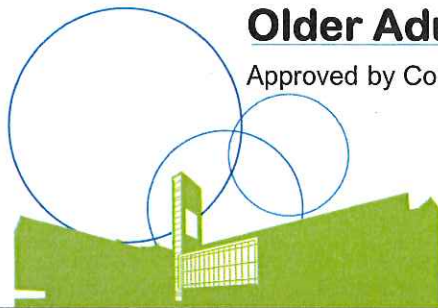


## Recreation Services Older Adult (OA) Strategy

Approved by Council in June 2016



## The Older Adult Demographics

- Vaughan's population of 50+ age range is projected to increase 88% between 2011 – 2031
- Anticipating 120,000+ residents will be 55+ by 2031 or almost 30%



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## Profile of Age Segments within older adult groups

- 55-64 – Still working, more active participants in recreation, doing similar activities they were in when younger, high importance on fitness, healthy lifestyles, traveling, the arts, etc. and very social.
- 65-74 – Less physically able, similar to above in interests and character.
- 75-84 – Participate in both active and passive recreation; health issues impact their ability to participate in activities.
- 84+- Have limited mobility and health issues; still desire social interaction and participate in passive and less rigorous activities.



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## Impact of Increase of older adults to Recreation Service Delivery

- Anticipate **significant increases** in activity levels of 60+ as they age
- Range of leisure interests and participation patterns of **'traditional'** older adult demographic will change
- Increased participation in **active pursuits**
- Shift from sedentary games to more **active games, team type activities**
- Greater emphasis on **enriching life**, life experiences, travel
- Clubs will have to focus on **individual interests** of its members
- Service delivery model will have to be adjusted to **service "new" older adults.**



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## Recreation Service Delivery of Older Adult Strategy

### Fundamental Objectives of Strategy to help Recreation Services prepare for the future

- Develop department capacity and capability to plan and respond to growth and changes in participation
- Address barriers to participation
- Guide and support the evolution of community-based older adult clubs to become non-cultural based, including fostering a new generations of older adult volunteers and volunteer programs



## OA Strategy Questionnaire 2015

### Leisure activities OA's most interested in: (multiple answers accepted)

|  |                              |
|--|------------------------------|
| 53% - Low impact exercise                      | 30% - Aquatic fitness        |
| 47% - Fitness classes                          | 29% - Reading                |
| 44% - Yoga                                     | 22% - Environmental Learning |
| 41% - Walking for fitness                      | 16% - Recreational Swimming  |
| 36% - Walking for pleasure                     | 9% - Active Sports           |
| 34% - Meditation, relaxation, wellness classes | 6% - Pleasure Skating        |

\*\*OA Strategy identified a rising trend toward 'lifestyle' type initiatives: workshops, seminars, photography, travelling, DIY, architecture



