

# **AGE-FRIENDLY PLAN**

## **ASSESSMENT & ACTION PLAN**

### **District of Lantzville**

**Evan Peterson, Barefoot Planning – December 7, 2020**

# Today

## Introduction

- Project Overview
- Age-Friendly Assessment Summary
- Action Plan

# Project Overview

## Introduction

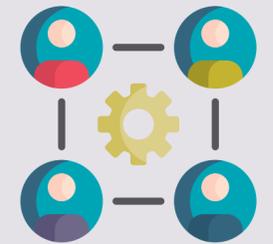
- UBCM Grant
- Scope – Assessment + Action Plan
  - Analyze existing conditions
  - Engage Community and Stakeholders
  - Generate ideas and potential solutions
  - Action Plan as a roadmap



PHASE 1

RESEARCH

AUG 1 - 31, 2020



PHASE 2

PUBLIC ENGAGEMENT

SEPT 1 - 30, 2020



PHASE 3

PLAN DEVELOPMENT

OCT 1 - DEC 31, 2020

# Project Overview

## Purpose

- Provide a framework to support positive social, cultural, economic, and environmental outcomes – WHO 8 Pillars
- Provide directions for future planning of the built and social environments
- Support District in preparing for an increasingly older population
- Provide a catalyst for future community partnerships



OUTDOOR SPACES + BUILDINGS



TRANSPORTATION + MOBILITY



HOUSING



SOCIAL PARTICIPATION



RESPECT + SOCIAL INCLUSION



CIVIC PARTICIPATION  
+ EMPLOYMENT



COMMUNICATION  
+ INFORMATION

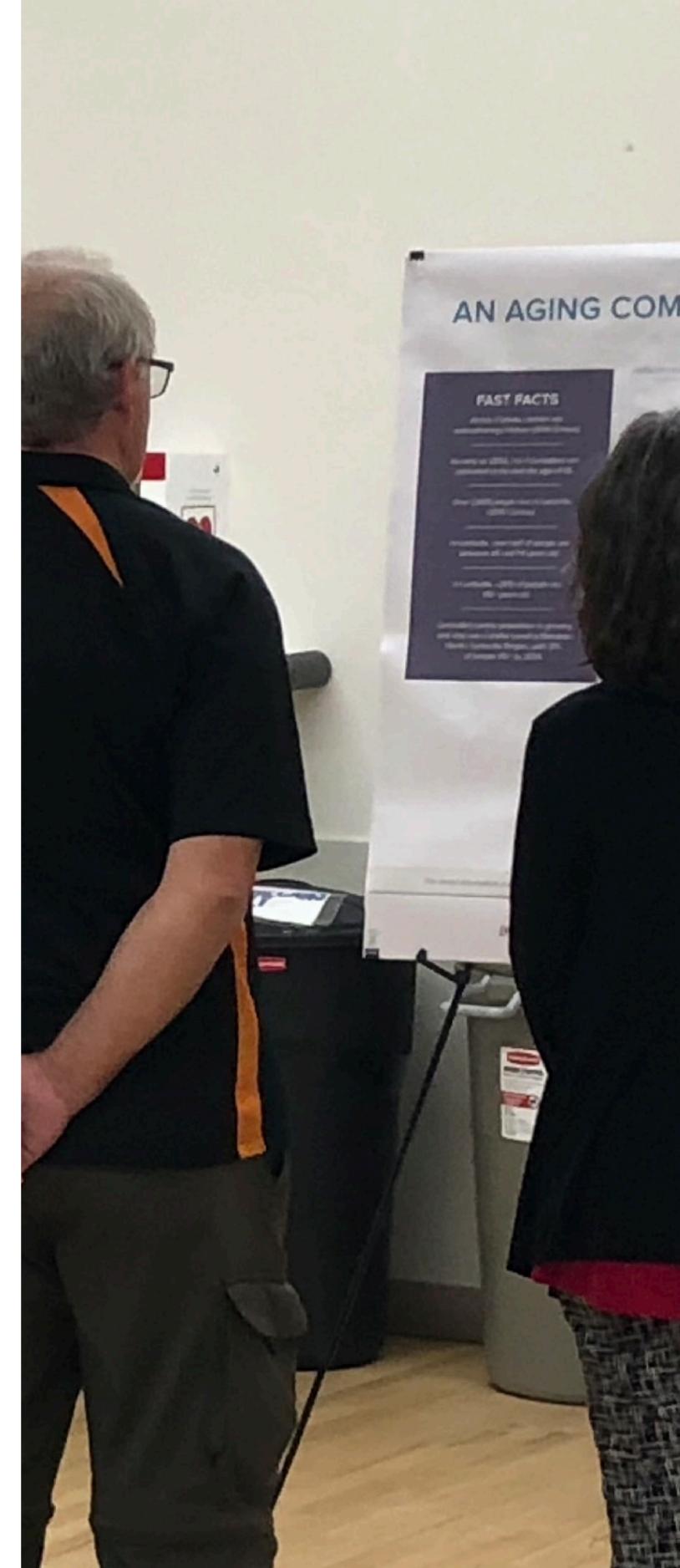


COMMUNITY SUPPORT  
+ HEALTH SERVICES

# Project Overview

## Community Context

- Across Canada, seniors are outnumbering children
- As early as 2030, one in four Canadians may be over the age of 65
- In Lantzville, over 1/2 of population is aged 45-74 and app. 1/4% is over the age of 65 years old
  - By 2036, over 30% of people may be over 65





# 8 PILLARS

## Age-Friendly Assessment – Summary

# 1. Outdoor Spaces & Buildings

## Where Are We Now? / What Is Being Done?

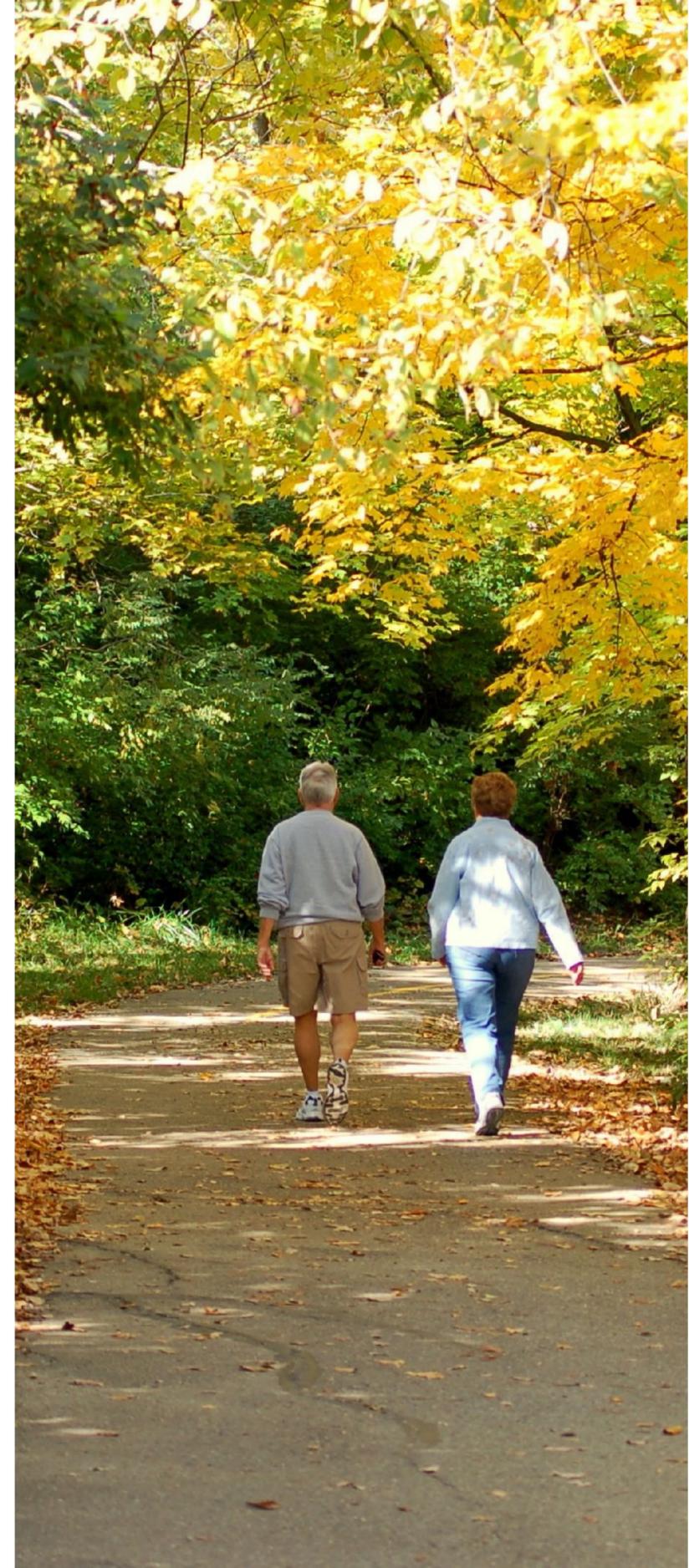
- Some public spaces and buildings lack pedestrian safety or accessibility upgrades (e.g., ramps)
- Parks have limited age-friendly amenities but larger green spaces are well-used for recreation
- Village Commercial Core Improvement Plan focuses on streetscape and mobility improvements
- District continues to work with landowners to acquire large natural park areas and recreational trail networks.



# 2. Transportation & Mobility

## Where Are We Now? / What Is Being Done?

- Lack of sidewalks and pedestrian infrastructure on most roads – new standards to address this
- Residents mostly commute by private vehicles (92%), but increasing demand for active modes for 55+,
- Many bus stops in town have accessibility limitations
- OCP calls for the creation of a safer road network and better connections
- New multi-use path extensions planned at E&N and along Lantzville Rd



# 3. Housing

## Where Are We Now? / What Is Being Done?

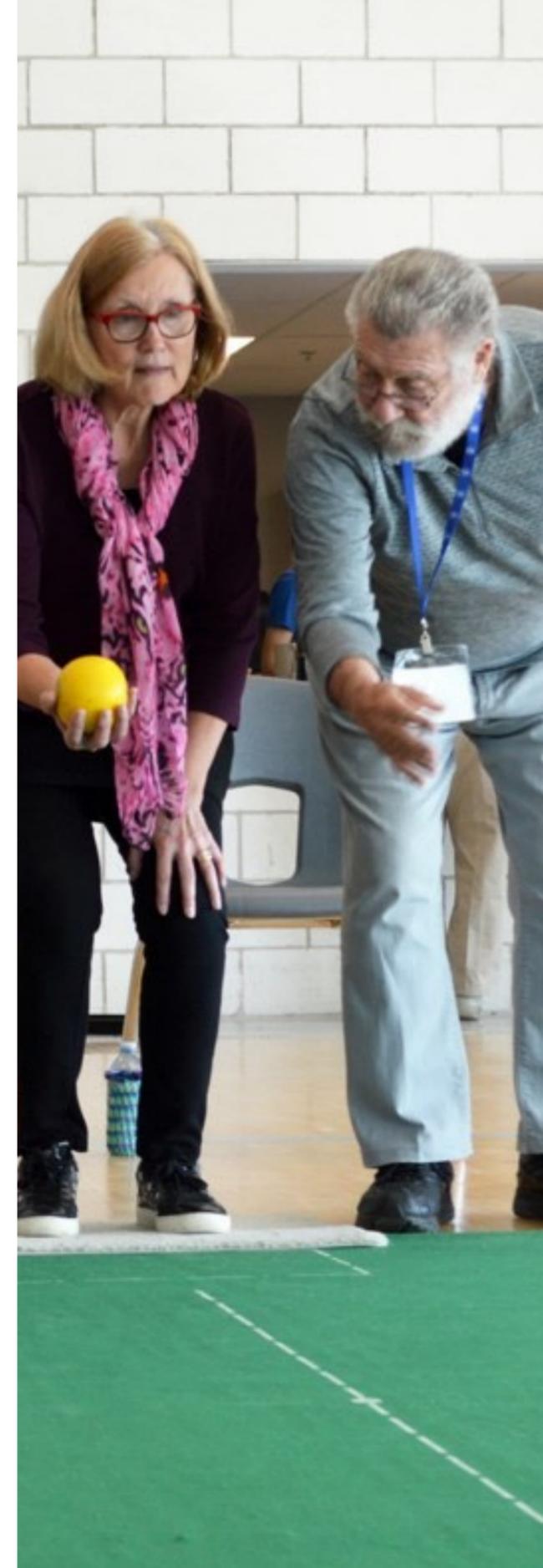
- Housing is mostly single detached housing, with limited choices for aging in place (e.g., attainable or adaptable housing)
- OCP Goal 4 aspires to provide housing choices in the village and SPAs
- Economic Development Strategy (2018) includes strategies for attracting seniors-oriented housing
- Older adults have difficulty finding people to perform basic services such as gardening and house-cleaning.



# 4-5. Social Participation / Inclusion

## Where Are We Now? / What Is Being Done?

- Lantzville is seen as a welcoming community for people of all ages.
- More seniors live alone in Lantzville than in the rest of BC
- Some residents experience physical and social isolation – can be detrimental to well-being – pandemic can aggravate this
- Local organizations create meaningful social networks for seniors
- Agreement with the RDN for residents to use Nanaimo's 4 recreation centres.
- Limited places for people to meet and gather – but some key spots



# 6. Civic Participation & Employment

## Where Are We Now? / What Is Being Done?

- General lack of employment opportunities for older adults in Lantzville.
- Residents have limited awareness of volunteer and employment opportunities
- Organizations have limited ability to effectively recruit volunteers for opportunities that exist
- Seniors are reported to be active in community issues and civic events, and Council Committees

# 7. Communication & Information

## Where Are We Now? / What Is Being Done?

- A variety of methods used to reach seniors in Lantzville, including digital media and District's newsletter
- Limited knowledge about the range of programs, services, and other types of support available
- Some residents report need to improve communication between the District and older adults
- Need to improve coordination and communication between community partners is needed
- Some concern over ease of access to online Council meeting

# 8. Community Support & Health Services

## Where Are We Now? / What Is Being Done?

- Seniors-specific health services are limited in Lantzville; though, some services exist and health care is available in Nanaimo
- Seniors-oriented health services, such as in-home care, can be unaffordable.
- Residents report a high level of community support for seniors, while others report social isolation
- The health care system can be difficult to navigate and access, in particular for those with limited mobility.



# **ACTION PLAN**

## **STRATEGIES & ACTIONS**

# Commentary

## Age-Friendly Planning

- Big Challenge of AF Plans
  - 8 Pillars = broad scope, small budget
- Pathways to Success
  - Civic Commitment – plan as a *catalyst* (not just a product)
  - Focus Areas & Contextual Action Planning
  - Age-friendly & Healthy Communities Lens
    - Confront the ‘roots’ of less healthy communities

# Making it Happen

## An Age-Friendly Culture

- Adopting an age-friendly lens
- Applying an inter-departmental, cross-agency approach to age-friendly initiatives
- Building civic advocacy and advisory capacity for age-friendly initiatives
- Strengthening internal and external connections and partnerships
- Engaging on-going support from provincial and federal agencies

# Making it Happen

## The District's Role

- Being or identifying a local champion to advocate for and carry initiatives forward
- Supporting or leading communication efforts and raising community awareness about planning initiatives
- Providing space and funding where appropriate
- Developing partnerships with service providers, businesses, organizations, and public agencies
- Initiating action planning on an annual basis and monitoring its progress

# ACTION PLAN

ACTION	STEPS	ROLES	REFERENCE	TIMELINE
<p style="text-align: center;">①</p> <p style="text-align: center;"><b>Age-friendly Advisory Committee &amp; Champion</b></p>	<p><b>First Step:</b> Consider establishing a Seniors Advisory Committee to advise Council on age-friendly issues, initiatives, and planning in the community.</p> <p><b>Next Steps:</b> Establish the committee and seek to identify an age-friendly “Champion(s)” to work with the staff and community partners to implement the action plan.</p>	<p><b>Lead:</b> District of Lantzville</p> <p><b>Partners:</b> Future committee members, community partners</p>	<p>6.4.1</p>	<p style="text-align: center;">●</p> <p style="text-align: center;"><b>NOW 0-1 YEARS</b></p>
<p style="text-align: center;">②</p> <p style="text-align: center;"><b>Village Commercial Core Improvement Plan Accessibility</b></p>	<p><b>First Step:</b> Review plan and consider [a] adding one additional disabled parking stall (2 total); and [b] incorporating accessible street design guidelines.</p> <p><b>Next Steps:</b> Complete necessary plan/design updates.</p>	<p><b>Lead:</b> District of Lantzville</p>	<p>1.4.1, 1.4.2</p>	<p style="text-align: center;">●</p> <p style="text-align: center;"><b>NOW 0-1 YEARS</b></p>
<p style="text-align: center;">③</p> <p style="text-align: center;"><b>Costin Hall Accessibility</b></p>	<p><b>First Step:</b> Identify needed accessibility improvements to Costin Hall – such as better grading, pedestrian routes, and parking lot safety.</p> <p><b>Next Steps:</b> Determine strategic short- and long-term accessibility improvements based on upcoming streetscape improvements and potential long-term site redevelopment.</p>	<p><b>Lead:</b> District of Lantzville</p> <p><b>Partners:</b> Residents, Seaside Community Society</p>	<p>1.4.2</p>	<p style="text-align: center;">●</p> <p style="text-align: center;"><b>NOW 0-1 YEARS</b></p>

<p style="text-align: center;">④</p> <p style="text-align: center;"><b>Costin Hall Notice Board</b></p>	<p><b>First Step:</b> Assess the accessibility and visibility of the Notice Board in front of Costin Hall and identify needed improvements (e.g., pathway clearing, potential roof height).</p> <p><b>Next Steps:</b> Identify short- and long-term improvements and necessary funding, and then make improvements.</p>	<p><b>Lead:</b> District of Lantzville</p> <p><b>Partners:</b> Seaside Community Society</p>	<p>1.4.2, 7.4.1</p>	<p style="text-align: center;">●</p> <p style="text-align: center;"><b>NOW 0-1 YEARS</b></p>
<p style="text-align: center;">⑤</p> <p style="text-align: center;"><b>Support Housing Objectives – diversity and seniors housing</b></p>	<p><b>First Step:</b> Consider OCP goals and housing needs in reviewing development applications.</p> <p>Encourage housing units and forms that can be adapted to meet evolving accessibility needs of residents.</p> <p><b>Next Steps:</b> Work with partners to facilitate appropriate housing and care facilities.</p>	<p><b>Lead:</b> District of Lantzville</p> <p><b>Partners:</b> Proponents; housing agencies</p>	<p>3.4.1, 3.4.2</p>	<p style="text-align: center;">●</p> <p style="text-align: center;"><b>ONGOING</b></p>
<p style="text-align: center;">⑥</p> <p style="text-align: center;"><b>Huddlestone Park</b></p>	<p><b>First Step:</b> Improve the proposed pedestrian connection between Huddlestone Park and Tweedhope Road along the back of the Costin Hall.</p> <p><b>Next Steps:</b> Explore future improvements to Huddlestone Park, including additional seating, access improvements, and an all-ages exercise loop, including a permeable loop pathway and stations with versatile play/exercise equipment.</p>	<p><b>Lead:</b> District of Lantzville</p> <p><b>Partners:</b> Residents, Seaside Community Society</p>	<p>1.4.1, 2.4.1</p>	<p style="text-align: center;">●</p> <p style="text-align: center;"><b>NEXT 1-3 YEARS</b></p>

<p style="text-align: center;">7</p> <p style="text-align: center;"><b>Costin Hall Redevelopment</b></p>	<p><b>First Step:</b> Assess the need and viability of redeveloping Costin Hall as a community centre that better serves people of all ages, including seniors and youth.</p> <p><b>Next Steps:</b> Explore funding mechanisms and begin high-level studies (e.g., feasibility, needs).</p>	<p><b>Lead:</b> Seaside Community Society, District of Lantzville</p> <p><b>Partners:</b> Others (TBD)</p>	<p>1.4.2, 4.4.2, 8.4.1</p>	<p style="text-align: center;">●</p> <p style="text-align: center;"><b>NEXT 1-3 YEARS</b></p>
<p style="text-align: center;">8</p> <p style="text-align: center;"><b>Volunteer (and Employment) Fair</b></p>	<p><b>First Step:</b> Work with partners to plan a volunteer Fair to recruit and share information about volunteer (and employment) opportunities in the community.</p> <p><b>Next Steps:</b> Host an annual volunteer fair in the community.</p>	<p><b>Lead:</b> Seaside Community Society, others (TBD)</p> <p><b>Partners:</b> District of Lantzville, others (TBD)</p>	<p>4.4.1, 4.4.2, 6.4.2, 8.4.1</p>	<p style="text-align: center;">●</p> <p style="text-align: center;"><b>NEXT 1-3 YEARS</b></p>
<p style="text-align: center;">9</p> <p style="text-align: center;"><b>Seniors Resource Guide or Webpage</b></p>	<p><b>First Step:</b> Consider establishing a seniors resource guide (print/PDF) or webpage – potentially on the District website – with a list of services and programs available to older adults in the community, along with other relevant resources.</p> <p><b>Next Steps:</b> Identify necessary expertise and funding, and then work with partners to develop and maintain the webpage.</p>	<p><b>Lead:</b> District of Lantzville</p> <p><b>Partners:</b> Seaside Community Society, others</p>	<p>7.4.1</p>	<p style="text-align: center;">●</p> <p style="text-align: center;"><b>NEXT 1-3 YEARS</b></p>
<p style="text-align: center;">10</p> <p style="text-align: center;"><b>Pickleball Courts in Lantzville</b></p>	<p><b>First Step:</b> Determine the community interest in dedicated pickleball courts, including the appropriate number and facility design.</p> <p><b>Next Steps:</b> Consider facilitating the development of dedicated pickleball courts in a new or existing community park.</p>	<p><b>Lead:</b> District of Lantzville</p> <p><b>Partners:</b> Residents, others (TBD)</p>	<p>1.4.1</p>	<p style="text-align: center;">●</p> <p style="text-align: center;"><b>NEXT 1-3 YEARS</b></p>

# Monitoring & Implementation

## Actions

- Action Plan focuses on priority strategies
  - Many more identified in plan
- Over time, other strategies will need to be prioritized
- District should commit to reviewing Plan, identifying completed actions, and updating list of priority actions



**THANK YOU**

**Lantzville Age-Friendly Plan**