

Age-Friendly Plan

June 2022



Village of
Sayward

Prepared by the Mount Arrowsmith Biosphere Region
Research Institute

Acknowledgements

We respectfully acknowledge the location of the Village of Sayward in the unceded Traditional Territory of the K'ómoks, We Wai Kai and Wei Wai Kum First Nations, the traditional keepers of the land.

The Village of Sayward's Age-Friendly Plan was made possible with grant funding from the British Columbia Ministry of Health Age-friendly Communities Program, administered by the Union of British Columbia Municipalities (UBCM).

The Plan was developed by the Mount Arrowsmith Biosphere Region Research Institute (MABRRI), an entity of Vancouver Island University (VIU), with assistance from the Village of Sayward staff and Urban Systems Ltd.

A special thanks to the community members who provided input for the creation of this plan.

Cover image courtesy of Unsplash, photo by Matt Bennett

Contents

Acknowledgements	2
Contents	3
List of Figures	4
Introduction	6
Global Context	7
Canadian Context	9
Sayward Context	10
Community Engagement	13
The 8 Key Themes	16
Community Support & Health Services	17
Housing	20
Transportation	26
Outdoor Spaces & Buildings	31
Respect & Social Inclusion	35
Communication & Information	39
Social & Cultural Participation	43
Civic Participation & Employment	46
Looking Ahead	50
Action Plan Summary	51
References	54
Appendix A) Engagement Materials	56
Appendix B) Survey Questions	58

List of Figures

Figure 1 Simplified Age Groups.....	10
Figure 2 Detailed Age Groups.....	10
Figure 3 What is your age?.....	14
Figure 4 What is your gender?.....	14
Figure 5 What is your relationship to the Village of Sayward?.....	14
Figure 6 Where in Sayward do you live?.....	15
Figure 7 Age of Respondents.....	15
Figure 8 Please pick your top 4 priorities for consideration in Sayward's Age- Friendly Plan, with 1 being the most important to you.	16
Figure 9 What supports do you currently feel as though you have access to within the Village of Sayward? (please select all that apply).....	18
Figure 10 What medical services and supports have you used in the past 2 years?.....	18
Figure 11 Which of the following best describes your relationship to medical services? (please select all that apply).....	19
Figure 12 Think of your home in Sayward. If you do not live in Sayward, please skip this question. (please select all that apply).....	23
Figure 13 If you were to move in the next 10 years, which housing type would represent your ideal new home?.....	23
Figure 14 What supports are currently available and helping you or other residents you know remain in Sayward as you/they age?.....	24
Figure 15 Think of your home in Sayward. If you do not live in Sayward, please skip this question. (select all that apply).....	24
Figure 16 Condition Assessment by Asset Class.....	27
Figure 17 Which of these age-friendly features are working well in the Village of Sayward? (select all that apply).....	28
Figure 18 Which of these age-friendly features need to be improved in the Village of Sayward? Please rank your top preferences with 1 being the most urgent.....	28
Figure 19 Which of the following means of alternative transportation meaning other than driving) do you utilize within the Village of Sayward? (select all that apply).....	29

Figure 20 Which of these age-friendly features are working well in the Village of Sayward? (select all that apply).....	33
Figure 21 Which of these age-friendly features need to be improved in the Village of Sayward? Please rank your top preferences with 1 being the most urgent.....	34
Figure 22 Sense of Community Belonging.....	36
Figure 23 Which of these features are present in the Village of Sayward? (please select all that apply).....	37
Figure 24 Which of these features need to be improved in the Village of Sayward? Please rank your top preferences with 1 being the most urgent.	37
Figure 25 How do you receive Village News?.....	40
Figure 26 What is your preferred method of providing your input on the Village's Official Community Plan update?.....	40
Figure 27 How up to date would you say you are on community news?.....	41
Figure 28 How do you hear about community news and/or connect with others in the community? (select all that apply).....	41
Figure 29 How are socially isolated community members informed about community news?.....	41
Figure 30 What barriers do you feel prevent you from having more access to information online? (select all that apply).....	42
Figure 31 What are your favourite types of social activity to attend? (please select all that apply).....	44
Figure 32 Do you feel as though your participation/attendance in social activities is hindered by any of the following? (please select all that apply).....	45
Figure 33 Which of the following phrases apply to you, within the Village of Sayward? (please select all that apply).....	48
Figure 34 Are you currently or have you in the past served on any of the following? (please select all that apply).....	48
Figure 35 Which of the following phrases best apply to you? (please select all that apply)	49
Figure 36 What do you most look forward to as you age?.....	50

Introduction

Purpose

The purpose of this Plan is to create a roadmap for improving the age-friendliness of the Village of Sayward and provide tools for implementing the suggested actions within.

Adopting a thoughtful plan, informed by community feedback and a thorough assessment, provides opportunities to seek and secure funding for carrying out the suggested actions within. It is hoped that this plan will be of great use to the current and future Council and administration of the Village.

The Village of Sayward is also currently in the process of updating their Official Community Plan (OCP). By carefully examining certain subtopics of the community, such as Age-Friendliness, Active Transportation, and Housing Needs, a deeper understanding of each will highlight opportunities and ultimately inform a more comprehensive OCP.

Structure

The structure is organized in terms of past, present, and future. It will recap the origin and history of Age-Friendly Planning, to give some context to the framework used in most communities.

It will then provide some current demographics of Sayward and review of the Community Engagement undertaken for this plan. It will address each “Key Topic” of age-friendliness and suggest Action Plans specific to the community of Sayward. Under each Key Topic, a summary of the Assessment (past and current conditions) and Community Engagement (present feedback) will be provided.

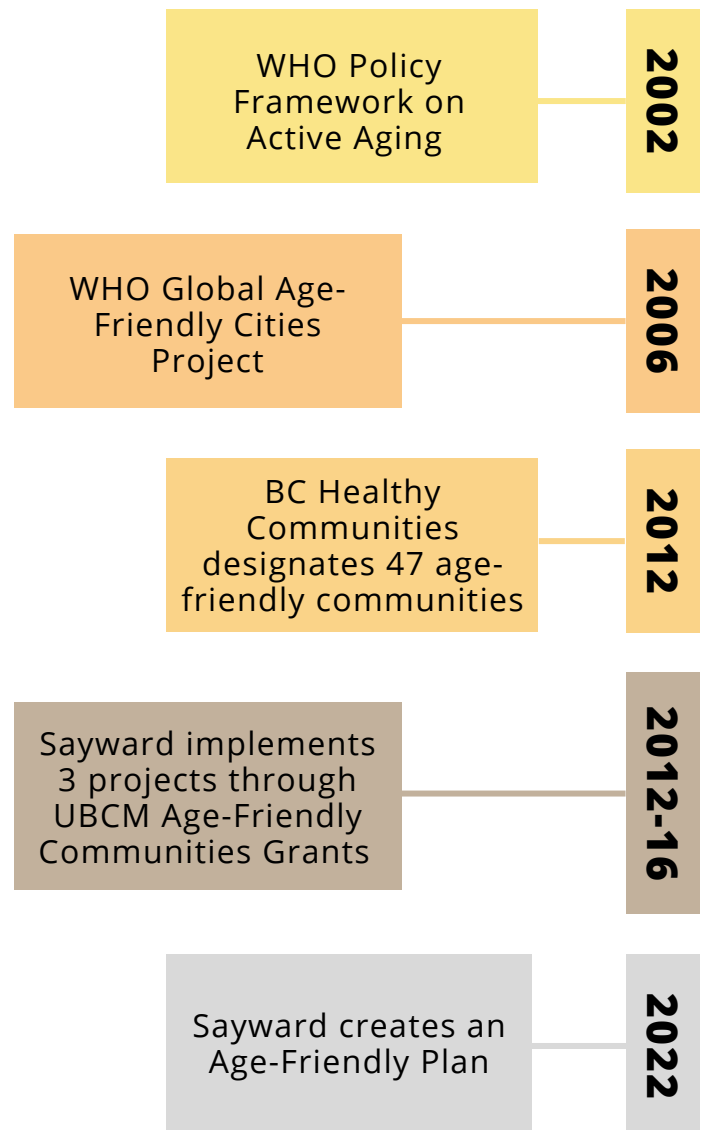
Finally, the Action Plan (future) and Looking Forward sections will provide some key takeaways and tools for moving ahead.

Global Context

WHO Age-Friendly Cities

It is anticipated that 22% of the world's population will be aged 60 and over by 2050 (World Health Organization, 2007). At this point, the proportion of people over the age of 60 will be greater than the number of children (under 15) in the world. With this rapid shift in demographics, it is imperative that our communities are designed considering the needs and capacities of an older population. The World Health Organization (WHO) has been a key instigator in developing tools to assist communities as they begin to tackle this challenge. The WHO's focus has been to promote active aging (2007).

Timeline of events:



“To “age actively” is to live in security, enjoy good health, and continue to participate fully in society.”

The WHO Global Age-Friendly Cities Project & Guide (2007) was a collaborative effort of many countries and communities across the world, including Canada. Community leaders facilitated discussions with seniors, care-providers, and others with a strong interest in age-friendly design to gather information on what makes a place welcoming to older members of the population.

The project identified eight areas where efforts can be focused to assist communities in becoming more age-friendly. A key piece of the Age-Friendly City model is acknowledging that the entire community benefits from accommodating the needs of their older members. Younger community members experience less stress when their older family members have good access to social and health services, and the economy profits from the support of older clients. The Global Age-Friendly Cities Project continues to be the guiding document that assists communities as they transition towards becoming more age-friendly, providing useful checklists of features and strategies.

Applying an age-friendly lens to all planning decisions related to eight focus areas helps local governments allocate resources accordingly.

The 8 Key Areas:



Outdoor spaces and buildings

Pleasant, clean, secure and physically accessible



Transportation

Public transportation is safe, convenient, accessible, and affordable



Housing

Affordable, well-positioned, well-built, well designed and secure options exist for older adults



Social and cultural participation

People of all ages have access to leisure, social, learning, cultural, and spiritual activities



Respect and inclusion

Elders feel as though they are included in civic life and are treated with respect



Civic participation and employment

There are volunteer and employment opportunities that are of interest and within the capabilities of older individuals



Communication and information

Information is available through various mediums and is age-friendly



Community support and health services

Supports and services are available and tailored to the needs of older members of the community

(World Health Organization, 2007)

Canadian Context

The Public Health Agency of Canada, along with provinces and territories, have been instrumental in the development and promotion of the WHO Policy Framework on Active Aging. All levels of government have continued to advocate for planning age-friendly communities. (British Columbia Ministry of Health, 2011; Federal/Provincial/Territorial Ministers Responsible for Seniors, 2018).

British Columbia has seen an increase in the number of age-friendly communities, with the BC Healthy Communities designating 47 communities as age-friendly between 2012 and 2018.

On Vancouver Island, Island Health uses the BC Healthy Built Environment program to collaborate with local governments and organizations to promote the development of communities that support mental, physical and social health and wellbeing (Island Health, 2022).

In an effort to support the development of Age-Friendly Plans in the province, the Age-Friendly Community Planning and Project Grant Program was created as a partnership between the Union of British Columbia Municipalities (UBCM) and the Province of BC (UBCM, 2022).

The Village of Sayward was able to access this funding for the creation of this plan, as well as the implementation of three Age-Friendly Projects:

- An Age-Friendly van providing trips to Campbell River.
- Age-Friendly programming and drop-in times at the Kelsey Recreation Centre.
- An Outdoor Fitness Park for seniors.
(Village of Sayward, n.d.)

Sayward Context

Demographic Profile

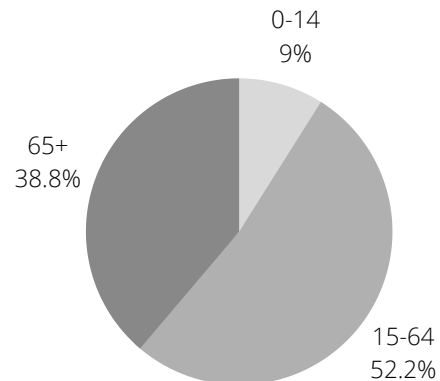
The Village of Sayward has a small population of 334 people, as of the 2021 census. This is an increase of 23 people from the 2016 census (representing 7.4% growth over 5 years).

The median (midpoint) age in Sayward is 60.4 years old. This means that 50% of residents are over 60.4 years old and 50% are under 60.4 years old. This is significantly higher than the BC median age of 42.8 years.

The mean (average) age is 51.9 years old, representing the numerical average taken of all residents' ages. This is also higher than the BC average age of 43.1 years.

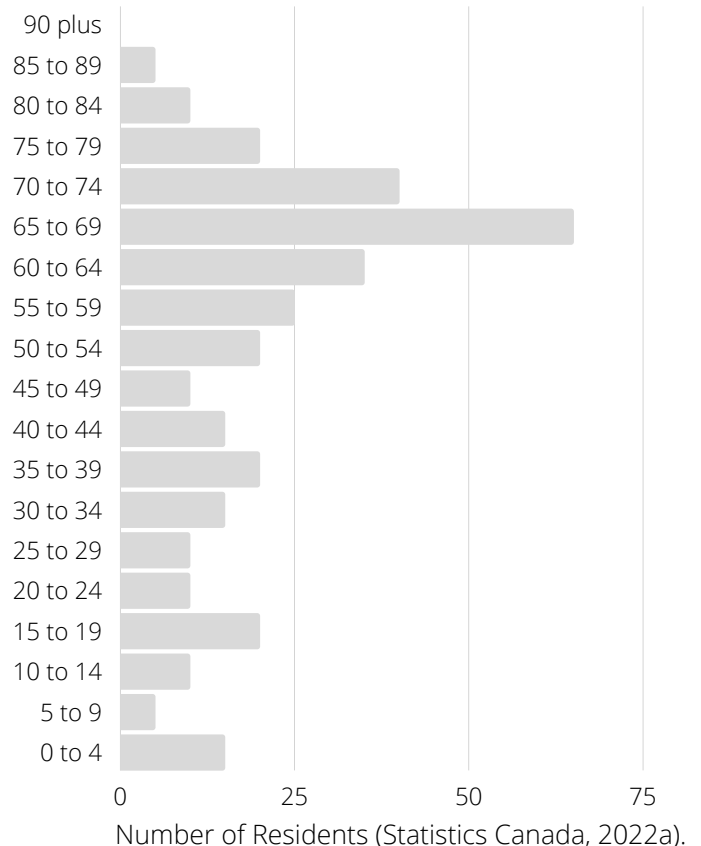
The census suggests 3 overarching age categories: Under 15 (children), 15-64 (working age), and 65+ (retirement age). Using this metric, Sayward's largest age cohort is 15-64 years old at 52.2% of the population. The second largest cohort is 65+ at 38.8% and the smallest cohort is under 15 at 9.0% of the population. While this is a reasonable grouping in terms of economic analysis, it is helpful to look deeper for the purposes of this plan.

Figure 1 Simplified Age Groups



When split into even 5-year increments, the largest cohort by far is 65-69 at 19.4%. The graph of Detailed Age Groups below gives a fuller understanding of Sayward's demographic profile (Statistics Canada, 2022a).

Figure 2 Detailed Age Groups



Other notable demographic aspects include housing type and household size. The majority of people in Sayward live in a single family detached home, at 76.4%. The only other typologies identified were 14.7% living in a low-rise apartment building (under 5 storeys) and 8.8% living in a moveable dwelling. The average household size is 2.0 people, lower than the BC average of 2.4 (Urban Systems Ltd., 2021a). This is expected in an older population, with most children having left their parental home.

15% of residents in the Village of Sayward identify as Indigenous as per the 2016 census. This is significantly higher than the Provincial average of 5.9% and the Canadian average of 4.9%. Culturally appropriate approaches for Indigenous Elders should be considered and incorporated in any actions taken towards increasing the Age-Friendliness of Sayward. The majority of residents identified themselves as being of primarily European ancestry with ten residents identifying as Black (Urban Systems Ltd., 2021a).



50%

**of Sayward
residents are over**

60

years old.

Considerations

With 38.8% of residents aged 65 years or older, well above the provincial average, it is imperative that Sayward considers mechanisms to make active aging more feasible (Statistics Canada, 2022a). The goal of transitioning Sayward to be an age-friendly community is that it will allow older members to remain independent, dignified, and respected within the community they love and consider home.

Becoming and remaining an age-friendly community is an ongoing process, and the Village of Sayward will need to continue to make an effort to achieve this goal.

This means decision makers should:

- Use an age-friendly lens when developing community policies;
- Consider the interests and abilities of older members when thinking about solutions to community issues;
- Prioritize age-friendly initiatives (remember that age-friendly means that all members of the community can participate);
- Keep track of global, federal, and provincial changes with regards to best practices; and
- Seek opportunities to strengthen the involvement of seniors in civic activities.



Community Engagement

In June 2022, MABRRI launched a survey specific to the creation of an Age-Friendly Assessment and Action Plan for Sayward. This method of engagement was designed to be accessible, with a number of considerations implemented.

- The survey was available for completion online as well as by hand, with paper copies in the Village office and the Kelsey Recreation Centre. It was advertised in all engagement materials that the survey could be taken online using the link provided, by hand in person, or by calling in to the Village Office (with the phone number posted). Paper copies were also brought out to events such as the Senior's Lunch.
- The survey was promoted through the Village website and their official Facebook page, as well as the community Facebook page "Around Sayward". These posts were designed to be readable by assistive tech, meaning the images were supplemented by text descriptions.
- Posters were designed to be clear and readable with large sans-serif fonts, a single image of the Village crest, and clean formatting. The poster provided a link, a QR code to go directly to the survey, and details for completing the survey at the Village Office, either in person or via phone.
- The Village Office also contacted community groups such as Sayward Futures and the Sayward Primary Health Clinic to help promote the survey.

All survey results will be graphed by number of respondents for each answer, unless expressly noted otherwise.

(See Appendix A for engagement materials and Appendix B for survey questions.)

The survey had a total of 27 responses. Of these, two thirds (18 surveys) were completed online and one third (9 surveys) were manually entered on the printed copies provided by the Village. The latter were scanned and input by researchers at MABRRI. The responses were anonymous, but the following demographic details were collected:

Figure 3 What is your age?

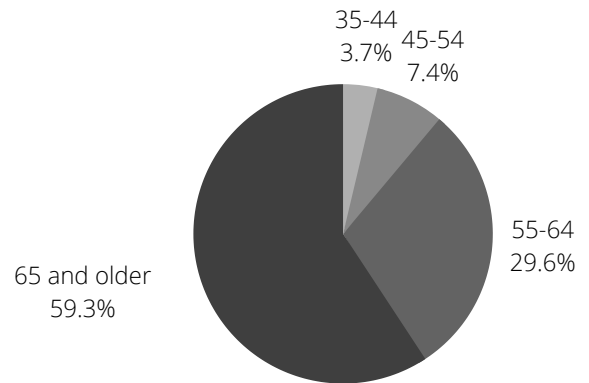


Figure 4 What is your gender?

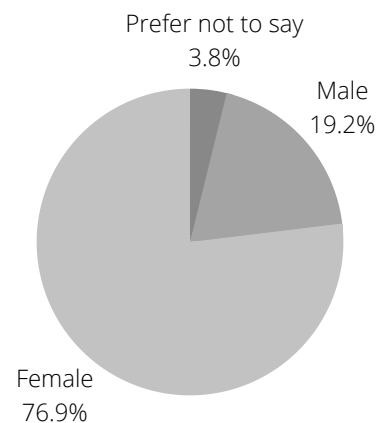
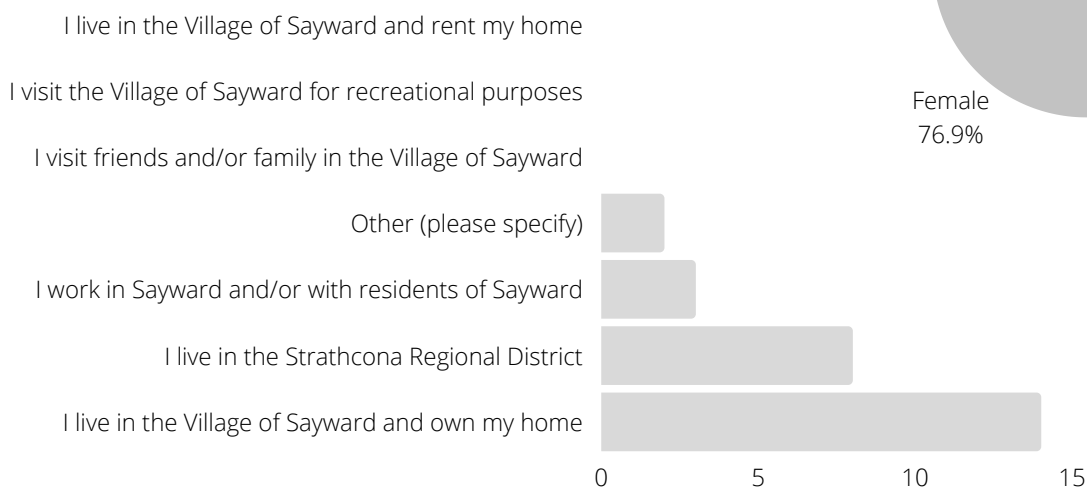


Figure 5 What is your relationship to the Village of Sayward?



There were two "Other" responses that explained they live in the Sayward Valley. One lives in the Sayward Valley and owns a house in the Village as well. Since these both count as living inside the Strathcona Regional District but outside the Village, the true count for "I live in the Strathcona Regional District" is 10.

The creation of the survey was informed primarily by the WHO (2007) & Canadian Age-Friendly communities conventions and guides (British Columbia Ministry of Health, 2011; Federal/ Provincial/ Territorial Ministers Responsible for Seniors, 2018). However, a previous survey completed by Urban Systems in 2021 also provided valuable context for the Assessment portions of this Plan. The Urban Systems survey was created for the Official Community Plan (OCP) Update which is currently in progress. It provided some very relevant input to the Age-Friendly Plan and will be referenced occasionally throughout this Plan.

The OCP Update survey had 28 responses. Again, the survey responses were anonymous, so we cannot determine if this represents many or few of the same

respondents to the Age-Friendly survey. The demographic details collected for the OCP Update survey are shown below. Although seniors were not specifically targeted for the OCP Update survey, it is worth noting that 71% of respondents were 65+ and all respondents were 55+.

Ultimately, the number of responses collected for the two surveys cannot be considered statistically representative of the entire population of the Village of Sayward. However, the level of engagement was very strong considering the small population and we are impressed by the effort and thoughtfulness shown by respondents.

These results are taken as valuable insights from the lived experience of Sayward's residents, workers, and visitors.

Figure 6 Where in Sayward do you live?

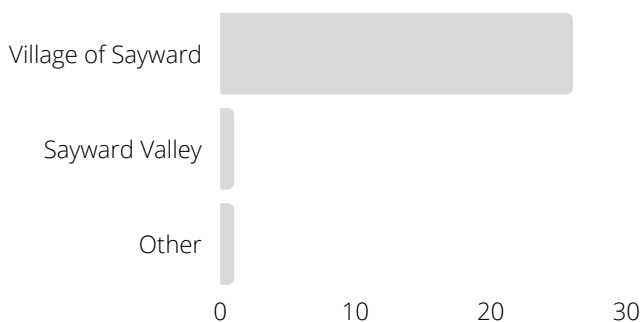
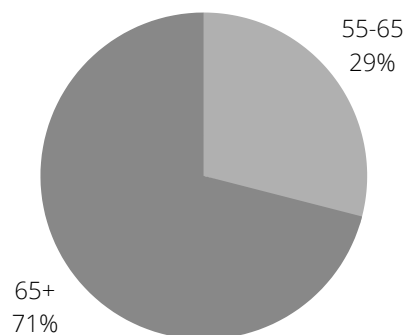


Figure 7 Age of Respondents



Urban Systems Ltd. (2021b). Village of Sayward Official Community Plan Survey Results Analysis [Report]

The 8 Key Themes

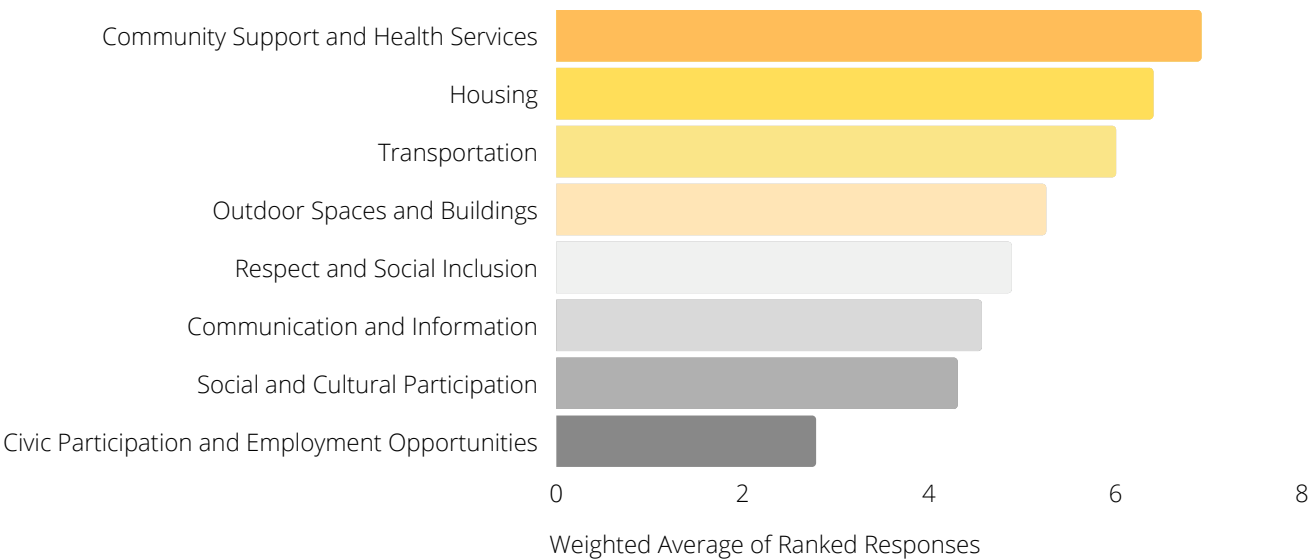
Ranking of the 8 Key Themes from the community survey resulted in the following order of priority. The result is based on a weighted average of ranked responses.

The top priority identified for consideration in the Age-Friendly Plan was Community Support and Health Services. This was followed by Housing second, Transportation third, and Outdoor Spaces and Buildings fourth. Themes that were ranked lower may have been so because they are considered less important, or because they are already working well in the community.

The four lowest priority themes were Respect and Social Inclusion, Communication and Information, Social Participation and Employment, and Civic Participation and Employment. It is worth noting that the last theme was ranked significantly lower than the second from last.

Detailed insights are provided under each theme heading as to what aspects are working well and what aspects need the most work. The order of the themes in this Plan follows the order of priority identified by the community.

Figure 8 Please pick your top 4 priorities for consideration in Sayward’s Age-Friendly Plan, with 1 being the most important to you.





Community Support & Health Services

Chronic illnesses are more prominent in older adults, requiring access to health and other support services. To ensure a healthy and independent aging community, it is vital that quality, appropriate, affordable, and accessible health care is available. Age-friendly communities have support and health services that are tailored to support the needs of seniors.

Assessment

Health services are an essential aspect of an age-friendly community, but also an aspect that is rarely found in rural or remote communities, especially those of only a few hundred residents. Recognizing these challenges, for such a small community, Sayward has implemented some solutions to provide access to certain health services. There is a Primary Care Health Clinic in Sayward. The Health Clinic is run as a non-profit organization, where residents can see the nurse practitioner four days a week. It offers primary care with some emergency service support.

The majority of other healthcare services must be accessed in Campbell River, such as pharmacists, specialist appointments, and hospital visits. Wheels for Wellness is a volunteer-run community shuttle in Comox which can provide rides to medical appointments in Campbell River, 75 kms away and usually about an hour's drive, with advanced notice (Urban Systems Ltd., 2021a).

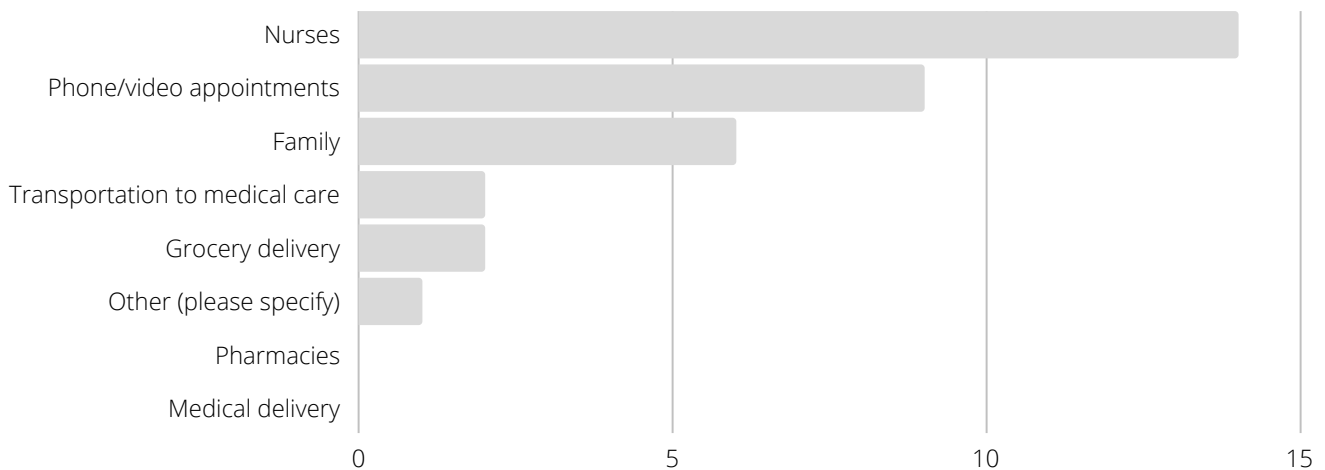
Clearly, limited health resources pose a barrier to those with complex medical needs being able to live or remain in Sayward. While this applies to people of all ages, it also represents a significant issue for older populations. This is not unique to Sayward, as it is a challenge in most small and rural communities.

Unfortunately many of the seniors end up moving to the city due to medical facility availability

- Survey Respondent
(Urban Systems Ltd., 2021b).

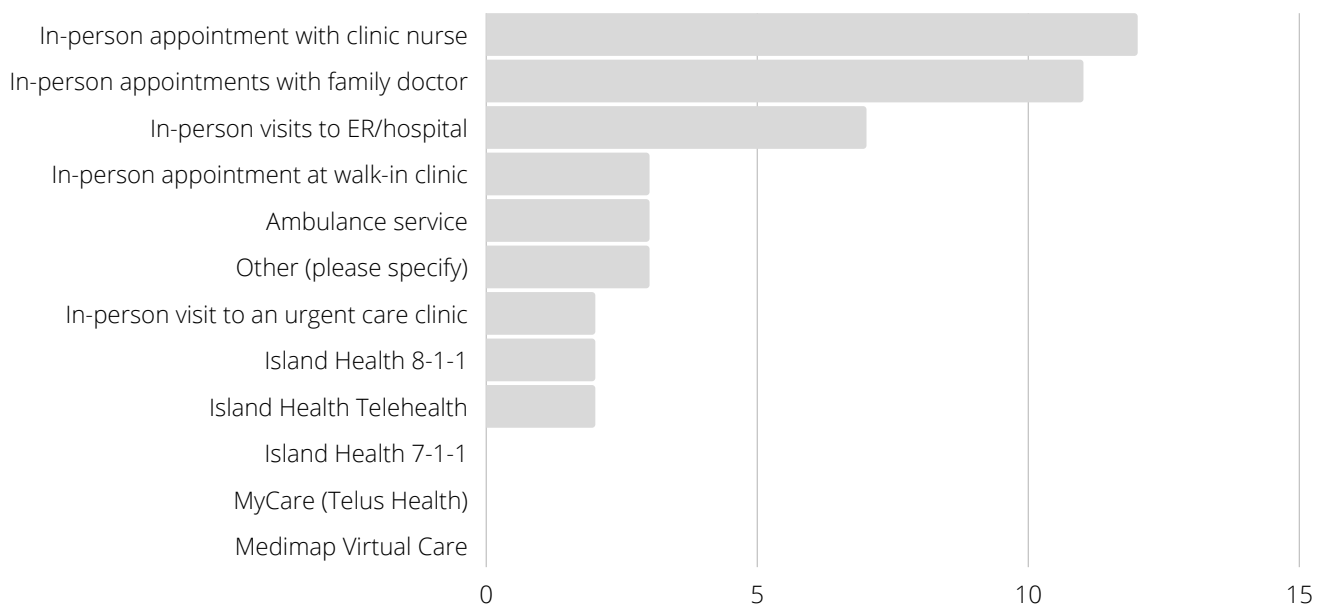
Community Feedback

Figure 9 What supports do you currently feel as though you have access to within the Village of Sayward? (please select all that apply)



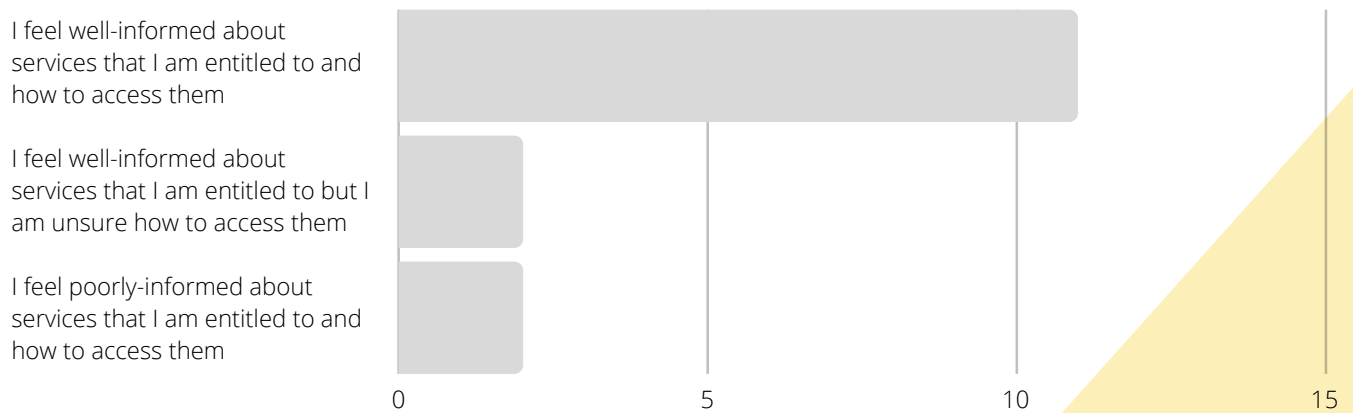
The one "Other" response elaborated that they have access to help from family in Campbell River and friends.

Figure 10 What medical services and supports have you used in the past 2 years? (please select all that apply)



The three "Other" responses explained supports that they have accessed in the past two years. These included phone appointments [1], hospitalization in Campbell River [1], specialized medical care where they are contacted directly by the provider [1], online support groups & medical information [1]. One noted that they do not have a family doctor.

Figure 11 Which of the following best describes your relationship to medical services?



Action Plan

Proposed Objectives:

1.1

Pursue increased access to transportation for medical appointments.

1.2

Explore opportunities for deliveries of medical and pharmaceutical supplies, groceries, and other health supports.

1.3

Work with home support services, Sayward Primary Care Clinic, and Strathcona Health Network to identify and improve barriers to health services for older adults.

1.4

Identify and pursue resources that support the physical, mental, and social health of older adults.

1.5

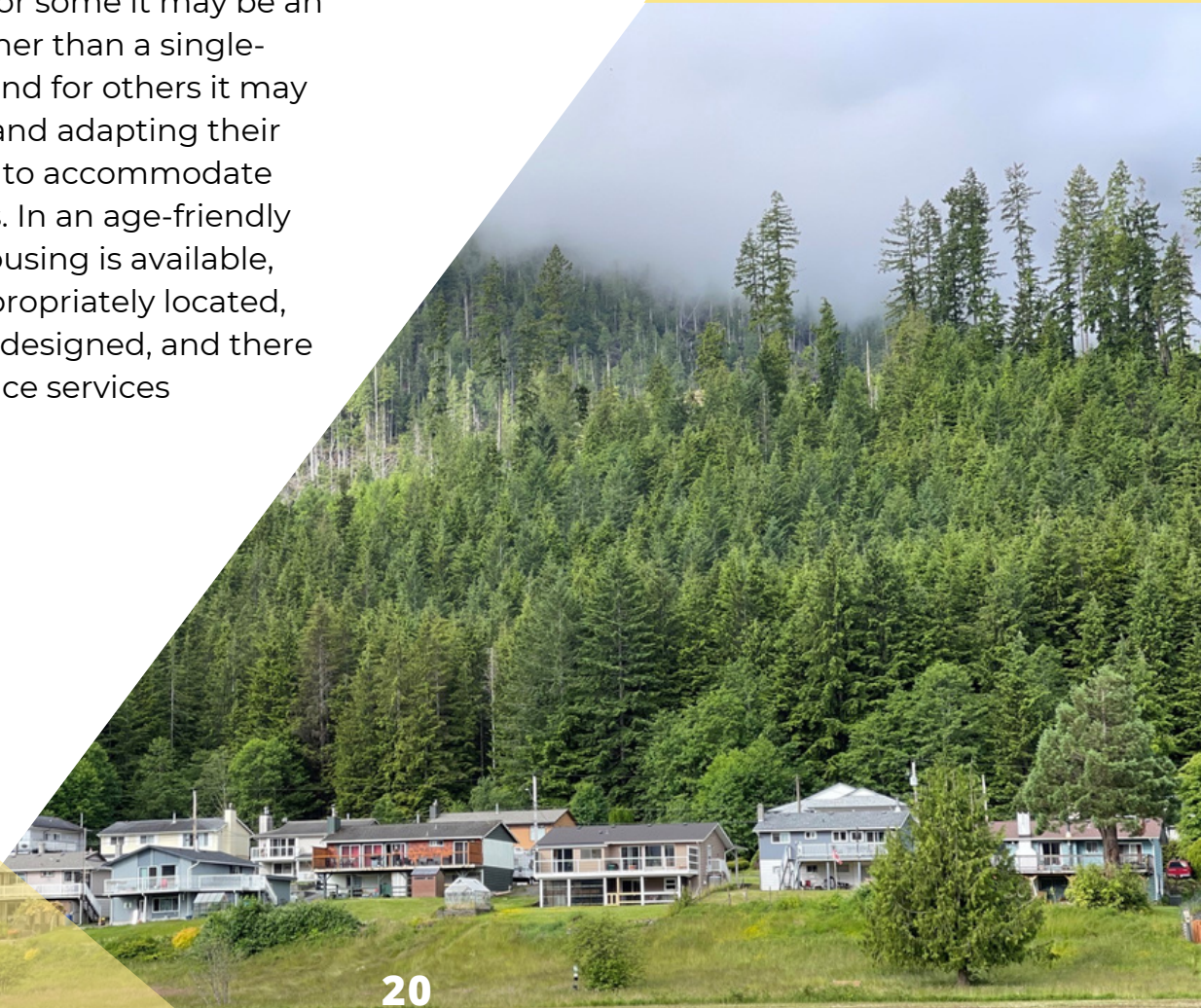
Foreground community support services and health services as they relate to commercial amenities, residential housing, and transportation policies in the upcoming OCP update.

Housing

Aging-in-place allows individuals to safely and comfortably grow old in their own community, which may represent different types of housing solutions for different stages of life. Aging-in-place is preferable for many reasons but, most importantly, it often prolongs independence (Whistler, 2021).

Age-friendly housing looks different to everyone. For some, it may be a small unit in a larger facility with 24/7 support, for some it may be an apartment rather than a single-family home, and for others it may be modifying and adapting their existing home to accommodate mobility issues. In an age-friendly community housing is available, affordable, appropriately located, well built, well designed, and there are maintenance services available.

*Image courtesy of
the Village of Sayward*



Assessment

Housing stock in the Village of Sayward is largely made up of single family detached houses, comprising 80% of all private dwellings. The majority are 3-bedroom homes, which represent 44% of occupied dwellings. There is also a significant majority of residents who own their home in Sayward. (Urban Systems Ltd., 2021a). 86% of residents are homeowners, compared to 64% of the Canadian population (Uppal, 2019).

Notably, the majority of homes in Sayward were built between 1961-1980. This means about 74% of the housing stock is between 42-61 years old. (Urban Systems Ltd., 2021a). This is significant because older homes generally require more maintenance. While an older population is more likely to own their home and potentially have their mortgages paid off, costly repairs may represent a significant burden for retirees on a fixed income.

In 2019, the housing value in Sayward spiked dramatically by 44%. This increase was driven by populations

leaving large cities for more rural locations, largely exacerbated by the COVID-19 pandemic (Urban Systems Ltd., 2021a). Although the most dramatic effects of the pandemic are beginning to subside, the future of housing affordability on Vancouver Island is still an issue.

With 46% of Sayward's population retired (income being pensions and/or government assistance), there should be a focus on senior support and affordable housing which is appropriate for older adults (Urban Systems Ltd., 2021a).

The current Village of Sayward OCP (2000) policy section related to housing makes a mention of senior's housing and facilities:

"Senior's housing and facilities, affordable accommodation units and special needs housing are encouraged in this [Single-Family Housing] designation"
(Village of Sayward, 2000, Part 3, 3.1., b, ii.).



Comments from the OCP Update Survey:



"I am happy where I live at this time, but think a seniors complex is very much needed."

"Need more lower cost options, rental & condo type of apartments for seniors who can't maintain their homes."

"Housing for seniors needs help. Keep it affordable is important. Van Island is gentrifying."

"I would like to think (hope) that who needed - in home care will be available."

"Need local seniors housing so that our aging people can age in place. Cottages - assisted living - multi-level care. Need housing for mental health/hard to place persons with supervisory."

"We are seniors living in our own home as are all the seniors living in Sayward, there is no Senior Housing available."

(Urban Systems Ltd., 2021b)

Community Feedback

Figure 12 Think of your home in Sayward. If you do not live in Sayward, please skip this question. (please select all that apply)

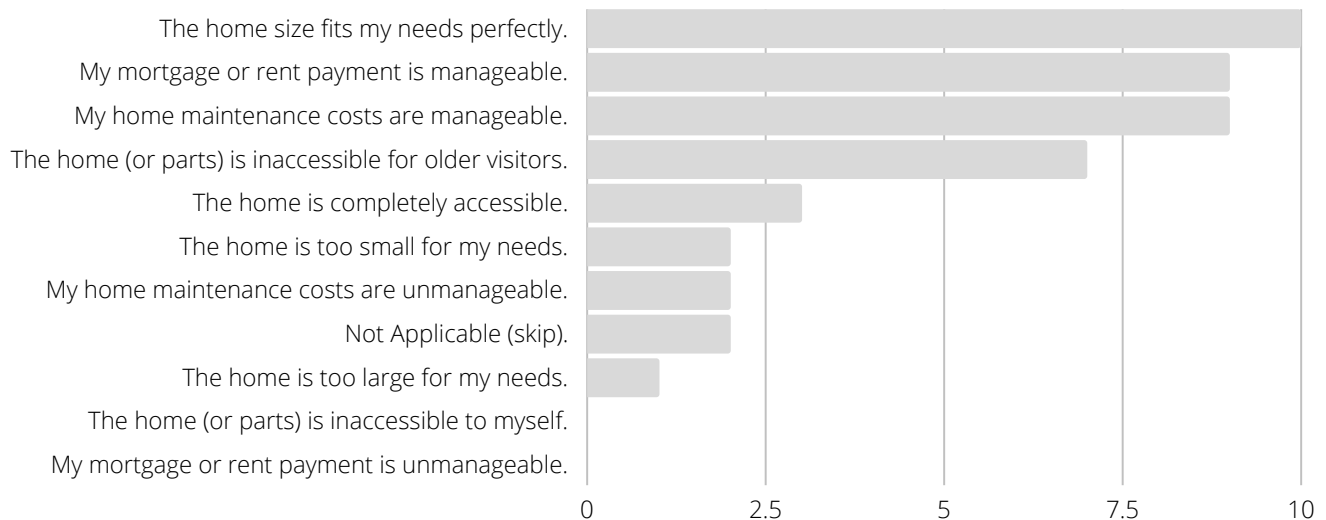
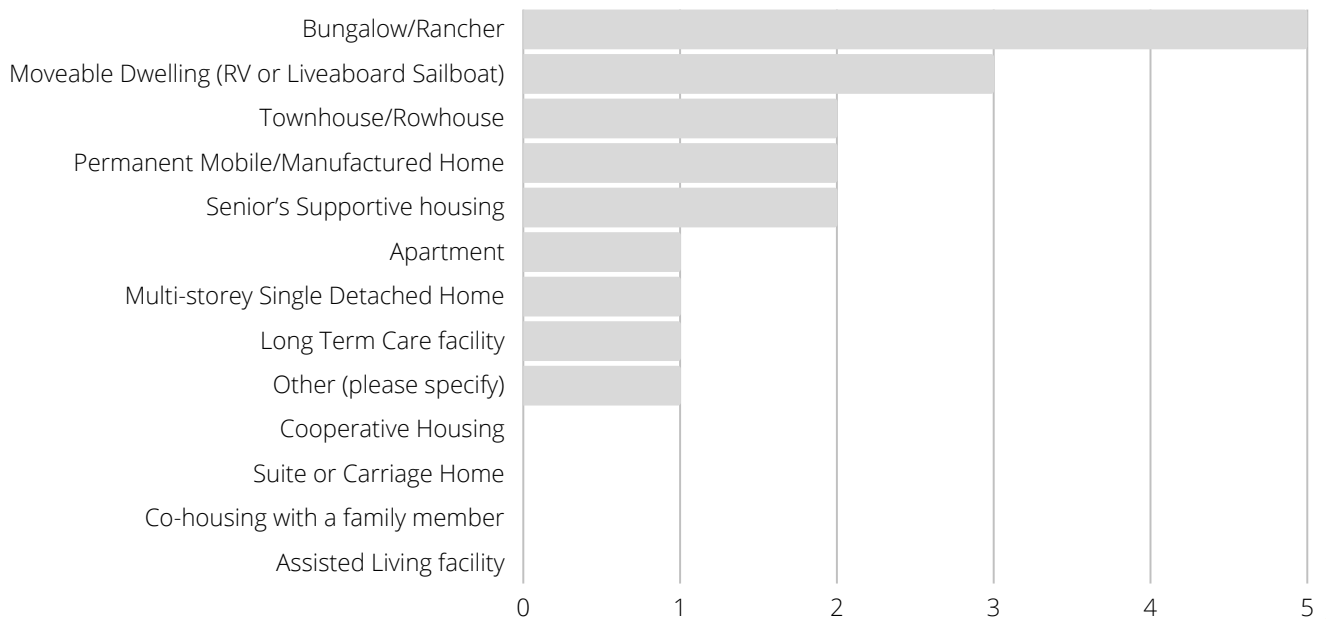
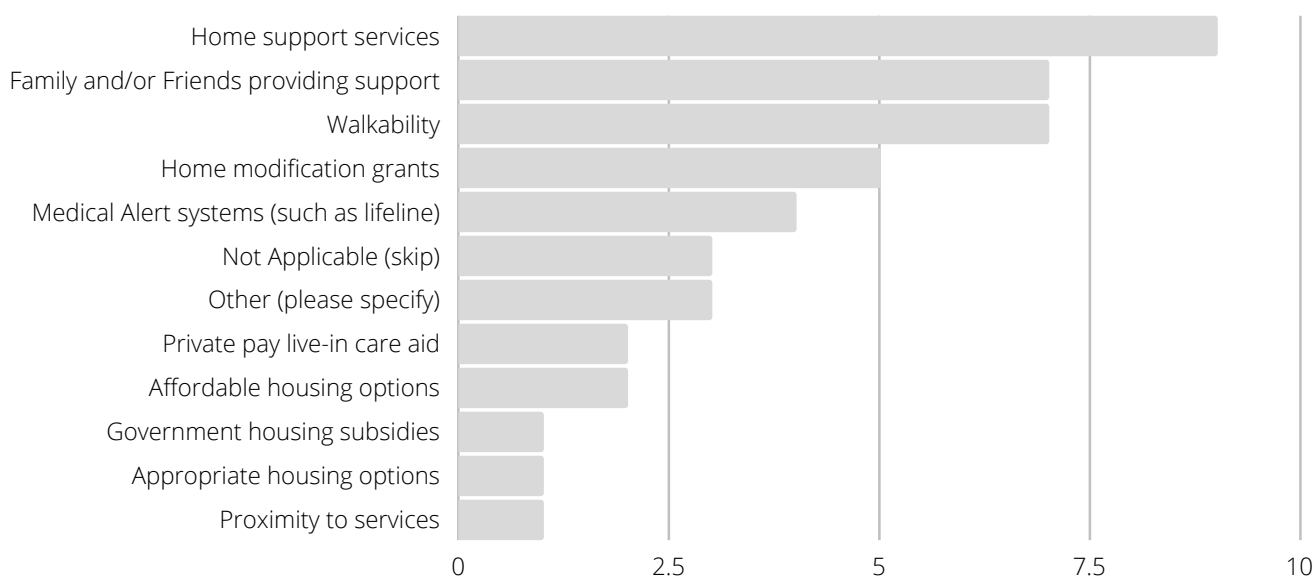


Figure 13 If you were to move in the next 10 years, which housing type would represent your ideal new home?



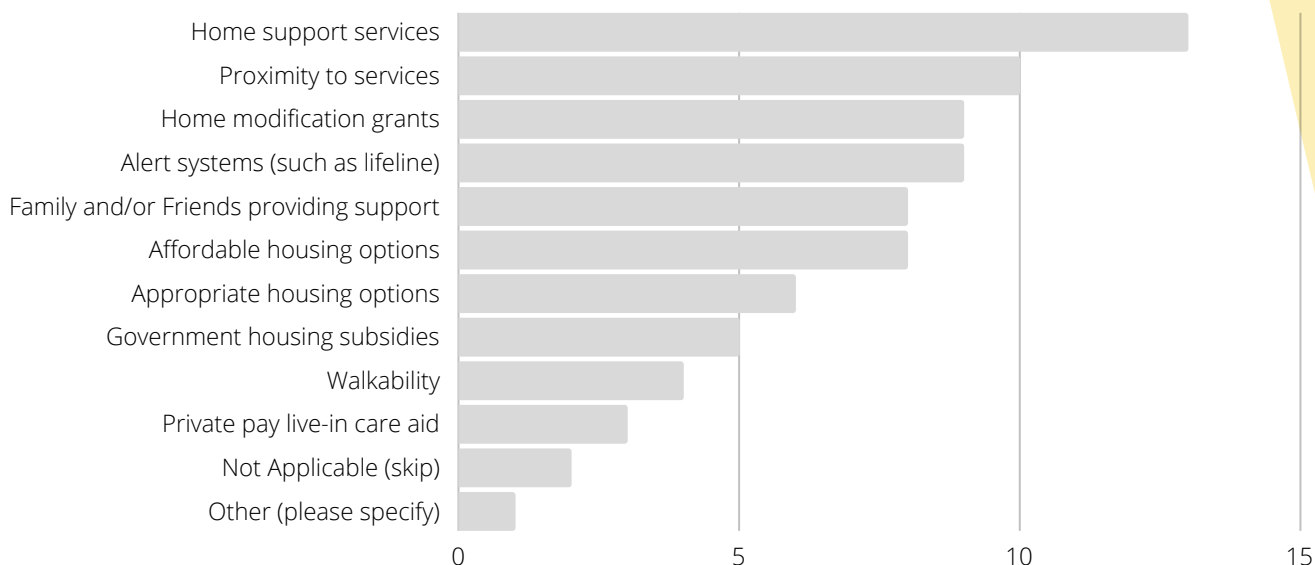
The one "Other" response explained that all types of housing present their own advantages and that physical ability would dictate their future preference.

Figure 14 What supports are currently available and helping you or other residents you know remain in Sayward as you/they age?



The three “Other” responses all explained that they are not very familiar with the topic, that there may be options that they are not aware of. This may indicate a lack of communication about services, or simply a lack of familiarity by those specific respondents.

Figure 15 Think of your home in Sayward. If you do not live in Sayward, please skip this question. (select all that apply)



The one “Other” response explained that Proximity to Services was especially important, indicating it should deserve extra weight in their response.

Action Plan

Proposed Objectives:

2.1

Align OCP and Zoning bylaw with creating opportunities for seniors supportive housing, assisted living, community care and long-term care facilities.

2.2

Encourage the construction of affordable seniors housing, universally accessible homes, and businesses or amenities that support older adults.

2.3

Promote and educate about programs that allow for aging in place, such as grants for home modification, maintenance, and repair.

2.4

Include age-friendly considerations in upcoming Housing Needs Assessment and OCP update.



Transportation

A key determinant of a person's quality of life is mobility, i.e. their ability to move freely and independently around their community. Without a suitable way to move around, one's ability to participate in employment, volunteer, or civic activities, stay socially connected, and access health services becomes severely compromised. Not having a way to move around their community puts older adults at risk of isolation.

Where the preferred mode is the private automobile, it is even more imperative to plan for alternative transportation as many people lose their ability to drive as they age. In an age-friendly community, residents have access to multiple forms of transportation that are convenient, safe, accessible, and affordable.

Assessment

Sayward is a community that relies primarily on private automobiles for transportation. 85% of workers drive for their commute, while 15% are able to walk. Many drive to Campbell River for their employment, with a third of commuters spending at least 45 minutes driving in each direction.

Unsurprisingly, due to size and location, there is no bus, taxis or other public transportation system operating within the Village of Sayward.

There is a community van operating as a shuttle for appointments and trips. The van is used for Age-Friendly shopping trips to Campbell River on a biweekly basis.



Image courtesy of the Village of Sayward

This is a creative solution and supported by the community, though it is noted that a single vehicle means there is no back up in the case of mechanical issues.

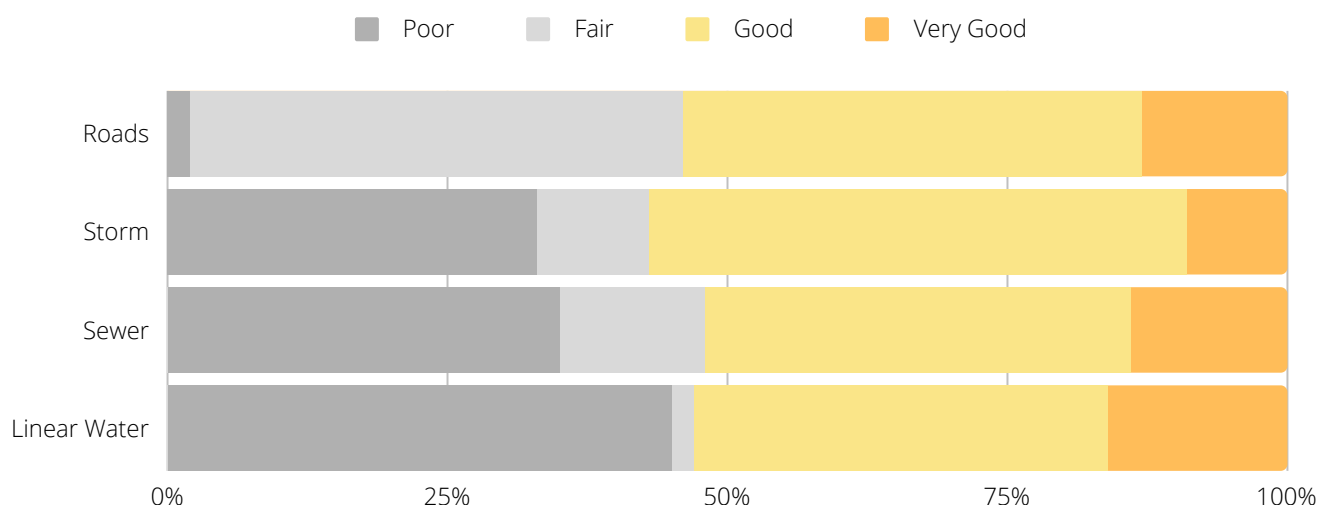
Sayward has only one officially designated bicycle lane. Most streets do not have a sidewalk but do benefit from low volumes of traffic. Walkability within the village is a highlight, as the total area is only 4.7 square kms (Urban Systems Ltd., 2021a).

The street layout is also conducive to walkability, as there is good connectivity and few dead ends.

This connectivity should be maintained in any future residential development, for the many health benefits of a walkable community. Outside of the Village boundaries, in the Sayward Valley, there are major barriers to cycling, walking, and other forms of alternative transportation.

The OCP Background Report notes that, of the four asset classes, Sayward's roads are in the best shape. There is only a very small percentage of roads in poor condition, while the majority are in fair or good condition (Urban Systems Ltd., 2021a).

Figure 16 Condition Assessment by Asset Class



(p. 4, Urban Systems Ltd., 2021a)

Community Feedback

Figure 17 Which of these age-friendly features are working well in the Village of Sayward? (select all that apply)

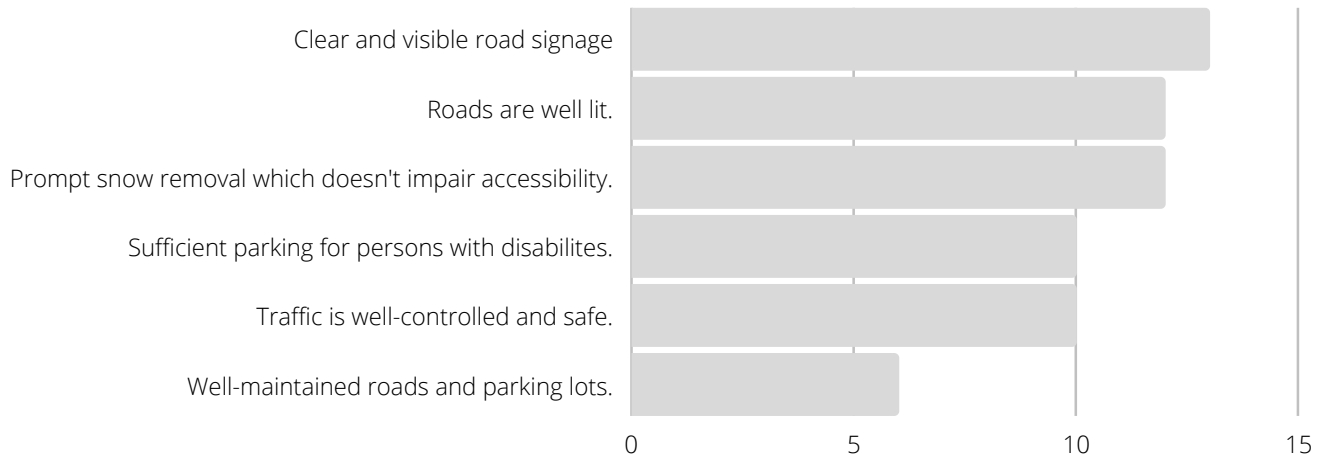


Figure 18 Which of these age-friendly features need to be improved in the Village of Sayward? Please rank your top preferences with 1 being the most urgent.

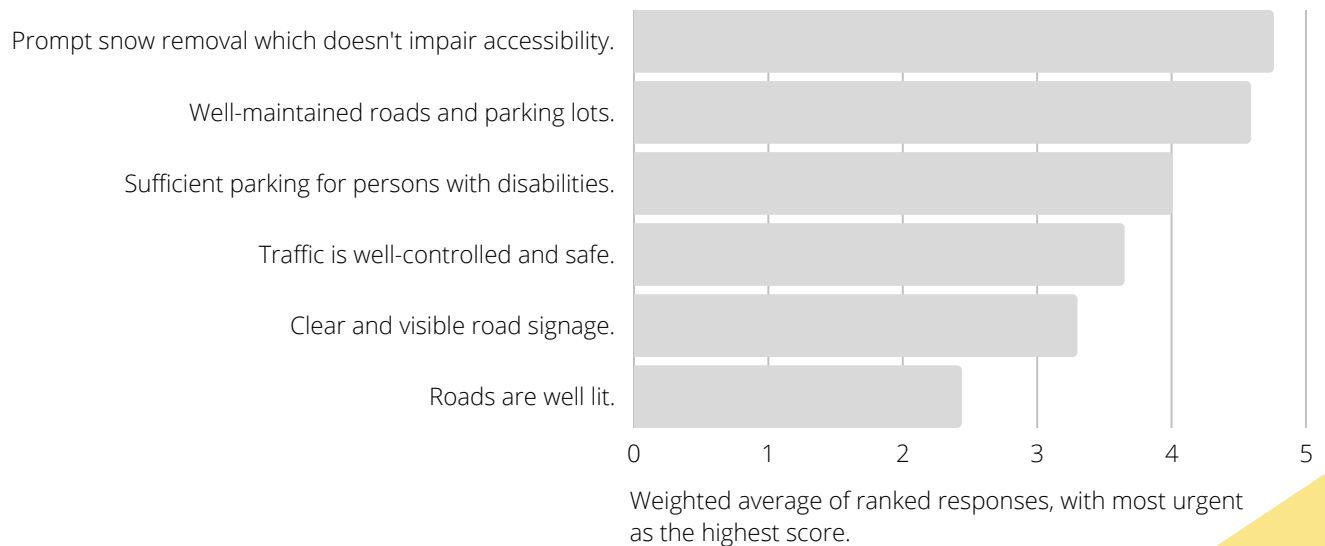
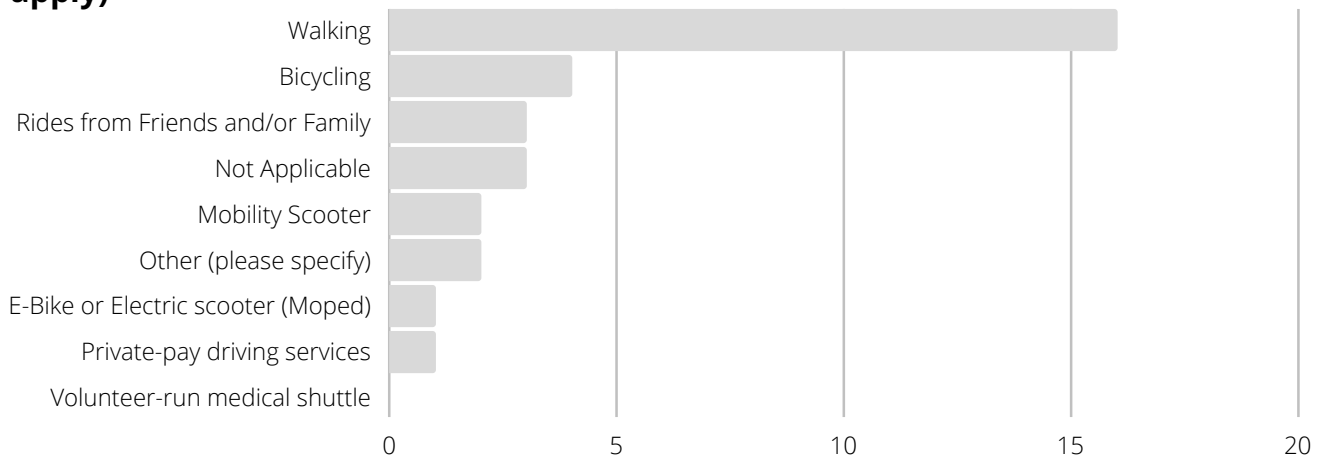


Figure 19 Which of the following means of alternative transportation (meaning other than driving) do you utilize within the Village of Sayward? (select all that apply)



The two "Other" responses explained that they use an ATV [1] and an e-bike [1]. This means the tally for "E-Bike or Electric 2-wheeled scooter (Moped)" should total two.

Please comment on what alternative transportation methods you would like to see improved as a top priority in Sayward, especially for older adults.

- Shuttle bus service to CR for medical patients to attend appointments.
- Daily bus to Campbell River and back.
- The Village has an Age-Friendly Van that is not utilized to its maximum potential, and as it sits maintenance costs are incurred. This asset needs to be used for more events and outings.
- Bus.
- Road access for ATV's and other non licensed vehicles.
- Give mobility scooters and other electric forms of transportation the right of way on streets. Develop charging stations, including charging of electric automobiles and trucks. This should be a very high priority.
- Ride sharing.

Action Plan

Proposed Objectives:

3.1

Pursue funding opportunities that could support expanding the use of the Age-Friendly van.

3.2

Explore partnerships with existing transit providers, such as BC Transit, HandyDART, Wheels for Wellness, and Island Link, to maximize impact.

3.3

Improve access to and awareness of alternative transportation options.

3.4

Include age-friendly considerations in the upcoming Active Transportation Plan.



Outdoor Spaces & Buildings

Having adequate and accessible outdoor spaces is beneficial for both mental and physical health. There are several characteristics of the natural and built environment that can determine the age-friendliness of a community.

The design of streets, parks, buildings and other outdoor spaces within Sayward determine the accessibility of the community and have the capacity to have a significant impact on a person's mobility, independence, and quality of life.

Functional outdoor spaces are linked to many community health benefits for those who walk, roll, play, and recreate. In an age-friendly community, outdoor spaces and public buildings are pleasant, clean and accessible; these spaces support the access and involvement of older adults in the community.



*Image courtesy of the
Village of Sayward*

Assessment

The beauty of Sayward's outdoor spaces is seen as a clear benefit to residents. Outdoor activities were highlighted as the preferred method of recreation in the social participation section of the Age-Friendly Assessment survey.

In the OCP Update survey many respondents identified nature, the outdoors, the clean and quiet environment as positive aspects of the good quality of life enjoyed in Sayward.

Concerns about outdoor spaces and buildings were also highlighted in the OCP Update survey. This feedback included limiting the impacts of the log sort, fish farm, and algae blooms on enjoyment of outdoor spaces.

There was also mention by two people of increased bylaw enforcement to ensure properties are not unsightly or detracting from the public realm (Urban Systems Ltd., 2021b).

Based on a visual assessment, most public buildings in the Village of Sayward have an accessible entrance at ground level or through the provision of a ramp. Benches are available along some pedestrian paths and there are a few outdoor shelters in public parks which allow for shade or rain protection.

An Age-Friendly Project initiated by the Village of Sayward saw an Outdoor Fitness Park installed in H'Kusam Park, next to the duck pond (Village of Sayward, n.d.).

The Village of Sayward 2000 OCP (updated in 2005) has some policies that support the preservation of the scenic beauty of Sayward.

In particular, these policies under Part Two Village Goals and Objectives, Section 2 Environment, are applicable.



To enhance accessibility to parks, forests, ponds, the estuary and the ocean waterfront for recreational use. Ensuring outdoor spaces are accessible.

To protect the viewscape of the surrounding mountains, ocean, forests, rivers, and estuary. Ensuring outdoor spaces are pleasant.



To protect the air and water quality. Ensuring outdoor spaces are clean.

(Village of Sayward, 2000, Part 3, Section 2)

Community Feedback

Figure 20 Which of these age-friendly features are working well in the Village of Sayward? (select all that apply)

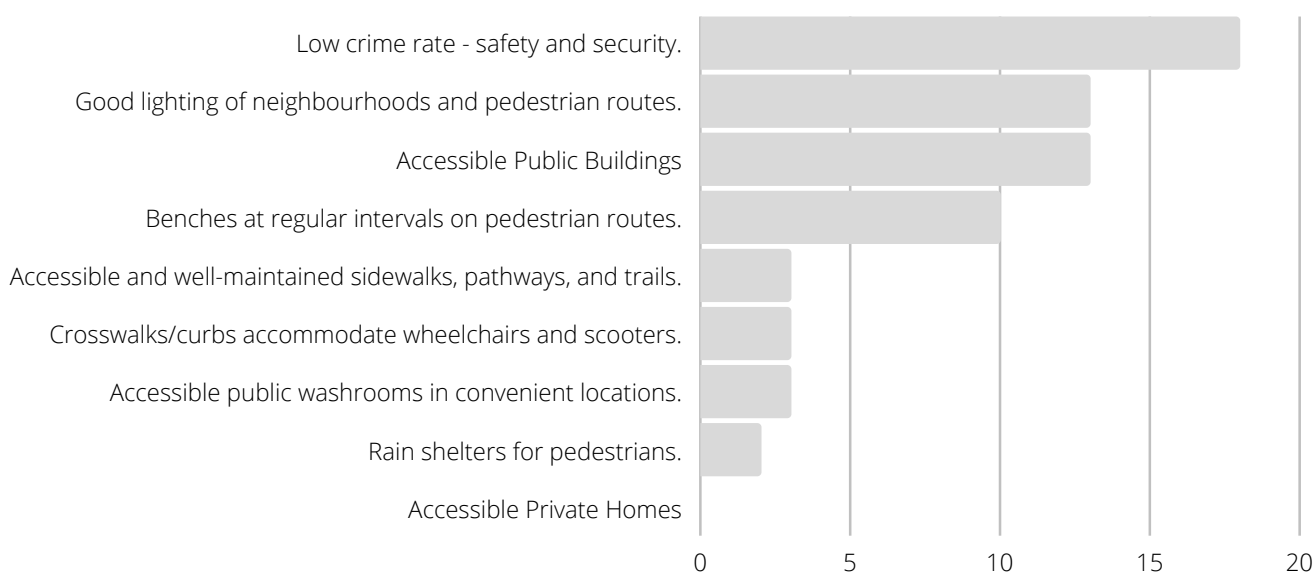
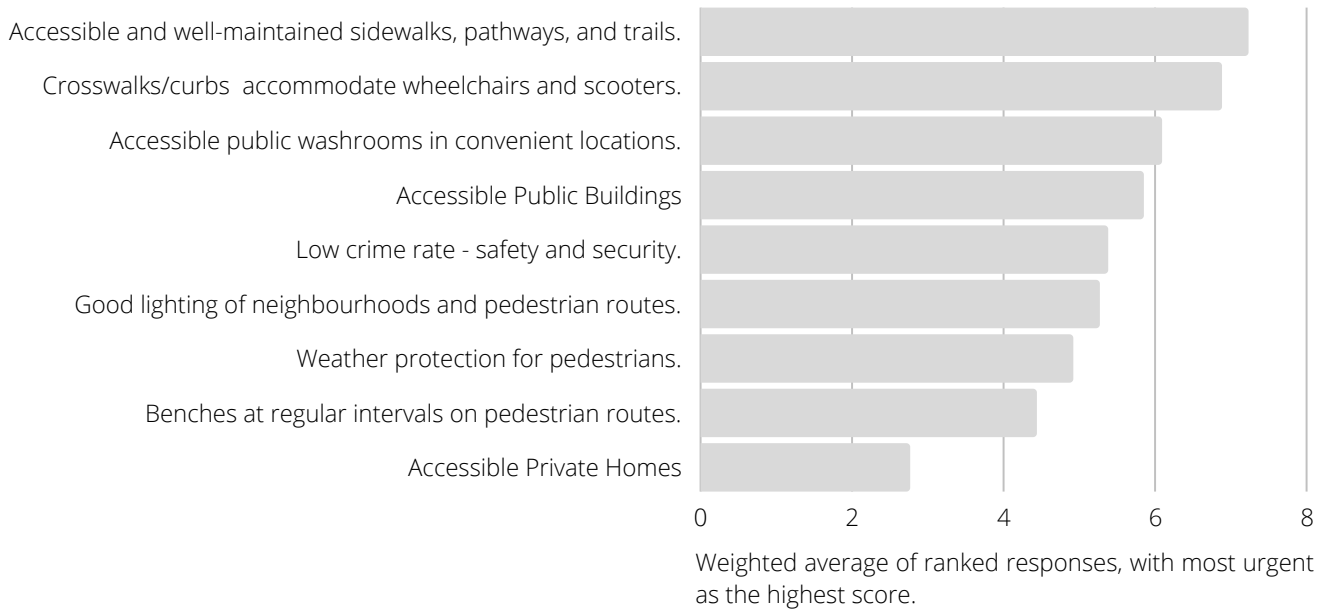


Figure 21 Which of these age-friendly features need to be improved in the Village of Sayward? Please rank your top preferences with 1 being the most urgent.



Action Plan

Proposed Objectives:

4.1

Improve the accessibility of sidewalks, pathways, trails, and crosswalks for pedestrians and people who use mobility aids.

4.2

Increase the number of appropriately spaced seating options and covered areas in outdoor spaces to serve as a rest spot for those with limited mobility.

4.3

Work with businesses and property owners to improve wayfinding and access to washrooms throughout the Village.

Respect & Social Inclusion

Feeling connected, involved, and respected in one's community is a crucial aspect of aging actively and a key determinant of health. Respect and inclusion of older people is strongly influenced by factors of the greater community such as culture, gender, health and economic status. Individuals are more likely to feel respected and included if they are actively participating in the social, civic, and economic life of their community.

In an Age-Friendly Community, older adults are treated with respect and are included in civic life. Working to promote elder respect and inclusion will see less older adults falling into social isolation.

Assessment

The Community Health profile of Sayward was completed by the Strathcona Community Health Network. This report is not specific to the Village of Sayward, as it includes the greater Sayward Valley and Kelsey Bay. However it offers some valuable insights into the state of social inclusion for older adults.

Image courtesy of Village of Sayward



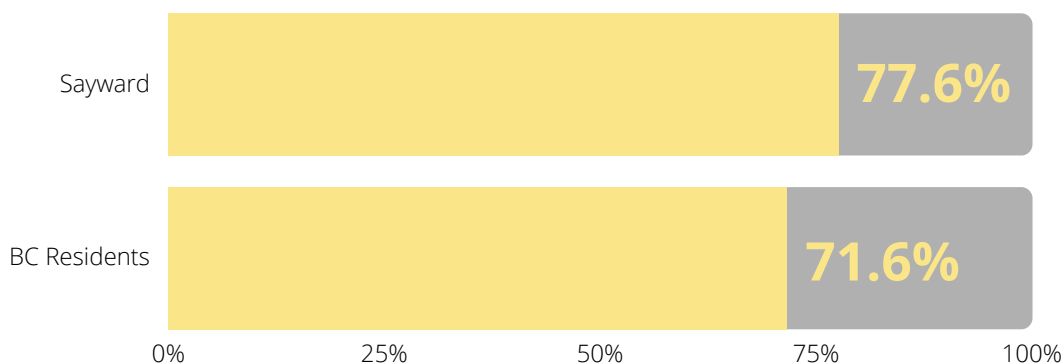
Residents of the greater Sayward area report a higher sense of Community Belonging than the Provincial average. 78% reported a “strong” or “somewhat strong” sense of belonging compared to 72% in BC overall.

While older adults in the Sayward Valley have deep community roots, the health profile notes that the lack of health support may push senior residents to leave the community when their needs exceed the access to services. There are many opportunities for attending social events and volunteering with organizations in Sayward, which creates the right environment for respect and social inclusion of older adults.

However, this only benefits those who are able to remain in the community. Social determinants of health recognize that seniors who live with a partner, roommate or family member may often experience a higher quality of life than those who live alone (Strathcona Community Health Network, 2019).

The majority of households in Sayward have two residents, but the relationship of household size to age is not clear (Urban Systems Ltd., 2021a). More research is needed for a full picture of the current state of social inclusion and respect for older adults in the Village of Sayward.

Figure 22 Sense of Community Belonging



(p. 4, Strathcona Community Health Network, 2019)

Community Feedback

**Figure 23 Which of these features are present in the Village of Sayward?
(please select all that apply)**

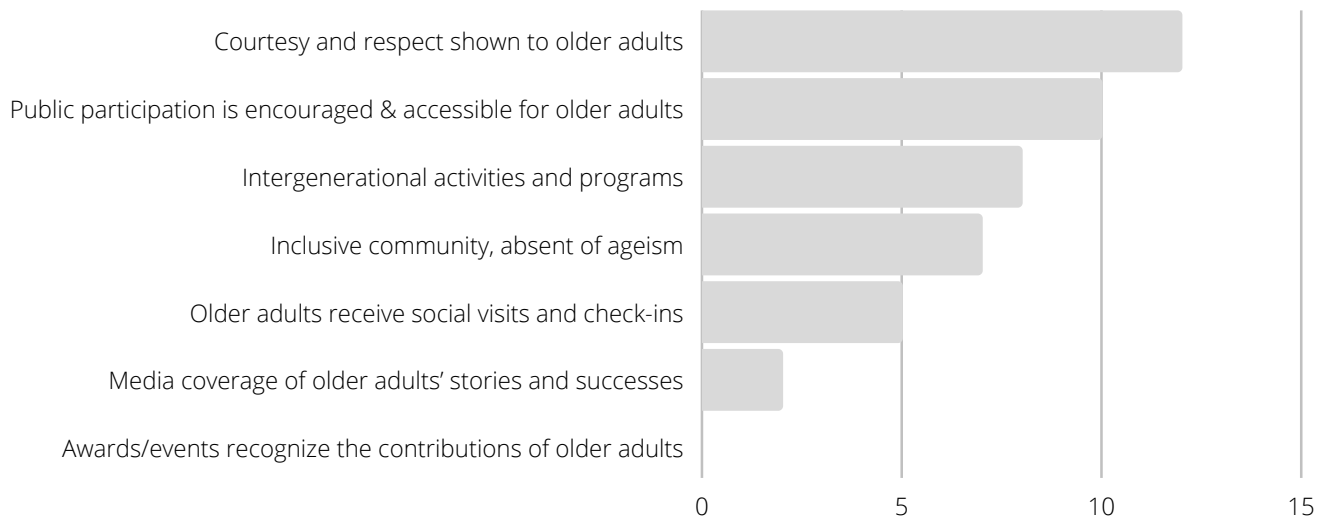
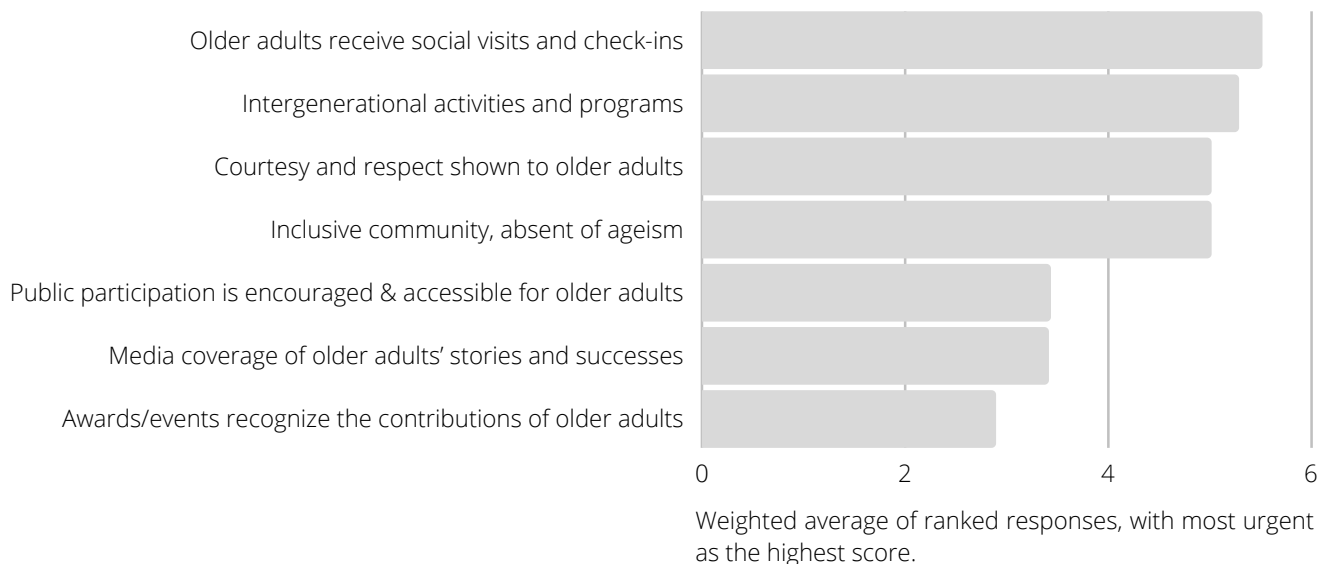


Figure 24 Which of these features need to be improved in the Village of Sayward? Please rank your top preferences with 1 being the most urgent.



Action Plan

Proposed Objectives:

5.1

Support implementing a network of community wellness checks and social visits for older adults, especially for isolated seniors and during emergencies.

5.2

Promote the creation and attendance of intergenerational programming and activities within the Village.

5.3

Educate the community about ageism and ableism, while highlighting and celebrating the contributions and stories of older adults.



Communication & Information

Ensuring that individuals remain connected to events and people is critical to supporting active aging. A core mechanism for making this a reality is to ensure that people are getting practical information in a timely manner. It is important that older members of the community have a wide range of avenues to access information that is relevant to them and which supports various levels of capabilities. In an age-friendly community, documents are easy-to-read and easily accessible to ensure older residents can stay well informed.

Assessment

The Village of Sayward communicates with residents through several avenues. One of the most popular methods is the newsletter, distributed monthly by mail and available on the official village website.

The newsletter provides information on community events, municipal services, local business ads, volunteer opportunities, political updates such as council meeting dates and letters from Councillors, village office hours, public service announcements, and messages from residents. There are also community bulletin boards at the Village Office, Primary Care Health Clinic, Kelsey Recreation Centre, and the Post Office, hosting notices and copies of the newsletter. (Urban Systems Ltd., 2021a)

The Village website was updated in 2021 and provides information under the headings of: Municipal Services, Our Community, Economic Development, Government & Bylaws, and News & Events. COVID-19 updates, Tourism information, and a Contact page are also provided on the website. (Village of Sayward, n.d.)

*Image courtesy of
Village of Sayward*



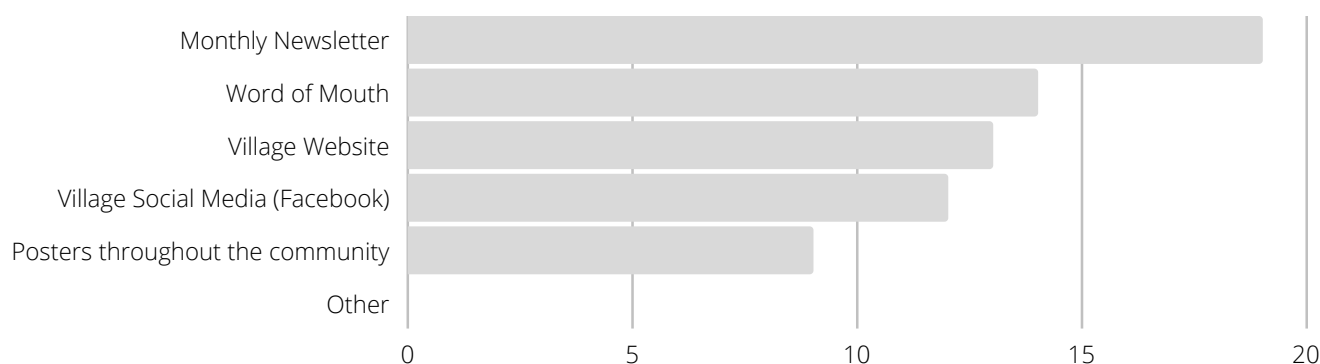
An official Village of Sayward social media page (with 709 followers as of June 2022) is hosted on Facebook, along with other unofficial Sayward-focused pages administered by community members.

Emergency communications are hosted by “Alertable”, as of May 2022. This service provides alerts about emergencies and important PSAs about scheduled service interruptions, road closures, power

outages, and more. It is a free service which can be subscribed to for alerts on a mobile phone, tablet, computer, by text message, email, and even voice call to landlines (Village of Sayward, n.d.). Having these alternative options for alerts is very important for age-friendliness, especially in a remote community.

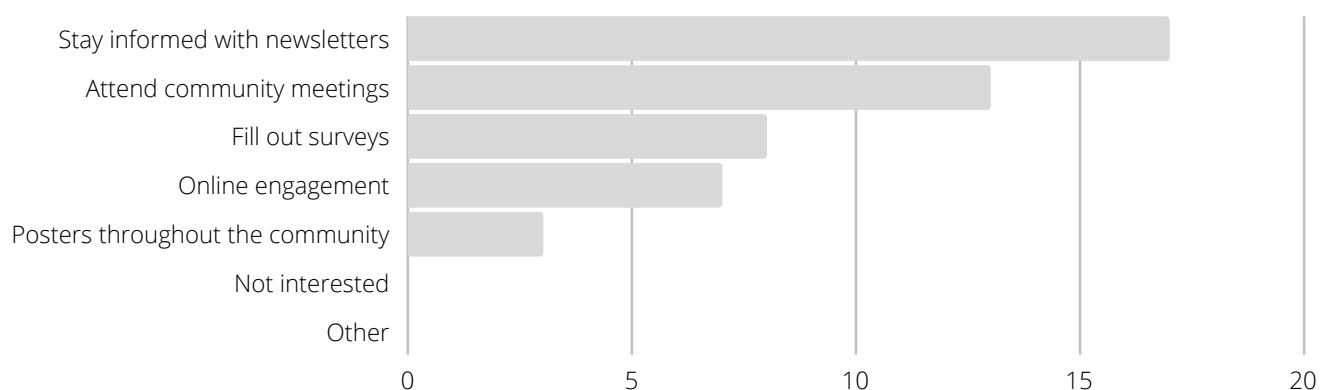
The OCP Update survey highlighted the newsletter as the most commonly used and most preferred means of communication.

Figure 25 How do you receive Village News?



(p. 23, Urban Systems Ltd., 2021b)

Figure 26 What is your preferred method of providing your input on the Village's Official Community Plan update?



(p. 24, Urban Systems Ltd., 2021b)

Community Feedback

Figure 27 How up to date would you say you are on community news?

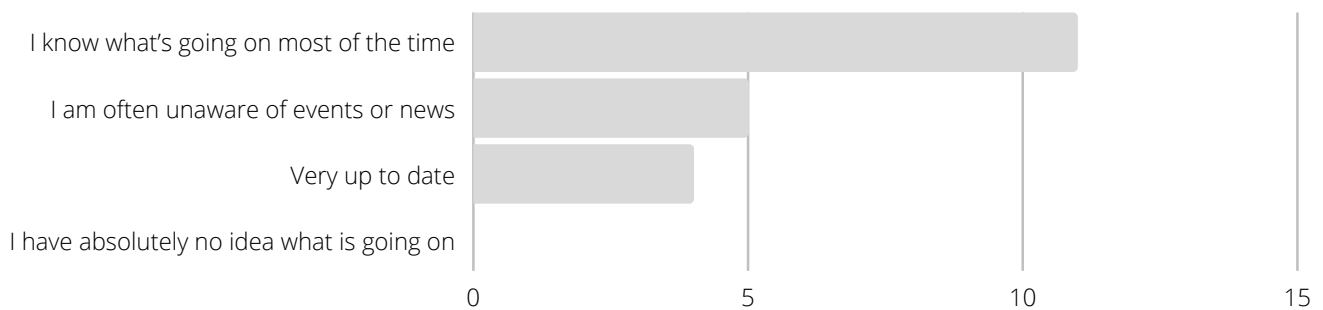


Figure 28 How do you hear about community news and/or connect with others in the community? (select all that apply)

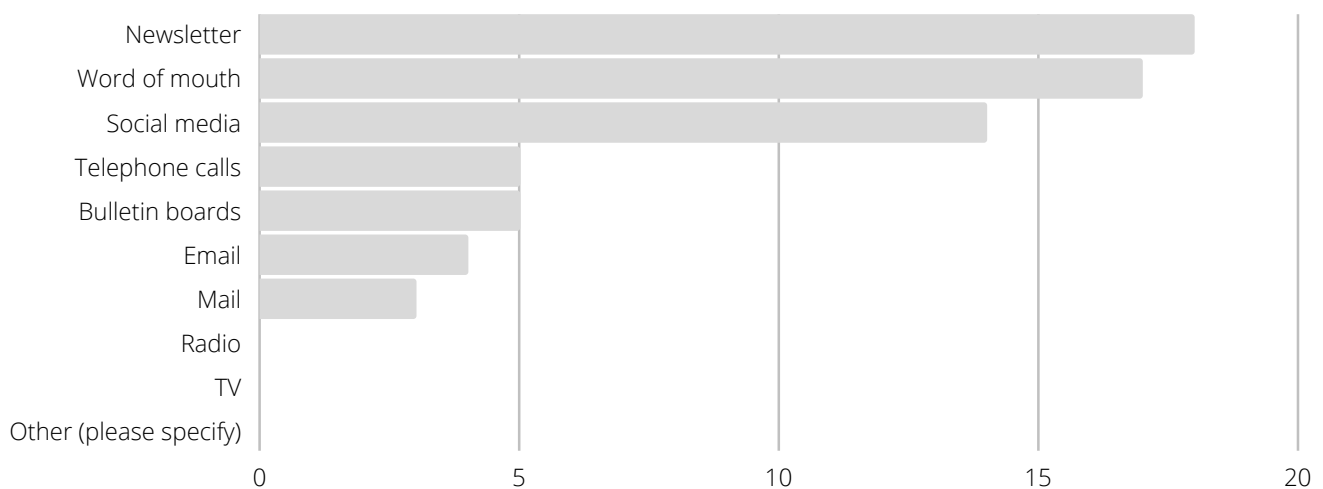
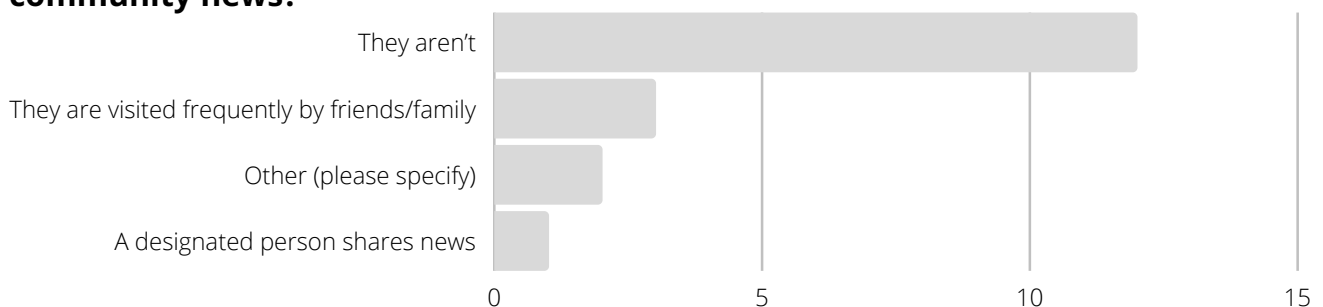
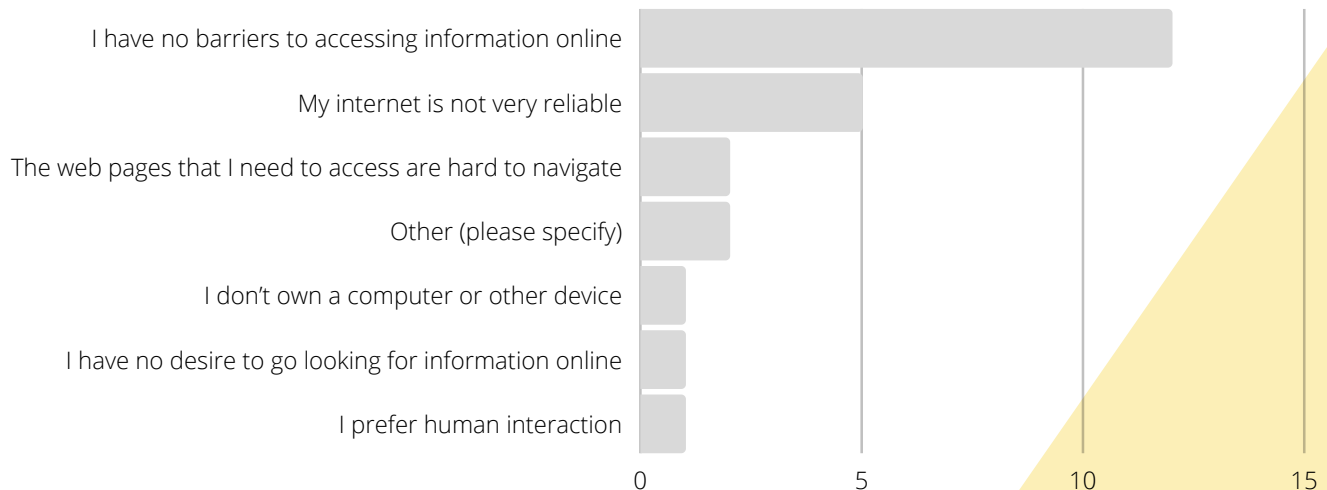


Figure 29 How are socially isolated community members informed about community news?



The two "Other" responses both noted that the newsletter serves this purpose. The postal delivery of a printed newsletter to each home is especially important for socially isolated community members.

Figure 30 What barriers do you feel prevent you from having more access to information online? (select all that apply)



The two “Other” responses indicated that the cost of internet and a lack of computer literacy may pose additional barriers.

Action Plan

Proposed Objectives:

6.1

Ensure communication with seniors before, during, and after emergency events or public health threats (e.g. air quality advisories, heat domes, snowfall).

6.2

Continue to include accessibility and age-friendliness as an aspect of communication and information dissemination, using a variety of avenues.



Social & Cultural Participation

Being able to participate in activities within the community enables individuals to build a social support network, which is strongly connected to good health and well-being throughout one's life (World Health Organization, 2007). Providing opportunities for social participation in leisure, social, cultural and spiritual activities with people of all ages and cultures is a key part of an age-friendly community.

Assessment

Sayward has a variety of community organizations which provide opportunities for social participation. There is a clear effort made to communicate about social clubs, events, and programming through the Village website and monthly newsletter. Many of the organizations listed below have programming which is appropriate for, or specifically geared towards, seniors.

Many social events were canceled or rescheduled during the COVID-19 pandemic. Awareness of this factor suggests putting extra focus on creating safe and comfortable opportunities for recreation.

Sayward Community Groups

List may not be comprehensive:

Community Service

- Sayward Futures Society
- Royal Canadian Legion branch #147
- Sayward Community Health Society
- Sayward Community Recreation Association
- VI Regional Library
- Sayward Literacy Now
- Sayward Elementary Parent Advisory Council (PAC)
- Helping Hands Sewing Club
- Emergency Support Services
- Sayward Harbour Authority
- Sayward Share Shed
- Sayward Garden Club
- Tourism Committee
- AA meetings

Recreation

- Kelsey Recreation Centre
- Heritage Hall
- Sayward Fish & Game

Faith

- Sayward Christian Fellowship
- St. Bernadette's Catholic Church

(Urban Systems Ltd., 2021a)

These are some highlights of age-friendly programming that currently exists in Sayward (Urban Systems Ltd., 2021a):

Kelsey Recreation Centre

Offers Age-Friendly drop-in programming on Wednesdays. This includes carpet bowling, open computers, and games such as dominoes. Seniors Luncheons are also hosted here.

The Legion

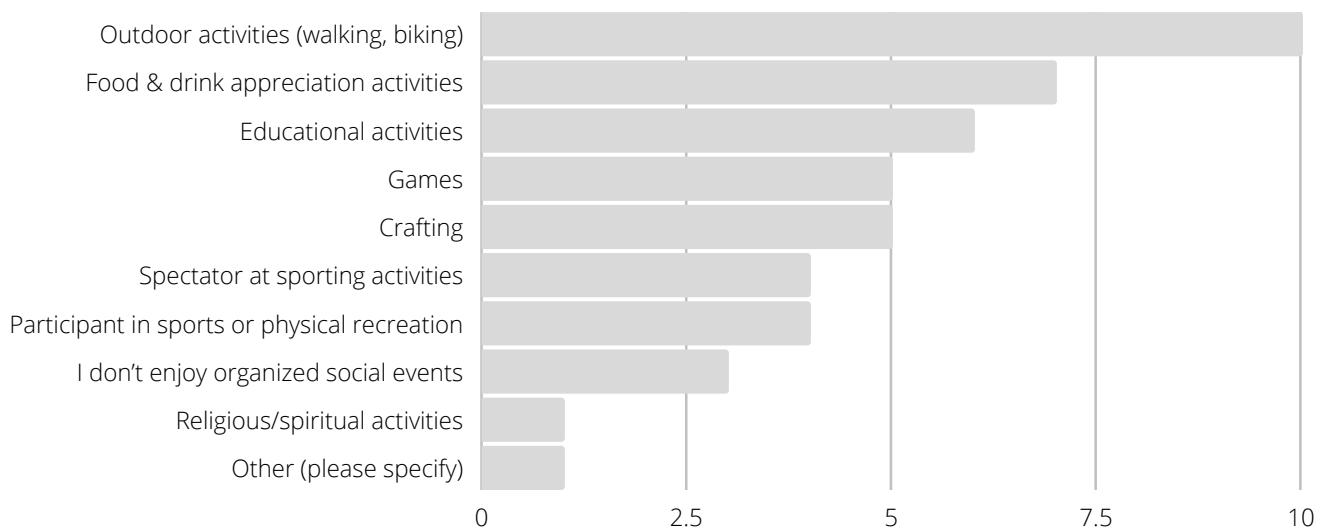
While the legion is a Veteran's club, it is open to the whole community. They host weekly gatherings such as Bingo and wing night, plus fundraising and holiday events.

Sayward Futures

Offers extensive programming and events, run by volunteers and two paid staff. Al's Room is a community space open 24/7 with books, games, teas, comfortable seating, and an ocean view. Concerts and community celebrations organized by Sayward Futures are highlighted in the newsletter.

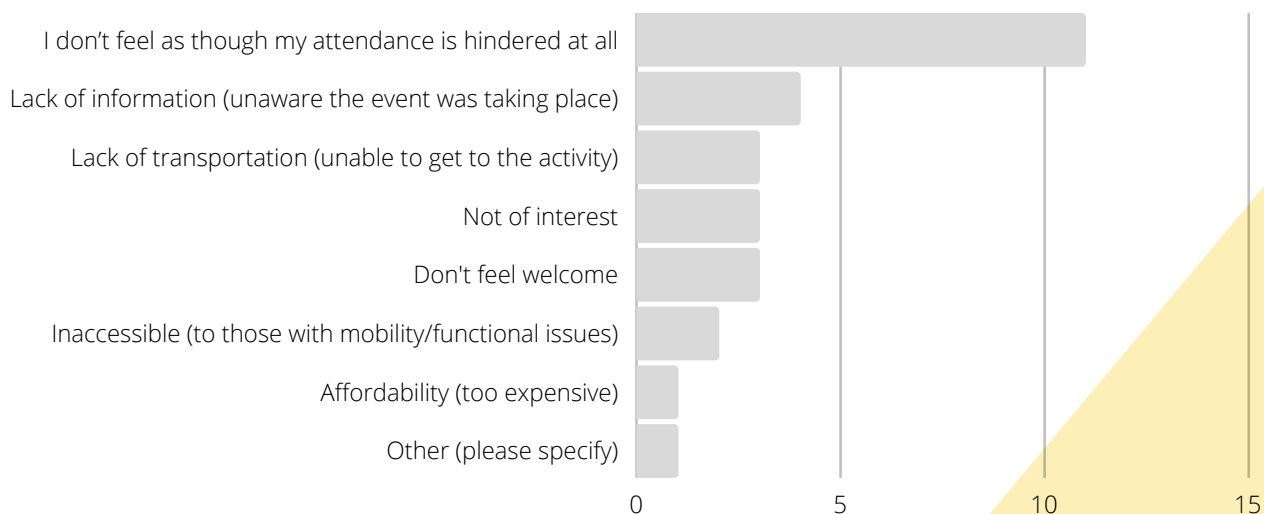
Community Feedback

**Figure 31 What are your favourite types of social activity to attend?
(please select all that apply)**



The one "Other" response explained that they enjoy making music, singing, and gentle physical recreation.

Figure 32 Do you feel as though your participation/attendance in social activities is hindered by any of the following? (please select all that apply)



The one "Other" response explained that they are hindered by a lack of appropriate parking options to shelter their mobility scooter in adverse weather conditions, such as when it is raining.

Action Plan

Proposed Objectives:

7.1

Promote inclusive social events in the Village and support organizers in improving event accessibility through education and available resources.

7.2

Explore social activities that would fill gaps for older adults, especially those who feel unwelcome at or uninterested by current offerings.



Civic Participation & Employment

Enabling older community members to contribute to their community through paid and volunteer positions helps them to stay involved and connected. It is important that positions are tailored to the needs, abilities, and interests of older adults to ensure that they feel valued, understood, and supported. Having a strong group of older adults who volunteer regularly also provides invaluable support to community initiatives and programs.

Assessment

Many of the community organizations in Sayward provide opportunities for volunteering, as highlighted in the community newsletters and the OCP background report. Employment opportunities appear to be less abundant, and the 2013 Sayward Economic Development Plan highlights a history of working-age residents moving away from the community, as resource-based industry saw a dramatic downturn.



Forestry and aquaculture are still the primary employers in Sayward, employing 33% of the labour force. Approximately 26% of resident's income in Sayward is from the Canada Pension Plan, Old Age Pension, or other government transfer (Urban Systems Ltd., 2021a).

The workforce participation rate is 47%, much lower than the Canadian average of 65% (Statistics Canada, 2022b). These discrepancies are to be expected among an older or retired population.

The OCP Update survey highlighted a desire by residents for more amenities, especially a grocery store (Urban Systems Ltd., 2021b). Businesses that provide needed amenities would also provide

employment and volunteer opportunities. Grocery stores and tourism ventures are more likely to attract older adults as employees than physically demanding jobs in forestry, aquaculture, or construction.

It is important to note that retirees may be interested in working or volunteering for a few hours or a few shifts at a time but are unlikely to desire a full-time commitment. Businesses should be flexible in their needs for time commitments if they wish to attract the wisdom and expertise of older adults.

The current Sayward OCP (2000), under Part 2, Section 1 Settlement and community the OCP has a policy to encourage village stewardship and volunteer initiatives.

The Sayward Economic Development Plan (2013) identified two overarching Goals, with 18 strategies to achieve them. Six of these strategies relate to the age-friendliness of the Village:

Strategy 5. Pursue re-establishment of a retail store in Sayward

Strategy 6. Facilitate new residential development, including through retiree attraction

Strategy 10. Improve telecommunications infrastructure

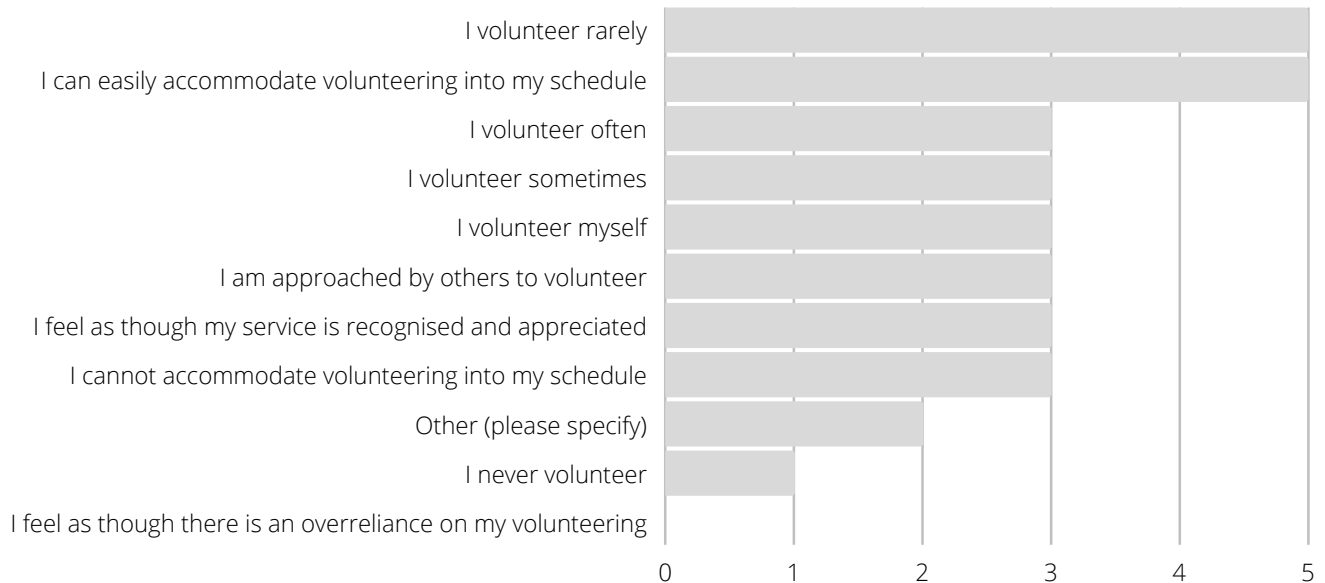
Strategy 11. Preserve and enhance recreational facilities and other public amenities

Strategy 12. Improve online information resources on Sayward

Strategy 17. Improve wayfinding and community appearance

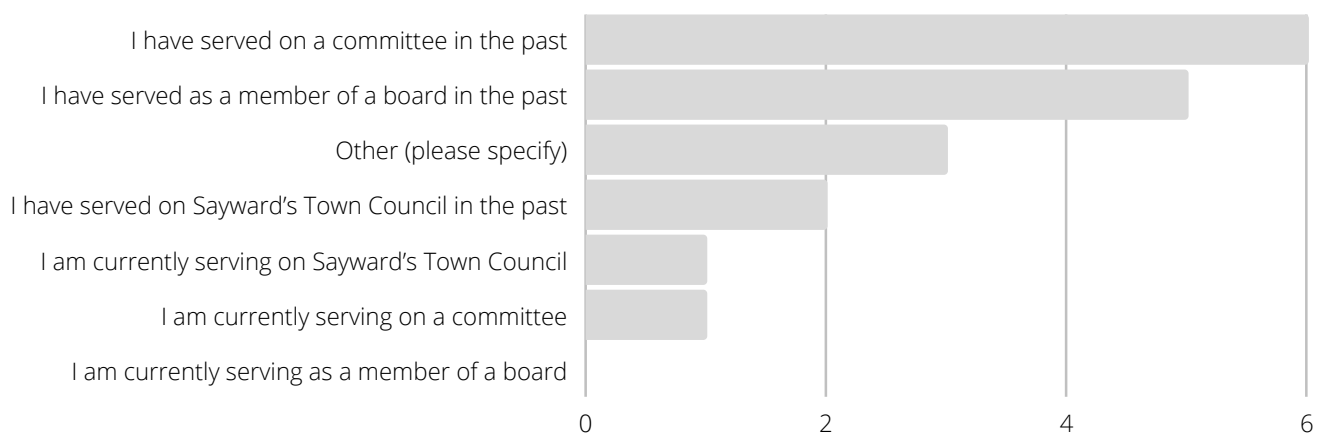
Community Feedback

Figure 33 Which of the following phrases apply to you, within the Village of Sayward? (please select all that apply)



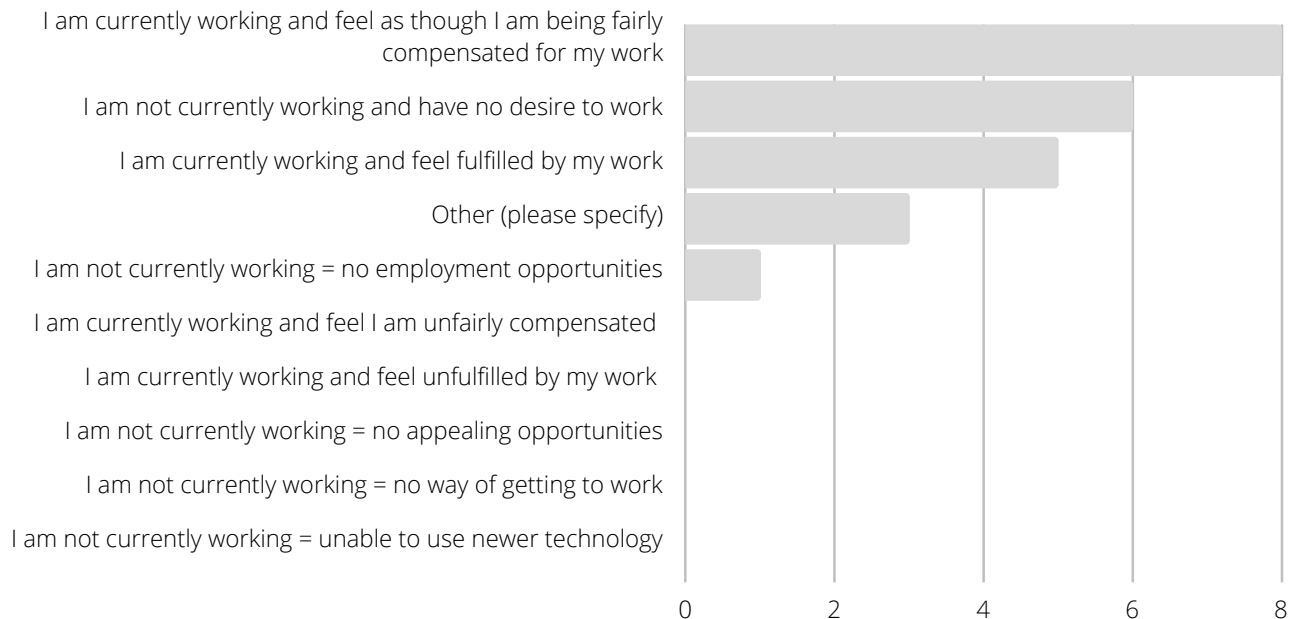
The two "Other" responses indicated that they were retired [1] and that health issues had prevented them from volunteering as often as they would like to [1].

Figure 34 Are you currently or have you in the past served on any of the following? (please select all that apply)



The three "Other" responses explained that they served in the fire department [1], that health issues had prevented them from serving as often as they would like to [1], and that none applied to them [1].

Figure 35 Which of the following phrases best apply to you? (please select all that apply)



The three “Other” responses explained their relationship to work in more detail, citing illness [1] and retirement [1]. One explained they try to get by without, but apply when they see an option that matches their capabilities.

Action Plan

Proposed Objectives:

8.1

Explore opportunities to implement amenities desired by the community that also create flexible, part-time jobs. (e.g. grocery delivery service, rideshare program, home repair and maintenance service).

8.2

Celebrate volunteers with recognition and awards, to foster a supportive culture of community service.

Looking Ahead

Figure 36 What do you most look forward to as you age?



In summary, an Age-Friendly Community is one that considers these topics holistically and ensures that they are represented in future plans and discussions. If age-friendliness is siloed and not considered as an aspect of all community initiatives, it risks being left behind.

To this end, we recommend the Village of Sayward actively work towards implementing two or three Action Plan objectives per year, over the next 10 years. This would ensure all 26 objectives are addressed.

In order to maximize the benefit for the community, the top priority themes should be considered first. “Quick wins” that have low barriers to implementation can be identified to get the ball rolling and build momentum. More complex projects may be implemented over a longer time frame, provided they have set steps working towards a focused goal. Sayward has a strong history of seeking funding for age-friendly projects, and should continue to identify and pursue funding opportunities that align with the objectives of this plan.

Action Plan Summary

Theme	Proposed Objectives
Community Support & Health Services	<ul style="list-style-type: none"> 1.1 Pursue increased access to transportation for medical appointments. 1.2 Explore opportunities for deliveries of medical and pharmaceutical supplies, groceries, and other health supports. 1.3 Work with home support services, Sayward Primary Care Clinic, and Strathcona Health Network to identify and improve barriers to health services for older adults. 1.4 Identify and pursue resources that support the physical, mental, and social health of older adults. 1.5 Foreground community support services and health services as they relate to commercial amenities, residential housing, and transportation policies in the upcoming OCP update.
Housing	<ul style="list-style-type: none"> 2.1 Align OCP and Zoning bylaw with creating opportunities for seniors supportive housing, assisted living, community care and long-term care facilities. 2.2 Encourage the construction of affordable seniors housing, universally accessible homes, and businesses or amenities that support older adults. 2.3 Promote and educate about programs that allow for aging in place, such as grants for home modification, maintenance, and repair. 2.4 Include age-friendly housing considerations in upcoming Housing Needs Assessment and OCP update.

Theme	Proposed Objectives
Transportation	<ul style="list-style-type: none"> 3.1 Pursue funding opportunities that could support expanding the use of the Age-Friendly van. 3.2 Explore partnerships with existing transit providers, such as BC Transit, HandyDART, Wheels for Wellness, and Island Link, to maximize impact. 3.3 Improve access to and awareness of alternative transportation options. 3.4 Include age-friendly considerations in the upcoming Active Transportation Plan.
Outdoor Spaces & Buildings	<ul style="list-style-type: none"> 4.1 Improve the accessibility of sidewalks, pathways, trails, and crosswalks for pedestrians and people who use mobility aids. 4.2 Increase the number of appropriately spaced seating options and covered areas in outdoor spaces to serve as a rest spot for those with limited mobility. 4.3 Work with businesses and property owners to improve wayfinding and access to washrooms throughout the Village.
Respect & Social Inclusion	<ul style="list-style-type: none"> 5.1 Support implementing a network of community wellness checks and social visits for older adults, especially for isolated seniors and during emergencies. 5.2 Promote the creation and attendance of intergenerational programming and activities within the Village. 5.3 Educate the community about ageism and ableism, while highlighting and celebrating the contributions and stories of older adults.

Theme	Proposed Objectives
Communication & Information	<p>6.1 Ensure communication with seniors before, during, and after emergency events or public health threats (e.g. air quality advisories, heat domes, snowfall).</p> <p>6.2 Continue to include accessibility and age-friendliness as an aspect of communication and information dissemination, using a variety of avenues.</p>
Social & Cultural Participation	<p>7.1 Promote inclusive social events in the Village and support organizers in improving event accessibility through education and available resources.</p> <p>7.2 Explore social activities that would fill gaps for older adults, especially those who feel unwelcome at or uninterested by current offerings.</p>
Civic Participation & Employment	<p>8.1 Explore opportunities to implement amenities desired by the community that also create flexible, part-time jobs. (e.g. grocery delivery service, rideshare program, home repair and maintenance service).</p> <p>8.2 Celebrate volunteers with recognition and awards, to foster a supportive culture of community service.</p>

References

British Columbia Ministry of Health. (2011.) *Becoming an Age-friendly Community: Local Government Guide*. Retrieved June 8, 2022, from https://www2.gov.bc.ca/assets/gov/people/seniors/about-seniorsbc/afbc/becoming_an_agefriendly_community_local_government_guide.pdf

Federal/Provincial/Territorial Ministers Responsible for Seniors. (2018.) *Age-Friendly Rural and Remote Communities: A Guide*. Retrieved June 8, 2022, from https://www.phac-aspc.gc.ca/seniors-aines/alt-formats/pdf/publications/public/healthy-sante/age_friendly_rural/AFRRC_en.pdf

Island Health. (2022). *Healthy Built Environment*. Retrieved June 8, 2022, from <https://www.islandhealth.ca/learn-about-health/environment/healthy-built-environment>

Statistics Canada. (2022a). *Census Profile. Sayward, Village (VL) British Columbia. [Table]* 2021 Census of Population. Statistics Canada Catalogue no. 98-316-X2021001. Ottawa. Released April 27, 2022. Retrieved June 8, 2022, from <https://www12.statcan.gc.ca/census-recensement/2021/dp-pd/prof/index.cfm?Lang=E>

Statistics Canada. (2022b, March 11). *Labour Force Survey, February 2022*. Retrieved June 20, 2022, from <https://www150.statcan.gc.ca/n1/daily-quotidien/220311/dq220311a-eng.htm>

Strathcona Community Health Network. (2019). *Social Determinants of Health Fact Sheet: Sayward, Sayward Valley and Kelsey Bay. [Report]*. Retrieved June 20, 2022, from <https://srd.ca/strathcona-community-health-network/>

UBCM (2022, May). *Seniors' Housing & Support Initiative / Age-friendly Communities Approved Projects 2005-2020, as of May 2022*. Retrieved June 14, 2022, from <https://www.ubcm.ca/sites/default/files/2022-05/LGPS-age-friendly-communities-summary-approved-projects-05-2022.pdf>

Uppal, S. (2019, August 8). *Homeownership, mortgage debt and types of mortgage among Canadian families*. Statistics Canada. Retrieved June 20, 2022, from <https://www150.statcan.gc.ca/n1/pub/75-006-x/2019001/article/00012-eng.htm>

Urban Systems Ltd. (2021a, May 17). *Village of Sayward Official Community Plan Background Report Draft*.

Urban Systems Ltd. (2021b). *Village of Sayward Official Community Plan Survey Results Analysis [Report]*.

Vannstruth Consulting Group. (December 2013). *Sayward Economic Development Strategy FINAL REPORT*. Retrieved June 20, 2022 from https://www.islandcoastaltrust.ca/sites/default/files/project_final_reports/Sayward%20Economic%20Development%20Strategy%20-%20Final%20Report.pdf

Village of Sayward. (n.d.). Retrieved June 8, 2022, from <https://www.sayward.ca/>

Village of Sayward. (2000). *BYLAW NO. 308 Village of Sayward Official Community Plan Bylaw, 2000 (Consolidated)*. Retrieved June 8, 2022, from <https://www.sayward.ca/sites/sayward.ca/files/2021-06/Bylaw%20308%20-%20OCP%20Consolidated%20Version%2C%20for%20convenience%20only.pdf>

Whistler. (2021). *Age-friendly assessment and action plan project*.

World Health Organization. (2007). *Global age-friendly cities: a guide*. Retrieved June 8, 2022, from https://apps.who.int/iris/bitstream/handle/10665/43755/9789241547307_eng.pdf;sequenc

Appendix A

Engagement Materials

Website and Social Media Post

What do you think? **Is Sayward Age Friendly?**

In an age-friendly community older persons can live in security, enjoy good health and continue to participate fully in society.



Tell us about how you experience your community. Are there barriers you face to aging actively? What is working well? This is an important opportunity to have your voice heard as we begin to create a more age-friendly community.

We are conducting a survey to assess the Age Friendliness of Sayward and inform our upcoming Age Friendly Plan. This is an important planning framework to support funding opportunities and community initiatives.

Visit the link below for the survey. If you need assistance call the Village Office at (250) 282-5512. Paper copies of the survey will be available in the Village Office during regular operating hours until Monday, June 20.

<https://www.surveymonkey.com/r/AgeFriendlySayward>

What do you think? Is Sayward Age Friendly?

In an age-friendly community older persons can live in security, enjoy good health and continue to participate fully in society.

Tell us about how you experience your community. Are there barriers you face to aging actively? What is working well? This is an important opportunity to have your voice heard as we begin to create a more age-friendly community.

We are conducting a survey to inform our upcoming Age Friendly Plan. This is an important planning framework to support funding opportunities and community initiatives.

Visit the link below or scan the QR code for the survey. Paper copies of the survey will be available in the Village Office during regular operating hours until Monday, June 20. If you need assistance, please call the Village Office at (250) 282-5512.



Scan me to go to
the survey



<https://www.surveymonkey.com/r/AgeFriendlySayward>

Appendix B

Survey Questions

Thank you for participating in Sayward's Age Friendly Assessment Survey!

The Village of Sayward is working on a planning framework to support grant funding opportunities and reinforce our Official Community Plan update. We will be creating 3 reports which rely on 3 community surveys. Keep your eyes peeled for the next opportunities to participate:

- Part 1 - Age Friendly Assessment Survey (now)**
- Part 2 - Active Transportation Survey (July)**
- Part 3 - Housing Needs Assessment Survey (Fall)**

Creating an age friendly plan is an important step in our journey towards equity and inclusion. While the focus of an age friendly plan is older adults, many considerations will also benefit children and youth, pedestrians, and persons with disabilities. As a widely preferred term, "older adults" will be used interchangeably with the term "seniors" throughout the questions.

The survey will take about 15 - 20 minutes to complete. It is meant to be anonymous, so please refrain from identifying yourself directly in your answers. You may change your answers up until the point of clicking "Done" on the final page.

About You!

1. What is your age?

- ☐ 18 and younger
- ☐ 19-24
- ☐ 25-34
- ☐ 35-44
- ☐ 45-54
- ☐ 55-64
- ☐ 65-84
- ☐ 85 and older

2. What is your gender?

- ☐ Female
- ☐ Male
- ☐ Non-Binary
- ☐ Prefer not to say

3. What is your connection to the Village of Sayward? (Please choose the answer that best describes you).

- ☐ I live in the Village of Sayward and own my home
- ☐ I live in the Village of Sayward and rent my home
- ☐ I live in the Strathcona Regional District
- ☐ I visit the Village of Sayward for recreational purposes
- ☐ I visit friends and/or family in the Village of Sayward
- ☐ I work in Sayward and/or with residents of Sayward
- ☐ Other (please specify)

Open Space & Buildings

4. Which of these age-friendly features are working well in the Village of Sayward? (select all that apply)

- ☐ Accessible and well-maintained sidewalks, pathways, and trails.
- ☐ Crosswalks and curbs able to accommodate wheelchairs and scooters.
- ☐ Rain shelters for pedestrians.
- ☐ Accessible public washrooms in convenient locations.
- ☐ Benches located at regular intervals along pedestrian routes.
- ☐ Low crime rate providing safety and security.
- ☐ Good lighting of neighbourhoods and pedestrian routes.
- ☐ Public buildings are accessible (i.e. safe ramp, non-slip flooring, elevator; accessible washrooms and parking lots).
- ☐ Private homes are accessible (i.e. safe ramp, non-slip flooring, accessible washrooms and entryways).

5. Which of these age-friendly features need to be improved in the Village of Sayward? Please rank your top preferences with 1 being the most urgent.

<input type="checkbox"/>	Accessible and well-maintained sidewalks, pathways, and trails.
<input type="checkbox"/>	Crosswalks and curbs able to accommodate wheelchairs and scooters.
<input type="checkbox"/>	Weather protection for pedestrians (awnings, shelters, etc)
<input type="checkbox"/>	Accessible public washrooms in convenient locations.
<input type="checkbox"/>	Benches located at regular intervals along pedestrian routes.
<input type="checkbox"/>	Low crime rate providing safety and security.
<input type="checkbox"/>	Good lighting of neighbourhoods and pedestrian routes.
<input type="checkbox"/>	Public buildings are accessible (i.e. safe ramp, non-slip flooring, elevator, accessible washrooms and parking lots).
<input type="checkbox"/>	Private homes are accessible (i.e. safe ramp, non-slip flooring, accessible washrooms and entryways).

Transportation

6. Which of these age-friendly features are working well in the Village of Sayward? (select all that apply)

- ☐ Roads are well lit.
- ☐ Road signage that is clear and visible.
- ☐ Well-maintained roads and parking lots.
- ☐ A sufficient number of parking spots exist for persons with disabilities.
- ☐ Prompt snow removal which does not create barriers to accessibility.
- ☐ Traffic is well-controlled and safe.

7. Which of these age-friendly features need to be improved in the Village of Sayward? Please rank your top preferences with 1 being the most urgent.

<input type="text"/>	Roads are well lit.
<input type="text"/>	Road signage that is clear and visible.
<input type="text"/>	Well-maintained roads and parking lots.
<input type="text"/>	A sufficient number of parking spots exist for persons with disabilities.
<input type="text"/>	Prompt snow removal which does not create barriers to accessibility.
<input type="text"/>	Traffic is well-controlled and safe.

8. Which of the following means of alternative transportation (meaning other than driving) do you utilize within the Village of Sayward? (select all that apply)

- ☐ Walking
- ☐ Bicycling
- ☐ Mobility Scooter
- ☐ E-Bike or Electric 2-wheeled scooter (Moped)
- ☐ Rides from Friends and/or Family
- ☐ Volunteer-run medical shuttle
- ☐ Private-pay driving services
- ☐ Not Applicable
- ☐ Other (please specify)

9. Please comment on what alternative transportation methods you would like to see improved as a top priority in Sayward, especially for older adults.

Housing

10. Think of your home in Sayward. If you do not live in Sayward, please skip this question.
(select all that apply)

- ☐ The home is too large for my needs.
- ☐ The home is too small for my needs.
- ☐ The home size fits my needs perfectly.
- ☐ The home or parts of the home are inaccessible to myself.
- ☐ The home or parts of the home are inaccessible for older visitors.
- ☐ The home is completely accessible.
- ☐ My mortgage or rent payment is manageable.
- ☐ My mortgage or rent payment is unmanageable.
- ☐ My home maintenance costs are manageable.
- ☐ My home maintenance costs are unmanageable.
- ☐ Not Applicable (skip).

11. What supports are **currently available** and helping you or other residents you know remain in Sayward as you/they age?

- ☐ Home modification grants
- ☐ Home support services
- ☐ Private pay live-in care aid
- ☐ Government housing subsidies
- ☐ Family and/or Friends providing support
- ☐ Medical Alert systems (such as lifeline)
- ☐ Appropriate housing options
- ☐ Affordable housing options
- ☐ Proximity to services
- ☐ Walkability
- ☐ Not Applicable (skip)
- ☐ Other (please specify)

12. What supports **would be** the most important to help you or other residents you know stay in Sayward as you/they age?

- ☐ Home modification grants
- ☐ Home support services
- ☐ Private pay live-in care aid
- ☐ Government housing subsidies
- ☐ Family and/or Friends providing support
- ☐ Alert systems (such as lifeline)
- ☐ Appropriate housing options
- ☐ Affordable housing options
- ☐ Proximity to services
- ☐ Walkability
- ☐ Not Applicable (skip)
- ☐ Other (please specify)

13. If you were to move in the next 10 years, which housing type would represent your ideal new home?

- ☐ Apartment
- ☐ Cooperative Housing
- ☐ Townhouse/Rowhouse
- ☐ Suite or Carriage Home
- ☐ Bungalow/Rancher
- ☐ Multi-storey Single Detached Home
- ☐ Moveable Dwelling (RV or Liveaboard Sailboat)
- ☐ Permanent Mobile/Manufactured Home
- ☐ Co-housing with a family member
- ☐ Senior's Supportive housing
- ☐ Assisted living facility (independent with functional supports)
- ☐ Long term care facility (24 hour professional support and supervision)
- ☐ Other (please specify)

14. Which of these features are present in the Village of Sayward? (select all that apply)

- ☐ Courtesy and respect shown to older adults
- ☐ Intergenerational activities and programs
- ☐ Inclusive community, absent of ageism
- ☐ Older adults receive social visits and check-ins
- ☐ Media coverage of older adults' stories and successes
- ☐ Awards or events recognize the contributions of older adults
- ☐ Public participation (council meetings, local and provincial politics) is encouraged and made accessible for older adults

15. Which of these features need to be improved in the Village of Sayward? Please rank your top preferences with 1 being the most urgent.

<input type="text"/>	Courtesy and respect shown to older adults
<input type="text"/>	Intergenerational activities and programs
<input type="text"/>	Inclusive community, absent of ageism
<input type="text"/>	Older adults receive social visits and check-ins
<input type="text"/>	Media coverage of older adults' stories and successes
<input type="text"/>	Awards or events recognize the contributions of older adults
<input type="text"/>	Public participation (council meetings, local and provincial politics) is encouraged and made accessible for older adults

Social Participation

16. What are your favourite types of social activity to attend? (please select all that apply)

- ☐ Spectator at sporting activities
- ☐ Participant in sporting activities or physical recreation
- ☐ Religious/spiritual activities
- ☐ Educational activities
- ☐ Food & drink appreciation activities
- ☐ Games
- ☐ Outdoor activities (walking, biking)
- ☐ Crafting
- ☐ I don't enjoy organized social events
- ☐ Other (please specify)

17. Do you feel as though your participation/attendance in social activities is hindered by any of the following? (please select all that apply)

- ☐ Lack of information (unaware the event was taking place)
- ☐ Lack of transportation (unable to get to the activity)
- ☐ Affordability (too expensive)
- ☐ Not of interest
- ☐ Don't feel welcome
- ☐ Inaccessible (to those with mobility/functional issues)
- ☐ I don't feel as though my attendance is hindered at all
- ☐ Other (please specify)

Communication & Information

18. How up to date would you say you are on community news?

- ☐ Very up to date
- ☐ I know what's going on most of the time
- ☐ I am often unaware of events or news
- ☐ I have absolutely no idea what is going on in the community

19. How do you hear about community news and/or connect with others in the community?
(select all that apply)

- ☐ Word of mouth
- ☐ Telephone calls
- ☐ Bulletin boards
- ☐ Newsletter
- ☐ Mail
- ☐ Radio
- ☐ TV
- ☐ Social media
- ☐ Email
- ☐ Other (please specify)

20. What barriers do you feel prevent you from having more access to information online?
(select all that apply)

- ☐ I don't own a computer or other device
- ☐ My internet is not very reliable
- ☐ I have no desire to go looking for information online
- ☐ I prefer human interaction
- ☐ The web pages that I need to access are hard to navigate
- ☐ I have no barriers to accessing information online
- ☐ Other (please specify)

21. How do community members that are socially isolated informed of community news?

- ☐ They aren't
- ☐ There is a designated person that phones them to share news
- ☐ They are visited frequently by friends/family
- ☐ Other (please specify)

22. Which of the following phrases apply to you, within the Village of Sayward? (please select all that apply)

- ☐ I volunteer often
- ☐ I volunteer sometimes
- ☐ I volunteer rarely
- ☐ I never volunteer
- ☐ I volunteer myself
- ☐ I am approached by others to volunteer
- ☐ I feel as though there is an overreliance on my volunteering
- ☐ I feel as though my service is recognised and appreciated
- ☐ I can easily accommodate volunteering into my schedule
- ☐ I cannot accommodate volunteering into my schedule
- ☐ Other (please specify)

23. Are you currently or have you in the past served on any of the following? (please select all that apply)

- ☐ I am currently serving on Sayward's Town Council
- ☐ I have served on Sayward's Town Council in the past
- ☐ I am currently serving on a committee
- ☐ I have served on a committee in the past
- ☐ I am currently serving as a member of a board
- ☐ I have served as a member of a board in the past
- ☐ Other (please specify)

24. Which of the following phrases best apply to you? (please select all that apply)

- ☐ I am currently working and feel as though I am being fairly compensated for my work
- ☐ I am currently working and feel as though I am being unfairly compensated for my work
- ☐ I am currently working and feel fulfilled by my work
- ☐ I am currently working and feel unfulfilled by my work
- ☐ I am not currently working and have no desire to work
- ☐ I am not currently working because there are no employment opportunities
- ☐ I am not currently working because there are no employment opportunities that appeal to me
- ☐ I am not currently working because I have no way of getting to work
- ☐ I am not currently working because I am unable to use the newer technology that is expected of me
- ☐ Other (please specify)

Community Support & Health Services

25. What supports do you currently feel as though you have access to within the Village of Sayward? (please select all that apply)

- ☐ Family
- ☐ Nurses
- ☐ Pharmacies
- ☐ Transportation to medical care
- ☐ Grocery delivery
- ☐ Medical delivery
- ☐ Telehealth (phone or video appointments)
- ☐ Other (please specify)

26. Which of the following best describes your relationship to medical services?

- ☐ I feel well-informed about services that I am entitled to and how to access them
- ☐ I feel well-informed about services that I am entitled to but I am unsure how to access them
- ☐ I feel poorly-informed about services that I am entitled to and how to access them

27. What medical services and supports have you used in the past 2 years? (please select all that apply)

- ☐ In-person doctor appointments with your family doctor
- ☐ In-person appointments with a doctor at a walk-in clinic
- ☐ In-person visit to an urgent care clinic
- ☐ In-person visits to the emergency room/hospital
- ☐ In-person visits with a nurse at a clinic
- ☐ Ambulance service
- ☐ Island Health 8-1-1
- ☐ Island Health 7-1-1
- ☐ MyCare (Telus Health)
- ☐ Medimap Virtual Care
- ☐ Island Health Telehealth through Sayward Primary Health Care Clinic
- ☐ Other (please specify)

Conclusion

28. Please pick your top 4 priorities for consideration in Sayward’s Age Friendly Plan, with 1 being the most important to you.

<input type="checkbox"/>	Outdoor Spaces and Buildings
<input type="checkbox"/>	Transportation
<input type="checkbox"/>	Housing
<input type="checkbox"/>	Respect and Social Inclusion
<input type="checkbox"/>	Social Participation
<input type="checkbox"/>	Communication and Information
<input type="checkbox"/>	Civic Participation and Employment Opportunities
<input type="checkbox"/>	Community Support and Health Services

29. What do you most look forward to as you age?