



Creating an Age Friendly Alberni Valley



Community Survey Results December 2013

Acknowledgements

The *Creating an Age Friendly Alberni Valley Project* is sponsored by the City of Port Alberni in partnership with the Alberni-Clayoquot Continuing Care Society (Fir Park Village/Echo Village) and funded by a grant from the Union of BC Municipalities (Local Government Program Services through the Seniors' Housing & Support Initiative.)

The project sponsors would like to express our gratitude to:

- The 811 respondents (of all ages) who contributed a wealth of insightful comments, practical and effective recommendations and many creative ideas in the community-wide survey;
- The 57 enthusiastic and articulate individuals who helped to develop the survey content in the focus groups conducted in May 2013;
- Those hidden and not so hidden champions and advocates of community engagement who promoted and encouraged others to do the survey;
- Echo Centre Sunshine Club, Eldercollege, Residents of Heritage Place and Abbeyfield, students and instructors at ADSS and NIC, Char's Landing, Dave's Catering, 21 restaurants and numerous businesses, as well as other individuals, groups and services who have supported and continue to support this project.

"We have been afforded a great opportunity to reshape and improve our municipality for the benefit of all citizens. Your input and participation in this survey are critical to the creation of plans, projects and general spending that reflects the needs and priorities of our community."

- Mayor John Douglas, City of Port Alberni

You are cordially invited to attend the Open Space gathering scheduled for Saturday, February 15, 2014, from 1 PM – 5 PM at Echo Centre. Join our local government staff and elected representatives to review this report and put forward solutions you are passionate about, join the conversation or come to listen. Share ideas and collaborate with others to find creative solutions we can all contribute to.

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CREATING AN AGE FRIENDLY ALBERNI VALLEY

Background and Introduction

An **Age Friendly** community is...” a community where policies, services and structures related to the physical and social environment are designed to support and enable people to live in a secure environment, enjoy good health, and to participate fully in society.”

“Age Friendly” usually refers to services for the elderly. However, the population in our Valley is pretty evenly divided among younger people, middle aged people and older adults. These age groups share similar interests but each group also has unique needs. So being “Age Friendly in the Alberni Valley” really means the extent to which our community helps all of us to recognize and encourage healthy lifestyles and connections for every generation.

The report summarizes the findings of the Age Friendly Alberni Valley research that was conducted between May and November, 2013. It provides a snapshot of citizen perspectives on each of six topics relevant to being age friendly: Outdoor Spaces and Buildings, Transportation, Housing, Social Recreation and Cultural Participation, Paid and Unpaid Participation, and Health Services and Supports. The report findings will be used by citizens to generate action priorities for the Valley in early 2014.

Methodology

As the overall framework, or lens, for thinking about an age friendly community, the project adopted the eight World Health Organization domains and focused explicitly on six of them: Outdoor Spaces and Buildings, Transportation, Housing, Social Participation, Civic and Economic Participation, and Health. Two domains: Communication and Social Inclusion, were considered in relationship to each of the other six as cross cutting aspects of the community.

The project used three methods to gather information: examination of demographics and relevant studies or reports, focus groups and a Valley wide survey delivered both on-line and in hard copy over a five week period. Focus groups were held on each domain topic with invited

and public participants from key stakeholder groups: 57 people participated. Focus Group results were analyzed to draw out the main characteristics of age friendliness that people appreciated or were concerned about, and suggestions to strengthen each area. This input was then used to frame specific questions in the survey. The survey was an opportunity for all residents to comment on how the characteristics of an age friendly community were demonstrated in the Valley, or could be strengthened. Over 800 residents completed some part of the survey and 80% did the whole thing.

In some cases, sections or questions were not relevant to people (e.g., if a respondent had never ridden the bus.) In these instances, responses for that section or question are noted as “Don’t Know”. For the purpose of reporting agreement or disagreement with survey statements, the Don’t Know responses have been taken out of the equation. Where a majority of people express Don’t Know, this is reported as an indicator that people have less awareness or experience with this aspect of the community.

The survey was promoted through local newspapers, radio, numerous restaurants and organizations. Teachers at the high school engaged over 170 students, and NGO staff took time to support residents or clients to complete the survey. There was a draw for prizes held on Dec. 18th.

Grades

The total of all responses for each domain area in the report is summarized and then given a grade, from A to C. The grades are intended to communicate a general picture of survey responses related to each area of our age friendly community. The grades reflect the opinions or perceptions of those who completed the survey only and are not intended to suggest a comprehensive analysis. High grades then do not mean to imply that the domain area does not need improvement, only that the survey solicited high levels of current satisfaction with the age friendly characteristics in that area. Grades were calculated as follows:

- The statements in the survey were all framed in the positive. We counted the number of responses in each domain that were in agreement (over 55%) and awarded 2 points for those. 1 point was awarded for responses that were evenly split between agreement and disagreement.
- The percentage of those who agreed or disagreed was also considered, with more points given to an average 80% agreement versus 60%, for example.
- A = 80 – 100; B = 68 – 79; C = 55 - 67

Who Participated

- Respondents were 50 years old on average;
- 24% were 15-19 years old; 22% were 30-49 years old; 22% were 50-60 years old; 29% were over age 61.
- The smallest group responding were 20-29 years old (4%).
- 70% were women;
- 75% live in a household with no children;
- 8% are caring for an older relative, and 20% of this group are aged 15-29;
- 65% own their home;
- 74% live in the City.

Survey participants generally reflect the proportion of ages and urban/rural residence of the population¹. We did not ask for income or education levels.

¹ 2011 Statistics Canada data shows that the regional population is divided roughly into thirds: 1/3rd under 29, 1/3rd aged 30-54, 1/3rd over 55. Rural or non-city residents make up about 29% of the Valley population.

Summary of Themes and Findings

Transportation: C

Transportation challenges are the weakest aspect of our age friendly community, and the most impactful: affecting access to services, recreation amenities and social activities. There was satisfaction with road marking and lighting and you felt that transportation out of town was available.

While pockets of the community are walkable, overall the north/south division of services and the outlying rural areas mean that a car, or transit, is essential for you: over 90% of you drive a car and yet this geographic challenge was a significant issue for many. About half of those who use the bus identified ways the public bus system could be improved in order to better connect you to facilities, services and events. Shuttles for events, sidewalks in Beaver Creek and across the bridge, improved lanes for scooters/bikes and education about the health benefits of walking/biking were common suggestions.

Outdoor Spaces and Buildings: B

About 60% of you like to walk. Our trails and walkways are appreciated as part of the transportation system and as recreation spaces. The presence and use of both outdoor and indoor recreation and cultural spaces by all ages stands out as a strength of the community.

Perhaps because this aspect of life is important to you, there were also strong opinions about how to improve it. Better access to public washrooms and a new pool topped this list, followed by more handicapped accessible and lower cost facilities. You also suggested there could be more youth and family oriented spaces, better signage on trails and you want trails connected with transit and sidewalks for an integrated system of transportation designed around your favourite amenities.

Social, Recreation and Culture Participation: A

Over 80% of you agreed that people in the community respect each other, co-operate and that there are opportunities for all ages to participate in learning, social, recreation and culture. There was also high levels of appreciation for and satisfaction with, a long list of recreational, cultural and social amenities, groups and activities.

A one-stop or integrated information service, improved transportation and organized mentoring were suggestions for improving this area. About half of you agreed that there could be more efforts made to support participation of those with challenges or who are isolated.

Paid and Volunteer Participation: B

Over 70% of respondents felt that there was a strong volunteer spirit in the Valley and that the contributions of seniors and youth were appreciated. A majority of you also said there is information and support available to encourage both work and volunteer participation in the community.

There was strong support for improving this aspect of life with co-ordinated volunteer recruitment and training across all organizations and mentoring as a means of increasing learning and participation between generations. You also want to see increased support for self-employment and entrepreneurship.

Housing: B

Housing is generally meeting people's current needs and there is strong appreciation for the way your homes connect you to nature, services and safe, welcoming neighbourhoods. You want to live in places with mixed ages and family types. (This is an important characteristic of age friendly communities.)

There is also a sense of concern for the future and a desire for better information about the future needs and pro-active planning to ensure housing can meet the needs of the growing senior population as well as those on low incomes.

Community Support and Health Services: A

About 80% of you agreed that overall community and health services are meeting the current needs of families and older adults. You also thought that active lifestyles were being encouraged.

You would improve the current services with an integrated information system that included: health and wellness, home support, medical and alternative options. Concerns about planning for the future were the other dominant priority in this area. A majority of you suggested that growing demands will put pressures on existing home care services and access to out of town medical services and you want to see formal and informal or volunteer services strengthened to help people stay at home longer.

Communication and Access to Information:

You mentioned lots of ways you find out about things, and there were four that stood out:

internet	50%
radio	52%
newspaper	78%
word of mouth	67%

Better access to information was mentioned in the following areas of the survey:

- Out of Town Medical Travel Supports: you want more visible or accessible access to information about travel supports for out of town medical appointments.
- Trails and Walkways: you want better signage, maps and detailed information about: trail length, surface condition, difficulty and access to resting places/washrooms.
- Volunteer and Social/Recreation Opportunities: you want a single source of information about events/activities in the community and volunteer recruitment and training.
- Health Services: you want a one-stop health care navigator that is comprehensive and includes community based, home care, medical and alternative care and treatment resources.
- Pro-active Outreach: you identified the need to do a better a job of reaching out to those who are housebound or disabled with both information and support to participate in the community.

Transportation: C

Why is this important in an age friendly community?

In an age friendly community, transportation is accessible and affordable. Transportation infrastructure and services are important to ensure residents can access services from groceries to health care, nature and social, recreational and work opportunities. In the Valley, our transportation corridors and services act as connectors for a north/south geography and for our outlying rural areas.

How you get around:

- 92% of city residents travel by car and 96% of non-city residents
- 65% of city residents and 48% of non-city residents walk
- 29% of those aged 15-19 ride a bike compared to 17% overall
- 35% of those aged 15-19 take the bus compared to 14% overall
- 3% use a scooter

What you appreciate:

You appreciate and use public transit, school buses, taxis, roads, bike lanes and trails.

- 89% thought taxi services were meeting the needs
- 71% of you thought that there were adequate volunteer driver services available and 80% agreed that transportation was available for out of town medical appointments
- 60% thought that streets were well lit and 67% felt that road markings were visible, however 57% still felt that roads were not as safe as they could be for bikes and scooters
- 50% of you didn't know enough about bus services to comment, and the rest were divided about:
 - the usefulness of schedules and routes relative to your access to services,
 - and to the availability of transit service out of town,
 - and as to whether or not there was adequate transit information available
- You were also divided about whether or not drivers were courteous

Improvements that are important to you:

Topping the list of desired improvements is a walking/bike bridge connecting north and south port (76% felt this was a priority). This is consistent with 73% of you who said that transportation corridors between north and south port need improvement. 51% thought that public education around healthy lifestyles and the benefits of walking and biking was also a priority.

Special event shuttles to Sproat Lake, Beaver Creek and elsewhere was the only other suggestion with a majority of support for action (61% felt this was a priority). There were many general comments noting the need for sidewalks, bike trails and increased bus service to Beaver Creek.

Outdoor Spaces and Buildings: B

Why is this important in an age friendly community?

In an age friendly community, there is access to a range of outdoor spaces and public buildings that are pleasant, clean and secure. The indoor and outdoor spaces in a community, or the places where people gather both intentionally and informally (e.g. meeting on a sidewalk), are the foundations for social participation, social cohesion, health, cultural expression and other factors related to quality of life.

What you appreciate:

You told us overwhelmingly, across all ages, that you use and appreciate the trails, walkways, parks, Quays, fields, Echo Centre (all of it), track/stadium and the arena. There was also appreciation for schools, golf courses, Glenwood, Mclean Mill, Sproat Lake and a dozen other sites and facilities.

- 85% thought the recreation facilities were adequate for their needs
- 74% thought the trails and pathways were accessible and safe

Improvements that are important to you:

Most important to you was a connected system of outdoor trails and other transportation methods. You also think it's important to ensure facilities are accessible to everyone and you want a new pool.

- 66% felt that public washrooms were not visible enough, promoted or always accessible for people with physical challenges.
- 63% said that indoor walking and expanded fitness facilities were important to invest in
 - Many of you commented that your priority was a new pool (with waterslide)
- 69% said we could do a better job of ensuring that recreation facilities served all ages and abilities
 - You want more public (low cost) fitness facilities and more handicapped accessible gyms and facilities; wheelchair fishing on the pier was suggested too.
 - Requests for more family and youth oriented spaces and recreation opportunities was another theme in your comments. You included ideas like kayak rentals, a beach in town/on the canal, a bigger movie theatre, bowling lanes, playgrounds and cafes.
- 78% said that it was important to develop an integrated transportation system connecting walkways, trails and bus services around frequently used spaces and facilities.
 - You suggested better signage with trail information, more benches, trail maps and lighting on some well used trails.
 - You want sidewalks and/or walkways past the bridge, in Beaver Creek, at Pacific Rim Centre and extending all along the canal.

Social, Recreation and Cultural Participation: A

Why is this important?

In an age friendly community, opportunities exist for social participation in leisure, social, cultural and spiritual activities with people of all ages, abilities and cultures. These opportunities contribute to learning, health, relationships and mutual support.

Participation:

Close to 500 people commented on a huge variety of activities that they appreciate from recreation and sports to the arts, church and local events. You also mentioned a long list of ways you contribute with service, arts and sports clubs, events and activities. There were some comments about the cost of participation being a barrier.

What you appreciate:

This is an aspect of life that almost all respondents had experience with – there were very few “Don’t Know” answers. Your experiences were also mostly positive with over 80% of you agreeing that:

- The Valley has opportunities for learning and participation in recreation and cultural activities
- There are events and activities that bring all ages and cultures together
- There is information available about events and activities
- People of all ages treat each other respectfully
- People generally share and co-operate with each other

Improvements that are important to you:

Integrated or comprehensive information services and increasing access and participation for those with challenges are continuing themes in this area:

- 78% of you felt that a comprehensive information service for all activities and events in the Valley was a priority
- 67% wanted to increase mentoring between youth and seniors and there were requests for more activities geared to young adults and families
- 61% felt that improved transportation services were important to invest in (for example a handi-dart or shuttle to bulldog games)
- About 50% of you felt that there could be more outreach to those who are house bound or have other barriers to participation
- there was some support for connecting neighbours to each other and an outreach service

Paid and Volunteer Participation: B

Why is this important?

In an age friendly community, there are opportunities for employment and volunteerism for people of all ages, interests and abilities. These opportunities are key to learning and skill development, our economic and social quality of life, and they contribute to a vibrant community for all.

How you participate:

- 85% of all respondents and 77% of 15-19 year olds have or currently do volunteer work
- 77% of all respondents and 15-19 year olds have in the past, or are currently working

What you appreciate:

- About 75% of you felt that the Valley provided opportunities, information and supports for both paid and volunteer participation
- Most of you felt that there was a volunteer spirit among your peers
- You generated a very long list of ways that your paid and volunteer participation enriches your lives: learning, enjoyment, giving, contributing, feel good, happy, active, people, friends, confidence, skills and other similar words were most common, income was mentioned but less common than other benefits

Improvements that are important to you:

- 93% of you agreed there were benefits from sharing skills and knowledge between age groups and over 60% identified mentoring as a possible way to strengthen cross generation relationships and learning
- 76% thought that formal volunteer recruitment, information and training was a priority
- About 60% identified supports for self-employment as an important way to increase opportunity and participation in the work force
- 68% agreed that increasing co-operation among groups was a priority to strengthen paid and unpaid participation

Housing: B

Why is this important?

In an age friendly community, housing is affordable, appropriately located, well built, well designed and secure. It is an essential need and the foundation of many other aspects of quality of life.

What is your current housing situation?

Own my home	64%
Rent my home	14%
Share a house with family or friends	26%
In supported living or care (5)	1%
Homeless (2)	0%

What you appreciate:

Over half of you commented that the proximity of your home to services, amenities and/or nature was key to enriching your quality of life. This was expressed in a variety of ways from walkable to close to bus routes, an easy stroll or love the view. Safety and affordability were also mentioned as important ways your housing contributes to your quality of life.

- 87% prefer neighbourhoods that are a blend of younger and older families and singles
- 82% felt that neighbourhoods were within walking distance of services and green spaces
- 70% said that there were adequate care and home maintenance services to support people in their homes

Improvements that are important to you:

Planning for future housing locations (close to services and amenities) and affordability are important:

- 72% of you said there is not good access to (community) gardens from apartments and condos
- 64% said that research and planning for future housing needs was a priority
- 53% thought encouraging neighbours to work together/support each other was important
- 53% said the community should work with developers to ensure housing meets local needs
- 53% said that there was a need for more quality rentals close to services
- About half of you want a single referral source for all home services

- The majority of survey respondents were consistent in suggesting that there was not strong support for shared housing models, co-op housing, or converting single family homes to suites. This might suggest strong community norms around privacy and space that could pose challenges as future needs demand greater housing density and affordability.

Community Support and Health Services: A

Why is this important?

In an age friendly community there is access to support and health services that are tailored to the needs of all citizens. Our health is affected by our income levels and housing and it shapes our ability to participate with friends, family and in the life of the community.

What you appreciate:

You mentioned the walk-in clinic, health centres and hospital frequently. You said that doctors, dentists and a variety of services from nutrition to mental health and transportation out of town were important and appreciated.

- Over 80% of you said that information, services, facilities, nurses and home supports were all available in the Valley.
- 79% thought that healthy, active lifestyles were encouraged
- 72% agreed there was support for caregivers, out of town medical travel and children's health
- Slightly less (65%) thought there was enough attention to health services for people as they age

Improvements that are important to you:

- About 75% said the priority for strengthening health services would be a one stop information service that included all medical, non-medical and volunteer health services.
- 75% indicated more or different home care supports and services was a priority for the community to address.
- 61% thought that it was important to strengthen informal support networks as a way of helping people stay in their homes longer.
- Respondents were divided on the availability of medical specialists and 68% want additional supports for out of town medical travel. 60% supported video access to specialists while the rest of you prefer in-person health care.

Appendix I: Focus Group Summary

This summary represents the discussion from six focus groups: outdoor spaces and buildings; transportation; civic participation and employment; housing; community support and health; social participation. There were participants representing seniors and service providers across all the topic areas.

What contributes to our age friendly community?

- Citizens are proud and appreciative of the *range of social, cultural and recreation spaces, buildings and groups, including several walkable outdoor spaces on the water.*
- All of the long term care facilities, many cultural, sport and historic amenities are *built and owned by community organizations* and managed by volunteer boards today. This is a source of pride.
- Fir Park and Echo Long Term Care facilities, and assisted living, are important assets.
- The Valley has a history of *strong volunteerism and caring* on one hand, and on the other hand there is a shift away from volunteering and an aging volunteer cohort that is putting pressure on groups.
- *The Sunshine Club* and all the facilities in that area (library, museum, arena, stadium, Glenwood) were mentioned in all sessions as contributing to an age friendly community.
- The “hive” of activity around Echo Centre and the proximity to groceries, apartments and assisted living, was mentioned as an ideal scenario for both accessibility and *creating a sense of neighbourhood.*

How can we strengthen our age friendly attributes?

- *Multi-generational* neighbourhoods, housing and activities were identified as important in order to strengthen relationships and mutual support between generations and enrich the quality of life for all residents. This theme came up in four topic areas and was also linked to strengthening volunteerism.
- *Transportation* was highlighted as an issue in three topic areas in addition to the transportation session itself and was a suggested priority to improve access to outside health services. Participants had suggestions for connecting various forms of travel, different routes and schedules and some new services that would to better accommodate seniors needs. Safety was brought up only in relationship to roads and scooters; there is a need for more street lights, sidewalk drop downs, scooter signs and driver education.
- *Communication/outreach/access to information* was highlighted as an issue in three topic areas with regard to the form and access to information for those who are less active and who need personal outreach. Active seniors identified challenges in terms of navigating professional services info.

- *Changing (or stuck) attitudes and values* were discussed in several sessions as being barriers to adapting as we age. One factor was our cultural orientation to independence in the face of a need to be more mutually supportive of each other in today's society. Another factor was younger generations not being joiners and the need to adapt the way volunteers are recruited. A third factor related to our historic wealth (plentiful jobs, land) and a need to adapt our expectations around higher cost structures and resource depletion.

Appendix II: The Survey



Welcome to our Survey and Thank you for participating!

The purpose of this survey is to find out from you how well the Alberni Valley currently measures up to being an 'Age Friendly Community' and where improvements can be made. Results from this survey will be reported to the Community at an Open Space gathering in January 2014. This survey is sponsored by the City of Port Alberni, in partnership with the Alberni-Clayoquot Continuing Care Society (Fir Park Village/Echo Village) through a grant from the Union of BC Municipalities.

What is an Age Friendly Community?

An Age Friendly Community is a community where policies, services and structures related to the physical and social environment are designed to support and enable people to live in a secure environment, enjoy good health, and to participate fully in society.

“Age Friendly” usually refers to services for seniors and the elderly. However, the population in our Valley is pretty evenly divided among younger people, middle aged people and older adults. These age groups share similar interests but each group also has unique needs. So being “Age Friendly in the Alberni Valley” really means the extent to which our community helps all of us to recognize and encourage healthy lifestyles and connections for every generation.

About This Survey

This survey will explore each of six areas:

- Transportation
- Outdoor Spaces & Buildings
- Housing
- Paid & Volunteer Participation
- Social, Recreational & Cultural Participation
- Community Support & Health Services

Some of the questions ask you to generalize about an aspect of life in the community based on your personal experiences. Think of the multiple choice categories according to:

- Strongly agree - I agree all the time
- Agree - I agree most of the time
- Disagree - I disagree most of the time
- Strongly disagree - I disagree all the time
- Don't know - I can't generalize, agree or disagree, or this doesn't apply to me.

All individual responses and information will be kept anonymous and confidential, however there is an opportunity at the end of the survey to add your contact information in order to enter for draw prizes and receive an invitation to the Open Space Gathering in January 2014 where you will have an opportunity to hear the results of this survey and help identify priorities for action.

Any Questions? Contact the Age Friendly Alberni Project Team Director!

Barb Stevenson (Tel.) 250-724-6541 ext. 232 or bstevenson@acccs.ca

Now let's get started!

A. Please tell us about yourself: (all information is confidential)

1. What is your gender? Male Female

2. How old are you?

 15 – 19 20 – 29 30 – 49 50 - 60 61-70 71-80 81+

3. Do you live alone? Yes No

4. How many children under the age of 14 reside with you?

 none 1 2 3 4 or more

5. Are you providing care for an older adult? Yes No

6. Which part of the Alberni Valley do you live in?

 City of Port Alberni
 Sproat Lake
 Beaver Creek
 Cherry Creek
 Beaufort
 Other: _____

7. How do you **usually** get your information about the community? (check all that apply)

<input type="radio"/> internet	<input type="radio"/> posters
<input type="radio"/> radio	<input type="radio"/> in the mail
<input type="radio"/> newspaper	<input type="radio"/> Other _____
<input type="radio"/> word of mouth	
<input type="radio"/> newsletters	

B. Transportation

“In an age friendly community, transportation is accessible, affordable, reliable, safe and scheduled to meet local needs.”

1. What method(s) of transportation do you use (check all that apply)?
 - walk
 - bike
 - scooter
 - bus
 - car
 - Other: (specify) _____

2. Public transit routes and bus stops within the Valley make it accessible and convenient for me to access events and services.
 - Don't know
 - Strongly Agree
 - Agree
 - Disagree
 - Strongly Disagree

3. The public bus schedule is well timed and co-ordinated for my needs.
 - Don't know
 - Strongly Agree
 - Agree
 - Disagree
 - Strongly Disagree

4. Public transit to other local communities is accessible and convenient.
 - Don't know
 - Strongly Agree
 - Agree
 - Disagree
 - Strongly Disagree

5. Volunteer / informal networks of drivers are available for those who need transportation.
 - Don't know
 - Strongly Agree
 - Agree
 - Disagree
 - Strongly Disagree

6. Transportation is available to take people to medical appointments out of town.
 - Don't know
 - Strongly Agree
 - Agree
 - Disagree
 - Strongly Disagree

7. Lines on pavement (marking crosswalks, bike/scooter lanes) are clear and visible.
 - Don't know
 - Strongly Agree
 - Agree
 - Disagree
 - Strongly Disagree

8. Roadways are safe for people on bicycles and scooters
 - Don't know
 - Strongly Agree
 - Agree
 - Disagree
 - Strongly Disagree

9. Bicycle and scooter parking is available.
 - Don't know
 - Strongly Agree
 - Agree
 - Disagree
 - Strongly Disagree

10. Drivers and others using the roads are courteous and watch out for each other.
 - Don't know
 - Strongly Agree
 - Agree
 - Disagree
 - Strongly Disagree

11. There is good information available about transportation options, schedules, etc.
 - Don't know
 - Strongly Agree
 - Agree
 - Disagree
 - Strongly Disagree



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12. There are adequate transportation links & corridors between North Port and South Port that connect people to essential services.

- Don't know Strongly Agree Agree Disagree Strongly Disagree

13. Taxi services in the Valley are sufficient for my needs.

- Don't know Strongly Agree Agree Disagree Strongly Disagree

14. What are the some of the transportation services or infrastructure in the Valley that are most important to you?

15. The following is a list of ideas for improving transportation in the Alberni Valley. Please identify your top three priorities and/or add your own.

- Develop a ride share system
- Develop a car or bike share service
- Have event shuttles available for travel to/from the lake/outlying areas
- Strengthen volunteer drivers services for those who need them
- Make the bus a social, fun activity so more people ride it
- Create a business opportunity for transportation service to take people on errands/grocery shopping
- Promote/lobby apartment and condo owners to provide bikes and/or scooters for tenants use
- Provide more education about scooters for scooter and vehicle drivers
- Increase awareness about the health and cost saving benefits of walking
- Build a walking/cycling bridge between North Port and South Port.
- Other (specify) _____
- _____

C. Outdoor Spaces and Buildings

“In an age friendly community, there is access to a range of outdoor spaces and public buildings that are pleasant, clean, secure and accessible.”

1. Streets and roads are well lit.

- Don't know Strongly Agree Agree Disagree Strongly Disagree

2. Public washrooms are visible/well promoted and accommodate all types of needs.

- Don't know Strongly Agree Agree Disagree Strongly Disagree

3. Public Services are nearby each other for easy access.



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Don't know Strongly Agree Agree Disagree Strongly Disagree

4. Recreation facilities in the community are adequate for my needs.

Don't know Strongly Agree Agree Disagree Strongly Disagree

5. Our outdoor trails/pathways are accessible and safe.

Don't know Strongly Agree Agree Disagree Strongly Disagree

6. What are some outdoor spaces or buildings/facilities in the Valley that you use most?

7. The following is a list of ideas for improving public spaces and buildings in the Alberni Valley. Please identify your top 3 priorities and / or add your own.

- ___ Develop indoor walking and expanded fitness facilities
- ___ Add therapeutic water pools at Echo Centre
- ___ Develop neighbourhoods close to services and outdoor spaces
- ___ Build more community gardens close to apartments/condos
- ___ Develop recreation facilities that offer opportunities for all ages and abilities
- ___ Connect the trails, bus routes and walkways for an integrated transportation network
- ___ Other (specify): _____
- ___ _____

D. Housing

“In an age friendly community, housing is affordable, appropriately located, well built, well designed and secure.”

1. Please check all that describe your current housing situation:

- ___ I rent
- ___ I own my home
- ___ I live in an assisted living or care home
- ___ I share a home with family members or friends
- ___ I am homeless or couch surfing

2. There is good quality rental housing available that suits my needs.

Don't know Strongly Agree Agree Disagree Strongly Disagree

3. There is good access to garden spaces for people who live in apartments and condos.

Don't know Strongly Agree Agree Disagree Strongly Disagree

4. Support services are available to help people with special needs to stay in their homes.



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Don't know Strongly Agree Agree Disagree Strongly Disagree

5. There are professional services available to support people in their own homes such as yard maintenance, cleaning, repairs, meals, etc.

Don't know Strongly Agree Agree Disagree Strongly Disagree

6. Many neighbourhoods are within walking distance of essential services and some form of outdoor space (e.g.,: parks, trails, waterfront, ball fields, etc.).

Don't know Strongly Agree Agree Disagree Strongly Disagree

7. The community has organizations that are planning, advocating and developing housing to meet local needs.

Don't know Strongly Agree Agree Disagree Strongly Disagree

8. I prefer to live where there is a mix of younger and older families and singles.

Don't know Strongly Agree Agree Disagree Strongly Disagree

9. What aspects of your current housing most contribute to your quality of life?

10. The following is a list of ideas for improving housing in the Alberni Valley. Please identify your top 3 priorities and / or add your own.

- Provide services to facilitate co-housing arrangements
- Provide information and assistance to develop co-op housing societies
- Plan for multi-generational living in neighbourhoods
- Plan neighbourhoods around spaces for people to meet and gather
- Create programs to encourage neighbours to work together/support each other
- Build quality rentals close to services
- Renovate larger homes into duplex/suites
- Develop a one stop shop referral agency for a variety of home services
- Work with developers so they build housing to meet local needs
- Research future housing needs and develop a long term plan
- Other (Specify): _____
- _____

E. Social, Recreation and Cultural Participation

“In an age friendly community, opportunities exist for social participation in leisure, social, cultural and spiritual activities with people of all ages, abilities and cultures.”

1. Generally, people of different ages in our community treat each other respectfully.
 Don't know Strongly Agree Agree Disagree Strongly Disagree

2. There are opportunities for physical, recreational, indoor and outdoor, educational and cultural involvement in the Valley.
 Don't know Strongly Agree Agree Disagree Strongly Disagree

3. There are events in the community that bring together people from different generations, cultures and abilities.
 Don't know Strongly Agree Agree Disagree Strongly Disagree

4. There are opportunities locally to learn new skills or develop new interests.
 Don't know Strongly Agree Agree Disagree Strongly Disagree

5. I can find information in the community about activities, courses and events.
 Don't know Strongly Agree Agree Disagree Strongly Disagree

6. Where I live, there is sharing and co-operation among individuals and neighbours.
 Don't know Strongly Agree Agree Disagree Strongly Disagree

7. There are efforts to reach out to people who are isolated and support them to connect with activities.
 Don't know Strongly Agree Agree Disagree Strongly Disagree

8. What are the activities or groups that you participate in the most in our community:

9. The following is a list of ideas for improving social participation for all ages. Please identify your top 3 priorities and /or add your own.
 - ___ Increase transportation that is timed to events
 - ___ Develop programs that connect neighbours to each other
 - ___ Train outreach workers or “friendly visitors” including youth
 - ___ Develop a comprehensive information service about all activities in the Valley
 - ___ Facilitate learning events or mentoring between youth and seniors
 - ___ Other (specify): _____
 - ___ _____

F. Paid and Volunteer Participation in the Community

“In an age friendly community, there are opportunities for employment and volunteerism for people of all ages, interests and abilities.”

1. I am currently or have been in the past, a volunteer for an event or organization.
 Yes No
2. I am currently or have been in the past doing paid work.
 Yes No
3. There are supports available in the community to assist me to explore work opportunities.
 Don't know Strongly Agree Agree Disagree Strongly Disagree
4. There are opportunities in the community to learn and improve my work skills.
 Don't know Strongly Agree Agree Disagree Strongly Disagree
5. There is good information available locally about the opportunities to volunteer.
 Don't know Strongly Agree Agree Disagree Strongly Disagree
6. There is a strong positive volunteer spirit in my age group.
 Don't know Strongly Agree Agree Disagree Strongly Disagree
7. There are opportunities in the community to learn and improve my skills as a volunteer.
 Don't know Strongly Agree Agree Disagree Strongly Disagree
8. The community values the contributions of senior's skills, knowledge and energy.
 Don't know Strongly Agree Agree Disagree Strongly Disagree
9. The community values the contributions of youth's skills, knowledge and energy.
 Don't know Strongly Agree Agree Disagree Strongly Disagree
10. In our community, groups and organizations share and collaborate in order to solve common problems and deliver services more efficiently.
 Don't know Strongly Agree Agree Disagree Strongly Disagree
11. My age group would benefit from sharing skills and knowledge with other age groups.
 Don't know Strongly Agree Agree Disagree Strongly Disagree
12. What do you appreciate most about your paid and/or volunteer activities?

13. The following is a list of ideas for improving paid and volunteer participation in the Alberni Valley. Please identify your top 3 priorities and /or add your own.

- Develop and promote opportunities for learning and mentoring between youth and seniors
- Facilitate groups and organizations to collaborate and share resources
- Develop volunteer training and recruitment activities that are suited to the younger generations' lifestyle and interests
- Encourage and support more self-employment (full or part time)
- Promote sharing (cars, tools, rides, houses) and co-operation as opportunities to reduce costs and enrich our relationships and lifestyle
- Other (specify): _____
- _____

G. Community Support and Health Services

“In an age friendly community there is access to support and health services that are tailored to the needs of all citizens.”

1. There is a focus on encouraging life-long, healthy, active lifestyles in the Valley.
 Don't know Strongly Agree Agree Disagree Strongly Disagree
2. The health of children and youth is a priority in the Valley.
 Don't know Strongly Agree Agree Disagree Strongly Disagree
3. There are services and supports available locally for adults to maintain and improve their health.
 Don't know Strongly Agree Agree Disagree Strongly Disagree
4. There is information available about community health services and facilities.
 Don't know Strongly Agree Agree Disagree Strongly Disagree
5. Health nurses are available at community health centres.
 Don't know Strongly Agree Agree Disagree Strongly Disagree
6. There are supports for family members who are caring for a loved one.
 Don't know Strongly Agree Agree Disagree Strongly Disagree



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7. Medical specialists' services are available in the community.
 Don't know Strongly Agree Agree Disagree Strongly Disagree
8. There are supports available to assist with travelling out of town for medical services.
 Don't know Strongly Agree Agree Disagree Strongly Disagree
9. The community is making efforts to ensure that all citizens are cared for as they age.
 Don't know Strongly Agree Agree Disagree Strongly Disagree
10. Home care nurses and workers are available to make home visits in the community.
 Don't know Strongly Agree Agree Disagree Strongly Disagree

11. What are the health and support services in the Valley that are most important to you?

12. The following is a list of ideas for improving community health and support services in the Alberni Valley. Please identify your top 3 priorities and / or add your own.

- ___ Create a local service that helps people navigate the medical, non-medical, community and alternative services and supports that are available
- ___ Increase access to outside specialists through video-health services
- ___ Develop a local transportation service/business for out of town medical travel
- ___ Increase the home support services that are available
- ___ Strengthen family, friend and neighbour support networks for those who need them
- ___ Other (specify): _____
- ___ _____



Any Priorities?

Based on your own experience in the community, please circle one area that stands out for you as most important for us to be addressing in order to be a better age friendly community.

Transportation

Outdoor spaces and public buildings

Housing

Social, recreation and cultural participation

Paid and volunteer participation

Community support and health services

Tell us why this area should be a priority for the community.

Do you have any other comments you would like to make about any part of this survey?

Thank-you!!!

If you would like to enter our contest and receive an invitation to the Age Friendly Open Space Gathering in January 2014, please include your name and contact information below.

Your Name: _____

Your Phone: _____ / Email: _____

Select your prize if your name is drawn:

- New IPAD or
- Month of Dining Out in Port Alberni

To return your survey by mail send to: Age Friendly Survey

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