

# SENIORS' CENTRES PLAN 2011-2021





Approved by City Council on May 18, 2011

This plan is available online at  
[www.edmonton.ca/seniors](http://www.edmonton.ca/seniors)

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# I. EXECUTIVE SUMMARY

*On April 20, 2009, the Community Services Committee of City Council directed Administration to develop a Seniors' Centres Plan for Edmonton. The Seniors' Centres Plan provides future direction over the next 10 years on capital requirements of existing seniors' centres, recommendations to address seniors' needs in areas of the city where seniors' centres do not currently exist, and recommendations for operational improvements to seniors' centres. The plan builds upon previous work completed in the Seniors' Centres Long-Term Funding Strategy (2007-2017) which was completed in 2007.*

## Background

Edmonton's population is aging quite dramatically. In 2006, one in five Edmontonians were 55 years and older. By 2041, almost one in three will be a senior. Within the population of seniors, the most dramatic growth will be in the 80+ year age group. Seniors are "aging in place," in their homes and communities much longer. As seniors age, the need for services and assistance to support their independence and overall well-being often increases.

Edmonton has been a leader with seniors services since the 1970s. In 2010, Edmonton's commitment and vision to support seniors was strengthened with the Edmonton Seniors Declaration launch on June 3, and, in December, Edmonton was officially recognized by the World Health Organization as an "Age-Friendly City." Other key strategic seniors' initiatives underway include: Aging in Place Community Demonstration Projects, Edmonton Seniors: A Portrait (describing the needs of Edmonton's seniors) and a five-year plan to help Edmonton be more "age-friendly," entitled Vision for an Age-Friendly Edmonton.

Seniors' centres continue to be a vital, effective resource and support to Edmonton's seniors as well as an efficient "seniors' information hub" for the general public. It is anticipated the need for seniors' centres will grow as the number of seniors increase. In the next 10 years, programs and services must continually adapt in response to the increased number of participants and changing interests/needs. Seniors' centres support and complement other community-based social and recreation services, which offer programs and services for all age groups and seniors-specific services.

## Overview / Methodology

The Seniors' Centres Plan includes:

- a review of existing seniors' centres;
- a summary of proposed future capital improvements to existing seniors' centres;
- analysis of seniors' needs in areas of the city without a seniors' centre; and,
- recommendations related to potential future capital requirements related to seniors' centres and services for older adults.

This report was developed from best practices, research and extensive consultation with the Edmonton Seniors Coordinating Council, Edmonton seniors' centres and community focus groups.

### Key Findings

- Seniors' centres model research<sup>1</sup> demonstrates the importance of seniors' centres as a part of the facility continuum available to older adults in the community. Seniors' centres offer a vital service with diverse recreation and social services programming ranging from physical activity, cultural programs, wellness programs, and outreach to lifelong learning and social support. They are community hubs providing resource information, services and critical support to older adults.
- Seniors' centres operational models vary but the trend leans toward:
  - seniors' centres being governed by a non-profit board;
  - seniors' direct involvement in facility operation and capital development plans;
  - professional staff to support extensive volunteer support; and,
  - collaboration with community partners (including providing space for community partners within existing seniors' centres or collaborating in the community to provide programs for older adults).
- Most municipalities are responding to older adult needs with the development of age-friendly facilities and seniors programming in multi-purpose recreation centres. The City of Edmonton supports seniors by providing programming for seniors within existing recreation facilities and by supporting seniors' centres.
- The City of Edmonton - Community Services supports seniors' centres with four funding sources:
  - Family and Community Support Services (FCSS) Funding - for outreach/ preventative social services programs;
  - Senior Centres Investment Program Operating Grant - helps offset operational expenses;
  - Senior Centres Investment Program Facility Conservation Grant - minor capital development expenses; and,
  - Senior Centres Investment Program Emerging Seniors' Centre Grant - new developing seniors' centres.

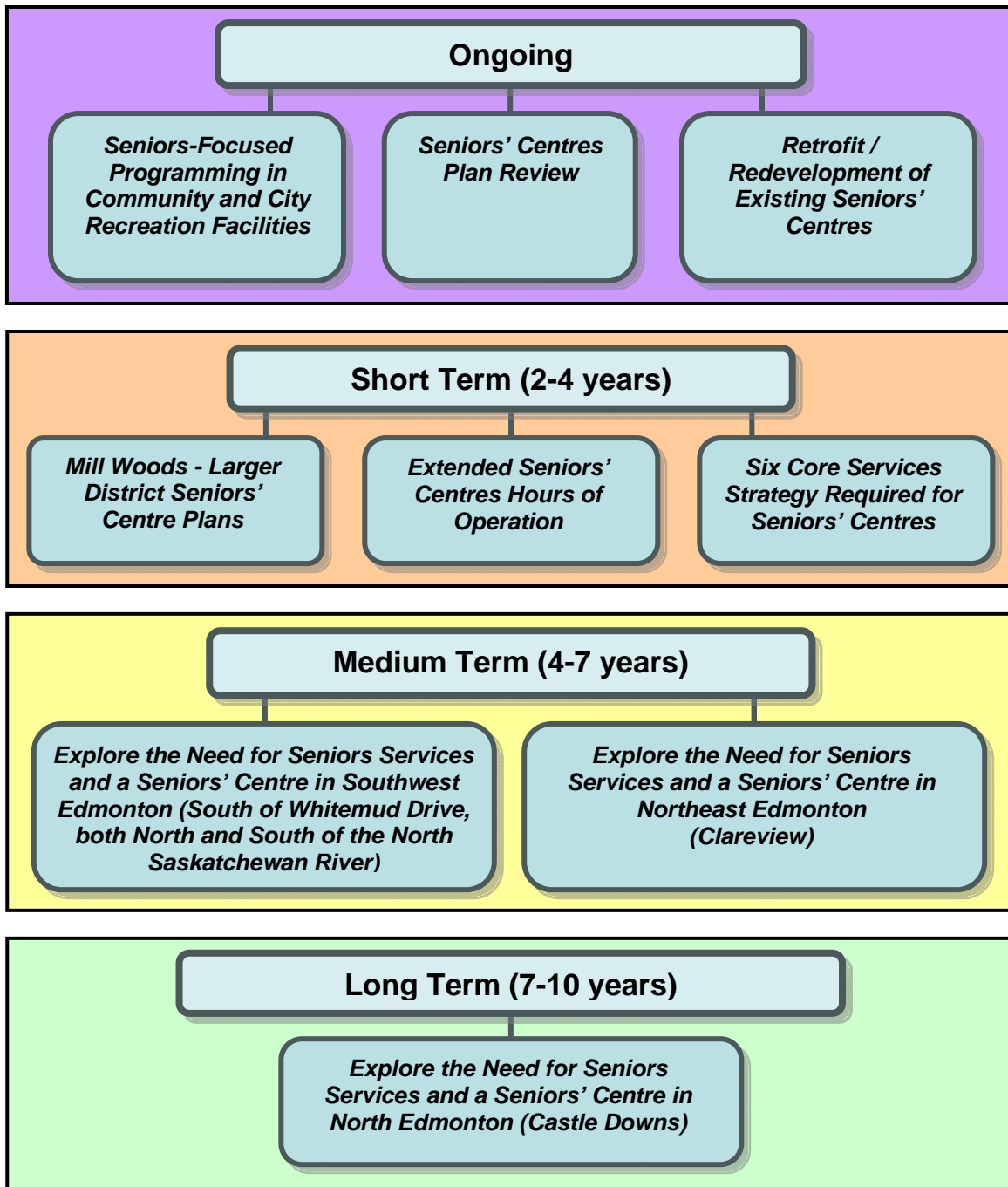
Seniors' centres operating expenses and capital expenses are also supported by fundraising initiatives and grants from other orders of government.

- Five types of seniors' centres operate in Edmonton, which are reflected in the membership catchment areas. On average, the distance that a senior may travel to access a centre is approximately 3-4 km. This distance was used as the standard service radius when deciding on locations for potential future seniors' centres in Edmonton.
- As the number of seniors increases in certain areas of the city, service demands also grow. Seniors' centres will need to focus on increasing facility capacity and, in some instances, future capital improvements may be required.
- In the short term, Mill Woods Seniors' Activity Centre requires increased space to meet increased program and membership needs as gaps in services have been identified.
- Program and service needs of seniors and the need for a seniors' centre will have to be explored further in three areas of the City. These areas are where growth of seniors is anticipated and seniors' centres do not currently exist - southwest (south of Whitemud Drive, both north and south of the North Saskatchewan River), northeast (Clareview) and north (Castle Downs).

<sup>1</sup> *Seniors Centre Model Research Report, December 2009, by Jane Reid*

### Recommendations Overview

The Seniors' Centres Plan provides nine recommendations. These recommendations address existing and/or anticipated gaps of seniors' centres in Edmonton over the next 10 years.



## II. INTRODUCTION

### 1. Purpose of Plan

The Seniors' Centres Plan takes a broad city-wide look at seniors' centres in the city, highlights any existing or anticipated gaps and develops recommendations for future consideration regarding seniors' centres in Edmonton.

Seniors play an important and active role in communities and the City of Edmonton recognizes the importance and contribution of seniors. As described in the City of Edmonton's Seniors Declaration, Edmonton's commitment to seniors rests on four ideals:

- Individuals are respected regardless of age. All generations have much to teach and learn from each other.
- People of all ages are safe in their homes and neighbourhoods. Safety has physical, environmental, financial and health aspects.
- The City's transportation systems, urban design and physical infrastructure allow all people to participate in full lives. No one is barred by mobility or resources from involvement in city life.
- Older people have ready access to programs, employment, activities and services that help them stay engaged, respected and appreciated.

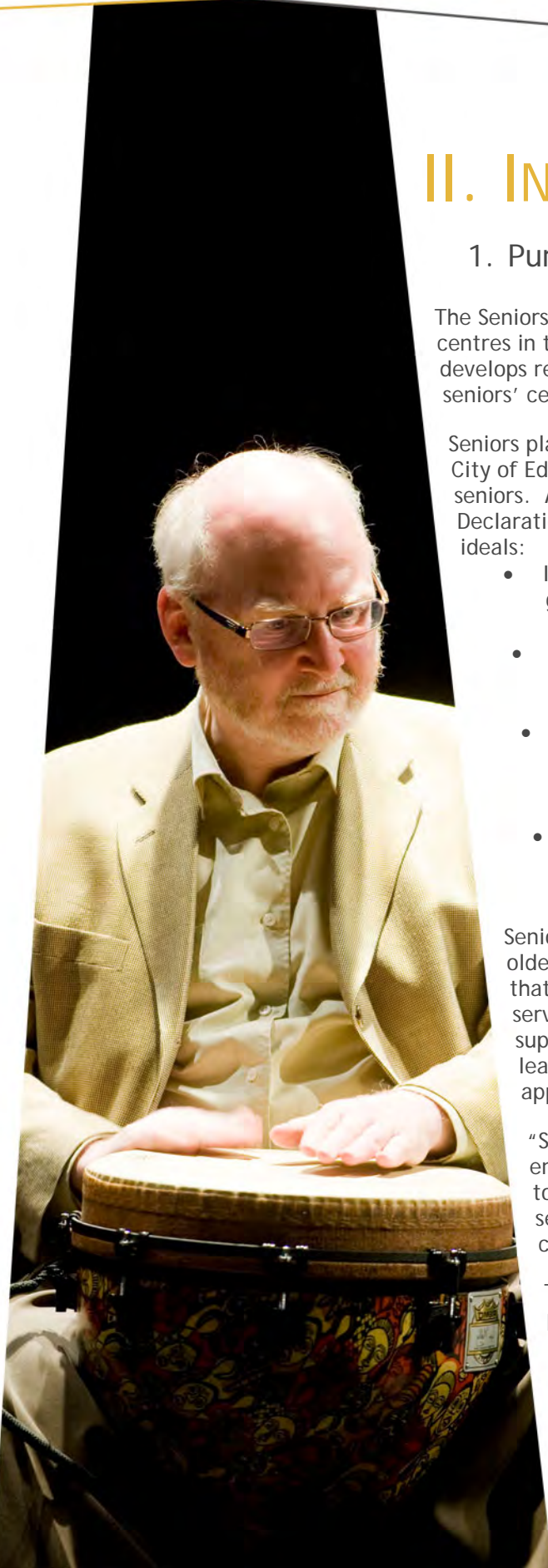
Seniors' centres are part of the facility continuum available to older adults and are "designated as community focal points that not only provide helpful resources to older adults, but serve the entire community with information on aging; support for family caregivers, training professionals, lay leaders and students; and, development of innovative approaches to addressing aging issues."<sup>2</sup>

"Seniors' centres provide vital programs and services that enable seniors to be independent, healthy, and connected to other seniors and to the community at large. Centres serve as central gathering places helping to build stronger community hubs and neighbourhoods."<sup>3</sup>

The importance of seniors' centres with an aging population is quite significant.

<sup>2</sup> *Seniors Centre Model Research Report, December 2009, by Jane Reid p.7*

<sup>3</sup> *City of Edmonton's Seniors' Centres Long-Term Funding Strategy (2007-2017)*



## 2. Edmonton's Plans / Initiatives / Strategies Supporting Seniors

The City of Edmonton has been a strong supporter of seniors and seniors' centres for many years. In Edmonton, there are a variety of strategic documents, plans, and initiatives underway or completed which directly relate to seniors and the Seniors' Centres Plan. These resources have been reviewed and incorporated within this plan to ensure information and recommendations reflect current policy, trends, needs, and strategic direction. Recent initiatives outlined below further demonstrate this support to seniors and stress the importance of seniors' centres in Edmonton.

### **The Way We Live: Edmonton's People Plan**

Edmonton's People Plan is the City of Edmonton's vision and description of what we want Edmonton to become by 2040. The plan recognizes that Edmonton has a changing population. "Edmonton's population is aging, one third of Edmontonians now live alone. Edmontonians are increasingly more culturally and ethnically diverse."<sup>4</sup>

### **Recreation Facility Master Plan 2005-2015 (RFMP)**

The RFMP recognizes Edmonton's population growth of older adults and the increased levels of services and facilities required in years to come. The RFMP also recognizes that a greater number of Canadians are retiring earlier than age 65 and leisure participation among older adults is growing. All new district-serving recreational facilities should include multi-purpose spaces capable of accommodating seniors programming.

In 2009, the City of Edmonton conducted a five-year review of the RFMP. The five-year review identified the need to reconsider the recommendation not to build stand-alone seniors' centres and to review the benefits of including seniors' centres as part of the Recreation Facility Continuum. This work has led to the Seniors' Centre Plan recommending the pursuit of both strategies: including space in the new community recreation centres for seniors programming and supporting the development of stand-alone seniors' centres.

### **Family and Community Support Services Grant**

Family and Community Support Services (FCSS) is a joint municipal/provincial partnership that funds preventive social service programs that enhance the well-being of individuals, families, and communities.

### **Seniors' Centre Long-Term Funding Strategy (2007-2017)**

In June 2007, the City of Edmonton developed a 10-year seniors' centres funding strategy to address the challenges seniors' centres were facing with building operating expenses. The strategy recognized the important role of existing seniors' centres and developed a new funding program to strengthen their ability to operate facilities and support minor capital expenditures. This funding strategy led to the development of the Seniors' Centres Investment Program.

### **Senior Centres Investment Program**

The City's Senior Centres Investment Program offers three funding opportunities for seniors' centres. The Operating Grant offsets seniors' centres operational expenses. The Facility Conservation Grant assists with preventative maintenance, retrofit of facilities, and minor capital development expenses. The Emerging Seniors' Centre Grant supports new developing seniors' centres within the city.

<sup>4</sup> *The Way We Live: Edmonton's People Plan*



### **Aging in Place Study and Demonstration Projects**

In December 2007, the City of Edmonton completed a study on the needs of Edmonton's seniors related to aging in place. The study identified needs and potential suggestions to more effectively support seniors to age in place in their homes in the community. A key recommendation of the study was to implement neighbourhood-based aging in place pilot projects to help support seniors to age in place in their homes and neighbourhoods longer.

On May 1, 2010, the City of Edmonton received funding from Alberta Health and Wellness' Continuing Care Strategy to implement two demonstration projects. One site will support immigrant seniors in Mill Woods. The second site will support older seniors in southeast Edmonton. A variety of formal and informal initiatives will be implemented to help support seniors to remain in their homes in the community longer. After the demonstration projects are completed, learnings will be shared with other communities in Edmonton and Alberta. For both sites, seniors' centres within those areas are key "service and information hubs," for seniors and others in those communities, as well as a valuable support related to aging in place.

### **Creative Age Festival**

The Creative Age Festival was launched in 2008. The Festival exists to recognize the vital contributions of arts to lifelong learning, creative expression, and health and well-being, in later life. The festival celebrates the contributions that senior artists have made in the arts field, and fosters increased arts-based participation in later life by recognizing and encouraging quality arts-based programming and engagement.

### **Making our Houses Lifelong Homes - Accessible Housing for Seniors**

On October 8, 2009, the Mayor held a one-day event (The Mayor's Roundtable for Accessible Housing and Universal Design for Seniors) to explore the need to create more accessible housing for seniors, the importance of aging in place, and determine how to increase the availability of accessible homes in Edmonton. The report reflects the information that was shared at the roundtable event, the discussions that took place among the participants, and other research. It also presents suggestions for how advocates, policy makers, builders and academics can work together to move toward creating houses that can become lifelong homes.

### **Helping Seniors Age in Place: A Strategic Framework to Improve Outreach to Edmonton Isolated Seniors**

In 2009/10 the Edmonton Seniors Coordinating Council facilitated meetings of seniors'-serving organizations and Family and Community Support Services (FCSS) to complete an assessment of community-based outreach services to isolated seniors. An enhanced model of outreach was developed to ensure city-wide access to services. The enhanced model involves the collaboration of service agencies, common definitions, common forms, tools and resources as well as centralized facilitation of worker training.

### **Edmonton Seniors Declaration**

In June 2010, City Council approved the Edmonton Seniors Declaration. The declaration is a guiding visionary document describing the City's commitment to seniors. It describes how aging residents and seniors are valued and how City administration will work to make Edmonton more age-friendly. Other key stakeholders in Edmonton are also being encouraged to adopt the intent of the declaration with their organizations. The Seniors Declaration is the first of its kind in Canada.

### Edmonton As An Age-Friendly City

In December 2010, the City of Edmonton became a member of the World Health Organization (WHO) Global Network of Age-Friendly Cities. This membership recognizes Edmonton's past and present accomplishments and future support related to seniors and age-friendly initiatives.

### Edmonton Seniors: A Portrait

In November 2010, a report was released summarizing current demographic information on Edmonton seniors and highlighting their needs, interests, and abilities. The report builds upon suggestions outlined in WHO's Age-Friendly Cities Guidelines. The important role of seniors' centres is highlighted in the report.

### A Vision for Age-Friendly Edmonton (Five-Year Strategic Plan)

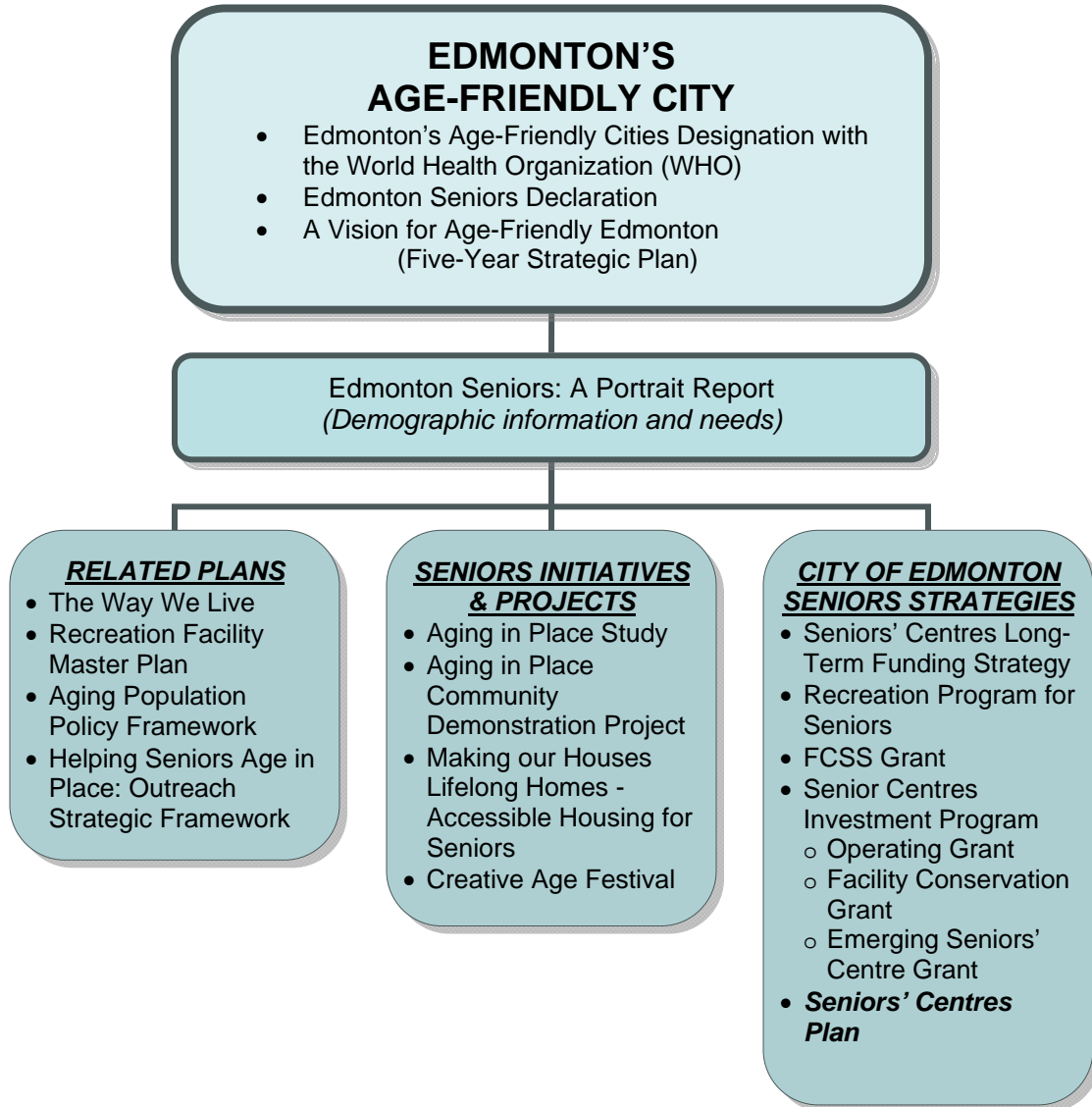
The Edmonton Seniors Coordinating Council, in collaboration with seniors' organizations and the City of Edmonton, are completing a five-year blueprint for an age-friendly Edmonton. The plan builds upon the suggestions outlined in WHO's Age-Friendly Cities Guidelines and suggests actions to help support Edmonton to be a more age-friendly city. A variety of services and supports provided by seniors' centres are recommended within the plan.

### Aging Population Policy Framework

In November 2010, the Government of Alberta released the framework document to identify its role in meeting the needs of an aging population and to foster collaboration and integration with other levels of government and community for program and service delivery. The framework outlines the roles of individuals and families, the private and non-profit sector and the public sector. Municipal governments are encouraged to facilitate collaboration for responding to the changing needs of their aging populations, including developing age-friendly environments.



The following chart summarizes how the Edmonton Seniors' Centres Plan is integrated with existing key seniors and city plans, initiatives, projects, strategies and funding opportunities and will assist in making Edmonton an age-friendly city.



### 3. Seniors' Centre Definition and Core Services

**SENIORS' CENTRE...** is defined as a public facility that<sup>5</sup>

- is operated by a non-profit organization.
- is targeted to people 55 and older.
- offers a diverse range of programs, services\*, and activities that take place or originate from a facility built or designed to meet the needs of seniors.
- has regular hours of operation.
- is accessible to all seniors.

*\*The range of services include, but are not limited to, recreation, wellness, creative arts, education, social events, information and referral, volunteerism, outreach and social support.*

#### **CORE SERVICES ESSENTIAL TO ALL SENIORS IN EDMONTON**

In consultation with Edmonton's existing seniors' centres, it was determined that there are six core services that should be available in all seniors' centres in Edmonton. The six core services are:

##### **Core 1 - Social Services**

Provides information/referral, one-to-one supportive counseling, support groups, education, advocacy outreach and other assistance (e.g. completing forms, Commissioner of Oaths, etc.)

##### **Core 2 - Recreational Programs**

Provides a range of activities within the following categories: physical fitness, mental fitness, creative/arts and social opportunities

##### **Core 3 - Nutrition Services**

Provides regular access to nutritious and reasonably priced food choices

##### **Core 4 - Health and Wellness**

Provides regular information sessions and referrals to health professionals

##### **Core 5 - Community Development**

Collaborates and links with the local community to build awareness of seniors' needs, and further supports aging in place

##### **Core 6 - Volunteerism Opportunities**

Provides volunteer opportunities for seniors (both within and outside the centre), and has a plan for volunteer development, management/maintenance and retention

<sup>5</sup> City of Edmonton's Seniors' Centres Long-Term Funding Strategy (2007-2017)

## 4. Role and Importance of Seniors' Centres

Seniors' centres have been in operation in Edmonton since the early 1970s. Many began through informal gatherings of seniors who came together for companionship, recreation and to address common concerns. This evolved to the common model which exists today with diverse programs, operating out of larger community-based facilities, open most days of the week and under the umbrella of a non-profit board. Seniors are actively involved in the governance and operation of these centres, with professional staff and volunteers coordinating facility operations and programs/services.

As the population of seniors grows, so does the need for support to seniors. Seniors' centres are the primary place for that support. Along with providing opportunities for socialization, ongoing personal development, and recreation, seniors' centres perform a very significant role in keeping seniors healthy, connected to the community and able to live in their homes longer. Professional staff and volunteers reach out to isolated seniors in the community to assist them in many different ways, linking them with appropriate social services agencies, arranging transportation for medical appointments or just being a friendly visitor.

Current research<sup>6</sup> supports the need for programs provided by seniors' centres.

- Physical activity contributes to improved health and the reduction of falls by seniors (the number 1 reason for hospitalization of seniors).
- Seniors involved in creative pursuits live longer, have decreased depression, use less medication and have fewer hospital admissions.
- Seniors' centres reduce isolation.

Seniors' centres also provide opportunities for life-long learning, and older adults look to recreation and leisure opportunities as a means to develop new skills and knowledge to cope with life transitions. The need to be creative, to express ones individuality and to connect to ones ethnic roots and spirituality increases as we grow older. The demand for high-quality art, cultural and nature based activities continues to increase.

Seniors' centres have become hubs through which a spectrum of programs and services are provided for the diverse population of their membership. Seniors' centres are more than just recreational facilities for the older adult - they offer core and specialized services, outreach and preventative social services, as well as recreation opportunities for the older population in Edmonton. In essence, they are a "one-stop shop" for seniors to access information and relevant programming to support changing needs.

Seniors' centres are not meant to be all things to all seniors; rather, they are to be a resource and support to the seniors' community as needed. Many seniors are active outside seniors' centres and it is important that there is a range of choices available. Seniors' centres have an important role to play in supporting the aging population to "age in place" in Edmonton.

<sup>6</sup> *Community Services Senior Centre Building Operating Cost Funding Strategy Final Draft Report, July 2006*

## III. RESEARCH AND METHODOLOGY

### 1. Summary of Completed Work

The development of the Seniors' Centres Plan involved comprehensive research and significant consultation.

Focus areas included:

- Initial analysis of seniors' centres in Edmonton - including catchment areas, the various types of centres, operating models, and capacity issues or concerns
- Analysis of seniors needs in areas of the city which do not currently have seniors' centres
- Establishment of core services and development of maps that identifies projected seniors population growth patterns and existing seniors' centres service radii
- Projected demographic changes of the 55+, 65+ and 75+ age ranges over the next 10 years (2011-2021)
- Research on seniors' centres trends
- Recommendations - an identification of physical gaps, core-service gaps and building capacity issues and concerns

**Research** was completed by Jane Reid, a researcher who was contracted by the City of Edmonton to study and provide recent data and trends in seniors' centres models from across North America.

**Consultation** involved ongoing meetings with the Edmonton Seniors Coordinating Council and existing operators of seniors' centres in Edmonton. Focus groups were also held in southwest and southeast Edmonton to gather information for the plan.

### 2. Key Research Findings

- Seniors' centres should offer the core programs/services and then diversify to address the unique needs of the community.
- Centres should be fully accessible, located in relative proximity to one's home and easily accessed by public transit, provide core services and service several neighbourhoods. There is an understanding that seniors may need to travel for specialized programming.
- Size of the facility, access to the facility and atmosphere within the facility are very important to seniors. A centre must have enough space to offer programs and activities, but not be so large to be overwhelming.
- "Aging in place" refers to helping seniors remain in their homes as long as possible. Seniors' centres can play a significant role by being part of the service continuum and providing activities and support that allow and encourage seniors to stay in their homes [longer].<sup>7</sup> Considerations to support this concept (although not necessarily the role of a seniors' centre) are transportation, adult day programs and home supports.

<sup>7</sup> *Seniors Centre Model Research Report, December 2009, by Jane Reid, p. 7*

## IV. EXISTING SENIORS' CENTRES CURRENT STATE REVIEW

### 1. Catchment Areas (Service Radius)

To determine how far people are currently traveling to access a seniors' centre, postal code data from each centre's membership base was plotted on a map. Membership is defined differently by each centre and not all services at a centre require participants to be members; however, membership is a fair, general measure of service radius.

The postal code data, as well as the size/type of facility the seniors' centre had access to, helped determine that there were five different types of seniors' centres. Depending on the type of centre, seniors travel between 1.5 km and 6.0 km to access a centre.

Travel variation could be due to a number of reasons, such as the willingness to travel to participate in specialized programming, the presence of socio-economic advantages/disadvantages, transportation availability, the social draw (to participate where existing friends take part) or even the presence (or not) of a physical boundary such as the North Saskatchewan River.

It is difficult to know why there is such a range of catchment areas other than to note that different catchment areas exist and that they are all part of the seniors' centre continuum that serves the older adult population of Edmonton.

### 2. Types of Seniors' Centres

Using the primary assessment of membership and secondary assessment of facility, five different types of centres became evident. They are:

- **Type 1:** Targeted Membership - Population segmentation is in the name, membership is not necessarily in the vicinity of the building. No catchment area has been established.
- **Type 2:** Neighbourhood Membership - Membership is geographically focused within a 1.5 km radius of the centre and facility is small.
- **Type 3:** District Membership - Centre has the ability to provide service to a district area and membership is geographically focused within a 3.0 km radius of the centre.
- **Type 4:** Quadrant Membership - Centre has the ability to provide service to a quadrant of the city and membership is focused in one particular quadrant of the city. Membership is geographically focused within a 4.5 km radius of the centre.
- **Type 5:** City-wide Membership - Low concentration of members over the widest area. Membership is geographically focused within a 6.0 km radius of the centre.

On average, the distance that a senior normally travels to access a centre is approximately 3-4 km. It is for this reason that a standard service radius of 3-4 km was chosen for recommendations for future seniors' centre locations in Edmonton.

### 3. Operating Models Current and Future

There are currently 15 seniors' centres in Edmonton. Two centres are owned by the City of Edmonton. The City manages the operation of these facilities and a non-profit organization manages the programming services. The other 13 centres are managed, operated and programmed by non-profit organizations. These non-profit organizations may have a lease with the City, Province, Community Association or another organization, or are owners of their own building.

Agency	Type of Centre	Address	Building Owner	Operator
Calder Seniors Drop in Centre	District	12963 - 120 Street	City/Calder	Non-profit organization
Central Lions Seniors Recreation Centre	City-wide	11113 - 113 Street	City	Facility - City Program Services – Non-profit organization
Edmonton Seniors Centre	Neighbourhood	11111 Jasper Avenue Edmonton General Hospital	Alberta Health Services	Non-profit organization
Ital-Canadian Senior Centre	Targeted	9111 - 110 Avenue	Association owns the building, leases land from City	Non-profit organization
Jewish Senior Citizens' Centre	Targeted	10052 - 117 Street	Jewish Seniors Centre	Non-profit organization
Mill Woods Seniors Activity Centre	Neighbourhood	Currently in Mill Woods Recreation Centre	City	Non-profit organization
Native Seniors Centre	Targeted	10107 - 134 Avenue	City	Non-profit organization
Northgate Lions Seniors Recreation Centre	Quadrant	7524 - 139 Avenue	City	Facility - City Program Services – Non-profit organization
Operation Friendship	Neighbourhood	9526 - 106 Avenue	Province	Non-profit organization
Seniors Association of Greater Edmonton (SAGE)	City-wide	15 Sir Winston Churchill Square	Province	Non-profit organization
Senior Citizens Opportunity Neighbourhood Association (SCONA)	Neighbourhood	10440 - 84 Avenue	City	Non-profit organization
Southeast Edmonton Seniors Association (SEESA)	Quadrant	9350 - 82 Street	City	Non-profit organization
Southwest Seniors Outreach Society	District	10832 - 62 Avenue	St. Agnes Church	Non-profit organization
Strathcona Place Senior Centre	District	10831 University Avenue	City	Non-profit organization
Westend Seniors Activity Centre	Quadrant	9629 - 176 Street	Community Association	Non-profit organization



The recommended operating model for seniors' centres is consistent with the current governance model for the 13 existing centres seniors' centres in Edmonton. The seniors' centre would be managed and fully operated by non-profit organizations. This model supports partnerships, collaboration, community development, a seniors' driven approach, and expertise in the community providing for the needs of the older adults. The model Edmonton strongly encourages for new development is a seniors' centre with multiple partners to maximize the usage of the facility.

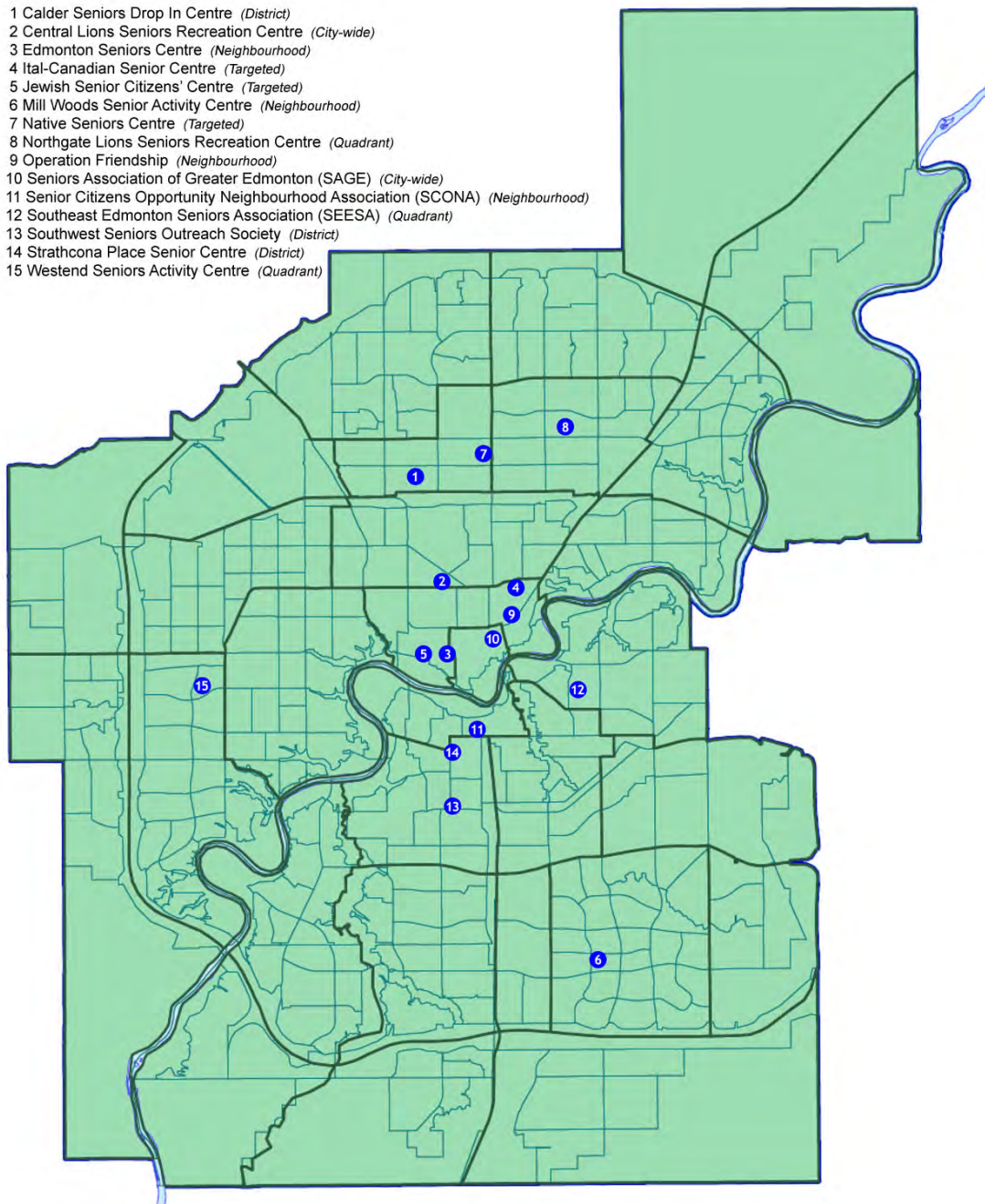
The City of Edmonton owns the Central Lions Seniors Recreation Centre and the Northgate Lions Seniors Recreation Centre. Both facilities are operated in partnership with registered non-profit seniors' associations. A review of the current operating models for these City-owned facilities will be undertaken to facilitate the evolution of the models in a manner consistent with the direction of this plan.

If future planning leads to the development of a new seniors' centre, this governance model should be followed for the operation of those seniors' centres, whenever possible. The City of Edmonton would work with community stakeholders to complete community needs assessments and facility development plans; however, partnerships would be required to assist with development, funding and operation of the facility. Any newly developed seniors' centre would have the opportunity to apply for the City of Edmonton seniors' centre grants: Family & Community Support Services and Senior Centres Investment Program (operating grant, facility conservation grant and/or emerging grant).

*"I feel better about myself  
- stronger and happier.  
Keeps my life on track. I  
look forward to this every  
week."*



# Existing Edmonton Seniors' Centres



## 4. Core Services Evaluation

As identified earlier in this plan, there are six basic core services that should be available in all seniors' centres in Edmonton. These core services are:

- Core 1 - Social Services
- Core 2 - Recreational Programs
- Core 3 - Nutrition Services
- Core 4 - Health and Wellness
- Core 5 - Community Development
- Core 6 - Volunteerism Opportunities

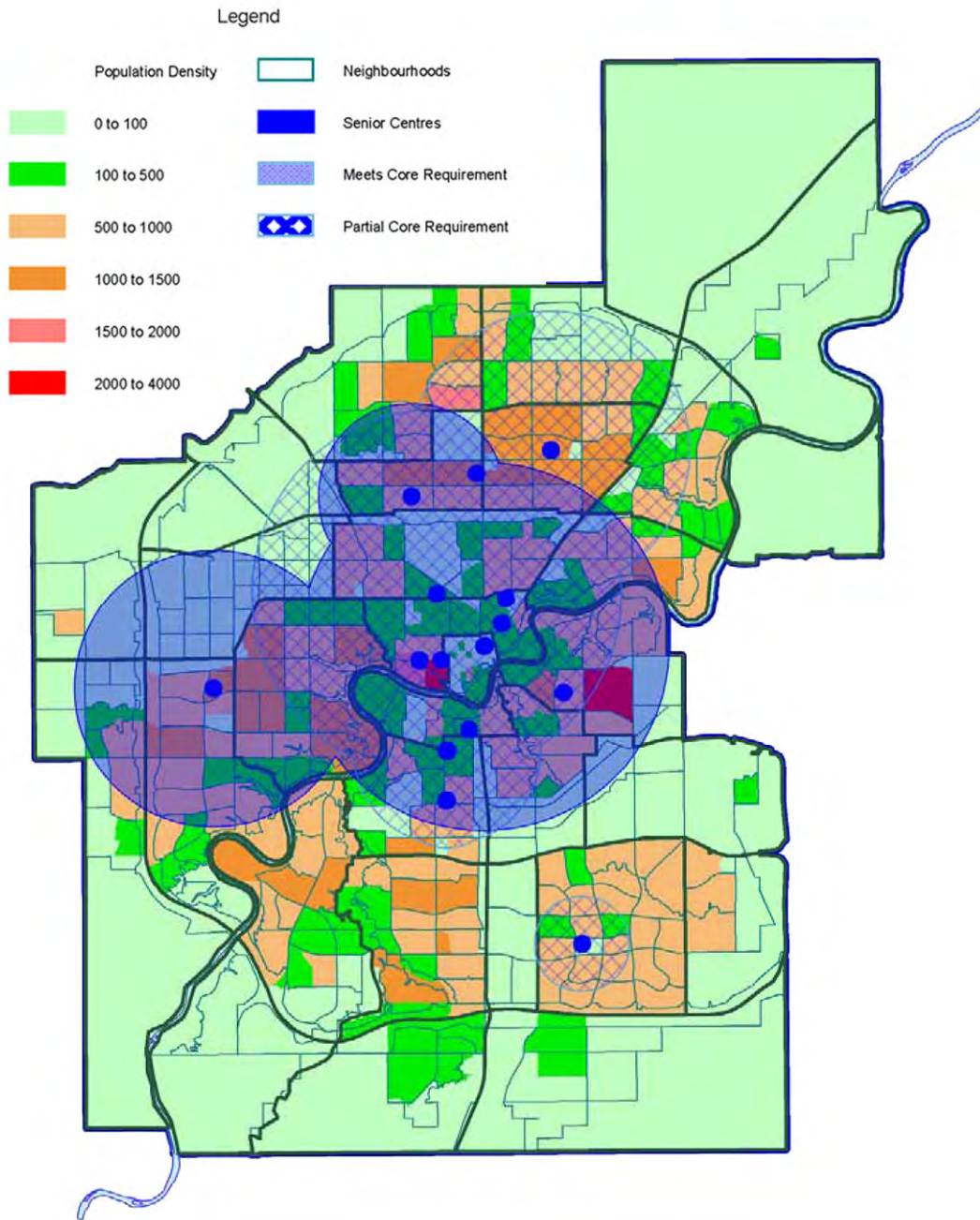
In the evaluation of the existing seniors' centres in Edmonton, the centres ranked themselves according to the core services they currently provide. The following table indicates the level at which a centre offers each of the core services. Several of the centres indicated that they intend to expand their current services to offer all six core services.

CORE SERVICE	Core 1	Core 2	Core 3	Core 4	Core 5	Core 6
Maximum Ranking	3	5	4	2	3	3
LEGEND	Met Requirement		Partially Met Requirement		Does Not Provide Service	

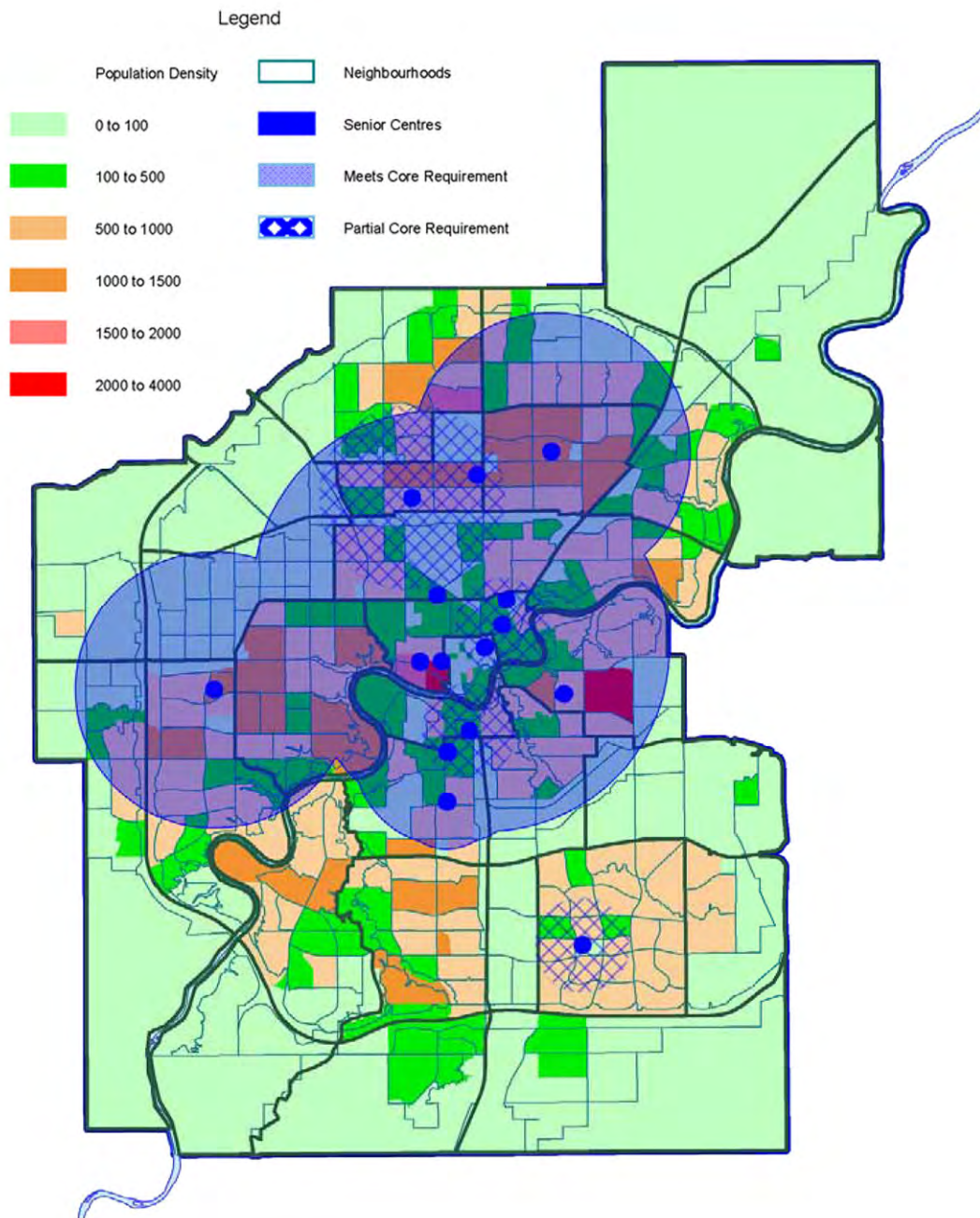
Seniors' Centre Name	Core 1	Core 2	Core 3	Core 4	Core 5	Core 6
Calder Seniors Drop in Centre	3	5	4	2	2	2
Central Lions Seniors Recreation Centre	2	5	4	2	3	3
Edmonton Seniors Centre	3	5	4	2	3	3
Ital-Canadian Senior Centre	1	4	1	2	2	3
Jewish Senior Citizens' Centre	2	3	3	1	0	2
Mill Woods Seniors Activity Centre	2	3	0	1	1	1
Native Seniors Centre	3	5	3	2	2	1
Northgate Lions Seniors Recreation Centre	2	5	4	2	3	3
Operation Friendship	2	2	4	2	3	3
Seniors Association of Greater Edmonton (SAGE)	3	5	4	2	3	3
Senior Citizens Opportunity Neighbourhood Association (SCONA)	2	3.5	4	1	2	3
Southeast Edmonton Seniors Association (SEESA)	3	5	4	2	2	3
Southwest Seniors Outreach Society	1	5	3	0	0	2
Strathcona Place Senior Centre	2	5	4	2	1	3
Westend Seniors Activity Centre	3	5	4	2	3	3

The following maps indicate the catchment areas where services in each of the six core services are being met either completely, partially or not at all. The analysis of this information identified the gaps in core services and where new facilities may be needed. It also identified areas where the number of seniors' centres was sufficient but additional core services were required.

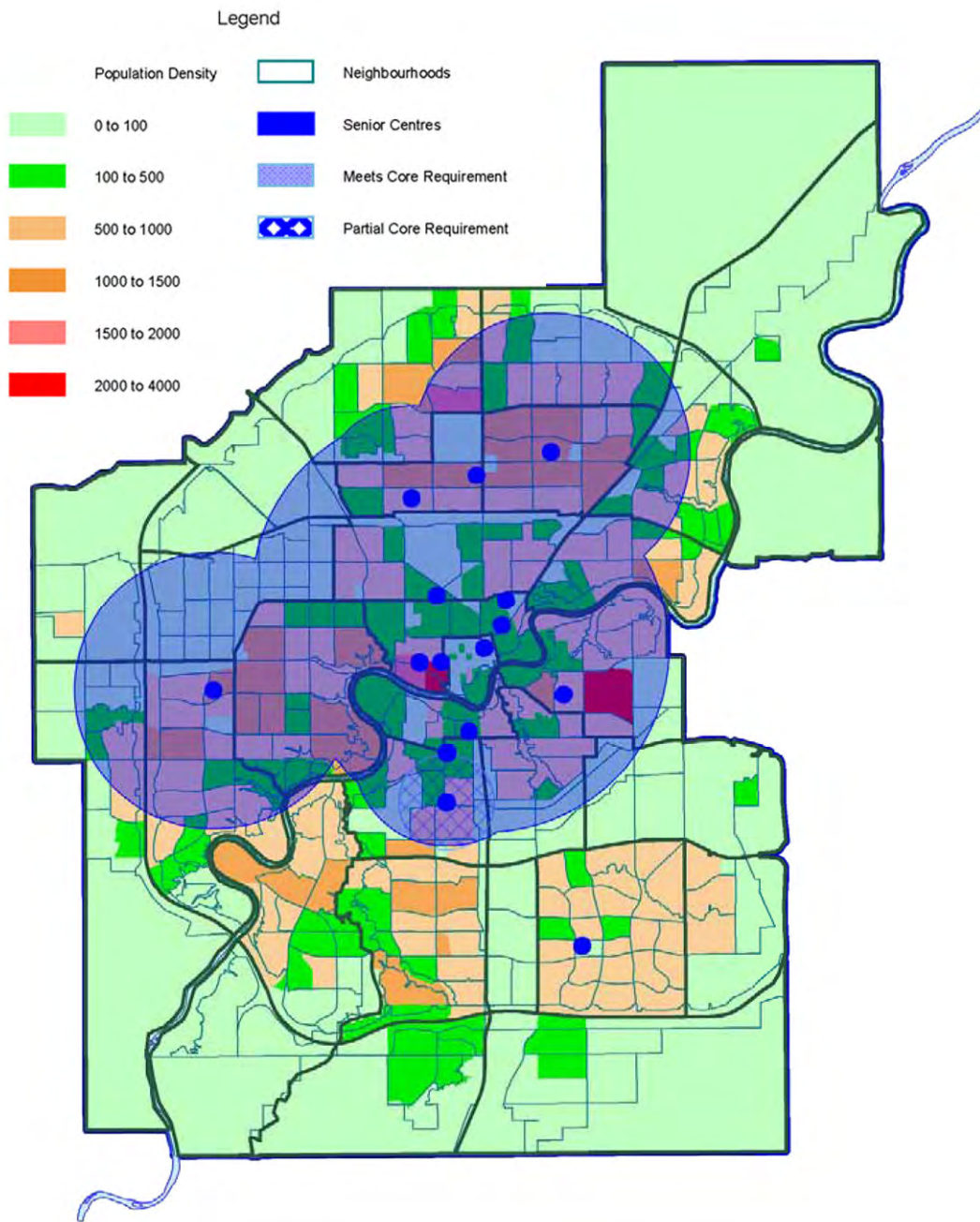
# 2011 Census Data 55+ Core 1 - Social Services



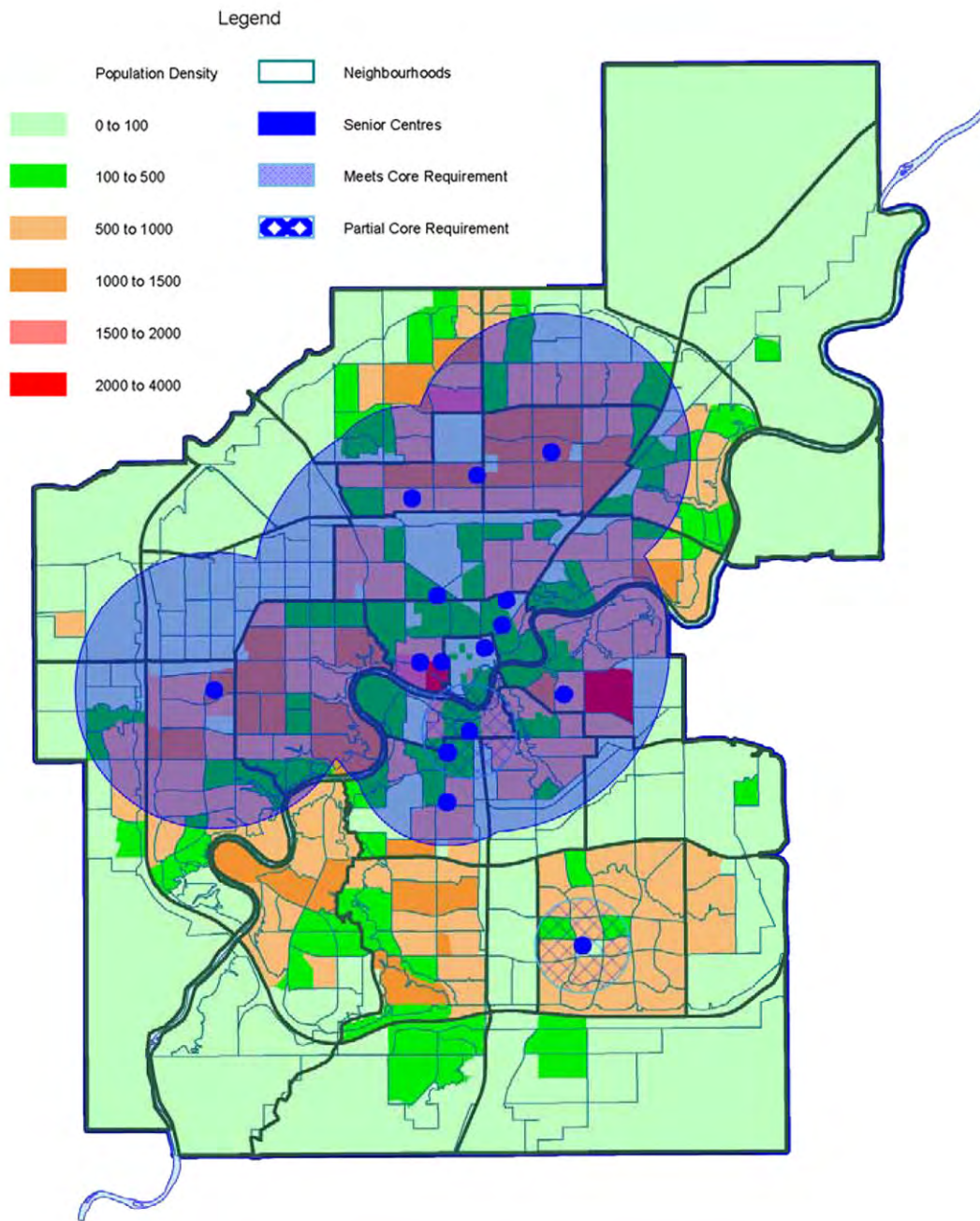
# 2011 Census Data 55+ Core 2 - Recreational Programs



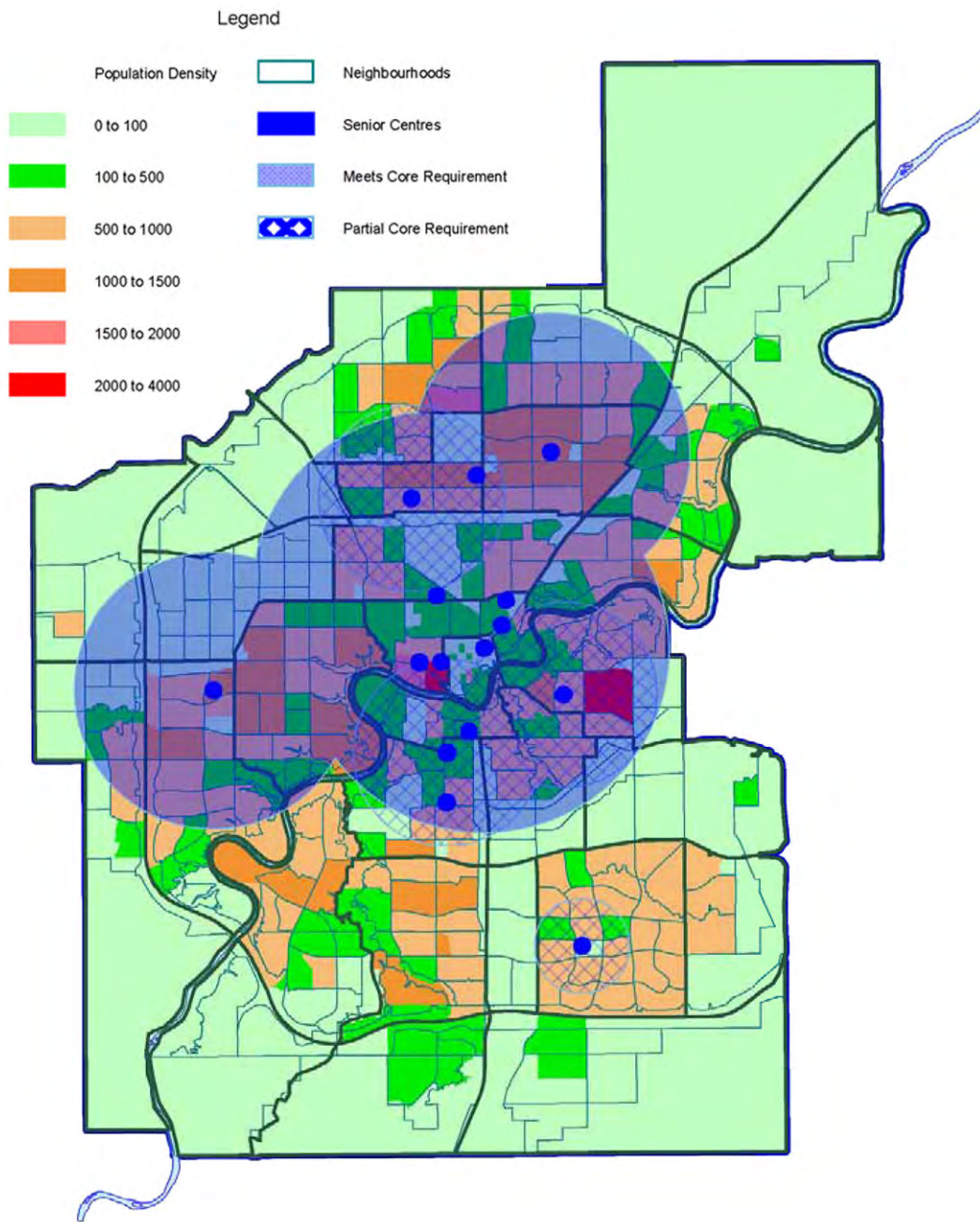
# 2011 Census Data 55+ Core 3 - Nutrition Services



# 2011 Census Data 55+ Core 4 - Health and Wellness

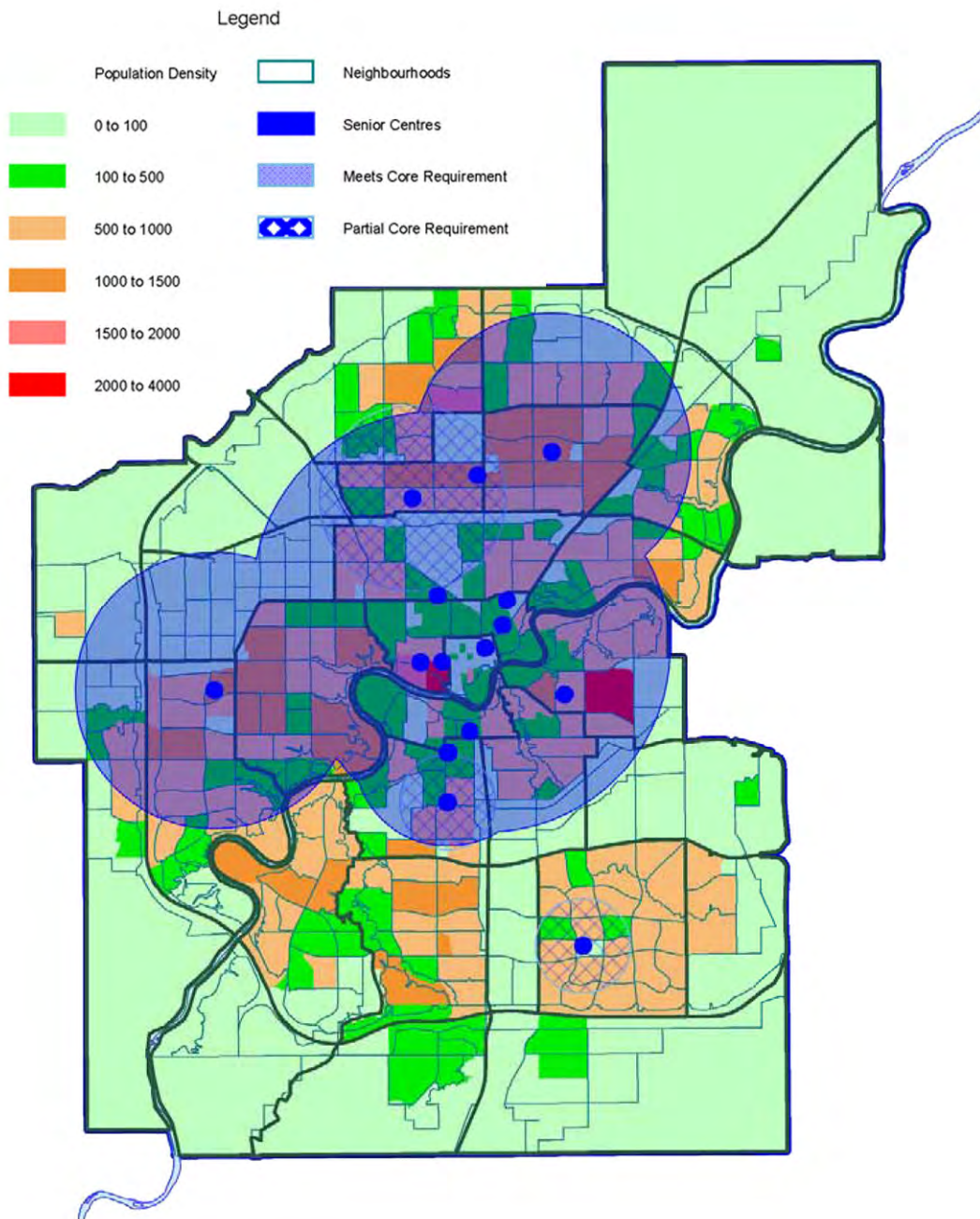


# 2011 Census Data 55+ Core 5 - Community Development





# 2011 Census Data 55+ Core 6 - Volunteerism Opportunities



## 5. Building Envelopes

### Capacity Current & Future

The current and future capacity of existing seniors' centres was also analyzed.

Key findings:

- There are two seniors' centres that are currently at capacity:
  1. **Mill Woods Seniors Activity Centre** - Although the centre could marginally increase hours of operation, the more limiting factor is the small programming space.
  2. **Southwest Seniors Outreach Society** - To address capacity concerns, the centre (which currently operates 22 hours per week) could increase hours of operation as demand requires.
- Northgate Lions Seniors Recreation Centre may have building capacity concerns closer to 2021, given the demographic senior increases in the area. However, the North Edmonton Seniors Association has unfunded facility expansion plans that should address these concerns.
- The other 12 centres have the programming space to accommodate increasing seniors' demographics within their service radius. However, seniors' centres may need to increase the hours of operation to at least 40 hours per week (if not already doing so).

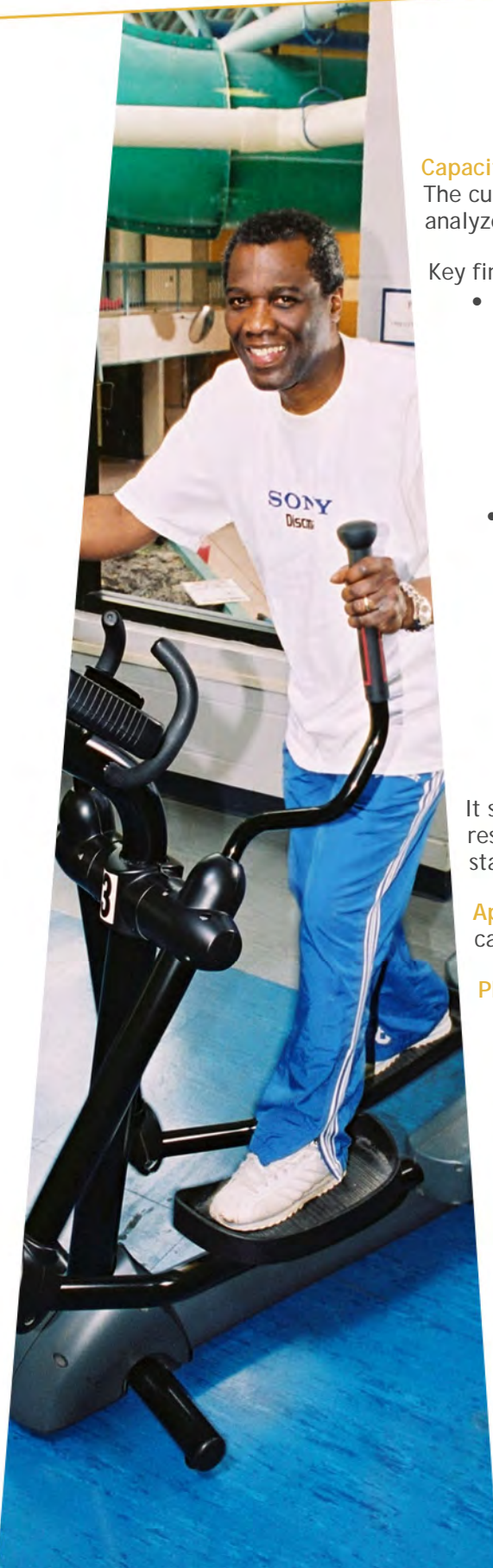
It should be noted that increasing hours of operation has other resource impacts, such as operational cost increases related to staffing and impacts on equipment, utilities, etc.

**Appendix 1** outlines existing seniors' centres current and future capacity.

### Physical Building

- Two seniors' centres rent the space they occupy. Upgrades and expansions to these physical spaces are limited.
- Although most centres have "room to grow," some centres are planning retrofits or rehabilitation to address other building concerns such as modernization, better use of space, increased parking, or the addition of program support spaces.
- Many of the existing seniors' centres have identified that they will be redeveloping or retrofitting their facility in the future.

**Appendix 2** outlines facility building issues and/or plans to address deficiencies.



## V. PROJECTED DEMOGRAPHICS

### Edmonton Demographics<sup>8</sup>

The population statistics used in this report are taken from the Capital Region Board Growth Plan completed in December 2009. The Capital Region Board was established by the provincial government in 2008 and includes 25 municipalities in the Capital Region.

	2011	2016	2021
<b>Edmonton's Total Projected Population</b>	804,478	861,100	920,037
<b>55-64</b>	76,950	94,318	106,453
<b>65-74</b>	49,711	58,166	70,981
<b>75+</b>	43,963	49,441	56,058
<b>Total Seniors 55+</b>	170,624	201,925	233,492
<b>Seniors Per Cent of Total Population</b>	<b>21%</b>	<b>23%</b>	<b>25%</b>
Distribution of seniors population by age category			
<b>55-64</b>	45%	47%	46%
<b>65-74</b>	29%	29%	30%
<b>75+</b>	26%	24%	24%
<b>Total Seniors</b>	100%	100%	100%

As indicated above, the distribution among seniors age categories 55-64, 65-74 and 75+ remains relatively constant over the term of this plan.

Overall, the per cent of seniors compared to the population growth for Edmonton is projected to grow from the current 21 per cent of the total population in 2011 to 25 per cent of the total population in 2021. This represents an overall increase of 62,800 seniors over the next 10 years.

### National Comparison<sup>9</sup>

In 2011, the percentage of Canadians over the age of 55 is projected to be 27.1% of the total population. In Alberta, 22.1% of the population will be over the age of 55 while the other nine provinces will average between 26.2% (Manitoba) and 31.6% (Newfoundland & Labrador). Two of the three territories are expected to have lower averages than Alberta with a range between 10.0% and 23.2%.

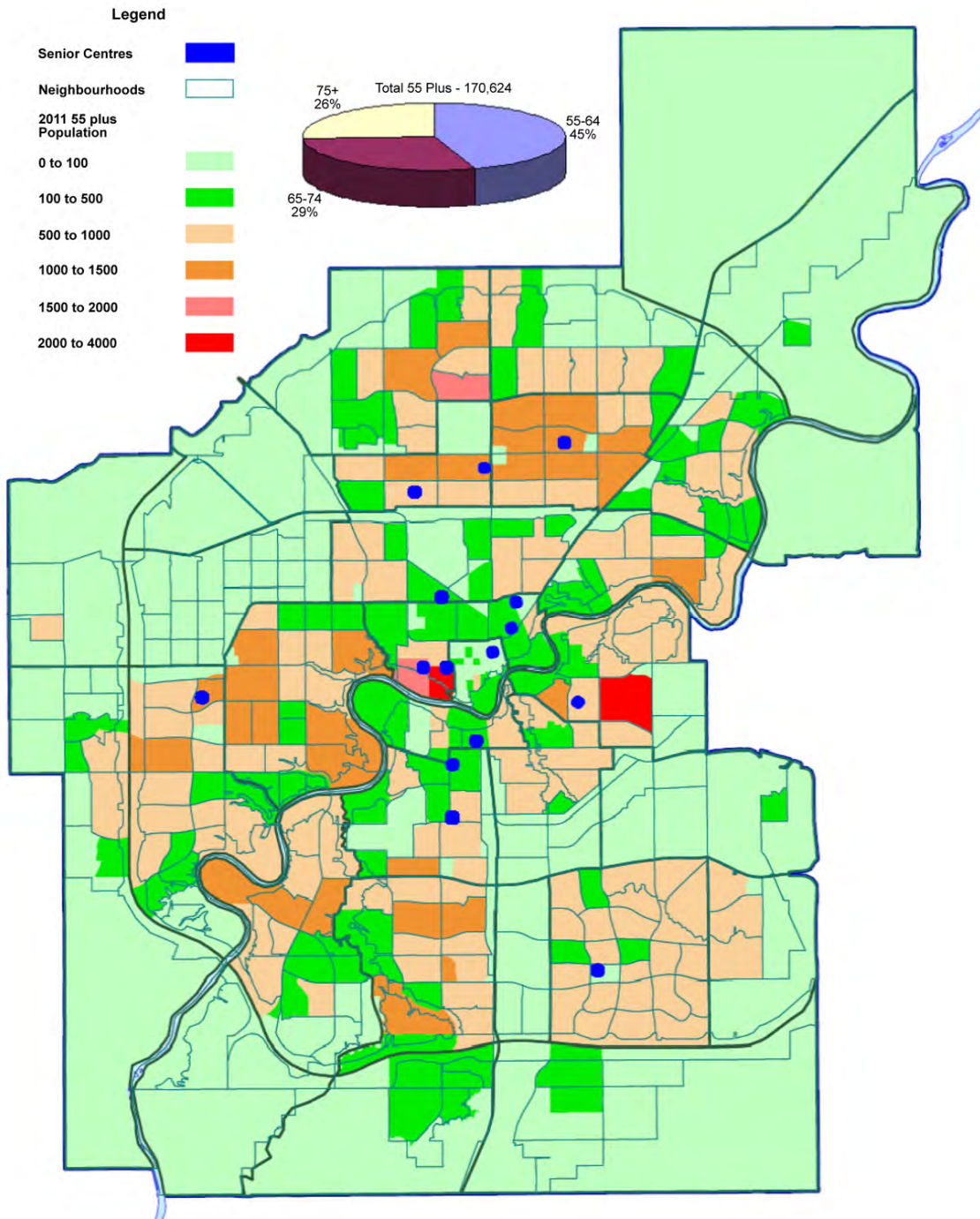
By 2021, the percentage of Canadians over the age of 55 is projected to increase to 31.7% of the total population. Alberta will increase to 27.2% while the other nine provinces are expected to increase to between 29.4% (Manitoba) and 39.1% (Newfoundland & Labrador). Again, two of the three territories are expected to have lower averages than Alberta with a range between 14.1% and 29.7%.

While Alberta is expected to have a lower percentage of seniors than the national average, the population of seniors ages 55+ in Edmonton and Alberta is expected to continue to increase overall.

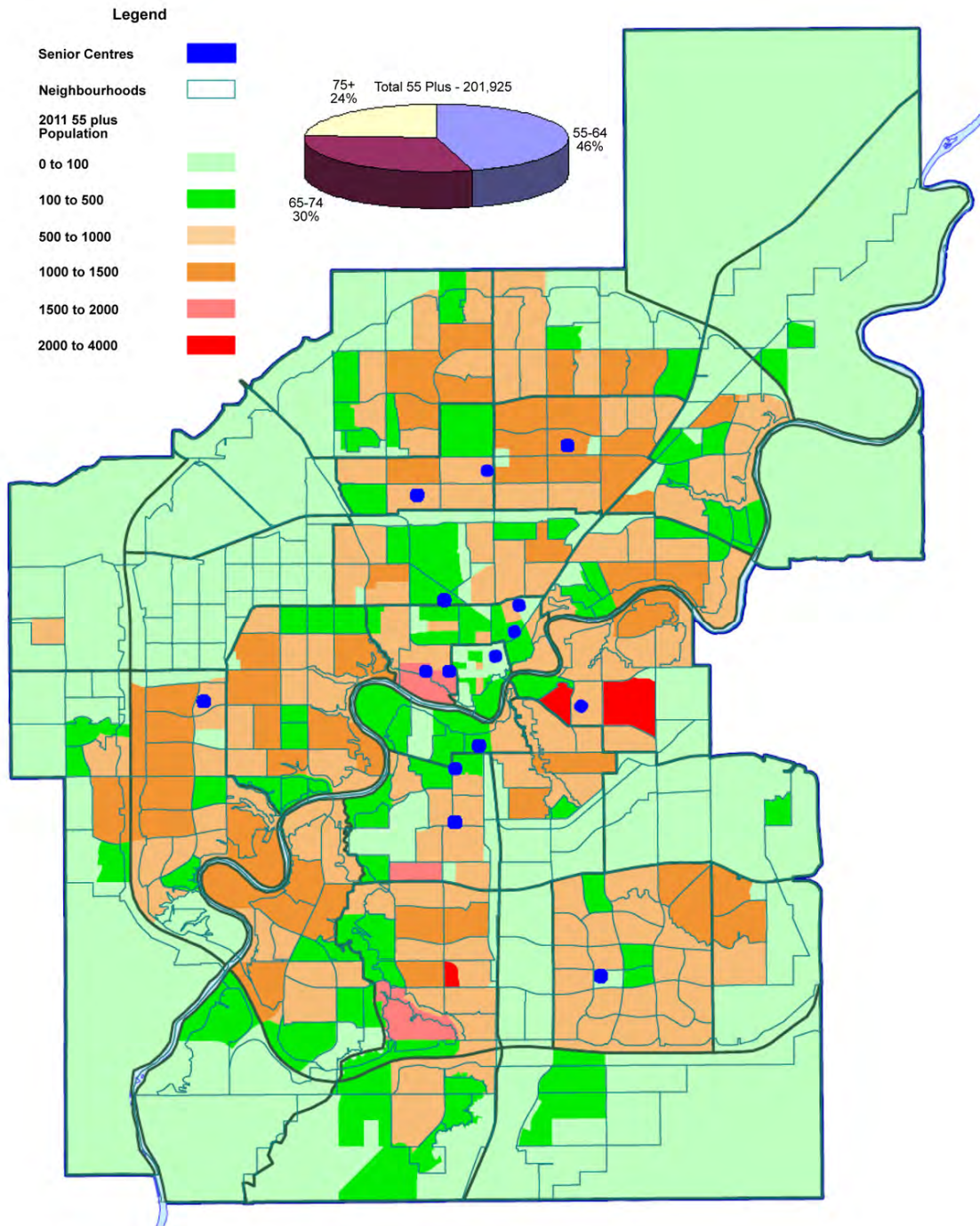
<sup>8</sup> More recent population estimates prepared by the City's Chief Economist suggest that both the number and population share of seniors may be slightly higher than those anticipated by the Capital Region Board.

<sup>9</sup> Statistics Canada, Population Projections for Canada, Provinces and Territories 2009-2036.

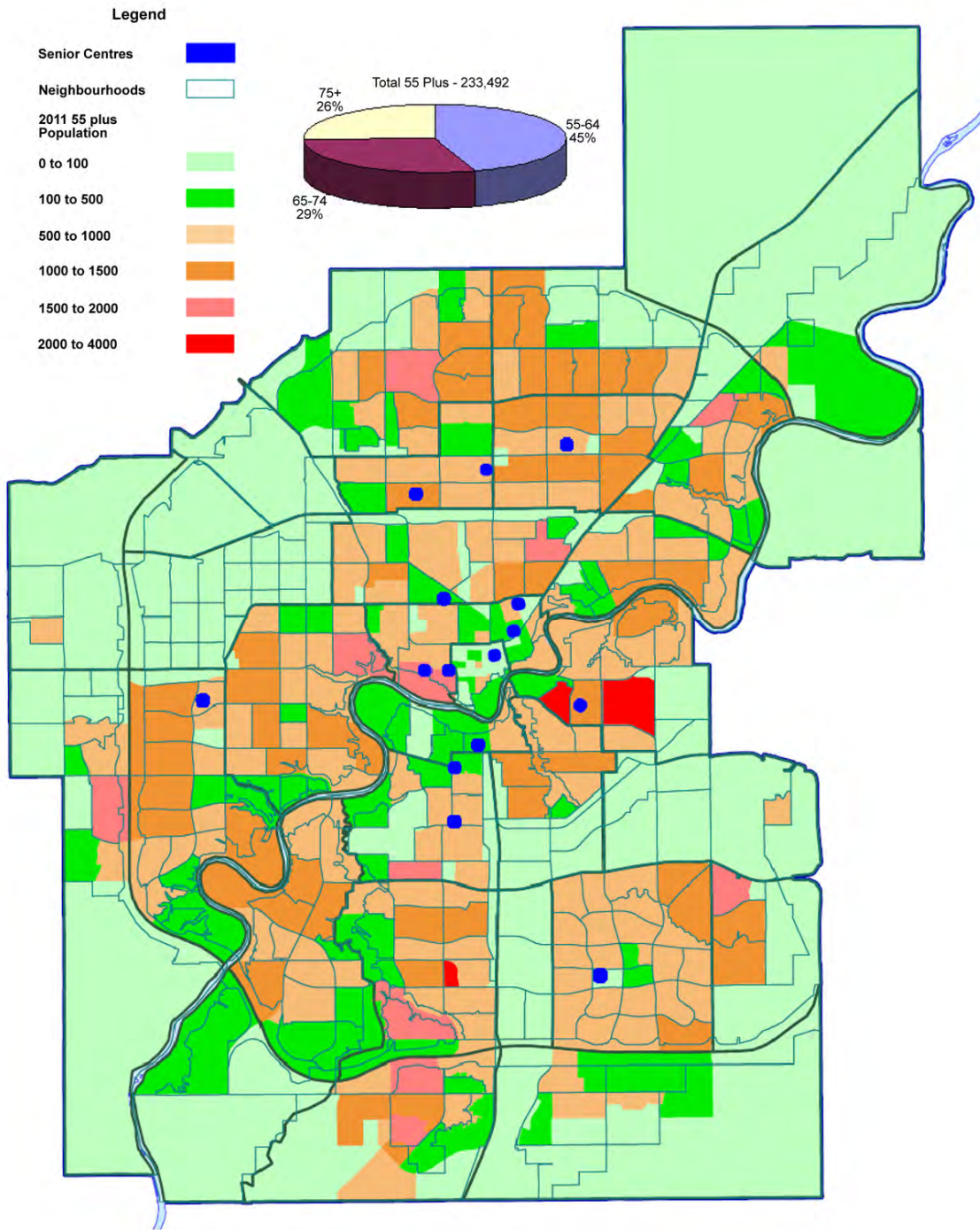
# 2011 Population Projections 55+



# 2016 Population Projections 55+



# 2021 Population Projections 55+



## VI. SENIORS' CENTRES TRENDS

### 1. Models

Jane Reid reviewed seniors' centre models and trends from across North America. As part of the research, a variety of key seniors' sector stakeholders were interviewed and possible seniors' centre models were investigated for consideration. The reality is that North American communities are addressing the need for seniors' centres in a variety of ways. Although solutions vary, the one constant is the need for careful planning with the seniors' community to determine how to best serve their needs and address any gaps. Three models are recommended as options for future consideration in Edmonton.

#### Use of Schools and Community League Buildings

"As communities age, the once-needed schools and community league buildings may be sitting vacant or used only on a part-time basis. In a number of North American communities these facilities have been successfully converted to multi-purpose centres, with seniors and other groups sharing the space."<sup>10</sup>

#### Multi-generational Centres

"Multi-generational centres are typically larger facilities, where city or community programs run in addition to seniors' programs. Facilities where seniors have a separate entrance, or at least a separate reception desk, separate rooms and space, appear to be most successful. In the multi-generational setting, seniors and the general public usually share larger fitness areas, pools and multi-purpose space, while each group has its own offices and smaller rooms. The facility operates as one facility; however, there are typically separate programming hours for seniors, usually during the day from approximately 9 a.m. - 3 p.m."<sup>11</sup>

#### Collaborative Operating Models

Another emerging trend within the community service sector is collaborative operating models to address needs. If the need for new seniors' centre emerges, consideration should also be given to exploring a formal partnership with an existing senior centre. Rather than creating a new non-profit organization, the new seniors' centre could operate as a satellite of an existing seniors' centre, resulting in increased expertise, efficiencies and effectiveness.

*"Everyone here is so wonderful. When it came time (husband passed away), they rallied with me. They were there for me. You make so many friends, you never feel alone."*

<sup>10</sup> Seniors Centre Model Research Report, December 2009, by Jane Reid, p.4

<sup>11</sup> Seniors Centre Model Research Report, December 2009, by Jane Reid, p.10-11

## 2. Diverse Population

In addition to dramatic increases in numbers, “seniors are [also] a diverse group, fragmented across a much wider span of age groups, cultures, experiences and interests. The needs and demands of 55-year-olds are very different than 80+ year-olds,”<sup>12</sup> [and] centres must have opportunities and programs for all seniors, of all ages, incomes, abilities, backgrounds, experiences, and cultural heritage.

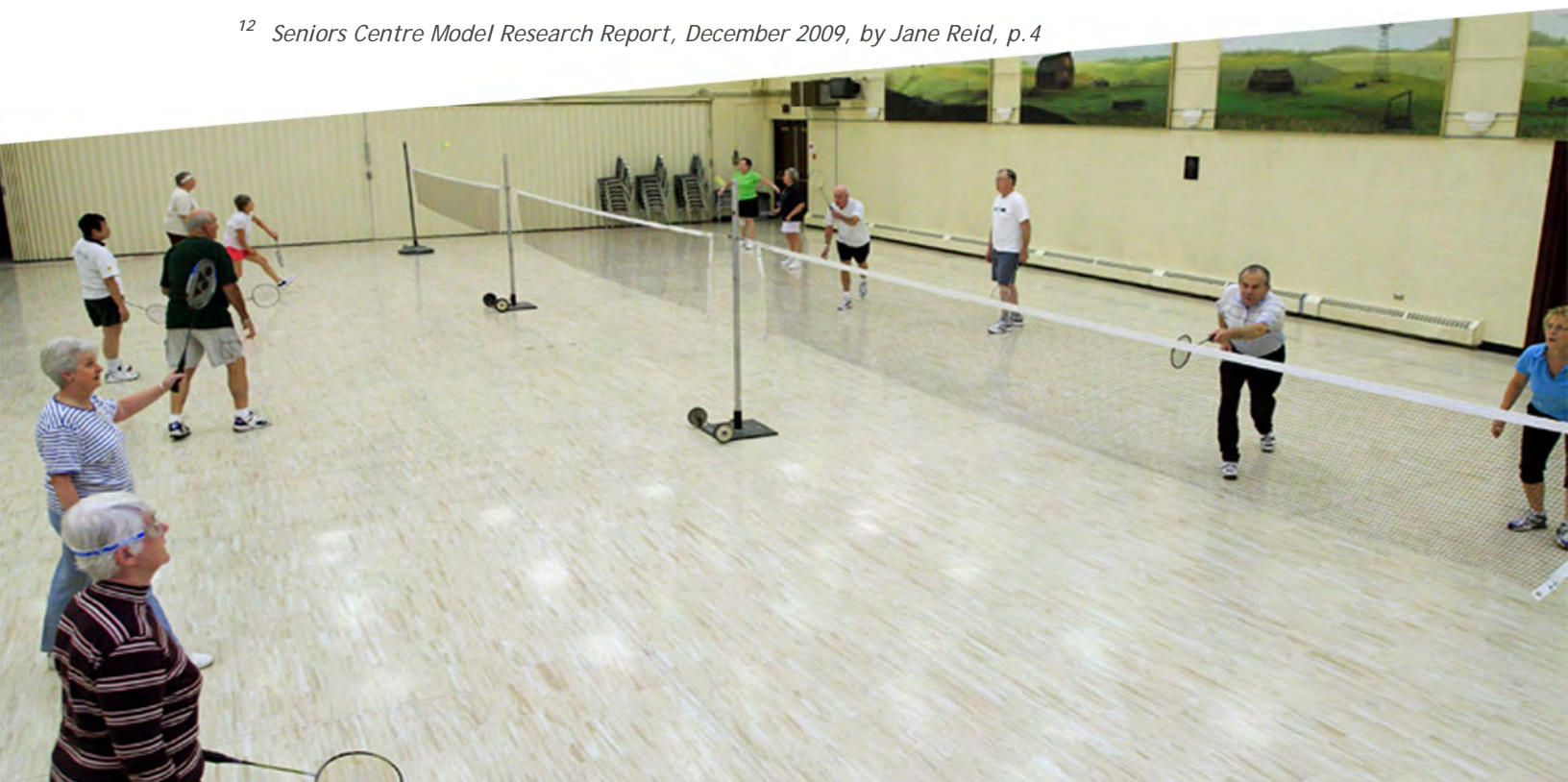
## 3. Participants

In order to attract the younger seniors, centres are beginning to change what and how they offer programs. Although seniors’ centres are reporting increases in the number of participants in the 55-64 age range, centre staff would agree that seniors’ centres in Edmonton predominantly serve the 65+ age bracket.

Seniors’ centres in Edmonton currently serve approximately 11 per cent of the seniors’ population in Edmonton. The 55-64 population are products of the ParticipACTION initiative which began in the 70s. While 11 per cent of the senior population currently uses seniors’ centres, the prodigy of this initiative have aged and been encouraged to be physically active. The seniors segment not attending seniors’ centres will create an increased demand for 55+ programs in community and other recreational facilities. The transitional preparation for their eventual migration to seniors’ centres must also be considered.

An older adult may seek additional support systems to address new life challenges; for example, retirement, mobility challenges or loss of a spouse. This type of support system is found in seniors’ centres.

<sup>12</sup> *Seniors Centre Model Research Report, December 2009, by Jane Reid, p.4*





## VII. KEY CAPITAL DEVELOPMENT / OPERATING PRINCIPLES

1. The fact that there isn't one type of seniors' centre in Edmonton supports the notion that all current centres are part of the continuum of service provided to the older adult. It also supports the idea that each area of the city responds to the needs of older adults in a different way and a "one size fits all" approach should not be used. Focused consultation in particular areas of the city should be completed to determine how best to address any gaps.
2. Travel time, distance and availability of transportation are very important to seniors in accessing seniors' centres. In development of a new facility, the location must be well served by public transportation. For existing seniors' centres, a consideration of alternative modes of transportation may be required.
3. If it is determined that a facility is required in order to meet the needs of seniors, and to maximize use of facility space, the City of Edmonton should:
  - a. lead the capital development/redevelopment (if required);
  - b. actively seek partners for development/redevelopment;
  - c. actively seek partners to operate the facility and maximize building use (majority of operation hours of seniors' centres are fairly consistent and programming is typically offered during the day from approximately 9 a.m. - 3 p.m.; partnering with other organizations could allow facility use in the hours outside seniors programming);
  - d. collaborate with existing seniors' centres and other existing partners within the area for development/redevelopment;
  - e. consider dedicated seniors' space in multi-purpose facilities to allow a larger population to benefit from the infrastructure (e.g., library and seniors' centre); and,
  - f. consider repurposing surplus school sites for use by seniors' centres and other partner organizations (e.g., seniors' centres and other non-profit).

The City should also explore:

- g. integrating services into current multi-purpose recreation facilities;
  - h. partnering with existing facilities to provide services to seniors (e.g., community leagues); and,
  - i. a review of the current operating models for the Central Lions Seniors Recreation Centre and the Northgate Lions Seniors Recreation Centre to facilitate the evolution of the models in a manner consistent with the direction of this plan.
4. All seniors' centres (existing or new), should be able to accommodate the six core services.

## VIII. RECOMMENDATIONS

### ONGOING

#### 1. Seniors-Focused Programming in Community and City Recreation Facilities

Based on demographics and needs, a broad range of seniors' programs are encouraged in existing community centres and City recreation facilities.

These programs should not take the place of seniors' centres programs but should support and complement the work of seniors' centres. The development and implementation of such programs should be done in collaboration with the existing seniors' centres and other existing partners within the area.

Providing additional seniors' programming could help bridge the gap as seniors move from typical recreation centre offerings to those services provided by seniors' centres. In this way, community centres, community leagues, and/or City recreation centres would play a role in providing a continuum of service to seniors in Edmonton.

It should be noted, however, that changes to, or expansions of, existing City recreation centre programs would have impacts on current cost recovery operations and staffing.

#### 2. Retrofit / Redevelopment of Existing Seniors' Centres

Existing seniors' centres that require retrofitting or redevelopment are eligible to apply for capital funding through the new City of Edmonton Partner Capital Grant program.

Beginning in 2011, the Community Facility Partner Capital Grant program will be implemented. Existing seniors' centres have the opportunity to apply for funding from the City of Edmonton for their capital development/redevelopment or preventative maintenance project(s).

#### 3. Seniors' Centres Plan Review

The City of Edmonton, Edmonton Seniors Coordinating Council, and seniors' centres to complete a regular review of the Seniors' Centres Plan.

As the projected demographics change over time, communities in Edmonton will continue to grow. In particular, as the outer limits of the city spread, it will be necessary to re-evaluate the demographics to ensure the core services are provided within close proximity to all seniors in Edmonton. It is recommended that the Seniors' Centres Plan is reviewed every three to five years.

## SHORT TERM (2 - 4 years)

### 4. Mill Woods - Larger District Seniors' Centre Plans

The City of Edmonton, in collaboration with the Mill Woods Seniors Activity Centre and other key stakeholders, to develop a larger district seniors' centre in Mill Woods.

The 2011 population statistics for the 55+ living in the Mill Woods area is 18,500 or 11 per cent of the 55+ population in Edmonton. The Mill Woods area currently has a small neighbourhood-based seniors' centre that operates out of a small room in the Mill Woods Recreation Centre. The Mill Woods Seniors Activity Centre (MWSAC) growth has increased to a level where capacity in the current space does not serve all seniors in the area who wish to be involved.

Over the past several years, numerous focus groups and studies have been completed related to the needs and interests of seniors in Mill Woods. The following information summarizes these needs and service gaps.

- Based on demographic projections over the next 10 years, there is a need for a larger scale seniors' centre in the Mill Woods area.<sup>13</sup>
- As a result of the demographic information, "more services for seniors are required in Mill Woods."<sup>14</sup>
- There is no community hub for seniors in Mill Woods.
- There are a few small organizations that offer some programs to seniors, some are organized for specific cultural groups, but these have very limited capacity.
- Immigrant and refugee seniors are under-served.
- There is a shortage of support to people with dementia and to caregivers in the Mill Woods community.
- There is a lack of organized information distribution in Mill Woods and seniors indicated they don't know where to look.
- Seniors identified that transportation is a problem in Mill Woods.
  - Seniors in the southeast that took part in the 2008 City of Edmonton Seniors' Needs Assistance Telephone Survey were therefore significantly more likely to indicate they regularly needed assistance from a social service provider or another health care provider than respondents in other areas of the city (7 per cent vs. 2 per cent of respondents living in the northwest quadrant).<sup>15</sup>
  - Respondents in the southeast were significantly more likely to indicate they regularly have difficulty with memory (8 per cent vs. 2 per cent of respondents living in the southwest quadrant and 3 per cent of respondents in the northwest quadrant), and they regularly have difficulty with anxiety (9 per cent vs. 3 per cent or respondents living in the northwest quadrant).<sup>16</sup>

<sup>13</sup> *City of Edmonton's Seniors' Centres Long-Term Funding Strategy (2007-2017)*, p. 10

<sup>14</sup> *City of Edmonton's Seniors' Centres Long-Term Funding Strategy (2007-2017)*, p. 20

<sup>15</sup> *City of Edmonton Telephone Survey*, p. 10

<sup>16</sup> *City of Edmonton Telephone Survey*, p. 7

To bridge the service gaps for seniors in the southeast, a larger district seniors' centre is required to provide a central community hub for seniors in the area. The centre should complement seniors' recreational programming at Mill Woods Recreation Centre. The Mill Woods Seniors Activity Centre is interested in a partnership to develop this facility in Mill Woods.

The Mill Woods Seniors Activity Centre clearly understands the need to expand and serve the needs of older adults in the southeast area. With support from the Mill Woods President's Council, MWSAC has been investigating various avenues for seniors' centre development. They have considered three possibilities: Project Imagine - constructing new space with a shared youth/seniors (multi-generational) facility between the Mill Woods Recreation Centre and J. Percy Page High School; Grant MacEwan campus in the southeast; and, development on the second level of the newly proposed Mill Woods Library site.

In December 2010, MWSAC indicated that a second-storey development on the proposed library site or development of new space for a seniors' centre at the Mill Woods Recreation Centre would be acceptable. However, MWSAC indicated that a shared development with youth would not meet the needs. Further consultation with MWSAC and the community will need to be completed to determine program needs, development funding, design details and partnership in development.

It is recommended that Administration continue to support MWSAC and the broader Mill Woods seniors' population to finalize program needs. If feasibility is best determined at the Mill Woods Library site, it is recommended that additional seniors programming continue in the Mill Woods Recreation Centre to meet additional recreational needs for seniors in southeast Edmonton.

An operational funding model for a seniors' centre in the southeast has not been determined. However, the recommended model for any new seniors' centres in Edmonton is for a non-profit organization to manage and operate the facility, similar to the model for the 13 current seniors' centres in Edmonton.

In the event that the Mill Woods Library site is not viable, other potential sites and partnerships would need to be investigated to determine availability and feasibility. Schools in the southeast declared surplus by the school board or the Grant MacEwan Mill Woods south campus could be considered as alternate locations for a facility. Mill Woods has a diverse population; other partners could also be explored.

## 5. Extended Hours of Operation for Seniors' Centres

The City of Edmonton, in collaboration with seniors' centres, to monitor usage and demand on seniors' centres and encourage community partnerships to maximize use.

Currently, most seniors' centres program between 24-35 hours per week, with the bulk of the programming occurring during the day (9 a.m. - 3 p.m.). In order to accommodate increasing need, seniors' centres indicated that reasonable hours of operation for a centre could extend to 40 hours a week (8 hours per day, 5 days a week, not necessarily Monday to Friday). Although centres may be willing to offer programming outside of these hours, the current

reality is that seniors are less apt to participate in regular programming in the evening hours (outside of one-time special evening events).

In the analysis of current service radii and growth patterns of the 55+ in Edmonton over the next 10 years, existing seniors' centres will be able to manage the 55+ population growth in the given service area by increasing their hours of operation to 40 hours per week as demand requires.

To maximize facility usage, it is also recommended that seniors' centres open their doors after hours to other groups or potential partners. It is acknowledged that some seniors' centres are sharing space; however, all seniors' centres should be encouraged to share space as feasible. Central Lions and Northgate Lions Seniors Recreation Centres currently have agreements with groups that utilize the buildings outside of seniors programming hours to maximize the facility use.

It should be noted, however, that changes to seniors' centres hours would have impacts on current cost recovery operations and staffing.

## 6. Six Core Services Strategy Required for Seniors' Centres

Neighbourhood & Community Development, Family & Community Support Services, and Edmonton Seniors' Coordinating Council staff, in collaboration with existing seniors' centres staff, seniors and community stakeholders, to research the need for the six core services and provide recommendations to address needs in centres not completely meeting the services.

The analysis indicated that there are six core services that should be available in seniors' centres in Edmonton. Existing seniors' centres provide varying levels of services where core services are being met either completely, partially or not at all. Seniors' Centres are encouraged to identify the gaps in core services, and seek resources and other potential partners to work towards offering all six core services to seniors in all quadrants of the city.

Outreach Services offered by Central Lions and Northgate Lions Seniors Recreation Centres provide limited social services programs/services, as their primary mandates focus on recreation programs. Other existing seniors' centres provide varying outreach services as well. Outreach is a growing area and has been identified as a core service for all seniors' centres. In the research for the Seniors' Centres Plan, it has been identified that enhanced outreach services are required in central and northeast Edmonton. Outreach would include the following services: counseling, home help, in-home assessment, case finding, assessment, information and referral provision, case management, case service development, system advocacy and community engagement, which would align with an enhanced model developed in the senior-serving sector through the Edmonton Seniors Coordinating Council.<sup>17</sup>

<sup>17</sup> *Helping Seniors Age in Place: A Strategic Framework to Improve Outreach to Edmonton's Isolated and/or At-Risk Seniors*

### MEDIUM TERM (4 - 7 years)

#### 7. Explore the Need for Seniors Services and a Seniors' Centre in Southwest Edmonton (South of Whitemud Drive, both North and South of the North Saskatchewan River)

The City of Edmonton, in collaboration with seniors and community stakeholders in southwest Edmonton, reassess the services and program gaps and explore the need for seniors services and a seniors' centre in southwest Edmonton, two to three years after the opening of Terwillegar Community Recreation Centre (TCRC).

The southwest area of the city currently has three seniors' centres; however, they are all located north of Whitemud Drive. Two of the three centres are mainly neighbourhood-focused, with the other centre being more district-based. The southwest also has a variety of other seniors' agencies and organizations that offer programming and services to older adults living in southwest Edmonton.

Given the growth of the southwest area there are several communities (representing 20,000 individuals or 12 per cent of the projected 2011 55+ seniors' population in Edmonton) without a centre in close proximity to their homes. Not all seniors will attend seniors' centres as some are actively involved in other clubs or organizations; however, seniors' centres provide support, act as a resource/hub for seniors in the community and can help the older adult "age in place" longer.

On May 17, 2010, a preliminary meeting was held in the southwest community to provide information about the Seniors' Centres Plan and to "check in" with the community as meetings in previous years had indicated that a "traditional seniors' centre" was not required in the area. The following gaps were identified by area seniors and service providers:

- A seniors' centre in Riverbend does not exist even though there are a lot of seniors housing complexes.
- There is a lack of organized information distribution - people don't know where to look.
- There is no community hub for seniors in the southwest.
- There is no coordination with developers.
- Transportation is a problem.
- Immigrant and refugee seniors are under-served.
- There is no employment service that includes seniors.
- There is a shortage of affordable recreation services.
- There is no outreach in the area and no one is tending to the needs of isolated seniors.
- There is a shortage of support to people with dementia and to caregivers in the southwest.
- Services are expensive.
- There is nothing for seniors with disabilities.
- No collective kitchen or cafeterias exist where seniors can go.
- No arts program exists for seniors in area.
- Leisure access program (for low-income seniors) does not apply to seniors' centres anywhere in the city.

- There is no communication between small groups or agencies that are offering senior programs or services.
- Small groups are having challenges getting volunteers and therefore there are less people to do the work.

The new TCRC will offer community-based programming and include an age-friendly area with seniors programming. In essence, TCRC will be a multi-generational facility that will help bridge the gap as seniors' transition from the standard recreation centre offerings to requiring those services typically offered at a seniors' centre.

However, it is anticipated that the new TCRC will not address all the core services for seniors in the southwest. A separate seniors' centre may be required to be the central hub for seniors in the area and to complement future seniors programming at the TCRC. It is recommended that Administration complete a seniors programming and service assessment two to three years after the opening of TCRC. If the assessment determines that gaps still exist for seniors services and programming, the City should explore the need for a separate seniors' centre in the southwest. The separate seniors' centre would coordinate services, provide access to core services and increase awareness of existing programs while working with and supporting existing seniors' agencies and organizations in the area (perhaps as satellite facilities).

For separate seniors' centre locations, surplus school sites in southwest Edmonton, south of Whitemud Drive, both north and south of the North Saskatchewan River, could be identified. The City should continue to look at land acquisitions and assess the sites to determine feasibility. Further consultation is needed with the community to determine the best site. Also, further investigation is required to determine potential partnerships, including existing seniors' centres and other organizations that may have an interest in partnering. If a seniors' centre is required, it is recommended that the City of Edmonton lead the development and actively seek partners for the project.

As part of the planning process, the City of Edmonton would consult with the Edmonton Seniors Coordinating Council and other seniors' centres to identify needs, potential stakeholders/partners, potential sites and operating models, and provide input into program and core services for seniors' centres. As feasible, consideration may be given to operating the new seniors' centres as a satellite of an existing seniors' centre. If this model is being considered, information about the opportunity, including the selection process, would be publicly shared with the Edmonton Seniors Coordinating Council and all seniors' centres.

Any newly developed seniors' centre would have the opportunity to apply for the City of Edmonton Seniors' Centre Investment Program which includes operating, facility conservation and/or emerging grants as well as Family & Community Support Services funding.

## 8. Explore the Need for Seniors Services and a Seniors' Centre in Northeast Edmonton (Clareview)

The City of Edmonton, in collaboration with seniors and community stakeholders in northeast Edmonton, to reassess the services and program gaps and explore the need for seniors services and a seniors' centre in northeast Edmonton two to three years after the opening of the Clareview Community Recreation Centre and Clareview Library.

The 2011 population statistics for the 55+ living in the northeast and currently not within 3-4 km of an existing seniors' centre is approximately 9,000 (or 5 per cent of the 55+ population). This will grow to approximately 14,000 (or 6 per cent of the 55+ population) by the year 2021. Given the potential building capacity concerns of Northgate Lions Seniors Recreation Centre, between the years 2016-2021 an additional seniors' centre may be required to address increasing numbers of seniors in the area.

The new Clareview Community Recreation Centre and Clareview Library (CCRC&CL) will offer community-based programming and include an age-friendly area with seniors programming. In essence, CCRC&CL will be a multi-generational facility that will help bridge the gap as seniors' transition from the standard recreation centre offerings to requiring those services typically offered at a seniors' centre.

However, it is anticipated that the CCRC&CL will not address all the core services for seniors in the northeast. A separate seniors' centre may be required to be the central hub for seniors in the area and to complement future seniors programming at the CCRC&CL. It is recommended that administration complete a seniors programming and core service assessment two to three years after the opening of CCRC&CL. If the assessment determines that gaps still exist for seniors services and programming, the City should explore the need for a separate seniors' centre in the northeast. The separate seniors' centre would coordinate services, provide access to core services and increase awareness of existing programs while working with and supporting existing seniors' agencies and organizations in the area (perhaps as satellite facilities).

*“They come here and interact with other seniors and get involved in some very creative and wonderful things that really enrich their lives.”*



For a separate seniors' centre location, surplus school sites in the northeast could be identified. The City should continue to look at land acquisitions and assess the sites to determine feasibility. Further consultation is needed with the community to determine the best site. Also, further investigation is required to determine potential partnerships, including existing seniors' centres and other organizations that may have an interest in partnering. If a seniors' centre is required, it is recommended that the City of Edmonton lead the development and actively seek partners for the project.

As part of the planning process, the City of Edmonton would consult with the Edmonton Seniors Coordinating Council and other seniors' centres to identify needs, potential stakeholders/partners, potential sites and operating models, and provide input into program and core services for seniors' centres. Consideration may be given to operating the new seniors' centres as a satellite of an existing seniors' centre. If this model is being considered, information about the opportunity, including the selection process, would be publicly shared with the Edmonton Seniors Coordinating Council and all seniors' centres.

Any newly developed seniors' centre would have the opportunity to apply for the City of Edmonton Seniors' Centre Investment Program which includes operating, facility conservation and/or emerging grants as well as Family & Community Support Services funding.



### LONG TERM (7 - 10 years)

#### 9. Explore the Need for Seniors Services and a Seniors' Centre in North Edmonton (Castle Downs)

The City of Edmonton, in collaboration with seniors and community stakeholders in north Edmonton, to research the current and future needs of seniors in Castle Downs and explore the need for seniors services and a seniors' centre in north Edmonton.

The 2011 population statistics for the 55+ living in the north and currently not within 3-4 k.m. of an existing seniors' centre is 4,000 (or 2 per cent of the 55+ population). This will double to 8,000 seniors (or 3 per cent of the 55+ population) by the year 2021.

Further work is required to review existing and potential seniors' needs, and develop an inventory of existing seniors services in the Castle Downs area. This will assist to identify gaps in services to seniors and recommend future direction with respect to programs and facility development in those areas.

The need for new facility development and programs to support identified needs should be explored.

Further consultation with seniors in the area will be required to determine how best to address any gaps in the future. If it is determined a facility is required, future surplus school sites should be considered as they become available. More investigation is required to determine potential partnerships, including existing seniors' centres and other organizations that may have an interest in partnering.

As part of the planning process, the City of Edmonton would consult with the Edmonton Seniors Coordinating Council and other seniors' centres to identify needs, potential stakeholders/partners, potential sites and operating models, and provide input into program and core services for seniors' centres. As feasible, consideration may be given to operating the new seniors' centres as a satellite of an existing seniors' centre. If this model is being considered, information about the opportunity, including the selection process, would be publicly shared with the Edmonton Seniors Coordinating Council and all seniors' centres.

Any newly developed seniors' centre would have the opportunity to apply for the City of Edmonton Seniors' Centre Investment Program which includes operating, facility conservation and/or emerging grants as well as Family & Community Support Services funding.

# APPENDIX



## Existing Seniors' Centres Capacity

Seniors' Centre Name	Category				2016			2021			Comments
		Hrs. *	Util. Hrs **	% Uti. ***	Pop. Grwth	Hrs Req.	Util.	Pop. Grwth	Hrs Req.	Util.	
Calder Seniors Drop in Centre	District	400	273	68%	6%	289	72%	23%	335	84%	Can accommodate 55+ population growth for the district service radius.
Central Lions Seniors Centre	City-Wide	880	435	49%	10%	480	55%	21%	525	60%	Can accommodate 55+ population growth for the city-wide service radius.
Edmonton Seniors Centre	Neighbourhood	210	139	66%	16%	161	67%	21%	168	70%	Can accommodate 55+ population growth for the neighbourhood service radius.
Ital-Canadian Senior Centre	Targeted	158	86	54%							Projected data is not available since membership is targeted and not representative of a service radius.
Jewish Senior Citizens' Centre	Targeted	88	27	31%							Projected data is not available since membership is targeted and not representative of a service radius.
Mill Woods Seniors Activity Centre	Neighbourhood	30	30	100%	10%	33	82%	22%	37	91%	Capacity can be improved by increasing hours of operation to 40 hrs/wk; the facility is limited though and could not serve the district of Mill Woods without additional space.
Native Seniors Centre	Targeted	100	71	71%							Projected data is not available since membership is targeted and not representative of a service radius.
Northgate Lions Seniors Centre	Quadrant	634	491	77%	15%	565	79%	33%	654	91%	High growth anticipated in the area in the next 5-10 years; additional dedicated space for seniors may be required in the northeast.
Operation Friendship	Neighbourhood	68.5	44	64%	26%	55	82%	45%	64	94%	Centre serves low-income seniors that do not register for programs; daily food programs are oversubscribed, participation in other drop-in activities fluctuates.
SAGE	City-Wide	245	111	45%	11%	123	44%	20%	133	48%	Can accommodate 55+ population growth for the city-wide service radius.
SCONA	Neighbourhood	37.5	24	64%	3%	25	62%	9%	26	66%	Can accommodate 55+ population growth for the neighbourhood service radius.
SEESA	District	704	390	55%	12%	438	62%	18%	462	66%	Can accommodate 55+ population growth for the district service radius
Southwest Seniors Outreach	Neighbourhood	22	22	100%	18%	26	65%	23%	27	67%	Can accommodate 55+ population growth for the neighbourhood service radius.
Strathcona Place Senior Centre	District	300	280	93%	9%	306	96%	13%	317	99%	High seniors growth anticipated in the area; additional dedicated space for seniors may be required in the southwest.
Westend Seniors Activity Centre	Quadrant	535	410	77%	10%	451	84%	20%	491	92%	High seniors growth anticipated in the area; additional dedicated space for seniors in the southwest may relieve future pressures.

\*Hours Available / week (# of Program Areas X Availability)

\*\*Hours Utilized / week for seniors programming and services

\*\*\* Percentage utilized based on the hours available

## Existing Seniors' Centres Building Issues or Redevelopment / Retrofit Plans

Seniors Centre Name	Category	BUILDING ISSUES OR REDEVELOPMENT PLANS
Calder Seniors Drop in Centre	District	Planning for building expansion to include commercial kitchen, dining room, gymnasium, office and storage space and a larger parking lot.
Central Lions Seniors Centre	City-Wide	As part of the RFMP, redevelopment of the Centre was completed in 2008 to address infrastructure repairs and expanded vocational programming space, addition of health and wellness centre, admin area upgrades and new space for partner groups.
Edmonton Seniors Centre	Neighbourhood	Currently, the Centre rents space in the Edmonton General Hospital on a month-to-month basis. Their future at this location is currently unknown; depending on redevelopment plans of the hospital, the Centre may be asked to relocate.
Ital-Canadian Senior Centre	Targeted	The Centre has plans to upgrade the lounge area, divider room and paint the facility. Currently, the heating system for the recreation area may be problematic.
Jewish Senior Citizens' Centre	Targeted	The Centre has short term plans to refurbish the dining and program areas. Parking is an issue, with only 9 stalls for patrons and no room for expansion.
Mill Woods Seniors Activity Centre	Neighbourhood	The Centre currently leases space within the Mill Woods Recreation Centre. Lease was up for renewal in September 2010; the group is renegotiating a new lease. The current space is very small, there is no kitchen and programming 2-3 different activities simultaneously is problematic.
Native Seniors Centre	Targeted	The Centre has no immediate concerns and is currently looking at plans for future building improvements or expansions.
Northgate Lions Seniors Centre	Quadrant	NESA funded an expansion in 2004, phase 1 of a 3 phase project. Further upgrades to take place within the next 10 years. Phase 2 (anticipated in the next 10 years) includes a two-storey addition (total 6,500sq ft.) on the east end of the building featuring a large multi-purpose meeting room on main floor and 3 arts and craft rooms, and further renovations to existing building. Phase 3 is a second two-storey addition to the southwest corner.
Operation Friendship	Neighbourhood	Recent improvements include upgraded public washrooms, shower room and energy efficient lighting. Kitchen improvements are anticipated in the short term, and office upgrades in the long term. Currently there is overcrowding in the food services area (have two seatings for special meals to accommodate participants) and there is a lack of small additional rooms for programming.
SAGE	City-Wide	There have been significant exterior and mechanical improvements made over the last few years. A variety of renovations/redesigns are planned to increase security and utilize "dead space" more efficiently. In the event that the entire building becomes available to SAGE, other senior-serving organizations which provide city-wide services will be invited to consider co-locating with SAGE. Also, based on an assessment of needs, space may be utilized to expand existing and/or provide new programs, activities and services.
SCONA	Neighbourhood	The Centre operates out of a house - the Centre was renovated in 2008 to allow for wheelchair accessibility. Short term plans to remodel the basement to provide additional space and create additional parking. Long term plans include an expansion onto the back of the house to increase activity/dining space.
SEESA	District	The Centre started a major renovation of the office and reception area, the boardroom and a more accessible front entrance. Planning continues for additional parking (50 stalls). Renovations were completed in October 2010. Other concerns include lack of proper lighting in the parking lot and security monitoring of main doors and new office areas.
Southwest Seniors Outreach	Neighbourhood	The Centre rents the facility - anticipated washroom and kitchen renovations, with the Centre contributing to the financing.
Strathcona Place Senior Centre	District	The Centre has completed a variety of improvements including roof repairs, furnace upgrades, painting (inside/out), deck replacement, new carpet, and cold storage vent motor replacement. Ongoing building refurbishment will be completed as required.
Westend Seniors Activity Centre	Quadrant	75% of the building is only four years old. The building has been expanded twice. Anticipated improvements include the HVAC system, parking lot expansion, landscaping, painting and other regular maintenance needs.

## RECOMMENDATIONS SUMMARY

### ONGOING

1. Seniors-Focused Programming in Community and City Recreation Facilities
2. Retrofit / Redevelopment of Existing Seniors' Centres
3. Seniors' Centres Plan Review

### SHORT TERM (2 - 4 years)

4. Mill Woods - Larger District Seniors' Centre Plans
5. Extended Hours of Operation for Seniors' Centres
6. Six Core Services Strategy Required for Seniors' Centres

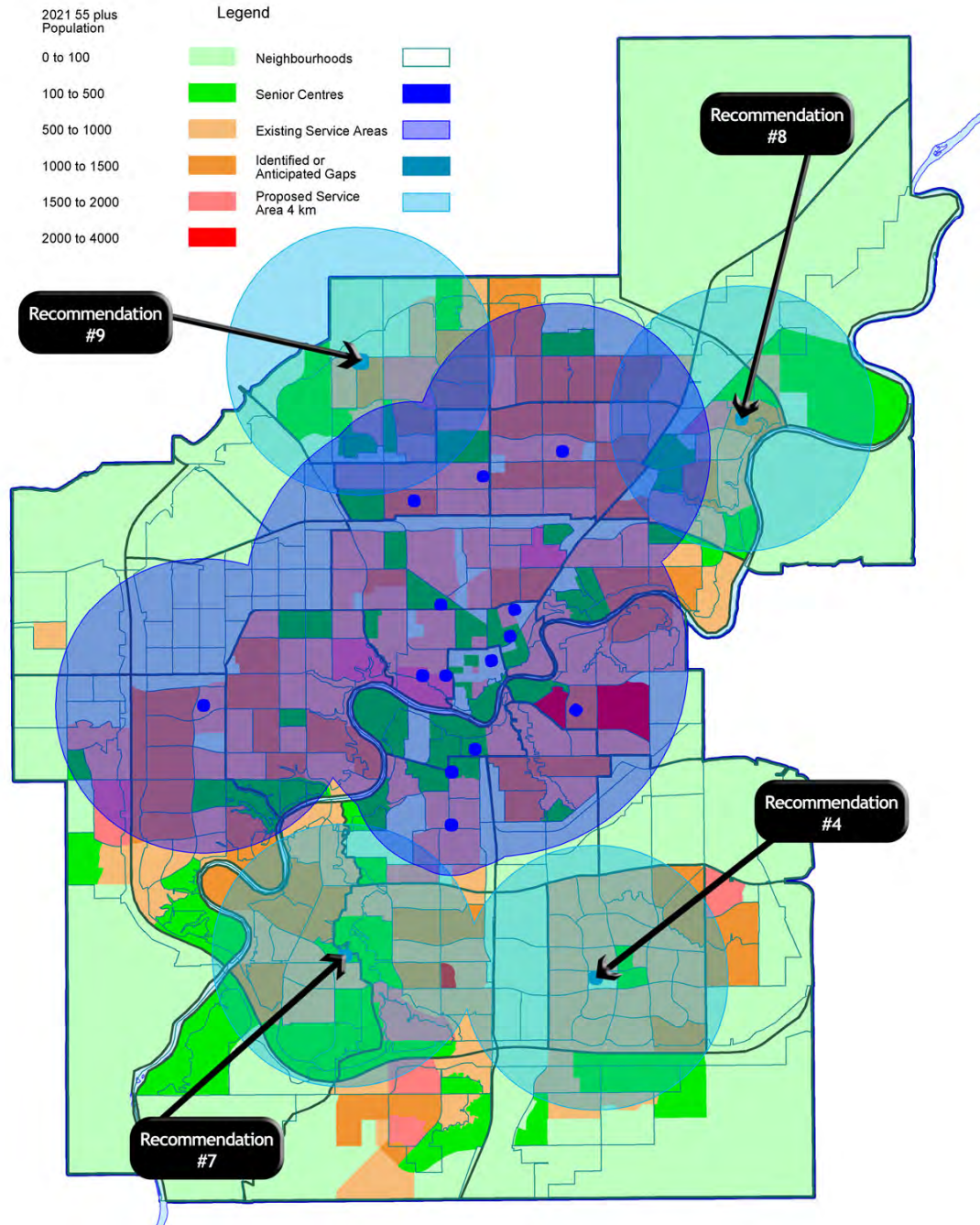
### MEDIUM TERM (4 - 7 years)

7. Explore the Need for Seniors Services and a Seniors' Centre in Southwest Edmonton (South of Whitemud Drive, both North and South of the North Saskatchewan River)
8. Explore the Need for Seniors Services and a Seniors' Centre in Northeast Edmonton (Clareview)

### LONG TERM (7 - 10 years)

9. Explore the Need for Seniors Services and a Seniors' Centre in North Edmonton (Castle Downs)

# 2021 Population Projections 55+ Including Plan Recommendations



## Further Information

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