



Aging in Place

Co-op Community Survey

Agenda

- Aging in place
- Survey distribution and responses
- Sneak preview of report
- Break
- Finish report preview
- Discussion

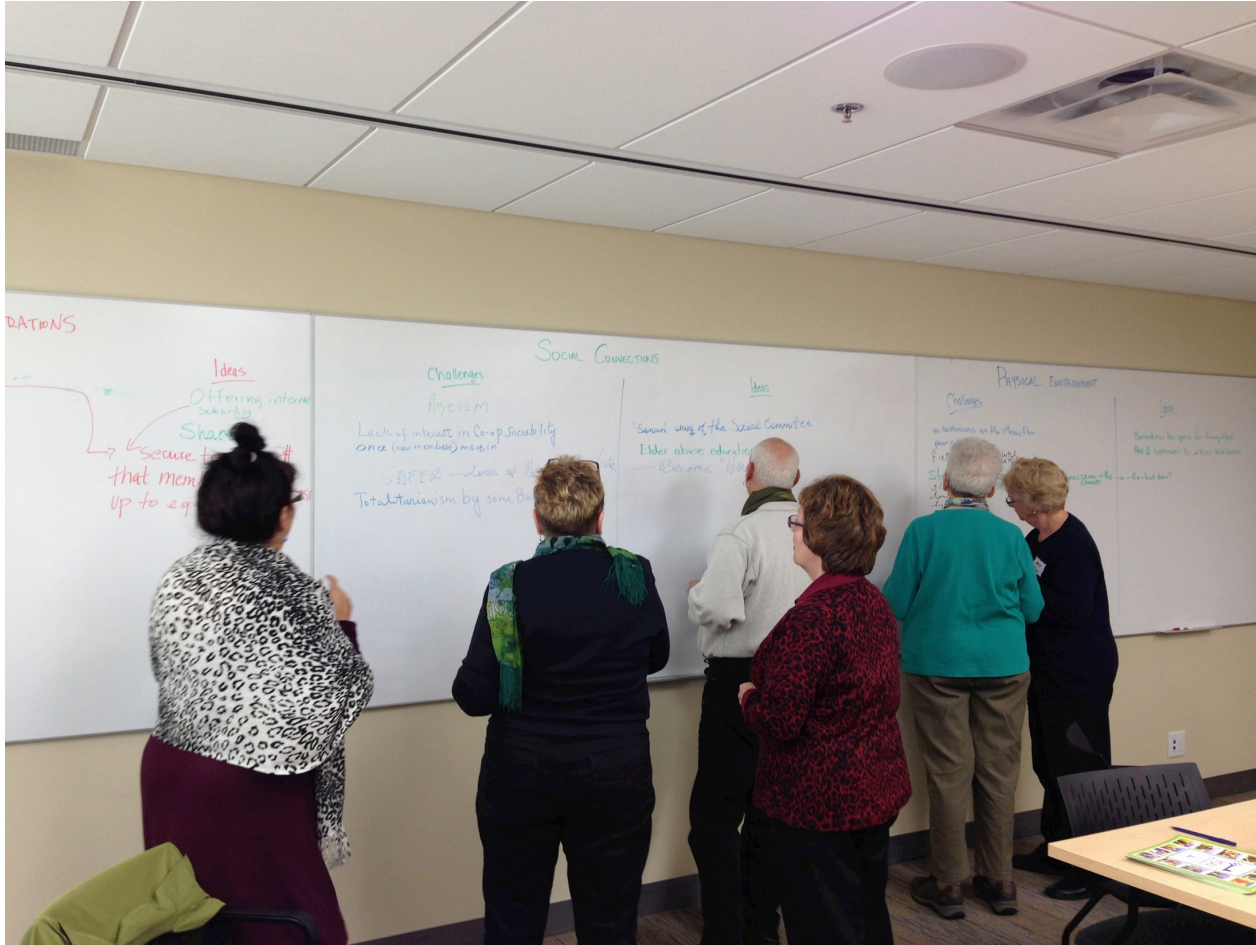
Aging in Place

- “Aging in Place”
- 2015: VCH 16% 65+
- 60 age for this report
- Do you know how many seniors will be living in your co-op in 5, 10, 20 years?

Background

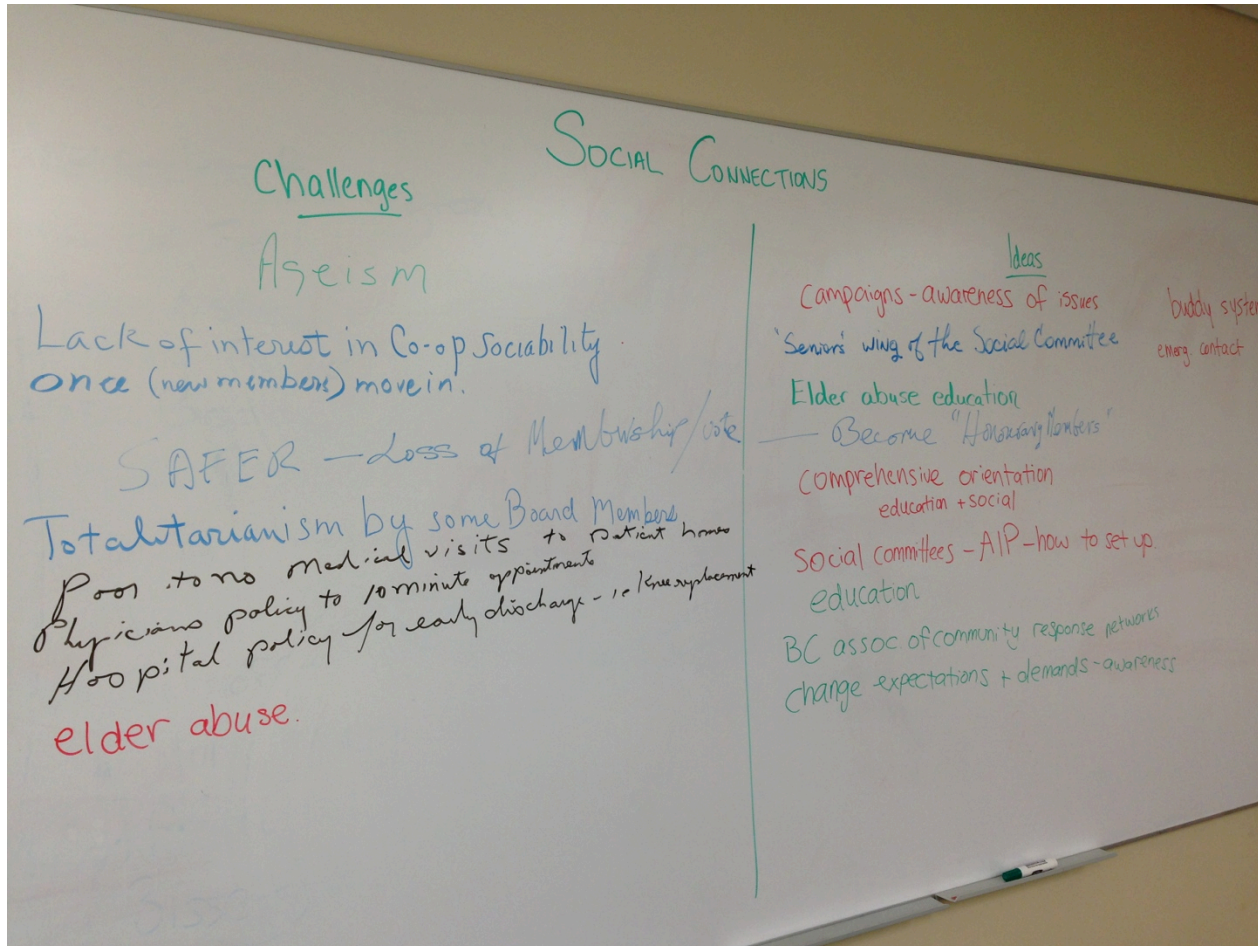
- AIP Committee
- Vancouver Foundation Grant
- Survey done March – April 2015
 - Online, mail
 - Focus groups
 - Community survey – not just seniors
 - Closed and open ended questions

Focus Groups



- Focus groups at co-ops
 - Ford Road/Meadowlands/
input from Haney Pioneer
 - Richmond Heights
- One at CHF BC – 20 people
from 14 co-ops
- Stories and ideas

Focus Groups



Challenges and ideas for

- Social connections
- Financial considerations
- Physical environment
- Other

Number of survey responses

	Members 60+	Members 59-	Managers	Boards
Survey Monkey	347	267	67	49
Mail/email	90	23	3	16
TOTAL	437	290	70	65

Survey Responses

- Due to high number and depth of responses, the final report is still in progress.
- Notification will be in e-news, on website, social media and in mailouts

Summary of survey/Preview of Report

Themes

- Aging in place considerations
- Co-op community
- Mobility and health
- Accessibility and safety of co-ops
- Shortage of housing and over-housing
- Financial circumstances
- Planning and awareness
- Education and resources

Aging in Place Considerations

- One third of respondents think they will leave their co-op
- One third think they will stay
- One third don't know

80% want to stay forever

Aging in Place Considerations

Factors affecting the ability to age in place or reasons to potentially leave co-op:

- **Finances**
 - Loss of subsidy (51%)
 - Housing costs or co-op finances (48%)
- **Health or mobility concerns (44%)**

Aging in Place Considerations

Factors affecting the ability to age in place or reasons to potentially leave co-op:

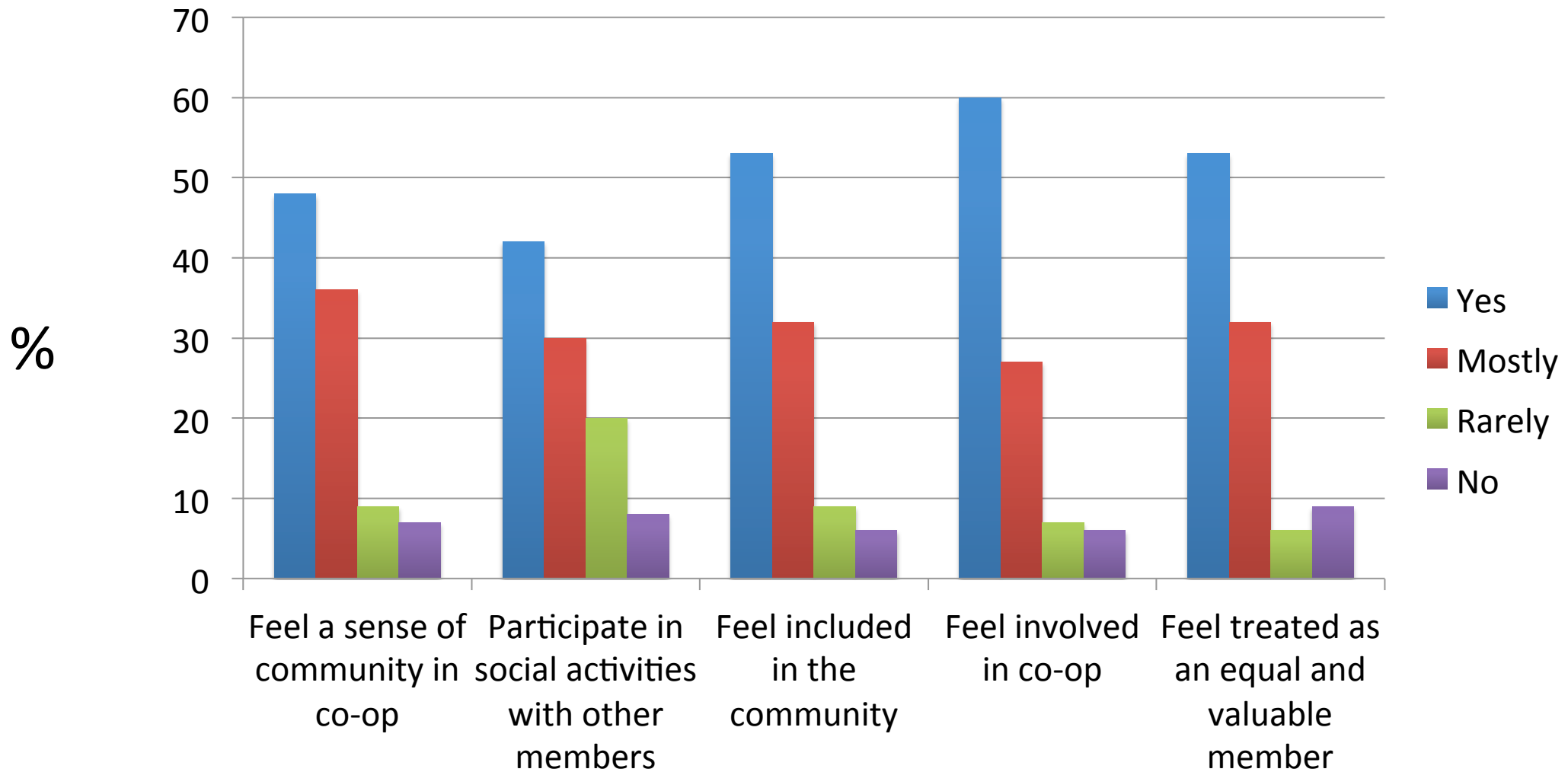
- **Structural limitations of co-op (18%)**
- **Not feeling included in the community (11%)**
- **Other (41%) including**
 - Overhousing
 - Move to a different area or in with family
 - Co-op policy or governance

Needs

- “Needs”
 - Different levels of need for everyone
 - Could change from day to day
 - Support, physical layout, financial, etc...
- No cookie cutter solution

Co-op Communities

60+



Co-op Communities

- Social connectedness
 - Most of seniors feel included in their community but some do not
 - Most co-ops do not have programs in place geared toward older adults
 - Most social activity is informal and often in someone's home
- Diversity
 - Characteristic of co-ops
 - Challenge to communicate and keep people involved

Co-op Communities

- Participation in co-op governance
 - Older members are actively involved in running their co-ops:
 - Over 80% attend board meetings regularly
 - Almost 75% are committee members
 - About 10% are delegates to CHF BC/CHF Canada
 - Still more said they used to be more active
- Participation in co-op community
 - How can we keep older members engaged in the co-op?
 - Change expectations around what they should offer

Co-op Communities

- Support and assistance
 - Many older members are doing fine and do not need any assistance
 - Others may require more support
 - transportation (23%)
 - shopping/errands (20%)
 - checking in (23%)
 - daily chores (indoor 12%, outdoor 14%)
- Informal support
 - Members look out for one another
 - Enough? Eventually more people may need assistance

Mobility and Health

- There are many members who reported being in good health and many say they walk almost everywhere they need to go
- Spectrum as with everything – some members are house or bed bound
- About 20% of respondents specified one or more mobility issues
 - knee or other joint problems, arthritis, vision impairment, lack of stamina, and balance problems were common
 - Important to have amenities close by

Mobility and Health

- Transportation – most members drive but high cost or health issues prevent some from driving
- Issues with public transit
- Rides with friends, family
- How can members who don't drive continue to be independent?

Accessibility and safety

- 89% of older members say their unit is totally accessible to them now
 - Many say they have concerns for the future
- How to define “accessibility”?

Accessibility and safety

- 72% of younger members don't think a person with limited mobility could live in their suite as it is
- Stairs and multi-level units
 - 40% of members 60+ and 25% of members 75+ live in multi-level units

Overhousing

- *“Over-housing” means a person or a family living in a co-op unit that is considered too large for their needs. (CHF Canada)*
- This may happen when adult children move out or a spouse passes away. The household no longer qualifies for housing subsidy from BC Housing.

Overhousing

- 85% of boards say there are over-housed members in the co-op
- Should over-housed members be required to downsize?
 - Where would they move to?

Shortage of housing

- There are not enough 1 bedroom units to accommodate all over-housed members.
- Other possible living arrangements?
- Cost of moving
financial
neighbourhood

Financial Circumstances

- Personal finances
 - Low/decreasing income
 - Savings – 43% have savings
 - 65% of older adults have household income \$40000 or less per year
 - Almost $\frac{1}{4}$ 60+ < \$20000/year
 - Sources of income – many receive only gov't support

Financial Circumstances

- Co-op finances
 - Loss of subsidy
 - 34% could no longer afford to live in their home if they lost subsidy
 - Increasing housing charges
 - Keep up with cost of living
 - To fund renovations
 - Demand from co-op or individual members
 - Every case – puts pressure on housing charges
 - » 1/3 split for support among younger members

Planning and Awareness

- AIP Committees
- Clear, proactive plans with community input
- Functional and approachable co-op governance
- Future participation in committees
 - New younger members
- More awareness and shared knowledge
 - Draw on experience and knowledge of seniors

Resources and Education

- Members want education about:
 - Co-op information, governance and policies
 - Finding resources – community services, government, health, financial support etc
 - Aging in place issues
 - Starting an AIP committee
 - Staying physically and mentally fit
 - Helping someone with cognitive impairment

Resources and Education

- Members want education/workshops about:
 - How to address ageism without being patronizing
 - How to help an older person move from their home, give up their car, etc
 - Younger members want to know how to help older ones if needed

Resources and Education

- Sharing information
- Knowing where to go for help
- How to reach everyone?
 - Computer access and basic skills
 - 60-74 about 90%
 - 75-84 about 70-80%
 - 85+ about 50%
 - Other languages

Education

- Education conference Oct 24– Aging in Place workshop
 - can discuss at length

Issues

- Defining “accessibility” and “needs” and how to determine if needs are met
- Over-housing
- Shortage of 1 bedrooms
- Funding renovations

Next steps

- Produce and distribute final version
- CHF BC Board of Directors

Issues

- Ageism and elder abuse
- Preventing isolation and encouraging participation in community
- Ability to live independently
 - Family support or not
 - Health
 - Levels of support/care

Discussion

- Discussion: what's your reaction to what you've heard tonight?
- Advice for the board?

