

**CITY OF VAUGHAN**

**EXTRACT FROM COUNCIL MEETING MINUTES OF JUNE 7, 2016**

Item 1, Report No. 26, of the Committee of the Whole (Working Session), which was adopted without amendment by the Council of the City of Vaughan on June 7, 2016.

**1 OLDER ADULT RECREATION STRATEGY**

**The Committee of the Whole (Working Session) recommends:**

- 1) That the recommendation contained in the following report of the Deputy City Manager of Community Services and the Acting Director of Recreation, dated June 1, 2016, be approved;**
- 2) That in response to the deputations on behalf of Seniors Association of Vaughan Initiative (SAVI), the Vaughan Community Health Centre (VCHC) and others, a Working Group be formed composed of appropriate City and VCHC staff and external resource persons (e.g. regional staff, Vinh Le) and community representatives (e.g. SAVI) as may be agreed upon by the Deputy City Manager of Community Services and the Executive Director of the VCHC;**
- 3) That the Working Group develop the details of a reasonable pilot project to promote an appropriate form of cost effective and efficient older adult recreation, the implementation of which shall be subject to the budget process;**
- 4) That the following deputations and Communications be received:**
  - 1. Ms. Adelina Urbansky, Commissioner of Community and Health Services, Region of York, Yonge Street, Newmarket, and C11, presentation material titled “Seniors Strategy Presentation”, dated June 1, 2016;**
  - 2. Ms. Isabella Ferrara, SAVI, Anacapri Court, Vaughan, and Communication C12, dated June 1, 2016;**
  - 3. Isabel Araya, Executive Director, Vaughan Community Health Centre, Jane Street, Vaughan; and**
  - 4. Vinh Le, Clover Leaf Street, Woodbridge; and**
- 5) That the following Communications be received:**  
**C9 Acting Director, Recreation Services, dated June 1, 2016; and**  
**C10 Presentation material, titled “City of Vaughan Older Adult Recreation Strategy”.**

**Recommendation**

The Deputy City Manager of Community Services and the Acting Director of Recreation Services recommend:

- 1. That the presentation on the Older Adult Recreation Strategy by John Stevenson and Norma Draper of Leisureplan International be received;**
- 2. That the Older Adult Recreation Strategy recommendations as outlined in this report be approved; and**
- 3. That revisions to the “Older Adult Clubs Policy and Operating Procedures” as outlined in section 5 be approved.**

## **CITY OF VAUGHAN**

### **EXTRACT FROM COUNCIL MEETING MINUTES OF JUNE 7, 2016**

Item 1, CW(WS) Report No. 26 – Page 2

#### **Contribution to Sustainability**

This report is consistent with the priorities previously set by Council in the Green Directions, Vaughan, Community Sustainability Environmental Master Plan, Goal 4, Objective 4.1:

- 4.1 To foster a city with strong social cohesion, an engaging arts scene, and a clear sense of its culture and heritage.
  - 4.1.1 Develop an implementation plan for the initiatives described in the City's Active Together Master Plan through a phased and budgeted program.

#### **Economic Impact**

There is no economic impact to the 2016 Capital and Operating Budgets. However, the strategy recommends that Recreation Services undertake a "Community Recreation Facility Provision/Utilization Plan" which would require an approximate amount of \$45,000 in capital funding for professional consulting fees. As such, a new capital project will be submitted for Council approval as part of the 2017 budget deliberations.

Additionally, the City received approval for an "Age Friendly Community Planning Grant" in the amount of \$50,000 from the provincial government which will be used for the implementation of the strategy in 2016/17.

#### **Communications Plan**

Public consultation included meetings with S.A.V.I. (Seniors Association of Vaughan Initiative), surveys provided to Older Adult Clubs and Older Adult residences, resident surveys available in hard copy and posted on the City and Library websites, and promotion of the strategy taking place in the Recreation Guide and on the website. In addition, there was consultation with staff and Members of Council, social service agencies and private older adult residences/nursing homes, Vaughan Public Libraries, representatives of the Region of York and each member municipality.

The final version of the strategy will be posted on the City website.

#### **Purpose**

The purpose of this report is to present Council with the consultant's findings and to seek approval of the Older Adult Recreation Strategy recommendations, as well as, revisions to the "Older Adult Clubs Policy and Operating Procedures".

#### **Background - Analysis and Options**

Vaughan's older adult population is expected to more than double by 2031 due to continued population growth and the aging baby boomer generation. As a result it is expected that Vaughan will experience greater demand and pressures for facilities, programs and services for older adults.

The purpose of the Older Adult Recreation Strategy is to research, develop, design and produce an updated, fiscally responsible and sustainable Older Adult Strategy for the City of Vaughan. It draws on leading ideas in municipal program delivery, as well as, business and agencies servicing this demographic. A strong focus of the Strategy is to provide a vision, recommendations and general direction to position the City to respond to the changing recreation needs of older adults.

## CITY OF VAUGHAN

### **EXTRACT FROM COUNCIL MEETING MINUTES OF JUNE 7, 2016**

#### Item 1, CW(WS) Report No. 26 – Page 3

The project was comprised of undertaking the review of existing documents and research, conducting additional primary research, developing and administering a public consultation input process, and the development and production of an Older Adult Recreation Strategy. The strategy will guide the City of Vaughan's planning of Older Adult recreation programming for the next 8-10 years.

Public consultation included meetings with S.A.V.I. (Seniors Association of Vaughan Initiative), surveys provided to Older Adult Clubs and Older Adult residences, resident surveys available in hard copy and posted on the City and Library websites, and promotion of the strategy taking place in the Recreation Guide and on the website. In addition, there was consultation with staff and Members of Council, social service agencies and private older adult residences/nursing homes, Vaughan Public Libraries, representatives of the Region of York and each member municipality.

The Older Adult Recreation Strategy Report is structured as follows:

1. Objectives
2. Findings
3. Recommendations
4. Implementation

#### **1. Objectives**

- Compile a comprehensive inventory and assessment of existing older adult programs, policies, clubs, services, fees, staff and facility resources, external programs and services in York Region and associated participation statistics and membership trends.
- Review current information and trends related to Age based fee discounts for Older adults, including recommendations that may include changes to the current fee policy in this area, phase in options and/or other recommendations related to user fees in consideration of overall financial impact in balance with access and affordability needs.
- Research the profile of the older adult population nationally, provincially and in the City of Vaughan.
- Profile emerging older adult market segments and relevant trends and best practices in service provision to this population.
- Consult with the older adult population and other key stakeholders to identify gaps in service, including but not limited to individual meetings with Members of Council, staff and SAVI (Seniors of Vaughan Initiative).
- Assess the responsiveness of existing services and facilities to determine capacity to deliver long term recreation programs and services provision strategies.
- Review similar strategies in neighbouring municipalities (that share Vaughan's demographics and income profiles) and note their success/best practices.
- Identify and analyze gaps in service delivery based on research and needs and wants of the older adult population.
- Identify any potential partnerships that may be developed.

## CITY OF VAUGHAN

### EXTRACT FROM COUNCIL MEETING MINUTES OF JUNE 7, 2016

#### Item 1, CW(WS) Report No. 26 – Page 4

- Identify recommendations and strategies to establish service delivery mechanisms that will allow the City of Vaughan to respond to the changing environment along with corresponding financial and resource requirements.
- Review the current model of service delivery through the older adult clubs as outlined in the Older Adult Club Operating Guidelines and recommend sustainable future options for this service.
- Develop an implementation strategy for any proposed changes.
- Identify the costs and benefits associated with any proposed changes.

#### **2. Findings** (See Attachment 1 for more detailed findings.)

##### Demographics - Item 1.0 Page 4

York Region's population is aging, the senior population is growing much faster than any other age group and over the next 20 years will increasingly make up a larger share of its total population.

The proportions of "baby boomers" and seniors in York Region who are employed or looking for work are slightly higher than those of Ontario and Canada.

Seniors in York Region have significantly lower median individual total incomes compared to those in Ontario and Canada.

##### Programming for Older Adults – Item 2.2 Page 24

The Active Together Master Plan 2013 identified the following general mission statement: "The City of Vaughan and Vaughan Public Libraries are committed to providing safe, accessible and community-responsive parks, recreation centres and libraries that appeal to a wide range of interests and abilities". However the Master Plan did not assess or recommend the role of the municipality in the planning and delivery of recreation programs and activities in general or specifically for the older adult age group.

The City currently plays an essential role in the provision of municipal recreation programs and activities to the older adult age group. However this role and the specifics of service delivery have not been formalized into either a service delivery model or program plan.

A significant challenge for the Department associated with identifying its appropriate role in recreation program delivery for the older adult age group, developing a comprehensive plan to guide and direct program delivery, as well as developing the capacity to respond to the anticipated growth in demand for older adult recreation participation and changes in participation preferences, is the lack of comprehensive data concerning the current and future demand and preferences for participation in specific types of recreational activities (including preferred service provider, preferred time of participation, and factors that influence participation) among the older adult age group (in general and by age group and gender).

The Department maintains some relationships of either a formal or informal nature with other older adult recreation service providers in addition to the affiliated Older Adult Clubs. Enhancing this situation provides an opportunity to coordinate service provision, share information and resources and work collaboratively.

## CITY OF VAUGHAN

### EXTRACT FROM COUNCIL MEETING MINUTES OF JUNE 7, 2016

#### Item 1, CW(WS) Report No. 26 – Page 5

The strengths of current municipal recreation program delivery to the older adult age group include:

- the existing base of 60+ programs, although the number of program opportunities provided should be increased
- the fitness and aquatic membership programs oriented to the older adult age group 55-74 years of age, although capacity to accommodate additional growth in the number of older adult participant/members needs to be evaluated
- the general focus on fitness and wellness associated with municipal recreation program delivery

The most significant weakness/gaps associated with the current municipal delivery of direct programs to the older adult age group include:

- a high subsidy level combined with a high departmental cost recovery mandate
- the number and range of program opportunities provided
- minimal male participation in 60+ programs
- the need for more drop-in opportunities
- limited program provision throughout weekday evenings and weekends which may be a barrier for those older adults currently working full or part time

Research suggests that there will be significant increases in demand in the future for recreation programs and activities associated with:

- active pursuits including fitness programs and activities such water aerobics, yoga, Pilates, low impact exercise and sport, meditation, relaxation and wellness classes
- cultural and arts programming
- educational programming
- drop-in opportunities
- age appropriate programs
- short duration program cycles
- group and individual activities options based on skill/ability levels rather than age
- gymnasium sports
- instructional (acting, painting, sculpture, photography, etc.)

#### Older Adult Clubs – Item 2.4 Page 36

The affiliated Older Adult Clubs play an important role in the provision of recreational programs and activities in Vaughan however due to the nature of their membership, for the most part focused on a specific ethno-cultural group, their recreation program provision role is limited, and older adults that do not associate with or identify with a specific ethno-cultural group would generally not become members of these Clubs or participate in their programs.

During the next 5-10 years, Older Adult Clubs will continue to play an important role in the provision of social passive recreational activities to a selected target segment of the older adult age group in Vaughan specifically those that feel a strong affiliation/affinity/ identify with a specific ethno-cultural group. However it will be important, to sustain membership in these Clubs as their members age, that a wider range of more active and learning opportunities are provided to new, and in some cases, younger aged members.

The City does not have sufficient indoor space in existing municipal community centre facilities to accommodate each Club and as a result has leased 3 private facilities to complement municipal facility provision specifically to accommodate affiliated Older Adult Clubs.

## CITY OF VAUGHAN

### EXTRACT FROM COUNCIL MEETING MINUTES OF JUNE 7, 2016

#### Item 1, CW(WS) Report No. 26 – Page 6

Clubs stressed the importance of free use of municipal facilities and providing low cost opportunities to ensure access to a range of recreational opportunities to all of the older adult age group in Vaughan, not just those who may be economically challenged or disadvantaged.

There are opportunities for the Department to expand and refine the role it plays supporting affiliated Older Adult Clubs.

#### Social Service Agencies – Item 2.5 Page 42

Social agencies currently provide recreational opportunities to the specialized older adult age groups they serve. As such they complement the recreational programs and activities provided by the City and the Older Adult Clubs and play an essential role in this regard for special segments of the older adult age group in Vaughan. Not all of the groups have a formal relationship with Recreation Services.

#### Older Adult Residences/Nursing Homes – Item 2.6 Page 43

Older Adult Residences/Nursing Homes operate for the most part independently from other service providers in the provision of recreation services and activities for their residents. There may be opportunities for improved communication and sharing of information among the Older Adult Residences/Nursing Homes and other service providers in the community concerning participation opportunities, however the results of the research suggest that for the most part residents of the older adult residences/nursing homes in the city seek to participate in recreational activities within the context of each residence/nursing home as opposed to in the community.

### **3. Recommended Strategies and Actions**

The recommended strategies and actions are intended to guide the planning and delivery of municipal recreation services to the older adult age group during the next ten years.

The recommended Older Adult Recreation Strategy is organized based on three municipal service planning and delivery themes:

1. The older adult recreation service delivery system.
2. The planning and provision of municipal community facilities to support recreation service delivery to the older adult age group.
3. Alignment of the Older Adult Recreation Strategy with other City initiatives, policies and plans.

The recommended Older Adult Recreation Strategy is directed to achieving four fundamental service planning and delivery objectives:

- A. The development of the municipality's capacity and capabilities to plan for and respond to the anticipated significant growth in the number of Vaughan residents in the older age group during the next 10 years and associated changes in recreation program and activity participation and demand among the older adult age group.
- B. Addressing gaps and potential barriers associated with opportunities for older adults to participate in a diverse variety of accessible and affordable recreation programs and activities through coordinated and planned actions that build upon the strengths of the current municipal and community based recreation program and activity delivery system.
- C. The establishment of the preconditions for more effective and efficient co-operation and collaboration associated with the promotion, planning and delivery of recreation services to the older adult age group among the municipal and community based service providers.

**CITY OF VAUGHAN**

**EXTRACT FROM COUNCIL MEETING MINUTES OF JUNE 7, 2016**

Item 1, CW(WS) Report No. 26 – Page 7

- D. Facilitation of the evolution and development of the community based components of the older adult recreation service delivery system to reflect changing demographics and demand for recreation services among the older adult age group and to strengthen community based service providers organizational capacities and capabilities in the planning and delivery of recreation services to the older adult age group.

**Recommended Actions**

**Actions 1-6: The Older Adult Recreation Service Delivery System**

**Recommended Action 1 – Page 62**

The City, through Recreation Services, should develop a "Mission Statement" associated with the planning and provision of municipal recreation services for the older adult age group.

**Recommended Action 2 – Page 64**

The essential role of Recreation Services in the current and future provision of municipal recreation programs and activities to the older adult age group should be strengthened and enhanced to develop the capacity to respond to the anticipated growth in demand for older adult recreation participation and changes in participation preferences.

**Recommended Action 3 – Page 68**

Develop and implement a volunteer strategy specifically associated with the older adult recreation service area.

**Recommended Action 4 – Page 69**

Recreation Services should enhance the marketing, promotion and publicity of recreation services provided to the older adult age group in Vaughan.

**Recommended Action 5 – Page 69**

Expand and enhance the staffing capabilities, capacities and resources within Recreation Services specifically associated with future demand for older adult recreation services. Through the use of existing resources, assess the potential dedication of a full-time staff position of "Older Adult Services Coordinator" within the next five years.

**Recommended Action 6 – Page 70**

Facilitate the evolution of the current affiliated Older Adult Club service model to ensure their sustainability in the future and to build capacity within the community for a new model of community based older adult groups/organizations as a complement to the affiliated Older Adult Clubs.

**Actions 7-11: The Future Planning And Provision Of Municipal Community Facilities To Support Recreation Service Delivery To The Older Adult Age Group**

**Recommended Action 7 – Page 74**

The City should plan and provide municipal community facilities to support and accommodate the provision of older adult recreation programs and activities.

**Recommended Action 8 – Page 74**

Recreation Services should undertake specific planning research with the objective of developing a facility provision/utilization plan to meet anticipated changes in the nature and magnitude of demand for indoor recreation facility space to accommodate the anticipated increase in recreation program and activity participation, and changes in

## CITY OF VAUGHAN

### **EXTRACT FROM COUNCIL MEETING MINUTES OF JUNE 7, 2016**

#### Item 1, CW(WS) Report No. 26 – Page 8

recreation program and activity participation preferences among the older adult age group during the next ten years when it is also expected that recreation participation among other age groups will increase significantly associated with the anticipated future population growth.

#### Recommended Action 9 – Page 76

Consider the establishment of a lounge or social meeting gathering space in any plans for the re-design, expansion or refit of any existing municipal community centre facility in which Recreation Services provides programs and activities directed to the older adult age group.

#### Recommended Action 10 – Page 76

The City, through Recreation Services, should develop municipal community facility planning and design guidelines to ensure that municipal community facilities, both existing and those proposed to be developed in the future, are designed in a manner to be age-friendly and age appropriate specifically for older adult participants.

#### Recommended Action 11 – Page 77

Recreation Services should assess the implications of the recommended Older Adult Recreation Strategy to current municipal facility use policies, identify revisions and amendments as appropriate.

### **Actions 12-14: General Strategy Provisions Alignment With City Initiatives, Policies And Plans**

#### Recommended Action 12 – Page 78

The Older Adult Recreation Strategy should be aligned and build upon the general principles, strategies, plans and actions of municipal initiatives.

#### Recommended Action 13 – Page 82

Recreation Services should review and revise as appropriate specific municipal recreation service policies to ensure consistency with the recommendations of the Older Adult Recreation Strategy.

#### Recommended Action 14 – Page 83

The City should initiate actions towards becoming an "Age-friendly" city.

### **4. Implementation**

The Older Adult Strategy and associated recommended actions should be implemented in a logical sequence of steps over the next ten years. Detailed implementation is outlined in the strategy report on pages 85-89, which summarizes an implementation schedule for the recommended actions, identifying the recommended action, key steps associated with their implementation where appropriate and responsibility for leading implementation.

The most significant financial implication associated with implementation of the Older Adult Recreation Strategy will be the requirements for professional consulting support to assist in the undertaking of a Community Recreation Facility Provision/Utilization Plan (recommended 2017-2018). This would require an amount of approximately \$45,000 for professional consulting fees. The City has received approval for an "Age Friendly Community Planning Grant" in the amount of \$50,000 from the provincial government for implementation of the strategy.



## CITY OF VAUGHAN

### EXTRACT FROM COUNCIL MEETING MINUTES OF JUNE 7, 2016

#### Item 1, CW(WS) Report No. 26 – Page 9

The Older Adult Strategy for the City of Vaughan will be a component of the Recreation Service Plan, which will be a broader operational review of the Program Development and Management service stream being undertaken by Recreation Services. Some initiatives are already underway with fourteen new programs planned to commence in Fall 2016. Further older adult program development will take place based on the recommendations of the Older Adult Strategy.

#### **5. “Older Adult Clubs in the City of Vaughan Policy and Operating Procedures” proposed changes:**

Staff met with the S.A.V.I. executive committee on April 26, 2016 to discuss key strategy objectives and the recommended changes to the “Older Adult Clubs Policy and Operating Procedures”. The executive expressed support for the creation of a centralized older adult role that could provide additional resources for the clubs. While recognizing that the clubs play an important role in the provision of recreational programs and activities in Vaughan, S.A.V.I. also acknowledged the need to provide more opportunities for older adults that is both structured and unstructured (i.e. registered programs and drop-in programs).

The strategy recommends governance changes to the “Older Adult Clubs Policy and Operating Procedures” based on recommended governance practices for executive boards. Important principles include ensuring that Board members bring independent judgment to bear and be elected for a limited term to ensure reasonable turnover. The following changes were proposed to S.A.V.I. for consideration:

- Eliminate spouses being elected to the executive committee at the same time; and
- Limit the election of the president to a fixed number of consecutive terms on the executive committee.

The following chart summarizes the policy items discussed and the recommendations of S.A.V.I.

<b>Current Policy</b>	<b>Updated Policy</b>
7.1.7 Following each Board meeting, the Secretary is responsible for preparing the minutes of the past meeting. The Treasurer is responsible for preparing the most recent club financial report. Copies of minutes and financial reports will be made available to members at their request.	S.A.V.I. was consulted on this in the interests of transparency to club members and the following addition was recommended by S.A.V.I.: <b>“Copies of minutes and financial reports will be posted on the club bulletin board on a quarterly basis.”</b>
8.7 Spouses may both run for election, but the voters must be informed prior to the vote. 8.10 If applicable, make known that he/she has a spouse that is also seeking election for a position.	S.A.V.I. was consulted on no longer allowing spouses to be elected. The following was recommended by S.A.V.I.: <b>No change is recommended. The existence of spouses on the executive is not considered to be detrimental, but rather is a way of encouraging volunteers.</b>
9.2 There is no limit to the number of terms a member may serve provided they are re-elected or re-appointed and in good standing with both the club and the City of Vaughan.	S.A.V.I. was consulted on limiting term of office for the president. The following was recommended by S.A.V.I.: <b>The president shall be limited, in principle, to serving no more than two terms (two + two years), however, in the case that no other nomination is made, the outgoing president may be re-elected.</b>

## **CITY OF VAUGHAN**

### **EXTRACT FROM COUNCIL MEETING MINUTES OF JUNE 7, 2016**

Item 1, CW(WS) Report No. 26 – Page 10

#### **Relationship to Term of Council Service Excellence Strategy Map (2014-2018)**

This report is consistent with the Term of Council priority to “continue to ensure the safety and well-being of citizens” and to “support and promote arts, culture, heritage and sports in the community”.

#### **Regional Implications**

The Region is also developing a Senior Strategy and was consulted during the process. It was agreed that there should be discussions in the future to explore ways in which Vaughan and the Region could work together.

#### **Conclusion**

Vaughan’s older adult population is expected to more than double by 2031. In order to respond to the anticipated growth in demand for older adult recreation participation and changes in participation preferences, Recreation Services should focus the delivery of municipal recreation programs to ensure gaps in current service provision are addressed and future programming directions build upon the strengths of current programming and resources.

Recreation Services should strive to include an active, structured role in building and facilitating community based service provision, as well as, establish formal relationships with complementary service providers.

The current municipal recreation facility provision model should be refined to accommodate recreation services for the older adult. Facility planning and design guidelines should be developed to ensure that facilities are designed in a manner to be age-friendly and age appropriate.

The Older Adult clubs will continue to play an essential role in the provision of recreational programs and activities in Vaughan, but there should be plans developed for the evolution of the club model.

The Recreation Services department recommends that Council approve the recommendations of the “Older Adult Recreation Strategy” and updates to the “Older Adult Clubs in the City of Vaughan Policy and Operating Procedures” as recommended by S.A.V.I.

#### **Attachments**

1. City of Vaughan Older Adult Recreation Strategy (Members of Council only). The strategy will also be posted on the Vaughan.ca website.

#### **Report prepared by:**

Paul Compton, Acting Director, Recreation Services, ext. 8358

(A copy of the attachments referred to in the foregoing have been forwarded to each Member of Council and a copy thereof is also on file in the office of the City Clerk.)



**COMMUNICATION C9**  
**CW (Working Session) JUNE 1, 2016**  
**ITEM 1**

**DATE:** June 1, 2016

**TO:** Mayor and Members of Council

**FROM:** Paul Compton, Acting Director of Recreation Services

**RE: COMMUNICATION – COMMITTEE OF THE WHOLE (WORKING SESSION)**  
**JUNE 1, 2016, ITEM #1**  
**OLDER ADULT RECREATION STRATEGY**

---

Please be advised that the **City of Vaughan Older Adult Recreation Strategy** document identified as **“Attachment 1”** of the above-referenced item report can be found on the City of Vaughan website at the following links:

[Older Adult Recreation Strategy](#) or

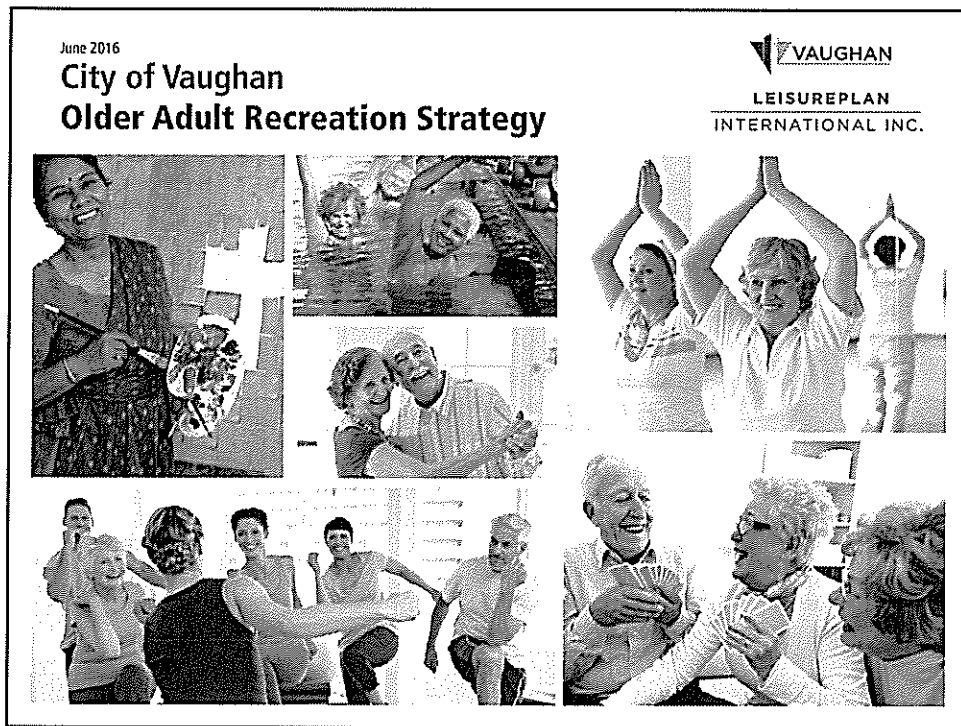
[www.vaughan.ca/recreation](http://www.vaughan.ca/recreation) (under Resources)

A hard copy is also available upon request.

Respectfully submitted,

A handwritten signature in black ink that reads 'Paul Compton'.

Paul Compton  
Acting Director, Recreation Services



**C 10**  
COMMUNICATION

CW (WORKING SESSION)

**June 1/16**

ITEM - **1**

## Purpose

- To research, develop, design and produce an up-to-date, fiscally responsible and sustainable Older Adult Strategy for the Recreation Services that draws on leading ideas in municipal program delivery, as well as, agencies servicing this demographic.
- To provide a vision, recommendations and general direction to position Recreation Services to respond to the changing recreation needs of older adults.

## Objectives

The strategy responds to the anticipated growth in demand for older adult recreation participation, and also the changes in participation patterns and preferences. It addresses the evolving recreational, social, cultural and physical needs of older adults over the next 10 years and has several objectives, including:

- Guide the planning & provision of municipal recreation services to older adults
- Respond to the changing recreation needs of older adults
- Assess existing older adult programs, services, facilities, policies, clubs, fees and resources
- Identify older adult leisure trends and best practices
- Consult with the older adult population and other key stakeholders
- Identify and analyze gaps in service delivery
- Identify recommendations and strategies
- Develop an implementation strategy

City of Vaughan Older Adult Recreation Strategy

LEISUREPLAN  
INTERNATIONAL INC.

## Consultation

Consultation included the following:

- Meetings with S.A.V.I. (Seniors Association of Vaughan Initiative)
- Surveys provided to Older Adult Clubs and Older Adult residences
- Resident surveys available in hard copy and posted on the City and Library websites
- Consultation with staff, Members of Council, social service agencies and private older adult residences/nursing homes, Vaughan Public Libraries, representatives of the Region of York and each member municipality.

City of Vaughan Older Adult Recreation Strategy

LEISUREPLAN  
INTERNATIONAL INC.

## Strategy Development: Background Reports

A series of five Background Reports were prepared as part of the research. Each documents the results of specific research activities:

1. Profile of older adult demographic & recreational trends.
2. Review of existing municipal plans, policies & strategies.
3. Profile of current municipal approaches to older adult recreation service planning & delivery in York Region.
4. Profile of current older adult recreation service provision in Vaughan.
5. Information obtained through a comprehensive survey of municipal case studies: Mississauga, Brampton, Oakville, Kitchener & Waterloo.

City of Vaughan Older Adult Recreation Strategy

LEISUREPLAN  
INTERNATIONAL INC.

## The Older Adult Age Group - Demographics

- In 2011 there were **63,725** residents 55 years of age & older in Vaughan representing 21.1% of the city's total population
- Half were 55-65 years of age
- The portion of the City's population aged 50 years of age & older is projected to increase **88%** from 2011 to 2031
- **Plan for a population aged 55+ of more than 120,000 by 2031**
- Demand for municipal recreation services for the older adult age group may increase significantly during the next 5 years & continue to increase to the year 2031

City of Vaughan Older Adult Recreation Strategy

LEISUREPLAN  
INTERNATIONAL INC.

## Impact of the Baby Boom Generation

- Significant increase in the older adults population will be more dramatic due to the fact that the "baby boomer" generation will be more active later in life than previous generations
- The current range of leisure interests & participation patterns of the traditional older adult age group (seniors) will change:
  - higher rates of participation in **active pursuits** (e.g., exercise, fitness & outdoor sports)
  - shift away from **games** such as bingo, bridge & shuffleboard
  - greater emphasis placed on enriching their lives through an increase in participation in **cultural, educational & learning activities**
  - new types of "clubs" with a focus on **individual interests** such as trips, trekking & hiking, wine clubs & book clubs

City of Vaughan Older Adult Recreation Strategy

LEISUREPLAN  
INTERNATIONAL INC.

## Additional Impacts to Service Planning & Delivery

- **One size does not fit all:** variations among demographic segments within the older adult age group 55-64, 65-74, 75-84 & 85+
- Change in the timing of demand for participation: evenings & weekends
- Increasing preference for a drop-in approach & shorter duration programs
- Recreation facility design:
  - multi-purpose, multi-generational community recreation centres
  - welcoming environments for multiple generations & types of users
  - integrating older adult programming into multi-purpose facilities
- Significant increase in the number of older age participants will result in pressure on municipalities to sustain traditional subsidization of fees

City of Vaughan Older Adult Recreation Strategy

LEISUREPLAN  
INTERNATIONAL INC.

## Key Issues & Opportunities for Improvement

- Plan for increased demand for municipal recreation services among older adults.
- Plan for significant changes in their recreational interests & participation.
- Plan for the impacts of increased demand on municipal facilities that accommodate these activities.
- Address current weaknesses/issues in municipal service provision.
- Assist affiliated Older Adult Clubs to better sustain their operations in the future as recreational interests change.
- Gaps in opportunities for older adults who do not share an affiliation to a specific ethno-cultural community.
- Recreation Services needs to play a greater role in community development through the creation of new groups and coordinating service delivery among various providers.

City of Vaughan Older Adult Recreation Strategy

LEISUREPLAN  
INTERNATIONAL INC.

## Recommended Strategies & Actions

Organized based on three municipal service planning & delivery themes:

1. Older adult recreation service delivery system.
2. Planning & provision of municipal community facilities to support recreation service delivery to the older adult age group.
3. Alignment of the Older Adult Recreation Strategy with other City initiatives, policies & plans.

City of Vaughan Older Adult Recreation Strategy

LEISUREPLAN  
INTERNATIONAL INC.



## Fundamental Service Planning & Delivery Objectives

- Develop the capacity/capability of Recreation Services to plan for & respond to the anticipated growth and changes in participation and demand.
- Address gaps & potential barriers to participation.
- Collaboration among the municipal and community based service providers.
- Guide & support the evolution of the community based components of the older adult recreation service delivery system to reflect changing demographics & demand for recreation services.

City of Vaughan Older Adult Recreation Strategy

LEISUREPLAN  
INTERNATIONAL INC.

## Older Adult Recreation Service Delivery System

- Develop a **mission statement** associated with the planning & provision of municipal recreation services for the older adult age group.
- Strengthen & enhance the essential role of Recreation Services to develop the capacity to respond to the anticipated growth in demand for recreation participation & changes in participation preferences.
- Recreation Services needs to play a greater leadership role in developing & facilitating community based service provision within the older adult recreation service area.
- Facilitate the evolution of the current Older Adult Club model to ensure their sustainability in the future; build capacity within the community for a new model of community based older adult groups/organizations as a complement to the affiliated Older Adult Clubs.

City of Vaughan Older Adult Recreation Strategy

LEISUREPLAN  
INTERNATIONAL INC.

## **Future Planning & Provision of Municipal Community Facilities**

- Develop a facility provision/utilization plan to meet anticipated changes in demand among the older adult age group.
- Develop municipal community facility planning & design guidelines to be age-friendly & age appropriate, specifically for older adult participants.
- Establish lounge or social meeting gathering space in any plans for the re-design, expansion or refit of any existing municipal community centre.

City of Vaughan Older Adult Recreation Strategy

LEISUREPLAN  
INTERNATIONAL INC.

## **Alignment with City Initiatives, Policies & Plans**

- Align the Older Adult Recreation Strategy with the general principles, strategies, plans & actions of municipal initiatives.
- Review & revise as appropriate specific municipal recreation service policies to ensure consistency with the recommendations of the Older Adult Recreation Strategy.
- Initiate actions towards becoming an **age-friendly** city. An age-friendly city adapts its structures and services to be accessible to and inclusive of older people with varying needs and capacities.

City of Vaughan Older Adult Recreation Strategy

LEISUREPLAN  
INTERNATIONAL INC.

## Implementation

The Older Adult Strategy and associated recommended actions to be implemented in a logical sequence of steps over the next ten years. Detailed implementation is outlined in the strategy report, which summarizes:

- An implementation schedule for actions
- Key steps associated with their implementation
- Responsibility for leading implementation

## Next Steps (year 1)

- Assign centralized staff resource to guide the strategy implementation (Q3 2016)
- Expand on program offering (already in progress for Fall/Winter implementation)
- Develop Mission Statement (Q4 2016)
- Assess the role and responsibilities of the designated departmental "City Liaison" representatives for Older Adult Clubs (Q4 2016)
- Undertake research project associated with utilization of municipal facility space and time by the affiliated Older Adult Clubs (Q1 2017)
- Initiate collaboration with community partners (Q1 2017)
- Initiate "Age-friendly" designation process with partners (Q2 2017)

City of Vaughan Older Adult Recreation Strategy

LEISUREPLAN  
INTERNATIONAL INC.

## Questions?

City of Vaughan Older Adult Recreation Strategy

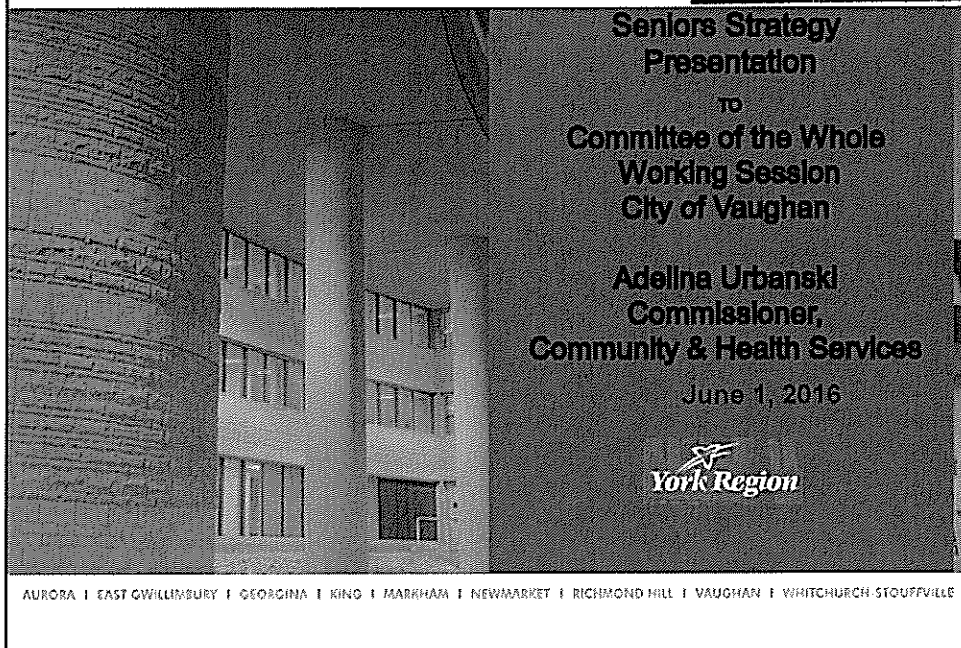
LEISUREPLAN  
INTERNATIONAL INC.

C II  
COMMUNICATION

CW (WORKING SESSION)

June 1 / 16

ITEM - 1



**Seniors Strategy  
Presentation**

TO  
**Committee of the Whole  
Working Session  
City of Vaughan**

**Adelina Urbanski  
Commissioner,  
Community & Health Services**

June 1, 2016

**York Region**

AURORA | EAST GWILLIMBURY | GEORGINA | KING | MARKHAM | NEWMARKET | RICHMOND HILL | VAUGHAN | WHITCHURCH-STOUFFVILLE

## Seniors Strategy Advisory Task Force Membership

### Regional Council Members

Regional Chair, Emmerson, ex-officio

Regional Councillor Armstrong, City of Markham

Regional Councillor Ferri (Chair), City of Vaughan

Mayor Hackson, Town of East Gwillimbury

Regional Councillor Heath, City of Markham

Regional Councillor Hogg (Vice Chair), Town of Richmond Hill

Regional Councillor Rosati, City of Vaughan

Regional Councillor Wheeler, Town of Georgina

## Quest


What is the Region's role in serving seniors over the next 10 to 20 years –

making the best use of resources, managing expectations, leveraging partnerships and responding to provincial direction?



3

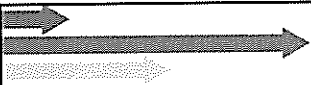
York Region Seniors Strategy	
Potential Emerging Action Areas	
Task Force Principles	Action Area
Evidence Based Decision Making	<b>Capacity Planning:</b> At a system level, develop an understanding of the demand for seniors services in York Region and the capacity to provide those services to: <ul style="list-style-type: none"> <li>• Improve access to services by the right providers at the right times</li> <li>• make targeted, evidence-based investments in key areas through shifts in funding</li> </ul>
Partnerships, Alignment, Collaboration	<b>Coordinate and Connect Discussions (Planning Together)</b> <ul style="list-style-type: none"> <li>• Transit providers for seniors (MOHILTC, MTO)</li> <li>• York University – Fear of Falling Research</li> <li>• Federation of Canadian Municipalities (add seniors to agenda)</li> <li>• Association of Municipalities of Ontario (add seniors to agenda)</li> <li>• National Institute on Aging – Ryerson (GTA Network)</li> <li>• Local municipalities</li> </ul>
Partnerships, Alignment, Collaboration	<b>Explore Age Friendly Communities Concept</b>
Partnerships, Alignment, Collaboration	<b>Better Integrated Services</b> <b>Develop Senior Hub Model (s) (i.e. Unionville)</b> <ul style="list-style-type: none"> <li>• Re-design the service delivery system with hub models</li> <li>• Convene discussion look at seniors needs holistically</li> </ul> <b>Co-location of services</b> <ul style="list-style-type: none"> <li>• i.e. partner with the local municipalities, identify commercial opportunities, co-locate Region services</li> </ul>
Partnerships, Alignment, Collaboration	<b>Build a variety of home options in the same neighbourhood as we accommodate growth</b> <ul style="list-style-type: none"> <li>• Build near amenities, add services to arterial roads</li> <li>• Influence design of new built homes – include caregiver room</li> <li>• Reduce complexities and costs associated with second suites</li> <li>• Leverage Inclusionary zoning</li> </ul>



York Region  
**Seniors Strategy**

**Potential Emerging *Action* Areas**

Task Force Principles	Action Area
Education	<b>Staff Training</b> <ul style="list-style-type: none"> <li>to enable staff to support senior's changing needs</li> </ul>
Education	<b>Increase Awareness of Services for Seniors</b> <ul style="list-style-type: none"> <li>systems are easy to navigate, information coordination</li> <li>Identify how we can help seniors navigate the system i.e. re-focus wait lists</li> </ul>
Education	<b>Communication Campaign</b> <ul style="list-style-type: none"> <li>raise awareness of need for building affordable housing in established neighbourhoods</li> <li>raise awareness for the need to financially plan for retirement</li> <li>raise awareness around financial sustainability, i.e. intergenerational equity and ability to pay</li> </ul>
Prevention	<b>Expanding Prevention Programs</b> <ul style="list-style-type: none"> <li>i.e. Community Paramedicine, Public Health</li> </ul>
Response Based on Financial Need and Ability to Pay	<b>Develop new eligibility models – Ability to Pay Model (s)</b> <ul style="list-style-type: none"> <li>definition of senior (i.e. 65 years)</li> <li>based on income and assets</li> <li>Review Housing Services Home Repair Program – i.e. distribute funds by securing future re-payment through available assets- i.e. registering a lien on property</li> <li>Explore new rent models, blended income models</li> </ul>



York Region  
**Seniors Strategy**

**Potential Emerging *Advocacy* Areas**

Task Force Principles	Advocacy Area	Linkages
Evidence -Based Decision Making	<b>Capacity Planning for Long Term Care Beds in Ontario</b> <ul style="list-style-type: none"> <li>determine the amount of resources required including the number of beds, location, type</li> </ul>	Provincial Government Central LHIN
Prevention	<b>Expanding Public Health Mandate for Seniors</b> <ul style="list-style-type: none"> <li>promoting healthy aging</li> <li>prevention opportunities</li> </ul>	Public Health Agency of Canada Provincial Government Central LHIN
Prevention	<b>Funding for Home and Community Care Supports</b> <ul style="list-style-type: none"> <li>Unionville hub model</li> <li>Coordinated support services to age in place for HYI Seniors Buildings</li> </ul>	Federal Government Provincial Government Central LHIN
Fiscal Sustainability and Balance	<b>Infrastructure Funding for Housing Services and Additional Affordable Options</b> <ul style="list-style-type: none"> <li>link to social housing</li> <li>Affordable housing options</li> <li>Make Rental Happen</li> </ul>	Federal Government Provincial Government Human Services Planning Board
Response Based on Financial Need and Ability to Pay	<b>Pension Reform</b> <ul style="list-style-type: none"> <li>OAS, CPP Supplement</li> </ul>	Federal Government

## Possible Areas for Collaboration

### 1. Coordinating and Connecting Discussions

### 2. Better Integration of Services

- Co-locating services
  - i.e. satellite recreation services in Seniors Housing Buildings
- Developing a Seniors Hub Model

### 3. Explore Age Friendly Communities Concept

- i.e. understanding gaps, opportunities and roles

### 4. Sharing Data

1

DEPUTATION  
COMMITTEE OF THE WHOLE WORKING SESSION  
JUNE 1<sup>st</sup>, 2016

Your Worship, Chair and Members of Council:

Good morning.

C 12 COMMUNICATION
CW (WORKING SESSION) June 1/16
ITEM - 1

My name is Isabella Ferrara and I am the President of the Seniors Association of Vaughan Initiative (commonly known as S.A.V.I.) the umbrella organization that is the voice of over 3,850 seniors and the 15 clubs in the City of Vaughan listed in this deputation.

1. Concord West Seniors Club
2. Filipino Seniors Club
3. First Chinese Senior Association of Vaughan
4. The Giuseppe Garibaldi Seniors Club
5. Maple Italo Canadian Club
6. Maple Pioneer Italian Seniors Club
7. Pinecrest Seniors Club
8. Thornhill Seniors Club
9. Thornhill African Caribbean Canadian Seniors Club
10. East Woodbridge Seniors Club
11. Pine York Seniors Club
12. Sonoma Heights Seniors Club
13. Vellore Village Seniors Club
14. West Woodbridge Seniors Club
15. Woodbridge Macedonian Seniors Club

I thank you for the opportunity of presenting this deputation today.

Firstly, I would like to acknowledge and thank you for the continuous support that our member clubs receive from Council as well as staff from the Recreation Division of Community Services, headed by Deputy City Manager, Mary Realì.

From the copy of the Deputation that has been circulated to you, you will see that SAVI's rich history of providing programs and services, include:

1. an annual Seniorsfest, that serves in excess of 1,300 seniors
2. deputations and summits, engaging well over 800 seniors and resulting in:
  - the introduction of the Property Tax Rebate for seniors
  - the Ontario Provincial Pension Plan
  - and continues advocacy at the Federal Level for pension reform
3. annual Holiday Concerts



4. record-breaking food drives and donations for the Vaughan Food Bank
5. in excess of \$14,000 donation for the Vaughan hospital to date, and
6. an annual Seniors Information and Exhibition Fair, coming up on June 10<sup>th</sup>

What SAVI has accomplished so far

- April 13- BingoRama held at Vellore Village Community Centre, an annual fundraising event in support of the Mackenzie Hospital Foundation. So far a total of \$14,485.00 has been collected for this cause.
- April 19– Volunteer Recognition Ceremony held at East Woodbridge Seniors Club, recognized 91 seniors for their contribution of time and effort with SAVI events.
- A Fundraising BingoRama for City of Vaughan REC Assist Program, which raised \$1,200.
- On September 11 – Cultural Festival- which event will take place at the Fontana Primavera Event Venue, with approximately 1,000 seniors to be in attendance.
- To date, we have contributed a total of \$9,587 to the Vaughan Food Bank. We also hold the record for the highest contribution (80 bins) of non-perishable food items.
- Our last annual event, the Holiday Concert it is always held at the City Playhouse. All proceeds from this event go directly to the Vaughan Food Bank.

So far the seniors have donated in total \$25,322.00

- Completed the Deputation, which is being presented here today.

Some of these programs were realized solely through the help of grants that SAVI was successful in receiving. We recognize that only through financial support can some programs continue to be available, such as the computer training sessions and the professional entertainment at Seniorsfest and Holiday Concert.

SAVI's 14-year history is well known and recognized. It has established good working relationships with other known organizations, such as Vaughan Community Health Centre, CHATS, Elspeth Centre for Women, Ontario Coalition of Seniors, BASSICS and Vaughan Fire and Rescue, and through this support acquires information and tools that are shared with our members.

The events and activities planned for 2016 are listed in this deputation for your review.

This is what SAVI proposes for 2016

- ongoing food drives and fundraising efforts for Vaughan Food Bank, Mackenzie Hospital Foundation and other worthy causes
- continue the computer education classes at Elspeth Centre for Women, at Blue Willow seniors residence
- explore and form more partnerships with other agencies that provide workshops for seniors on health issues, technology programs, etc., for the benefit of our seniors
- continue to offer:
  - a) Fundraising BingoRama events (approximately 3-4 annually)
  - b) Volunteer Appreciation Event
  - c) Seniors' Information and Exhibition Fair
  - d) Seniorsfest/Cultural Festival Celebration
  - e) Holiday Concert

In particular I would like to draw your attention to the Cultural Festival, scheduled for September 11<sup>th</sup>. This year, SAVI will be replacing its annual Seniorsfest with a Cultural Festival Celebration, embracing and showcasing our diversities, cultures and traditions. In this respect, we plan to discuss with staff, the possibility of incorporating this celebration with the City's 25<sup>th</sup> Anniversary. STAY TUNED!

SAVI encourages the City to:

1. continue the interactive consultations between staff and SAVI on issues related to seniors;
2. support the recommendation as drafted in the Older Adult Recreation Strategy;
3. pursue the age-friendly community concept as identified in the Older Adult Recreation Strategy; and
4. operate those programs and activities that the Clubs may not be able to provide on a regular basis, due to lack of financial support.

Special and heartfelt "thanks" are extended to Council for the following:

1. the realization of the much-awaited hospital for the City of Vaughan. This is something that SAVI has long advocated for and continues to support through various fundraising efforts; and
2. on behalf of the Maple Pioneer Italian Seniors Club: since the request several years ago, for a larger parking lot at 8 Merino Road, the Club was recently advised that the request was approved and funds set aside in the 2016 budget.

Inasmuch as we recognize and appreciate your continued support, I also come here today to voice the following concern:

**On behalf of the Pine York Seniors Club:** since the Club's last move in September 2010, its membership has grown, along with its events and programs, resulting in overcrowding. The executive welcome an opportunity to discuss the availability of a larger facility that can better accommodate our members.

Overall, the members of SAVI are very appreciative of the facilities that have been provided for our use and enjoyment, and the support that Council provides to ensure that we remain socially and physically active through our Golden Years.

As in the past, we are hopeful that our voice is heard and our concerns given due consideration. We continue to trust in your commitment and support in promoting the work of this fabulous organization.

Thank you for your indulgence.

Isabella Ferrara, President  
Seniors Association of Vaughan Initiative  
(S.A.V.I.)

**OLDER ADULT RECREATION STRATEGY**

**Recommendation**

The Deputy City Manager of Community Services and the Acting Director of Recreation recommend:

1. That the presentation on the Older Adult Recreation Strategy by John Stevenson and Norma Draper of Leisureplan International be received;
2. That the Older Adult Recreation Strategy recommendations as outlined in this report be approved; and
3. That revisions to the “Older Adult Clubs Policy and Operating Procedures” as outlined in section 5 be approved.

**Contribution to Sustainability**

This report is consistent with the priorities previously set by Council in the Green Directions, Vaughan, Community Sustainability Environmental Master Plan, Goal 4, Objective 4.1:

- 4.1 To foster a city with strong social cohesion, an engaging arts scene, and a clear sense of its culture and heritage.
  - 4.1.1 Develop an implementation plan for the initiatives described in the City’s Active Together Master Plan through a phased and budgeted program.

**Economic Impact**

There is no economic impact to the 2016 Capital and Operating Budgets. However, the strategy recommends that Recreation Services undertake a “Community Recreation Facility Provision/Utilization Plan” which would require an approximate amount of \$45,000 in capital funding for professional consulting fees. As such, a new capital project will be submitted for Council approval as part of the 2017 budget deliberations.

Additionally, the City received approval for an “Age Friendly Community Planning Grant” in the amount of \$50,000 from the provincial government which will be used for the implementation of the strategy in 2016/17.

**Communications Plan**

Public consultation included meetings with S.A.V.I. (Seniors Association of Vaughan Initiative), surveys provided to Older Adult Clubs and Older Adult residences, resident surveys available in hard copy and posted on the City and Library websites, and promotion of the strategy taking place in the Recreation Guide and on the website. In addition, there was consultation with staff and Members of Council, social service agencies and private older adult residences/nursing homes, Vaughan Public Libraries, representatives of the Region of York and each member municipality.

The final version of the strategy will be posted on the City website.

**Purpose**

The purpose of this report is to present Council with the consultant’s findings and to seek approval of the Older Adult Recreation Strategy recommendations, as well as, revisions to the “Older Adult Clubs Policy and Operating Procedures”.

## **Background - Analysis and Options**

Vaughan's older adult population is expected to more than double by 2031 due to continued population growth and the aging baby boomer generation. As a result it is expected that Vaughan will experience greater demand and pressures for facilities, programs and services for older adults.

The purpose of the Older Adult Recreation Strategy is to research, develop, design and produce an updated, fiscally responsible and sustainable Older Adult Strategy for the City of Vaughan. It draws on leading ideas in municipal program delivery, as well as, business and agencies servicing this demographic. A strong focus of the Strategy is to provide a vision, recommendations and general direction to position the City to respond to the changing recreation needs of older adults.

The project was comprised of undertaking the review of existing documents and research, conducting additional primary research, developing and administering a public consultation input process, and the development and production of an Older Adult Recreation Strategy. The strategy will guide the City of Vaughan's planning of Older Adult recreation programming for the next 8-10 years.

Public consultation included meetings with S.A.V.I. (Seniors Association of Vaughan Initiative), surveys provided to Older Adult Clubs and Older Adult residences, resident surveys available in hard copy and posted on the City and Library websites, and promotion of the strategy taking place in the Recreation Guide and on the website. In addition, there was consultation with staff and Members of Council, social service agencies and private older adult residences/nursing homes, Vaughan Public Libraries, representatives of the Region of York and each member municipality.

The Older Adult Recreation Strategy Report is structured as follows:

1. Objectives
2. Findings
3. Recommendations
4. Implementation

### **1. Objectives**

- Compile a comprehensive inventory and assessment of existing older adult programs, policies, clubs, services, fees, staff and facility resources, external programs and services in York Region and associated participation statistics and membership trends.
- Review current information and trends related to Age based fee discounts for Older adults, including recommendations that may include changes to the current fee policy in this area, phase in options and/or other recommendations related to user fees in consideration of overall financial impact in balance with access and affordability needs.
- Research the profile of the older adult population nationally, provincially and in the City of Vaughan.
- Profile emerging older adult market segments and relevant trends and best practices in service provision to this population.
- Consult with the older adult population and other key stakeholders to identify gaps in service, including but not limited to individual meetings with Members of Council, staff and SAVI (Seniors of Vaughan Initiative).

- Assess the responsiveness of existing services and facilities to determine capacity to deliver long term recreation programs and services provision strategies.
- Review similar strategies in neighbouring municipalities (that share Vaughan's demographics and income profiles) and note their success/best practices.
- Identify and analyze gaps in service delivery based on research and needs and wants of the older adult population.
- Identify any potential partnerships that may be developed.
- Identify recommendations and strategies to establish service delivery mechanisms that will allow the City of Vaughan to respond to the changing environment along with corresponding financial and resource requirements.
- Review the current model of service delivery through the older adult clubs as outlined in the Older Adult Club Operating Guidelines and recommend sustainable future options for this service.
- Develop an implementation strategy for any proposed changes.
- Identify the costs and benefits associated with any proposed changes.

## **2. Findings** (See Attachment 1 for more detailed findings.)

### Demographics - Item 1.0 Page 4

York Region's population is aging, the senior population is growing much faster than any other age group and over the next 20 years will increasingly make up a larger share of its total population.

The proportions of "baby boomers" and seniors in York Region who are employed or looking for work are slightly higher than those of Ontario and Canada.

Seniors in York Region have significantly lower median individual total incomes compared to those in Ontario and Canada.

### Programming for Older Adults – Item 2.2 Page 24

The Active Together Master Plan 2013 identified the following general mission statement: "The City of Vaughan and Vaughan Public Libraries are committed to providing safe, accessible and community-responsive parks, recreation centres and libraries that appeal to a wide range of interests and abilities". However the Master Plan did not assess or recommend the role of the municipality in the planning and delivery of recreation programs and activities in general or specifically for the older adult age group.

The City currently plays an essential role in the provision of municipal recreation programs and activities to the older adult age group. However this role and the specifics of service delivery have not been formalized into either a service delivery model or program plan.

A significant challenge for the Department associated with identifying its appropriate role in recreation program delivery for the older adult age group, developing a comprehensive plan to guide and direct program delivery, as well as developing the capacity to respond to the anticipated growth in demand for older adult recreation participation and changes in participation preferences, is the lack of comprehensive data concerning the current and future demand and preferences for participation in specific types of recreational activities (including preferred service

provider, preferred time of participation, and factors that influence participation) among the older adult age group (in general and by age group and gender).

The Department maintains some relationships of either a formal or informal nature with other older adult recreation service providers in addition to the affiliated Older Adult Clubs. Enhancing this situation provides an opportunity to coordinate service provision, share information and resources and work collaboratively.

The strengths of current municipal recreation program delivery to the older adult age group include:

- the existing base of 60+ programs, although the number of program opportunities provided should be increased
- the fitness and aquatic membership programs oriented to the older adult age group 55-74 years of age, although capacity to accommodate additional growth in the number of older adult participant/members needs to be evaluated
- the general focus on fitness and wellness associated with municipal recreation program delivery

The most significant weakness/gaps associated with the current municipal delivery of direct programs to the older adult age group include:

- a high subsidy level combined with a high departmental cost recovery mandate
- the number and range of program opportunities provided
- minimal male participation in 60+ programs
- the need for more drop-in opportunities
- limited program provision throughout weekday evenings and weekends which may be a barrier for those older adults currently working full or part time

Research suggests that there will be significant increases in demand in the future for recreation programs and activities associated with:

- active pursuits including fitness programs and activities such water aerobics, yoga, Pilates, low impact exercise and sport, meditation, relaxation and wellness classes
- cultural and arts programming
- educational programming
- drop-in opportunities
- age appropriate programs
- short duration program cycles
- group and individual activities options based on skill/ability levels rather than age
- gymnasium sports
- instructional (acting, painting, sculpture, photography, etc.)

#### Older Adult Clubs – Item 2.4 Page 36

The affiliated Older Adult Clubs play an important role in the provision of recreational programs and activities in Vaughan however due to the nature of their membership, for the most part focused on a specific ethno-cultural group, their recreation program provision role is limited, and older adults that do not associate with or identify with a specific ethno-cultural group would generally not become members of these Clubs or participate in their programs.

During the next 5-10 years, Older Adult Clubs will continue to play an important role in the provision of social passive recreational activities to a selected target segment of the older adult age group in Vaughan specifically those that feel a strong affiliation/affinity/ identify with a specific ethno-cultural group. However it will be important, to sustain membership in these Clubs as their

members age, that a wider range of more active and learning opportunities are provided to new, and in some cases, younger aged members.

The City does not have sufficient indoor space in existing municipal community centre facilities to accommodate each Club and as a result has leased 3 private facilities to complement municipal facility provision specifically to accommodate affiliated Older Adult Clubs.

Clubs stressed the importance of free use of municipal facilities and providing low cost opportunities to ensure access to a range of recreational opportunities to all of the older adult age group in Vaughan, not just those who may be economically challenged or disadvantaged.

There are opportunities for the Department to expand and refine the role it plays supporting affiliated Older Adult Clubs.

#### Social Service Agencies – Item 2.5 Page 42

Social agencies currently provide recreational opportunities to the specialized older adult age groups they serve. As such they complement the recreational programs and activities provided by the City and the Older Adult Clubs and play an essential role in this regard for special segments of the older adult age group in Vaughan. Not all of the groups have a formal relationship with Recreation Services.

#### Older Adult Residences/Nursing Homes – Item 2.6 Page 43

Older Adult Residences/Nursing Homes operate for the most part independently from other service providers in the provision of recreation services and activities for their residents. There may be opportunities for improved communication and sharing of information among the Older Adult Residences/Nursing Homes and other service providers in the community concerning participation opportunities, however the results of the research suggest that for the most part residents of the older adult residences/nursing homes in the city seek to participate in recreational activities within the context of each residence/nursing home as opposed to in the community.

### **3. Recommended Strategies and Actions**

The recommended strategies and actions are intended to guide the planning and delivery of municipal recreation services to the older adult age group during the next ten years.

The recommended Older Adult Recreation Strategy is organized based on three municipal service planning and delivery themes:

1. The older adult recreation service delivery system.
2. The planning and provision of municipal community facilities to support recreation service delivery to the older adult age group.
3. Alignment of the Older Adult Recreation Strategy with other City initiatives, policies and plans.

The recommended Older Adult Recreation Strategy is directed to achieving four fundamental service planning and delivery objectives:

- A. The development of the municipality's capacity and capabilities to plan for and respond to the anticipated significant growth in the number of Vaughan residents in the older age group during the next 10 years and associated changes in recreation program and activity participation and demand among the older adult age group.
- B. Addressing gaps and potential barriers associated with opportunities for older adults to participate in a diverse variety of accessible and affordable recreation programs and activities through coordinated and planned actions that build upon the strengths of the current municipal and community based recreation program and activity delivery system.



- C. The establishment of the preconditions for more effective and efficient co-operation and collaboration associated with the promotion, planning and delivery of recreation services to the older adult age group among the municipal and community based service providers.
- D. Facilitation of the evolution and development of the community based components of the older adult recreation service delivery system to reflect changing demographics and demand for recreation services among the older adult age group and to strengthen community based service providers organizational capacities and capabilities in the planning and delivery of recreation services to the older adult age group.

### **Recommended Actions**

#### **Actions 1-6: The Older Adult Recreation Service Delivery System**

##### **Recommended Action 1 – Page 62**

The City, through Recreation Services, should develop a "Mission Statement" associated with the planning and provision of municipal recreation services for the older adult age group.

##### **Recommended Action 2 – Page 64**

The essential role of Recreation Services in the current and future provision of municipal recreation programs and activities to the older adult age group should be strengthened and enhanced to develop the capacity to respond to the anticipated growth in demand for older adult recreation participation and changes in participation preferences.

##### **Recommended Action 3 – Page 68**

Develop and implement a volunteer strategy specifically associated with the older adult recreation service area.

##### **Recommended Action 4 – Page 69**

Recreation Services should enhance the marketing, promotion and publicity of recreation services provided to the older adult age group in Vaughan.

##### **Recommended Action 5 – Page 69**

Expand and enhance the staffing capabilities, capacities and resources within Recreation Services specifically associated with future demand for older adult recreation services. Through the use of existing resources, assess the potential dedication of a full-time staff position of "Older Adult Services Coordinator" within the next five years.

##### **Recommended Action 6 – Page 70**

Facilitate the evolution of the current affiliated Older Adult Club service model to ensure their sustainability in the future and to build capacity within the community for a new model of community based older adult groups/organizations as a complement to the affiliated Older Adult Clubs.

#### **Actions 7-11: The Future Planning And Provision Of Municipal Community Facilities To Support Recreation Service Delivery To The Older Adult Age Group**

##### **Recommended Action 7 – Page 74**

The City should plan and provide municipal community facilities to support and accommodate the provision of older adult recreation programs and activities.

##### **Recommended Action 8 – Page 74**

Recreation Services should undertake specific planning research with the objective of developing a facility provision/utilization plan to meet anticipated changes in the nature

and magnitude of demand for indoor recreation facility space to accommodate the anticipated increase in recreation program and activity participation, and changes in recreation program and activity participation preferences among the older adult age group during the next ten years when it is also expected that recreation participation among other age groups will increase significantly associated with the anticipated future population growth.

Recommended Action 9 – Page 76

Consider the establishment of a lounge or social meeting gathering space in any plans for the re-design, expansion or refit of any existing municipal community centre facility in which Recreation Services provides programs and activities directed to the older adult age group.

Recommended Action 10 – Page 76

The City, through Recreation Services, should develop municipal community facility planning and design guidelines to ensure that municipal community facilities, both existing and those proposed to be developed in the future, are designed in a manner to be age-friendly and age appropriate specifically for older adult participants.

Recommended Action 11 – Page 77

Recreation Services should assess the implications of the recommended Older Adult Recreation Strategy to current municipal facility use policies, identify revisions and amendments as appropriate.

**Actions 12-14: General Strategy Provisions Alignment With City Initiatives, Policies And Plans**

Recommended Action 12 – Page 78

The Older Adult Recreation Strategy should be aligned and build upon the general principles, strategies, plans and actions of municipal initiatives.

Recommended Action 13 – Page 82

Recreation Services should review and revise as appropriate specific municipal recreation service policies to ensure consistency with the recommendations of the Older Adult Recreation Strategy.

Recommended Action 14 – Page 83

The City should initiate actions towards becoming an "Age-friendly" city.

**4. Implementation**

The Older Adult Strategy and associated recommended actions should be implemented in a logical sequence of steps over the next ten years. Detailed implementation is outlined in the strategy report on pages 85-89, which summarizes an implementation schedule for the recommended actions, identifying the recommended action, key steps associated with their implementation where appropriate and responsibility for leading implementation.

The most significant financial implication associated with implementation of the Older Adult Recreation Strategy will be the requirements for professional consulting support to assist in the undertaking of a Community Recreation Facility Provision/Utilization Plan (recommended 2017-2018). This would require an amount of approximately \$45,000 for professional consulting fees. The City has received approval for an "Age Friendly Community Planning Grant" in the amount of \$50,000 from the provincial government for implementation of the strategy.

The Older Adult Strategy for the City of Vaughan will be a component of the Recreation Service Plan, which will be a broader operational review of the Program Development and Management service stream being undertaken by Recreation Services. Some initiatives are already underway

with fourteen new programs planned to commence in Fall 2016. Further older adult program development will take place based on the recommendations of the Older Adult Strategy.

##### **5. “Older Adult Clubs in the City of Vaughan Policy and Operating Procedures” proposed changes:**

Staff met with the S.A.V.I. executive committee on April 26, 2016 to discuss key strategy objectives and the recommended changes to the “Older Adult Clubs Policy and Operating Procedures”. The executive expressed support for the creation of a centralized older adult role that could provide additional resources for the clubs. While recognizing that the clubs play an important role in the provision of recreational programs and activities in Vaughan, S.A.V.I. also acknowledged the need to provide more opportunities for older adults that is both structured and unstructured (i.e. registered programs and drop-in programs).

The strategy recommends governance changes to the “Older Adult Clubs Policy and Operating Procedures” based on recommended governance practices for executive boards. Important principles include ensuring that Board members bring independent judgment to bear and be elected for a limited term to ensure reasonable turnover. The following changes were proposed to S.A.V.I. for consideration:

- Eliminate spouses being elected to the executive committee at the same time; and
- Limit the election of the president to a fixed number of consecutive terms on the executive committee.

The following chart summarizes the policy items discussed and the recommendations of S.A.V.I.

<b>Current Policy</b>	<b>Updated Policy</b>
7.1.7 Following each Board meeting, the Secretary is responsible for preparing the minutes of the past meeting. The Treasurer is responsible for preparing the most recent club financial report. Copies of minutes and financial reports will be made available to members at their request.	S.A.V.I. was consulted on this in the interests of transparency to club members and the following addition was recommended by S.A.V.I.: <b>“Copies of minutes and financial reports will be posted on the club bulletin board on a quarterly basis.”</b>
8.7 Spouses may both run for election, but the voters must be informed prior to the vote. 8.10 If applicable, make known that he/she has a spouse that is also seeking election for a position.	S.A.V.I. was consulted on no longer allowing spouses to be elected. The following was recommended by S.A.V.I.: <b>No change is recommended. The existence of spouses on the executive is not considered to be detrimental, but rather is a way of encouraging volunteers.</b>
9.2 There is no limit to the number of terms a member may serve provided they are re-elected or re-appointed and in good standing with both the club and the City of Vaughan.	S.A.V.I. was consulted on limiting term of office for the president. The following was recommended by S.A.V.I.: <b>The president shall be limited, in principle, to serving no more than two terms (two + two years), however, in the case that no other nomination is made, the outgoing president may be re-elected.</b>

##### **Relationship to Term of Council Service Excellence Strategy Map (2014-2018)**

This report is consistent with the Term of Council priority to “continue to ensure the safety and well-being of citizens” and to “support and promote arts, culture, heritage and sports in the community”.

##### **Regional Implications**

The Region is also developing a Senior Strategy and was consulted during the process. It was agreed that there should be discussions in the future to explore ways in which Vaughan and the Region could work together.

### **Conclusion**

Vaughan's older adult population is expected to more than double by 2031. In order to respond to the anticipated growth in demand for older adult recreation participation and changes in participation preferences, Recreation Services should focus the delivery of municipal recreation programs to ensure gaps in current service provision are addressed and future programming directions build upon the strengths of current programming and resources.

Recreation Services should strive to include an active, structured role in building and facilitating community based service provision, as well as, establish formal relationships with complementary service providers.

The current municipal recreation facility provision model should be refined to accommodate recreation services for the older adult. Facility planning and design guidelines should be developed to ensure that facilities are designed in a manner to be age-friendly and age appropriate.

The Older Adult clubs will continue to play an essential role in the provision of recreational programs and activities in Vaughan, but there should be plans developed for the evolution of the club model.

The Recreation Services department recommends that Council approve the recommendations of the "Older Adult Recreation Strategy" and updates to the "Older Adult Clubs in the City of Vaughan Policy and Operating Procedures" as recommended by S.A.V.I.

### **Attachments**

1. [City of Vaughan Older Adult Recreation Strategy](#) (Members of Council only). The strategy will also be posted on the Vaughan.ca website.

### **Report prepared by:**

Paul Compton, Acting Director, Recreation Services, ext. 8358

Respectfully submitted,

Mary Reali  
Deputy City Manager  
Community Services

Paul Compton  
Acting Director,  
Recreation Services