



An Age-friendly Action Plan

Report back on addressing the
needs of persons with dementia
and the Seniors Dialogues

Presentation to Vancouver City Council
June 26, 2013

Council Motion and Seniors Dialogues

Council
Motion
May 15,
2012

- A. THAT staff report back on developing policy to better **assist residents with dementia**, including front-line City staff trained to identify signs of seniors in crisis
- B. THAT staff work with key civic groups including City departments, Advisory Committees, the Alzheimer Society of BC and VCH to develop this policy.

Seniors
Dialogues
Fall 2012
UBCM

To find out from seniors and other stakeholders how the City can support **age-friendly facilities and services**

Engagement to develop City's Action Plan

✓	Seniors Dialogues - Age Friendly Facilities & Services (Fall 2012)
✓	Seniors & Persons with Disabilities Advisory Committees
✓	Roundtables with: <ul style="list-style-type: none">• Alzheimer Society of BC• United Way of the Lower Mainland• City departments, Park Board, VPL, VPD, Fire & Rescue Services• Vancouver Coastal Health

Dementia:

Some symptoms and issues

- Alzheimer's disease most common type of dementia (64%)
- Other types include Vascular dementia, Fronto-temporal dementia, Lewy Body disease and Creutzfeldt-Jakob disease

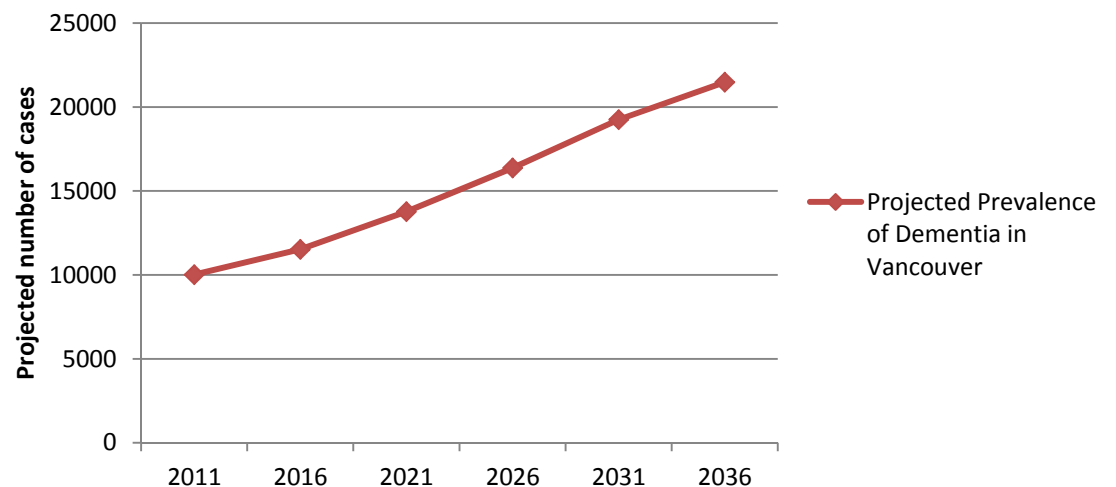
1. Memory loss affecting day-to-day functioning
2. Difficulty performing familiar tasks
3. Problems with language and abstract thinking
4. Disorientation of time and place
5. Poor or decreased judgment



Profile: Increasing prevalence of dementia

- 10,133 Vancouver residents with diagnosed dementia (2011)
- 1,737 new diagnoses/year
- 90% diagnosed are seniors
- 1 in 11 seniors has dementia (in Canada)
- Many more undiagnosed (one US study estimates 44% undiagnosed)
- 53% persons with dementia not in publicly-funded long-term care (in VCH)

Projected Prevalence of Dementia in Vancouver (2011-2036)



Projection of Vancouver residents with dementia is based on BC Stats population projections, and Alzheimer Society estimate of current prevalence: 1 in 11 seniors, with seniors making up 90% of the total population with dementia.

Sources: Alzheimer Society of BC, Alzheimer Society of Canada, and Vancouver Coastal Health.

Dementia: Implications

- Increased vulnerability to physical/emotional abuse
- Complicates other health conditions

Health

- Financial burden for affected families
- Increased risk of financial abuse

Financial

- Increased chance of isolation
- Seniors caring for seniors

Social

- Direct medical & non-medical costs
- Societal costs of family care & community supports

Economic

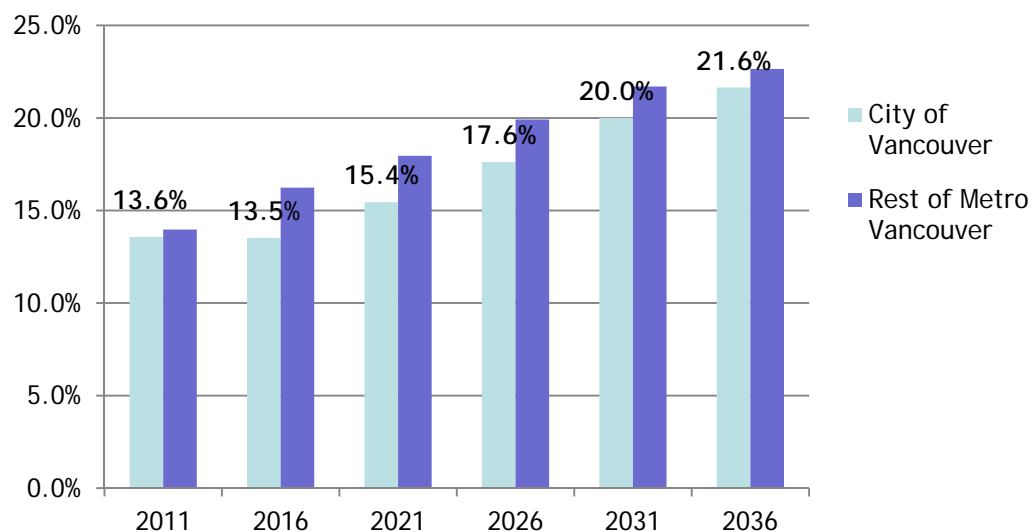
Profile: An aging population

→ Increasing need for more age-friendly City facilities/services

- Number of Vancouver seniors expected to double by 2036
- 13.6% (2011) → 21.6% (2036)
- 94,000 more seniors
- including 23,000 more seniors (age 80+)

*All data refer to seniors 65 years and older.
Sources: BC Stats and 2006 or 2011 Census.
Low income reported as before-tax.*

Seniors As percentage of Total Population:
Vancouver compared to Metro Vancouver



Projected % of population aged 65 and over, in the City of Vancouver and the rest of Metro Vancouver. Projection data from BC Stats.

Profile: An aging population (cont'd)

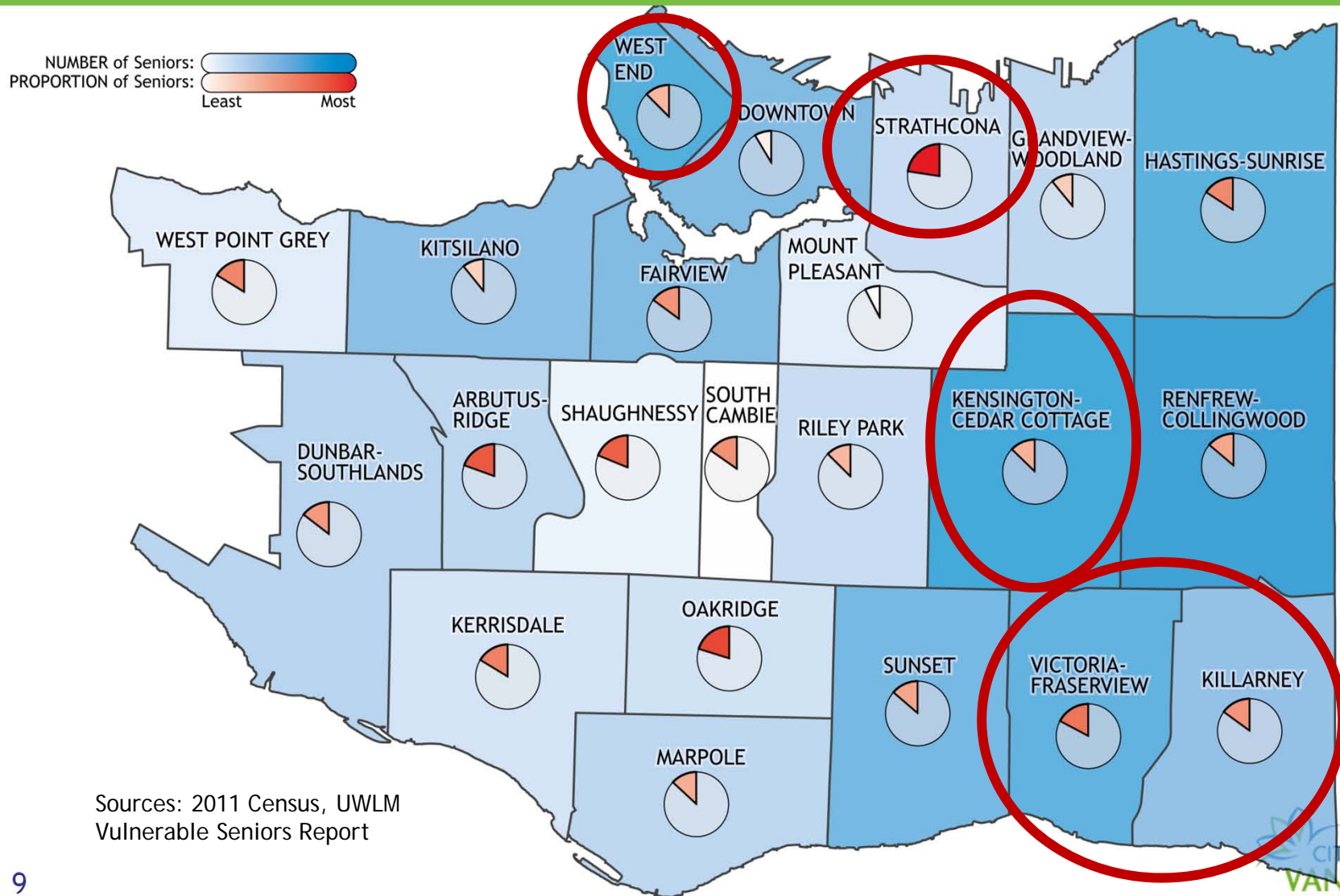
- Of Vancouver seniors:
 - 29% living alone (2011)
 - 27% low income (2005)
 - 62% of low income seniors women
 - 24% with no knowledge of English/French (2006)
- Seniors spend more time volunteering
 - average 218 hrs/yr (2007)
 - (compared to 166 hours for all age groups)



All data refer to seniors 65 years and older. Sources: BC Stats; 2006 or 2011 Census; and Report of the Nat'l Seniors Council on Volunteering. Low income reported as before-tax.

Profile: Seniors across the city

Concentrations of vulnerability



What is an age-friendly city?

(adapted from World Health Organization, 2007)

- Social: Seniors supported to age actively, enjoy good health, remain independent and stay involved in communities
 - Economic: Businesses better able to support older workers and benefit from support of older customers
 - Physical Environment: Safer, barrier-free buildings and streets; better access to local businesses/facilities; more green spaces
- **EVERYONE BENEFITS**: safer streets & sidewalks, more inclusive and accessible facilities & services, significant contributions of seniors to our communities...

What is an age-friendly Vancouver?

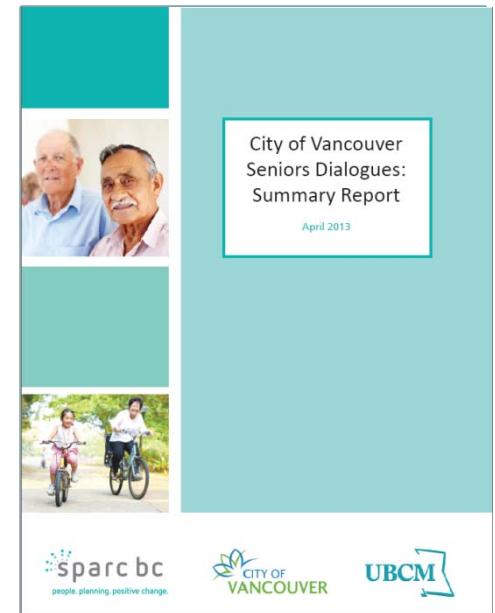
City of Vancouver's Seniors Dialogues (Fall 2012)

QUESTION: How can the City ensure that its facilities and services are age-friendly?

- Funded by Union of BC Municipalities
- Dialogue sessions, focus groups, interviews and email/phone line
- 400 seniors, caregivers and service providers from diverse communities

Key Theme: "Aging in place"

Opportunities for action by City, senior government and other partners



Seniors Dialogues Final Report available at:
vancouver.ca/seniors

Approaches in other jurisdictions

Several BC municipalities

- Designated by BC Ministry of Health as “Age-Friendly Communities” (World Health Organization initiative)

Edmonton, Montreal, Toronto, Ottawa

- Older Adult or Seniors strategies approved or in-development

Toronto

- Guidelines for staff working with individuals of all abilities

United Kingdom

- Dementia-friendly communities initiative (UK Department of Health)

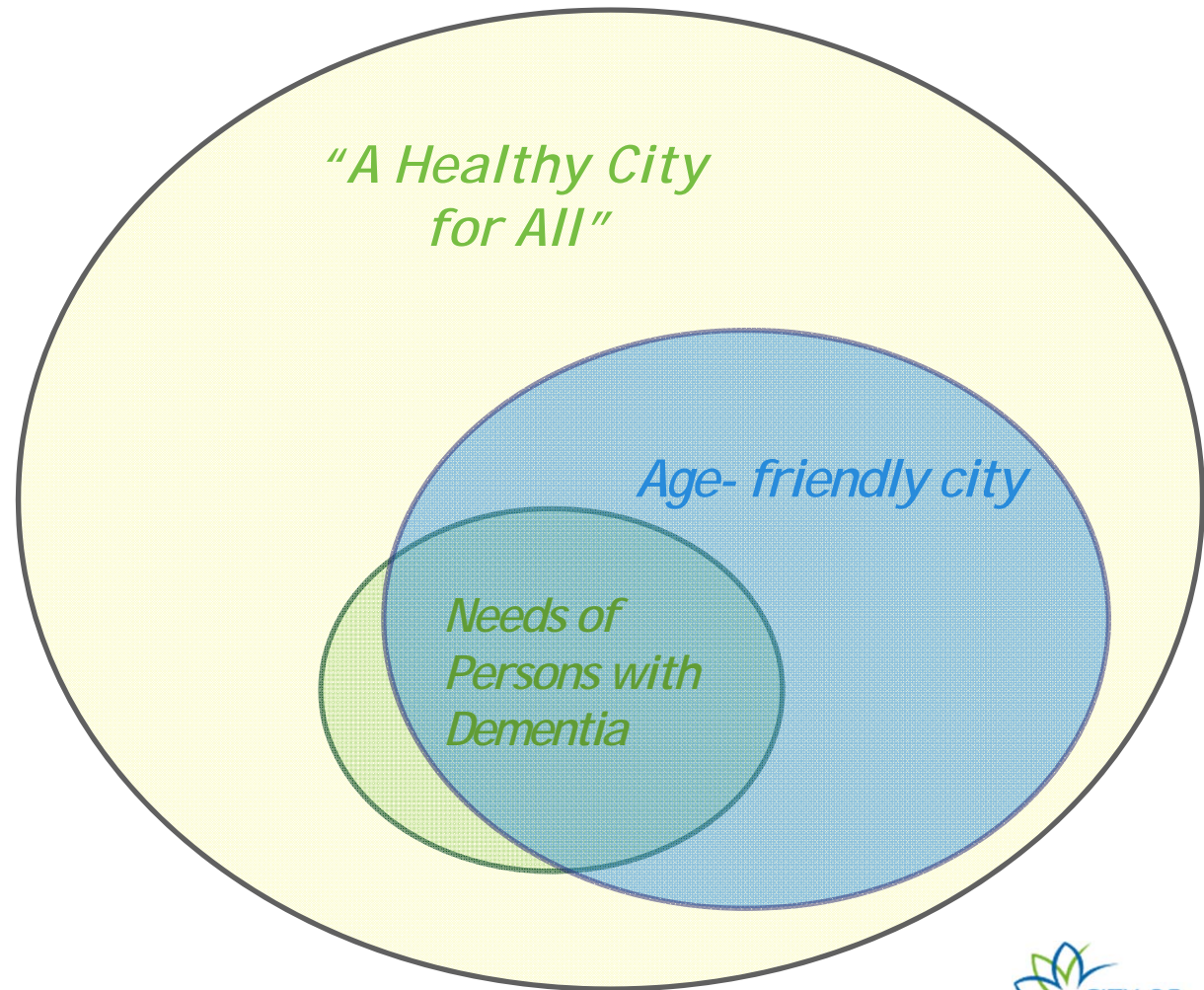


Vancouver's approach:

An Age-Friendly Action Plan of the Healthy City Strategy

"A Healthy City for All"

An age-friendly lens addresses needs of seniors and many of the issues facing persons with dementia



Vancouver's Healthy City Strategy

Building Blocks (under development)



“A Healthy City for All”

A healthy Vancouver is a city where together we create and improve conditions that enable the highest level of health and well being possible for all residents

Links to City Strategies

Healthy City Building Blocks	City Strategies
A well planned built environment	Community plans
A home for everyone	Housing and Homelessness Strategy
Getting around	Transportation 2040
Being active	Parks and Recreation Strategy
Learning for life	Vancouver Public Library Strategy
Feeding ourselves well	Food Strategy
Human services	Memorandum of Understanding with Vancouver Coastal Health
Being and feeling safe	Corporate Business Plan Goal 8: Vancouver is a safe city in which people feel secure
Belonging and inclusion	Public Engagement Strategy

Age-friendly amenities & services across a full spectrum

Healthy City Strategy Guiding Principles:

- Improving health & well-being for all
- Addressing inequities

Keeping people active, healthy,
engaged & connected

Additional supports for
vulnerable persons

More independent
seniors & older adults

Seniors/older adults
needing more supports
(e.g., persons with dementia)

Age-Friendly Action Plan Highlights

(2013 to 2015)

ACTION AREAS - 60+ actions

What is the City doing to make Vancouver age-friendly and to address the needs of persons with dementia?

What else can the City do?



Physical Built Environment



Active & Healthy Living



Training & Awareness



Human Services



Safety & Emergency Services

Full Action Plan available at:
vancouver.ca/seniors



Age-Friendly Action Plan

Physical Built Environment Highlights

What we are doing now

- ✓ Review bylaws to improve accessibility in housing to allow seniors to age in place
- ✓ Housing Strategy: Support a range of affordable housing options
- ✓ Transportation 2040: Improving infrastructure with a seniors lens
 - installing curb ramps, adjusting walk signals, etc.

What we will do

1. Continue to work with seniors to secure funding for seniors centre in South East Vancouver
2. Transportation 2040: Expand review to prioritize new placement of bus shelters and benches

Full Action Plan available at:
vancouver.ca/seniors



Age-Friendly Action Plan Active & Healthy Living Highlights

What we are doing now

- ✓ Local Food Strategy: Food access initiatives
 - e.g. - Westside Food Collaborative mobile produce market for seniors
- ✓ Accessibility guidelines for new gardens on City property (2010)



Full Action Plan available at:
vancouver.ca/seniors



Age-Friendly Action Plan Active & Healthy Living Highlights (cont'd)



What we are doing now

- ✓ Free access for caregivers to Park Board facilities & Leisure Access Cards provide access for low-income seniors

What we will do

1. Train all Park Board seniors programmers/instructors on making seniors programs more dementia-friendly

Full Action Plan available at:
vancouver.ca/seniors



Age-Friendly Action Plan Training & Awareness Highlights



What we are doing now

- ✓ 3-1-1 provides text to text telephone (TTY) services for persons who are deaf or hard-of-hearing
- ✓ City website designed to international accessibility guidelines

Full Action Plan available at:
vancouver.ca/seniors



Age-Friendly Action Plan Training & Awareness Highlights (cont'd)

What we will do

1. Proclaim Alzheimer Awareness Month in January 2014
2. Host events on seniors issues at community centres & libraries in 2014 - including:
 - VPL Public Dialogue on dementia & other vulnerable seniors (e.g., multicultural seniors)
3. City frontline staff training to including materials about dementia
4. Provide information about provincial seniors housing programs to residents through 3-1-1 & City website
5. Develop design guidelines for communication materials for seniors to be used by all City departments



Full Action Plan available at:
vancouver.ca/seniors



Age-Friendly Action Plan Human Services Highlights

What we are doing now

- ✓ Tenant Assistance and Disaster Assistance programs help many seniors each year maintain/find housing
- ✓ Social Grants support approx. 30 organizations serving vulnerable seniors - including \$500,000 to 16 seniors-specific programs (2013)



What we will do

1. Develop partnerships to offer more dementia-friendly, caregiver-inclusive adult programs in libraries for 2014

Full Action Plan available at:
vancouver.ca/seniors



Age-Friendly Action Plan Safety and Emergency Services Highlights

What we are doing now

- ✓ VPD dedicated units
 - Mental Health car links individuals with cognitive impairments or psychiatric problems to health services
 - Elder Abuse Unit offers support for witnesses with dementia

What we will do

1. Create a protocol between VPD and City departments on missing vulnerable persons
2. Resume/expand VPD "Eye Watch" initiative to train all civic frontline staff about being a good witness & responding to lost or confused people
3. Utilize all 20 fire halls as places where vulnerable people can go for safety, first aid or referrals

Full Action Plan available at:
vancouver.ca/seniors



Safety & Emergency Services

What to do and who to call

Staff or member of public encounter
confused, lost and/or disoriented
person



An Age-Friendly Action Plan Next Steps



What we will do

1. Implement Age-friendly Action Plan by 2015
2. Seek recognition as an "Age-friendly Community"
(Ministry of Health, Province of BC)

Full Action Plan available at:
vancouver.ca/seniors

Working towards An Age-friendly Vancouver



Thank you to our partners

- Alzheimer Society of BC
- United Way of the Lower Mainland
- Union of BC Municipalities
- SPARC BC
- Vancouver Coastal Health
- Seniors Dialogues participants and partners
- Seniors Advisory Committee
- Persons with Disabilities Advisory Committee
- Vancouver Police Department
- Vancouver Board of Parks and Recreation
- Vancouver Public Library
- Vancouver Fire and Rescue Services
- Corporate Communications Department
- Engineering Services
- Human Resources Department
- Community Services (Housing Policy, Social Policy, Licenses and Inspections)
- Planning and Development Services

