



**PREPARED MAY 2017**

Prepared by:  
**AGE FRIENDLY SOCIETY of the SOUTH CARIBOO**

Funded by:  
**Province of BC/Union of BC Municipalities  
Seniors' Housing & Support Initiative**

Working in partnership with:



COMMUNITY  
DEVELOPMENT  
INSTITUTE



## Table of Contents

Acknowledgements .....	4
1. South Cariboo 55+ Housing Needs Report Summary.....	6
1.1. Executive Summary.....	6
1.1.1 Introduction.....	6
1.1.2. Methods .....	6
1.1.3. Results .....	7
2. Overview of the South Cariboo 55+ Housing Needs Report.....	8
2.1. Goals and Objectives .....	8
2.2. Background.....	8
2.2.1. Overview of Project Progression.....	9
2.2.2. Partnerships and Engagement .....	11
2.3. The Northern BC Housing Study .....	12
2.4. Forum and Table Conversation .....	12
2.4.1 Table Discussion Summary.....	13
2.4.2 Key Findings.....	16
3. South Cariboo 55+ Housing Survey .....	16
3.1. Introduction.....	16
3.1.1 Purpose .....	16
3.1.2. Goals and Objectives.....	16
3.2. Project Methodology .....	17
3.2.1 Participant Recruitment.....	17
3.2.2. Respondent Information.....	18
3.2.3. 55+ Housing Survey.....	18
3.2.4. Limitations.....	19
3.2.5 Analysis.....	19
3.3. Results.....	20
3.3.1. Socio-Demographic Information .....	20
3.3.2. Current Housing Situation .....	26
3.3.3. Housing Needs .....	31
3.3.4. Seniors Housing Option.....	36
3.3.5. Housing Supports .....	49
3.3.6. Health and Social Networks .....	57
3.3.7. Respondent Feedback.....	64

3.4. Key Findings .....	64
3.4.1. Seniors Housing: Overall Need .....	65
3.4.2. Closing Remarks .....	67
4. References .....	68
5. Appendices .....	68
5.1. Community Development Institute's <i>The Northern BC Housing Study: 100 Mile House Housing &amp; Community Profile</i> .....	68
5.2 The District of 100 Mile House's 2015 <i>Official Community Plan: Age-Friendly Survey</i> .....	76
5.3 The District of 100 Mile House's <i>Age-Friendly Survey Summary Report</i> .....	78
5.4 <i>Continuum of Housing and Care Options for Seniors</i> from Seniors Housing Forum .....	92
5.5 <i>Seniors Housing Inventory: 100 Mile House</i> from Seniors Housing Forum .....	93
5.6 <i>List of Guest Presenters</i> from the Seniors Housing Forum .....	94
5.7 <i>What is the role of a "Table Host"</i> from the Seniors Housing Forum .....	95
5.8 <i>Coding Results from Discussion Table Responses</i> from the Housing Forum .....	97
5.9 <i>South Cariboo 55+ Housing Needs Survey</i> .....	100

## ***Acknowledgements***

The Age Friendly Society of the South Cariboo would like to acknowledge the significant contributions from residents of the South Cariboo, various agencies and organizations, and our valued members. South Cariboo residents attended gatherings, shared personal experience and ideas, and volunteered their time to ensure information related to seniors' housing and resource needs could be provided in a comprehensive format. The significant work that has been, and will continue to be, done has brought together a diverse group of people and partners in a collaborative and cohesive approach resulting in an initial step, the South Cariboo 55+ Housing Report, identifying important issues for seniors.

**District of 100 Mile House** – to the Mayor, Council and staff for their on-going support, encouragement, resources, expertise and foresight to promote “age friendly growth” in the South Cariboo. We wish to especially acknowledge Joanne Doddridge for sharing her knowledge and skills while dedicating considerable time and expertise to the planning process for 55+ housing in the South Cariboo.

**Community Development Institute at the University of Northern BC (CDI)** – for granting permission and sharing valuable resources including:

- Referencing and appending the CDI Northern BC Housing Study in the South Cariboo 55+ Housing Report
- Permitting the use of report and survey templates of the Sunrise Ridge Seniors Housing Society Report
- Utilizing the outline and general formatting of the Sunrise Ridge Seniors Housing Society Report
- Including some graphs and charts from CDI Co-Director Marleen Morris' PowerPoint presentation delivered at the Northern BC Housing Forum and at the South Cariboo 55 + Housing Forum

We wish to acknowledge Marleen Morris and Krystin St. Jean's expertise through the **Cariboo Strong** initiative that provided the professional expertise for the research component. The forum presentation by Marleen Morris sparked increased interest in 55+ housing highlighting the urgency of addressing the shortage of appropriate housing according to the South Cariboo population demographics.

**Northern Development initiative Trust (NDIT)** dedicated hours of intern time to organize 111 pages of raw data into the report framework. Thank you to Danielle Patterson for the hours of time she spent organizing and interpreting data into an understandable format for the audience of readers.

The South Cariboo 55+ Housing Forum and subsequent survey and report was funded by the **Province of BC** Seniors Housing and Support Initiative (SHSI-2016) Grant administered by Local Government Program Services through the Union of BC Municipalities.



**Cariboo Regional District (CRD)** – to the area Directors for supporting our work and to the staff, in particular Jordan Hammond and Emily Epp, for their assistance with communication and administration of the survey. We would also like to acknowledge the participation of CRD Library Network staff and management.

**South Cariboo Recreation Centre (Canlan Icesports)** Management and Staff, the **100 Mile House Free Press**, the **South Cariboo Chamber of Commerce**, **Interior Health**, **Cariboo Strong - Housing Action Group**, the **South Cariboo Community Planning Council** and **Country 840 AM Radio** assisted to promote the forum and survey.

**Age Friendly steering committee members** volunteered significant time to engage community members throughout the area. Much time was spent explaining our process and delivering surveys. The high number of survey responses is a tribute to their hard work.

Information at the forum was provided by a team of presenters including **MLA Donna Barnett, MLA Dr. Darryl Plecas, Marleen Morris, Cindy Parent, Joanne Doddridge, Trisha Shetler and Katie McLellan.**

**Forty-four volunteers** assisted with the Forum. We could not have held the local forum without the generous volunteer time (over 200 hours) and in kind contributions made by community members. Contributions included the table hosts, set-up and clean-up crews and the great team in the kitchen. Thank you to Rob Fry for contributing sound equipment expertise for the forum.

**Kimberly Vance-Lundsbye** undertook the task of compiling all the components from the South Cariboo 55+ Housing Forum, Survey and Northern BC Housing Study into the report framework to create a comprehensive picture of the current and future housing (and associated supports) needs of South Cariboo residents.

**Over 700 residents of the South Cariboo** responded to our request for participation in the forum and survey. We appreciate the time, patience and trust that community members have given this initiative.

With sincere appreciation and thanks,

***The AGE FRIENDLY SOCIETY OF THE SOUTH CARIBOO***

# 1. South Cariboo 55+ Housing Needs Report Summary

## 1.1. Executive Summary

### 1.1.1 Introduction

The Age Friendly Society of the South Cariboo (AFSSC) in partnership with the District of 100 Mile House led the effort to collect data for a report on South Cariboo Housing Needs. This was in response to local seniors identifying future housing as a top priority for planning in previous community assessments.

Identifying seniors' housing needs in the South Cariboo is significant and time sensitive as the projected representation of people 65+ years in the South Cariboo region will be 40% by 2036, nearly double the Provincial average (CDI UNBC, 2016). Currently, the population of seniors in the area represents approximately one quarter of residents and the 2016 *Northern BC Housing Study* identifies 100 Mile House as having one of the oldest populations in the province (Appendix 5.1.).

The average age of survey respondents' was 68.6 years with many reporting a desire to remain in their current home while also acknowledging their housing needs may change in the next 5 to 10 years. However, few respondents felt there is adequate housing to meet their future needs within the current housing stock.

There are currently not enough available and appropriate housing options for seniors in the South Cariboo. Planning now for the future needs of an even larger group of seniors is imperative for the retention and inclusion of our area's largest population group.

### 1.1.2. Methods

The project involved collecting data from a sample of seniors living throughout the South Cariboo region. Data included both the collection of qualitative and quantitative data. There were two main approaches: a *Housing Forum* and the *South Cariboo 55+ Housing Needs Survey*.

The *Housing Forum* engaged approximately 100 participants in the discussion of two focus group questions related to housing needs. This feedback was recorded in note form and then grouped into like themes for analysis.

The *South Cariboo 55+ Housing Needs Survey* was:

- a) Modeled after the survey used to collect data for the *Sunrise Ridge Senior Housing Society: Seniors Housing Needs Assessment* report (CDI UNBC, 2014).
- b) Designed to be user friendly and to offer ample opportunity for respondent's to provide comments.
- c) Not entirely academic but developed with some academic oversight. The *Community Development Institute* reviewed the survey and some informal evaluations for validity were undertaken.

504 completed surveys representing 793 people living in 425 households were received and included in the data collection. The survey was made available in a hardcopy and online format and was widely distributed and promoted throughout the South Cariboo region. The survey consisted of 44 questions including a variety of dichotomous, multiple-choice, rank order scaling, demographic, and open-ended questions.

### 1.1.3. Results

Overall, the results from the survey aligned with the key findings from the *Housing Forum* in terms of future housing needs and preferences. These needs include:

- Independent housing that is one-level, detached or semi-detached;
- Low-maintenance outdoor space;
- Smaller homes were an identified projected need for respondents in the next 5 to 10 years despite the majority of respondents reporting their current homes are not too large. This is likely tied to the strong need identified by respondents for homes requiring less maintenance.
- Housing available for a purchase price between \$150,000 - \$300,000 or a rental fee of up to \$1,000 per month;
- Housing built to optimize accessibility for seniors with mobility limitations;
- Pet-friendly;
- Housing in close proximity to services in 100 Mile House (walking distance with consideration for the safety of route – major road crossings, crosswalks, snow and ice-free).

Respondents projected more supportive and assisted living units for seniors as a need within 10 years. As most respondents are married and identified the health decline or passing of a spouse as a major catalyst for making a future housing change, developments with varied levels of care were of interest to some respondents.

## 2. Overview of the South Cariboo 55+ Housing Needs Report

### 2.1. Goals and Objectives

The project's goal is to determine the current and expected housing needs and supports of seniors living in the South Cariboo region.

The project's objectives were to:

- Collect information on the current needs for seniors housing and supports;
- Collect information on the expected needs for seniors housing and supports;
- Develop a report, which demonstrates the seniors' housing and support needs in the South Cariboo/100 Mile House area to inform future seniors' housing development.

### 2.2. Background

Planning for the future housing needs of seniors is time sensitive in British Columbia. Adults 65 years+ are expected to represent a quarter of the population in B.C by 2031 (BC Stats, 2011). This is notably the fastest rate of growth of seniors in Canada. The Office of the Seniors Advocate's 2015 *Senior's Housing in B.C* report outlines that while most seniors would prefer to live independently and in their current communities for as long as possible, many are concerned about the affordability of their current home long-term, and of the availability of appropriate housing for future needs. These concerns are amplified in rural communities where there are limited housing options and an aged housing stock built predominantly for larger families.

Why the South Cariboo? Many seniors in the area have lived in the region for decades. Over half of the respondents to the *South Cariboo 55+ Housing Survey* have lived in the area for more than 20 years. Strong sense of community and social supports are two important reasons these residents are tied to the area. For both longstanding residents and those new to the area, affordability, an active outdoor lifestyle, and social inclusion were identified as strengths that contribute to the South Cariboo/100 Mile House region being recognized as an age-friendly community (100 Mile House Age-Friendly Community Assessment, 2013). Seniors choose to reside in the South Cariboo to live actively and independently. Local seniors are engaged community members who volunteer, enjoy outdoor pursuits, and balance a lifestyle of work and play.

Housing needs for seniors in the South Cariboo have been evaluated informally and formally over the past few decades and developments have been undertaken to address the needs. The current Seniors Housing Inventory in 100 Mile House (Appendix 5.5) does not meet the current housing needs as there are waitlists and a lack of appropriate housing. As a result, some seniors are reluctantly leaving the community to find suitable housing while a trend of new retirees/older adults (55+) moving to the region continues (CDI UNBC, 2016). This latter group often chooses housing that can quickly become unsuitable with a decline in health, the passing of a spouse, or an unexpected inability to drive.

The Age Friendly initiative in 100 Mile House began in 2013 with a community assessment that collected information from South Cariboo seniors related to areas key to active ageing. Housing and some related needs were identified. These issues continued to be brought forward through a Community Café (June 2014) and during Age Friendly monthly gatherings (February 2015 to present). The District of 100 Mile House distributed an *Official Community Plan: Age-Friendly Survey* (Appendix 5.2) at the 2015 Seniors Resource Fair to attendees that was made available publically for two weeks post-event. This survey provided information that has contributed to this project's larger scope on the issue (Appendix 5.3). A *Housing Forum* was hosted by the Age Friendly Society of the South Cariboo in January 2017 in an effort to both educate on the housing situation in the region and to gather qualitative data for this project. The *South Cariboo 55+ Housing Survey*, the primary source of data collected for this project, was launched in January 2017 (Appendix 5.9).

### 2.2.1. Overview of Project Progression

The Age Friendly Society of the South Cariboo (AFSSC) and the early age-friendly initiatives undertaken by the District of 100 Mile House and the South Cariboo Community Planning Council have approached all assessments, activities, and information gathering from a regional perspective since the initial *Age-Friendly Community Planning and Project Grant* application in 2012. Consideration has been made to practice the inclusion of seniors living both within the District of 100 Mile House and those living in the outlying communities who access 100 Mile House, BC as a service center.

The South Cariboo operates much like other rural areas where small, outlying communities access a main town center for most services. Outlying communities include: Lac la Hache, 108 Mile Ranch, 105 Mile, 103 Mile, Buffalo Creek, Forest Grove, Canim Lake, the Tsq'escenemc, Lone Butte, the Interlakes, 70 Mile House, and a number of smaller communities within the South Cariboo region.

The 2013 *100 Mile House Age-Friendly Community Assessment* identified the following issues related to housing:

- Waiting lists for assisted & long-term care that does not always comply with individual & family readiness to move.
- Knowledge of & access to existing supports for caregivers & senior advocacy.
- Home care support does not reach all communities/seniors.
- Lack of high-end, low-maintenance (i.e. condos, townhouses) housing in area.
- Many seniors must move from community when they can no longer care for home or drive.
- Lack of housing options for low-income and renting seniors.
- Current properties very difficult to maintain as people age or lose their spouse.

Informal discussions that pertained to housing needs for seniors in the region between 2014-2016 relayed similar themes.

The District of 100 Mile House's *Age-Friendly Summary Report* in 2015 included data collected from 106 respondents.

The following key findings related to housing were identified:

- *More housing options for seniors* was chosen as the top priority followed by the two other housing related options: *More bus & public transportation options* and *Home-visit program (e.g. housekeeping or health care)*. The other choices were largely related to lifestyle and accessibility of public spaces.
- 90% of the participants identified that they drive as their primary mode of transportation to access services.
- Expanded feedback regarding the top priority of more seniors' housing options included an increase in secondary suites, more housing options close to town (100 Mile House), housing that is appropriate for seniors to age in place, parking for recreational vehicles, and secure housing.

The initial groundwork from the 2013 assessment, community input gathered throughout local age-friendly events, the *Official Community Plan: Age-Friendly Survey*, and the 2016 *100 Mile House & Community Profile* section of the *Northern BC Housing Study* helped inform and guide the 2017 *Housing Forum*, the *South Cariboo 55+ Housing Needs Survey* and the accompanying analysis outlined in this report.

## 2.2.2. Partnerships and Engagement

Many partners have contributed to this project. Relationships, shared resources and shared responsibility paved the way for a truly collaborative community development initiative that started with “the people” and engaged many partners (individuals and volunteers, not-for-profit organizations, levels of government, businesses, agencies, institutions) in order to obtain current and detailed data that will allow the socio-economic issue of seniors housing including supports and services that promote good health and well-being to be addressed.

Some key partners and their contributions included:

- Province of British Columbia: government voice and communication, *Seniors Housing and Support Initiative* (SHSI) funding
- Cariboo Regional District: Survey Monkey, development of communication tools, access to regional networks such as library system, *Cariboo Strong* engagement, administrative support and resources.
- District of 100 Mile House: planning and economic development skills and resources, *Cariboo Strong* engagement, administrative support, technical equipment, Age Friendly 2016 SHSI funds.
- Community Development Institute (University of Northern BC): *Northern BC Housing Study*, expertise in housing research and economic (community) development, facilitation skills and resources to bring the “players” together, assistance with final report production.
- South Cariboo Chamber of Commerce: engagement of local businesses and partner in economic development, local builder displays.
- Interior Health Authority: communication network, housing and support system expertise, research resources.
- Northern Development Initiative Trust: assistance to develop final South Cariboo Housing report.
- Age Friendly Society of the South Cariboo: connections to community and partners (networking, communication, and volunteer framework), event coordination, the “host”.

## 2.3. The Northern BC Housing Study

The 2016 *Northern BC Housing Study* prepared by the Community Development Institute at the University of Northern British Columbia includes a Housing and Community Profile (Appendix 5.1) for 100 Mile House. The study identifies 100 Mile House as having one of the oldest populations in the province. Currently, nearly one-quarter of the population is 65+ years. This number is projected to rise to approximately 40% by the year 2036.

The following statistics from the study demonstrate the need for more and diverse seniors housing to service the region:

- 56% of the housing stock is at least 35 years old with 9% of homes reported as being in need of major repair and only 9% of homes in the region constructed after 2001.
- The representation of residents 75+ years is projected to double by 2026 and triple by 2036, from 195 to 1,023 individuals.
- 31% of homes in the Cariboo region have four or more bedrooms, 67% have at least three compared with a provincial average of 55.4% while almost three-quarters of households are comprised of only one or two people.
- 77.7% of households own their homes.
- Senior residential facilities are at capacity with waiting lists (up to 2 years). Some seniors awaiting appropriate long-term housing in independent or assisted living facilities are housed in local hotels/motels within the service center.
- Preliminary data suggests that the average selling price and assessed values of homes in the area are rising since 2016.

## 2.4. Forum and Table Conversation

The *Housing Forum*, hosted by AFSSC, was held on January 24, 2017. Participation in the forum was significant. Over 150 seniors attended the forum and provided feedback. This forum was held to educate seniors on the housing situation in the region to gather informed qualitative data for this project and to promote engagement in the *South Cariboo 55+ Housing Needs Survey*.



The objectives of the forum included:

- To create awareness among local residents of the importance of 55+ housing in the South Cariboo.
- To inform local and provincial government representatives on 55+ housing issues.
- To present information on government programs and positions on 55+ housing and seniors' healthcare issues.
- To share results of Northern BC Housing study.
- To make public the local housing inventory and local *Official Community Plan's* identified areas to accommodate future housing builds.
- To educate people on housing types and terminology through the *Continuum of Housing and Care Options for Seniors* (Appendix 5.4) including a presentation from the manager of an assisted living facility.
- To familiarize residents with local resources such as the Home and Community services provided through Interior Health.
- To set the stage for critical thinking around personal future 55+ housing needs and wants.
- To introduce the collection of current and relevant data via the *South Cariboo 55+ Housing Needs Survey*.

Speakers included: Donna Barnett (MLA), Dr. Darryl Plecas (MLA and Parliamentary Secretary to The Minister of Health for Seniors), Marlene Morris (Co-Director, Community Development Institute), Joanne Doddridge (District of 100 Mile House, Director of Economic Development and Planning), Cindy Parent (Manager, Carefree Manor – local assisted living facility), Trisha Shetler (Health Service Manager, Cariboo/Chilcotin Hospitals and Communities Integrated Services), Ralph Fossum (Chair, Age Friendly Society of the South Cariboo), and Lea Smirfitt (Executive Direction, Age Friendly Society of the South Cariboo) (Appendix 5.6).

After the presentations, "Table Hosts" facilitated open discussions focused on two questions:

Table hosts were provided with guidelines to encourage uniformity and group focus on the two questions for more accurate data compilation (Appendix 5.7). The notes taken by table hosts were summarized into a report (Appendix 5.8).

### 2.4.1 Table Discussion Summary

There were 17 tables with an average of 6 seniors per table and approximately 100 participants overall.

Themes were created to group common ideas shared in discussion.

*Question 1: What event or change in your life would kick start thought of moving into housing that would be more appropriate for your needs?*

The most significant reasons participants identified as being catalysts to considering a change in housing were a) health issues and b) inability to manage home and property maintenance. The inability to drive combined with a lack of transportation alternatives in their current housing area was also mentioned frequently. This sentiment echoes earlier research found in the 2013 local assessment.

South Cariboo seniors report neighbors and friends, who have made housing changes, some leaving the region due to a lack of appropriate and available housing options or local services, because of health decline or the passing of a spouse, home and property maintenance overload, or an unexpected inability to drive independently. Respondents' experiences of those around them and/or early signs of personal vulnerability to these factors have provided them a strong insight into potential catalysts for housing change.

*Question 2: What options are you thinking about when you imagine your future housing needs?*

In alignment with most seniors across B.C, most of the respondents have a preference to stay in their current home for as long as possible. Notably, there are local business opportunities to expand services and supports that are reliable, affordable, and seniors' focused to address this clear preference.

The table groups shared a variety of considerations for future housing needs and wants. Ageing in place with levels of housing arrangements within a single campus was the most frequently offered model discussed at the table groups. A strong desire to maintain the essence of their current lifestyle was evident across the grouped themes. Culturally, many seniors in the South Cariboo are prepared to and take pride in maintaining their properties. Personal outdoor green space was an important factor in future seniors' housing for this reason and echoed by the fact that the majority of participants reported in this project's survey have pets. Also, many seniors currently live on large, private properties. While they are willing and some even expressed a desire to live within a more communal "pocket-neighborhood" model, some personal property was deemed essential to maintaining the feel of rural-living and allow for the continued pursuit of hobbies. Many local seniors have recreational vehicles that will need to be accommodated in future housing. There was an expressed interest in shared green space and/or indoor activity space to increase socialization opportunity and likely the building of a new

social support network for those moving from an outlying community into town and those who live alone.

## 2.4.2 Key Findings

The *Housing Forum* feedback revealed seniors' future housing needs and wants with a preference for:

- New construction built to maximize accessibility;
- Proximity to services in 100 Mile House considering availability of transportation besides driving personal vehicle;
- Independent housing with both privacy/personal space and opportunity for socialization with neighbors via common green and/or shared indoor space;
- Low maintenance, secure homes and properties.

## 3. South Cariboo 55+ Housing Survey

### 3.1. Introduction

On January 24<sup>th</sup>, 2017 the *South Cariboo 55+ Housing Needs Survey* was launched with an original deadline of February 14, 2017. This was extended by one week to increase the sample size. The Age Friendly Society of the South Cariboo steering committee, the District of 100 Mile House, the Cariboo Regional District, and the Community Development Institute developed the survey.

#### 3.1.1 Purpose

The purpose of the survey was to collect data that reflects current and expected housing needs from a broad selection of seniors living in the South Cariboo region. The survey was also designed to provide insight into seniors' perspectives regarding local services and supports in relation to housing.

#### 3.1.2. Goals and Objectives

The survey's goal was to determine the current and expected housing needs of seniors living in the South Cariboo region.

The survey's objectives were to:

- Collect information on the current needs for seniors housing and supports;
- Collect information on the expected needs for seniors housing and supports;
- Provide data required to develop a report, which demonstrates the seniors' housing and support needs in the South Cariboo/100 Mile House area to inform future seniors' housing development.

## 3.2. Project Methodology

### 3.2.1 Participant Recruitment

The *South Cariboo 55+ Housing Needs Survey* was distributed to over 100 participants at the January 24, 2017 *Housing Forum* event.

Hard-copy versions of the survey were also made available at the following locations: local and regional government offices, libraries throughout the region, the local recreation centre, seniors' centres, local pharmacies, medical clinics, and grocery stores in outlying areas. Distributing point locations were chosen with consideration to places seniors typically frequent. An effort to effectively distribute hardcopies throughout the South Cariboo region was made with distributing points in outlying communities.

The survey was provided electronically in two ways. A pdf file was distributed via the AFSSC email broadcast list of 252 contacts. This list includes organizational contacts who then relayed the information and survey to their networks. The email also included a link to an online version of the survey via the SurveyMonkey platform. The online submission platform was promoted via the email broadcast, the South Cariboo Community Planning Council email broadcast, via social media, and was made available on the District of 100 Mile House's website.

After an initial burst of survey submissions, the response rate slowed down. The AFSSC decided to extend the deadline to February 23, 2017. Updated promotional posters were introduced to the community and additional advertising in the 100 Mile Free Press and to the local radio station, Country 840, was submitted. The AFSSC steering committee made informal one-on-one connections with members personally distributing hardcopies of the survey and promotional posters to increase survey exposure. The extension and additional promotion resulted in the desired outcome of increasing the response rate from just over 200 to 504 completed surveys.

Actual number of those represented in the data is 793 people living in 425 households as the survey's terminology refers to completing the survey as a 'household' meaning all members living together.

Assistance was made available for participants with vision loss and/or blindness, physical disability impacting ability to write, and computer literacy or access limitations.

### 3.2.2. Respondent Information

Respondents were informed via a survey cover letter that participation was voluntary, confidential, that they could choose not to answer specific questions. Respondents' identifying information was not collected. The letter explained that completion of the survey would be interpreted as providing informed consent to participation.

*A Continuum of Housing and Care Options for Seniors* terminology information sheet was included within the survey to assist participants' ability to complete a series of questions (Appendix 5.4).

In addition to the standardized information about the survey and project relayed via posters, email broadcasts, Housing Forum information packages, and in the consent cover letter, project partners, AFSSC steering committee members, and participants shared word-of-mouth informal information to potential participants.

### 2.3.3. 55+ Housing Survey

The 18-page survey consisted of the aforementioned described consent cover letter, and 44 questions. The survey included a variety of dichotomous, multiple-choice, rank order scaling, demographic, and open-ended questions (Appendix 5.9).

The survey was organized into the following sections:

- A) Current Housing Situation
- B) Current Housing Needs
- C) Seniors Housing Needs
- D) Housing Supports
- E) Health and Social Networks
- F) Socio-Demographic Information

### 3.2.4. Limitations

The participant target group was South Cariboo residents 55+ years and older. This younger margin, compared to the typical “senior” identifying age of 65+ years, was included to gauge expected needs of future seniors who are beginning to plan for future housing. Initially, feedback from potential participants included that the survey did not apply for them, indicating it was for “older people”. When the purpose of the survey was explained to them there was more participation. It is likely some participants did not engage in the survey because they did not deem it relevant and/or understand the purpose.

Another target group limitation that emerged was a relatively low response rate from participants with potentially fewer resources and supports. This includes older workers (Fig. 2-9), low-income seniors (Fig. 2-8), and single seniors (Fig. 2-7). Engagement may have been lower than the retired, married, and higher-income group(s) due to availability to attend local age-friendly events, access to information, and/or readiness to engage in community events or projects alone.

When asked to identify the three most important services from the list provided in Question 22, there were a variety of ways participants approached the question. Some did not identify their top three choices and some selected more than three and did not provide a rank to extract their top choices toward the data. As such, the data provided for this part of the question reflects a smaller selection of participants.

The data collected for this report relating to supports and services has been analyzed in its relation to housing needs. This data could be of interest for future projects exploring seniors’ supports and service needs from a lens of a gaps analysis, an employment opportunity perspective, and more.

This report refers to BC Census statistics available upon the writing of the report and those involved in the *BC Northern Health Study* (2011). Upon release of the 2016 Census, an afterward may be released with updated information relevant to this report.

### 3.2.5 Analysis

173 hardcopy surveys were manually inputted in the Survey Monkey format to combine the hardcopy and online versions for ease of data organization. Survey data was then transferred into an excel spreadsheet. The data was collated and analyzed using descriptive statistics and bar graphs. Each question was complied and categorized into sections adhering to the survey.

### 3.3. Results

The following sections are the results of the South Cariboo 55+ Housing Survey conducted by the Age Friendly Society of the South Cariboo in partnership with the District of 100 Mile House, the Cariboo Regional District, Cariboo Strong, the Community Development Institute at the University of Northern British Columbia and the Province of British Columbia. Survey completion by participants was confidential and survey completion was voluntary, resulting in questions not having full response rates.

Bar graphs display the range of answers given from each survey question with response rates listed on each figure. Each graph presents the actual number of responses to each question. However, trends amongst participating groups are presented in the data as percentages, where appropriate.

#### 3.3.1. Socio-Demographic Information

This section of the survey asked general questions about respondents and the people living in their households. These questions were used to create a profile of the respondents and to provide data on the most-desired characteristics for seniors housing, such as size, and monthly cost per unit.

A total of 504 individuals aged 31 and older completed the South Cariboo 55+ Housing Survey. These surveys represent the housing needs of 793 people distributed amongst 425 households. Respondents identified which community in the South Cariboo they reside in (see Figure 2-1):

- 19.5 percent of respondents (n=83) live in the District of 100 Mile House;
- 18.1 percent of respondents (n=77) live in 108 Mile Ranch;
- 15 percent of respondents (n=64) live in the Forest Grove / Canim Lake area;
- 12.4 percent of respondents (n=53) live in the Horse Lake Road / Imperial Ranchettes area;
- 8.0 percent of respondents (n=38) live in the Interlakes area;
- 6.8 percent of respondents (n=29) live in the Green Lake area;
- 4.7 percent of respondents (n=20) live near the District of 100 Mile House;
- 4.2 percent of respondents (n=18) live in Lac La Hache;
- 4 percent of respondents (n=17) live in Lone Butte;
- 3.3 percent of respondents (n= 14) live in other areas, including Clinton, Timothy/Dempsey Lake area, outside of 100 Mile House town limits and outside of the South Cariboo.
- 3.1 percent of respondents (n=13) live between 100 Mile House and 70 Mile House;



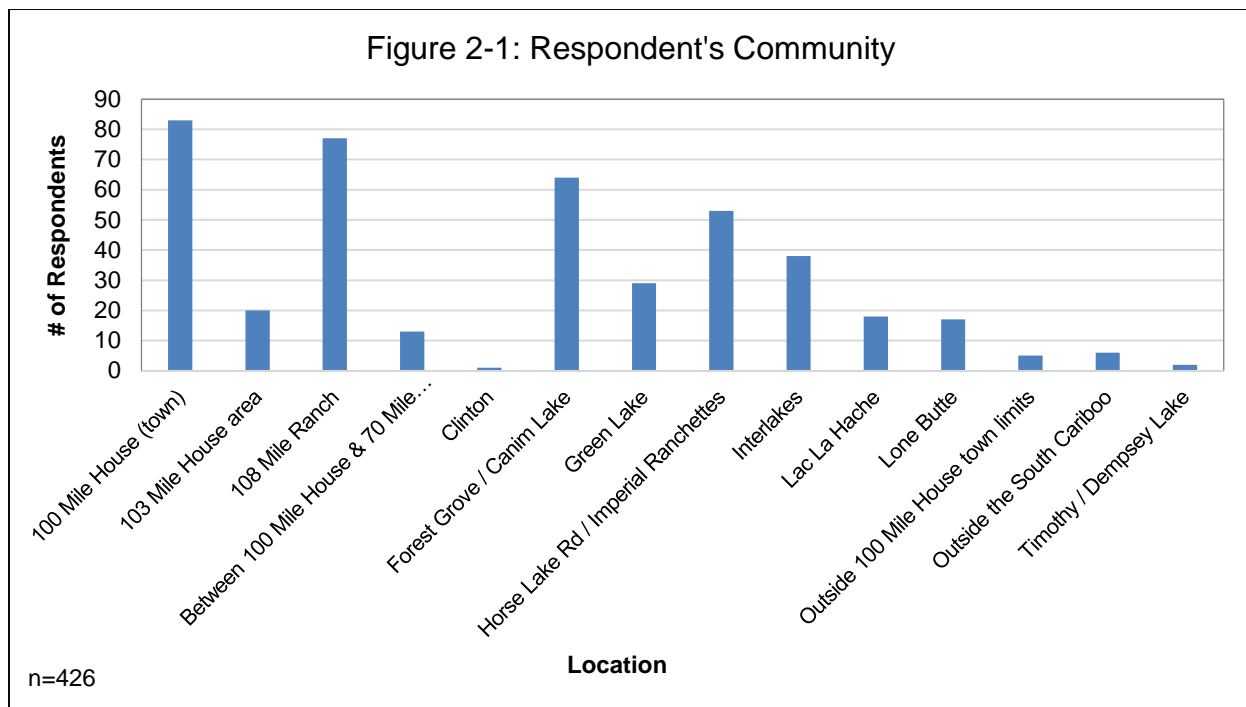
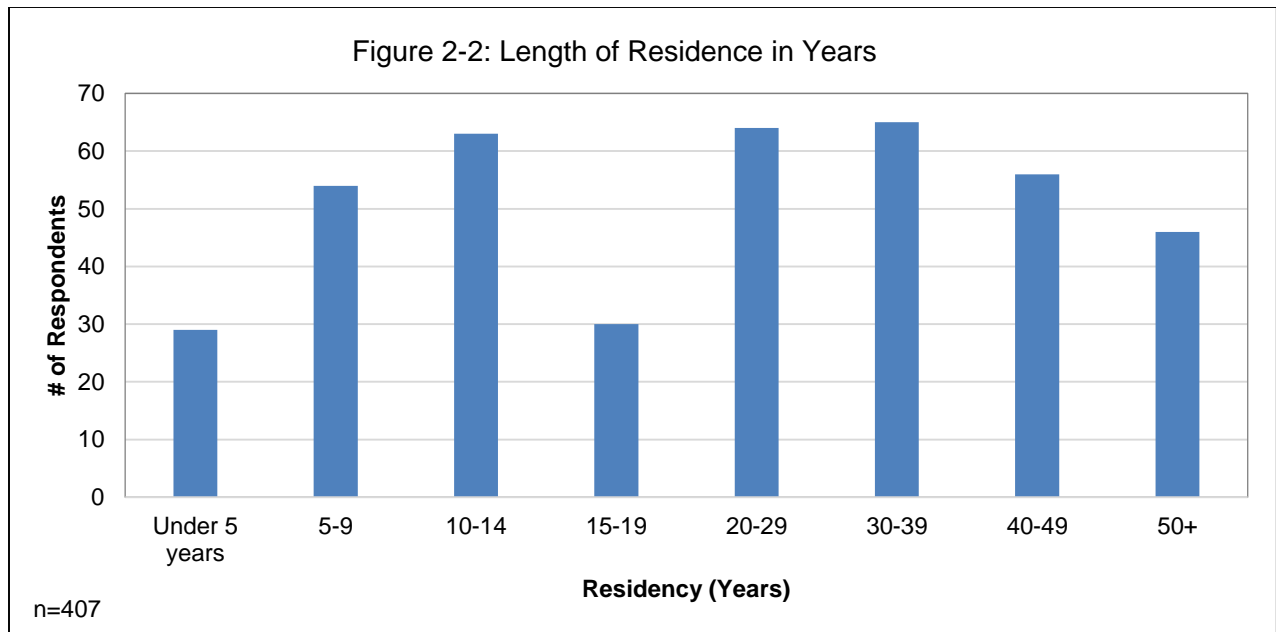


Figure 2 - 1

Like other ageing rural places, survey respondents have lived in their communities for many years; however, there is a sizeable portion of residents who are newer to the area.

- More than half of respondents (56.8 percent) have lived in their communities for over 20 years.
- Overall, the length of time respondents lived in their communities varied widely (see Figure 2-2); however, the largest cohort of residents (16 percent) lived in their communities for thirty to thirty-nine years. The second largest (15.7 percent) and third largest (15.5 percent) cohorts of residents of those who have been in their community for twenty to twenty-nine years and ten to fourteen years, respectively, followed this closely.



*Figure 2 - 2*

Respondents were asked to indicate the age and gender of themselves and those living in their household.

For the survey respondents, their characteristics included:

- The average age of respondents is 68.6 years.
- The largest age group of respondents is between the ages 61 and 70.
- Eighty-two percent of respondents are 61 years of age or older.
- Of all the respondents, 67.8 percent (n= 288) are female, 29.6 percent (n=126) are male, and 2.6 percent (n=11) did not specify their gender. A higher response rate by women is common among most surveys.

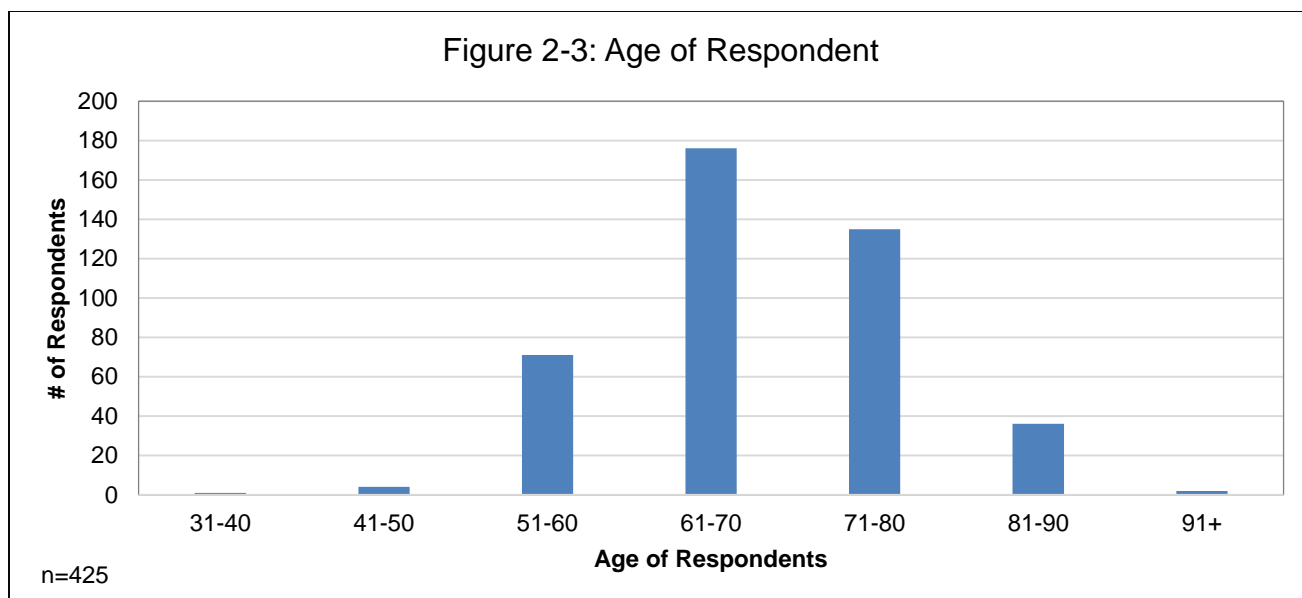


Figure 2 - 3

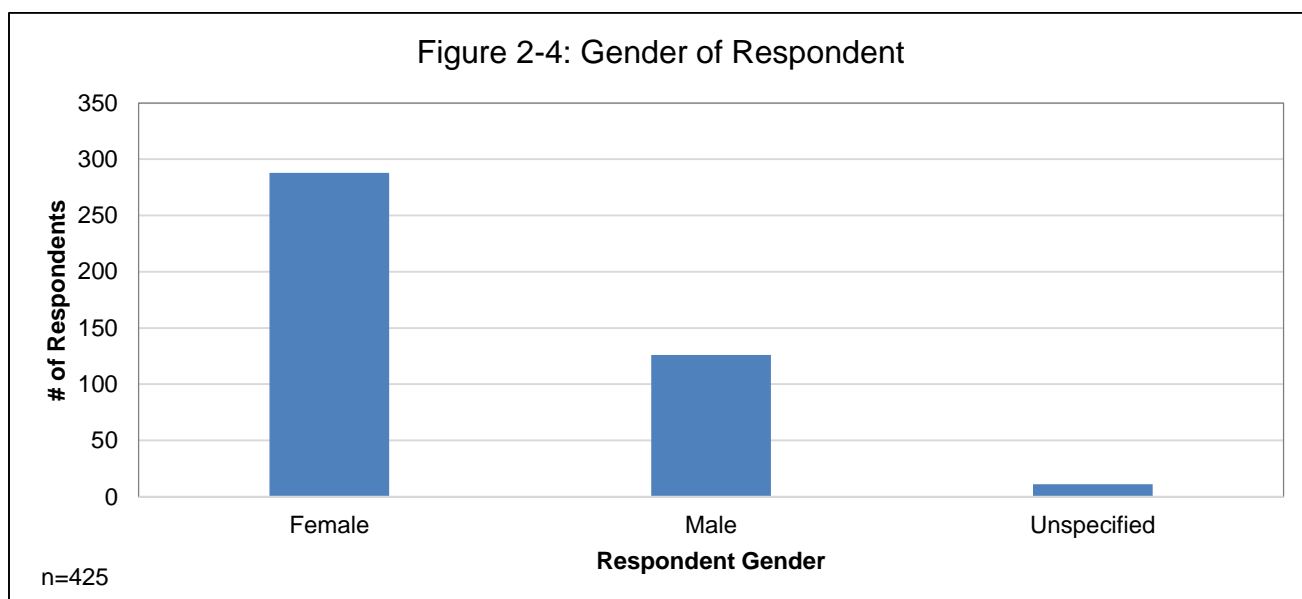


Figure 2 - 4

For the survey respondents, their overall household characteristics are:

- The average age within the respondents' households is 66.
- The largest age group within the respondents' households are those 61 years to 70 years of age.
- Of the people in each respondent's total household, 77 percent are 61 years of age or older.
- There are 416 females, 357 males, and 21 whose gender was not specified by the household respondent represented;

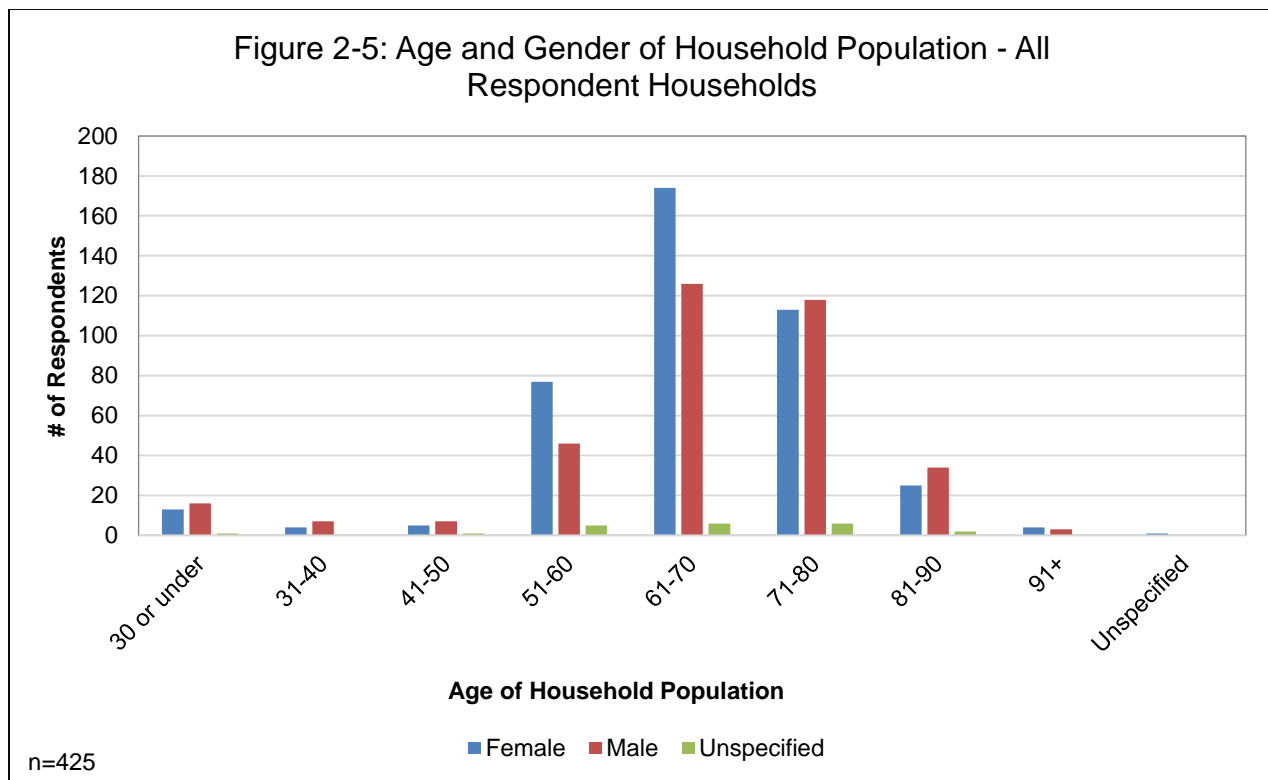


Figure 2 - 5

The average number of people per household is two (61 percent), followed by one (23.3 percent), and three (16 percent). Most senior households represented consist of one couple.

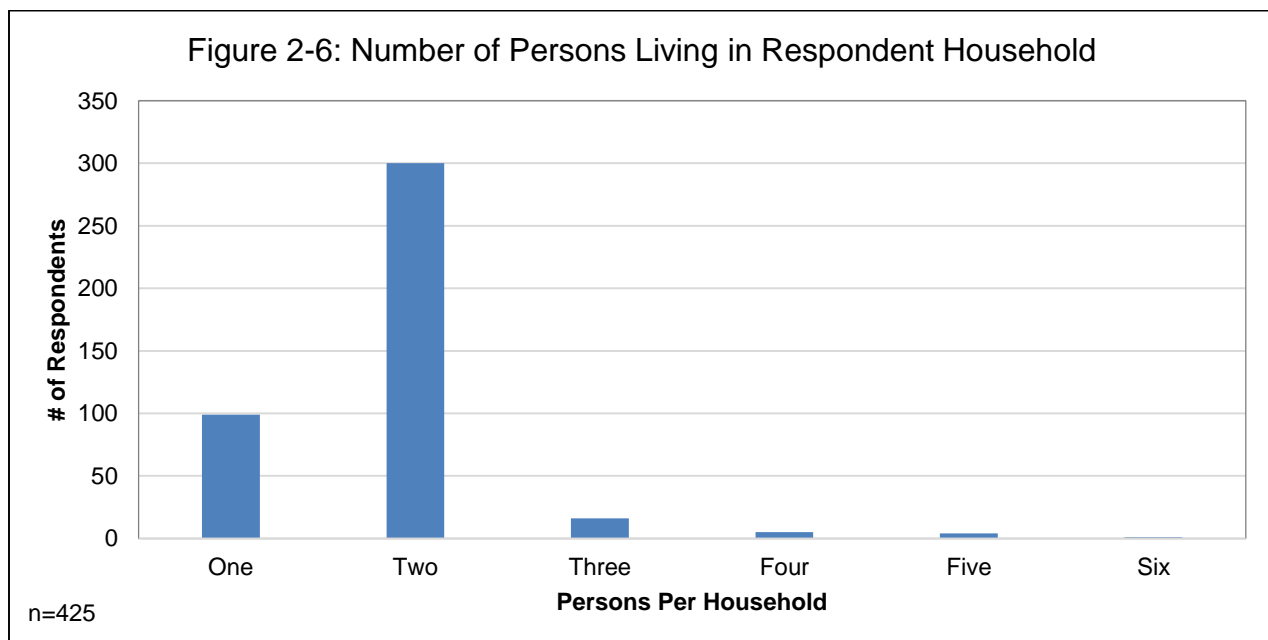
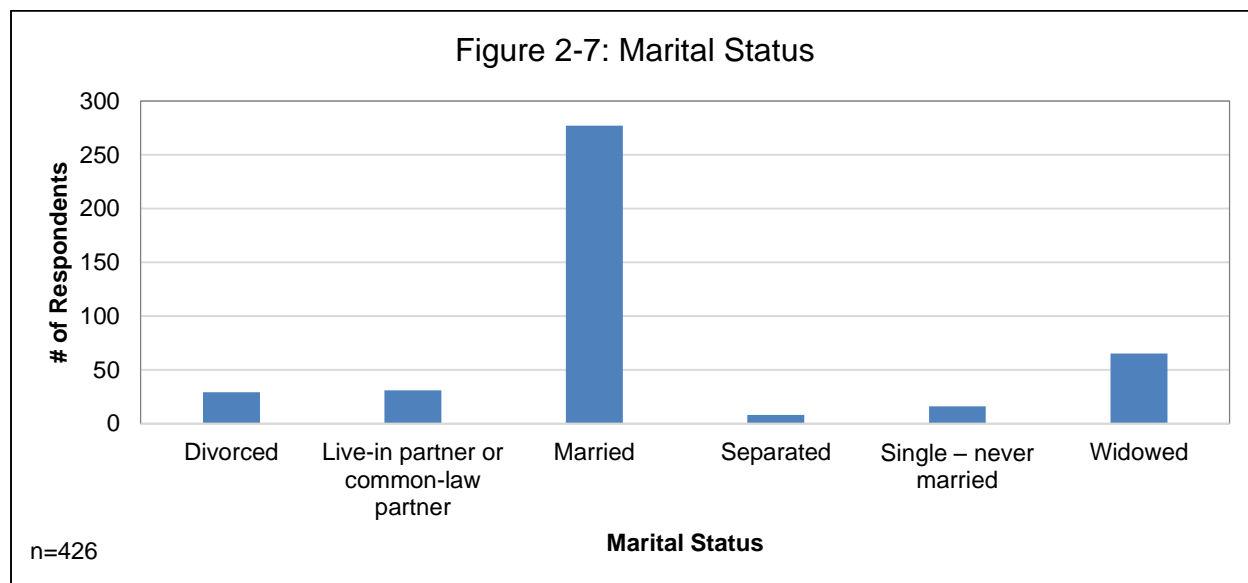


Figure 2 - 6

Respondents were asked to comment on their marital status. This question provides information on the desired size of future seniors housing units (e.g., one bedroom, two bedrooms, etc.).

- The majority of respondents (72.3 percent) stated that they are married or living with a partner.
- Widows and widowers make up 15.3 percent of respondents with 3.8 percent of respondents stating they are single and never married.
- A total of 6.8 percent and 1.9 percent of respondents stated they are divorced or separated, respectively.



*Figure 2 - 7*

Respondents were asked to report their total pre-tax household income for the past year as well as their employment status. These questions create an understanding of how much community members can afford to spend on housing and what stage of life they are in.

- Of the 504 respondents, 397 chose to provide their income bracket, with the \$50,000 or higher income range being the most common annual income bracket (41.1 percent). This was followed closely by respondents with an annual income in between \$25,000 and \$49,999.
- Of the 397 respondents, 21.4 percent stated they have an income between \$0 and \$24,999 per year.
- The majority of respondents are retired (72.4 percent), although 102 of 407 respondents stated they are still employed with 12 percent stating they work full-time and 10 percent stating they work part-time.

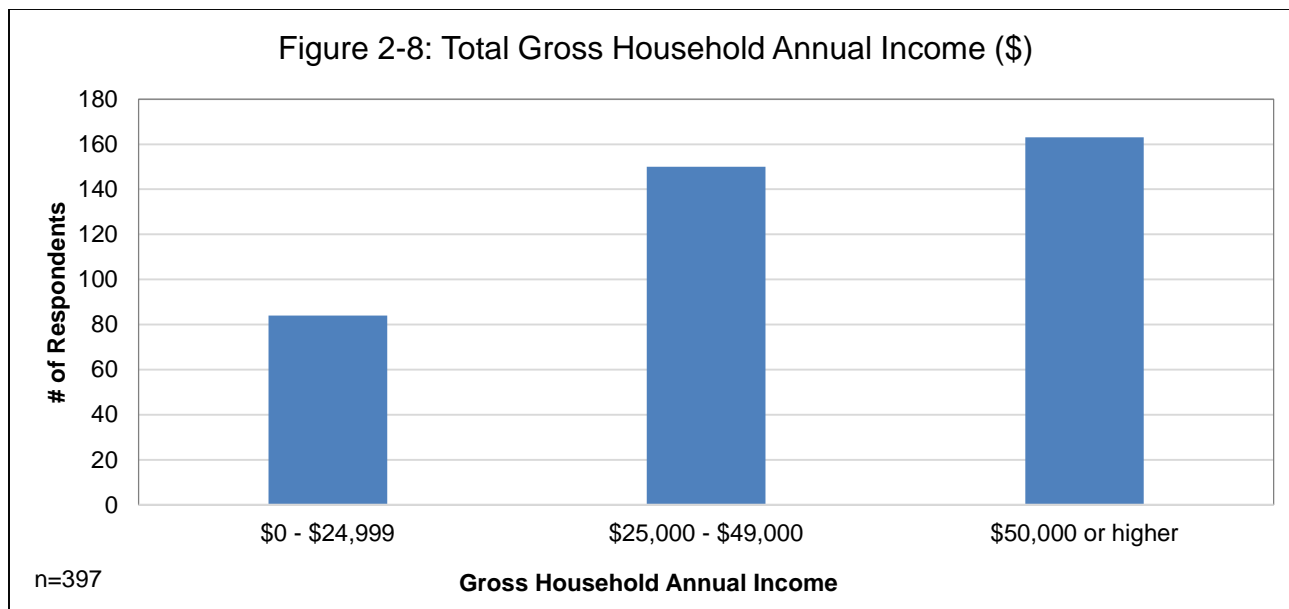


Figure 2 - 8

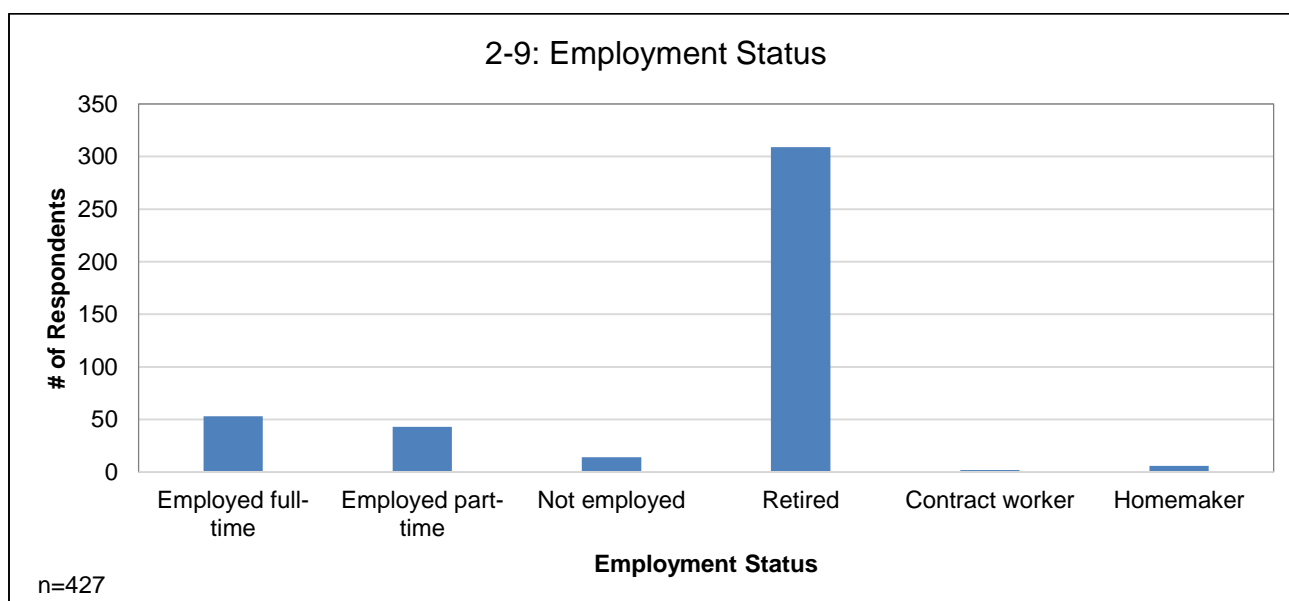


Figure 2 - 9

### 3.3.2. Current Housing Situation

This section of the survey asked respondents about their current housing situation. The purpose of this section was to develop an understanding of respondent's current housing, including its physical characteristics and condition. The survey asked respondents to identify their current housing type with the option to write in a response if they could not find their housing type listed on the survey.

- Of the 501 respondents to the question regarding housing style, 81 percent (n=406) of respondents live in a single detached house.
- The second most common housing style respondents live in are a mobile home on property or in a mobile home park (9.8 percent).
- A small portion of respondents live in a townhouse / row house (2.2 percent) or an apartment (2 percent).
- Nearly five percent of respondents used the option to add in their own housing style if it was not provided on the list. Of those written-in responses, 2.8 percent of respondents identified their housing as rural in nature (i.e., rancher, farm, rural/cabin, and home on acreage) and 1.3 percent stated their housing was a shared accommodation.

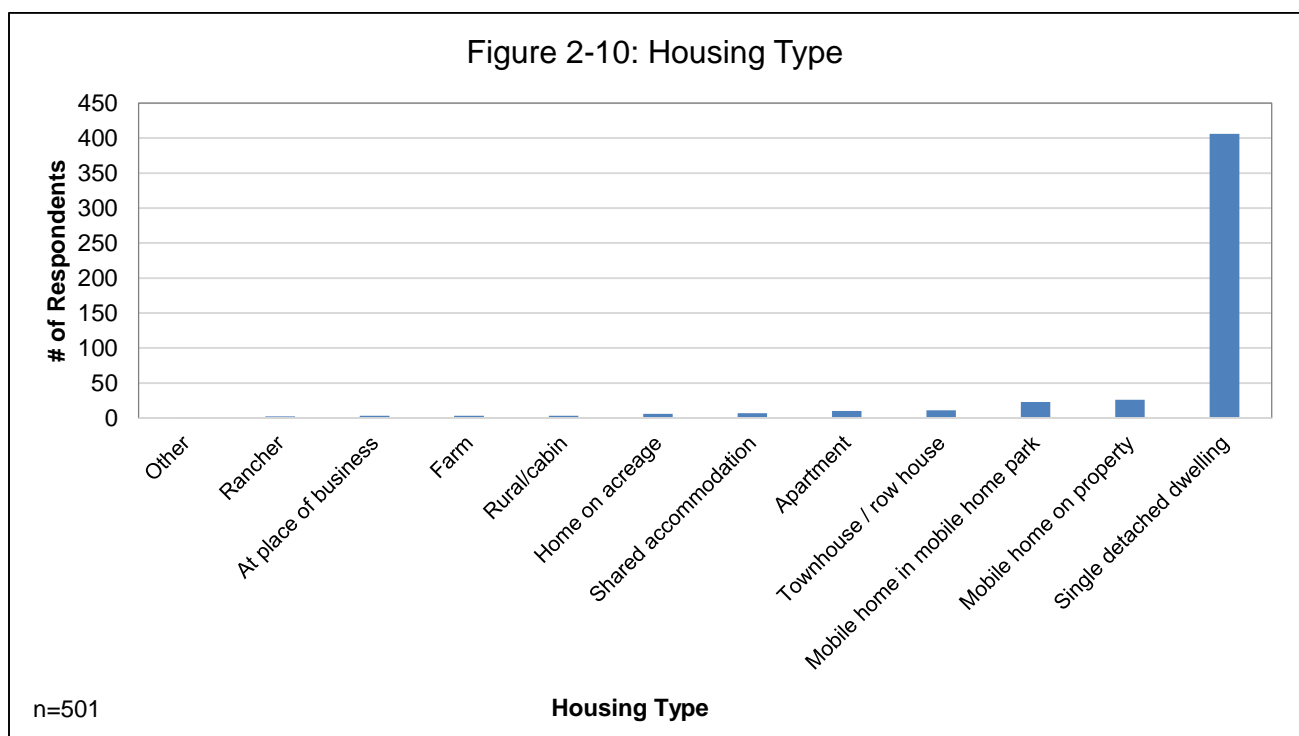


Figure 2 - 10

- There were 502 respondents to the question about home ownership, with 92 percent (n=462) of respondents stating they own their home.
- The majority of respondents (80.3 percent) have stairs at the main entrance of their residence (see Figure 2-12), and 28.9 percent of those respondents reported having five or more stairs (see Figure 2-13). This means that there are at least 144 homes in the areas represented in this housing survey that have a great number of stairs and therefore may not be appropriate for residents as they age.

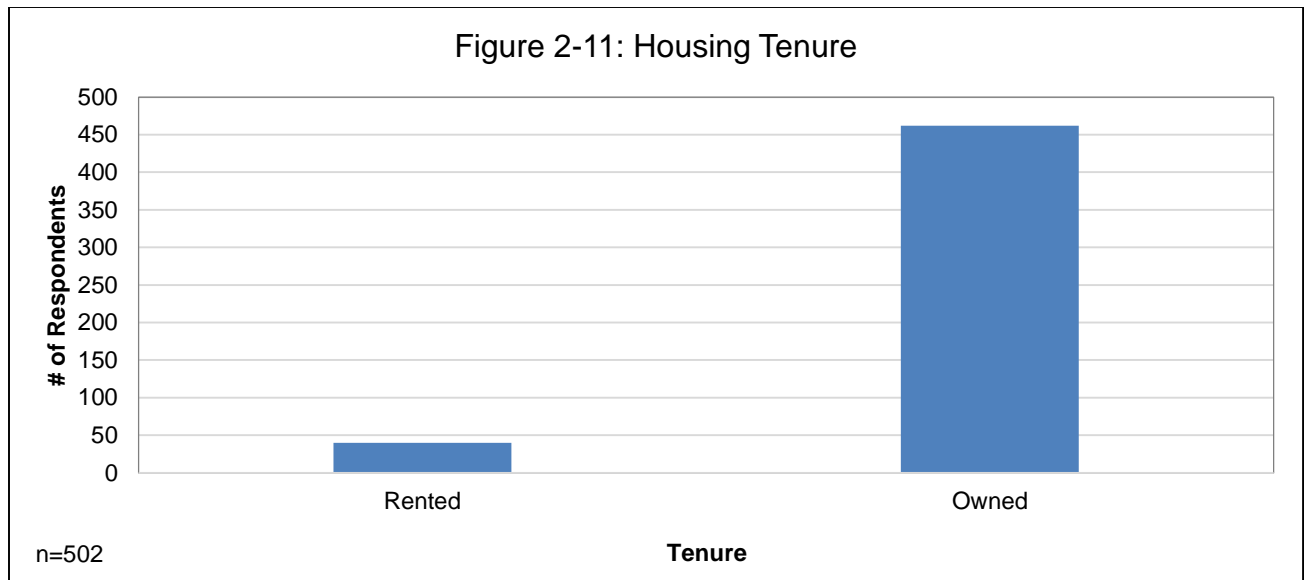


Figure 2 - 11

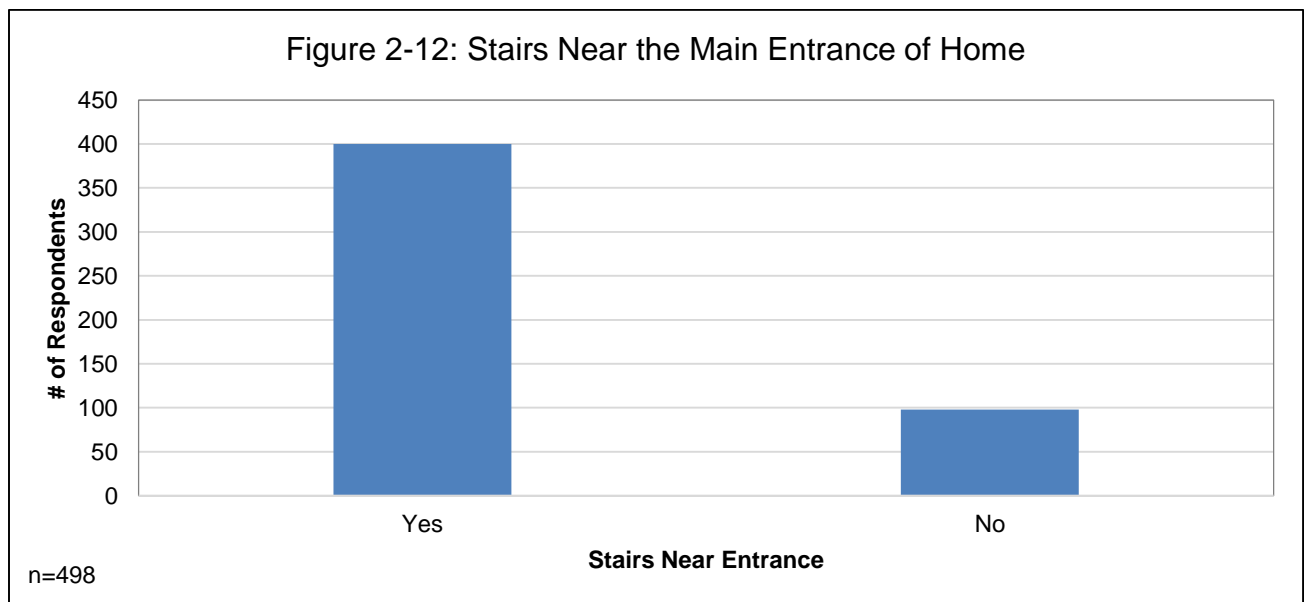


Figure 2 - 12



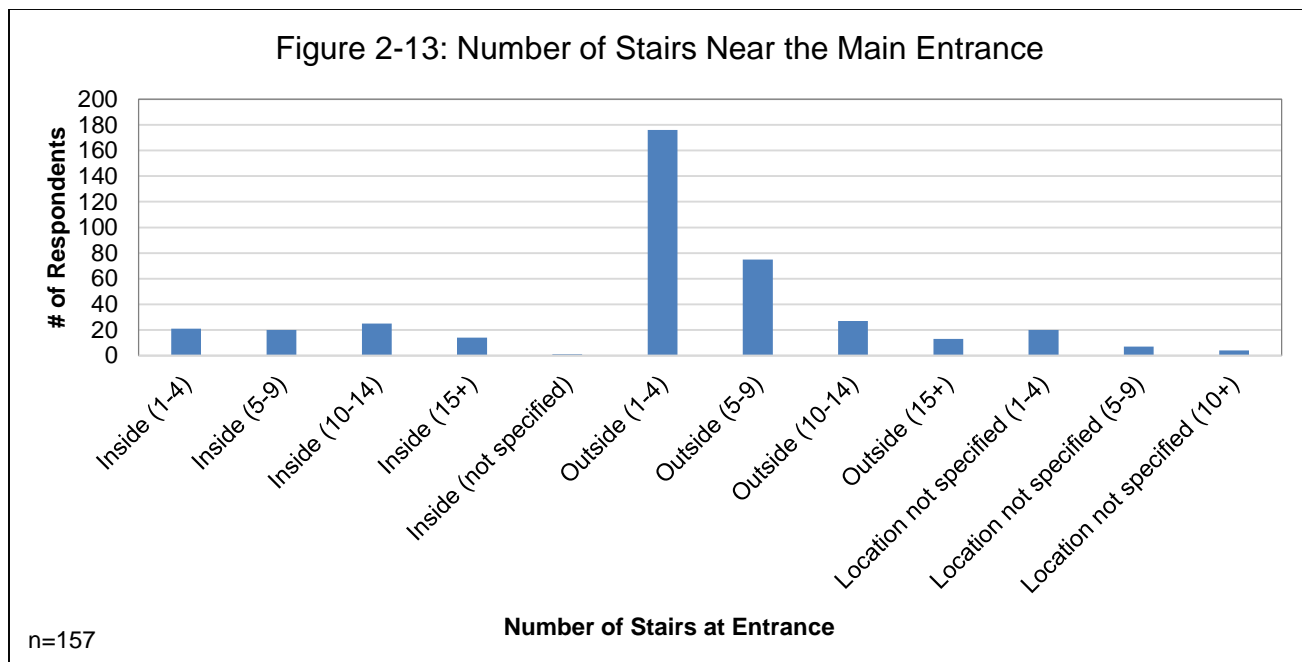


Figure 2 - 13

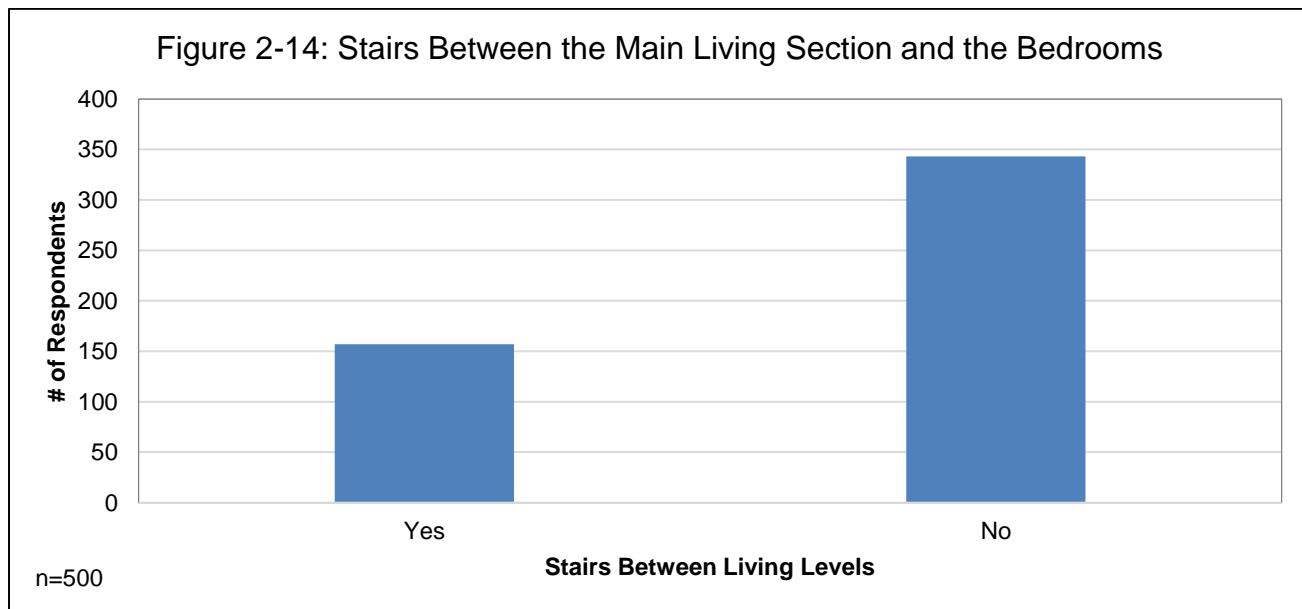
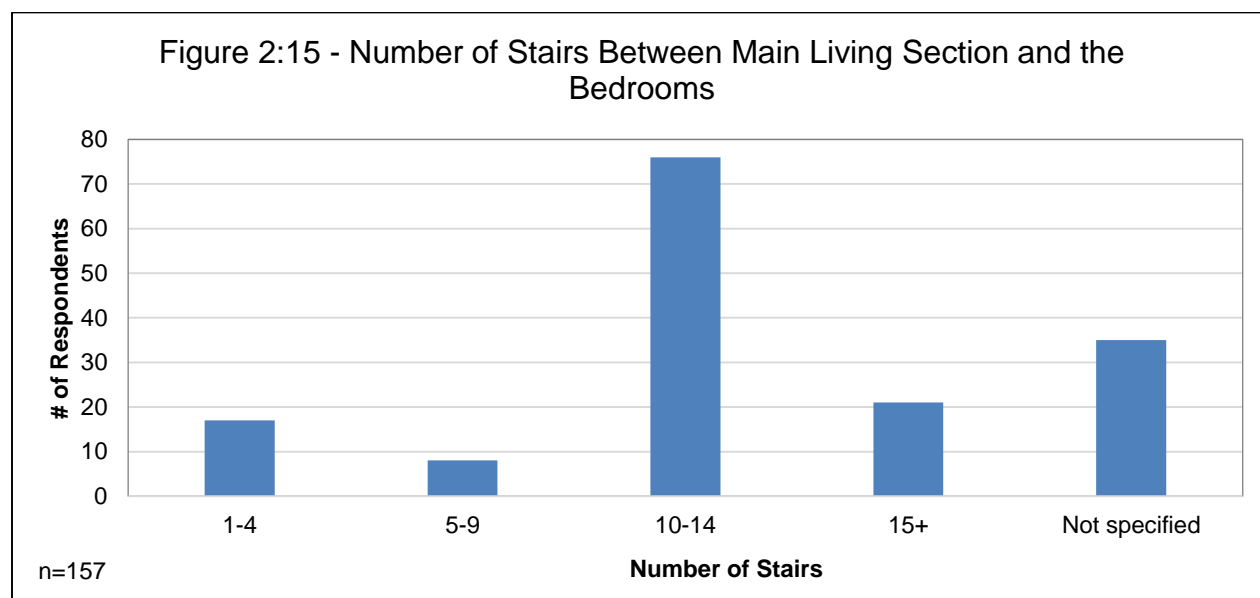


Figure 2 - 14

- Out of 500 respondents, 31.4 percent (n=157) have stairs between the main living section of their home and the bedrooms (see Figure 2-14),
- Of those respondents who do have stairs between the levels of their homes, 66.9 percent have five or more stairs (48.4 percent have 10 to 14 stairs, 13.4 percent have 15 or more stairs, and 5.1 percent have five to nine stairs). This means at least 105 homes in this area have a great number of

stairs between indoor living levels and may not be appropriate for residents as they age.

Climbing any number of stairs can become challenging later in life but climbing five or more stairs is often a great barrier for older seniors with mobility challenges. Although most respondents describe their current housing as appropriate for their household's physical needs (see Section 2.5.3) stairs could pose challenges for residents in the future, making much of the current housing stock in the area inappropriate for older seniors.



*Figure 2 - 15*

At the end of this section, respondents were asked whether their homes need repairs. The three possible responses were: regular maintenance (i.e. painting, furnace, cleaning), minor repairs required (i.e. missing/loose floor tiles, bricks or shingles, defective steps, railings or siding), or major repairs required (i.e. defective plumbing or electrical wiring, structural repairs to walls, floors or ceiling). Repairs can become a substantial burden as people age, particularly when individuals are either unable to perform or manage their own repairs or are on fixed incomes and cannot afford the cost of significant home repairs. This question was asked to determine whether homes in the area will need maintenance in the future to remain livable.

- The majority of respondents (69.9 percent) stated that only regular maintenance was need on their homes.
- The remaining 30.1 percent stated survey participants indicated that their homes needed either minor (22.3 percent) or major (7.8 percent) repairs.

Based on these responses, the majority of the respondent's housing is in good condition, with most required repairs described as minor in nature.

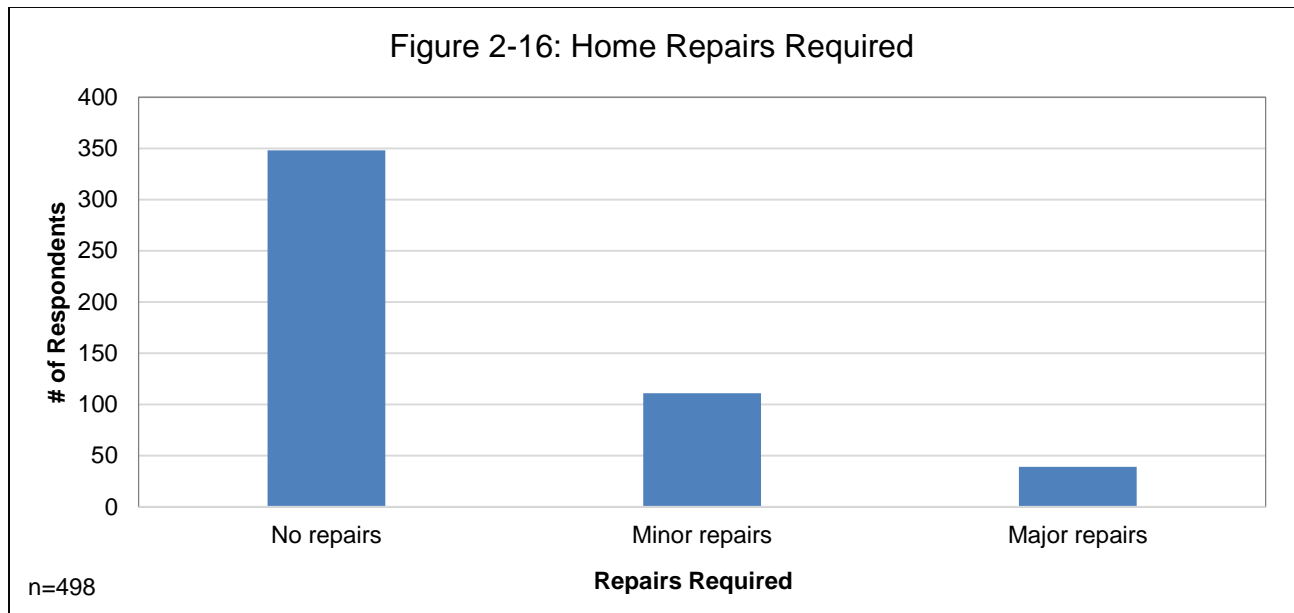


Figure 2 - 16

### 2.5.3. Housing Needs

In this section of the survey, respondents were asked to explain their current housing needs. Questions asked about the appropriateness of their housing along with how appropriate other homes in their area would be for their physical needs.

- Most respondents (88.6 percent) felt their current housing was appropriate for their physical needs.

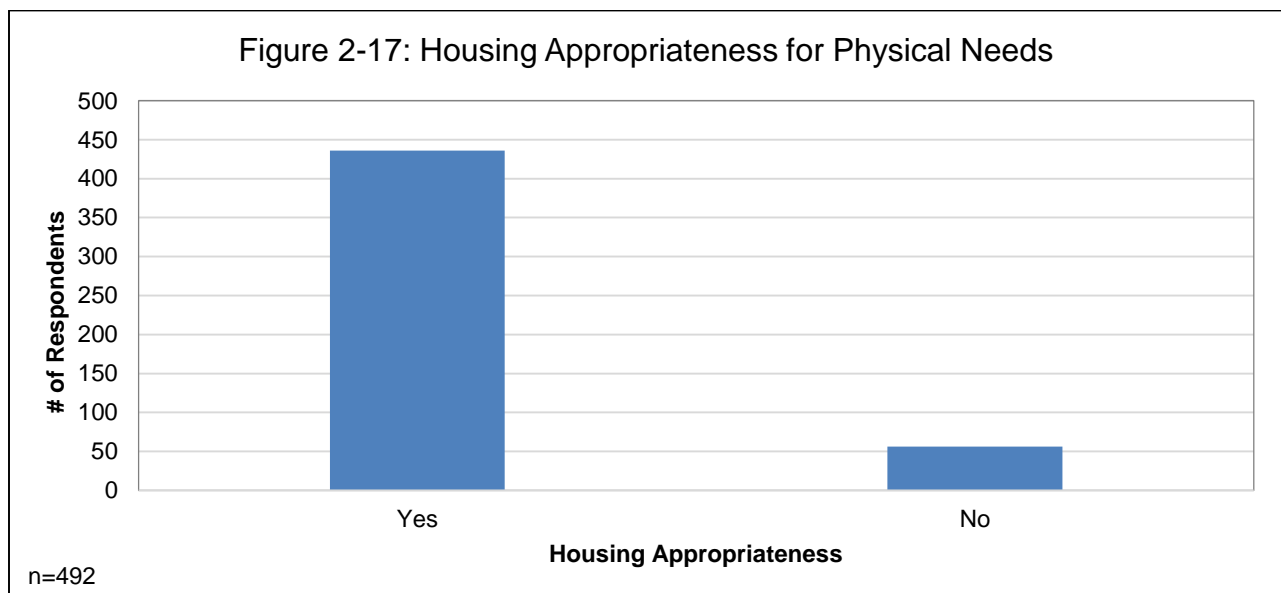
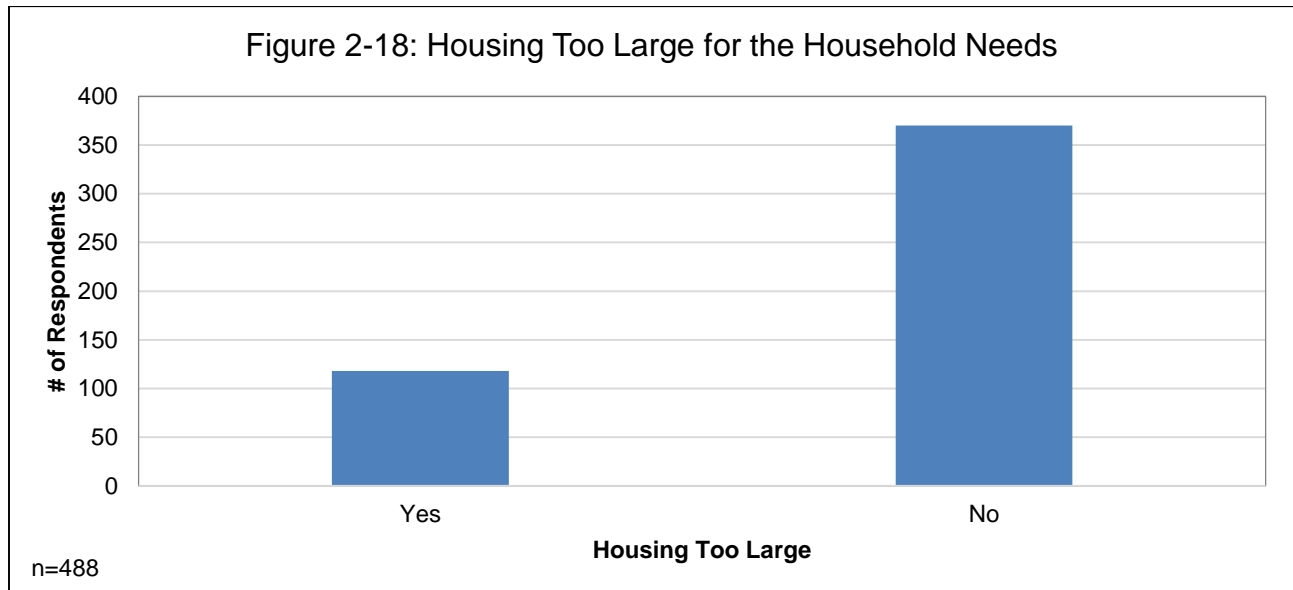
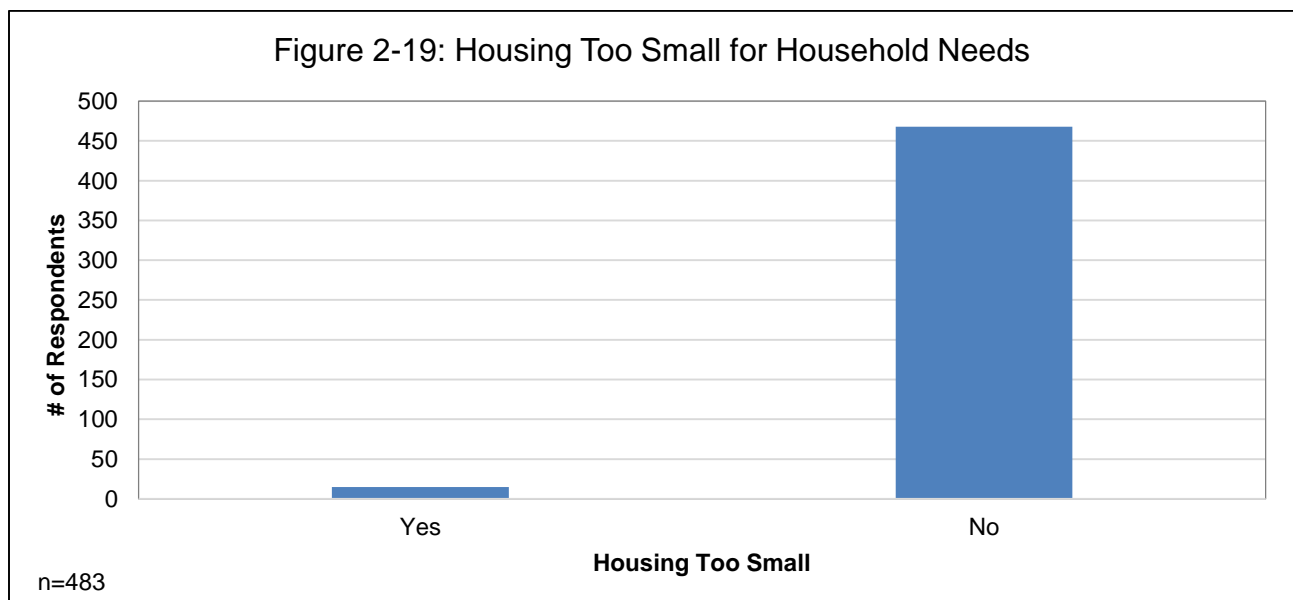


Figure 2 - 17

- The majority of respondents also indicated that the size of their housing is appropriate for their needs:
  - Out of 488 respondents, 370 (75.8 percent) stated their housing was **not** too large (see Figure 2-18).
  - Out of 483 respondents, 468 (96.8 percent) stated their housing was **not** too small (see Figure 2-19).



*Figure 2 - 18*

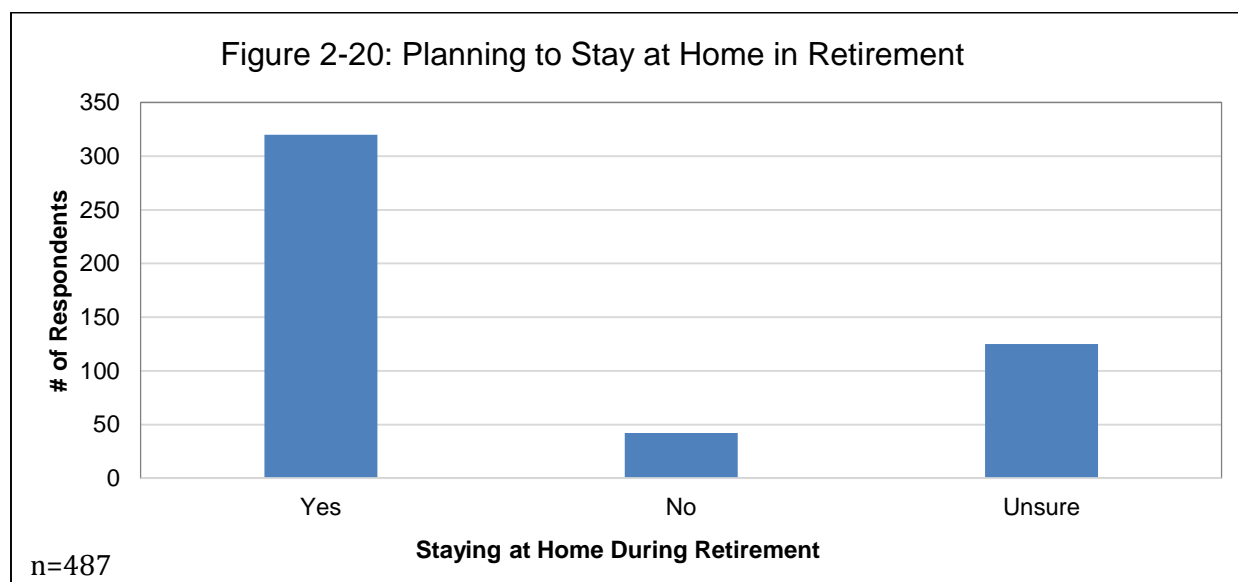


*Figure 2 - 19*

The survey also asked respondents if they plan to stay in their home during their retirement years. This question was asked to determine if people are planning to move to a new home later in life. This provides an idea of whether there will be a

need to provide seniors housing for this cohort in the future. In reality, many people who intend to stay in their home during retirement are often required to leave as a result of accident or illness, so the actual need for seniors housing in the future may be higher than what is expressed in the response rate of survey respondents.

- Most respondents (65.7 percent) plan to stay in their home during retirement; however, 25.7 percent are unsure if they will stay in their home, and 8.6 percent plan to move to a new home (see Figure 2-23). This means that out of the survey respondent households, at least 167 households may need seniors housing in the future.



*Figure 2 - 20*

In order to develop an understanding of the need for new housing in each area, respondents were asked if there are any other houses in their community that could meet their needs, lifestyles, and budgets if they were to leave their current home.

- Few other homes exist that could meet respondents' needs and lifestyles in most areas:
- Just over 44 percent of respondents stated there was not enough housing or very few housing options to meet their needs and lifestyle while 40.3 of respondents were unsure.
- Respondents listed a number of reasons why other housing in their area did not meet their needs and lifestyles, with the most common responses including:
  - Available housing contains too many stairs / not enough single level housing units (n=27),
  - Available housing is too large (n=21),
  - Available housing stock is too expensive (n=15)

- Community identified as too small or too rural to support housing needs (n=13), and
- There is a shortage of available housing (n=11).
- Only 12.6 percent of respondents stated there was an adequate amount of housing to meet their needs, with 3.5 percent stating there were many houses that could meet their needs.
- When asked if there were other affordable housing options available in their community, of 489 respondents, 44.2 percent (n=216) stated there were no or very few housing options in their community. Only 15.6 percent of respondents stated there were 'many' (n=17) or 'an adequate amount' (n=59) of affordable housing available in their community.
- A significant group of respondents (40.3 percent) stated they were unaware of whether there were affordable housing options in their community. It may be the case that survey respondents have not been investigating or familiarizing themselves with local housing costs, are uncertain of their future incomes / value of personal assets, or they have not begun to calculate their future retirement expenses.

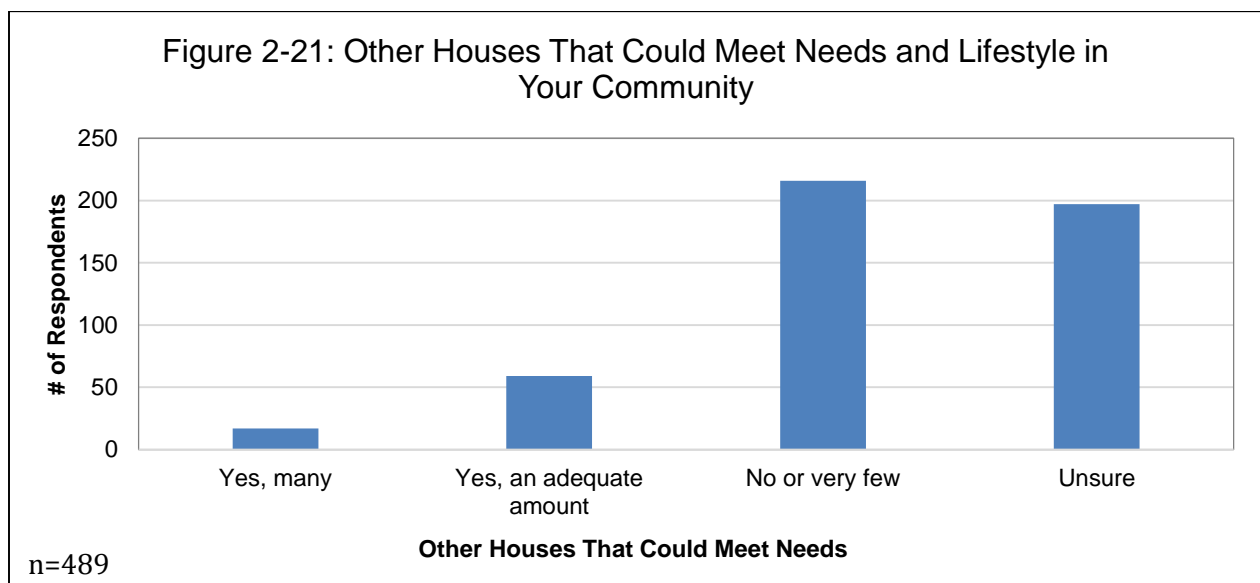


Figure 2 - 21

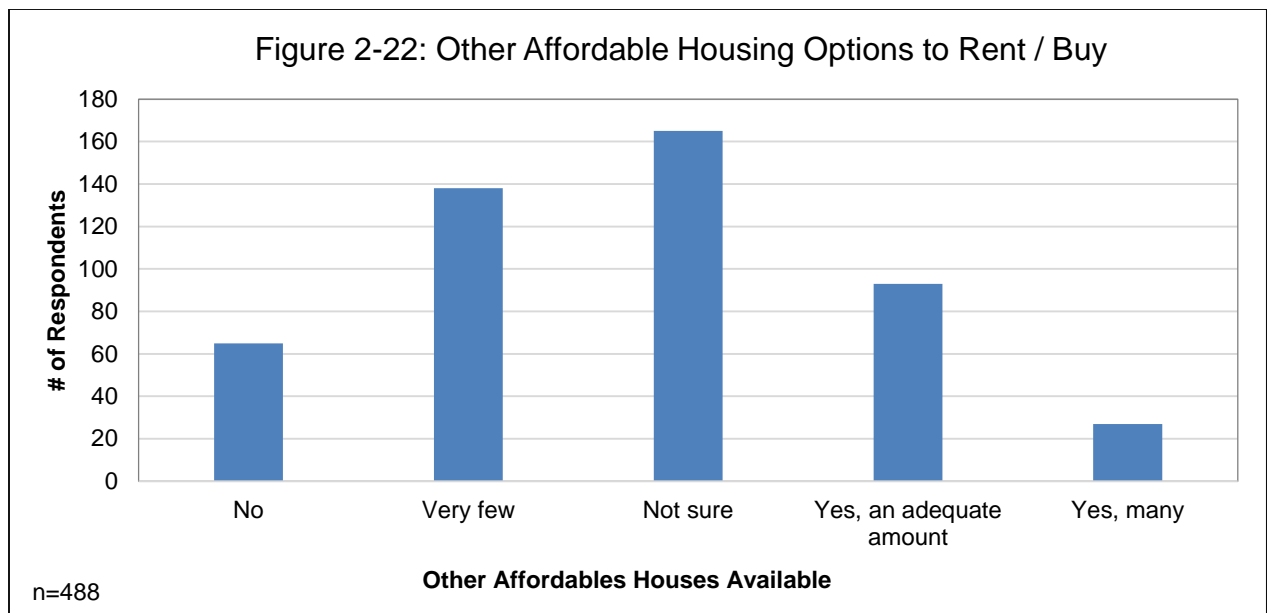


Figure 2 - 22

Respondents were asked to state the level of affordability of the housing they currently live in.

- The majority of respondents stated their current housing is affordable (70 percent) with an additional 24.7 percent of respondents stating their current housing is 'somewhat affordable'.
- Only 4.1 percent of respondents stated their current housing situation is not affordable with slightly over one percent of participants responding they were uncertain of their housing affordability.

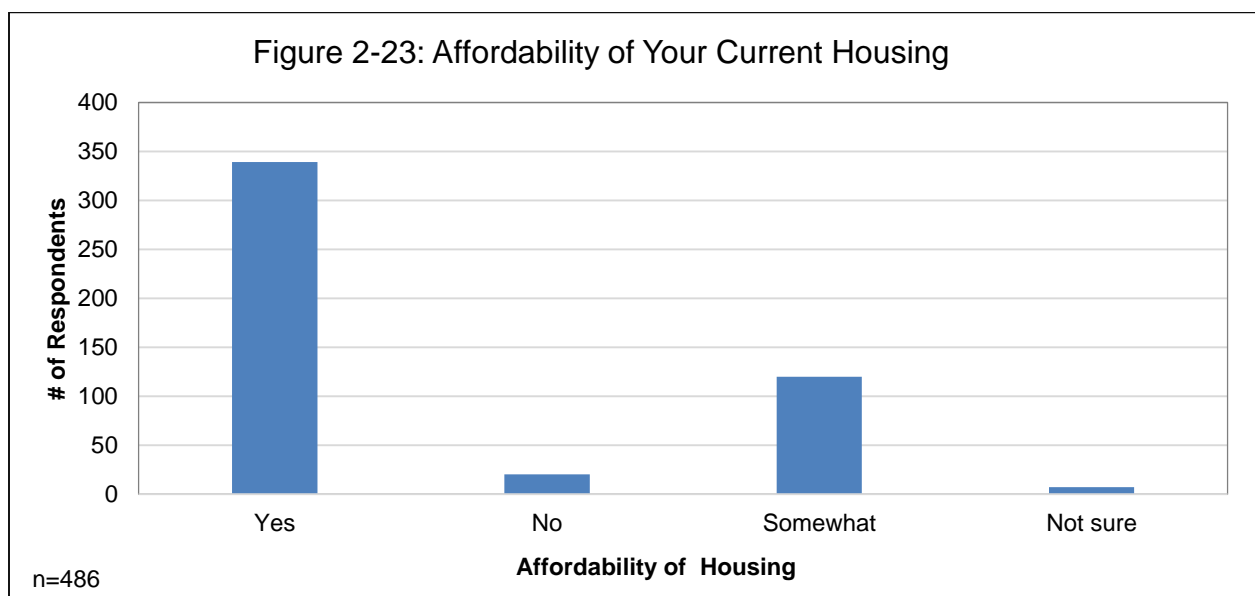


Figure 2 - 23

### 3.3.4. Seniors Housing Option

This section of the survey looks at the current and future need for seniors housing services and structures, including the services available in the housing and the type of building respondents would like to see those services in. This section of the survey also examines other factors involved in respondents' decision about seniors housing, such as ownership, cost, types of and number of pets, importance of pet friendliness, and assistance required. Questions were asked to determine what type of housing and services individuals are looking for right now, in the next five to ten years, and in the ten years or more in the future.

The first question in this section asks *have you thought about or planned for your future housing needs?*

- Of the 458 respondents to this question, 304 (66.4 percent) stated they have already planned for their future housing needs.
- Just over a third of respondents had not considered their future housing needs. For those respondents, participation in the housing survey may have caused some respondents to begin considering seniors housing and what their needs for housing may be for the first time.

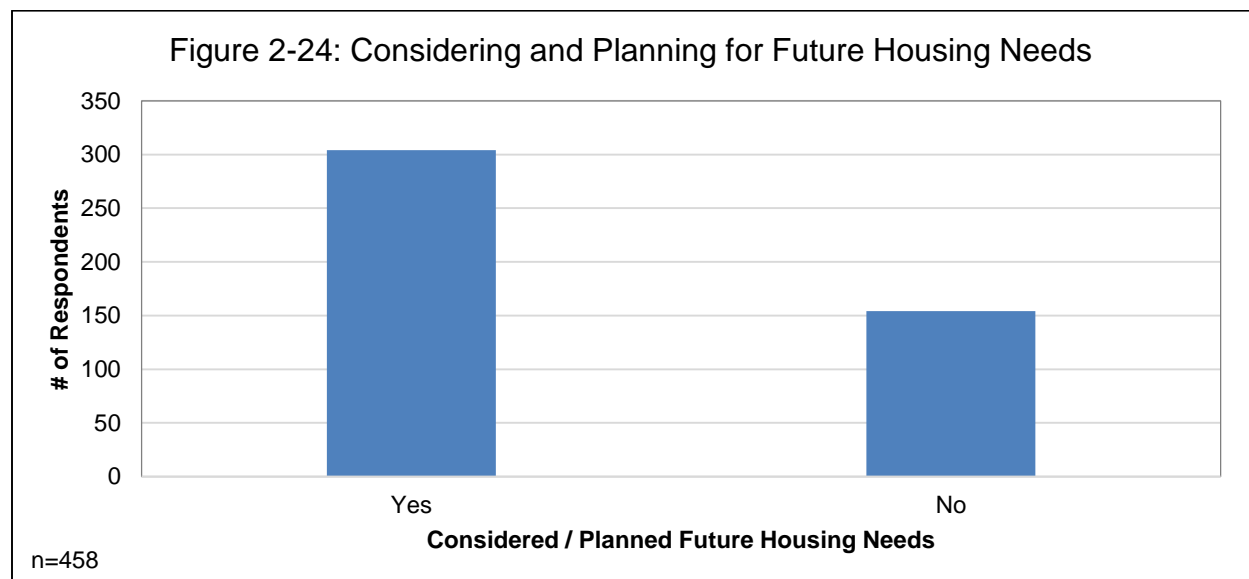
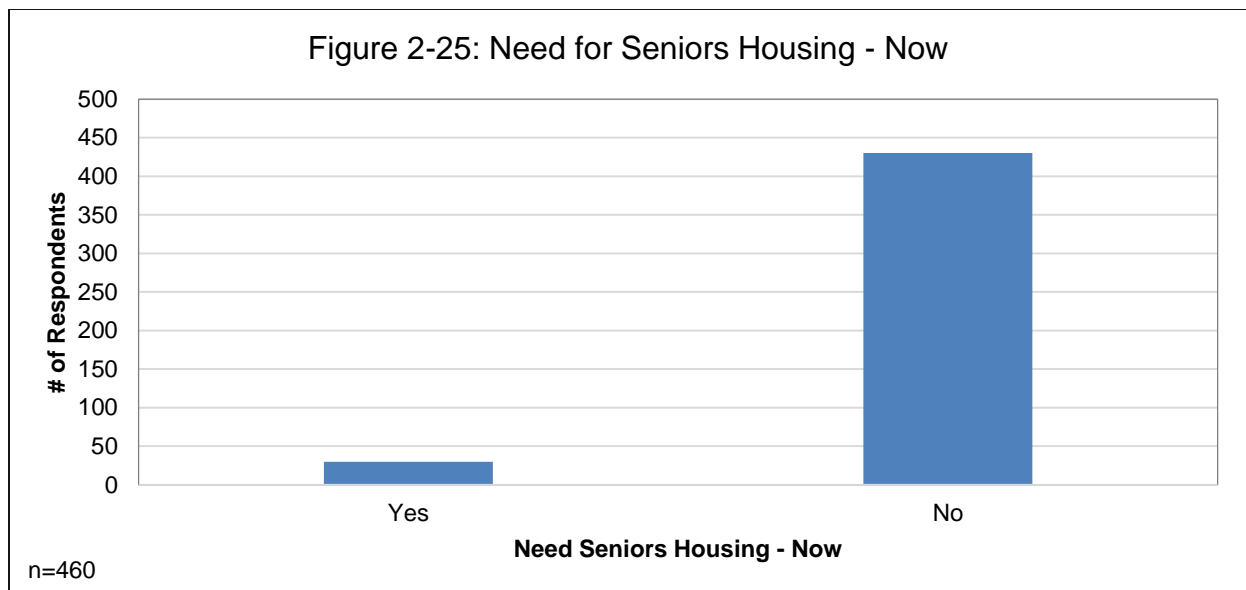


Figure 2 - 24

One of the most significant questions asked in the survey was *Do you need seniors' accommodation at this time?* This question was asked to determine how many people could move into seniors housing immediately if it was constructed. These findings depict the most urgent need for seniors housing.

- Of 430 respondents, 30 stated they need seniors housing at this time. The majority of respondents (93.5 percent) stated they are not yet in need of seniors housing.

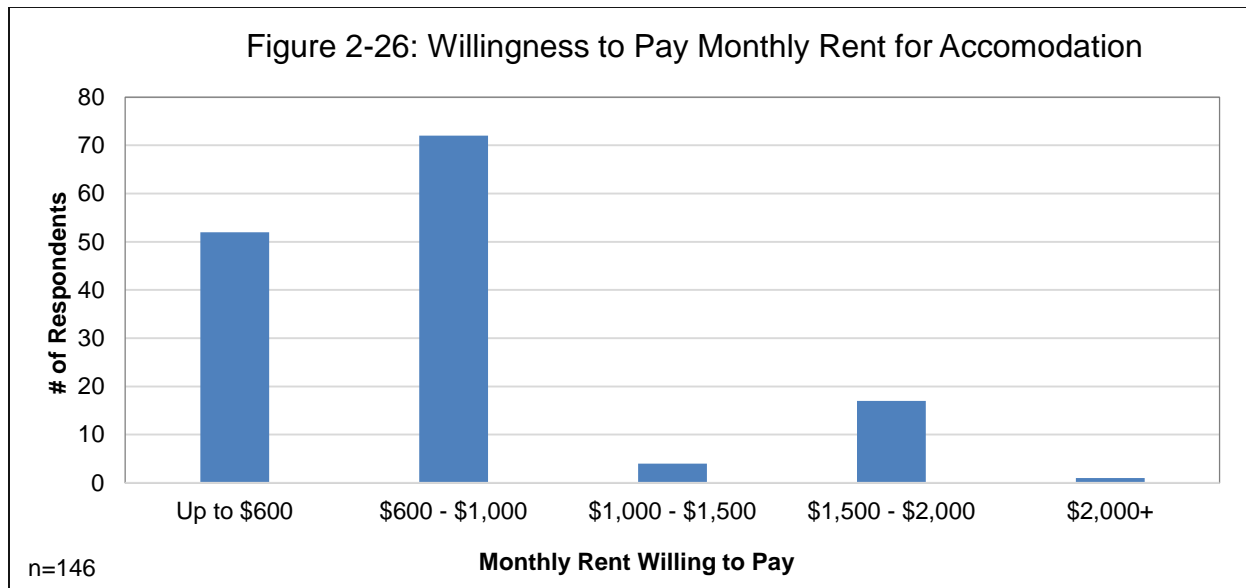




*Figure 2 - 25*

Those respondents who need seniors housing were asked how much they would be willing to pay in rent for accommodation alone, without additional support services (i.e., meal preparation or housekeeping).

- While only 30 seniors stated they are current need of seniors housing, 146 survey respondents answered this question.
- This high response rate from those who are not need of seniors housing skewed the accuracy of this information but did provide insight into the overall price survey respondents in the area would be willing to pay in a monthly rate as those who answered this question represent nearly one third of survey respondents.
- Respondents provided a broad range of rental prices they were willing to pay with 35.6 percent of respondents willing to pay rent up to \$600 per month, 49.3 percent willing to pay rent between \$600 and \$1000 per month, 2.7 percent willing to pay rent between \$1,000 and \$1,500 per month, and 11.6 percent willing to pay rent between \$1,500 and \$2,000 per month.
- Less than one percent of respondents were willing to pay \$2,000 or more per month in rent.



*Figure 2 - 26*

Those respondents who would prefer to own their accommodation rather than rent were asked to identify the maximum purchase price they were willing to pay:

- Of the 217 respondents, a broad range of purchase prices were provided, ranging from purchasing accommodation for less than \$100,000 to purchasing accommodation for over \$400,000. Many respondents framed their purchase price in the form of monthly mortgage payments, ranging from under \$500 per month up to \$2,000 per month.
- The most purchase price ranges provided by respondents were up to \$150,000 (18.4 percent), up to \$200,000 (18 percent), up to \$250,000 (15.2 percent) and up to \$300,000 (11.5 percent).
- Respondents who were unsure of how much they were willing to pay or who stated it depended on the sale price of their current housing totaled 15.2 percent of respondents.



Figure 2 - 27

Respondents were asked what type of seniors housing supports they were looking for now, in five to ten years and in ten or more years. They were provided with an 'other' category, an option to state they were not looking for seniors housing supports, and four specific options, as worded below:

1. Seniors independent living units (no services provided),
  2. Seniors supportive housing (includes meals and light housekeeping services),
  3. Seniors registered assisted living units (includes meals, light housekeeping services, and personal care), and
  4. Seniors residential / complex care (includes nursing care, meals, personal care, and housekeeping).
- The number of households looking for any type of seniors housing supports experiences a substantial increase over the provided time range. There are currently 42 households looking for some form of seniors housing supports. This number increases to 172 households in five to ten years and to 277 when looking ahead ten or more years.
  - Currently, seniors' independent living units (n=31) are the most sought after type of housing support, followed by seniors' supportive housing (n=10) and seniors' registered assisted living units (n=7).

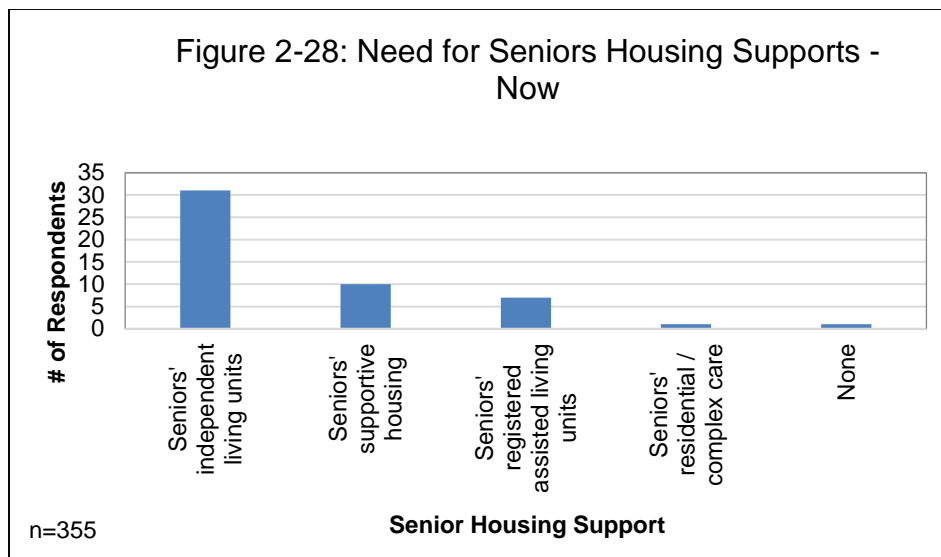


Figure 2 - 28

- In five to ten years, seniors' independent living units (n=120) are the most sought after type of housing support. This is followed by seniors' support housing (n=64), seniors' registered assisted living units (n=35), and seniors' residential / complex care (n=17).

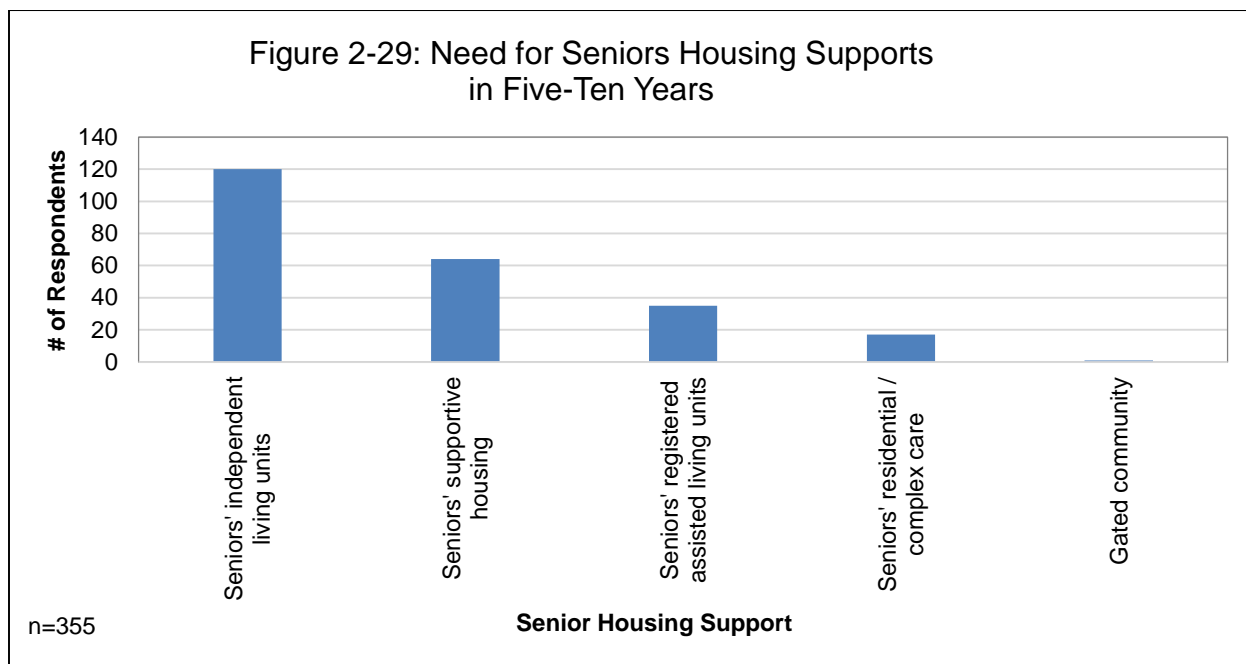
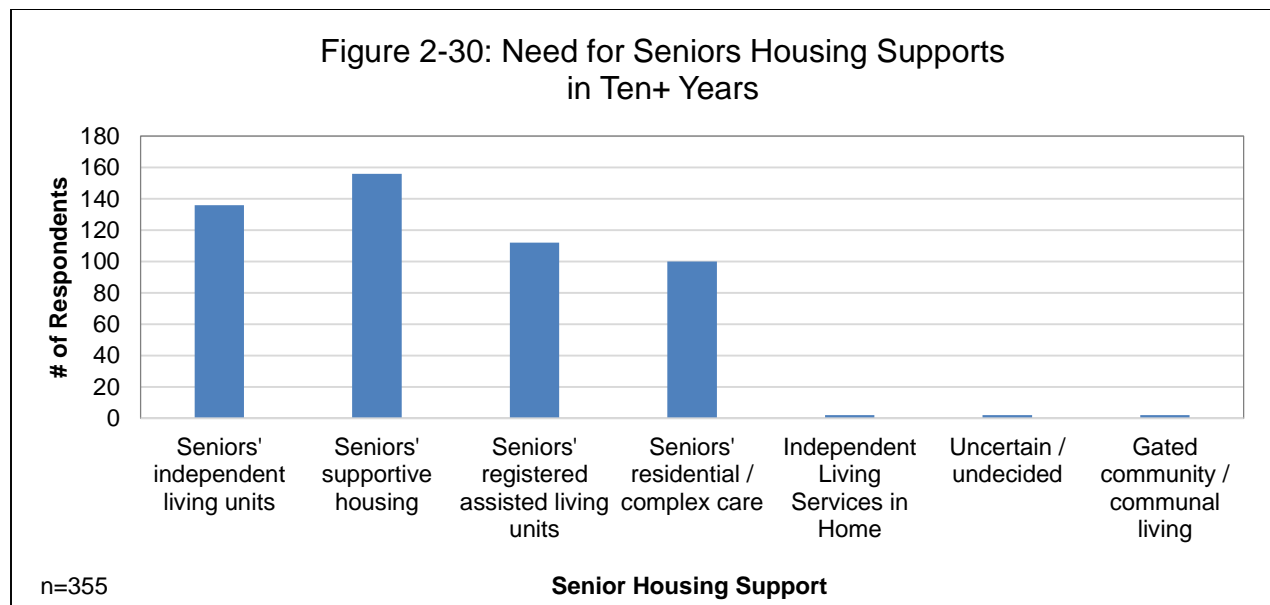


Figure 2 - 29

- In ten or more years, seniors' supportive housing (n=156) becomes the most sought after type of housing support, followed by seniors' independent living units (n=136). There is only a slightly higher projected demand for seniors'

registered assisted living units (n=112) than seniors' residential / complex care (n=100).



*Figure 2 - 30*

Respondents were asked to explain what type of housing they would like to live in now, in the next five to ten years, and in ten or more years. Respondents were provided the option to select 'other' and write in a housing type not listed on the survey.

- Current housing preference:
  - The majority of respondents (57.1 percent) would prefer to live in a single detached dwelling.
  - A significant number of respondents preferred to live in other forms of housing with 4.8 percent preferring a townhouse or row house, 3.8 percent preferring an apartment, 3.6 percent preferring a modular home and 6.7 percent preferring a mobile home, with preference evenly divided between being on their own property or in a mobile home park.

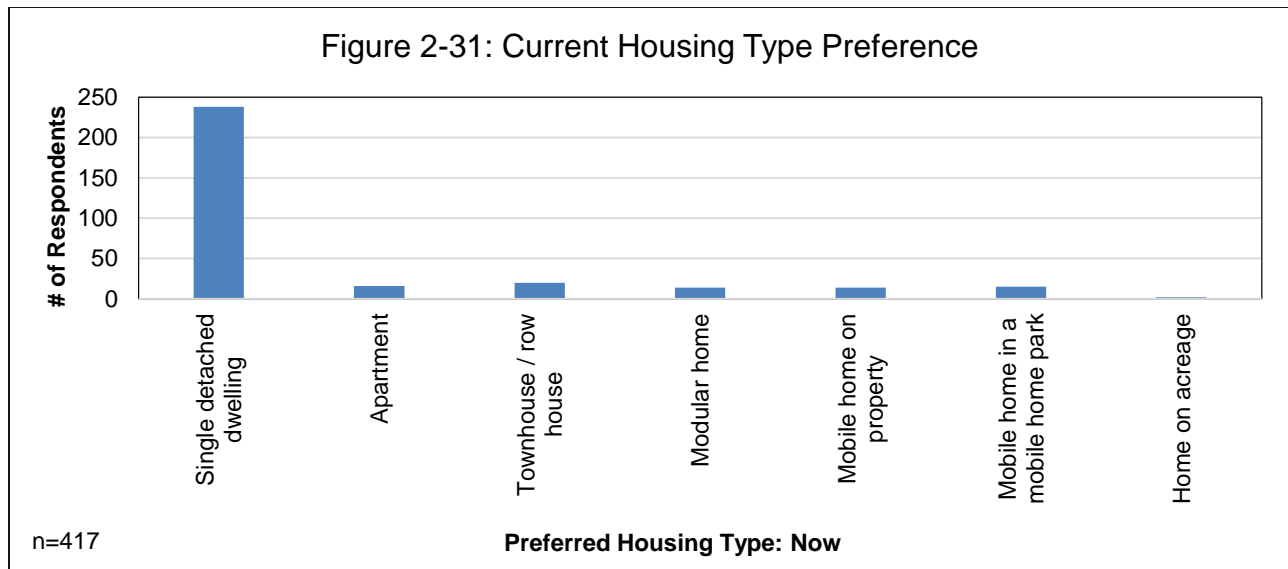


Figure 2 - 31

- Housing preference in five to ten years:
  - Preference for a single detached home was the largest response group at 29.7 percent of answers.
  - Respondents had an increased preference for living in a townhouse / row house (14.4 percent), followed by an apartment (8.9 percent), and a modular home (7.4 percent).
  - Mobile homes were the preferred housing type for 10.3 percent of respondents with greater preference for a mobile home in a mobile home park (29 of 43 respondents).

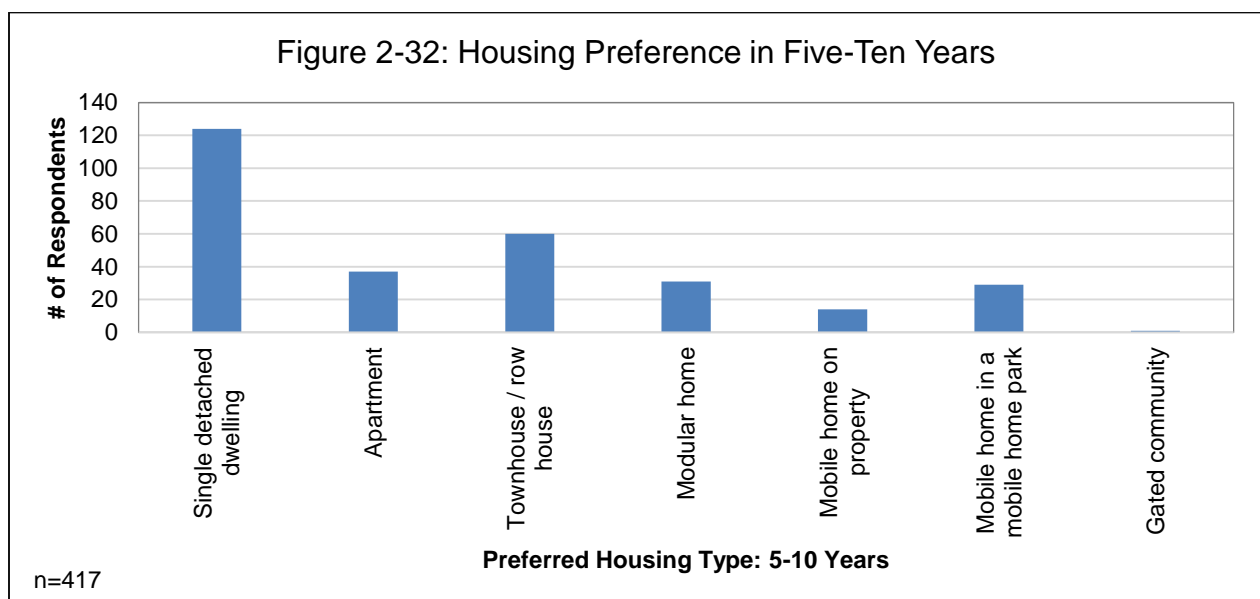
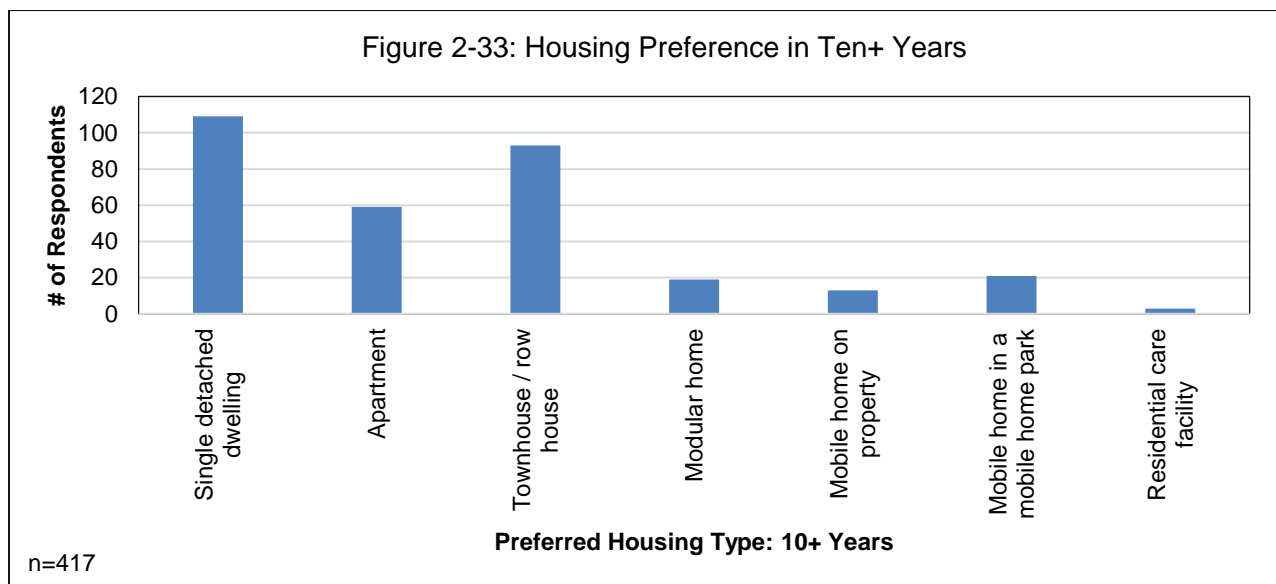


Figure 2 - 32

- Housing preference in ten or more years:

- Although single detached homes remained the most common answer given by respondents (26.1 percent), it is followed closely by respondents who would prefer a townhouse / row house (22.3 percent).
- Apartments were the preferred housing type for 14.1 percent of respondents.
- Respondents had a decreased preference for modular home and mobile home housing types at 4.6 percent and 8.2 percent, respectively. Of those who preferred mobile homes, 61.8 percent preferred a mobile home located in a mobile home park.



*Figure 2 - 33*

Respondents were asked what their future preference was for renting or owning their home. Out of 439 respondents:

- The largest response (44.9 percent) from participants was that they had no preference in home tenure.
- Of those respondents with a preference, 41.9 percent preferred to own their home and 13.2 percent preferred to rent.

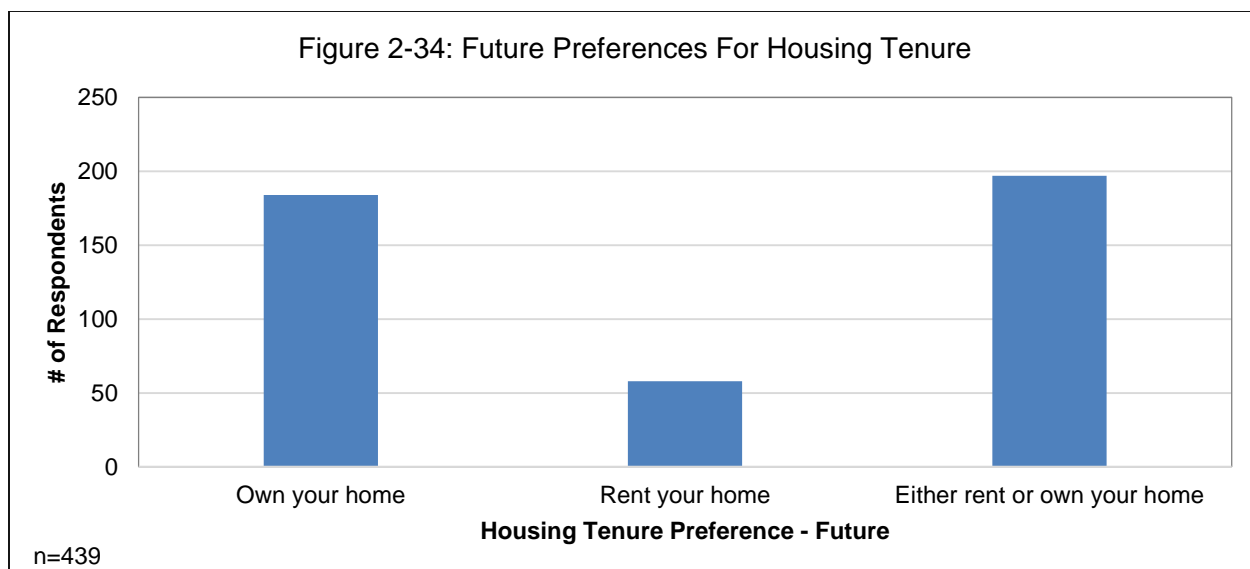


Figure 2 - 34

To determine the desired arrangement of future housing, participants were also asked if they had pets, if so, the details of their pets, and if it was important to them to live in housing where pets are permitted.

- The majority of respondents (66.4 percent) indicated that it was important to live in pet-friendly housing

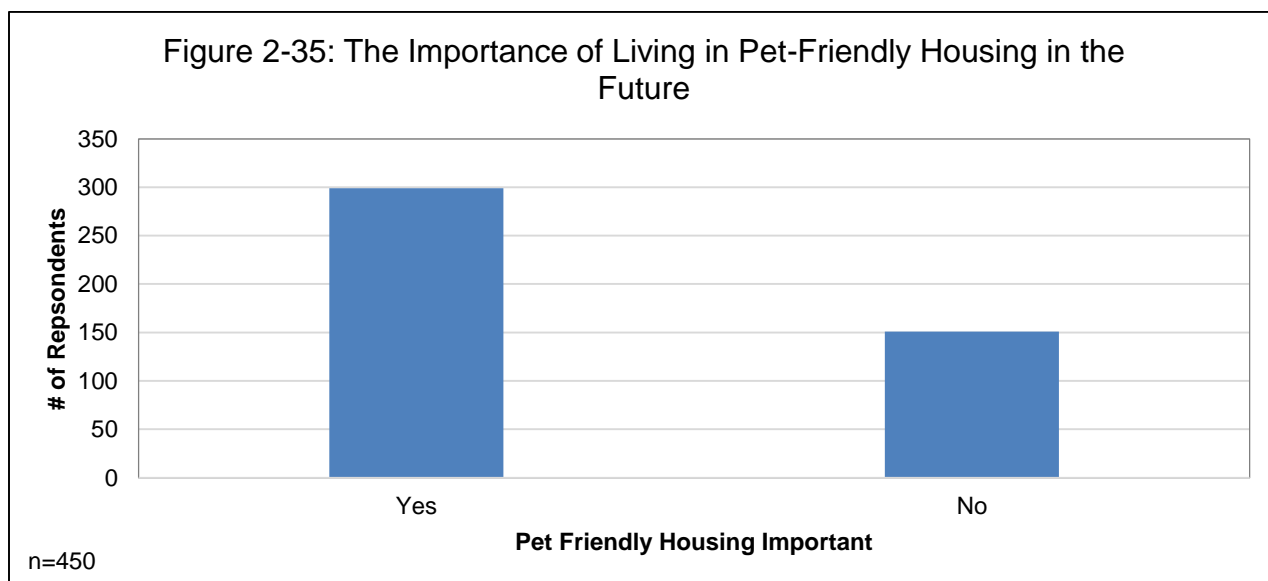


Figure 2 - 35

- More than half of respondents (58.1 percent) own pets with the most the largest group of respondents stating they have one pet (21.3 percent), followed by two pets (13.8 percent).



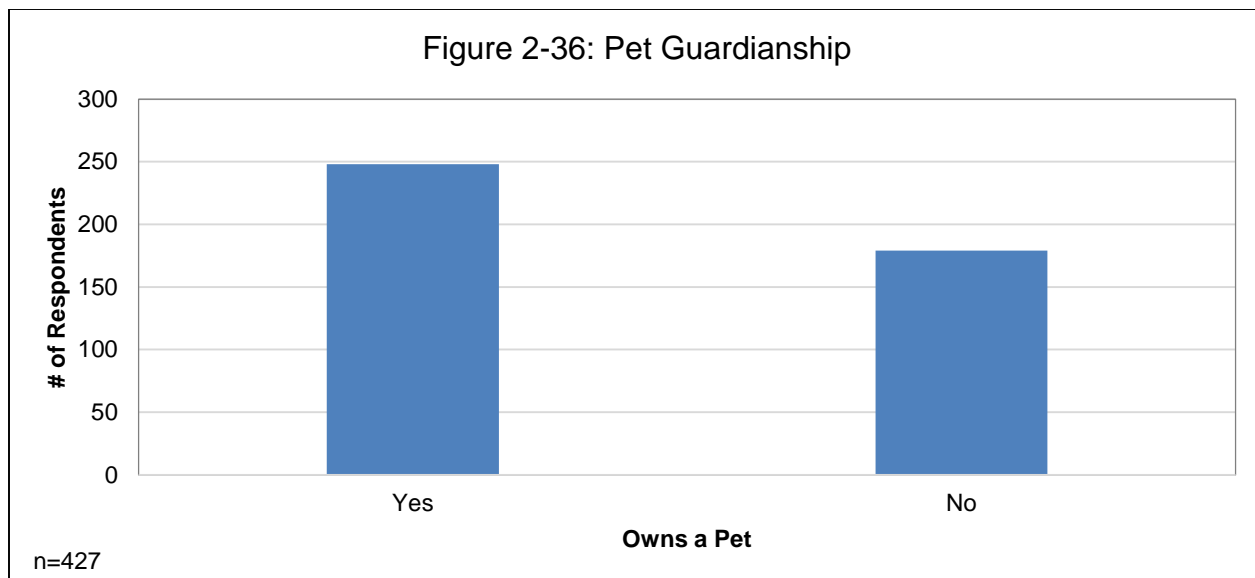


Figure 2 - 36

- A minority of respondents have more than two pets (14.5 percent), with 5.3 percent (n=23) of respondents stated they have three pets, 5.2 percent (n=22) stated they have five or more pets, and 4 percent (n=17) of respondents stated they have four pets.
- A total of 35 respondents (8.2 percent) did not specify how many pets they own.
- Almost one-third (30.4 percent) of respondents did not provide information on the types of pets they currently have in their guardianship; however, dog(s) (12.4 percent) cat(s) (10.5 percent), and farm animal(s) (2.0 percent) were the most common responses.

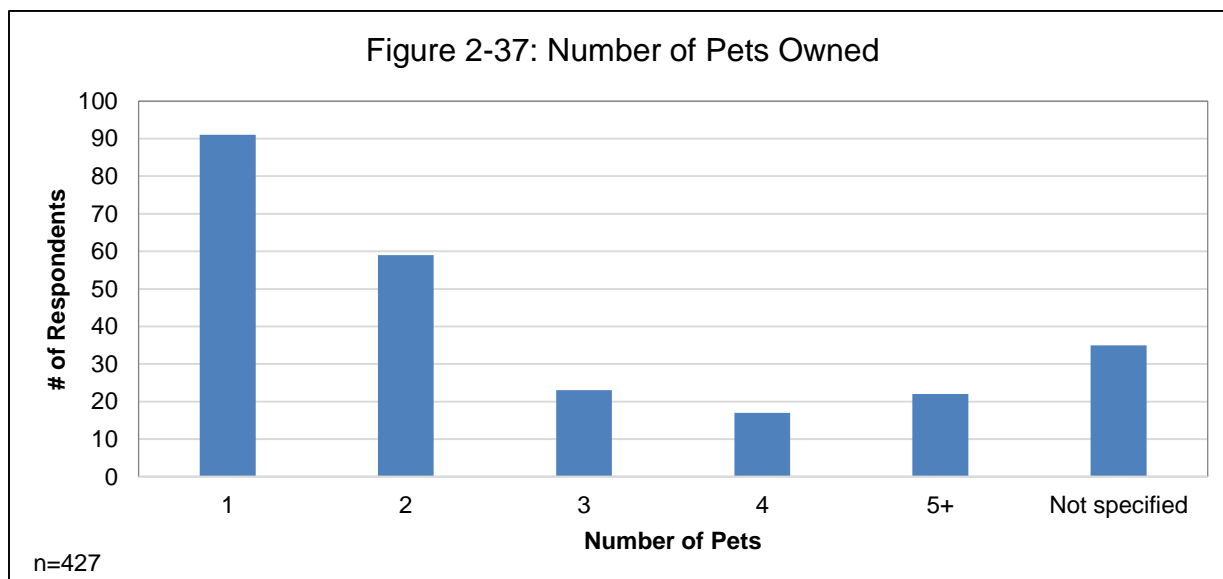
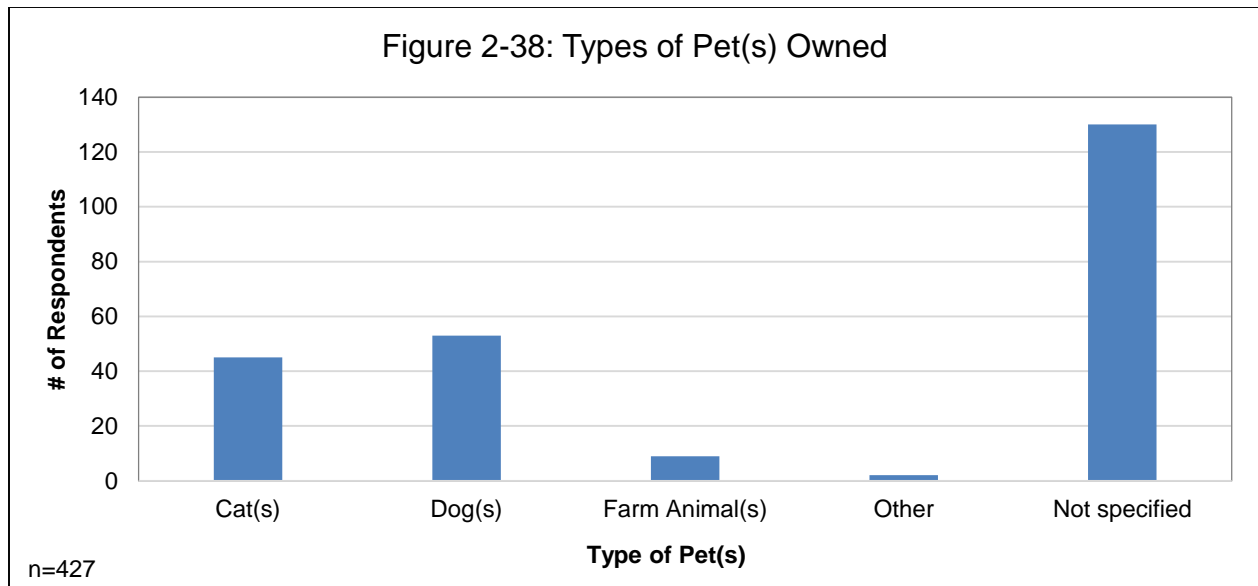


Figure 2 - 37



*Figure 2 - 38*

Respondents were asked how they expect their housing needs to change in the next five to ten years and in ten or more years. This question is used to develop an understanding of which housing characteristics should be present inside and outside of future seniors housing in each community.

- In five to ten years, the top five housing need changes identified by respondents are:
  - Will need a yard requiring less maintenance (45.3 percent),
  - Will need a home requiring less maintenance (40.4 percent),
  - Will require a home with less space (34.3 percent),
  - Will require a home designed for mobility (18.9 percent), and
  - Will need to move into 100 Mile House (town site) (16.6 percent).
  - Will have housing affordability issues (14.5 percent)
  - Be unable to live alone due to age (8.2 percent)

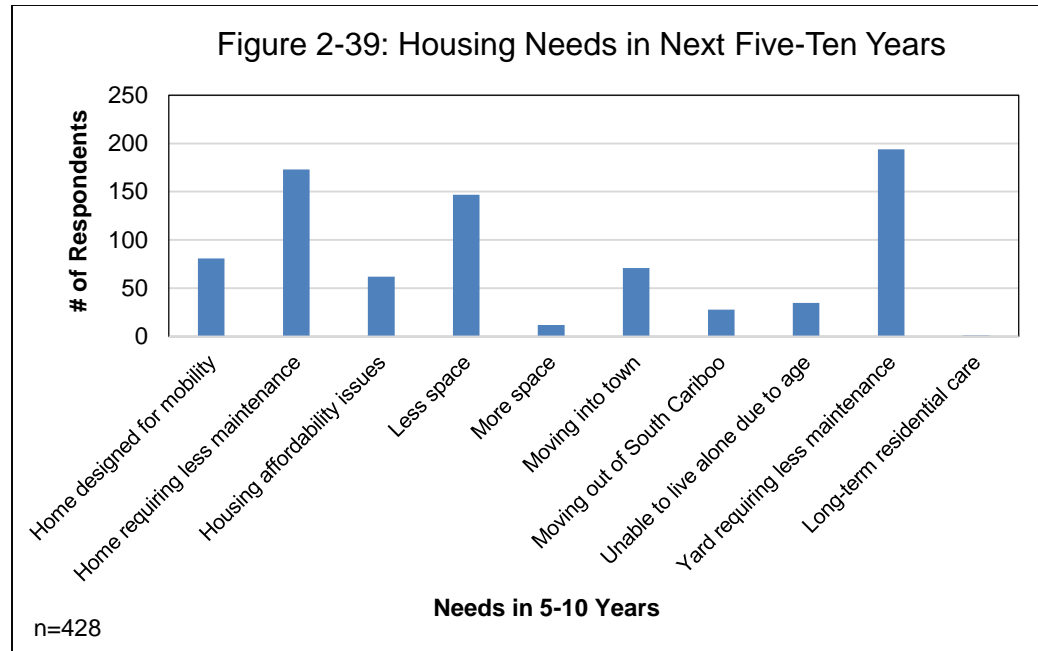


Figure 2 - 39

- In ten or more years, the top five housing need changes identified by respondents are:
  - Will need a yard requiring less maintenance (44.6 percent),
  - Will need a home requiring less maintenance (43.2 percent),
  - Will require a home with less space (36.9 percent),
  - Will require a home designed for mobility (26.9 percent),
  - Will have housing affordability issues (19.6 percent)
  - Will be unable to live alone due to age (17.8 percent)
  - Will need to move into 100 Mile House (town site) (15.7 percent)
- A minority of respondents (7.9 percent) identified a wide variety of future needs within an unspecified timeframe. This survey may have provided these respondents time to begin to reflect about a potential timeline for their future needs.

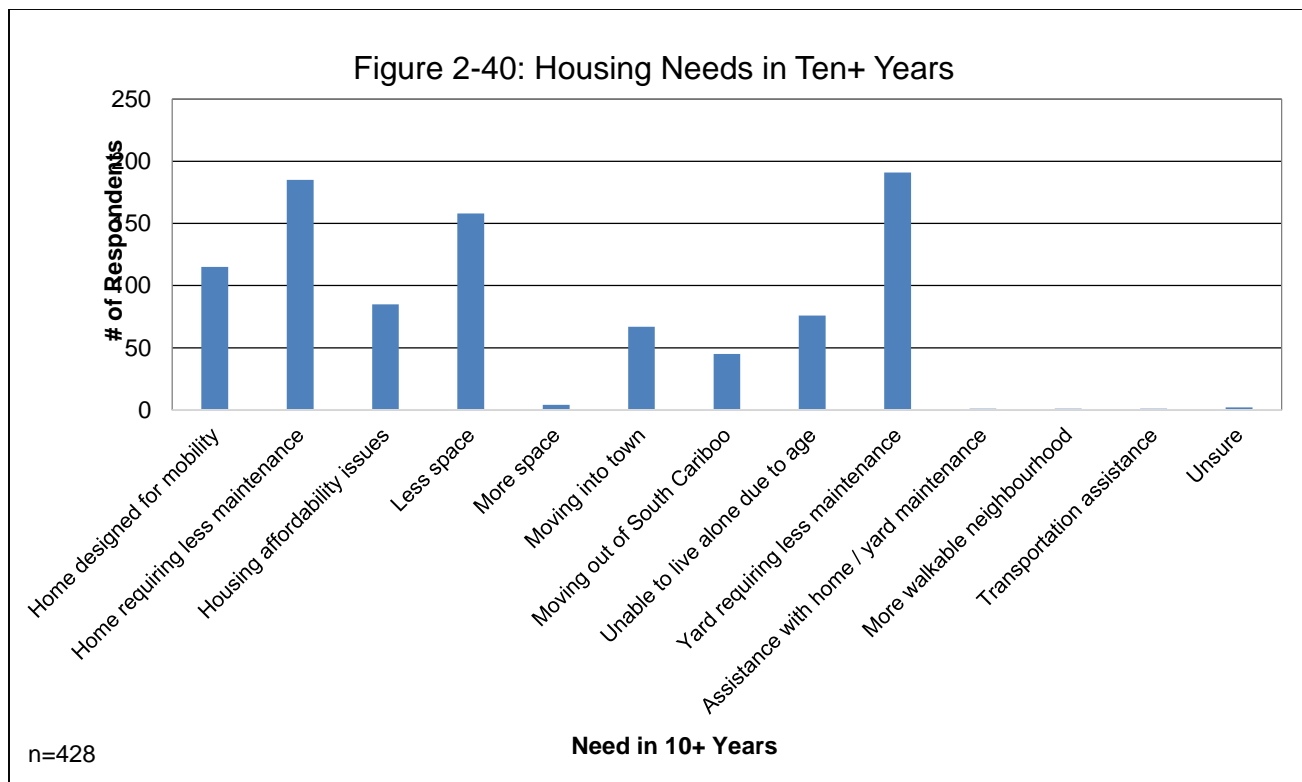


Figure 2 - 40

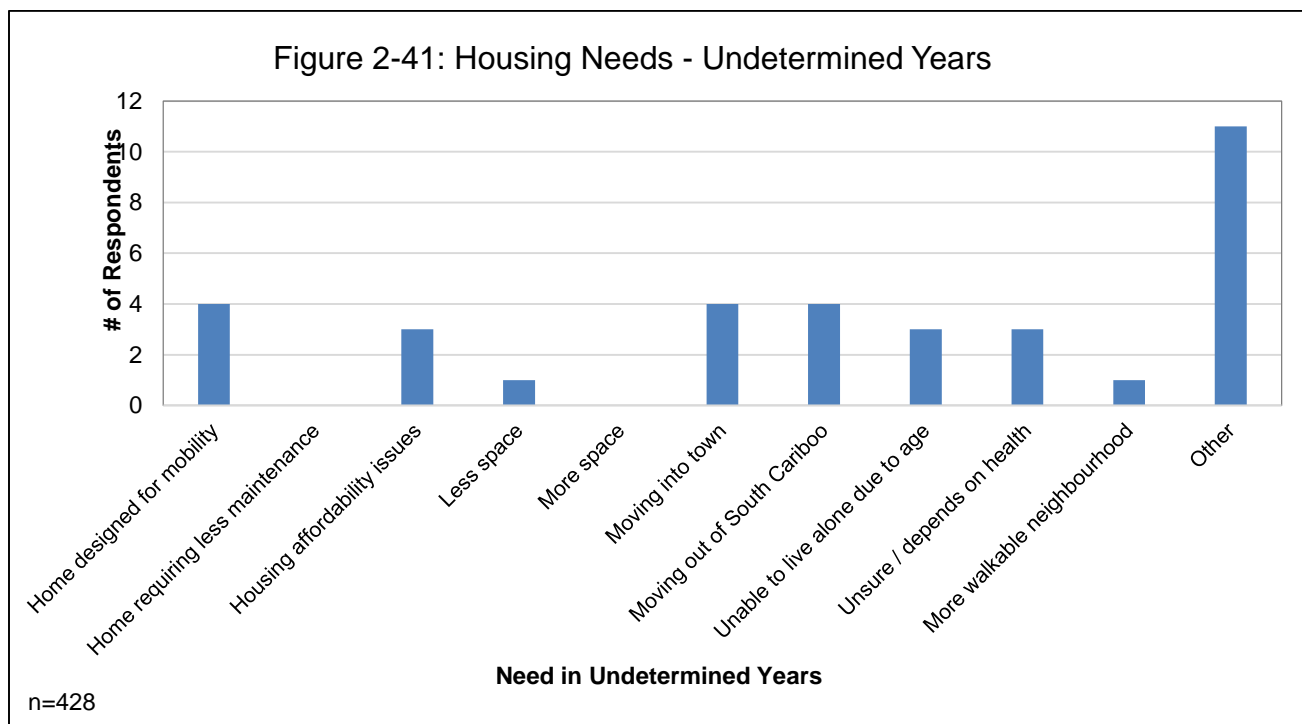


Figure 2 - 41

### 3.3.5. Housing Supports

This section probes into the current and future support service needs of respondents. Included in this category are questions about the need for personal services, community amenities, and transportation. The purpose of this section is to gauge what services are needed by individuals in order to thrive in their current or future homes.

The first question asks respondents to check from a list any of the services or types of assistance that they need now, in the next five to ten years, and in ten or more years. Respondents were also asked to identify three services they feel are the most important. Numbers of responses rather than percentages are used to represent each example, as participants were able to select multiple anticipated needs.

- Almost a quarter (24.6 percent) of participants currently need assistance or services. The most frequent answers provided by respondents were assistance with winter yard work (n=66), assistance with home repair or maintenance (n=55), assistance with summer yard work (n=53), and assistance with housework (n=26).

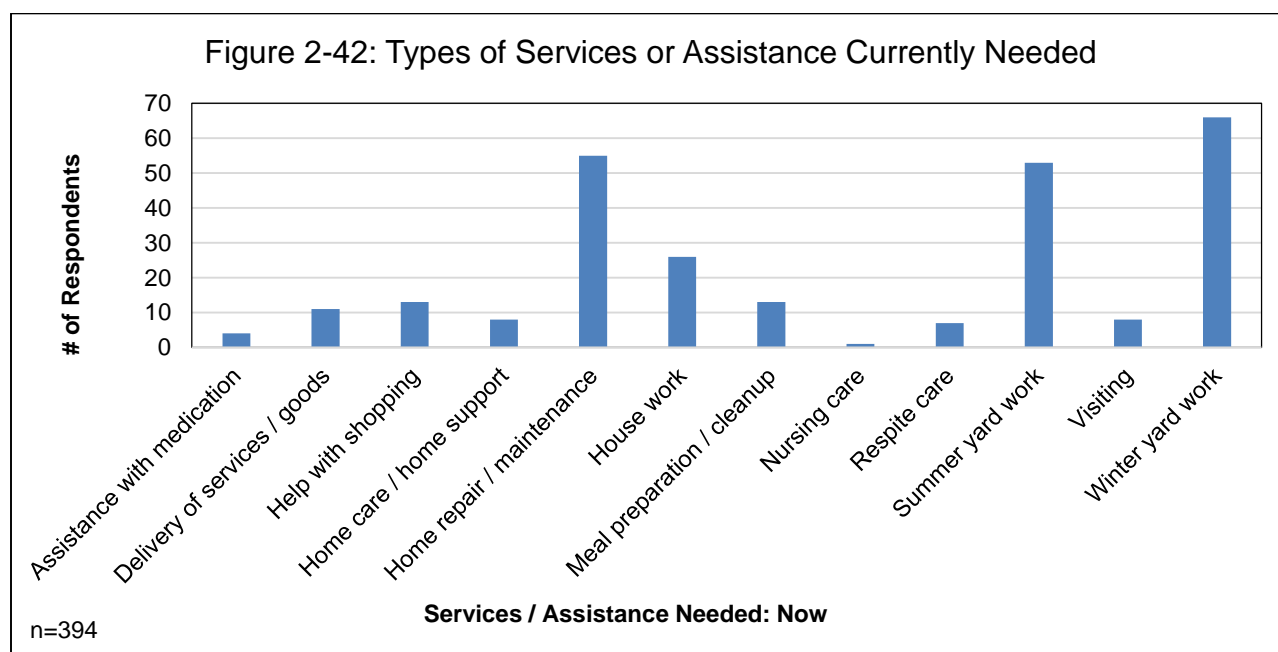


Figure 2 - 42

- In the next five to ten years, the aforementioned four services remain at the top responses of participants, with a growing number of people requiring each service:
  - Assistance with home repair or maintenance (n=100),
  - Assistance with winter yard work (n=99),

- Assistance with summer yard work (n=84), and
- Assistance with house work (n=52).
- In the five to ten timeframe, participants also expect an increased need for home care or home support (n=41), delivery of good or services (n=27), and meal preparation or cleanup (n=27).

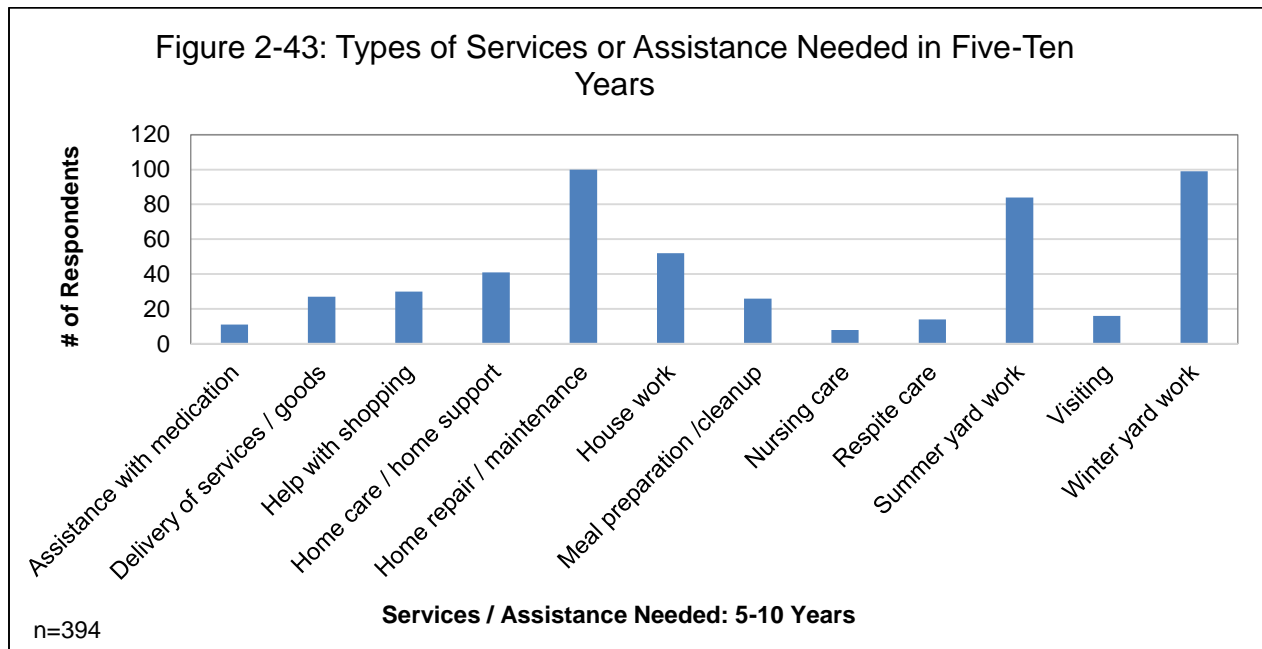


Figure 2 - 43

- In the ten years or more timeframe, the same four services top the list of respondents for their future anticipated needs, with strong growth in each category:
  - Assistance with home repair or maintenance (n=146),
  - Assistance with winter yard work (n=144),
  - Assistance with summer yard work (n=125), and
  - Assistance with house work (n=112).
- A significant portion of respondents stated they would also require meal preparation or cleanup (n=76), home care or home support (n=74), delivery of services or goods (n=69), and help with shopping (n=60).

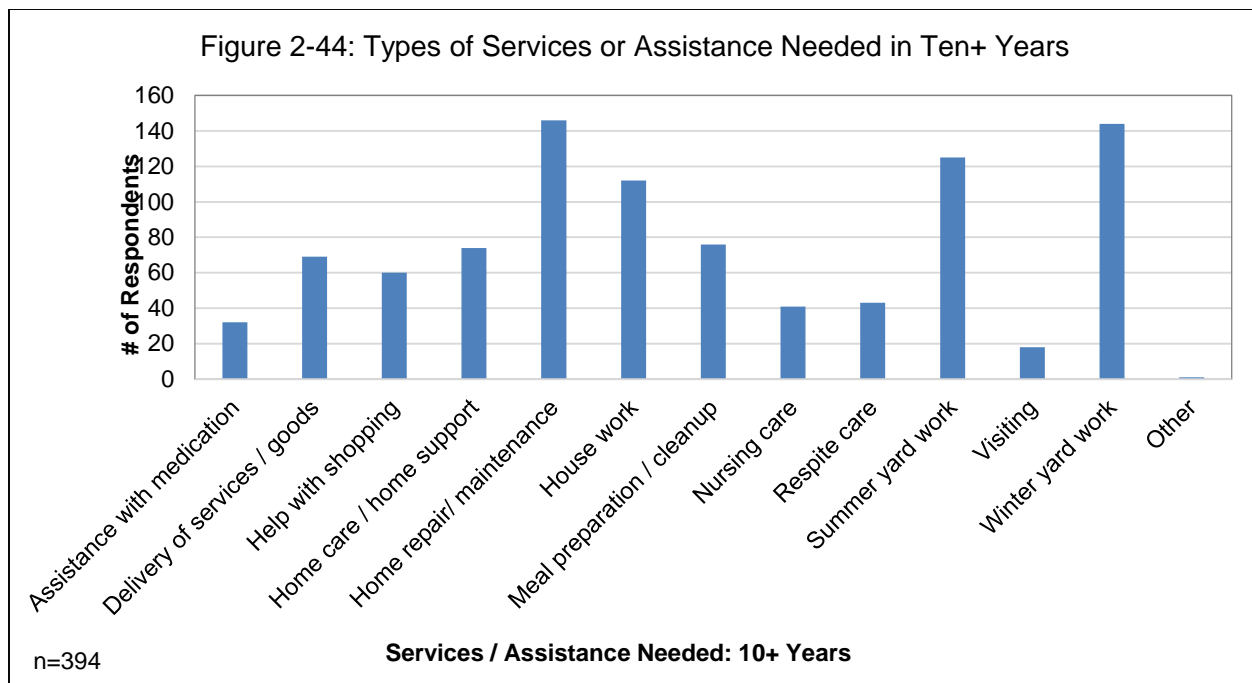


Figure 2 - 44

When participants were asked to consider the overall importance of each service and rank their top three, without a timeframe attached, the same trend emerged as found in the previous service need questions. Results are provided in percentages, as participants were limited to selecting only three:

- Assistance with winter yard work (26.1 percent),
- Assistance with home repair or maintenance (22.6 percent),
- Assistance with summer yard work (19.0 percent), and
- Assistance with house work (16.2 percent).

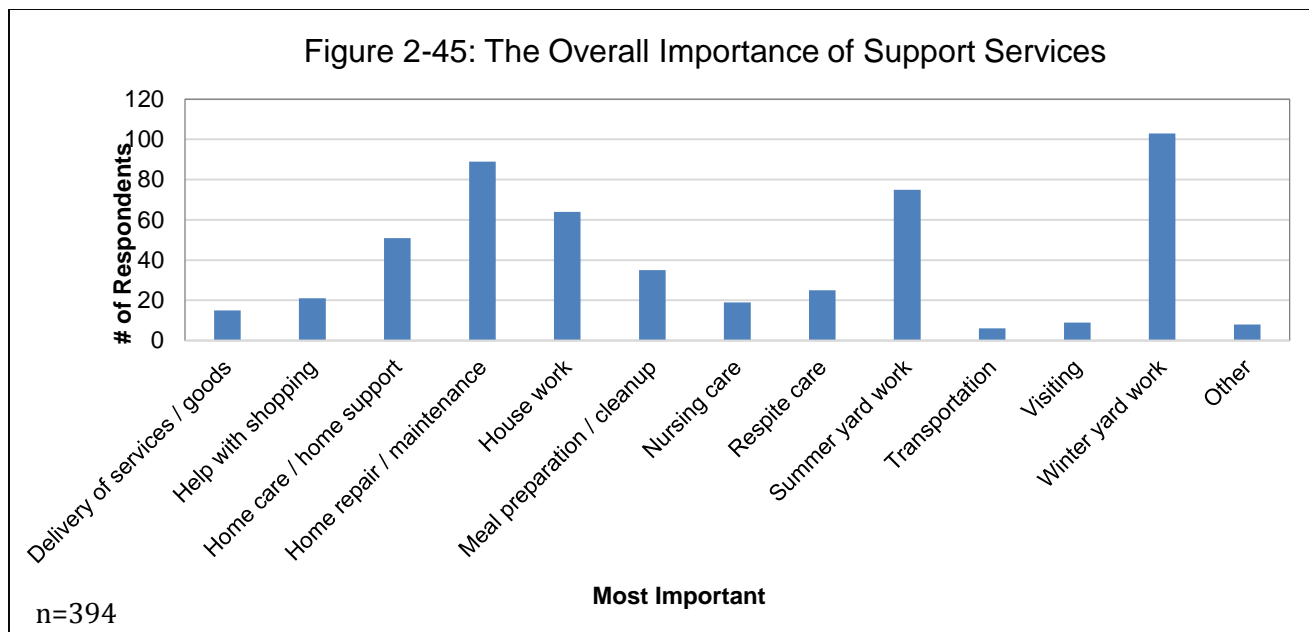


Figure 2 - 45

After rating the importance of support services, survey participants were asked *are you willing to pay for these services?* This question was asked to establish if there is a market demand inside or near future seniors housing units for additional services.

- The majority of respondents stated they were willing to pay for support services (38.3 percent) or might be willing to pay for services, depending on the cost (59.0 percent).
- Only 2.6 percent of respondents were unwilling to consider paying for their most important future needed support services.

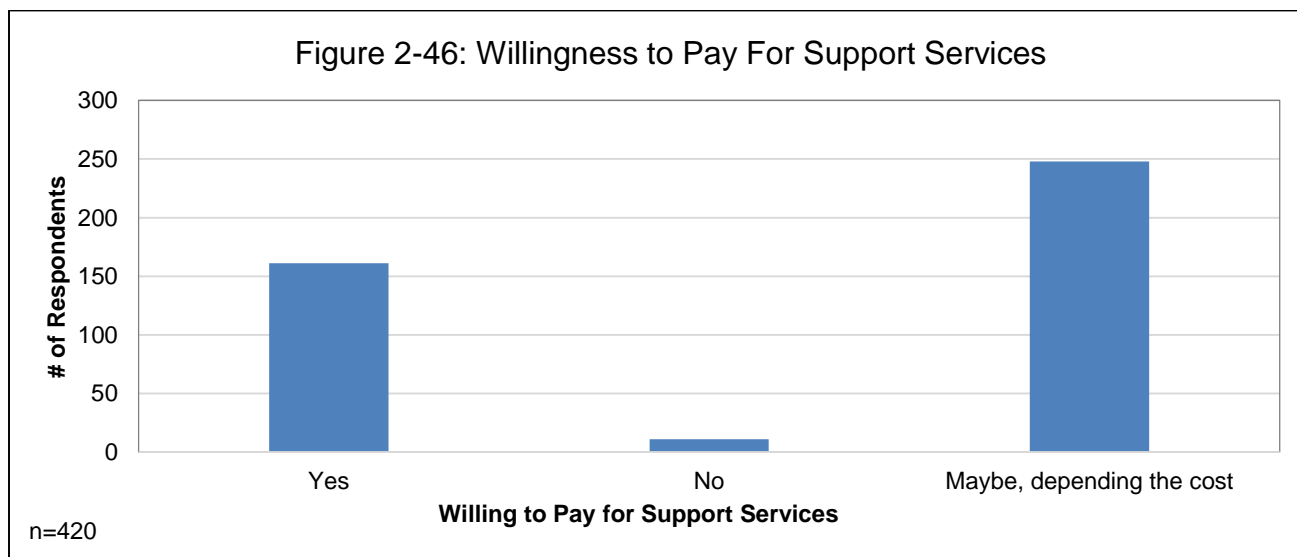


Figure 2 - 46



Next, respondents were asked whether they have needed help from another person or an organization to do any activities in the past 12 months and were asked to check off from a list any applicable activities. Respondents were provided the option to respond 'other' and write in a response not already found on the survey list. The purpose of this question is to determine the number of people who may not necessarily need a service now, but could have benefited from the availability of this service in or near their home.

- Out of 504 survey participants, 36.9 percent stated they needed help with an activity or activities over the last 12 months.
- The most commonly cited responses are:
  - Help with house maintenance or outside work (n=108),
  - Help with house cleaning (n=62),
  - Help with driving (n=49), and
  - Help with recovering from an illness or operation (n=48).
- Other responses included help with shopping for groceries or necessities (n=27), help with meal preparation or clean-up (n=24), help with shopping for prescriptions (n=17), and help with laundry or sewing (n=14).

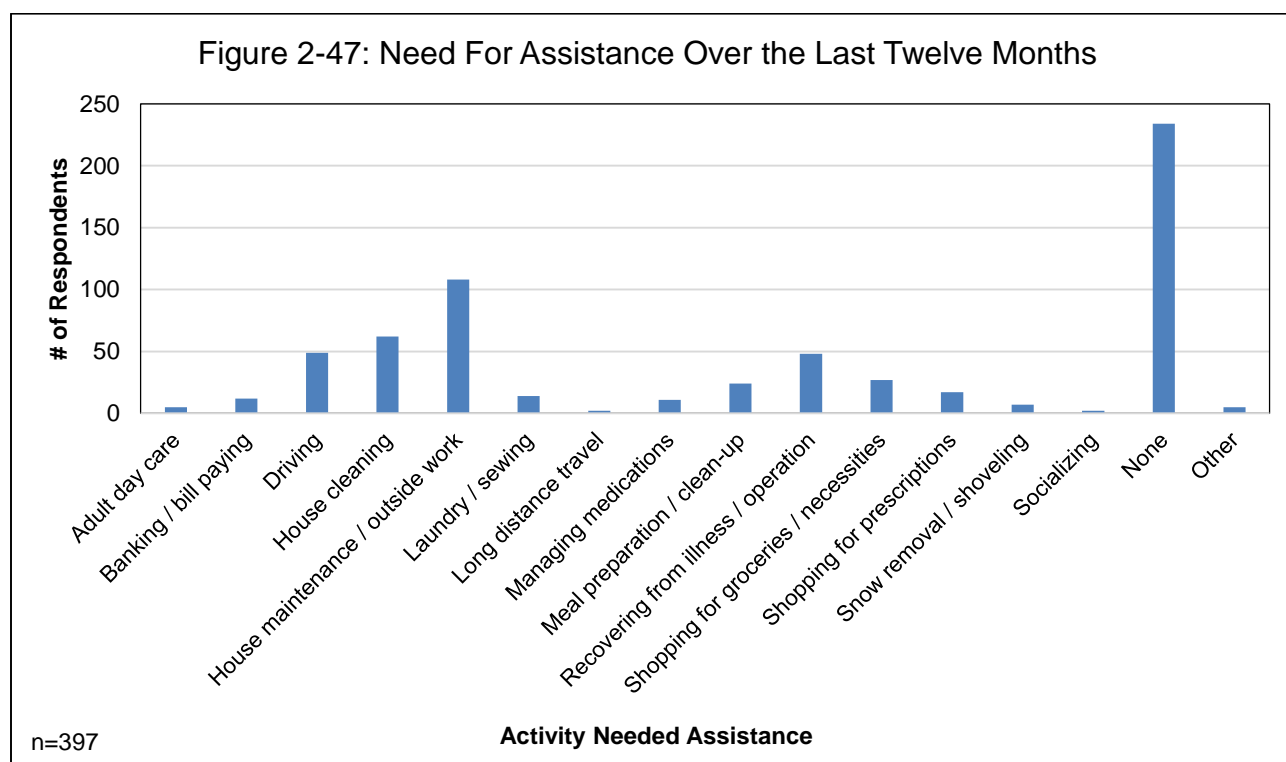


Figure 2 - 47

Transportation choices were also explored in this survey. Respondents were asked *In the future how do you see yourself getting around?* This was asked for both the next five to ten years and in ten or more years. This information can be used to decide where to locate future housing based on how mobile respondents plan to be. This information can also be used to highlight the demand for a service that is not

already available. Respondents were able to check all modes of transportation that applied to their future situation.

- In the next five to ten years most respondents envision themselves travelling by vehicle (n=297). Walking (n=150), HandyDART (n=108), and with family or friends (n=94) were other common responses.
- In ten or more years, most respondents envision themselves travelling by vehicle (n=194). Transit (n=103) and travelling with family or friends (n=106) were other common responses.
- In ten or more years, a number of respondents also identified HandyDART (n=88) or a shuttle service (n=81) as their mode of transportation.
- In ten or more years, the number of respondents listing walking as a transportation option decreases from 150 respondents to 41 respondents. This decrease in walking may have serious implications for the provision of services near housing in the future.

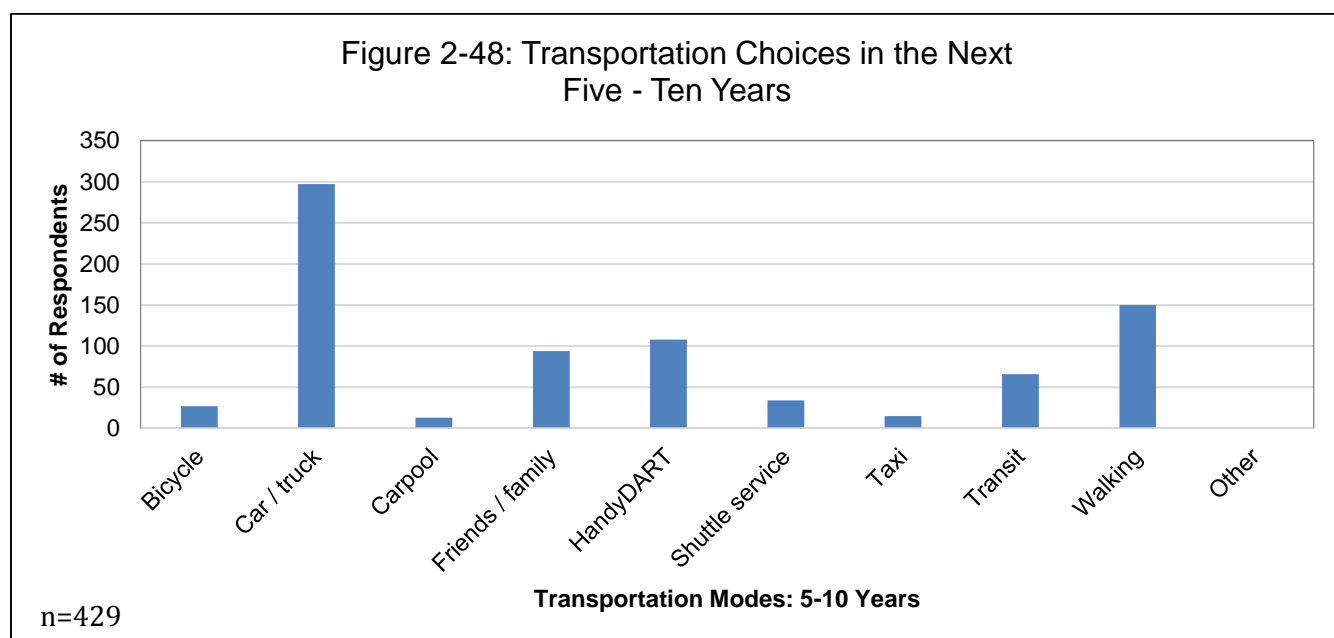


Figure 2 - 48

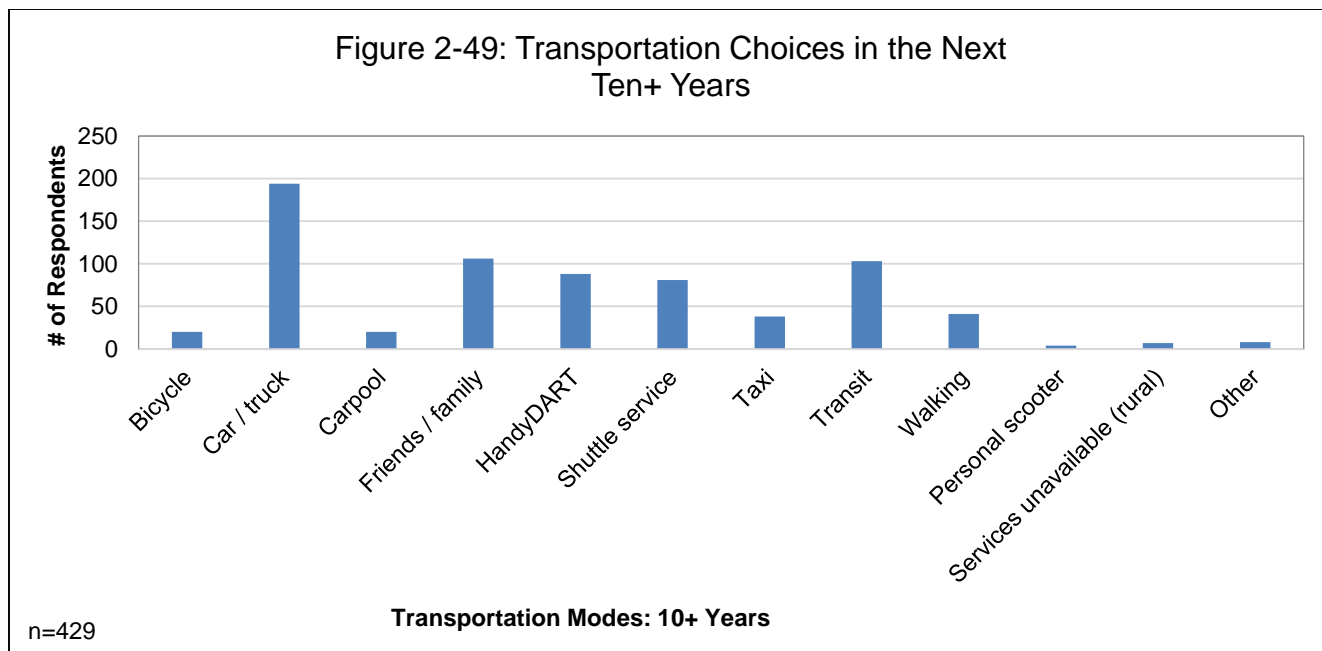


Figure 2 - 49

The survey asked participants what services and facilities they would like to have access to in their community, including their top three choices. Respondents were given the option to select 'other' and write in a response not available in the survey. This question is helpful for determining where to locate future seniors housing, and in attracting services or facilities to a given area.

- A total of 430 respondents answered this question, providing a broad range of responses including:
  - Grocery shopping (n=354),
  - Health and wellness clinics (n=332),
  - 'Other' shopping (n=241),
  - Bank or credit union (n=276),
  - Library (n=235),
  - Special events venues (n=211), and
  - Activity groups (206)

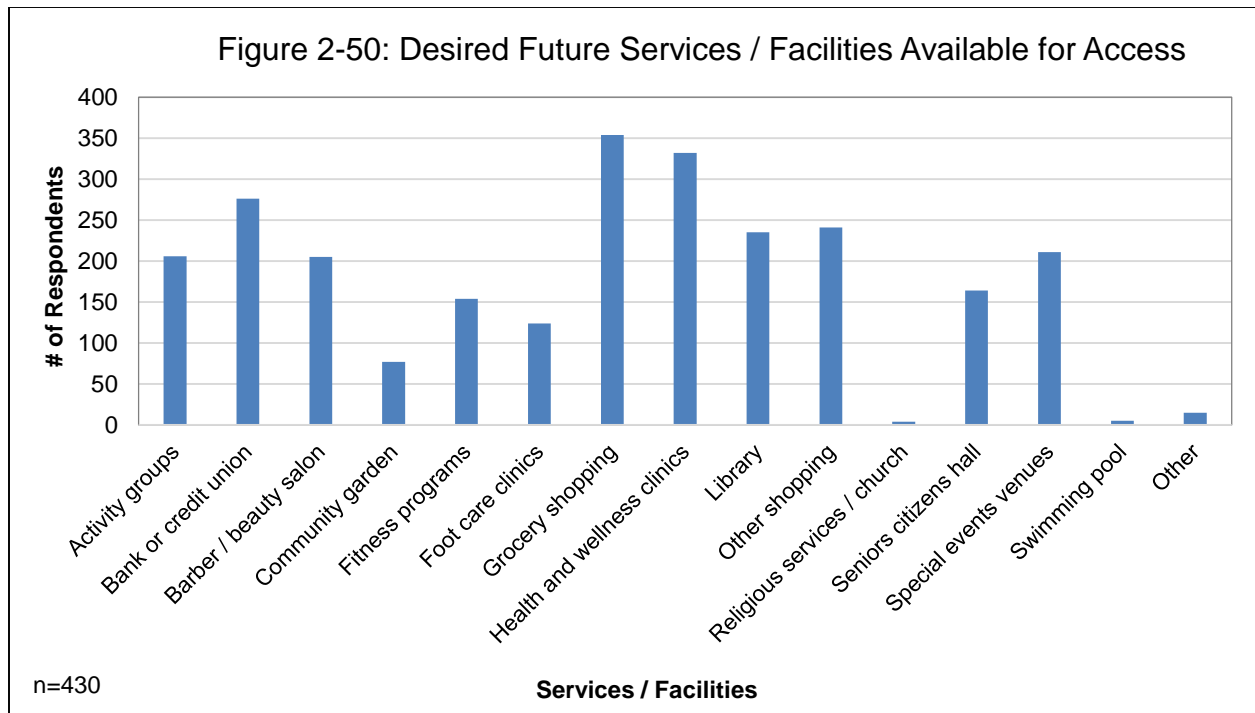


Figure 2 - 50

- The top three most desired services or facilities of respondents are grocery shopping (n=203), health and wellness clinics (n=180), and bank or credit union (n=102).
- Other top responses from participants included socializing, including activity groups (n=44), special events venues (n=37), and senior citizen halls (n=24). The library (n=39) and 'other' shopping (n=33) were also common selections.



Figure 2 - 51

### 3.3.6. Health and Social Networks

This section of the survey asks questions about respondents' health, need for physical assistance, and networks of care. The purpose of this section is to gain insights into personal factors that may impact respondents' housing decisions in the future.

The first question asks respondents about their general physical health. This question is asked in order to highlight any health reasons that may influence respondents' need for seniors housing in the future. Health status, however, is a relative notion and what may be considered good for one person may be poor for another. As a result, we also asked questions on requirements for special medical attention, and use of assistive / mobility devices.

- The majority of respondents (79.2 percent) consider their health to be either very good or good (see Figure 2-52), while 18.3 percent consider their health fair, and 2.5 percent rate their health as poor or very poor.
- Of 435 respondents, 18.6 percent (n=81) identified that someone in their household requires special medical attention.

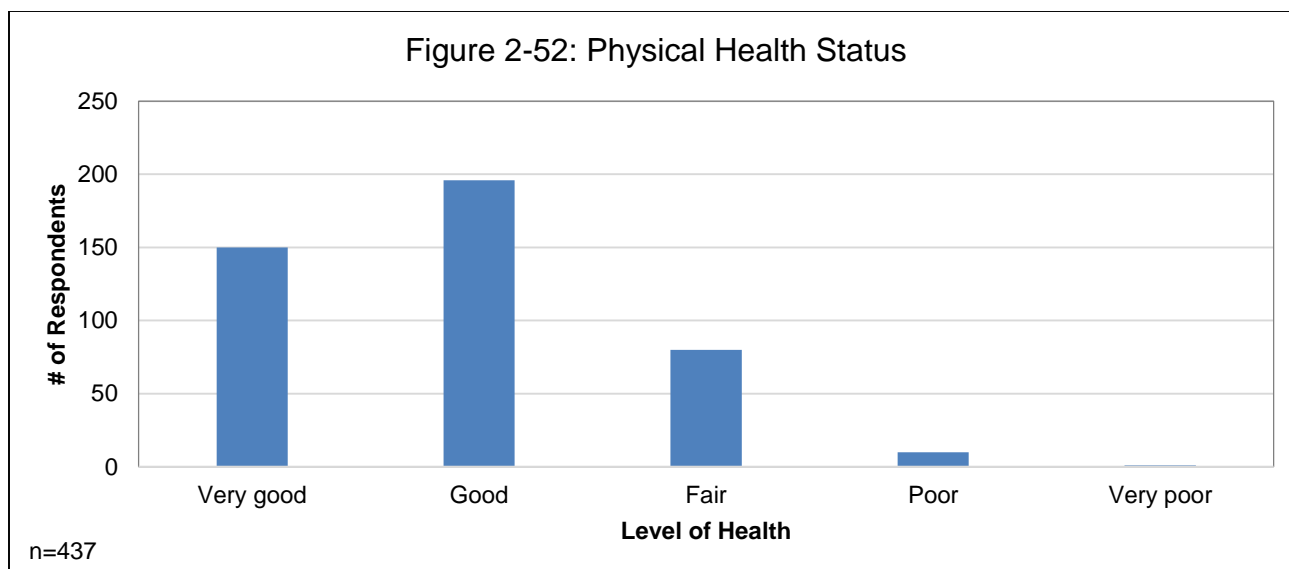


Figure 2 - 52

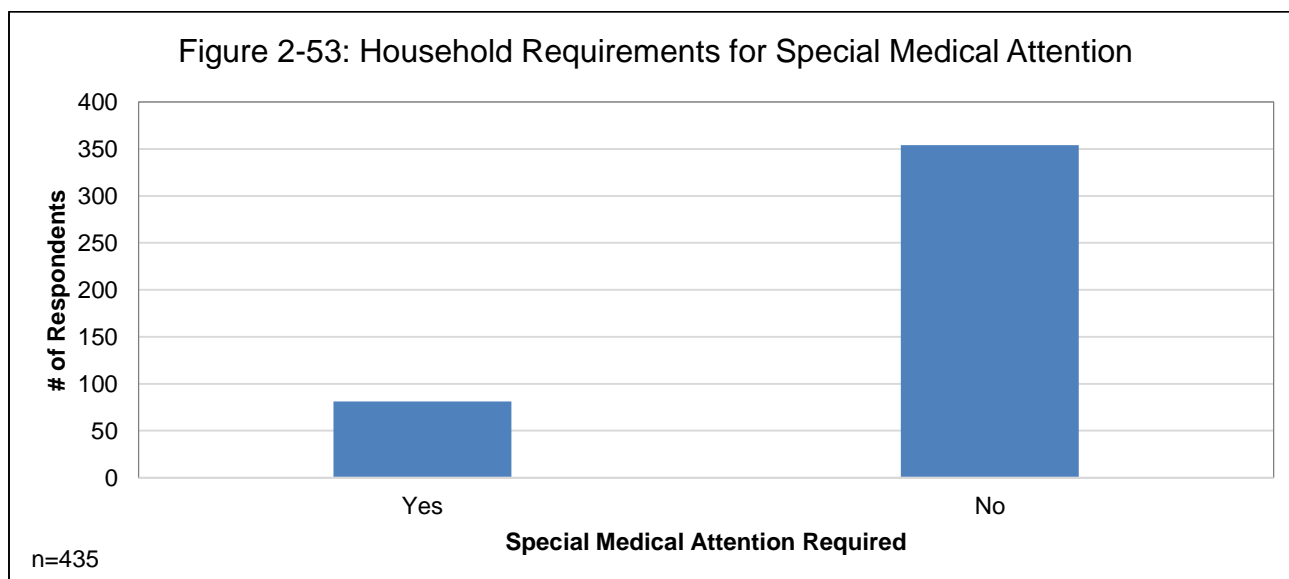


Figure 2 - 53

- The majority of respondent's households (83.4 percent) do not have a household member that requires the use of an assistive device.
- Of the 67 households that do have a member that requires the use of an assistance device, a wide range of devices are used, with many respondents utilizing multiple devices.
- The most commonly used assistive devices are canes (n=35) and walkers (n=17) (see Figure 2-55).
- Some respondents use a wheelchair (n=6) and participants wrote in 'other' responses for other physical support devices (n=6) and respiratory / breathing devices (n=5), as shown in Figure 2-55.

- When asked if a vision or hearing impairment affected their safety at home, 25 respondents answered yes. (see Figure 2-56).

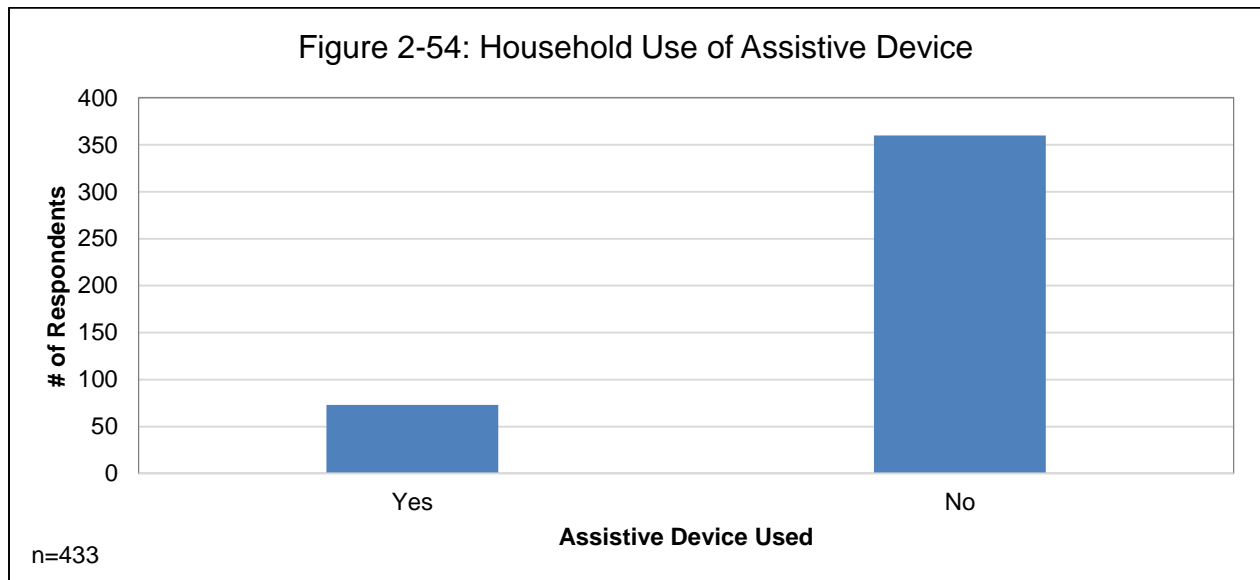


Figure 2 - 54

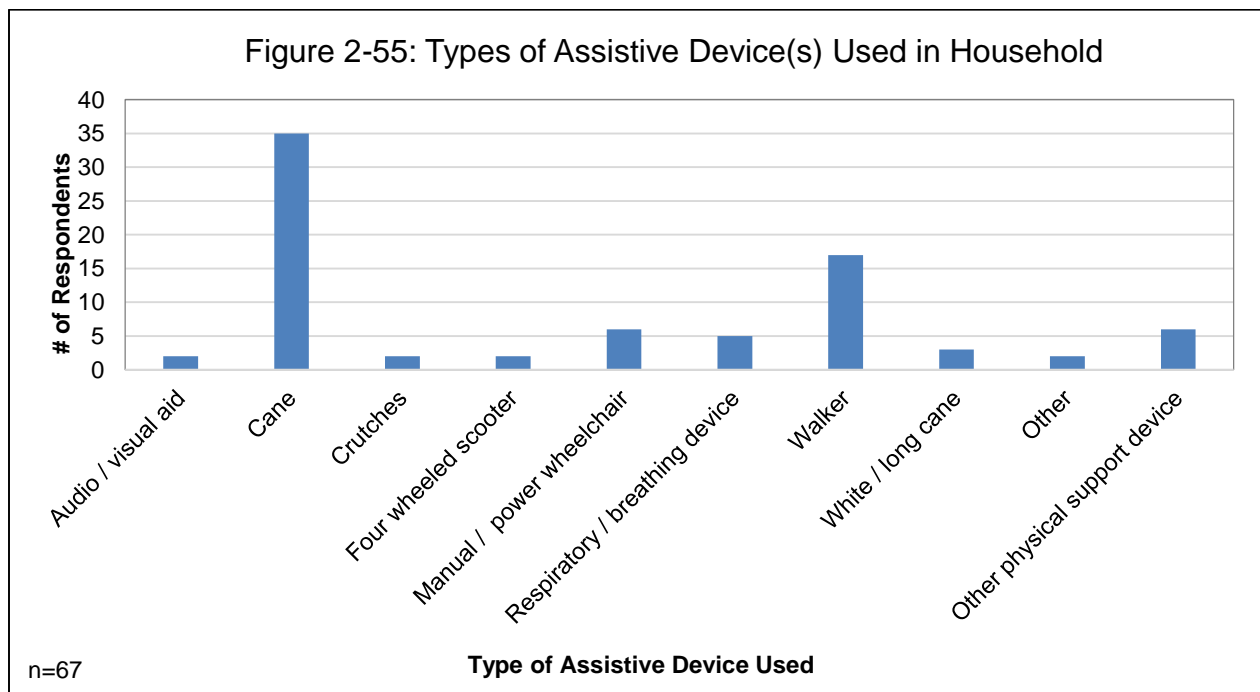


Figure 2 - 55

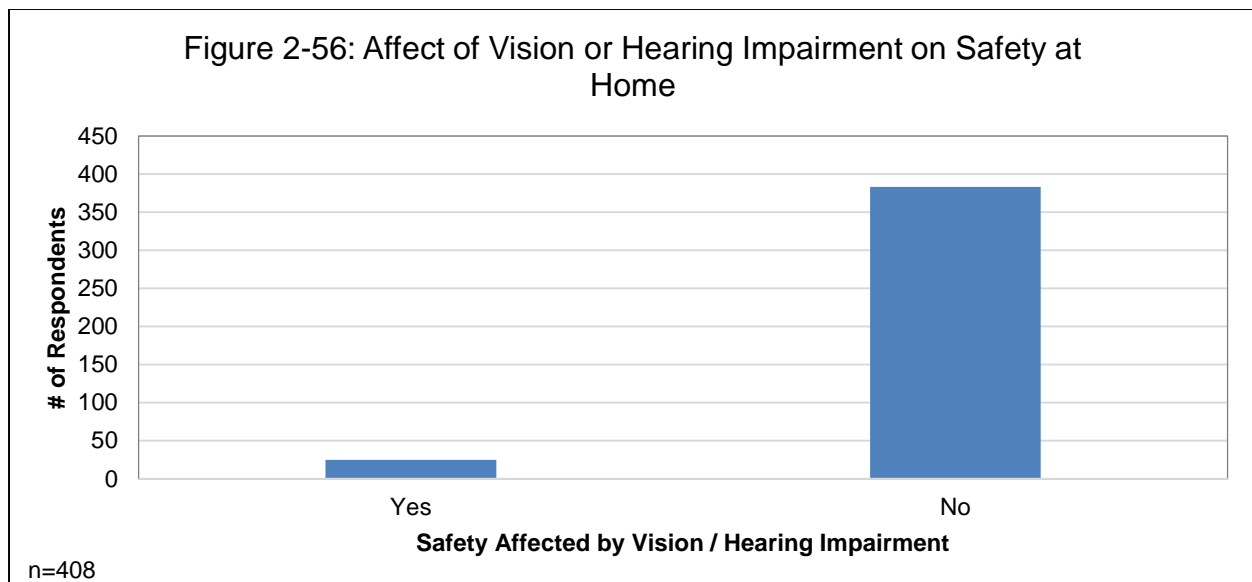


Figure 2 - 56

Respondents were asked to indicate if they have family or friends in the area and whether or not these familial and social ties make them want to stay in the area. This creates an understanding of whether or not respondents would want to stay in their area for seniors housing.

- More than half of respondents (60.0 percent) stated they have family in the area and for 83.3 percent of them; this familial connection makes them want to stay in the area (see figures 2-57 and 2-58).
- The majority of respondents (85.4 percent) stated they have close friendships in the area with 82.6 percent stating these social connections make them want to stay in the area (see Figures 2-59 and 2-60).
- Of 435 survey responses, 70.5 percent answered 'yes' to the question *do you have family or friends in the area who could be thought of as a support network?*



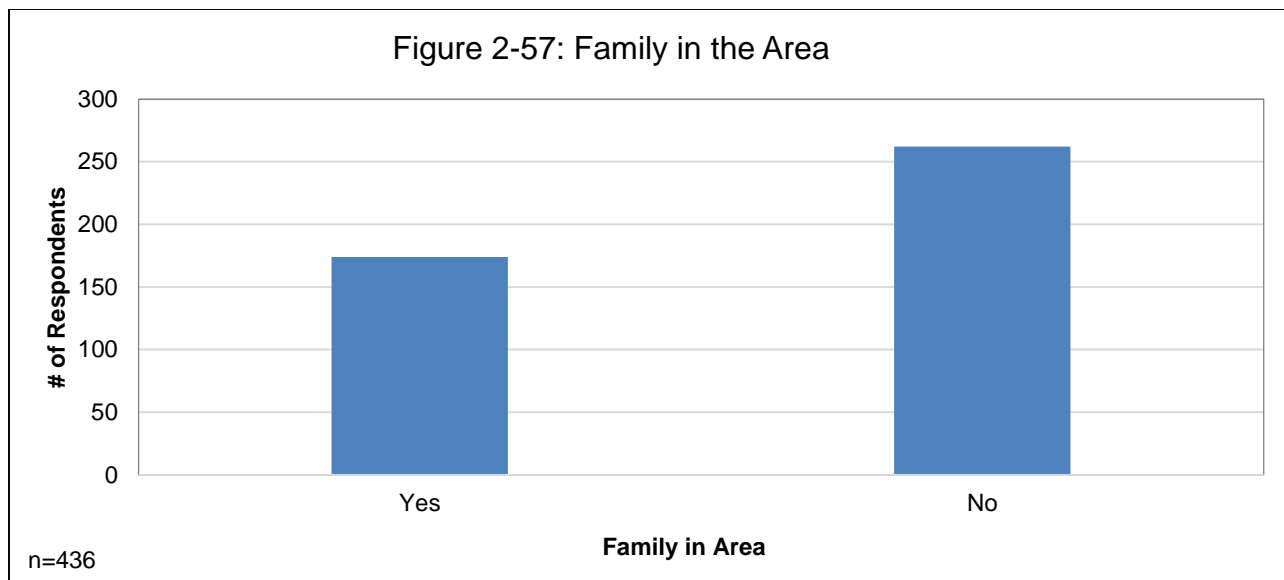


Figure 2 - 57

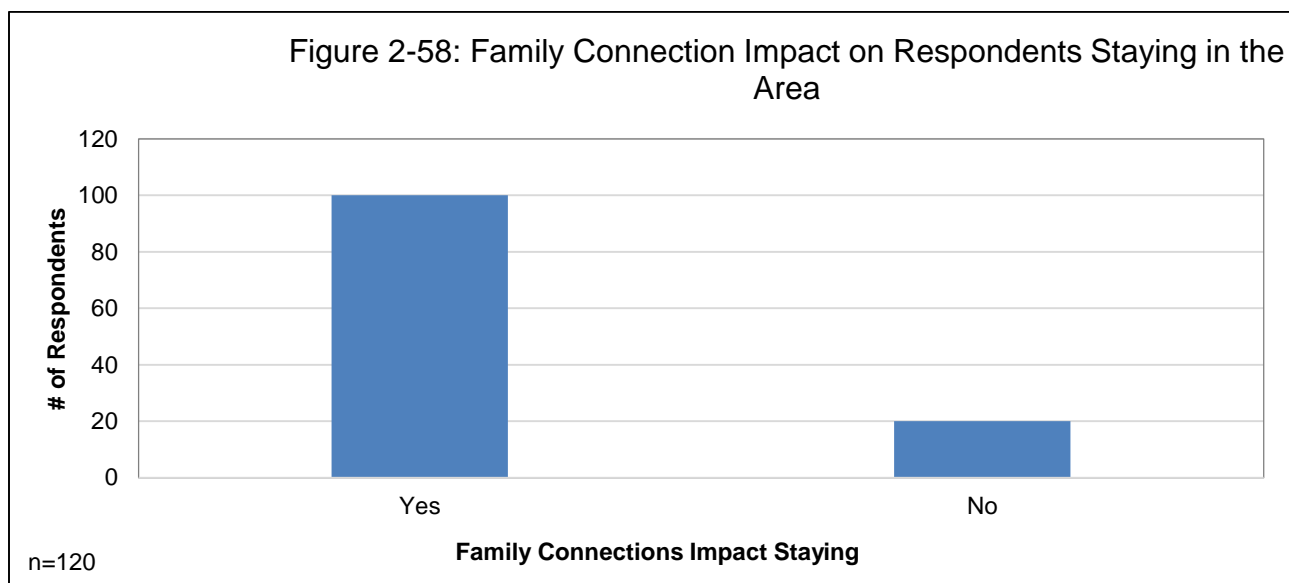


Figure 2 - 58

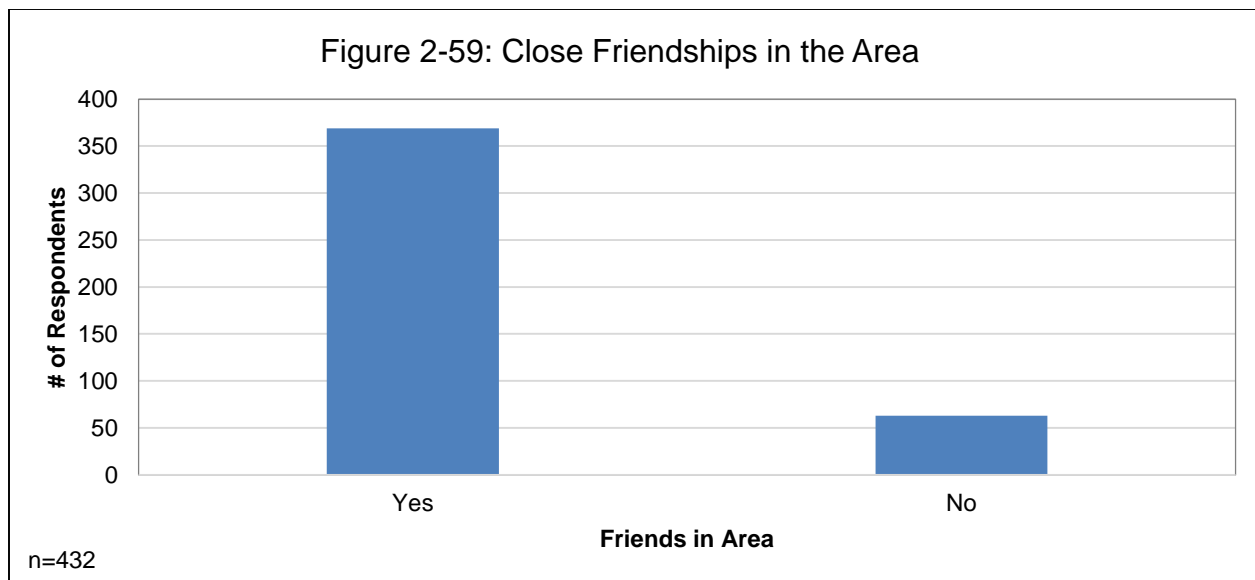


Figure 2 - 59

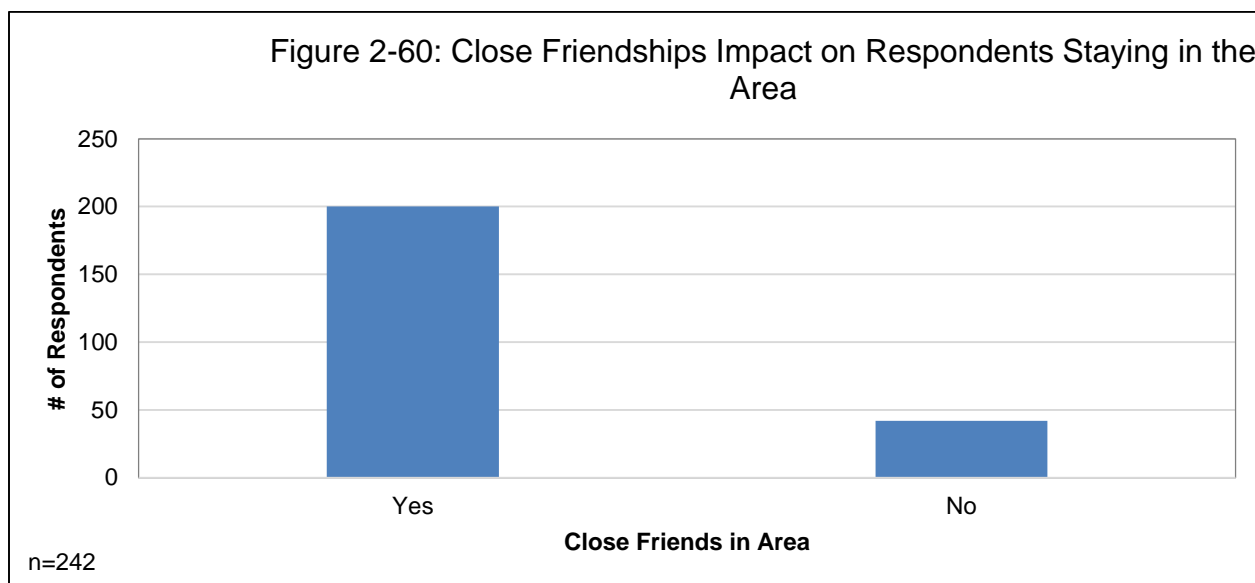


Figure 2 - 60

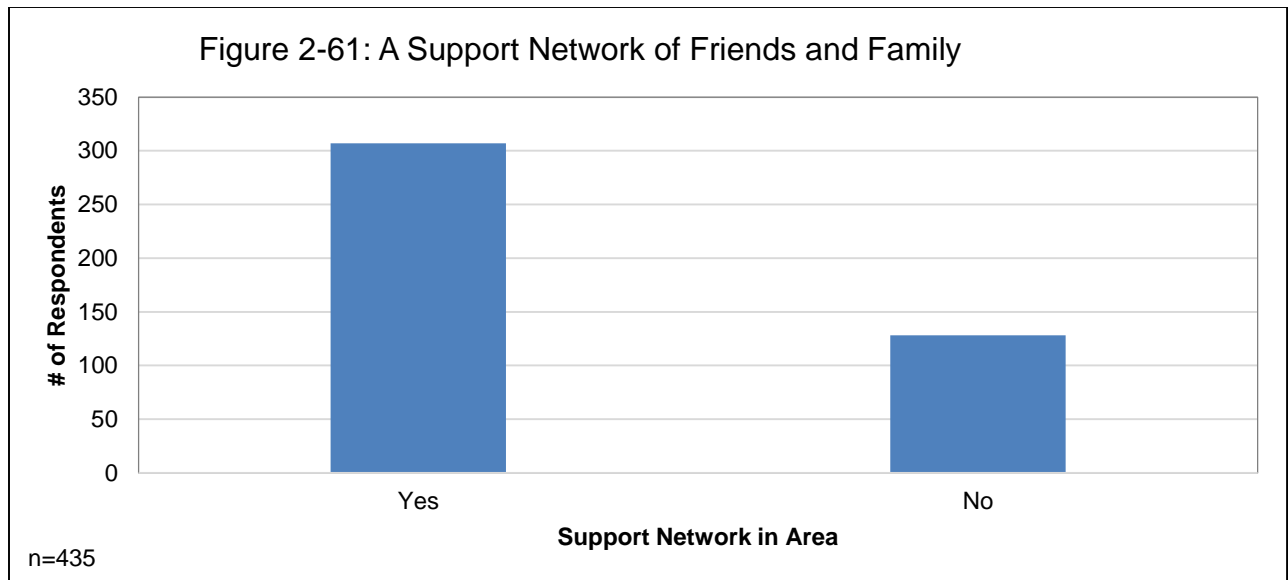


Figure 2 - 61

### 3.3.7. Respondent Feedback

The final question of the survey asked respondents *from your experiences, do you have anything else to add that was not touched on here about meeting the housing needs of older residents in your area?*

There were 222 responses to the question with a variety of responses. Respondents relayed the following key messages:

- Transportation is a concern for ageing in place in current home. Respondents expressed that an inability to drive would force a move closer to services in 100 Mile House that can be accessed by bus or walking.
- Maintenance of current home and property is a concern for ageing in place in current home and a consideration for selecting future housing.
- Current seniors' housing options are either unavailable or inappropriate for future seniors' housing needs and/or wants.
- Future housing development in close proximity to services in 100 Mile House (walking distance) was preferred.
- Respondents described seniors-oriented and accessible housing that optimizes opportunity for inclusion in community.

### 3.4. Key Findings

The data presented shows housing needs for South Cariboo seniors are projected to change considerably over the next 5 to 10 years.

While some seniors will relocate to communities with different housing options, or needed services and supports, the vast majority plans to and prefers to stay in the area. Over half of the respondents identified as long-time residents of the South Cariboo. More than half reported having family a family connection nearby that ties them to the area. Close friendships within the community were reported as even more significant with over 70% reporting they have family or friends in the area who provide a support network.

South Cariboo seniors want to stay in the South Cariboo. Many expressed a preference to stay in their current home or current outlying community as they age but most are willing to move into 100 Mile House proper to improve access to services if the need arises.

The following sections explain the expected housing needs in the next 5 to 10 years and the future housing preferences of seniors. This analysis has combined the feedback collected from the *Housing Forum* and the data collected from the survey.

### 3.4.1. Seniors Housing: Overall Need

#### 3.4.1.1 Overall needs

Seniors' housing needs in the South Cariboo are significant as the projected percentage of people 65+ years in the South Cariboo region is 40% by 2036, nearly double the Provincial average (UNBC CDI, 2016).

The average age of survey respondents' was 68.6 years with many reporting a desire to remain in their current home while also identifying a projection their housing needs may change in the next 5 to 10 years.

Notably, only 16.1% of respondents felt there was adequate housing to meet their future needs within the current housing stock.

There are currently not enough available and appropriate housing options for seniors in the South Cariboo. Planning now for the future needs of an even larger group of seniors is recommended.

#### 3.4.1.2. Size of housing

Most of the focus of the survey and the forum feedback was around the size of independent housing options. Despite the relatively large homes available in current housing stock, the reported stairs to the entrance and between levels, and household sizes of 2 or fewer people, the majority of respondents reported that their current home is not too large. There was also a preference expressed for storage space, flex-space such as workshop or craft room, and guest space in future seniors housing amongst some respondents. Low-maintenance green space was identified as a preference as well which aligns with respondents' clear preference for a one-level detached housing model currently and within the next 5 to 10 years.

Future seniors' housing developments should consider feedback from seniors that they are concerned with the house and property maintenance of their current home, and that they recognize maintenance as a key consideration for future housing. The size of future housing houses and properties should also take into consideration current trends and the culture of South Cariboo seniors who are living in larger than average houses and properties with hobbies that require additional space, including recreational vehicle parking.

#### *3.4.1.3. Location of future Seniors Housing*

Housing within close proximity to services such as stores, medical clinics, and activities was deemed the most important consideration in the location of seniors' housing development. This was reflected for independent, supportive, and assisted living options (Appendix 5.4). Respondents expressed they want to be included fully in community life and be in a location that is accessible to services without the need to drive a personal vehicle. This is associated with an expressed desire to "age in place". Though, the majority of respondents currently drive and foresee having the ability to drive in the future, many acknowledged that driving privileges can be lost as they age and will have significant impact on their housing needs.

The majority of respondents from outlying communities expressed they are willing to move into 100 Mile House if the need to move from current housing arises. However, there was some interest expressed in future seniors housing development in outlying areas.

#### *3.4.1.4. Cost*

41.1% of respondents reported their income range to be \$50,000/year or higher. This was followed closely by respondents with an annual income between \$25,000 and \$49,999. The majority of respondents are retired and current homeowners, presumably with some equity to contribute to future housing.

For those with ability to or a preference to purchase future seniors housing, there are a range of maximum purchase prices chosen with most falling between \$150,000 - \$300,000.

For rental units, the majority of respondents reported they are willing to pay \$600 - \$1,000 per month. There was another large group of respondents willing to pay up to \$600 and a smaller group reported they would be willing to pay \$1,500 to \$2,000 per month.

#### 3.4.1.5. Other Characteristics

Respondents from both the *Housing Forum* and the survey strongly identified accessibility as the top priority for future housing. This includes accessibility:

- To services from the home;
- To enter the home and;
- Throughout the home.

Accessibility to address future mobility limitations was reported as significant. This includes few to no stairs to enter or move within the home, doorways and halls wide enough to accommodate a wheelchair, and appropriate heights of outlets and shelves. Interior fixtures selected with a consideration for the needs of ageing seniors are recommended. Exterior entrances to the home should be well lit and covered from the weather. Low maintenance outdoor spaces are preferred with consideration to the maintenance of both summer and winter seasons.

The majority of respondents reported it is important to live in pet-friendly housing. This aligns with a preference for independent living in detached housing with outdoor space.

#### 3.4.2. Closing Remarks

The project goal to determine the current and expected housing needs and supports of seniors living in the South Cariboo region was achieved because of a strong community engagement in the project. At least 793 households were represented in the data collection residing throughout the South Cariboo region.

Possible further research opportunities using this existing data include a deeper look into seniors' supports, including both community resources and a gaps analysis, the unique housing and support needs of older and younger seniors, and the unique housing and support needs reported by the respondent's current community of residence.

## 4. References

Community Development Institute, UNBC (2016). *Northern BC Housing Study*.

Community Development Institute, UNBC (2014). *Sunrise Ridge Senior Housing Society: Seniors Housing Needs Assessment*.

Province of British Columbia (2011). *BC Stats 2011 Census*.

Office of the Seniors Advocate BC (2015). *Seniors Housing in BC: Affordable, Appropriate, Available*.

## 5. Appendices

5.1. Community Development Institute's *The Northern BC Housing Study: 100 Mile House Housing & Community Profile*

5.2 The District of 100 Mile House's 2015 *Official Community Plan: Age-Friendly Survey*

5.3 The District of 100 Mile House's *Age-Friendly Survey Summary Report*

5.4 *Continuum of Housing and Care Options for Seniors* from Seniors Housing Forum

5.5 *Seniors Housing Inventory: 100 Mile House* from Seniors Housing Forum

5.6 *List of Guest Presenters* from the Seniors Housing Forum

5.7 *What is the role of a "Table Host"* from the Seniors Housing Forum

5.8 *Coding Results from Discussion Table Responses* from the Housing Forum

5.9 *South Cariboo 55+ Housing Needs Survey*



# 100 MILE HOUSE HOUSING & COMMUNITY PROFILE

October 2016



## HIGHLIGHTS

- The District municipality of 100 Mile House is home to 1,913 residents.
- 100 Mile House has one of the oldest populations in the province. As of 2011, the median age was 45.9, while the median age in the province was 41.9. In 2011, almost one-quarter of the population (23.4%) was over the age of 65.
- In recent years, a wave of new retirees aged 65-74 moved to the region; however, the proportion of more elderly seniors is expected to expand substantially over the next two decades.
- The number of seniors is projected to grow by 59%; by 2036, more than 40% of 100 Mile House's population will be over the age of 65.
- Unlike many communities in Northern BC, 100 Mile House is expected to see some growth in its family formation cohorts (ages 22-44); however, by 2036, its experienced/mature workers cohort (aged 45-64) is forecast to shrink by half.
- Between 2014 and 2015, the region saw an increase in unemployment rates, and consumer insolvencies rose by 8%, signaling growing levels of financial stress. While recent income data for 100 Mile House are not available, median incomes in 2010 were below the BC median, and the share of low income individuals was above the provincial average.
- As part of the Williams Lake planning area, the Housing Income Limits that apply to 100 Mile House are among the lowest in Northern BC.
- 100 Mile House has a considerably more diverse housing profile than most communities in Northern BC. Less than half of the housing stock are single-detached dwellings; one-fifth of dwellings are apartments, and another 20% are semi-detached or row homes.
- While community-specific data are not available, in 2011, 56% of the housing stock in the region was at least 35 years old, and 9% of homes were constructed since 2001. One in ten homes (11%) was reported as being in need of major repair.
- As of 2011, 78% of households in the Cariboo region owned their homes, compared to 70% in BC overall. Rental demand is expected to rise 11% over the next two decades, but this increase is less than other regions in Northern BC.
- 100 Mile House has seen minimal residential development over the past decade.
- Permitting data from 2016 indicate growth in housing construction activity. As of October 2016, the District issued ten residential permits, up from only three the previous year.
- The residential real estate market in 100 Mile House has shown little change over the past five years. Average selling prices of single-detached homes have hovered between \$200,000 and \$250,000 since 2011.
- House prices were on a slight upward trajectory between 2011 and 2014, but they dropped 18% in 2015.
- The market absorption rate has maintained steady increases, signaling growing demand in the housing market.
- As of June 2016, the average selling price of residential detached house in 100 Mile House was average compared to the other communities in this study; however, there are signs that prices may be increasing.

Funded by:



Prepared by:



## ACKNOWLEDGEMENTS

The Northern BC Housing Study was made possible with funding from BC Housing. Special thanks to Karen Hemmingson, Chief Research Officer and Shayne Ramsay, Chief Executive Officer for their support of this project. BC Housing's commitment to developing a better understanding of the housing opportunities and challenges in northern BC is greatly appreciated.

The Community Development Institute (CDI) at the University of Northern British Columbia would also like to thank and acknowledge all of the people who participated in and provided feedback for this study. This includes reviewers and representatives from the ten communities involved in the study.

We would also like to acknowledge and thank the team at the CDI for their assistance in finalizing the reports. Special thanks to Alycia Mutual, Research Assistant and Kaitlin Harrison, Administrative Assistant for all of their work on the project.

The Northern BC Housing Study can be accessed on the CDI's website at:

[www.unbc.ca/cdi](http://www.unbc.ca/cdi)

For further information about this topic and the project, please contact Marleen Morris or Greg Halseth, Co-Directors of the Community Development Institute at the University of Northern British Columbia:

Community Development Institute at UNBC  
3333 University Way  
Prince George, BC  
V2N 4Z9  
Telephone: 250 960-5952

Clare Mochrie, Marleen Morris, and Greg Halseth

November 2016



## COMMUNITY PROFILE

### Demographics

The District municipality of 100 Mile House covers a land area of 53.29 square kilometres and is home to 1,913 residents (2015).<sup>1</sup>

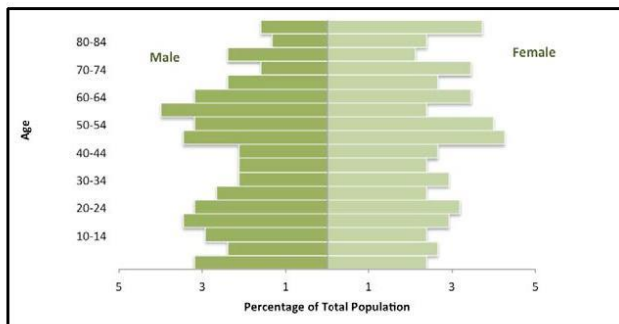
The District population has remained essentially the same since 2006, contracting slightly between 2011 and 2013, but growing again in subsequent years. While other communities in the region saw significant out-migration between 2014 and 2015, and the Cariboo Economic Development Region lost 1.7% of its population (its greatest decrease in decades), 100 Mile House grew by 1.6%. This growth surpassed that of the province overall, which grew by 1% between 2014 and 2015, and was due in part to a wave of in-migration in the rural areas surrounding 100 Mile House, the Lone Butte/Interlakes Area (Regional District Electoral Area L) in particular.

### BC Economic Development Regions



100 Mile House has a very distinct population distribution. Similar to both the province and the region, the fastest growing segments of the population are the 65+ age groups. However, while other communities are experiencing exponential growth in the elderly cohorts aged 75+, these age groups have long been well established in 100 Mile House. Over the past decade, 100 Mile House has gained increasing popularity as a destination for “amenity migrants” from the Lower Mainland. After years of visiting 100 Mile House for recreational purposes, growing numbers are moving to the area for retirement.

### Population: 2011



Source: Statistics Canada. Census of Population, 2011

As evidence of this trend, 100 Mile House has one of the oldest populations in the province. In 2011, the community’s median age was 45.9, while it was 41.9 in BC overall. Almost one-quarter of the population (23.4%) in 100 Mile House was over the age of 65 in 2011. Provincially, seniors comprise 15.7% of the total.

In 1996, residents over the age of 75 already comprised 14.3% of the total population of 100 Mile House. In contrast to most communities in the province, 100 Mile House actually saw a contraction of

these more elderly seniors between the two previous Census periods. From 2006-2011, the community instead saw increases in the population of younger seniors/recent retirees aged 65-74, residents aged 45-54, and the numbers of children and youth. Looking ahead, as the younger seniors age, growth in the more elderly cohorts will resume and then expand substantially.

Although population projections for the District are not available, forecasts for the 100 Mile House Local Health Area predict that, while the total population contracts by 4.0% between 2011 and 2026, and 10.1% by 2036, growth of the 65+ population will be 71.8% and 59.1% respectively.

#### Population Projections: 2011, 2026, & 2036

Age	2011	2026	2036	Nominal Change 2011-2036	Percent Change 2011-2036
0-4	545	429	468	-77	-14.1%
5-9	578	442	509	-69	-11.9%
10-14	682	604	512	-170	-24.9%
15-19	775	519	477	-298	-38.5%
20-24	495	523	567	72	14.5%
25-29	444	607	505	61	13.7%
30-34	517	511	582	65	12.6%
35-39	611	446	707	96	15.7%
40-44	729	568	612	-117	-16.0%
45-49	1,081	609	538	-543	-50.2%
50-54	1,234	594	617	-617	-50.0%
55-59	1,394	783	617	-777	-55.7%
60-64	1,447	1,108	595	-852	-58.9%
65-69	1,217	1,289	748	-469	-38.5%
70-74	854	1,364	984	130	15.2%
75-79	546	1,227	1,049	503	92.1%
80-84	310	867	969	659	212.6%
85+	195	618	1,218	1023	524.6%
<b>Total</b>	<b>13,654</b>	<b>13,108</b>	<b>12,274</b>	<b>-1,380</b>	<b>-10.1%</b>



Having seniors grow from comprising 23% of the community to 40% will transform various aspects of 100 Mile House. This growth is particularly important in the context of housing, given that, as people approach, begin, and live through retirement, their housing needs and preferences tend to change. The projected growth of the 75+ age groups is particularly significant<sup>2</sup>.

In 100 Mile House, these 75+ populations are forecast to more than double (158.0%) by 2026 and triple (207.9%) by 2036. Also of note is the projected increase of the 85+ cohort, which is expected to grow 524.6% by 2036, from 195 to 1,023.

*As explained by the 2012 CMHC Report on Housing for Older Canadians, the proportion of the population living either on their own or in special care facilities rises significantly for those aged 75 years and older. This milestone in the housing life cycle is particularly pronounced for women in older age cohorts. For example, the study found that whereas 17% of women aged 55-64 live alone, close to half (48%) of those 75 years and older live by themselves.*

Unlike many communities in Northern BC, 100 Mile House is also expected to see growth in its family formation cohorts (ages 22-44). Evidence indicates that this trend has already begun. For example, school district enrollments have increased. While the predicted increases are far less dramatic than those for seniors, the family formation age group is expected to grow 6.3% by 2036. Meanwhile, the experienced/mature workers cohort, aged 45-64, is forecast to shrink to half its size by 2036. These changes to the younger age groups are also significant from a housing perspective given that people usually buy their first home between the ages of 22 and 44, and residents in the 45-64 age groups typically comprise the largest share of homeowners.

### Education, Income & Employment<sup>3</sup>

Education statistics collected during the 2011 Census cycle were suppressed due to a small sample size. Historically, however, education levels in 100 Mile House have been similar to other communities in Northern BC. While the proportion of the population with university degrees remains well below the provincial average, the number of adults with college diplomas is above average, as are the numbers of trade certifications and apprenticeships. While education levels have steadily improved with each Census cycle in the Cariboo Economic Development Region (where 100 Mile House is located), this trend was reversed during the recent economic downturn.

Between 2014 and 2015, the percentage of the region's labour force with a post-secondary certificate/diploma dropped from 61.0% to 56.2%. This significant decrease is due to 6,800 workers aged 25-64 who left the region. This group comprised approximately 11% of the workforce. The Cariboo region was the only region in BC to experience a decline in its levels of educational attainment during this time. In the province overall, education levels increased from 68.1% to 70.2%.<sup>4</sup>

Having seniors grow from comprising 23% of the community to 40% will transform various aspects of 100 Mile House. This growth is particularly important in the context of housing, given that, as people approach, begin, and live through retirement, their housing needs and preferences tend to change. The projected growth of the 75+ age groups is particularly significant<sup>2</sup>.

In 100 Mile House, these 75+ populations are forecast to more than double (158.0%) by 2026 and triple (207.9%) by 2036. Also of note is the projected increase of the 85+ cohort, which is expected to grow 524.6% by 2036, from 195 to 1,023.

*As explained by the 2012 CMHC Report on Housing for Older Canadians, the proportion of the population living either on their own or in special care facilities rises significantly for those aged 75 years and older. This milestone in the housing life cycle is particularly pronounced for women in older age cohorts. For example, the study found that whereas 17% of women aged 55-64 live alone, close to half (48%) of those 75 years and older live by themselves.*

Unlike many communities in Northern BC, 100 Mile House is also expected to see growth in its family formation cohorts (ages 22-44). Evidence indicates that this trend has already begun. For example, school district enrollments have increased. While the predicted increases are far less dramatic than those for seniors, the family formation age group is expected to grow 6.3% by 2036. Meanwhile, the experienced/mature workers cohort, aged 45-64, is forecast to shrink to half its size by 2036. These changes to the younger age groups are also significant from a housing perspective given that people usually buy their first home between the ages of 22 and 44, and residents in the 45-64 age groups typically comprise the largest share of homeowners.

### Education, Income & Employment<sup>3</sup>

Education statistics collected during the 2011 Census cycle were suppressed due to a small sample size. Historically, however, education levels in 100 Mile House have been similar to other communities in Northern BC. While the proportion of the population with university degrees remains well below the provincial average, the number of adults with college diplomas is above average, as are the numbers of trade certifications and apprenticeships. While education levels have steadily improved with each Census cycle in the Cariboo Economic Development Region (where 100 Mile House is located), this trend was reversed during the recent economic downturn.

Between 2014 and 2015, the percentage of the region's labour force with a post-secondary certificate/diploma dropped from 61.0% to 56.2%. This significant decrease is due to 6,800 workers aged 25-64 who left the region. This group comprised approximately 11% of the workforce. The Cariboo region was the only region in BC to experience a decline in its levels of educational attainment during this time. In the province overall, education levels increased from 68.1% to 70.2%.<sup>4</sup>

### The Community Development Institute at The University of Northern British Columbia

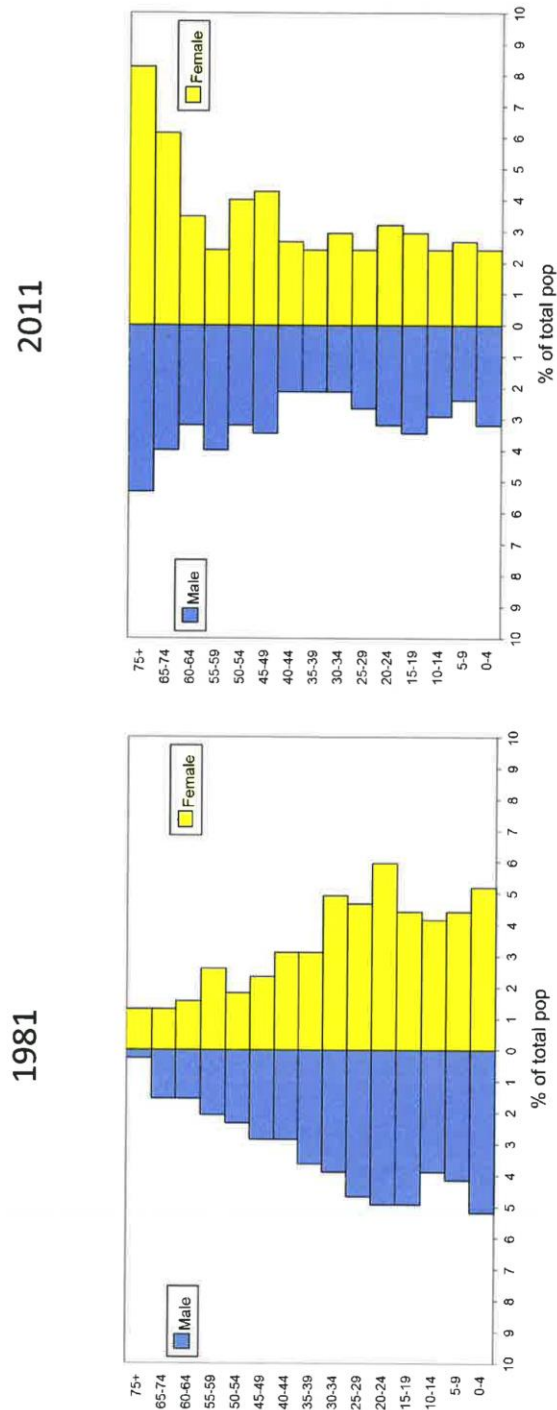
The Community Development Institute (CDI) at UNBC was established in 2004 with a broad mandate in the areas of community, regional, and economic development. Since its inception, the CDI has worked with communities across the northern and central regions of British Columbia to develop and implement strategies for economic diversification and community resilience.

Dedicated to understanding and realizing the potential of BC's non-metropolitan communities in a changing global economy, the CDI works to prepare students and practitioners for leadership roles in community and economic development, and create a body of knowledge, information, and research that will enhance our understanding and our ability to anticipate, and develop strategies for, ongoing transformation. The CDI is committed to working with all communities – Aboriginal and non-Aboriginal – to help them further their community and regional development aspirations.

For more information, visit:  
[www.unbc.ca/community-development-institute](http://www.unbc.ca/community-development-institute)



# Population of 100 Mile House: Oldest





## APPENDIX 5.2

### Project Introduction

The District of 100 Mile House is updating both the Official Community Plan (OCP) and Zoning Bylaw. *What does this mean and how do they affect you?*

There are two main parts:

1. The **Official Community Plan Update** - the OCP sets the general direction for development and establishes objectives & policies for land use in 100 Mile House.
2. The **Zoning Bylaw Re-Write** - the Zoning Bylaw regulates land use for every property within the District's boundaries and is the tool to implement the objectives and policies identified in the OCP.

These documents need to be reviewed and revised regularly to stay aligned with Council and community values, and aspirations.

### Project Timeline

The OCP Update & Zoning Bylaw Re-Write are expected to be completed by January 2016.

Please help the District plan for an age-friendly community by answering a few questions!

*And receive a free pin at the end!*

The District wants residents to have a high **quality of life** as they age and be able to **live safely**, enjoy **good health** and **stay involved** in our community.



Think about 100 Mile House ...

**Does our community meet your needs today?**

**How about for the future?**



#### JUNE

- Stakeholder Consultation
- Advisory Committee Meeting
- Council Presentation

#### JULY

- Public Event
- Stakeholder Consultation
- Advisory Committee Meeting
- Meeting with Council

#### AUGUST

- OCP Analysis & Recommendations

#### SEPTEMBER

- Zoning Analysis & Recommendations

#### OCTOBER

- Council Workshop
- OCP Initial Draft
- Zoning Bylaw Re-Write

#### NOVEMBER

- Open House
- Advisory Committee Meeting
- Council Presentation

#### DECEMBER

- OCP & Zoning Bylaw Revisions

#### JANUARY

- Public Hearing & Final Adoption

**How did you get here today?**

- ☐ Drove myself  
☐ Had someone drive me  
☐ Took a bus  
☐ Walked  
☐ Other: \_\_\_\_\_

**Where do you live?**

*Please select only one*

- ☐ 100 Mile House (town)  
☐ 108 Mile Ranch  
☐ 103 Mile House  
☐ Lac La Hache  
☐ Horse Lake Road /  
Imperial Ranchettes  
☐ Towards 70 Mile House  
☐ Canim Lake  
☐ Interlakes  
☐ Lone Butte  
☐ Other: \_\_\_\_\_

**Do you use a cell phone?**

- ☐ All the time  
☐ On occasion  
☐ Only for Emergencies  
☐ Not really  
☐ No  
☐ Don't have one

**Do you use a computer?**

- ☐ Regularly at home  
☐ Occasionally at home  
☐ Only at public places  
like the library  
☐ Not really  
☐ No  
☐ Don't have one

**Do you use the Internet?**

- ☐ All the time  
☐ On occasion  
☐ Only for e-mails  
☐ Not really  
☐ No

**Please number your top five (1 to 5) priorities  
where you would like to see 100 Mile House  
focus on in the future:**

- ☐ Safer sidewalks  
☐ More benches on sidewalks and trails  
☐ Safer routes for Scooters/Wheelchairs  
☐ More bus & public transportation options  
☐ Well-lit roads for driving  
☐ More housing options for seniors  
☐ More employment/volunteer opportunities for seniors  
☐ More community activities for seniors  
☐ More access to information about services  
☐ Home-visit program (e.g. housekeeping or health care)  
☐ Delivery service program (e.g. groceries or medicines)  
☐ Escorted shopping/appointment service

**Are there any other issues 100 Mile House should focus on?  
Please provide any additional comments or explanation.**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**In order to help us plan for a community of all ages, please  
pick your age group:**

- ☐ Under 50                      ☐ 70 - 79 years  
☐ 50 - 59 years              ☐ 80+ years  
☐ 60 - 69 years              ☐ Prefer not to answer

**Would you like to receive updates about this project?**

- ☐ Yes! I'd like to receive updates about this project.  
Name: \_\_\_\_\_  
Contact: \_\_\_\_\_  
☐ No, thank you - I'll watch the local newspaper or check  
the District's website for project updates instead.



*Your participation will help shape the goals and policies  
for the future of 100 Mile House.*

*Thank you!*

Don't forget to pick up your **free 50th Anniversary Celebratory Pin** from the District of 100 Mile House booth for filling out the survey.



planning  
architecture  
culture & heritage

1030 - 470 granville street  
vancouver bc canada | v6c 1v5  
t: (604) 683-1903  
f: (604) 683-7494  
info@arlingtongroup.ca



## DISTRICT OF 100 MILE HOUSE AGE-FRIENDLY SURVEY – SUMMARY REPORT

**Project:**  
Official Community Plan and Zoning Bylaw Re-Write

**Date:**  
November 2015

**Client:**  
District of 100 Mile House



**Table of Contents**

1. Introduction ..... 2

2. Survey Results .....3

3. Observations ..... 12

*Front Cover: Gaven Crites, 100 Mile Free Press*



## 1. Introduction

The first annual South Cariboo Seniors Resource Fair was hosted by the South Cariboo Age-Friendly Initiative (SCAFI) – a volunteer run program of the South Cariboo Community Planning Council (SCCPC) – on October 23<sup>rd</sup>, 2015 between 10am and 3pm.

The District attended the event as a way to provide a project update about the Official Community Plan (OCP) Update & Zoning Bylaw Re-Write to interested individuals. In addition the District sought to solicit feedback on Age-Friendly related issues.

An 8 ½"x13" handout was prepared. One side contained information about the OCP and Zoning Bylaw processes while the other side consisted of a short questionnaire for Senior Resource Fair participants to complete. In addition to paper copies provided at the Fair, the questionnaire was available online for two weeks following the event <sup>1</sup>.

The Age-Friendly survey consisted of nine questions with:

- One question to determine/ rank Top 5 priorities for 100 Mile House in the future
- One open ended question, to solicit other areas of desired improvement
- Six questions focused on the participant – including means of transportation, familiarity levels with technology, community of residence, and age group
- One question soliciting contact information while also providing a subtle reminder about where project information will be posted.

The questionnaire response rate was extremely positive. Sixty six responses were received on the day of the Resource Fair, with another 20 paper copy responses were submitted to the District in the week following the event. The online survey was completed by an additional 20 people resulting in a total of 106 questionnaires.

Section 2 documents the survey results and Section 3 provides observations and analysis of the results.

---

<sup>1</sup> There were minor differences between the paper and online surveys as noted in the Survey Results documentation.

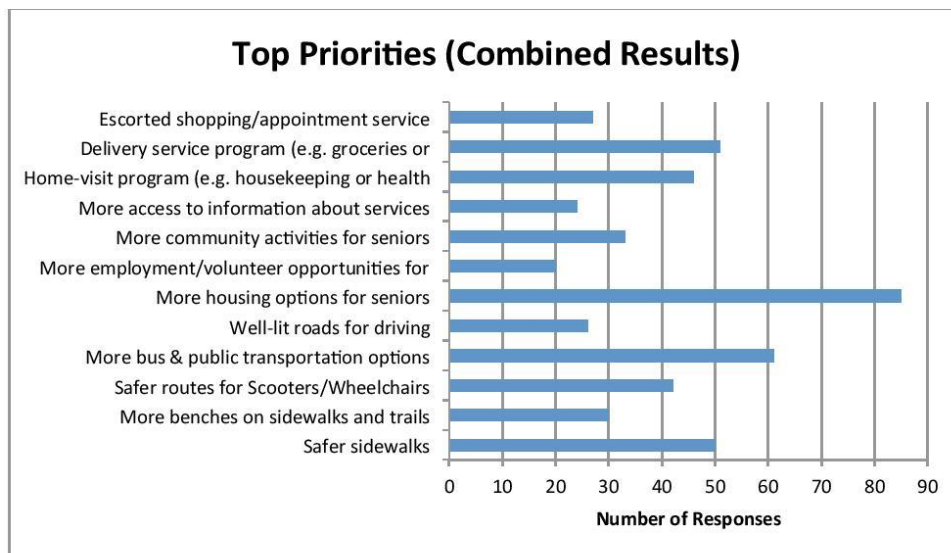
## 2. Survey Results

**Question 1 – Please number your top 5 (1 to 5) priorities where you would like to see 100 Mile House focus on in the future:**

Of the 12 top priorities, *more housing options for seniors* was considered the most important by a substantial margin (both paper and online results). The remaining four top five overall priorities were *more bus and public transportation options*, *delivery service program*, *safer sidewalks* and *home visit program*.

There were two differences between Question 1 of the online and paper versions of Question 1.

- 1) The paper questionnaire had one additional option to select – *more access to information about services* – than the online version.  
For paper questionnaire respondents, *more access to information about services* came in 8<sup>th</sup> place (6.24 %) out of 12 options. While clearly important to some people, it received less than half the level of support of the top four priorities.
- 2) All respondents were asked to rank their 'Top 5' priorities in Question 1; however only the online respondents were required to do so by the Survey Monkey software. Paper questionnaire respondents were far more likely to check-off but not rank their 'Top 5' priorities. Therefore, completely ranked data is not available. As many paper responses included both less and more than 5 selections, results have been based on the overall response count, with no rating system applied.



**Data Comparison**

<b>Top 5 Priorities</b>		
<b>Paper Results (86 responses)</b>	<b>Online Results (20 responses)</b>	<b>Combined Results (106 responses)</b>
More housing options for seniors (18.2%)	More housing options for seniors (13.5%)	More housing options for seniors (17.2%)
More bus & public transportation options (12.8%)	Home-visit program (e.g. housekeeping or health care (12.6%)	More bus & public transportation options (12.3%)
Safer sidewalks (10.2%)	Delivery service program (e.g. groceries or medicines) (12.6%)	Delivery service program (e.g. groceries or medications) (10.3%)
Delivery service program (e.g. groceries or medicines) (9.6%)	More bus & public transportation options (10.8%)	Safer sidewalks (10.1%)
Home-visit program (e.g. housekeeping or health care) (8.3%)	Safer sidewalks (9.9%)	Home-visit program (e.g. housekeeping or health care) (9.3%)

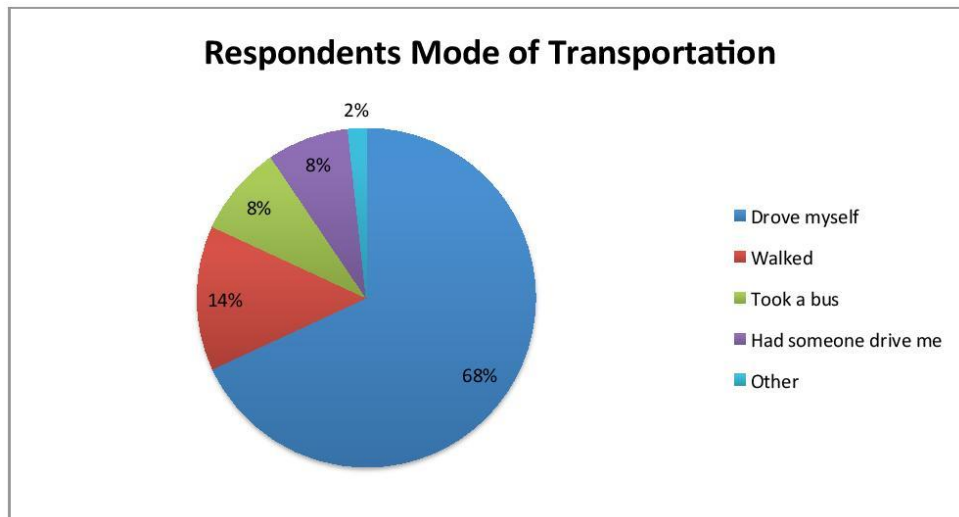
**Question 2 – Are there any other issues 100 Mile House should focus on? Please provide any additional comments or explanation.**

This question received 39 responses from the paper questionnaires and 7 comments from the online survey, for a total of 46 responses. General themes have been compiled in the Observation section 3.

**Question 3 – How did you get here today?**

The most common response was *drove myself*. This was the mode of transportation for a large majority of respondents. Paper questionnaires favoured *had someone drive me* as the second most common response, whereas the online questionnaires indicated *walked* as the second most common response. *Taking a bus* came in third place for both types of responses. *Other* forms of transportation included the use of a wheelchair as well as biking at least one way of the trip to the Resource Fair.

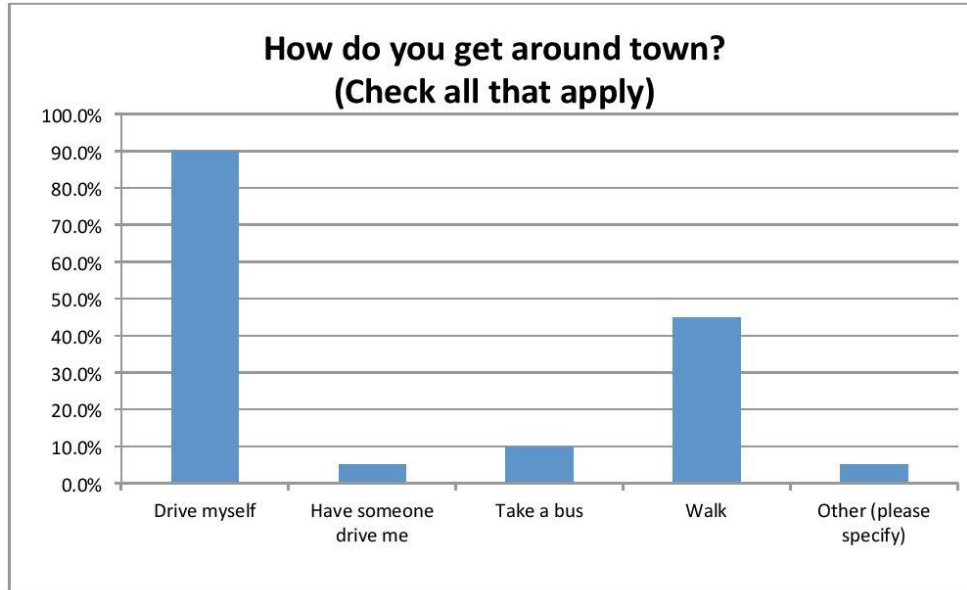
Note - multiple responses were permitted to this question. As a result, the total response count exceeded the number of questionnaires.

**Data Comparison**

Mode of Transportation		
Paper Results (85 responses)	Online Results (31 responses)	Combined Results (116 responses)
Drove myself (71.8%)	Drove Myself (58.1%)	Drove myself (68.1%)
Walked (8.2%)	Walked (29.0%)	Walked (13.8%)
Took a bus (9.4%)	Took a bus (6.5%)	Took a bus (8.6%)
Had someone drive me (9.4%)	Had someone drive me (5%)	Had someone drive me (7.8%)
Other (1.2%)	Other (3.2%)	Other (1.7%)

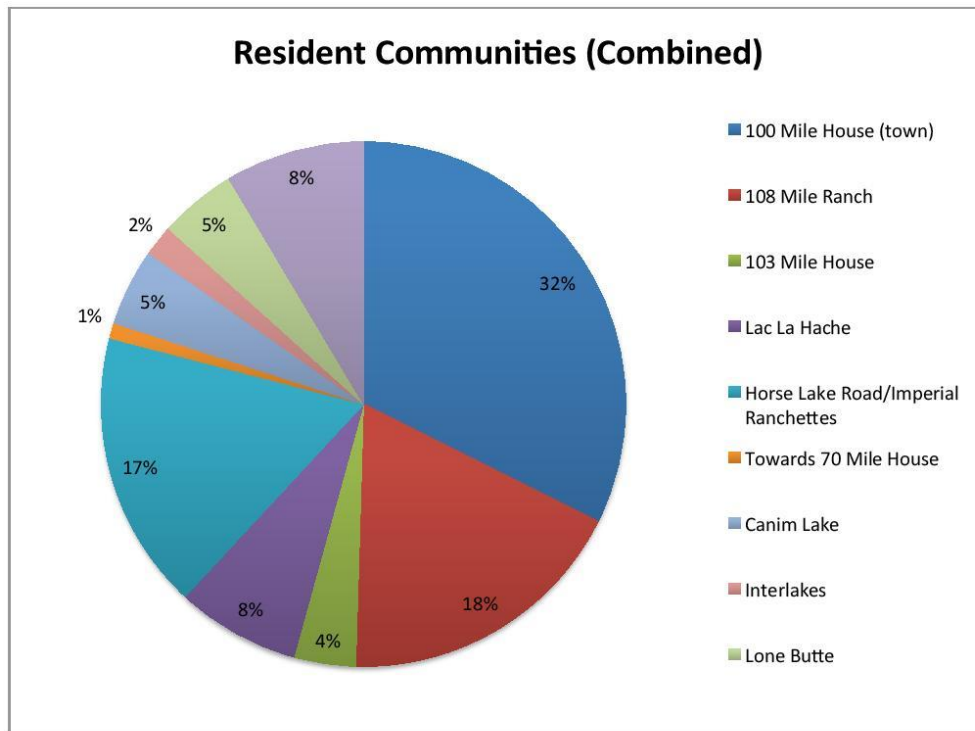


Online Response results by questionnaire count



**Question 4 – Where do you live? Please select only one**

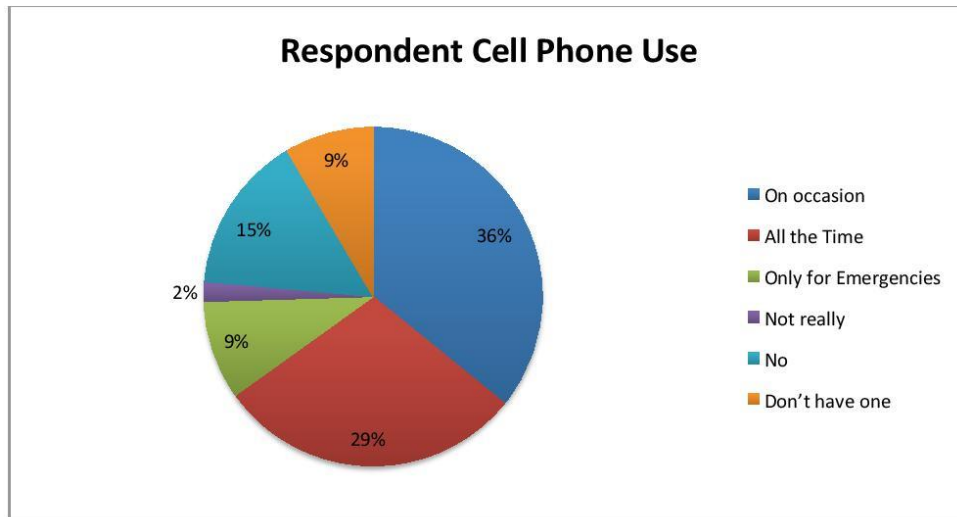
The largest number of responses stated *100 Mile House (town)* (32%) although the majority of the responses came from outside of the District. *108 Mile Ranch* and *Horse Lake Road/Imperial Ranchettes* were the next most two largest groups. *Other* responses included 105 Mile, 111 Mile, Green Lake, Forest Grove (Ruth Lake), Buffalo Creek, Forest Grove, Gateway. The following pie graph shows the great geographical diversity of responses.

**Data Comparison**

Top 5 Resident Community		
Paper Results (85 responses)	Online Results (20 responses)	Combined Results (105 responses)
100 Mile House (town) (29.4%)	100 Mile House (town) (45.0%)	100 Mile House (town) (32.4%)
Horse Lake Road/Imperial Ranchettes (20.0%)	108 Mile Ranch (25.0%)	108 Mile Ranch (18.1%)
108 Mile Ranch (16.5%)	Lac La Hache (10.0%)	Horse Lake Road/Imperial Ranchettes (17.1%)
Other (8.2%)	Other (10.0%)	Other (8.6%)
Lac La Hache (7.1%)	Horse Lake Road/Imperial Ranchettes tied with Interlakes (5%)	Lac La Hache (7.6%)

**Question 5 – Do you use a cell phone?**

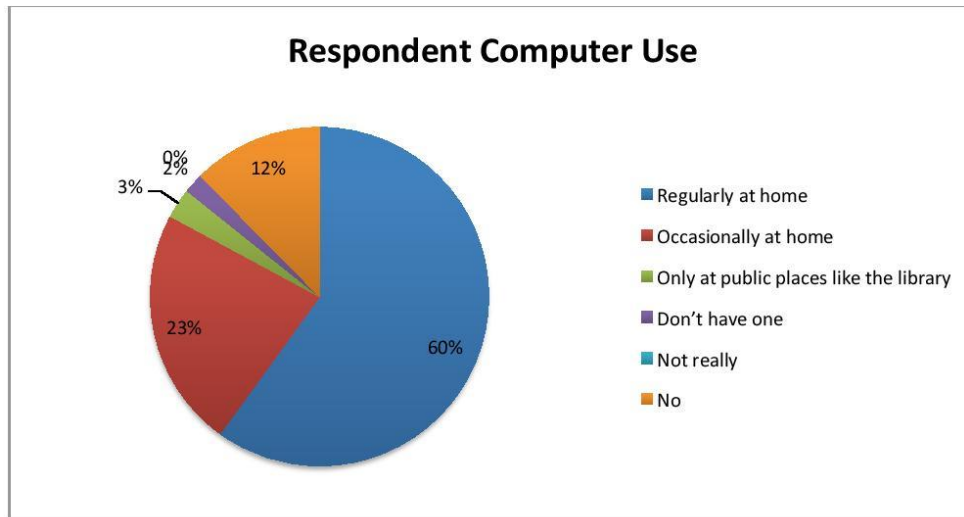
A third of responses stated that they use their cell phone *all the time*, and just over a third *on occasion*, meaning nearly two thirds of respondents routinely use cell phone technology. However, a tenth do not have a cell phone, nearly a sixth of respondents do not use a cell phone, and another tenth reported using a cell phone *only for emergencies*. Overall at least a third of respondents indicated they do not routinely use cell phone technology.

**Data Comparison**

Cell phone use		
Paper Results (86 responses)	Online Results (20 responses)	Combined Results (106 responses)
On occasion (34.9%)	On occasion (40.0%)	On occasion (35.9%)
All the time (27.9%)	All the time (35.0%)	All the Time (29.3%)
Only for Emergencies (8.1%)	Only for Emergencies (15%)	Only for Emergencies (9.4%)
Not really (2.3%)	Not really (0%)	Not really (1.9%)
No (17.4%)	No (5%)	No (15.1%)
Don't have one (9.3%)	Don't have one (5%)	Don't have one (8.5%)

**Question 6 – Do you use a computer?**

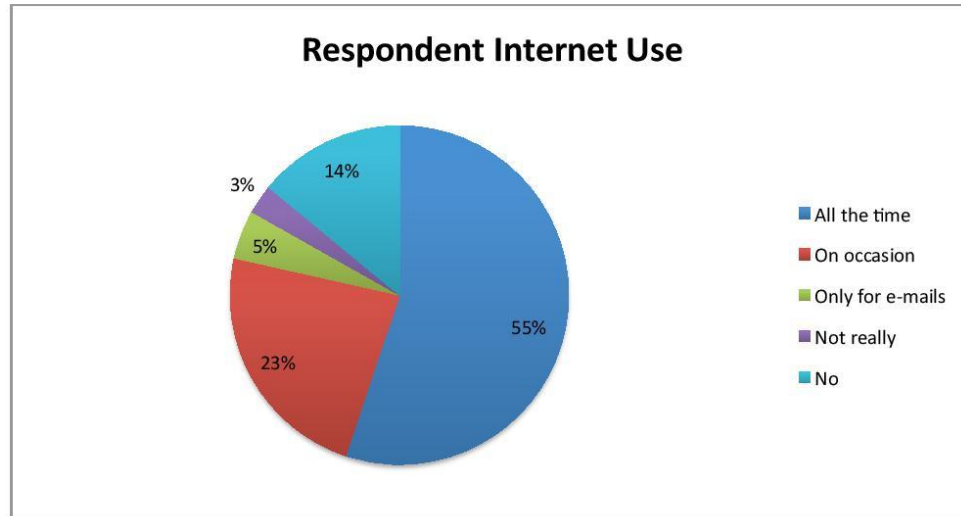
A clear majority of respondents *regularly use the computer at home* (60%), with more than an additional fifth reported using a computer *occasionally at home*. Approximately five sixths indicated they routinely use a computer. A small number of people (3%) use a computer *only at public places like the library* and a smaller number still (2%) *don't have a computer*. One eighth stated they *do not use a computer*. Overall, a sixth of respondents (17%) do not routinely use a computer.

**Data Comparison**

Computer use		
Paper Results (86 responses)	Online Results (19 responses)	Combined Results (105 responses)
Regularly at home (55.81%)	Regularly at home (78.9%)	Regularly at home (60%)
Occasionally at home (24.42%)	Occasionally at home (15.8%)	Occasionally at home (22.86%)
Only at places like the library (2.33%)	Only at public places like the library (5.3%)	Only at public places like the library (2.86%)
Don't have one (2.33%)	Don't have one (0%)	Don't have one (1.90%)
Not really (0%)	Not really (0%)	Not really (0%)
No (15.12%)	No (0%)	No (12.38%)

**Question 7 – Do you use the Internet?**

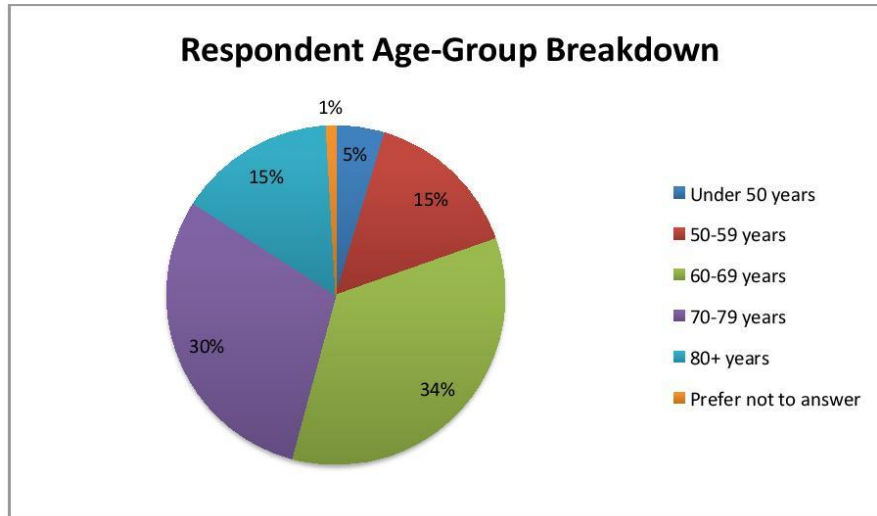
A majority of responses indicated they use the Internet *all the time*, with a fifth *on occasion*. A small portion (8% in total) use the Internet *only for emails* or *not really*. A seventh *do not* use the Internet.

**Data Comparison**

Internet use		
Paper Results (87 responses)	Online Results (20 responses)	Combined Results (107 responses)
All the time (50.6%)	All the time (75%)	All the time (55.1%)
On occasion (25.3%)	On occasion (15%)	On occasion (23.4%)
Not really (3.5%)	Only for emails (10%)	Only for emails (4.7%)
No (17.2%)	Not really (0%)	Not really (2.8%)
Only for emails (3.5%)	No (0%)	No (14.0%)

**Question 8 - In order to help us plan for a community of all ages, please pick your age group:**

A majority of responses received were in the age groups between 60 and 79 years. Equal numbers of those between 50-59 and 80+ responded, and a small number of responses came from those under 50.

**Data Comparison**

Age-group Breakdown		
Paper Results (87 responses)	Online Results (20 responses)	Combined Results (107 responses)
Under 50 (2.3%)	Under 50 (15%)	Under 50 (4.7%)
50-59 years (12.6%)	50-59 years (25%)	50-59 years (15.0%)
60-69 years (36.8%)	60-69 years (25%)	60-69 years (34.6%)
70-79 years (29.9%)	70-79 years (30%)	70-79 years (29.9%)
80+ years (17.2%)	80+ years (5%)	80+ years (15.0%)
Prefer not to answer (1.2%)	Prefer not to answer (0%)	Prefer not to answer (0.9%)

**Question 9 – Would you like to receive updates about this project?**

Twenty-five people requested to receive updates about the project. Both emails and phone numbers were provided as contact information. One person listed a postal address.

### 3. Observations

#### Housing

Quite clear, were the many requests for varied senior housing opportunities within 100 Mile House. In particular, an increase in secondary suites, more housing options close to town/amenities and a housing form that permits seniors to age in place were called for.

Separately, a need for decent housing, 'gated-community' style, and decent RV parking was highlighted.

#### Health

Concerns with health services identified the need to keep doctors in the area and increase the number of visits by specialists. Challenges with finding transportation options to Kamloops for medical services were highlighted.

An increase in the recreational activity opportunities for seniors was identified – including the importance of a swimming pool & Aquafit classes. General improvement in the promotion and awareness of existing activities was also mentioned. Concurrently, activities targeting young individuals (in particular youths & teens) were requested.

There was a request to reduce/eliminate the use of herbicides and pesticides within the District of 100 Mile House as a health concern.

#### Transportation

Multiple requests for an increase in bike routes and bike stands (in particular Downtown) were heard.

Roadway speeds were highlighted as a concern – with Cedar Ave. and Dogwood Ave. being specifically mentioned. Downtown 100 Mile House was cited in general. The merger lane around Tatton Station Road in 105 Mile House was also noted as a concern.

A broad range of transportation alternatives were proposed. More bus options (particularly in the evening – for nightly entertainment) and the use of a taxi service, were identified as a gap in the transportation options for 100 Mile House. An alternative transportation service designed to accommodate doctors' appointments (both in town and to Kamloops) was viewed as hugely beneficial.

#### Urban Design

Concerns over the existing urban design of 100 Mile House include overall wheelchair accessibility – not all Disability Buttons work (or exist) – and safer sidewalks. Many areas of town, including Blackstock Road (to Downtown), Cedar Ave, Dogwood Ave, Evergreen Cres., and North Birch, were identified as needing sidewalk improvements. More rest places along trails was cited as desirable.

One specific concern was the difficulties seniors face when the snow plow clears the road, but pushes all the snow into their driveways. Seniors indicate they have a difficult time clearing the snow.



\* Includes both 'Not Really' and 'Only for...'  
 \*\* Given the number of online respondents, results may be a bit low

Responses to the open ended question about other issues 100 Mile House should focus on highlighted that it can be difficult finding the necessary information about services. A streamlined communication process (incorporating both online and well placed traditional promotional means) will help better serve the community. A request for 'simple computer courses' highlights that there are still many underserved people when it comes to basic computer (and perhaps cellphone) use. A targeted computer course may be able to serve both purposes – educational opportunities to improve local knowledge and familiarity with technology as well as a captive audience to promote how to access needed information and services.



Continuum of Housing and Care Options for Seniors			
<b>Independent Housing</b>  Seniors living independently in the community  <i>Meals and housekeeping are not included in the “housing package” and, if desired, must be arranged and paid for by the resident</i>	<b>Supportive Housing</b>  Accommodation and hospitality  <i>Includes meals and light housekeeping services</i>	<b>Assisted Living</b>  Accommodation with hospitality services  <i>Includes meals, light housekeeping services and personal care (assistance with bathing, dressing, administration of medication)</i>	<b>Residential/ Complex Care</b>  24-hour professional nursing care  <i>Includes nursing care, meals, personal care, and housekeeping</i>
<b>Housing options may be paid for privately (market) or, in some situations, partially subsidized through government programs</b>			

#### APPENIDIX 5.4

## APPENIDIX 5.5

### Seniors Housing Inventory 100 Mile House

Name of Complex	Number of units/beds	Address	Notes
Carefree Manor	36 units	812 Cariboo Trail	19 private, 17 publicly subsidized
Fischer Place & Mill Site Lodge	93 residential care beds	555 Cedar Ave	Includes 14 new beds announced Sept. 8, 2016
Pioneer Haven	16 units	350 Aspen St	BC Housing
Seniors Rental Housing	8 units	350 Aspen St co-located Pioneer Haven	BC Housing
Cariboo Trail Adult Villa	8 units	814 Cariboo Trail	Strata
Mountain View Strata	5 units	202 Eighth St	Strata
Scenic Place Mobile Home Park	49 mobile homes	208 Eighth St	+55 owner occupied
Seniors Gardens	19 units	204 Eighth St	Strata
Forest Ridge Strata +55	11 lots	110 Forest Ridge Rd	Strata
<b>OTHER - Not specifically seniors housing</b>			
Cariboo Trail Terrace	25 units	910 Cariboo Trail	Affordable family housing
99 Mile Motel		896 Alpine Ave	
<b>APARTMENTS</b>			
Sheridan Manor	33 units	440 Cedar Ave	
Cariboo Gardens	45 units	550 Cedar Ave	
Elm Avenue Apartments	23 units	230 Elm Ave	
Caledonia Manor	24 units	710 Cariboo Trail	

*"This document has been compiled to provide general housing information within the District of 100 Mile House to the best of our knowledge. It is intended as a community service and should not be interpreted as an endorsement of any particular organization or business. All users are asked to use their own care and judgment with regard to the use of this tool. We apologize for any errors or omissions."*

# 55+ SOUTH CARIBOO HOUSING FORUM

24 January 2017

## List of Guest Presenters

<b>Dr. Darryl Plecas, MLA</b> Parliamentary Secretary to The Minister of Health for Seniors	<a href="mailto:Darryl.Plecas.MLA@leg.bc.ca">Darryl.Plecas.MLA@leg.bc.ca</a>	Call toll free Enquiry BC 800 663 7867
<b>Marlene Morris, MSc, BA</b> Co-Director Community Development Institute	<a href="mailto:Marlene.Morris@unbc.ca">Marlene.Morris@unbc.ca</a> <a href="http://www.unbc.ca/community-development-institute/cdi-team">www.unbc.ca/community-development-institute/cdi-team</a>	250 960 5952
<b>Joanne Doddridge MCIP, RPP</b> Director of Economic Development & Planning District of 100 Mile House	<a href="mailto:jdoddridge@dist100milehouse.bc.ca">jdoddridge@dist100milehouse.bc.ca</a> <a href="http://www.100milehouse.com">www.100milehouse.com</a>	250 395 2434
<b>Cindy Parent</b> Manager Carefree Manor	<a href="mailto:cindy.carefree@shaw.ca">cindy.carefree@shaw.ca</a>  812 Cariboo Trail 100 Mile House, BC	250 395 4807
<b>Trisha Shetler</b> Health Service Manager Cariboo/Chilcotin Hospitals and Communities Integrated Services (HCIS)	<a href="mailto:Trisha.Shetler@interiorhealth.ca">Trisha.Shetler@interiorhealth.ca</a>	250 395 7676
<b>Ralph Fossum</b> Chair, Age Friendly Society of the South Cariboo; Councillor, District of 100 Mile House; Representative on Council of Advisers, Office of the Seniors Advocate BC	<a href="mailto:rfossum@dist100milehouse.bc.ca">rfossum@dist100milehouse.bc.ca</a>	250 395 2434
<b>Lea Smirfitt</b> Executive Director Age Friendly Society of the South Cariboo	<a href="mailto:sc.agefriendly@gmail.com">sc.agefriendly@gmail.com</a>	250 791 6406 Tues. to Thurs. 10 AM to 2 PM

## APPENDIX 5.6

### WHAT IS THE ROLE OF A “TABLE HOST”?

The Table Host is a very important person in the community conversation process. For the conversations taking place at this forum, the host’s role is to maintain respectful and energized conversations while recording the general themes of what is being said by participants. The host creates a comfortable environment for people to share what is important to them. In order for people to feel comfortable sharing stories they need to be assured that no one’s name will be recorded and all contributions will remain confidential.



Hosts begin by introducing themselves and confirming that the host role is to help people feel comfortable sharing their answers to the questions, to listen to what is being said and to record (in note form) the essence of what people are saying. By taking notes in point form, it is easier for the team who will be collating the notes to identify common themes. If you are not sure if you have captured someone’s message correctly, you might want to say something like, “I have captured what you said this way.....Are you okay with that wording?”

There will be 15 minutes allotted for each of 2 questions and we hope to have input from as many people as possible at each table. As a table host, part of your role is to encourage each person to contribute to the extent they are comfortable sharing their information. We also know that some folks will want to participate by simply listening to what is being said, and that is okay, too.

Everyone’s input is important and encouraged. In previous cafés, we have seen situations where one person tells another that his or her take on a situation is not correct and proceeds to tell them why they are wrong. In community conversations, we emphasize that all input is valued and we strive to be inclusive of all people’s experiences. In order to keep the conversation moving from person to person a host might say, “Thanks for sharing your input, Sally. Joey, I don’t think we have had a chance to hear from you. Do you have something you’d like to say?”

If people get off the topic of housing, you could say that although healthcare, transportation, or \_\_\_\_\_ is an important issue and we understand that it is very important to the person, we are trying to stay on track today by speaking about **housing** in particular. If the person insists on having input on a particular area invite him or her to share their input on a separate sheet of paper (available on the tables) and this paper can be handed in with the table host notes. Please invite participants to share their ideas in additional ways other than through conversations such as doodling, drawing, writing notes, etc. if they so wish.

## APPENIDIX 5.7

***Thank you so much to all our Table Host Volunteers for your assistance with our forum. Your help is very much appreciated and critical to gaining insights into people's needs and wishes for seniors' housing.***

**Question 1.**

***What event or change in your life would kick start thoughts of moving into housing that would be more appropriate for your needs?***

Can you think of a time when you were concerned about where you lived? What was happening?

Have you watched a neighbour or friend go through a situation and wondered what it would be like for you in a similar situation? What was taking place at that time?

**Question 2.**

***What options are you thinking about when you imagine your future housing needs?***

If a change in your health and mobility took place, this could affect your ability to access services such as attending doctor's appointments or to perform activities such as meal preparation. Would living in another housing option help and what might that look like?

Have you thought about how you would plow snow, gather firewood, shovel sidewalks, or do maintenance on your home?

What role do you see family, friends and neighbours taking when you need assistance?

What is it about where you live that is important to you? This might be your home itself or the area in which you live.

## APPENIDIX 5.8

### Age Friendly Society of South Cariboo – Housing Forum

#### Coding Results from Discussion Table Responses

#### **Question 1: What event or change in your life would kick start thoughts of moving into housing that would be more appropriate for your needs?**

1. Health Issues/Mental Wellness (injury or illness/depression, anxiety, dementia) (17)
2. Home & Property (garden, farm) Maintenance (17)
3. Loss of Driving privileges (Lack of transportation) (15)
4. Mobility Issues (disability, accessibility in housing structure: stairs, door width) (13)
5. Loss of Spouse or Caregiver (temporary circumstance or permanent) (13)
6. Support Network (reliance on others for help with general needs: positive or negative) (9)
7. Financial (8)
8. Lack of Government support services for seniors (including caregiver support) (7)
9. Safety / security (7)
10. Rural life-style choice (not wanting to lose the rural or small town environment) (7)
11. Socialization (6)
12. Travel for out of town care (5)
13. Firewood (2)
14. Missing Family (2)
15. Finding Help (2)
16. Loneliness (2)
17. Farm (1)

#### **Question 2: What options are you thinking about when you imagine your future housing needs?**

1. Age in place (multiple levels of housing arrangements within a single campus) (11)
2. Staying in own home (9)
3. Recreation (indoor/outdoor, scheduled activities with activity area, garden, socialization) (9)
4. Support Network (help from family, friends, neighbours – Consistent ) (9)
5. Transportation (local and medical out of town) (8)
6. Paid helpers available (consistent, Better at Home service, janitorial) (8)
7. Central location in 100 Mile House (central to stores/services) (7)
8. Privacy/quiet (7)
9. Quality modern construction/design/view/clean/environmentally friendly design (2 bedrooms/2 bathrooms to accommodate visitors) (7)

10. Housing available in 100 Mile House (private homes or apartments; rental or purchase) (7)
11. Maintain rural lifestyle (6)
12. Pet Friendly (with assistance when needed) (6)
13. Cost – affordable (5)
14. Purposeful activities (puttering, pursuing interests) (5)
15. More Government services (support services) to rural residents (4)
16. Proximity to family (4)
17. Size (smaller) (4)
18. Supportive Living (meals and light housekeeping) (4)
19. Pocket Neighbourhood concept with centralized common area, green space (3)
20. Accessibility design considerations (height of cupboards, mobility, doorways, bathrooms no stairs) (3)
21. Assisted Living (meals, light housekeeping, some personal care) (3)
22. Small community/town (3)
23. Access to information (supportive people with similar experience; where to find resources) (3)
24. Less Maintenance (3)
25. Security/Safety (no elder abuse) (3)
26. Space (less proximity to neighbours) (3)
27. Walkable communities (accessibility for seniors/dis-abled) (3)
28. Leaving the Cariboo – closer to medical services (hospitals/specialists) (3)
29. Independent Housing Options suitable for seniors in their current Community (3)
30. Kitchen facilities (in units) (2)
31. Internet and other Communication technology (2)
32. Food (variety, quality) (2)
33. Funding for Home Renovations (to stay in own home) (2)
34. More health care services/doctors in 100 Mile (2)
35. Safe parking area for vehicles (covered) (2)
36. Adult only (clear guidelines for visitors) (2)
37. Still exploring options – unsure (including family meetings; easily accessible info) (2)
38. Special dietary needs can be met (1)
39. Move in with family/relatives (1)
40. Hospice/Palliative Care (options including outside hospital) (1)
41. Rehabilitation spaces/services (1)
42. Alert systems (call alert) (1)
43. Volunteer Opportunities (within housing environment) (1)
44. Culturally safe and respectful treatment (1)
45. Spiritual & Cultural practices supported (sweat house) (1)
46. Senior's mental health services available (1)
47. Reduce waiting lists for senior's affordable housing/care (1)
48. Respite services needed (1)
49. Keep wisdom, knowledge, and history carried by seniors (staying in place rather than leaving community) (1)



Seventeen Discussion Tables with a table-host facilitating discussion at each were established. A total of seventeen table discussion summary reports were submitted. Table participant numbers varied at each table (average of six per table) with approximately 100 participants. Table hosts were given instruction packages to encourage uniformity in focusing conversations to the two identified questions.

*(Numbers highlighted in red at end of statement represent number of tables identifying this need. Information in table notes were themed and coded from typed copies of facilitator's notes for Question 1 and Question 2). Results are listed from highest to lowest number of table identifying response).*

Barbara Perrey, M.S.W. (RCSW)

Co-chair, Age Friendly Society of South Cariboo

Revised February 22, 2017



## APPENIDIX 5.9



### South Cariboo 55+ Housing Needs Survey

In rural communities, the provision of housing, services, and facilities will influence the decisions of individuals when choosing to retire in a community. The South Cariboo Age Friendly Society and its partners, the District of 100 Mile House, the Cariboo Regional District, Cariboo Strong, and the Province of BC are working collaboratively to collect information on the housing needs of older residents in the South Cariboo.

This survey asks questions about your household's current and future housing needs. Your "household" means all members living in your home, including the person completing the survey. The findings will be used to develop a Seniors Housing Needs Report, which will be used to inform the future development of seniors housing in the South Cariboo.

Your participation in this survey is entirely voluntary. So you may choose not to participate at all, or ignore any questions you would rather not answer. We will NOT ask for your name or contact information.

**Your responses are completely confidential.**

Completing the survey questionnaire will be interpreted as providing informed consent for participation in this survey.

**Please drop off completed surveys at:**

- District of 100 Mile House - 385 Birch Avenue
- Cariboo Regional District office – #3 - 170 Cedar Avenue

Or to complete the survey online, visit: [www.100milehouse.com](http://www.100milehouse.com)

**Assistance:** For assistance completing the survey online, call Lory Rochon at Cariboo Chilcotin Partners for Literacy at: (250) 395-0655. People with vision loss and/or blindness can get assistance completing the survey from Lori Fry (250) 395-2452.

Supported by:



District of 100 Mile House



### **SECTION A: CURRENT HOUSING SITUATION**

Questions in this section relate to your current housing situation. Information gained from these questions will be used to develop a profile on the housing of community members in the area.

**1. What type of house do you live in? (Please select from the following)**

- ☐ Single detached dwelling
- ☐ Mobile home on property
- ☐ Mobile home in Mobile Home Park
- ☐ Apartment
- ☐ Townhouse/Row House
- ☐ Other, please specify \_\_\_\_\_

**2. Is your home: (Please check one)**

- ☐ Owned (even if it's still being paid for)
- ☐ Rented

**3. Are there stairs at the main entrance of this home (inside or outside)? (Please check one)**

- ☐ No
- ☐ Yes

If **YES**, approximately how many stairs? \_\_\_\_\_  
(Outside) (Inside)

**4. Are there stairs between the main living section of this home and the bedrooms? (Please check one)**

- ☐ No
- ☐ Yes

If **YES**, how many stairs? \_\_\_\_\_

~ 2 ~

**5. Is your home in need of any repairs?** *(Please check one)*

- ☐ **No**, only regular maintenance is needed *(i.e. painting, furnace, cleaning etc.)*
- ☐ **Yes, minor** repairs are needed *(i.e. missing/loose floor tiles, bricks or shingles, defective steps, railings or siding, etc.)*
- ☐ **Yes, major** repairs are needed *(i.e. defective plumbing or electrical wiring, structural repairs to walls, floors or ceiling, etc.)*

**SECTION B: CURRENT HOUSING NEEDS**

Questions in this section relate to your housing needs and the housing options available in your area.

**6. Is your housing appropriate to your household's physical needs?** *(Please check one)*

- ☐ Yes
- ☐ No

If **NO**, please explain why: \_\_\_\_\_  
\_\_\_\_\_

**7. Is your housing too large for your household's needs?** *(Please check one)*

- ☐ Yes
- ☐ No

**8. Is your housing too small for your household's needs?** *(Please check one)*

- ☐ Yes
- ☐ No

~ 3 ~

**9. Do you plan on staying in your home during retirement?** *(Please check one)*

- ☐ Yes
- ☐ No
- ☐ Not sure

**10. Are there other houses in your community that could meet your needs and lifestyle if you were to leave your current home?** *(Please check one)*

- ☐ Not sure
- ☐ Yes, many
- ☐ Yes, an adequate amount
- ☐ Very few
- ☐ No

If **NO** or **VERY FEW**, please explain why: \_\_\_\_\_  
\_\_\_\_\_

**11. Do you consider your current housing affordable?**

- ☐ Not sure
- ☐ Yes
- ☐ Somewhat
- ☐ No

If **NO**, please explain why: \_\_\_\_\_  
\_\_\_\_\_

**12. Are there other houses in your community that you could afford to buy/rent if you were to leave or sell your current home? (Please check one)**

- ☐ Not sure
- ☐ Yes, many
- ☐ Yes, an adequate amount
- ☐ Very few
- ☐ No

**SECTION C: SENIORS HOUSING NEEDS**

In this section, questions look at your current and future requirements for seniors' accommodations and services.

**13. Have you thought about or planned for your future housing needs? (Please check one)**

- ☐ Yes
- ☐ No

**14. Do YOU need seniors' accommodation at this time? (Please check one)**

- ☐ Yes
- ☐ No

**15. If YES, how much would you be willing to pay for this accommodation in monthly rent? (accommodation only, with NO additional services)? ie: no meals, housekeeping, etc. (Please check one)**

- ☐ up to \$600
- ☐ \$600 - \$1,000
- ☐ \$1,000 – 1,500
- ☐ \$1,500 – 2,000
- ☐ \$2,000 +

**16. If you would prefer to purchase accommodation, what is the maximum you would be willing to pay? \$\_\_\_\_\_**

~ 5 ~

In order to answer the next question, please take a moment to review these terms first.

<b>Continuum of Housing and Care Options for Seniors</b>			
<p><b>Independent Housing</b></p> <p>Seniors living independently in the community</p> <p><i>Meals and housekeeping are not included in the “housing package” and, if desired, must be arranged and paid for by the resident</i></p>	<p><b>Supportive Housing</b></p> <p>Accommodation and hospitality</p> <p><i>Includes meals and light housekeeping services</i></p>	<p><b>Assisted Living</b></p> <p>Accommodation with hospitality services</p> <p><i>Includes meals, light housekeeping services and personal care (assistance with bathing, dressing, administration of medication)</i></p>	<p><b>Residential/Complex Care</b></p> <p>24-hour professional nursing care</p> <p><i>Includes nursing care, meals, personal care, and housekeeping</i></p>
<p><b>Housing options may be paid for privately (market) or, in some situations, partially subsidized through government programs.</b></p>			

~ 6 ~

**17. What kind of seniors housing, if any, are you looking for: (Please check any that apply)**

Type of Housing	Right now?	Within 5 - 10 years?	Within 10+ years?
Seniors independent living units  <i>Meals and housekeeping are not included in the "housing package" and, if desired, must be arranged and paid for by the resident</i>			
Seniors supportive housing  <i>Includes meals and light housekeeping services</i>			
Seniors registered assisted living units  <i>Includes meals, light housekeeping services and personal care (assistance with bathing, dressing, administration of medication)</i>			
Seniors Residential/Complex Care  <i>Includes nursing care, meals, personal care, and housekeeping</i>			
Other, please specify: _____ _____ _____ _____ _____			

Housing options may be paid for privately (market) or if eligible, partially subsidized through government programs.

**18. What kind of housing would you prefer to live in:**

Type of Housing	Right now?	Within 5 - 10 years?	Within 10+ years?
A single detached dwelling			
An apartment			
A townhouse/Row house			
A modular home			
A mobile home on property			
A mobile home in a mobile home park			
Other, please specify:  _____  _____			

**19. In the future would you prefer to:**

- ☐ Rent your home
- ☐ Own your home (even if you have a mortgage)
- ☐ Either rent or own your home

**20. Is it important for you to live in pet-friendly housing (*housing where pets are permitted*) in the future?**

- ☐ Yes
- ☐ No



**21. How do you expect your housing needs will change:** *(Please check any that apply)*

Changed need:	In the next 5 - 10 years?	In the next 10 + years?
Will need more space		
Will need less space		
Will need a home requiring less maintenance		
Will need a yard requiring less maintenance		
Will require a home designed for mobility		
Will be moving out of the South Cariboo		
Will be moving into 100 Mile House (town)		
Will be unable to live alone due to age		
Will have housing affordability issues		
Other, please specify: _____ _____ _____		

**SECTION D: HOUSING SUPPORTS**

In this section we would like to ask some questions about your future housing support needs.

Included in this category are supports such as private services, community amenities and transportation.

**42. Are you are completing this survey on behalf of a senior?**

☐ No

☐ Yes

**43. If YES, what is this individual's relation to you?**

☐ A spouse

☐ A family member

☐ A neighbor

☐ A friend

☐ A client

☐ Other, please explain: \_\_\_\_\_

\_\_\_\_\_

**44. From your experiences, do you have anything else to add that was not touched on here about meeting the housing needs of older residents in your area?**

---

---

---

---

---

---

---

---

---

---

---

Thank you for taking the time to fill out this questionnaire. We appreciate your assistance!

**23. Are you willing to pay for these services?**

- ☐ Yes
- ☐ No
- ☐ Maybe, depending on the cost

**24. In the past 12 months, have you needed help from another person or an organization to do any of the following activities? (Please check all that apply)**

- |  |  |
|--|--|
| <input type="checkbox"/> Meal preparation and clean up               | <input type="checkbox"/> House cleaning                    |
| <input type="checkbox"/> Laundry and sewing                          | <input type="checkbox"/> House maintenance or outside work |
| <input type="checkbox"/> Managing medications                        | <input type="checkbox"/> Banking or bill paying            |
| <input type="checkbox"/> Shopping for prescriptions                  | <input type="checkbox"/> Driving                           |
| <input type="checkbox"/> Shopping for groceries or other necessities | <input type="checkbox"/> None                              |
| <input type="checkbox"/> Recovering from an illness or operation     |  |
| <input type="checkbox"/> Other, please specify: _____                |  |

**25. In the future how do you see yourself getting around? (Please check any that apply)**

Type of transportation	In the next 5 - 10 years?	In the next 10 + years?
Car/truck		
Carpool		
Walking		
HandyDART		
Taxi		
Friends/Family		
Bicycle		
Transit		
Shuttle Service		
Other, please explain:  _____  _____  _____		

**26. In the future what services/facilities would you like to be able to access?**

*(Please check any that apply)*

Facility/Service	Yes	No	Please place a check next to the top <u>3</u> most important services in the column below
EXAMPLE SERVICE	✓		✓ (A check indicates the service is important)
Library			
Grocery Shopping			
Other Shopping			
Bank or Credit Union			
Seniors Citizens Hall			
Activity Groups			
Fitness Programs			
Barber/Beauty Salon			
Health and Wellness Clinics (i.e. dentist, doctor, physiotherapy, etc.)			
Foot Care Clinics			
Community Garden			
Special Events Venues (i.e. bingo, dances, concerts, plays, sporting events, etc.)			
Other, please explain:  _____  _____  _____			

**SECTION E: HEALTH AND SOCIAL NETWORKS**

In this section, we would like to ask you questions concerning your health, mobility and social networks. These questions are important because they will create a better understanding of your potential housing and service needs.

~ 13 ~

**27. In general, how is your physical health? (please check one)**

- ☐ Very Good
- ☐ Good
- ☐ Fair
- ☐ Poor
- ☐ Very Poor

**28. Does anyone in your household require special medical attention? (please check one)**

- ☐ No
- ☐ Yes

If YES, please specify: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**29. Does anyone in your household use an assistive devise? (please check one)**

- ☐ Yes
- ☐ No

**30. If YES, please specify which device(s) you use: (check all that apply)**

- |   |   |
|---|---|
| <input type="checkbox"/> Manual or power wheelchair | <input type="checkbox"/> Four wheeled scooter |
| <input type="checkbox"/> Walker                     | <input type="checkbox"/> Cane                 |
| <input type="checkbox"/> Crutches                   | <input type="checkbox"/> White/long cane,     |

☐ Other, please specify: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

~ 14 ~

**31. If you have a vision or hearing impairment, does it affect your safety in the home?**

*(please check one)*

☐ No

☐ Yes

If **YES**, please explain: \_\_\_\_\_  
\_\_\_\_\_

**32. Do you have family in the area? (please check one)**

☐ No

☐ Yes

If **YES**, do family connections make you want to stay in the area?

☐ No

☐ Yes

**33. Do you have close friends in the area? (please check one)**

☐ No

☐ Yes

If **YES**, do friendships make you want to stay in the area?

☐ No

☐ Yes

**34. Do you have family or friends in the area who could be thought of as a support network? (People to whom you could turn to when help is needed)**

☐ No

☐ Yes

~ 15 ~

### **SECTION F: SOCIO-DEMOGRAPHIC INFORMATION**

In this section, we would like to ask you about yourself and your family. These questions are important because they help to create a profile of the community. The answers are completely confidential.

**35. Where do you live? (Please check one)**

- ☐ 100 Mile House (town)      ☐ 108 Mile Ranch      ☐ 103 Mile House
- ☐ Lac La Hache      ☐ Horse Lake Road / Imperial Ranchettes
- ☐ Forest Grove/Canim Lake      ☐ Between town and 70 Mile House
- ☐ Interlakes      ☐ Lone Butte      ☐ Clinton
- ☐ Green Lake      ☐ Other, please specify: \_\_\_\_\_

**36. For how many years have you lived in this community? \_\_\_\_\_ years**

**37. For each person living in your home, please describe their age and gender, starting with yourself: (Complete for each person living in your home)**

	Age	Gender
<b>Yourself</b>		
Person 2		
Person 3		
Person 4		
Person 5		
Person 6		
Person 7		

~ 16 ~



**38. What is your marital status? (please check one)**

- |  |                                    |
|--|------------------------------------|
| <input type="checkbox"/> Single – never married                | <input type="checkbox"/> Separated |
| <input type="checkbox"/> Married                               | <input type="checkbox"/> Divorced  |
| <input type="checkbox"/> Live-in partner or common-law partner | <input type="checkbox"/> Widowed   |

**39. What is your total household income for the past year, before taxes and deductions? (please check one)**

- |                                       |  |   |
|---------------------------------------|--|---|
| <input type="checkbox"/> 0 - \$24,999 | <input type="checkbox"/> \$25,000-\$49,999 | <input type="checkbox"/> \$50,000 or higher |
|---------------------------------------|--|---|

**40. Please describe your employment status. (please check one)**

- |   |                                    |
|---|------------------------------------|
| <input type="checkbox"/> Employed/Self-employed full-time | <input type="checkbox"/> Student   |
| <input type="checkbox"/> Employed/Self-employed part-time | <input type="checkbox"/> Retired   |
| <input type="checkbox"/> Contract worker                  | <input type="checkbox"/> Homemaker |
| <input type="checkbox"/> Not employed                     |                                    |

**41. Do you have a pet?**

- ☐ No
- ☐ Yes

If yes, how many? \_\_\_\_\_

**42. Are you are completing this survey on behalf of a senior?**

☐ No

☐ Yes

**43. If YES, what is this individual's relation to you?**

☐ A spouse

☐ A family member

☐ A neighbor

☐ A friend

☐ A client

☐ Other, please explain: \_\_\_\_\_

\_\_\_\_\_

**44. From your experiences, do you have anything else to add that was not touched on here about meeting the housing needs of older residents in your area?**

---

---

---

---

---

---

---

---

---

---

---

Thank you for taking the time to fill out this questionnaire. We appreciate your assistance!