Community Services	35.98	33.25	31.02
6. Respect & Social Inclusion	24.08	36.50	39.42
7. Civic Participation, Volunteerism & Employment	21.45	48.32	30.49
8. Communication & Information	40.30	38.56	21.68
9. Food Security & Healthy Eating	37.94	38.69	23.37



Appendix II

Acronyms

CBSS	Community Based Senior Services
CoN	City of Nanaimo
CVIMS	Central Vancouver Island Multicultural Society
ICBC	Insurance Corporation of British Columbia
NAHS	Nanaimo Affordable Housing Society
NCA	Nanaimo Citizens Advocacy
NDRC	Nanaimo Disability Resource Centre
NFLA	Nanaimo Family Life Association
NSSN	Nanaimo Seniors Services Network
NSTF	Nanaimo Seniors Task Force
OAPS	Old Age Pensioners Society
OSA	Office of the Seniors Advocate
RCMP	Royal Canadian Mounted Police
RDN	Regional District of Nanaimo
SAFER	Shelter Aid for Elderly Renters
SC	Seniors Connect
VIMHS	Vancouver Island Mental Health Society
VIRL	Vancouver Island Regional Library
VIU	Vancouver Island University

Definitions

Sponsors: Sponsors are individuals, agencies, levels of government and not for profits who start a project activity. They may be said to “own” the project. This can include a manager, supervisor, team, or partner. A project’s sponsor usually shows an active interest in the progress of the project and may ask to give authority to approve or disapprove of specific actions.

Stakeholders: Stakeholders have an interest in the outcome of the project, rather than its inception. Stakeholders can include municipality, seniors, community, not-for-profit agencies, and businesses. You may not have to get approval for projects from stakeholders, but you will need to let them know how the project is contributing to the overall health of achieving the Age Friendly City Plan.

Acknowledgements

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Nanaimo Seniors Task Force

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