

2018

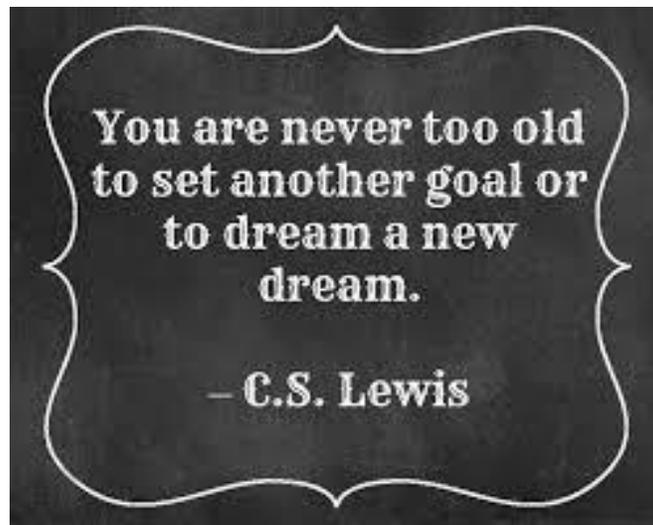
Adults' 55+ Strategic Plan
Annual Report



Adults 55+ Strategic Plan Annual Report – 2018

Table of Contents

EXECUTIVE SUMMARY	2
INTRODUCTION	3
KEY HIGHLIGHTS (2013-2017)	4
2018 INITIATIVES AND ACHIEVEMENTS.....	7
ONGOING INITIATIVES AND PRACTICES	15
CONCLUSION AND NEXT STEPS	16
FOR MORE INFORMATION.....	18



Adults 55+ Strategic Plan Annual Report – 2018

Executive Summary

Throughout Ontario, communities are facing large demographic shifts and for the first time in history, **there are more adults over the age of 55 than youth**. In the Town of Caledon this accounts for 26% of the total population with estimates reaching 50% by the year 2030. In order to accommodate this large change, action plans and strategic goals have been designed to ensure that older adults are able to live their lives to the fullest.

Established in 2013, Ontario's Action Plan¹ for seniors identifies three main goals designed to ensure older adults have the supports and resources they need to live well as they age. The action plan builds on decades of work on behalf of Ontario Seniors' on three pillars:

1. **Healthy Seniors'**: Ontario will help seniors find and access the health-care services they need to be healthier, stay at home longer and improve their quality of life.
2. **Senior-Friendly Communities**: Ontario will harness the potential and maximize the contribution of seniors by promoting the development of age-friendly communities that weave together services and policies to enhance senior's well-being and participation.
3. **Safety and Security**: Ontario will ensure that seniors have access to the programs, services and supports that help them live safely, independently and with dignity.

Following Ontario's Action Plan, the Town of Caledon implemented the Adults 55+ Strategic Plan in 2015. This long-term, community-driven, corporate initiative was created to ensure that the older adults living in the Town of Caledon can age-in-place and remain a vital part of the community. **Outlining 6 goals, 16 initiatives, and 65 deliverables** the strategic plan acts as a preliminary document to Age-Friendly Community planning should the Town of Caledon wish to fulfil the requirements².

***“Design for the young and you exclude the old.
Design for the old and you include everyone”.**
Professor Bernard Issacs - Gerontology*

¹ For more information on Ontario's Action Plan for Seniors, visit www.ontario.ca/health-and-wellness/ontarios-action-plan-seniors

² For more information on Ontario's Age-Friendly Planning Guide, visit www.ontario.ca/document/finding-right-fit-age-friendly-community-planning

Adults 55+ Strategic Plan Annual Report – 2018

Introduction

Approved by Council in September of 2015, The Adults 55+ Strategic Plan was developed based on a series of public consultations during the 2013-2014 years by UrbanMetrics Consulting Company. The Strategic Plan is directly connected to a series of goals and recommendations that have been voiced by Caledon residents and the Town's Seniors' Task Force (previously the Seniors' Advisory Committee).

Over the last three years Town of Caledon staff has been working diligently to advance these initiatives and deliverables towards community implementation with support of the Town's Seniors' Task Force. The Purpose of the Seniors' Task Force is to serve as an advisory role to provide staff with assistance on the development of the various deliverables. As a way of tracking progress, annual reports are provided at the end of every fiscal year (January to December) outlining the advancement of the strategy and to be accountable to the public.

Throughout this Annual Report you will find key highlights of the progress during the 2018 fiscal (January to December) year. At the time of this report 12 deliverables were identified as complete, 25 are in various stages of progress, 14 ongoing, 6 on hold waiting follow-up, and 8 that have yet to be started.

The six goals of the Adults 55+ Strategic Plan are as followed³:

Goal One – To ensure that human and financial resources are available to support the strategy.

Goal Two – To ensure Caledon residents can age-in-place.

Goal Three – To ensure adult's aged 55 and over are socially integrated in the community.

Goal Four – To enhance programs and services for adult's aged 55 and over and to continue to participate and support existing partnerships and form new ones.

Goal Five – To improve outreach.

Goal Six – To support additional transportation resources for adults aged 55 and over in the community.

³ For the full Adults 55+ Strategic Plan, visit www.caledon.ca/en/live/Adults-55-Plus-Strategic-Plan.asp

Adults 55+ Strategic Plan Annual Report – 2018

Key Highlights – (2013-2017)

2013

- The 55+ Caledon Community expressed a need for community changes in support of the aging population.
- The Town of Caledon received \$25,000 in funding from the New Horizons for Seniors Grant to review the needs of the community. The overall capital expense for the project totaled \$37,279.58 (2013 – 2015).
- UrbanMetrics Consultant Company was hired through the funding and the project kicked off September 20, 2013.

2014

- Term of Council begins – Seniors' Advisory Committee members selected for four-year term.
- Public consultations were conducted to outline the strategic direction for an Older Adult Plan.

2015

- Research findings presented in form of a Background Report was presented to Council for approval.
- The Adults 55+ Strategic Plan Approved September 2015.
- Seniors' Advisory Committee transitions into the Seniors' Task Force for the remainder of the term of Council.

2016

- Administrator, Adult's 55+ position created and filled on a part-time basis.
 - o Project manager for the Strategy.
- Creation of the Caledon Adult's 55+ Community Networking Group.
- Development of a monthly 55+ social calendar and resource directory.
- Ongoing review of community programs and services and relationship building with local services and businesses working in the 55+ field.
- Promotion of Universal Design building requirements for new build homes.
- Research on Outdoor Playground equipment & unsuccessfully applied for grant funding to pilot project.

Adults 55+ Strategic Plan Annual Report – 2018

- Promotion of new services offered by Caledon Community Services transportation.
- Second Annual Mayors Senior Forum held June 1, 2016.

2017

- Transit Feasibility Study underway led by the Town's Finance and Infrastructure Services.
 - o Consultations were held with the Seniors Task Force members
 - o Draft recommendations were provided for older adult use and accessibility of transit options presented.
- Staff completed a community benchmarking project for surrounding municipalities in research of innovative snow removal programs.
 - o Promoted "Pay It Forward" program facilitated by St. Michaels Catholic High School in Bolton.
- Age Friendly Planning study completed 2017
 - o Seniors Task Force provided recommendations on transportation, outdoor spaces and housing in Caledon.
- Provided recommendations and outreach for the Town's Housing Study completed 2017.
- Ongoing involvement in regional project facilitated by PEAPN "Join the Conversation".
 - o Community Navigation for Older Adults.
- Seniors Task Force members participated in mapping exercise to provide recommendations on additional public seating locations across the Town.
- Environmental scan of 55+ recreational opportunities conducted, and programs mapped for reference.
- Secured dedicated 55+ recreational spaces in two Town recreation facilities.
 - o Caledon East Community Centre – Lion's Den on select days
 - o The New Community Centre in Southfields – shared senior/youth dedicated space once completed.
- New benches were added along Old Church Road, Caledon East and Highway 50 in Palgrave as part of road reconstruction works by the Region of Peel.
- Embarked on the redesign of the Adults 55+ section of the Caledon.ca website.
- Ongoing participation in the Southern Ontario Age Friendly Network.

Adults 55+ Strategic Plan Annual Report – 2018

- Built on the relationship with the Senior Knowledge Broker with the Ontario Age-Friendly Communities Outreach Program.
- Third Annual Mayor's Seniors Forum/ Seniors Day held June 7, 2017. Increased participation by an estimated 50% since 2015.
- Review of current opportunities for a Vulnerable Persons Registry in Caledon (5.1.7)
 - o Currently capacity for registry is not available through the Caledon OPP
 - o Caledon Fire Department has fire registry residents can complete.
- Reached out to local MP and MPP to provide updates on progress.
- Composed letters of recommendation for numerous local services applying for grant funding.
- Reference tool for the Adults 55+ Strategy internal planning presented to the Town's Central management team October 2017.



Adults 55+ Strategic Plan Annual Report – 2018

2018 Initiatives and Achievements

Goal One (1) – To ensure human and financial resources are available to support the strategy.

Human and Financial Resources (1.1)

- Financial resources are continuously being sought out through various methods of advocacy such as budget requests, grant reviews, staff reports and external supports/donations.
- Staff has been continuously monitoring departmental projects across the Town for progress and alignment with the adults 55+ strategy.
 - o Facilitated meetings with management team to review progress and outline upcoming projects for 2019 workplans.
- To date administrator position remains on part time hours with limited budget towards strategic initiatives.

Goal Two (2) – To ensure Caledon Residents can age-in-place.

Housing Resource List

- Developed a housing resource list in partnership with the Region of Peel.
 - o This list includes a variety of housing options as well as links to the resources for more information.
- Resource list is posted online at Caledon.ca⁴ in a printable format for easy access.
 - o Updated on an annual basis to reflect housing changes in the community.
- Ongoing advocacy for alternative housing styles such as apartment buildings, bungalow/bungaloft, condo and other single level style housing options.

Strengthening the Official Plan (2.1.1)

- The Official Plan was consolidated in April 2018, and a full review will begin early 2019.

⁴ Housing and Living resources for Adults 55+ in Caledon
https://www.caledon.ca/en/live/adult55_housing_living.asp

Adults 55+ Strategic Plan Annual Report – 2018

Bungalow Style Housing (2.1.3)

- Twenty-Five bungalow units are under construction in the Brookfield Home “Pathways” community located in Caledon East on Old Church Road.
- Preliminary discussions for additional bungalow units in Caledon are underway.

Alternative Housing Options – Aging in Place Prototypes (2.1.4)

Over the 2018-year staff has investigated various alternative housing options that are available to residents and some potential options that are being offered in similar communities in Ontario. Some options are the following

- Golden Girls
 - o A housing forum for individuals to meet online and ideally develop a platonic relationship to live together in a shared home like the Golden Girls TV show.
- CAFFI
 - o Started a project for individuals with developmental issues to co-house in a purchased house located in Caledon.
- Abbeyfield House
 - o A not for profit communal living house that provides support for adults wishing to remain in the community but are unable to afford the traditional “retirement living” style of home.

Options that have been investigated:

- Homeshare
 - o Successful in Halton
 - o Pilot program initiated in Toronto
 - o Where an older adult who owns a home provides low rent options for younger adults in return for assistance around the home (snow shoveling, vacuuming, personal company)
 - o Still in preliminary conversations about the possibility of implementing in Caledon
- Retrofit
 - o Purchasing an older building that is no longer in use and modifying it into an older adult apartment building
 - o Some suggestions have been related to an old school, an old farmhouse etc.
 - o No direct action has been taken at this time.

Adults 55+ Strategic Plan Annual Report – 2018

Comprehensive Assessment (2.2)

- Continuous review of community programs, services, businesses, clubs and recreational activities that service adults over the age of 55 in Caledon.
- Developed a report “Community Scan Report”, outlining key gaps and overlaps in both programs and services in Caledon.
 - o The intention of the report is to outline key goals to improve the availability and awareness of programs and services and build on the existing networks moving forward.
 - o Report is currently pending review from essential Region of Peel staff.

Universal Design (2.1.2)

- Canadian Mortgage and Housing Corporation featured an article on the Universal Design Policies in place in Caledon – [The Town of Caledon’s Universal Design Policy](#).
- Ongoing advocacy to ensure new and existing builders provide universal design options in their plans.

Town Owned Land (2.3.1)

- Initial analysis of current Town owned properties was completed in 2018. At the time of this report no ideal land locations were identified.
- A five-acre lot adjacent to Town Hall campus in Caledon East went to the public for consideration of use.
 - o Town may potentially sell land to the development company that owns adjacent land plots.
 - o Additional uses proposed during public meetings.
 - o Land has yet to be sold by the Town or assigned an internal use.

Developments

- Public consultation held by Triple Crown developments regarding the Caledon East development off Airport Road.
 - o Reached out to the older adult population for input on a high-density parcel of land.
 - o Residents requested a low-rise apartment building; no plans have been confirmed.

Adults 55+ Strategic Plan Annual Report – 2018

Property Tax Deferral Program – (Deliverable Complete) (2.5)

- The Town of Caledon offers a property tax rebate program of \$468 for low income seniors and low-income persons with disabilities who own and occupy their own home.
- A memo has been provided by the Deputy Treasurer / Manager, Revenue, outlining why the Town offers a rebate as opposed to a deferral program.
- Program information is available online at [Caledon Property Tax Assistance](#).

Goal Three (3) - To ensure adults aged 55 and over are socially integrated in the community.

Public Seating (3.1.5 & 3.4)

- Staff assembled a reference chart of all existing traditional and stone benches along with recommended locations for new seating from the 2017 Senior Task Force review.
- A traditional bench with plaque has been purchased through the 2018 Administrator budget in honor of the 2014-2018 Seniors' Task Force members' contribution to the community.
 - o Installation planned for 2019 on the east side of Hwy 50 (Queen St.) in Bolton.
- Three stone benches were installed in various locations along the Caledon Trailways in November 2018.

Outdoor Fitness – Senior Playgrounds (3.1.6)

- Worked with the Region of Peel's Active Living Team and SNAP West Bolton to implement an outdoor fitness park into the Bolton community. Funding is required for the purchase of the equipment and will be further investigated in the 2019 year.
- Additionally, review of an existing park within the Region of Peel was completed during the summer/fall 2018, and Regional staff will be providing the results of this study to assist with the financial applications for Caledon.

Adults 55+ Strategic Plan Annual Report – 2018

Outdoor Spaces – Sidewalks, traffic crossings and accessibility (3.2.3 & 3.2.4)

- The Region of Peel has a “walking audit tool” that provides key identifiers that ensure that a community is safe and accessible to walk.
- Preliminary discussions with the Region of Peel Active Living Team regarding walking audits in the Caledon East areas have been conducted, additional discussions required prior to application.
- Additional discussions with the Region have taken place to conduct community audits on behalf of active transportation and the SNAP Caledon project.

Accessibility – Sidewalks and Crossing Areas (3.2.3)

- The Accessibility Advisory Committee with the Town of Caledon, have ensured that in their 2018-2022 plan all new constructed or redeveloped paths of travel will be designed in accordance with requirements of DOPS (design of public spaces).
 - o Updated sidewalks in Caledon East, Palgrave and Downtown Bolton have been completed

Community Garden – Intergenerational Opportunity (3.3.1)

- The new community centre in Southfields has an opportunity for a community garden on the premises. Town staff worked with a student intern (gerontology studies) on the development of a policy and procedure for implementation of an intergenerational community garden once the community centre is complete. The report is available for review.
- Preliminary discussions have taken place for an additional garden plot on the Town Hall campus in Caledon East.

Intergenerational Programs (3.3.2)

The benefit of intergenerational programs has been gaining traction in the Caledon community throughout the 2018 year. The following are some examples of wonderful programs that have been facilitated.

- Tea Time
- Life Mentors
- Bridging the Gaps
- Community Gardens
- Pay it Forward

Adults 55+ Strategic Plan Annual Report – 2018

Indoor Bocce Centre

- The Town has partnered with Dig-Con International Ltd. to build a new, accessible, indoor Bocce Centre with RJA Potts Memorial Park in Bolton.
 - o Construction underway, project to be completed by Spring 2019.

Snow Removal (3.5.1 & 3.5.3)

- Staff continues to benchmark surrounding communities for innovative snow removal programs offered to older adults.
- During the October 2017- June 2018 season, St. Michaels Catholic Secondary School offered a “Pay It Forward” program to Bolton residents that provided assistance with snow removal, leaf raking, and additional outdoor chores.
 - o Preliminary 2018/2019 conversations took place between the school and Caledon Community Services
 - o Program is currently on hold due to lack of internal supervision.
- The Town’s Finance Division investigated and prepared a budget request for a pilot windrow snow removal program for the 2019/2020 winter season.
 - o Program implementation is based on budget approval.

Goal Four (4) – To enhance programs and services for adults aged 55 and over and to continue to participate and support existing partnerships and form new ones.

Caledon Seniors Centre – Satellite Expansion (3.1.1 & 4.1.2)

- The Caledon Seniors Centre, in partnership with the Town of Caledon was approved for \$108,000 in funding in spring 2018 from the Ministry of Seniors Affairs to expand recreation programs into areas with limited services to better serve the older adult populations.
- Programs commenced in July 2018, one day a week in the following recreation complexes - Caledon East, Caledon Village, Inglewood, Alton, and Mayfield West where the new community centre in Southfields is being built.

Senior Citizen – Monthly Section (4.1.4)

- Caledon Citizen Newspaper requested the Town support a monthly dedicated senior section. Coverage began in the summer 2018.

Adults 55+ Strategic Plan Annual Report – 2018

- The section includes upcoming events, senior of the month, and other older adult related information, in the last newspaper of every month.

Goal Five (5) – To improve outreach

Enhance Advertisement Opportunities (5.1)

- Increased 55+ information in the Parks and Recreation guide for the 2017/2018 year by including online resources and current project information
 - Updated website – provided website address and overview
 - Caledon Seniors Centre pilot expansion program hours and locations.
 - Ad for Seniors Day 2019
- Purchased promotional swag with website and contact information to help increase exposure in the Adult 55+ community.

Adult's 55+ Website (www.caledon.ca/adult55) (5.1.1, 5.1.2, 5.1.3, and 5.1.4).

- Full redesign of the Adults 55+ section of the Town's website.
 - The process included working with staff and the Senior Task Force to better understand website needs of that particular audience.
 - Webpages are regularly updated and include information such as Programs & Services, Resource Directory, Accessing Programs, Housing and Living.
- Website was available to the public in March 2018 with ongoing updates.
 - Feedback from public and Seniors Task Force has been positive
- Staff is monitoring the usage of the website through reports on a bi-monthly basis. (Started August 2018).

Silver Links Magazine (5.1.6)

- Locally based magazine that focuses on older adult issues and information for Peel/Halton
 - Reaches out to local services and clubs in Caledon for spotlight articles to assist in spreading awareness.
 - Provides over 100 free copies quarterly for Caledon residents.

Adults 55+ Strategic Plan Annual Report – 2018

Community Outreach Presentations

- Staff went to numerous programs across the municipality to provide information and respond to inquiries regarding the 55+ strategy in Caledon.
 - o Reached over 100 residents

Goal Six (6) – To support additional transportation resources for adults aged 55 and over in the community.

Ministry of Transportation 5 - Year Community Transportation Grant Program Project (6.1)

- On April 2018 the province announced the eligibility of the Local Transit Project that the Caledon Community Services and Town of Caledon submitted for funding under the Community Transportation Grant Program for up to \$500,000 for five years.
- The funding transfer has been on hold since the change of government and additional information is unavailable at this time. The Town of Caledon will work with Caledon Community Services to urge the province to expedite the funding transfer.

Caledon Community Services (6.1.1)

- During 2018, Caledon Community Services expanded their specialized transportation program to include weekly grocery shuttles to Bolton and Orangeville on select days.
 - o Registration required, standard rates apply for use of shuttle.
- Program transportation for Caledon residents aged 8 – 65 continued during the 2018 year.
 - o Transportation is available for residents who pre-book and wish to attend a local program during the times of 6am and 6pm.

Adults 55+ Strategic Plan Annual Report – 2018

Ongoing Projects

These projects are not directly linked to a deliverable on the Adults 55+ Strategic Plan but have significant impact on the 55+ community.

Seniors' Day (Featuring the Mayors Seniors' Forum)

- Fourth annual Seniors Day featuring the Mayors Forum was held June 6, 2018.
 - o Focus on health and nutrition; an estimated 200 residents participated in various presentations on nutrition and health and attended the trade show for information and resources.
 - o This was the largest turnout to Seniors Day that we have ever seen. We expect a strong turnout in 2019 also.
- The 2018 event included a partnership with the Caledon Seniors Centre, and it was generously sponsored by Bolton Mills Retirement Residence and Home Instead.
- The 5th annual event is planned for Wednesday June 5, 2019.

Caledon Adult's 55+ Community Networking Group (CNG)

- Established in September of 2016, this group provides a forum for local community services, businesses and programs working with the 55+ demographic populations to build on relationships and discuss upcoming projects and partnerships.
- In September 2018 the Caledon Adult's 55+ CNG embarked on a project to improve on community navigation in Caledon. This includes increased use of existing navigational services (211, Senior Saviour Solutions, Central West Local Health Integration Network) to improve access for residents.

Seniors Task Force (2014-2018)

- The Seniors Task Force concluded their four-year term, in alignment with the municipal council terms of office, in June 2018 with an overall strategic progress review and a celebratory lunch.
- Over the remaining months of 2018 staff reviewed and updated the Terms of Reference for the recruitment of new Task Force members expected in 2019.

Adults 55+ Strategic Plan Annual Report – 2018

Conclusions and Next Steps

Although a great deal of the initiatives indicated in this report is behind the scene type progress, it is felt that the progress is indeed moving in the right direction. As a community based strategic plan it is important to have the support of not only the Town employees but also the support of the various community stakeholders and residents in order to be effective in making change.

2019 Goals

- ❖ New Task Force
 - Volunteers will be appointed to assist with the progress of the strategic priorities over the term of Council.
 - Short (annual) and long-term goals based on the Strategic Initiatives in the Adults 55+ Plan will be developed once new members have been appointed.
- ❖ Community Navigation
 - Embarking on an improved navigation system project in Caledon through the Caledon Adults Community Networking Group and in partnership with PEAPN and the Region of Peel.
- ❖ Outreach
 - Continued efforts to outreach into the community through various forms of media – ongoing updates online, increased outreach in newspaper and magazines, increased face to face outreach.
- ❖ Seniors Day – Save The Date – June 5, 2019
 - Annual event in partnership with the Mayor’s Office providing information in the form of an expo and various presentations for the 55+ Caledon community.
- ❖ Caledon Seniors Centre Satellite Partnership
 - Ongoing support to build on the expanded services offered in rural communities by the Caledon Seniors Centre in partnership with the Town of Caledon.
- ❖ 55+ Programming
 - Creating efficiencies in the 55+ programs offered throughout the Town.
- ❖ Outdoor Fitness Playground
 - Selection of a location for an outdoor fitness playground and application to provincial funding to support implementation of the project.
- ❖ Community Gardens

Adults 55+ Strategic Plan Annual Report – 2018

- Initial planning stages to implement community gardens on select Town property location(s) and involvement of community partners.
- ❖ Affordable Housing Strategy
 - Embarking on the development of a municipal strategy for affordable housing in Caledon.
- ❖ Official Plan Review
 - Involvement when required to ensure aging in place components and age friendly wording is included in the updated official plan.
- ❖ SNAP West Bolton
 - Partnerships between SNAP West Bolton and Adults 55+ initiatives to move forward deliverables in the Bolton study area.
- ❖ Community Walkability
 - Walking audit assessments were completed for a number of schools in 2018 as part of the School Travel Plan by Peel Public Health. More walking audits are being planned for the 2019 year to assist in determining the improvements needed to make various Caledon communities “walkable and safe”.
 - Working with Transportation Engineering Division towards the “Walk Friendly Ontario” designation. A new Active Transportation Task Force will be established in 2019, subject to Town Council approval, and additional walking audits in other high walking traffic areas can be planned and completed
- ❖ Traffic Calming Strategy
 - A Town-wide Traffic Calming Strategy will be launched at the end of 2018 to assess new tools/technologies to change/influence aggressive driving behavior on all types of roads in Caledon
 - Working with Transportation Engineering Division to provide input from the perspectives of seniors’ interests.
- ❖ Outdoor Court Resurfacing
 - Approved 2018 funding to resurface the Ellwood Tennis Courts in Bolton and Victoria Parks Tennis Courts in Mono Mills.
 - Resurfacing will be completed in Spring 2019 and will include pickleball lines
- ❖ Snow Removal
 - Continued efforts towards implementation of a snow removal assistance program for residents in Caledon.

Adults 55+ Strategic Plan Annual Report – 2018



For More Information

Katie Sawyers
Coordinator, Adults 55+
Community Services Department

Town of Caledon
6311 Old Church Road
Caledon, ON
L7C 1J6
905-584-2272 x 4106
1-888-225-3366
Adult55@caledon.ca

www.caledon.ca/adult55
www.visitcaledon.ca

Adults 55+ Strategic Plan Annual Report – 2018

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