

WC Seniors Hub – 2018 Fall Forum – October 1st, 2018

Event Summary & Recommendations

Overview

The WC Seniors Hub – Fall Forum took place on Oct 1st, at the Ucluelet Community Centre from 11am til 3pm. This was where west coast seniors and their supporters came together to celebrate ‘International Day of the Older Person’. The WC Seniors Hub planning team consulted with the Seniors Advisory Group and engaged seniors to participate in the planning and promoting activities as well as attending the registration tables. Lunch was catered by the Ucluelet Co-op. Myles Morrison played his guitar during breaks and lunch period and certified instructor, Maureen Thierrien-McKinnon, hosted a free Chair Yoga session at the end of the event. District of Tofino, Parks & Rec, provided free transportation to/from the event for Tofino and area seniors with Kaela Tompkins attending as driver.

Event Sponsors

WC Community Resources Society; District of Ucluelet Parks & Rec; Alberni Valley Employment Centre (Island Work Transitions Inc.); ACRD – Events Grant; District of Tofino (grant & 12 passenger van with driver); Tofino Co-op; Ucluelet Co-op

Marketing/Promotion

Posters, Admail - Survey/Questionnaire, Westerly News Advert 3x, Facebook, word of mouth, presentations, Forest Glen luncheons, WC Seniors Hub website – <https://www.westcoastseniorshub.org>

Forum Attendance (total 78)

- Participants – 59
- Exhibitors – 10
- Volunteers – 9



Photo – Keynote Speaker, Isobel Mackenzie, BC Seniors Advocate spoke to west coast seniors and senior supporters at the WC Seniors Hub – 2018 Fall Forum, held on Oct.1st in Ucluelet, BC.

Traditional Welcome & First Nation Perspectives

Yuułu?it?ath Senior, Bob Mundy, lead the opening prayer, speaking in his traditional language. Larry Baird, provided the assembly with his perspectives as a senior as well as elected member of the Yuułu?it?ath government. He spoke of hosting the next Seniors Forum in Hitacu and the value an event like this would bring to their community.

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Municipal Representatives & Their Perspectives

Josie Osborne, Mayor of Tofino, and Mayco Noel, Deputy Mayor of Ucluelet, provided supporting words for the WC Seniors Hub, and spoke about their challenges and their perspectives of what a community can do to support seniors aging in rural communities. Mayor Osborne spoke of hosting the next Seniors Forum in Tofino.

Coordinator's Update - WC Seniors Hub

Ursula Banke, working as AVEC's WC Community Liaison and acting as Interim Volunteer Coordinator, provided a review & update on WC Seniors Hub activities which included establishing the website with updated information, writing the 2019 work plan/budget of \$75,111 and submitting grant applications to the following agencies; New Horizons Seniors Program (Federal \$24,976). Focus on Age-Friendly – Engagement & Participation and BC Rural Dividend Fund (Provincial \$33,101). Focus - Age-Friendly – Civic Participation and Employment.

The main goal of the funding application is to create a new Age-Friendly employment opportunity for someone 55 years or older. The Interim WC Seniors Hub Coordinator is currently a Volunteer position but, subject to funding, this will become a paid position in 2019. The work will include an inventory of those active seniors who wish to be employed a paid or volunteer worker and to identify barriers. It will also include working with Parks & Programming staff to develop an Age-Friendly drop in centre with programs and activities. The WC Seniors Hub Coordinator will network with other community organizations to review & prioritize key issues and challenges specific to creating Age-Friendly communities and facilitate a regional conversation that will help to address the issues and challenges of seniors who wish to age in their rural communities.

Keynote Speaker - BC Seniors Advocate. Isobel Mackenzie

Isobel Mackenzie has over 20 years' experience working with seniors in home care, licensed care, community services and volunteer services. The Office of the Seniors Advocate, established in 2013, monitors and analyzes seniors' services and issues in B.C., and makes recommendations to government and service providers to address systemic issues. Isobel came to the Seniors Forum and gave a presentation on what the BC Seniors Advocate's Office does to help seniors address the priority issues and challenges specific to rural communities, supporting seniors who wish to age in their community.

Question & Answer Period (fielded by Isobel Mackenzie)

CSIL (Supports for Independent Living)

- What is CSIL (Supports for Independent Living) and how does it work?
- Is CSIL support only available for low income?
- Is it possible to be on CSIL and also collect more home care hours if you come out of the hospital?
- Would you discount the amount of time you were in hospital?

HOME SUPPORT

- VIHA offers Home Support (statement not a question)

HOUSING

- Is there funding for Senior appropriate affordable housing?

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Question & Answer Period (fielded by Isobel Mackenzie)

- Is there funding available for putting in ramps and lifts? (Keep receipts for tax rebate)

LEGAL HELP

- Are there support programs to help seniors to use legal systems?

FOREST GLEN SENIOR CENTRE

- How do we know who we're trying to serve if we don't know who the seniors are?

GLOBAL SENIOR ISSUES

- Has anyone looked at how seniors are treated in other countries?
- Is there some magical answers to what should be in place here?

CAREGIVER SUPPORT

- What about caregivers - their obstacles/limitations (free time - to get out of the house etc.)?
- How do we implement the change to support a system that offers support for caregivers?
- Can we write letters? (Lobby politicians)



NORA O'MALLEY PHOTO

SENIORS FALL FORUM: West Coast residents Bev Garcia and Bill Appleyard joined over 55 seniors and seniors supporters on Monday at the UCC for a half-day of networking, presentations, and discussing issues. The forum featured exhibits from the Pacific Rim Hospice Society, the West Coast Multiplex Society, the Westcoast Community Resources Society, Forest Glen, and more. Enhancing health care options was one of the issues that garnered the most stickers.

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Dot- Mocracy – A ‘Priorities’ Exercise for Survey/Questionnaire

QUESTION #	SETTING PRIORITIES (DOT- MOCRACY)	# of dots
1	Improving financial security	5
2	Facilitating transitions to retirement	2
3	Promoting active living	20
4	Enhancing health care options	30
5	Improving caregiving options	11
6	Increasing availability of adapted housing	22
7	Expanding affordable transportation services	14
8	Learning a new skill	2
9	Transitioning into Age-Friendly employment	4
10	Socializing & Recreation	16
11	Nutrition & Self Care	6
12	Understanding legal issues (wills, power of attorney)	5

PRIORITY RANKING (hi =1 ... low=10)		# of dots
1	Enhancing health care options	30
2	Increasing availability of adapted housing	22
3	Promoting active living	20
4	Socializing & Recreation	16
5	Expanding affordable transportation services	14
6	Improving caregiving options	11
7	Nutrition & Self Care	6
8	Understanding legal issues (wills, power of attorney)	5
9	Improving financial security	5
10	Transitioning into Age-Friendly employment	4
11	Facilitating transitions to retirement	2
12	Learning a new skill	2

Objectives - Survey/Questionnaire

- Prioritize needs according to importance & adapt 2019 workplan
- Determine interest in older worker employment program – for active seniors (volunteer or paid)

Results - Survey/Questionnaire

- 71 surveys were completed and returned.
- Not all respondents were able to attend Forum but were eligible for draw prize)
- Survey distribution – admail - 1137 mail boxes in Ucluelet courtesy of Dist of Ucluelet

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Summary & Value Ratings - Survey/Questionnaire

QUESTION #	SETTING PRIORITIES (SURVEY/QUESTIONNAIRE)	SCORE	PRIORITY RANKING
a	Interest in Volunteer Training	10	
b	Interest in Employment Training	5	
c	Attending Oct 1st Forum	43	
d	Aged 55+	58	
1	Improving financial security	244	9
2	Facilitating transitions to retirement	218	11
3	Promoting active living	301	2
4	Enhancing health care options	314	1
5	Improving caregiving options	282	5
6	Increasing availability of adapted housing	281	6
7	Expanding affordable transportation services	287	4
8	Learning a new skill	241	10
9	Transitioning into Age-Friendly employment	197	12
10	Socializing & Recreation	293	3
11	Nutrition & Self Care	268	7
12	Understanding legal issues (wills, PoA, etc)	267	8

Recommendations – Next Seniors Forum

1. Next forum location – 2 options for 2019 – in Tofino or Hitacu
2. For hearing impaired – note to facilitator
 - Write down questions & answers on a flip chart page
 - Tape pages of questions & answers onto wall space
 - Allow time for people to review & discuss outcomes
 - Document Q & A – for a term of reference
 - Arrange another time/place if discussion wants to continue
 - Capture any action items that arise from discussions
3. Improve lighting for digital presentations
4. Develop a 'Seniors Speakers Program' and invite people with relevant knowledge and experience to speak on the following topics;
 - CSIL, Home Support, Caregiver Support, Senior Housing Options, Transportation Options, VIHA support, Legal Support, Understanding National & Global Senior Issues
5. If possible, follow up on 'needs expressed' by connecting that person to the right agency.
6. Engage those who have expressed interested in training for paid and unpaid employment

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Additional Comments to Survey/Questions #1 - #12

#1 Improving Financial Security

- This is valid topic whatever one's age
- Not a priority for me - but for some
- Budget, budget, budget
- What about a 'retirement package' for seniors
- Always good
- Include help with income taxes
- Need more scam protection

#2 Facilitating Transitions to Retirement

- As seniors, most of us will be past this point
- Not for me
- Done! Just retired last week after 6 month trial
- Could become a part of the 'retirement package'
- Yes - so many changes to keep up with
- Not well known

#3 Promoting Active Living

- A valid topic insofar as it impinges on health
- Accessible recreation/activities
- Medical issues affect ability
- Would like someone to beach walk
- To keep moving
- Arts/rec - more multi-generational convergence

#4 Enhancing Health Care Options

- Foot care, including nail cutting
- Expanded blood test hub
- Specialists - use teleconference methods
- Specialists - to accept lab tests from the west coast
- Need emergent care clinic in Ucluelet
- age in place - have hospice beds & assisted living
- VIHA staff increases - consistent schedule
- A primary concern to every senior
- Senior discount for certain therapies
- There are more issues as we age
- I try to stay away from Doctors as much as possible
- Retirement could be tailored to needs
- Always important to know what we have

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Additional Comments to Survey/Questions #1 - #12 (cont'd)

#5 Improving Caregiving Options

- Better at Home - home care
- A primary concern to every senior
- Funds to adapt/equip houses for mobility issues
- Affordable housing
- Definitely need more options
- I sometimes need help with heavy awkward chores
- Many caregivers are on their own
- Yes - aging population
- We need full care facility (residential care)

#6 Increasing Availability of Adapted Housing

- Especially important as our senior community grows
- Not sure of... necessary at times
- My house is already single storey accessible
- Needs to be affordable
- Yes - an aging society
- Seniors need more full care options to stay in community
- Affordable equipment in the home

#7 Expanding Affordable Transportation Services

- More affordable options
- Especially with respect to accessing health care
- In-community regular safe shuttles
- For out of town
- We need access to options - Ucluelet and Hitacu
- Still driving my truck
- For medical appointments
- Need to review what exists now
- Especially to Tofino
- Transportation to Tofino for health reasons - bus?
- No aging-out for special needs

#8 Learning a New Skill

- Valid to some- I have the skills I need
- Follow-ups to workshops
- Need help with nutritional cooking
- Need new skills for employment
- Drawing class-cancelled due to lack of enrollment
- Always a good option
- To become aware of what's out there
- Most seniors don't want to learn new skills

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Additional Comments to Survey/Questions #1 - #12 (cont'd)

#9 Transitioning into Age-Friendly Employment

- Still working
- As seniors, most of us are past this point
- Definite need in our area
- This would be an asset
- Very important
- Most seniors want to retire, not work

#10 Socializing & Recreation

- Important for both physical and mental health
- Must be offered at accessible sites.
- Many seniors do not drive at night
- Not able to participate - Age 91
- Needed for sure
- I am not that mobile
- Good job being done now. More can't hurt
- For myself a low priority - but for others a high priority
- Always good - so many changes to keep up with
- Pet programs

#11 Nutrition & Self Care

- Valid topic whatever one's age
- Cooking for one on limited budget
- Do not have enough knowledge in this area
- Cooking for one, beginner level
- Especially if living alone - difficult to cook for one
- Healthy food
- Ensuring seniors have good nutrition to lead healthy lives

#12 Understanding Legal Issues (Wills, Power of Attorney, etc.)

- Valid topic whatever one's age
- We need one-one teaching us of this
- Got to make a will
- Include advance care planning
- Most seniors have thought about or have these in place

Reminder - Next Seniors Forum

Next forum location – 2 options for 2019 – in Tofino or Hitacu – to be announced.

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