



# AGE - FRIENDLY WAWA ADAPTÉ AUX PERSONNES ÂGÉES WAWA

## Updated 2021 - 2025 Action Plan



## With Gratitude

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## DISCLAIMER

The views expressed in this report do not necessarily reflect the views of the funders, the Economic Development Corporation (EDC) of Wawa, or the Municipality of Wawa.

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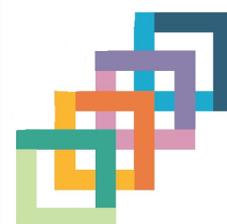


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**AGE - FRIENDLY  
WAWA**

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# EXECUTIVE SUMMARY

The Wawa Age – Friendly Plan was completed in 2016. The Municipality of Wawa along with its older residents identified priority actions that were to be implemented upon its completion to ensure the community met seniors needs including appropriate housing, building accessibility, and increased opportunities for social participation.

The Economic Development Corporation of Wawa in partnership with the Municipality was successful in obtaining funding at end of the year in 2020 to update the Age – Friendly Plan. A group of local seniors who lead the community in different capacities gathered to update the plan along with a staff member of the Wawa EDC.

Several of the action items included in the original plan have been completed such as renovating the Royal Canadian Legion Hall - Wawa Branch building with an accessible lift for patrons to be able to reach both levels of the building, as well as an accessible washroom built in the lower level. The Legion raised its funds, gathered donations, as well as received grant money to complete the projects.

Another action item accomplished was the completion of the Housing Needs and Demand Study in February 2017. This study identified the housing needs within the community of Wawa and as a result, the Algoma District Services Administration Board in partnership with the Municipality has built a seniors housing complex consisting of 10 units with a portion being geared to income and occupancy set for May 1, 2021.

The Municipality of Wawa also received funding to update the Wawa Lake Waterfront which includes accessible features like a boardwalk, accessible washroom, and ramp. The Municipality has also been actively applying for funding to renovate the town hall to make the building more accessible. The Age – Friendly Committee also conducted the seniors' walk – through of public spaces within the community to identify areas in need of improvement for people with mobility issues.

The following updates to the Wawa Age – Friendly Plan identify future actions to be implemented to meet the needs of Wawa's aging population so Wawa can move closer to becoming an age – friendly community as defined by the World Health Organization (WHO). [https://www.who.int/ageing/publications/Global\\_age\\_friendly\\_cities\\_Guide\\_English.pdf](https://www.who.int/ageing/publications/Global_age_friendly_cities_Guide_English.pdf)

The Wawa Age – Friendly Plan is a 'living document' and should be continually evaluated and updated by the Municipality of Wawa, community partners, and aging citizens to ensure it remains relevant for the residents of Wawa today and in the future.

# RENEWING THE AGE-FRIENDLY WAWA ACTION PLAN 2021-2025

## PROJECT OVERVIEW

The Economic Development Corporation of Wawa (EDC) in partnership with the Municipality were successful obtaining funding in 2020 to update the Age-Friendly Plan. In June of 2021, the EDC initiated a review of the Age-Friendly Wawa 2016 Action Plan (Appendix A) to evaluate and identify the needs and priorities and inform the development of the revised 2021 – 2025 Action Plan.

### WORKING WITH A CONSULTANT, THE EDC DISCUSSED AND REFINED TO PROJECT SCOPE OF WORK TO INCLUDE:

1. Survey residents of the age-friendliness of Wawa
2. Facilitate a guided conversations/focus group to identify priorities and gaps
3. Compare current age-friendly plans with other municipalities/communities
4. Recommend key actions with strategic next steps for the Municipality and lead partners

This report addresses these deliverables and summarizes the scope of work, the planning process, key findings, and recommendations to support the next steps to a more age-friendly Wawa in providing equitable services to residents of all ages.

## SCOPE OF WORK

A group of local seniors who lead the community in different capacities gathered to update the plan along with a staff member of the Wawa EDC and a consultant. The following is a summary of the process used by the consultant to engage older adults in the action planning including the community survey (June 16 and July 5), guided conversation (focus group on July 8), and the literature review and comparative analysis to three other small rural communities (presented July 22).

## SURVEY DEVELOPMENT

On June 10, a virtual meeting was held with the Age-Friendly Wawa Committee to review the draft survey questions. Based on the feedback, the consultant revised and submitted a 14-question survey (see Appendix B) to distribute in the community through an online form, social media campaign, and community events. Questions related to awareness of the plan, satisfaction with the municipal and business services, as well as rating of the five key features of the vision statement.

1. Valued
2. Respected
3. Supported

- a. To maintain and improve health
- b. To feel safe
- c. To be socially included



Demographic questions were asked for age (in years), gender, living arrangements, present work status, language(s) spoken at home, disabilities, race, and family caregiver.

In addition, two questions related to plans for housing (next 2 – 5 years) and rating of Wawa as a place for people to live as they age

## FOCUS GROUP

On July 8, the consultant facilitated a focus group with six community members to solicit feedback on the needs and priorities of older adults in Wawa and to inform the actions that will be part of the Age-Friendly Wawa Action Plan 2021 – 2025. The conversation focused on three related exercises including:

- a. most and least age-friendly attributes in Wawa
- b. creating choices: the top priorities for age-friendly actions
- c. making choices: identifying the one top priority and solution



## LITERATURE REVIEW AND COMPARATIVE ANALYSIS

To inform the 2021 – 2025 plan, the consultant completed a literature review and comparative analysis of three rural small-town age-friendly plans. As part of this process, a list of municipal policies that influence and inform age-friendly planning were identified. Through a review of the community profiles with the [Ontario Age-Friendly Communities \(AFC\) Outreach Program](#) and a web search, three communities were identified to include in a review. The inclusion criteria included small municipalities with a population under 10,000 and a current age-friendly plan available online. The three communities identified through this process included:

1. Kirkland Lake, ON (pop. 7,981)
2. Madawaska, ON (pop. 2,518)
3. Sparwood, BC (pop. 3,784)



## KEY FINDINGS

The following is a summary of the key findings of the survey results, focus group priorities, and the comparative analysis.

## SURVEY RESULTS

Between June 16 and July 5, 64 respondents completed the survey either online or on paper which is equivalent to 1.5% of the 2016 population estimate of 2,910.

### Demographics:

Respondents were between the ages of 18 - 82 with a median age of 62 and an average age of 59. This is older than the general population of Wawa which has a median age of 45 years and an average age of 59 (Census Profile, Wawa [Population center], Ontario).

81% of respondents were female, 16% were male, and 3% preferred not to respond. 84% reported speaking English in their home while 13% reported English and French and 3% French. 50% reported being retired with another 6% reporting unemployed, 16% part-time (age range 18–71), and 25% full-time (age range 22–64).

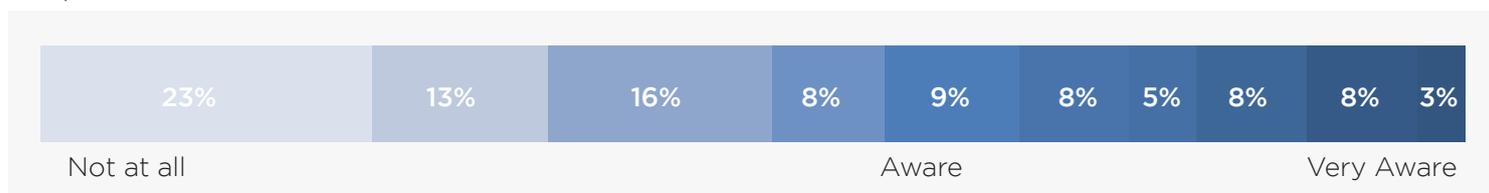
47% of respondents reported no disabilities. Of the 53% of those who reported having a disability, 14% reported more than one disability. The most common disabilities were physical, mental, other, sensory, and cognitive.

As for ethnicity, 86% identified as white, 8% as Indigenous, and another 6% as white and Indigenous.

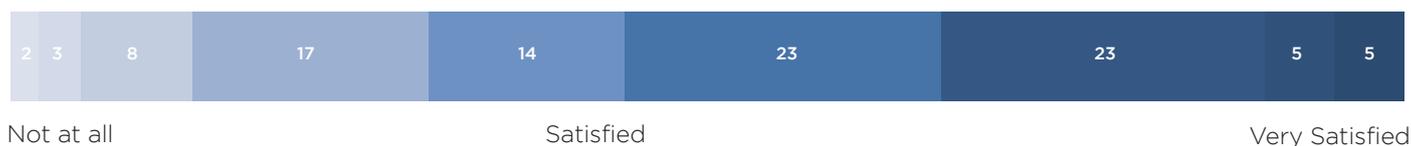
Family care-giving is a growing issue today. While 54% reported no care-giving and not expecting to in the future. 11% of respondents reported being a caregiver now, 13% in the past, and another 23% in the future.

Most respondents reported living with a spouse or partner (41%), 23% living alone, 9% with child(ren), and 6% with other people. As for future housing plans, most reported not having thought about it (50%), 32% plan to modify their current home so they can stay, 13% plan to move to a smaller home, and 6% plan to move closer to family or in with family. Of the other options, no one reported moving closer to services, into social housing, to an adult lifestyle community, or into a long-term care facility.

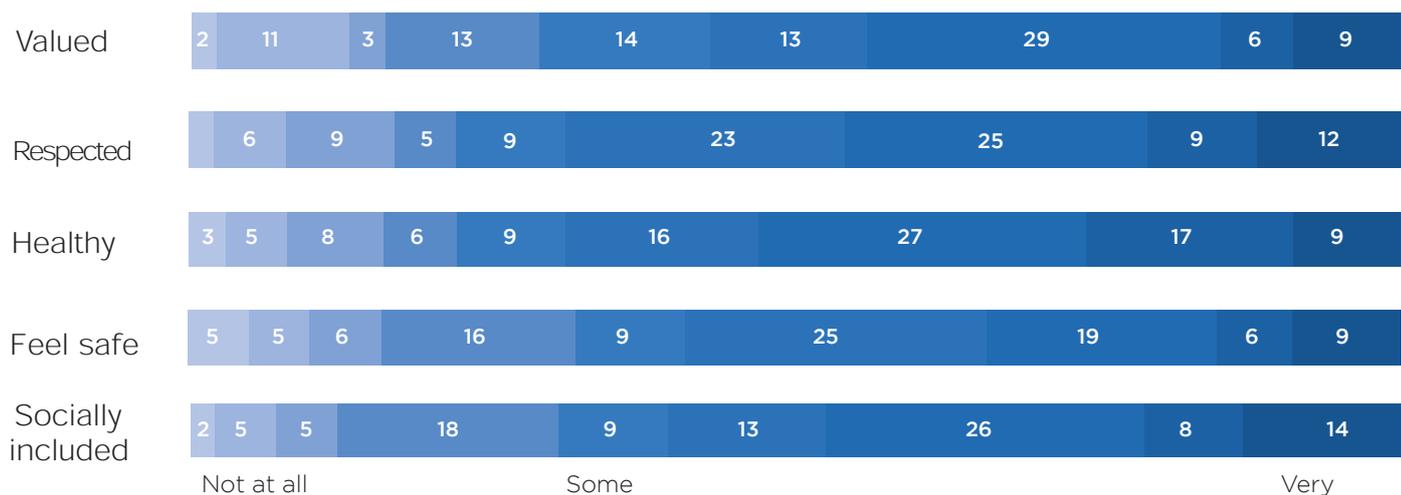
**Awareness:** Respondents reported a low level of awareness of the Age-Friendly Wawa plan with the most reporting not at all aware (23%). These results suggest more promotion and awareness activities about the plan is warranted.



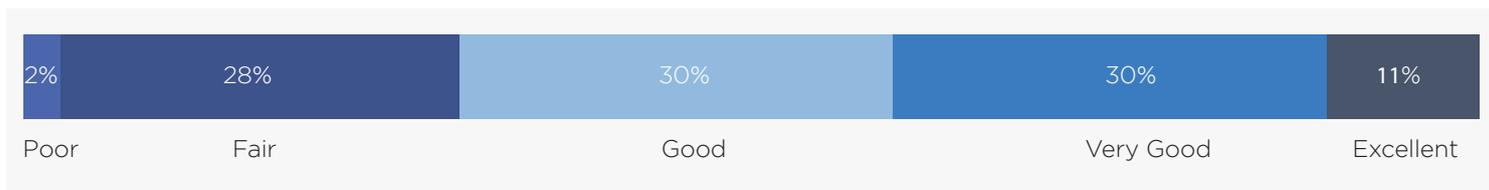
**Satisfaction:** When asked as an older adult if they were satisfied with the services provided in the community by the Municipality of Wawa and businesses, most reported they were satisfied.



**Vision Questions:** To support the evaluation of the 2016 plan, the survey included questions to rate to what extent people felt valued, respected, and supported in their health, safety, and social inclusion. Overall respondents felt valued, respected, and socially included.



**Age-Friendliness:** Overall, respondents rated Wawa as Poor (2%) to excellent (11% with most reporting good or very good (60%). The bad news is that 30% rate Wawa as poor or fair. The good news is that 71% reported good to excellent. Those who rated Wawa good to excellent were more likely to be older (range 22 – 82, average age 61), report being aware of plan and satisfied with services, and report feeling valued, respected, and supported.



**Guided Conversation:** On July 8, six individuals representing a variety of organizations in a paid and volunteer capacity, participated in the focus group (see Appendix C). The three roundtable exercise solicited feedback on the most and least age-friendly attributes, the brainstorm of priorities and the top priorities, and actions to be included in the 2021 – 2025 Action Plan.

**Most and Least Age-Friendly Attributes:** Participants reported that the new advocate role, the ten new housing units, and the welcoming and caring people were the most age-friendly attributes. The lack of housing options and the over reliance on the caring volunteers also showed up on the least age-friendly attribute list in addition to transportation and accessible buildings. Below is the list of most and least age-friendly attributes.

MOST	LEAST
<p>Age-Friendly Advocate</p> <p>New Housing - 10 units proposed in the 2017 study</p> <p>Welcoming and caring people</p>	<p>Lack of housing options</p> <p>Transportation</p> <ul style="list-style-type: none"> <li>Bus Service - hours, routes, on demand</li> <li>Access to accessible taxis</li> <li>Snow removal - snowbanks</li> <li>Downtown parking</li> <li>Out of town travel</li> <li>Buildings- Lack of accessibility especially of older buildings</li> </ul> <p>Over-reliance on volunteers (burnout)</p>

**Discussion #1 - Creating Choices:** Using the now, wow, how method, participants were asked to share their ideas for actions that are normally easy to implement (now), are original and new ideas using existing resources (wow), and are original and requires new resources and/or partnerships (how). The following is the summary of ideas brainstormed by participants:

NOW	WOW!	HOW?
<p>Add more accessible parking, seating and rest areas (benches with backs)</p> <p>Hire full-time permanent advocate   navigator</p> <p>Promote services for seniors, such as Phone Link and telephone assurance program</p> <p>Repeat the tech training with the Literacy Centre</p>	<p>Increase accessibility of buildings</p> <p>Expand the Goose Seniors Centre with drop-in</p> <p>Increase access to volunteer drivers</p>	<p>Do more of EVERYTHING!!</p> <p>Address shortage of health human resources especially home care nurses and PSWs (with wage parity)</p> <p>Provide outreach to people with complex needs to stay in home</p> <p>Provide more assisted living</p>

**Discussion #2 - Making Choices:** The final roundtable asked participants to identify the main issue, one top action, and who should take the lead on it. Participants acknowledged the issues and actions were linked, 'they go hand in hand with communications being a key issue. They also questioned who is responsible? While the Municipality takes a lead in developing and reporting on the plan, other community partners are required to contribute to the success of the plan. Participants expressed appreciation for the support of the Economic Development Corporation of Wawa in revising the plan. Five actions were identified, and community leaders named to support the initiatives:

- ◆ **Address** housing needs, stay in home or closer to family, emotional attachment to home.

- ◆ **Make** it easier for people to stay in their home with more PSW services - make it an attractive career to recruit and retain staff
- ◆ **Encourage** a culture of helping others and support for volunteering
- ◆ **Support** Indigenous Elders (on and off reserve)
- ◆ **Get rid** of COVID-19! Yet, there was a request to have some services due to COVID precautions continue, such as senior's hours at local businesses and municipal services.
- ◆ **Support** and liaise with community leaders (please see the 2021-2025 Plan for a full listing of leaders/partners), such as:

- Community Development Committee
- Wawa Accessibility Committee
- Seniors Solutions Council
- Local Hospital and Family Health Teams



## Literature Review

Some researchers suggest we are asking too much of Age-Friendly Communities (Golant, 2014). Yet, rural communities in Canada are experiencing a rapidly growing aging population due to demographic shifts such as lower fertility rates, migration patterns, and increased life expectancy. In addition, rural communities have characteristics that can either help or hinder the implementation of age-friendly initiatives, such as:

- *Community size, based on number of residents and geographic boundaries*
- *Proximity to larger urban centers that may reduce travel time and/or increased access to services.*
- *Demographic composition, often requiring support to both young and old, people with different cultural and language backgrounds, race, health and disability status, and access to resources.*
- *Ability to secure funding to support the initiatives*
- *Strong leadership in the community to advocate for older residents (Spina, J. and Menec, V., 2015)*

Based on the literature, rural communities experience unique challenges and opportunities to planning, implementing, and evaluating age-friendly initiatives (McCrillis, E., Skinner, MW., Colibaba, A., 2021; Skinner, M. et al., 2019). Communities are expected to deliver age-friendly services with limited resources in comparison to urban communities. The challenges of service availability and accessibility, a reliance on volunteers, often older residents, in turn creates an obstacle for 'vulnerable' communities to support its older residents. The challenge is to provide "cost-effective, high-quality, and sustainable services" to all residents in rural and small towns (Skinner, M. et al., 2019).

Rural communities often experience gaps in health and community support, housing, transportation, and recreation. Rather than supporting older residents to age in place, Skinner, and their colleagues (2019) suggest that rural older adults can find themselves "stuck in place" with few options and supports. Some innovative solutions include providing:

- *Services closer to home or moving closer to family,*
- *Community-based housing, such as home sharing or the Abbeyfield model*
- *Flexible regional public/private transport options*
- *Creative recreation options, such as Men's "Sheds" to support the recreational and social needs of older men (Skinner, M. et al., 2019).*

Other researchers provide some insight into the challenges of rural communities to implement age-friendly initiatives and the tension between building a sense of community and jurisdictional fragmentation (McCrillis, E., Skinner, MW., Colibaba, A., 2021). Rural communities have a strong sense of community and belonging. This facilitated early development, enables sustainability among partners, and forces people to come together to advocate and fill gaps. Contrarily, working with community, district, and provincial entities that may not share a “united sense of community”, priorities, or challenges, makes the limited funds allocated, problematic.

**Comparative Analysis** To support the 2021 – 2025 revised action planning process, three rural small towns were identified through a review of the community profiles with the **Ontario Age-Friendly Communities (AFC) Outreach Program** and a web search. The inclusion criteria included small municipalities with a population under 10,000 and a current age-friendly plan available online. The three communities identified were:

- a. *Kirkland Lake, ON (pop. 7,981)*
- b. *Madawaska, ON (pop. 2,518)*
- c. *Sparwood, BC (pop. 3,784)*



Below is a summary profile of these three municipal age-friendly plans (for a chart of the key features of each plan, see Appendix D).

**Kirkland Lake (population 7,981)**, found in rural Northern Ontario, developed and adopted their first plan in 2018 and reported over 20% of their population over the age of 65 and 45% over the age of 50. They developed their plan using surveys and focus groups to identify needs and actions. The plan was developed under the coordination of the Municipality's Planning Services. Based on a review of their website, it is unclear if there is an established governance structure, like an age-friendly committee. It was also unclear if the municipality received funding to develop the plan. The plan included actions under all eight age-friendly domains. Based on community needs identified during the consultation process. The goals of the plan were to:

- *Promote active aging within the community.*
- *Remove barriers that prevent seniors from leading fulfilling lives.*
- *Allow seniors in our community to age with dignity in a safe environment.*

Of note, there were several objectives that are not found in the 2016 Age-Friendly Wawa Plan that might be considered for inclusion, such as:

- *Consider the Creation of a Sidewalk Improvement Plan*
- *Work to Enhance Out-of-Town Transportation*
- *Investigate Opportunities for a House-Sharing Program*
- *Age-Friendly Checklist for Businesses*



Information on the progress of the plan was absent on their website. However in the Ontario Age-Friendly Community Outreach Program profile, it was noted that in 2019 the municipality secured funding from Ontario Senior Community Grant Program to create a Community Guide for Older Adults.

**The Township of Greater Madawaska (population 2,518)** can be found in Eastern Ontario just east of the City of Ottawa. Similar in size to Wawa, it is a farmer and cottage country community and is part of Renfrew County. Based on the 2011 Census data, 25.8% of Madawaska's population is over 65 years and 50% over 55 years. Madawaska developed their plan in 2016 using an external consultant to complete the work. The process included an analysis of population demographic changes and trends, a review of policies, a literature and best practices review of age-friendly strategies of other Ontario communities, a survey, and community workshops. The goal of the plan is "Greater Madawaska is a vibrant and caring community which supports older adults to live independent, healthy, active and productive lives." The plan is supported by the Seniors Advisory Committee with a mandate to advise Municipal Council and focus on effective communication. According to the website, the Committee meets at last twice a year, however, the committee has not convened since November 2019. The plan includes actions in six domain areas including communication and information, transportation, housing, health services, social participation and a combined social inclusion and civic participation. In addition to the plan objectives under the six domains, the plan identifies 4 key initiatives as priority areas as followed:

- *Advocate for sustained housing funding from Provincial and Federal governments and private industry to bring affordable housing units for seniors to Greater Madawaska.*
- *Lobby for equal access to high-speed Internet service.*
- *Continue to support volunteers and community service groups, projects, and programming that enhance the quality of life of older adults in Greater Madawaska.*
- *Continue to support the Renfrew Area Health Services Village and other provincial/regional medical recruitment initiatives.*

Limited information on the progress of the plan was available on the website. Of note, in January 2020, a new and updated Community Services for Older Adults booklet was produced as part of the plan. In comparison to the Age-Friendly Wawa Plan, there were two unique objectives:

- *Enable seniors to live independently in their own homes by assisting them to make barrier-free modifications and other related improvements.*
- *Enhance Greater Madawaska's overall awareness and recognition as an Age-Friendly Community.*

**The District of Sparwood, British Columbia (population 3,784)** is slightly larger by population than Wawa, however it is far from other larger urban centers and is nestled in the BC mountain interior and part of the Kootenay region. The Age-Friendly Plan was developed in 2016 by an Age-Friendly Committee. It provided limited information on the aging population in Sparwood other than noting that it currently has a younger than average population compared to the province, and the Sparwood's share of older adults and seniors is increasing as well as approximately 50% of a major employer's workforce is eligible to retire in 10 years. The Plan does not have an overarching goal statement but does name it as a community-owned plan that requires action by the District Council and community partners to achieve results. The plan includes objectives in all eight domains with a list of, five (5) Big Moves:

- *Explore the potential for a local transportation program.*
- *Create a volunteer and learning registry.*
- *Hire a social planner.*
- *Develop a Residents Guide.*
- *Create more casual social gathering spots.*

In comparison to the Wawa Plan, there were two unique objectives not found in the Wawa plan for consideration including to:

- *Improve intergenerational connections.*
- *Establish/support the development of a health coalition to advocate for increased health services in Sparwood.*

It is unclear from the website if the committee still exists or progress on the progress of the plan.

## ***End of Comparative Analysis***

# RECOMMENDATIONS



On July 22 community members were reconvened to review the key findings from the survey, focus groups, literature review and comparative analysis. This session validated the findings as well as ranked four new objectives to add to the 2021 – 2025 Action Plan.

## Vision:

Wawa is an age – friendly community that values, respects and actively supports the health, safety and social inclusion of all seniors.

## Priority Initiatives:

Using the feedback and ideas generated through the consultation session, these five goals emerged as higher priority from the 15 proposed goals summarized in the chart. These issues can be addressed by a initiatives to focus on in the coming year to and will have significant impact to create a more age – friendly Wawa under the domains of communication, health, and housing. The five goals ranked highest were:

**Increase** awareness of existing health and related programs for seniors (e.g., home adaptations, travel grants, Red Cross, Mental Health, Health Unit, home care and community support, fitness classes, etc.

**Identify** housing needs and gaps and define strategies to address local needs. Examine the options for both market and non – market housing along the continuum from independent housing forms to supported living and long – term care.

**Hire** a Wawa Senior Advocate to assist seniors to fill out forms, understand programs, host workshops, organize events, implement Age – Friendly action plan and advocate.

**Provide** a delivery service through Wawa Transit or volunteers for medicines, food, and other essentials.

**Increase** communication and education of all seniors about events and programs through electronic communication board placed in high traffic areas within the community.

Based on the analysis of other community plans and pressing needs identified in the focus group, four new goals were suggested to be added. During the final session, participants were asked to rank each new priority from strongly agree ,to strongly disagree, and are listed by order of importance below:

**Establish** a coalition to advocate for increased health services with an emphasis to recruit and retain nurses and PSW's and extend the community para – medicine program.

**Identify and secure** funding from municipal, provincial, and federal sources to implement the plan.

**Designate and fund** a bilingual advocate/coordinator to support the implementation of the plan with partners.

**Identify and assess** ongoing local and regional opportunities to embed age – friendly principles, e.g., Official Plan, Community Safety and Wellbeing Plan, Public Health Plan, Livability Report Cards.

The first priority to establish a coalition to increase health services was added under the health domain. The last priority on the list received the most neutral (neither agree nor disagree). Therefore, it will not be added to the list of priorities. In addition, participants had the opportunity to add missing considerations. One suggestion was made to designate the advocate/coordinator as bilingual which was added the goals.

# 2021-2025 AGE-FRIENDLY WAWA ACTION PLAN

HOUSING					
Goals – Outcomes	Strategies/Actions	Considerations	Lead – Partners	Priority	Time
<p><b>GOAL:</b>To ensure a variety of appropriate, affordable, and accessible housing options is available for seniors. Older adults can age at home and remain independent or are able to access higher levels of support care in a senior's housing facility.</p>					
<p>Identify housing needs and gaps and define strategies to address local needs. Examine the options for both market and non-market housing along the continuum from independent housing forms to supported living and long-term care. (Priority #2)</p> <p><b>OUTCOME :</b> Keep seniors in Wawa and provide housing to meet need and demand. Reduce use of long-term care units for others.</p>	<p>Re-visit Housing needs once new seniors building is complete and occupied. (possible updating with community/regional survey)</p> <p>Include regional communities in update.</p> <p>Access funding</p> <p>Include Housing solutions Committee</p> <p>Updating previous Housing Needs and Demand Study completed in 2017.</p>	<p>Long-term/Ongoing Funding required to re-evaluate.</p> <p>Need support and buy-in from many agencies inc.</p> <p>North East Home and Community Care Support Services, ADSAB, &amp; CMHC</p> <p>Include Housing Solutions Committee Supported living not supported by new complex (currently 9 spots available in Wawa for assisted living in your own home)</p>	<p><b>Municipality (lead)</b></p> <p><b>Partners:</b></p> <p>EDC of Wawa North East Home and Community Care Support Services/ADSAB CHADWIC MMHA Seniors' Solution Council Hospital Regional Partners Makawa Housing CMHC</p>	<p><b>HIGH</b></p>	<p><b>2025+</b></p>
<p>Increase awareness of senior housing support programs to assist seniors to stay in their own homes (age-in-place).</p> <p><b>OUTCOME:</b>Keep seniors in their own home longer promote independence, happiness, and health. Less public tax burden. Seniors remain in Wawa contributing to the economy.</p>	<p>Link programs to a Seniors specific page on Municipal Website</p> <p>Host monthly Senior Coffee, Cake &amp; Chat meetings at Senior Club to share information. (or virtually)</p> <p>Include Inter-agency Group</p>	<p><i>See Comments in: Communication/ Education</i></p> <p>Multi-organizational responsibility</p> <p>Need Coordinator/Senior's Advocate</p>	<p><b>North EastHome and Community Care Support Services (lead)</b></p> <p><b>Partners:</b></p> <p>Wawa Senior's Club Senior's Council Safe Senior's Committee Wawa Fitness Wawa Family Health Red Cross Wawa</p>	<p><b>MED</b></p>	<p><b>2025+</b></p>



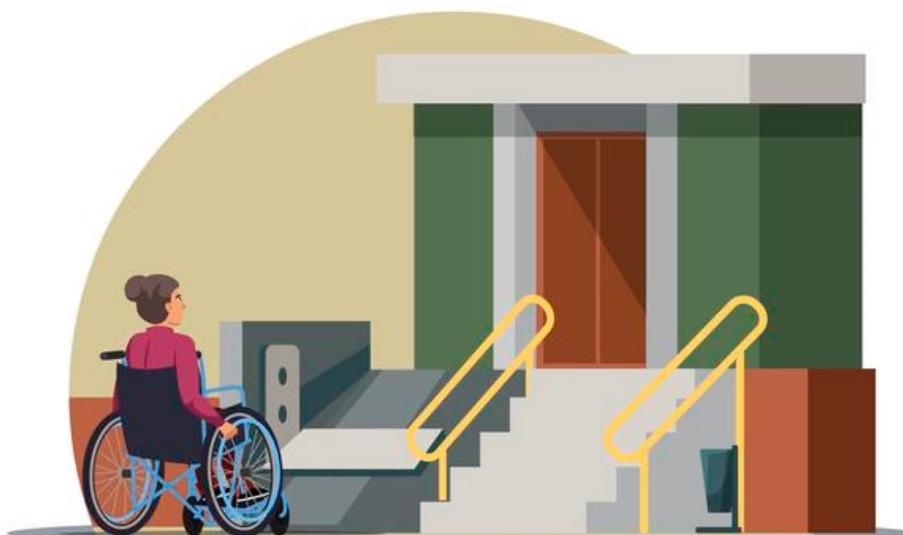
# TRANSPORTATION

Goals – Outcomes	Strategies/Actions	Considerations	Lead – Partners	Priority	Time
<p><b>GOAL:</b> To ensure that a range of transportation options are available to seniors to travel in and outside the community at reasonable times and cost.</p>					
<p>Change the Wawa Transit Bus Operations (e.g. . hours, days available) to accommodate local seniors' needs while lowering municipal operating and user's costs.</p> <p><b>OUTCOME:</b> Provide low – cost public transportation that best meets local needs with increased usage and reduced municipal costs.</p>	<p>Review reducing Transit to 3 – 4 days per week or afternoons only with some extended evening hours.</p> <p>Tender out the Transit operations.</p> <p>Use an alternative, less – costly form of transit (e.g.van) for low use times. (hire local taxi for certain periods)</p> <p>Set regular bus pick – up times (e.g. senior's grocery shopping day).</p>	<p>Subject to Council approval</p> <p>investigate Funding Opportunities</p> <p>Investigate other rural northern community strategies</p>	<p><b>Seniors Solution Council (Lead) Municipality</b></p> <p><b>Partners:</b></p> <p>EDC of Wawa North East Home and Community Care Support Services/ADSAB CHADWIC MMHA Seniors' Solution Council Hospital Regional Partners Makawa Housing CMHC</p>	<b>HIGH</b>	<b>2025+</b>
<p>Ensure disabled parking spots are sufficient and rules enforced on private and public property.</p> <p><b>OUTCOME:</b> Accessible &amp; visible parking spots are available for residents on public/private property.</p>	<p>Awareness Campaign aimed at local business</p> <p>Awareness Campaign for general public</p> <p>BIA involvement.</p>	<p>Easy to implement. Low cost</p>	<p><b>Seniors Solution Council (Lead)</b></p> <p><b>Partners:</b></p> <p>Wawa BIA O.P.P.</p>	<b>MED</b>	<b>2025+</b>
<p>Publicize community transportation programs and hold driver workshops, including scooters</p> <p><b>OUTCOME:</b> Increased use by seniors of transportation programs and safer operation of motor vehicles.</p>	<p>Municipal Seniors Web – page – link</p> <p>Red Cross Newsletter</p> <p>Seniors Trade Show.</p> <p>Organize and hold workshops.</p>	<p><i>*See comments in Communication/ Education on</i></p>	<p><b>Red Cross (lead/advocate)</b></p> <p><b>Partners:</b></p> <p>Our Driving School Seniors' Club Motion Specialist Occupational Nurse</p>	<b>MED</b>	<b>2025+</b>



# DOOR SPACES AND BUILDINGS

Goals – Outcomes	Strategies/Actions	Considerations	Lead – Partners	Priority	Time
<p><b>Goal:</b> To ensure that residents have easy and safe access to all public and private buildings and outdoor spaces. Convenient, accessible public rest areas are available year – round.</p>					
<p>Improve accessibility in public and private buildings.</p> <p><b>OUTCOME:</b> Public and private buildings are accessible for all residents with reduced mobility and proper safety equipment is present to improve senior’ s participation in community events. Shopping at local businesses is increased.</p>	<p>Public Buildings Municipality</p> <p>Private Restaurants Retail Stores</p> <p>Move MNM to more accessible location downtown</p> <p>Awareness/education</p> <p>Investigate funding.</p> <p>Investigate regulations (dates)/deadlines.</p>	<p>Municipal Feasibility (must remain downtown) - Med potential cost (could include MNM relocation)</p> <p>Funding required.</p> <p>Lobby for private sector funding for renovations. Education of private sector required.</p> <p>Need Coordinator and funds for awareness/ education campaign.</p> <p>Use Community Improvement Plan incentives.</p> <p>Local Improvement Charges is an option.</p>	<p><b>Municipality (lead) Seniors Advocate Chief Building Official</b></p> <p><b>Partners:</b></p> <p>Wawa Accessibility Committee Senior’ s Solution Committee CDC BIA Provincial - MNM Rotary Club Faith Groups Local Businesses</p>	<b>MED</b>	<b>2025</b>
<p>Ensure disabled parking spots are sufficient and rules enforced on private and public property.</p> <p><b>OUTCOME:</b> Accessible &amp; visible parking spots are available for residents on public/private property.</p>	<p>Determine and outline popular walking routes for seniors and/or walking distance (typical) home to downtown.</p> <p>Investigate seasonal options. (leave some benches year – round) When purchasing new benches - must be accessible (backs and arms on benches)</p>	<p>Primarily a winter issue.</p> <p>Promotion of options (i.e., washrooms available in summer and need for businesses to add accessible washrooms).</p> <p>Potential cost and funding for public sector likely.</p> <p>Reach out to community memorial benches,</p> <p>Local business sponsorship.</p>	<p><b>Seniors Solution Council (Lead)</b></p> <p><b>Partners:</b></p> <p>Wawa Accessibility Senior’s Solution Committee – CDC Business – BIA Provincial – MNM Fall Prevention – Safe Seniors</p>	<b>MED</b>	<b>2025+</b>



# SOCIAL PARTICIPATION & RECREATION

Goals – Outcomes	Strategies/Actions	Considerations	Lead – Partners	Priority	Time
<p><b>GOAL:</b> To ensure that all residents are aware of and regularly participate in community activities, recreation and social programs and are actively socializing with others.</p>					
<p>Hold monthly information seminars (tax and financial planning, youth visits, social media training, crafts and driver training, etc.) targeted to aging residents.</p> <p><b>OUTCOME:</b> Organized and increased opportunities for learning and socializing so residents become aware &amp; attend events. Increased senior's safety in areas such as finances, fall prevention and fraud awareness.</p>	<p>Have various organizations hold workshops in an accessible location</p> <p>Municipal Website - Seniors Page links</p> <p>Utilize Electronic Communication Boards in high traffic areas within community</p> <p>Host Seniors Related Town Talk monthly</p>	<p><i>*See Comments in Communication / Education</i></p> <p>Can be multi-groups delivering through coordinated effort.</p> <p>Utilize Inter-agency Group</p>	<p><b>Municipality (lead)</b></p> <p><b>Partners:</b></p> <p>Senior's Solution Council Senior's At Risk Financial Banks WFHT - LDHC Red Cross Province (MNDM) North East Home and Community Care Support Services Senior's Club Churches, etc.</p>	<b>MED</b>	<b>2025</b>
<p>Promote all community programs and events regularly and in an accessible fashion, especially those targeted to seniors.</p> <p><b>OUTCOME:</b> All people in Wawa will be aware of local programs that are advertised in all media forms in an accessible print form and participation will be increased improving sense of community and reduced feelings of isolation.</p>	<p>Utilize Electronic Communication Boards in high traffic areas within the community publication/advertising</p> <p>Provide more outreach programming to teach seniors about technology (I-Pad)</p> <p>Set-Up Seniors specific page on Municipal Website - provide links</p> <p>Increase awareness of communication (print) accessibility guidelines</p>	<p><i>* See Comments in Communication / Education</i></p> <p>Seniors specific page added to Municipal website with links.</p> <p>Utilize Interagency Group</p> <p>Electronic Communication Boards at high traffic areas within the community</p>	<p><b>Municipality (lead)</b> <b>Senior's Solution Council</b></p> <p><b>Partners:</b></p> <p>Senior's Club Legion United Way 2-1-1 Focus On Learning Wawa Library Confed. College Wawa Church Group</p>	<b>HIGH</b>	<b>2025</b>



# HEALTH & SUPPORT SERVICES

Goals – Outcomes	Strategies/Actions	Considerations	Lead – Partners	Priority	Time
<p><b>GOAL:</b> To ensure that all seniors are fully aware and have access to a full range of health and support services they need which are affordable and easy to access.</p>					
<p>Increase awareness of existing health and related programs for seniors (e.g. home adaptations, travel grants, Red Cross, Mental Health, Health Unit, home and community care, fitness classes, etc. (Priority #1)</p> <p><b>OUTCOME:</b> Senior's access available health and support programs improving their overall health and quality of life. Programs are maintained</p>	<p>Produce regular media and news articles (monthly).</p> <p>Bi-annual lunches to promote programs.</p> <p>Booklet of contacts.</p> <p>Annual Senior's Trade Show.</p> <p>Assist with Garden Party to promote programs.</p>	<p><i>*See Comments in Communication / Education</i></p> <p>Seniors Specific page on Municipal Website - a one stop place for seniors related information</p> <p>Promote the use of 2-1-1</p>	<p><b>Red Cross (Lead)</b></p> <p><b>Partners:</b></p> <p>Wawa Family Health Team Hospital Senior's Health – Steering Committee North East Home and Community Care Support Services Lions Club</p>	<b>HIGH</b>	<b>2025</b>
<p>Hold a trade show event and workshops aimed at health and safety, fall prevention, exercise classes, nutrition classes, etc.</p> <p><b>OUTCOME:</b> Senior's access available health and support programs improving health.</p>	<p>Organize event once COVID19 restrictions lift</p> <p>Obtain funding</p> <p>Invite senior service agencies</p> <p>Coordinate advertising and transportation.</p>	<p><i>* See Comments in Communication / Education</i></p> <p>Advertise using all local media</p> <p>Include communications on Municipal website</p> <p>Utilize Interagency Group</p> <p>Promote on electronic communication</p>	<p><b>Municipality (lead)</b> <b>Senior's Solution Council</b></p> <p><b>Partners:</b></p> <p>Senior's Club Legion United Way 2-1-1 Focus On Learning Wawa Library Confederation College Wawa Church Groups</p>	<b>MED</b>	<b>2025</b>
<p>Provide delivery service through Wawa Transit or volunteers for medicines, food, and other essentials. (Priority #4)</p> <p><b>OUTCOME:</b> Seniors with limited mobility or no vehicle receive food and medication.</p>	<p>Investigate funding to continue grocery delivery service currently in place for COVID-19.</p> <p>Request grocery store to continue senior's hour after COVID measures lift.</p>	<p>Determine if seniors will pay and subsidy program for those who cannot afford to pay.</p> <p>Requires agency to lead.</p> <p>Investigate insurance liability</p>	<p><b>Municipality (lead)</b></p> <p><b>Partners:</b></p> <p>Red Cross Drug Store Grocery Store Faith Groups</p>	<b>HIGH</b>	<b>2025</b>
<p>Establish a coalition to advocate for increased health services with an emphasis to recruit and retain nurses and PSWs and extend the community para-medicine program.</p> <p><b>OUTCOME:</b> Home and community care nurses and PSWs are recruited and retained in the community to support seniors.</p>	<p>Connect with LDHC, and Home Care Services to collect information based on positions needed.</p> <p>Reach out to colleges with PSW Programs about workforce attraction.</p>	<p>Determine how many seniors possibly need home care</p> <p>Determine how frequent would visits be needed based on health status</p>	<p><b>Municipality (lead)</b></p> <p><b>Partners:</b></p> <p>Lady Dun health Centre. Wawa Family Health Team. Home Care Services. Colleges Offering PSW programs.</p>	<b>HIGH</b>	<b>2025</b>

# COMMUNICATION & EDUCATION

Goals – Outcomes	Strategies/Actions	Considerations	Lead – Partners	Priority	Time
<p><b>GOAL:</b> To ensure seniors are aware and understand all available programs and activities offered through regular and accessible communication practices used by all agencies and groups.</p>					
<p>Develop a senior's specific page within the municipal website that would provide links to all seniors related programming and services.</p> <p><b>OUTCOME:</b> Increased awareness about senior's programs and more people using services available.</p>	<p>Design webpage.</p> <p>Translate to French.</p> <p>Advertise new seniors page through local media.</p> <p>Launch Senior's Webpage.</p> <p>Include link to senior's page on all other advertising</p>	<p>Municipal support.</p> <p>Volunteer translator.</p> <p>Investigate funding.</p> <p>Training for seniors in using technology</p> <p>Large print on webpages for easy accessible reading.</p>	<p><b>Red Cross (Lead)</b></p> <p><b>Partners:</b></p> <p>Seniors Solution Council Senior's Committee (CDC) Local Agencies</p>	<b>Med</b>	<b>2025</b>
<p>Increase communication and education of all seniors about events and programs through electronic communication board placed in high traffic areas within the community.</p> <p><b>OUTCOME:</b> Increase awareness and participation by seniors in local events and programs.</p>	<p>i) Apply for funding for multiple electronic communication boards.</p> <p>Update boards weekly to include community events etc.</p> <p>Use board to promote 2-1-1</p> <p>Use Wawa Public Library to promote activities.</p>	<p>Municipal Support</p> <p>French translator (volunteer) required.</p> <p>Accessibility features on communication boards</p> <p>2-1-1 is United Way and should determine whether used by seniors in Wawa.</p> <p>Organize speakers to share information.</p> <p>Funding required</p>	<p><b>Municipality (lead)</b> <b>Senior's Solution Council</b></p> <p><b>Partners:</b></p> <p>WAVS Red Cross Seniors' Club Volunteers Red Hat Ladies Fall Prevention – Safe Senior's Wawa Public Library (Seniors Book Club)</p>	<b>MED</b>	<b>2025</b>
<p>Hire a Wawa bilingual Senior Advocate to assist seniors to fill out forms, understand programs, host workshops, organize events, implement Age-Friendly action plan and advocate. (Priority #3)</p> <p><b>OUTCOME:</b> Several benefits to accrue in all dimensions.</p>	<p>Investigate funding specific to a senior advocate</p>	<p>Possible annual Cost (\$20,000 to \$40,000)</p> <p>Could be part-time, intern, partner with WFHT.</p> <p>Municipal budget impact or add to existing staff job description.</p> <p>Funding required</p>	<p><b>Municipality (lead)</b></p> <p><b>Partners:</b></p> <p>WFHT Interagency Group</p>	<b>HIGH</b>	<b>2025</b>



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## Age-Friendly Planning Guides

Ontario Seniors' Secretariat. (2021). *Creating a more inclusive Ontario: age-friendly community planning guide for municipalities and community organizations*.

*Diverse Populations Addendum*

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Public Health Agency of Canada. (2007). *Age-Friendly Rural and Remote Communities: A Guide*.

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## Appendices

**Appendix A:** Comparative Analysis of Three Age-Friendly Rural Municipal Plans

**Appendix B:** Community Survey Questions

**Appendix C:** Focus Group Round-table Exercises



**AGE - FRIENDLY  
ADAPTÉ AUX PERSONNES ÂGÉES  
WAWA**

Appendix A

**Comparative Analysis of Three Age-Friendly Rural Municipal Plans**

MUNICIPALITY	KIRKLAND LAKE, ON	MADAWASKA, ON	SPARWOOD, BC
POPULATION	7,981	2,518	3,784
Demographics	<p>2016 Census</p> <p>21% over 65 45% of the population is over 50 19% of the male population is 65+ 23% of the female population is 65+ Women 85+ is double the # of men 85+ 5 women are 100+ years Average age = 43.8 years</p>	<p>2011 Census</p> <p>25.8% 65 years 23.9% between 55 and 64 50% were 55+</p> <p>Median age = 54.8 years Renfrew County = 47.3 years Ontario = 40.4 years</p> <p>Rural lifestyle “ attracted retirees and early retirees to the community especially from the City of Ottawa. Many seasonal residents or cottagers also decide to keep Greater Madawaska as their permanent place of residence after retirement.”</p> <p>Between 2006 and 2011, the Township gained population in all age groups over 55 years but lost population in age groups below 55 years. Out migration 99.2% of Greater Madawaska's population over the age of 65 years lived in single-family dwellings. About 20% of population 65+ lived alone. The population aged 55+ will account for 43% of the County of Renfrew's total population in 2031. Households 65+ had an average income of \$69,400 in 2010 compared to \$60,900 for all the households.</p>	<p>Although Sparwood currently has a younger than average population compared to the province as a whole, trends show that Sparwood's share of older adults and seniors is increasing. As much as 50% of Teck's workforce is eligible to retire in 10 years.</p>
Age-Friendly Plan	<p>2018 - survey and focus groups</p>	<p>2016</p> <ul style="list-style-type: none"> <li>•Analysis of population/ demographic changes and trends.</li> <li>•Review of policies.</li> <li>•Literature and best practices review of age-friendly strategies of other communities focussing on Ontario examples.</li> <li>•Survey</li> <li>•Community workshops</li> </ul>	<p>2016</p> <p>survey and workshops Facebook page Age-Friendly Committee Community conversations</p>

<p><b>Plan URL</b></p>	<p><a href="http://kirklandlake.hosted.civiclive.com/our_services/planning_services/age_friendly_community_planning">http://kirklandlake.hosted.civiclive.com/our_services/planning_services/age_friendly_community_planning</a></p> <p><b>Ontario AFC Profile</b> <a href="https://sagelink.ca/age-friendly-communities-north-kirkland-lake/">https://sagelink.ca/age-friendly-communities-north-kirkland-lake/</a></p>	<p><b>Summary:</b>  <a href="https://www.greatermadawaska.com/download.php?dl=YToyOntzOjI6ImkljtzOjQ6JlxlNzUiO3M6Mzoia2V5JjtpOjE7fQ==">https://www.greatermadawaska.com/download.php?dl=YToyOntzOjI6ImkljtzOjQ6JlxlNzUiO3M6Mzoia2V5JjtpOjE7fQ==</a></p> <p><b>Report:</b>  <a href="https://www.greatermadawaska.com/download.php?dl=YToyOntzOjI6ImkljtzOjQ6JlxlNzUiO3M6Mz">https://www.greatermadawaska.com/download.php?dl=YToyOntzOjI6ImkljtzOjQ6JlxlNzUiO3M6Mz</a></p>	<p><a href="http://archive.sparwood.ca/age-friendly#gsc.tab=0">http://archive.sparwood.ca/age-friendly#gsc.tab=0</a></p>
<p><b>Leadership</b></p>	<p>Planning Services</p>		<p>A Community-Owned Plan: The Sparwood Age-Friendly Plan is a community-owned plan, based on input and ideas from Sparwood residents. Making Sparwood age-friendly is a shared responsibility of all community members. Commitment and action by many partners will be necessary to achieve this objective</p>
<p><b>Governance</b></p>	<p>Unclear governance structure</p>	<p>Seniors Advisory Committee to advise Council  <a href="https://www.greatermadawaska.com/council/committee-meeting-minutes/seniors-advisory-committee-3458.html">https://www.greatermadawaska.com/council/committee-meeting-minutes/seniors-advisory-committee-3458.html</a>  meets annually - last time Nov 2019</p> <p>Seniors Advisory Committee Goals</p> <p>To enhance the quality of life of all older adults in Greater Madawaska by ensuring that effective communication strategies are in place by:</p> <p>Ensuring that older adults in Great Madawaska have access to reliable and current information on programs, services, activities, resources, etc.</p> <p>Recognizing the challenges faced by vulnerable and isolated seniors and ensuring that the communication strategies consider their unique needs</p>	<p>Age-Friendly Committee</p> <p>Unclear if it is active still - not listed on committee page?</p>

<b>Funding</b>	Ontario Seniors Community Grants Program Municipal funding	Funding sources not identified	Province of BC Union of BC Municipalities
<b>Vision</b>	As the number of older adults rise within Kirkland Lake and Area, so does the need for services and infrastructure to accommodate their growing needs. The Age-Friendly Community Plan aims to enhance the quality of life for older adults within the municipality. The initiatives resulting from this plan would benefit the community as a whole by accounting for a wide range of physical and mental abilities.	Greater Madawaska is a vibrant and caring community which supports older adults to live independent, healthy, active and productive lives.	No explicit vision statement beyond A Community Owned Plan (see above)
<b>Goals</b>	<p>Promote active aging within the community.</p> <p>Remove barriers that prevent seniors from leading fulfilling lives.</p> <p>Allow seniors in our community to age with dignity in a safe environment.</p>	<p>Initiatives (listed top 4 initiatives)</p> <p>Advocate for sustained housing funding from Provincial and Federal governments and private industry to bring affordable housing units for seniors to Greater Madawaska</p> <p>Lobby for equal access to high-speed Internet service</p> <p>Continue to support volunteers and community service groups projects and programming that enhance the quality of life of older adults in Greater Madawaska</p> <p>Continue to support the Renfrew Area Health Services Village and other Provincial / regional medical recruitment initiatives</p>	<p>Recommended Big Moves (listed top 5)</p> <ol style="list-style-type: none"> <li>1. Explore the potential for a local transportation program: A community bus or ride program could help to support local transportation.</li> <li>2. Create a volunteer and learning registry: A central registry could help connect people who need support with local volunteers who could provide rides, home/yard maintenance, home care, meals or social visits.</li> <li>3. Hire a social planner: A social planner could oversee age-friendly initiatives, apply for grant funding, and coordinate the volunteer registry as well as social and cultural programs. This could be a regional position to share costs with other communities.</li> </ol>

			<p>4. Develop a Residents Guide: An annual Residents Guide could be used to share information with all residents, including seniors.</p> <p>5. Create more casual social gathering spots: A number of small 'pocket parks' could be created surrounding new or existing sidewalk benches and community notice</p>
<b>Domains</b>	<p>Objectives in all 8 domains</p> <p>Key priority areas: Communication and Information Transportation Housing Outdoor Spaces and Public Buildings</p>	<p>Goals in all 6 domains - see below for goals and strategies</p> <p>Priorities as identified through public consultations. Social Inclusion and Civic Participation are combined into one domain.</p>	Has goals and strategies in all 8 domains
<b>Outdoor Spaces &amp; Public Buildings</b>	<p>Search for Ways to Improve Snow Removal</p> <p>Consider the Creation of a Sidewalk Improvement Plan</p> <p>Extend Time to Cross at Pedestrian Lights</p>	No action items	<p>1. Improve the trail and park network to facilitate use by seniors and others with mobility challenges.</p> <p>2. Encourage accessibility improvements for buildings</p>
<b>Transportation</b>	<p>Conduct Traffic Study</p> <p>Partner with Taxi' s to Provide Discounted/Flat Rates</p> <p>Work to Enhance Out-of-Town Transportation</p>	<p>Increase opportunities and choices for affordable, safe transportation and mobility for an aging population including vehicular travel both within and outside the Township, walking, cycling and mobility assistance devices (e.g., scooters, walkers, wheelchairs).</p> <p>1. Increase affordable transportation services and options to seniors who are unable to drive themselves.</p>	<p>1. Explore the potential for a 'made-in Sparwood' local transportation program.</p> <p>2. Explore the potential for a volunteer driver program (for private vehicles).</p> <p>3. Improve public transit access and options.</p> <p>4. Improve access to and the safety of scooters in Sparwood.</p> <p>5. Improve road and sidewalk safety and access.</p>
<b>Housing</b>	<p>Promote the Creation of Senior Housing</p> <p>Investigate Opportunities for a House-Sharing Program</p>	<p>Increase the availability and choice of affordable housing which will allow seniors to remain in their communities as their needs change.</p> <p>1. Encourage and support initiatives to provide affordable and innovative housing choices in accessible locations for seniors.</p>	<p>1. Increase the diversity of seniors housing options.</p> <ul style="list-style-type: none"> <li>• Encourage smaller, single-floor, low-maintenance housing (55+ housing), where appropriate.</li> <li>• Encourage the development of more</li> </ul>

		<p>2.Enable seniors to live independently in their own homes by assisting them to make barrier – free modifications and other related improvements.</p>	<p>accessible and adaptable housing.</p> <ul style="list-style-type: none"> <li>•Encourage construction of new seniors housing in locations that are serviced by transit and close to services and amenities.</li> </ul> <p>2.Support seniors to remain in their homes.</p>
<p><b>Social Participation</b></p>	<p>Films for Seniors</p> <p>Encourage Common Areas in Seniors Housing</p>	<p>Older adults have the maximum opportunity to enjoy all the natural amenities and recreational facilities and activities that Greater Madawaska has to offer and to actively participate in community social and cultural events and programs.</p> <p>1. Promote opportunities for social participation in accessible places to meet diverse needs of older adults</p> <p>2. Promote and encourage social participation targeting older adults</p>	<p>1. Increase opportunities for social participation.</p> <p>2. Improve intergenerational connections.</p>
<p><b>Respect &amp; Social Inclusion</b></p>	<p>Age – Friendly Checklist for Businesses</p> <p>Connect Isolated Individuals</p>	<p>Greater Madawaska is a community where older people are respected as valued members of the community and where their views and contributions are pursued in all aspects of social, cultural, economic and political life, including those who may be disadvantaged or marginalized.</p>	<p>1. Increase the visibility of Sparwood’ s heritage to connect current and past generations.</p> <p>2. Improve computer/internet literacy for seniors.</p>
<p><b>Civic Participation &amp; Employment</b></p>	<p>Create a “Volunteering Database”</p>	<p>1.Encourage seniors to have a voice in decisions that affect their community.</p> <p>2.Promote volunteer opportunities to seniors to enhance community engagement and social connectivity</p> <p>3.Enhance Greater Madawaska’ s overall awareness and recognition as an Age – Friendly Community</p>	<p>1.Increase volunteer, employment and civic engagement opportunities for seniors.</p>

<b>Communication &amp; Information</b>	<p>Creation of an Age – Friendly Community Guide</p> <p>Golden Years Expo</p>	<p>Ensure that Information on seniors’ programs and services is readily available, reliable, current and easily accessible.</p> <ol style="list-style-type: none"> <li>1. Establish a procedure to distribute information to seniors living in Greater Madawaska.</li> <li>2. Increase awareness and access to information on seniors’ programs and services and community events.</li> <li>3. Encourage seniors’ adaptation of technology.</li> </ol>	<p>1.Improve communications to seniors.</p>
<b>Guide / Directory</b>	<p>Age Friendly Community Guide</p>	<p>NEW Resource – January 2020 updated Community Services for Older Adults bookletipsum</p>	
<b>Municipal page for seniors</b>	<p><a href="http://kirklandlake.hosted.civiclive.com/things_to_do/senior_programs___services">http://kirklandlake.hosted.civiclive.com/things_to_do/senior_programs___services</a></p>	<p><a href="https://www.greatermadawaska.com/residents/seniors/">https://www.greatermadawaska.com/residents/seniors/</a></p>	
<b>Community Support &amp; Health Services</b>	<p>Better Transportation Options – See “Transportation”</p> <p>Better Communication of Available Services – See “Communication and Information”</p>	<p>Older adults have convenient access to community support and health services that allow them to age in place and promotes wellness and active aging through an integrated network involving service providers both within the community and at the regional level.</p> <ol style="list-style-type: none"> <li>1. Improve access to community health and service supports and knowledge that assist older adults to age in place.</li> <li>2. Increase awareness among older adults about safety in the home as they age, particularly with regards to fire and fall safety, and accessibility</li> </ol>	<ol style="list-style-type: none"> <li>1. Improve access to health services in Sparwood.</li> <li>• Establish/support the development of a health coalition to advocate for increased health services in Sparwood.</li> <li>2. Improve senior support services.</li> <li>3. Enable seniors to make healthy living choices.</li> </ol>
<b>Other Relevant Policies</b>		<p>County of Renfrew Draft Official Plan: The Township of Greater Madawaska does not have an Official Plan, but Council instead has approved to use the upper tier County’ s Plan to provide general land use planning and growth management guidelines.</p>	<p>The District recently completed an update to its Official Community Plan (OCP). The OCP outlines Sparwood’ s vision for 2035 to be a community that embraces social, cultural, and economic diversity. It includes the goal to</p>

			<p>encourage diverse housing types for people of all ages, incomes, and lifestyles to support residents through all stages of their lives. It also prioritizes a compact urban form combined with an effective and safe trail network and multi-modal transportation system, which will support community members of all ages and abilities.</p> <p>The Districts of Elkford and Sparwood Housing Needs Assessment (2012) identified the need to prioritize the development of owned and rented affordable and accessible housing for seniors.</p> <p><a href="http://www.sparwood.ca">www.sparwood.ca</a></p> <p>The Sparwood Livability Study was completed in 2019. The report card gives a snapshot of the quality of life in our community. The data represented in this document will be updated each year. A new survey will be published early in 2021 to gather the subjective results for the report card.</p>
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### Other Ontario Municipal Age-Friendly Plans/Websites

- Town of Arnprior (pop 8,798) <https://sagelink.ca/age-friendly-communities-east-arnprior/> and <http://www.agefriendlyarnprior.ca/>
- Town of Fort Frances (pop 7,739) <https://sagelink.ca/age-friendly-communities-north-fortfrances/>
- Town of Hanover (pop 7,668) <https://sagelink.ca/age-friendly-communities-west-hanover/>
- Municipality of Tweed (pop 6,044) <https://sagelink.ca/age-friendly-communities-east-tweed/>
- Municipality of Greenstone (pop 4,636) <https://www.greenstone.ca/en/living-here/seniors.aspx>, [http://greenstone.civicwebcms.com/sites/greenstone.civicwebcms.com/files/media/Greenstone%20Report%20-%20FINAL\\_Reduced%20File.pdf](http://greenstone.civicwebcms.com/sites/greenstone.civicwebcms.com/files/media/Greenstone%20Report%20-%20FINAL_Reduced%20File.pdf)
- Township of Sables-Spanish Rivers (pop 3,214) <https://sagelink.ca/afc-north-sables-spanish-rivers/> (managed under the EDC)
- Municipality of St. - Charles (pop 1,269) <https://sagelink.ca/age-friendly-communities-north-st-charles/>
- Town of Northeastern Manitoulin and the Islands (pop 2,712) <https://sagelink.ca/age-friendly-communities-north-manitoulin/>

### Relevant Provincial Policies Impacting Age-Friendly Planning

The 2014 Provincial Policy Statement provides policy direction for municipal official plans regarding matters of provincial interest related to land use planning and development. The Statement establishes policies pertaining to Building Strong Healthy Communities including policies related directly to an aging population.

Section 1.1.1 emphasizes the importance of:

(b) accommodating an appropriate range and mix of residential (including second units, affordable housing and housing for older persons) and other uses, and (f) improving accessibility for persons with disabilities and older persons by identifying, preventing and removing land use barriers which restrict their full participation in society.

Section 1.4.3 also requires planning authorities to facilitate all forms of housing required to meet the social, health and well-being requirements of current and future residents, including special needs requirements.



**AGE - FRIENDLY**  
**ADAPTÉ AUX PERSONNES ÂGÉES**  
**WAWA**

Appendix B

**Community Survey Questions**

# AGE-FRIENDLY WAWA SURVEY

The Economic Development Corporation of Wawa, with the help of the Age-Friendly Wawa Advisory Committee, wants to hear from you. We are asking you to fill out this survey on how you feel about age-friendly Wawa.

The vision of Wawa is "an age-friendly community that values, respects and actively supports the health, safety, and social inclusion of all seniors."

Your answers are private. It is your choice to fill out the survey. You may stop or choice not to answer any question at any time. It should take you about 5-10 minutes to complete. Please select the number that relates with your views.

Please complete the survey by July 5.

## Thank you!

1. On a scale of 1 to 10, where 1 is not at all aware and 10 is very aware, how would you rate your overall awareness of the Wawa Age-Friendly Plan?



2. On a scale of 1 to 10, where 1 is not at all satisfied and 10 is very satisfied, as an older adult how would you rate your overall satisfaction with the services provided in the community by the Municipality of Wawa and businesses?



3. On a scale of 1 to 10, where 1 is not valued at all and 10 is a lot valued, as an older adult how would you rate how valued you feel living and aging in Wawa.



4. On a scale of 1 to 10, where 1 is no respect at all and 10 is a lot of respect, please rate the level of respect that is shown to older living and aging in Wawa.



5. On a scale of 1 to 10, where 1 is not supported at all and 10 is completely supported, please rate the extent to which older adults are actively supported to maintain and improve their health.



6. On a scale of 1 to 10, where 1 is not supported at all and 10 is completely supported, please rate the extent to which older adults are actively supported to feel safe in Wawa.



7. On a scale of 1 to 10, where 1 is not included at all and 10 is completely included, please rate the extent to which older adults are socially included in the community.



8. How would you rate Wawa as a place for people to live as they age?

Poor                  Fair                  Good                  Very Good                  Excellent

We're almost finished. Now just a few questions about you to help us explore the data we collected.

9. Please tell us your age (in years) at your last birthday. \_\_ \_\_ \_\_

10. Please tell us your gender.

Male                                  Female                                  Prefer not to say

11. Please tell us your present work status.

Retired                  Unemployed                  Working full-time                  Working part-time

12. What language(s) do you speak in your household? (Select all that apply)

English                                  French                                  Other (please specify)

13. Which of the following disabilities do you have? Check all that apply.

- Sensory (difficulties seeing or hearing)
- Physical (difficulty walking, using stairs, using your hands or fingers, or doing other physical activities; experiences pain that limits your daily activity)
- Cognitive (difficulty learning, remembering, or concentrating)
- Mental health-related (depression, anxiety, bipolar disorder, addictions, eating disorder)
- Other/Unknown (other health problem or condition that limit your daily activities)

14. What is your race? Check all that apply.

Asian                  Black                  Indigenous                  White                  Other (please specify)

15. Who lives in your home with you, if applicable?
- No one (alone)
  - With spouse or partner
  - With child(ren)
  - With other people
16. In the next two to five years, what are your plans for housing (check all that apply):
- Modifying my home so I can stay
  - Moving to a smaller home
  - Moving closer to family or in with family
  - Moving closer to services
  - Moving to social housing
  - Moving to an adult lifestyle community
  - Moving to a long-term care facility
  - I have not thought about this
17. Are you currently a family caregiver providing unpaid care to an adult loved one?
- Yes, currently providing care
  - No, but I did in the past
  - No, but I expect to in the future
  - No, and I do not expect to in the future

Thank you very much for completing this survey.

Your responses will help us make **Wawa age-friendlier!**



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**WAWA**

Appendix C

**Focus Group Round-table Exercises**

# GUIDED CONVERSATIONS QUESTIONS

JULY 8, 2021 10:00 - 11:30 AM

## AGENDA

Time	Description
9:50	Zoom Meeting Opens
10:00	Welcoming Remarks
10:05	Sharing the Context - Age-Friendly Wawa 2016-2021 (page 2)
10:10	Overview of Guided Conversations Questions and Guidelines
10:15	Ice Breaker - Most   Least age-friendly attributes <a href="https://padlet.com/bschroed2/cbij3e0cj5qj8ehc">https://padlet.com/bschroed2/cbij3e0cj5qj8ehc</a>
10:30	Roundtable Discussion #1: Creating Choices <a href="https://padlet.com/bschroed2/vhoqqjjz8ah05hmp">https://padlet.com/bschroed2/vhoqqjjz8ah05hmp</a>
11:00	Break - Water - Stretch
11:05	Roundtable Discussion #2 Making Choices <a href="https://padlet.com/bschroed2/zoxkrrtw5a4iodd1">https://padlet.com/bschroed2/zoxkrrtw5a4iodd1</a>
11:25	Next Steps and Closing Remarks
11:30	Closing

Thank you for participating in a community conversation on the Age-Friendly Wawa Action Plan 2021 - 2025!

The comments and suggestions from the conversation will assist the Age-Friendly Way Advisory Committee and the Municipality in

- 1) confirming the needs and priorities of older adults in Wawa
- 2) informing the actions that will be part of the Age-Friendly Wawa Action Plan 2021 - 2025

Please note: The session will be recorded to support the facilitator in note taking only. A copy of the recording will not be kept beyond the project or distributed.

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Seniors refer to 65 years and older. Older adults refer to a stage of life, generally 50 years and older.

# AGE-FRIENDLY WAWA VISION AND GOALS 2016-2021

The Age-Friendly vision is Wawa is an age-friendly community that values, respects and actively supports the health, safety and social inclusion of all seniors.

The AFW Committee established these goals in 2016 in each of the six age-friendly dimensions to support its vision:

## Social Participation & Recreation

To ensure that all residents are aware of and regularly participate in community activities, recreation and social programs and are actively socializing with others.

## Health & Support Services

To ensure that all seniors are fully aware and have access to a full range of health and support services they need which are affordable and easy to access.

## Communication & Education

To ensure seniors are aware and understand all available programs and activities offered through regular and accessible communication practices used by all agencies and groups.

## Building & Outside Spaces

To ensure that residents have easy, accessible and safe access to all public and private buildings and community outdoor spaces. Convenient, accessible public rest areas are available

## Housing

To ensure a variety of appropriate, affordable and accessible housing options are available for seniors and older adults are able to age at home and remain independent or are able to access required levels of support care in a Wawa senior's housing facility.

## Transportation

To ensure that a range of transportation options are available to seniors to travel in and outside the community at reasonable times and cost.

# GUIDELINES

**Respect:** Everyone's ideas are valued. One person talks at a time. Do not cut people off. Use the Zoom raise hand feature to ask to speak.

**Brevity:** Please keep your comments concise so there will be time for everyone. If you have more detail to convey, you may write your comments in the chat or send the facilitator an email at [afo@coaottawa.ca](mailto:afo@coaottawa.ca).

**Privacy:** Please respect the privacy of participants by not sharing their comments with others without their consent.

**Clarity:** Clearly state your opinions to ensure that they are noted.

## ICE BREAKER

Come prepared to introduce yourself (name, organization) and share what you think is Wawa's

- Most age-friendly attribute
- Least age-friendly attribute

If you have pictures of the attribute, even better! You will be asked to share on a whiteboard, or you can send the pictures to the facilitator at [afo@coaottawa.ca](mailto:afo@coaottawa.ca).

## Roundtable Discussion #1: Creating Choices

<b>Impossible to implement</b>		<b>HOW?</b>  Original ideas, impossible to implement. These are breakthrough ideas in terms of impact, but absolutely impossible to implement right now given current technology/budget constraints.
<b>Easy to Implement</b>	<b>NOW!</b>  Normal ideas that are easy to implement. These are typically low-hanging fruit and solutions to fill existing gaps in processes. These normally result in incremental benefits.	<b>WOW!</b>  Original ideas, easy to implement. 'Wow' ideas are those with potential for game changing results and possible to implement within current reality.
	<b>Normal Ideas</b>	<b>Original Ideas</b>

## ***Considering what you know about the Age-Friendly Wawa Plan and the actions taken to date, what do you think the Municipality should take action on as a top priority?***

**NOW!** What is one thing we can do right now to make Wawa more age-friendly?

**WOW!** What is one idea that has not been talked about?

**HOW?** Won't it be fantastic if... (your reach for the stars idea)

### **Probing Questions:**

Think about yourself as an older adult, or someone you know when thinking about these questions:

#### **Outside Spaces and City Buildings**

What do you need to use outdoor and built spaces safely and with ease?

#### **Transportation and Mobility**

What do you need to travel safely and with ease?

#### **Housing**

What do you need to live in housing that best meet your needs and choices?

#### **Social Participation and Recreation**

What do you need to take part in social, recreational, and cultural groups?

#### **Civic Participation and Volunteering**

What do you need to be involved in and actively contribute to your community?

#### **Respect and Social Inclusion**

What do you need to feel respected and included in the community?

#### **Community Support and Health Services**

What do you need to access community support and health services to meet your needs?

#### **Communication and Information**

What do you need to access and use information when you need it?

## **Roundtable Discussion #2: Making Choices**

- 1) Facilitator report back to all participants what was said.
- 2) Participants to think about and write down the issue and the solution or action.
- 3) Each participant will share that has not already been shared by another person.
  - A main issue / top priority
  - One proposed solution or action
  - Who should take the lead?

# **THANK YOU!**