

MUSKOKA MASTER AGING PLAN

Report from Inaugural Meeting – Working Group 2

On July 27, 2016 the members of the Muskoka Master Aging Plan Working Group for Seniors requiring some ADL support (Working Group 2) met from 9:30 a.m. to 11:30 a.m. at the District offices in Bracebridge. The objective of the meeting was to launch the planning process, conduct a preliminary situation analysis and receive input to the project design.

Activities and deliberations at the facilitated session included the following:

- Participant introductions
- A detailed review of the project work plan with discussion of the role of Working Group members in the various project steps
- A flip chart activity to identify strengths, weaknesses, opportunities and threats pertaining to the system of services and supports for well-fit seniors
- A visioning exercise to describe a preferred future for seniors in Muskoka
- A round table discussion to create a client profile
- A discussion of focus group logistics including potential locations and sponsors
- A review of next steps

This report captures the information generated by session participants. These observations and insights will help shape the design of the upcoming consultation and data gathering initiatives and will provide a backdrop for the Planning Team when it reconvenes in September to develop goals and recommendations specific to seniors requiring some assistance with activities of daily living.

Project Consultant:

Dr. David Sheridan
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Attached: Working Group Members
Project Work Plan
SWOT Exercise
Client Profile
Vision Elements
Composite SWOT Analysis – All Teams

August 5, 2016

**MEMBERS OF WORKING GROUP 2
Services for Seniors Requiring ADL Assistance**

Present	Steve Clement	District Councillor
	Sara Clipsham	Canadian Hearing Society
	Clair Corrigan	Seniors Community Advisor
	Donna Crump	MAHC District Stroke Nurse
	Terry DaSilva	District of Muskoka Housing
	Chris Eby	Muskoka Victim Services
	Denise Fraser	CCAC
	Susanne Hall	Home Care Oxygen
	Robert King	Fire Department
	Jackie Mattice	District of Muskoka Housing
	Heather Mahon	Heather's Home Care
	Susan McGee	AFHT/Geriatric Care Team
	Kelly McMackin	Community Living South Muskoka
	Karen Raaflaub	Muskoka Seniors
	Stu McKinnon	EMS
	Christy Skelly	Assistive Devices Program
	Cathy Stroud	Community Living Huntsville
	Daniel Todd	VON SMART
	Pat Walker	Seniors Community Advisor
Maureen Wilson	Muskoka Hills Retirement Villa	
Regrets		

MUSKOKA MASTER AGING PLAN Project Schedule

Shaded items represent points of WG involvement

Project Launch

1.1	RFP closing date	June 6
1.2	Approval to proceed	June 10
1.3	Start-up teleconference	June 16
1.4*	Steering Committee meeting	June 28
1.5	Finalized work plan	July 4

Needs Assessment

2.1	Information review (ongoing)	July 8
2.2	Notification of key informants/working groups	July 12
2.3	Provider survey developed/distributed	July 21
2.4*	Inaugural Working Group meetings (n=3)	July 26/27
2.5	Community survey developed/distributed	August 2
2.6	Key informant interviews complete (n=12)	August 8
2.7	Provider survey deadline	August 12
2.8	Seniors focus groups (n=6+)	Aug. 9-24
2.9	Community survey deadline	August 26
2.10	Compilation/summary of findings	August 29
2.11	Steering Committee teleconference	TBD August

Action Planning

3.1*	Community stakeholder forum	September 8 morning
3.2*	Working Group meetings	September 8 afternoon
3.3	Draft goals and action plans	September 14
3.4	Input received from Working Groups	September 21
3.5	Wrap-up teleconference with Working Groups	late September
3.6	Draft strategy report and implementation plan	October 11
3.7	Steering Committee review/revisions	October 17
3.8*	Wrap-up Steering Committee meeting	TBD October

Reporting and Sustainability

4.1	Final report	October 28
4.2	On-call support/advice	Six months

* Consultant(s) on site

Revised July 25, 2016

SWOT EXERCISE: Seniors Requiring Assistance with ADL
Flip chart activity

Strengths

Mob mats at beach
Specialty transit to urban area
Private specialty transportation
Group gatherings – e.g. Muskoka Senior lunches
Accessibility of information groups
CCAC supports and services
Seniors programming e.g. club houses
Mobility seating clinics – free walkers, wheelchairs
Specialized geriatric services
Behavioural support
Alzheimer’s Society education programs for caregivers
Existing free programs (SMART, Healthy Aging Education)
Meals on Wheels
Frozen Meals
Mobile banking option for seniors at home
Available education through seniors centres and support groups
Willing emergency services provided when available and necessary

Weaknesses

Loneliness
Accessibility – downtown/heritage
Funding
Lack of awareness of existing programs
Waitlist for services
Gap between need for ADL and need to move to LTC
Lack of affordable housing – e.g. affordable retirement homes
Lack of visiting programs
Fragmented assessment services “in-home”
Lack of medical care, decreasing coverage
Lack of nursing care in homes
Weather
Geography
Internet access
Smoke and CO alarms for hearing impaired
Slower response to emergencies
Distances to emergency services
Lack of mental health services for seniors
Lack of human resources to fill needs

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SWOT EXERCISE (Cont'd)

Opportunities

Intergenerational programs
 Life skill coaching and sharing with seniors and youth
 New businesses to address needs
 “Raised” community garden
 More day away programs for people with dementia
 Social planning table for seniors
 Integrated, affordable tiny home communities
 New updated life safety devices and education
 Stroke rehab available in Muskoka
 Technology education
 More support and navigation help for caregiver sandwich generation

Threats

Lack of doctors
 Diminishing resources and increased need
 Lack of funding to support growth
 Aging homes and safety devices
 Response time for emergencies
 Isolated living
 Lack of family supports
 Limited income and rising household costs – e.g. hydro
 Increased ER visits due to lack of assistance
 Falls and injuries
 Lack of younger people

CLIENT PROFILE – Seniors Requiring ADL Assistance

Round table discussion

- Ages 65+
- Predominantly female
- Living alone, usually in rural setting
- Own their homes – and want to stay in them
- Mostly “have-nots”
- Families live elsewhere
- Not computer literate
- Some cognitive impairment
- Poor nutrition and living conditions
- Multiple chronic diseases – diabetes, COPD, degenerative disks, hearing loss, etc.
- Trusting
- Vulnerable – fraud, fire, falls, safety
- Includes some seasonal residents at cottage with families and others who retired to cottages

VISIONING ACTIVITY – Input from all Three Working Groups
Based on a visioning exercise where participants wrote desirable headlines to appear in Muskoka media in July 2020

Expanded and Innovative Services and Supports ...

Central Dispatch Provides Affordable Public Transportation to all Areas of District
 Muskoka Now Has Multidisciplinary Seniors Care Centres
 Muskoka Car Share Programs for Seniors Win Innovation Award
 Gerontologist Hired for Muskoka Health Network
 Endless Programs and Activities Available in all Areas of Muskoka
 24 Hour Respite Support via Phone or In-person for Caregivers
 Seniors Enjoy New Recreation Centre that Meets Physical and Social Needs
 Full Service Communities for Seniors
 Affordable Senior Citizen Housing Being Built Throughout Muskoka
 Local Transit Expands to Outlying Areas
 Funding Provided to Seniors for Assistive Devices and Home Modifications
 Muskoka an Accessible Community for Seniors
 New Supportive Living Centres with On-site Supports Open for Seniors
 Gardens for Seniors Promoting Healthy Choices
 Day Away Program Expands to Provide More Supports for Caregivers
 Improved Health Networks in all Communities
 Age-Friendly Community Subdivision Planned
 Geared to Income Housing Opens Next to Health Hub
 More Specialized Geriatric Doctors Come to Muskoka
 Muskoka Paramedics Provide in-home Wellness Checks and Flu Shots
 Redesigned LTC Home Offers Small Group Living Pods for Home-Like Environment
 Dental Care Covered for Seniors with OHIP
 Door-to-door Transportation for Those 65+

High Degree of Community Engagement ...

Muskoka Seniors are Leaders in Community Engagement
 Seniors Groups Thrive in Muskoka
 Open House Celebrates Success between Co-op Students and Retirement Home
 Youth Volunteer Matched with Seniors to Provide ADL Assistance
 Muskoka Seniors Volunteers at All-time High
 Seniors Participating in Exercise Programs Increases by 25%
 Seniors Help Out at Local Daycare
 Intergenerational Activities Now Common in Muskoka School System
 Muskoka Motivates Seniors to Live and Play in our Communities
 School Volunteers Consist Mainly of Seniors
 Teens Reading to Muskoka Seniors
 Nursery School and Retirement Home Share Accommodation
 Seniors Talk about Safety with Local Firefighters
 Seniors Club House Expands to Offer Intergenerational Programs
 Muskoka Paramedics Working with Seniors Organizations

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VISIONING ACTIVITY (Cont'd)

High Profile Destination of Choice ...

The Heart of Muskoka – Our Seniors
Muskoka is “Golden” for Your Retirement
Muskoka the Retirement Destination for Seniors
Muskoka is the #1 Senior-Friendly Place to Live
Muskoka Seniors Have 5-Day National Healthier Environment Symposium
Muskoka Wins Three Golds at Seniors Games
Muskoka Seniors are Activity Activists
Muskoka a Welcoming Community for Seniors
Muskoka Seniors Show Canadians How to Age Gracefully
Muskoka is the Place to Retire due to Abundance of Seniors Services

Successful Outcomes

Muskoka Seniors Healthiest in Ontario
Senior Women in Muskoka No Longer Living in Poverty
Muskoka Seniors Communicating
Muskoka Seniors are Technology Savvy
Seniors Poverty in Muskoka Reaches 0%
Muskoka Seniors Now Living Longer and Healthier Lives
Muskoka Senior Graduates with Masters Degree at 92
Older Adults in Muskoka Have Highest Happiness and Quality of Life in Province
Type II Diabetes among Seniors Decreasing Due to Exercise Programs
Muskoka Seniors Rank #1 on Life Satisfaction Survey
Aging at Home in Muskoka a Success
Seniors Thrive in Muskoka Environment

SWOT ANALYSIS - All Three Working Groups

	Well/Fit Seniors	Requiring Some Assistance	Requiring 24 Hour Assistance
Strengths	Existing programs and services Activities for seniors Seniors groups and organizations Libraries Volunteers Retirement community	Some specialty transit Group gatherings CCAC supports and services Other programs – MOW, SMART, Alzheimer’s, seating clinics, support groups, mobile banking, etc.	Majority re: demographics Increasing lifespan Existing services and facilities
Weaknesses	Activities/services in rural areas Internet access Geography and distances Cost of living Inter-community communication “Donut” demographic – old and young, no middle group	Funding and resource shortfalls Wait lists Affordable housing Physical accessibility Distances to services Awareness of existing programs Weather and geography challenges	Wait lists for home care and LTC Lack of staff and resources Poverty Cognition issues Lack of family support Knowledge of services Cost of services
Opportunities	Growing seniors population Provincial grants Resource coordination/sharing Inter-agency collaboration Utilizing seniors knowledge base	Intergenerational programs New businesses to address needs Innovative housing Increased service navigation Improved equipment and technology	Health system transformation Health hubs Community paramedics Service coordination Community outreach
Threats	Retirement financial status Stress on available services Funding cut-backs Rural vs. town differences Income disparities Fewer church/school hubs Economic issues Loss of local resources	Increasing needs Diminishing resources Emergency response times Aging homes and equipment Isolated living Falls and injuries Limited incomes with rising costs	Funding Safety and security issues Isolation Services leaving the area Addiction and mental health issues Poverty and homelessness