

AGING WELL IN K.L.

Making Kirkland Lake an Age-Friendly Community



Social Participation

December 18, 2017

Introduction



Social Participation

- ▶ “Participating in leisure, social, cultural and spiritual activities [...] allows older people to continue to exercise their competence, to enjoy respect and esteem, and to maintain or establish supportive and caring relationships.
- ▶ “Social participation and personal relationships are distinct but integrally linked concepts that significantly affect an older adult’s ability to age in place. Social participation is an important contributor to positive mental health and community awareness, and it involves:
 - The level of interaction that older adults have with other members of their community.
 - The extent to which the community itself makes this interaction possible.”
- ▶ “Both social participation and personal relationships are integral to prevent isolation, and the satisfaction one derives from these encounters measures an individual’s health and well-being. The strength of personal ties (rather than the number of casual interactions that someone has experienced) is central to measuring personal relationships. “

– Finding the Right Fit, p.22



What's Been Done in Other Municipalities

- ▶ **Temiskaming Shores**
 - Sip n' Learn: coffee hour with different information sessions for seniors
- ▶ **Petawawa**
 - More senior friendly parameters for Parks and Recreation programming.
- ▶ **South Glengarry**
 - Creation of more art programs for seniors.
- ▶ **Hamilton**
 - Initiate social clubs in private buildings where seniors live and connect tenants to community resources.
- ▶ **Orangeville**
 - Senior "Walk & Talks" two days a week with instructor-led exercise and guest speaker afterwards.



A Look at Temiskaming Shores' Age-Friendly Community Plan

Social Participation:

Social participation is strongly associated with health and well-being. There were two (2) main themes that emerged when discussing social participation in Temiskaming Shores.

1. More Opportunities

Older adults are looking for more opportunities to get out and participate in a variety of activities including physical, social and intellectual. Some older adults are looking for an **Older Adult Centre** and others are looking for **activities closer to home**. They are looking for more **intergenerational opportunities** and **events during the day, evenings and weekends**. Activities that accommodate individuals who speak both languages are needed.

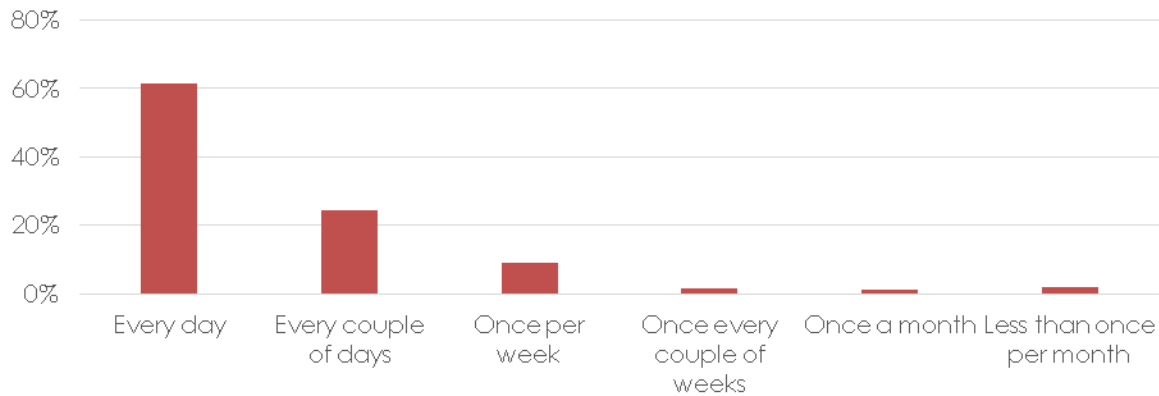
2. Better Coordination/Information

Most older adults express one of two comments when consulted. “There is always a lot going on with this community” or “not much available”. For those who were well linked to the community, knowing where to find recreational activities was easy. However, **many people had no idea where to look**. A **more coordinated approach to recreation opportunities** was identified as a need.



A Look at Temiskaming Shores' Age-Friendly Community Plan

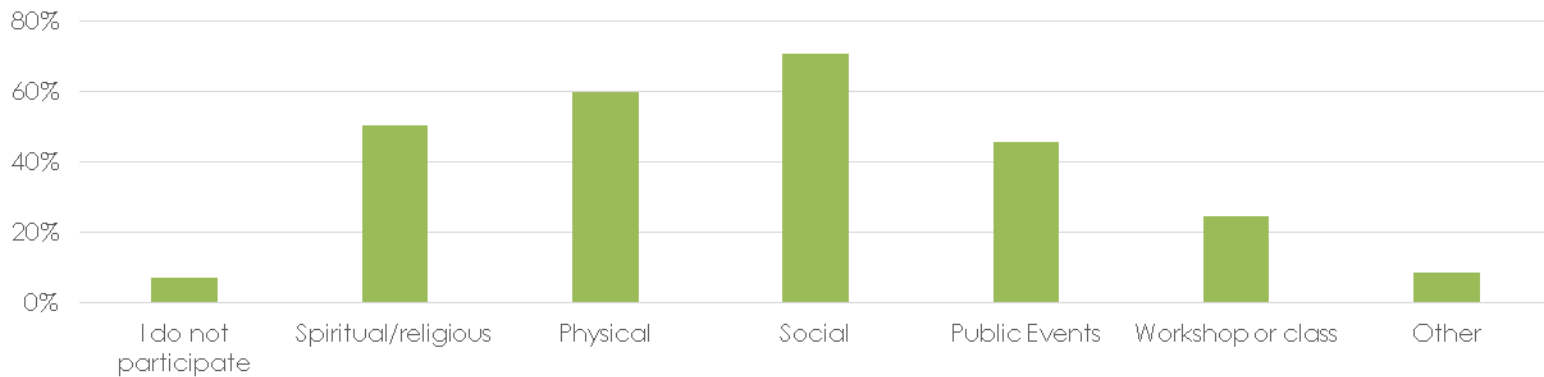
How Often do you See or Speak with Someone?



Most people see or speak with someone:

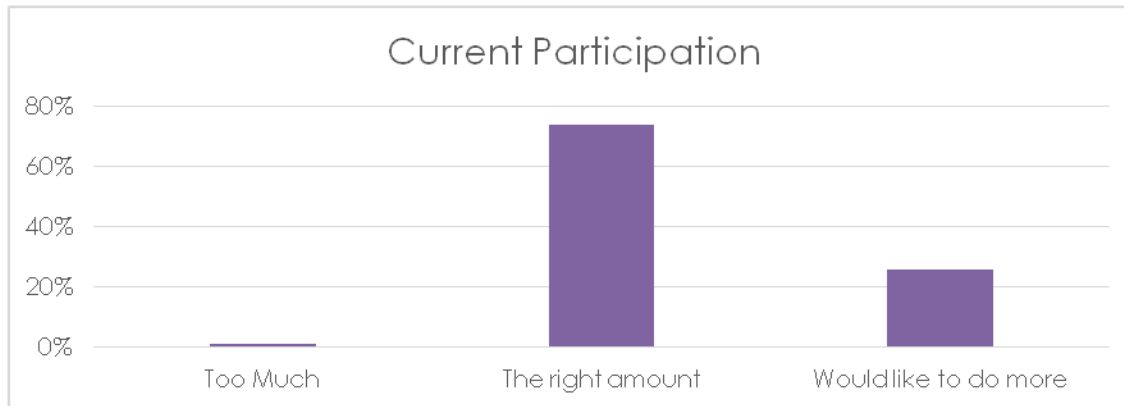
- ▶ Daily – over 60%
- ▶ Every couple of days – 25%
- ▶ Less than once per week was a total of 5%

Current Participation

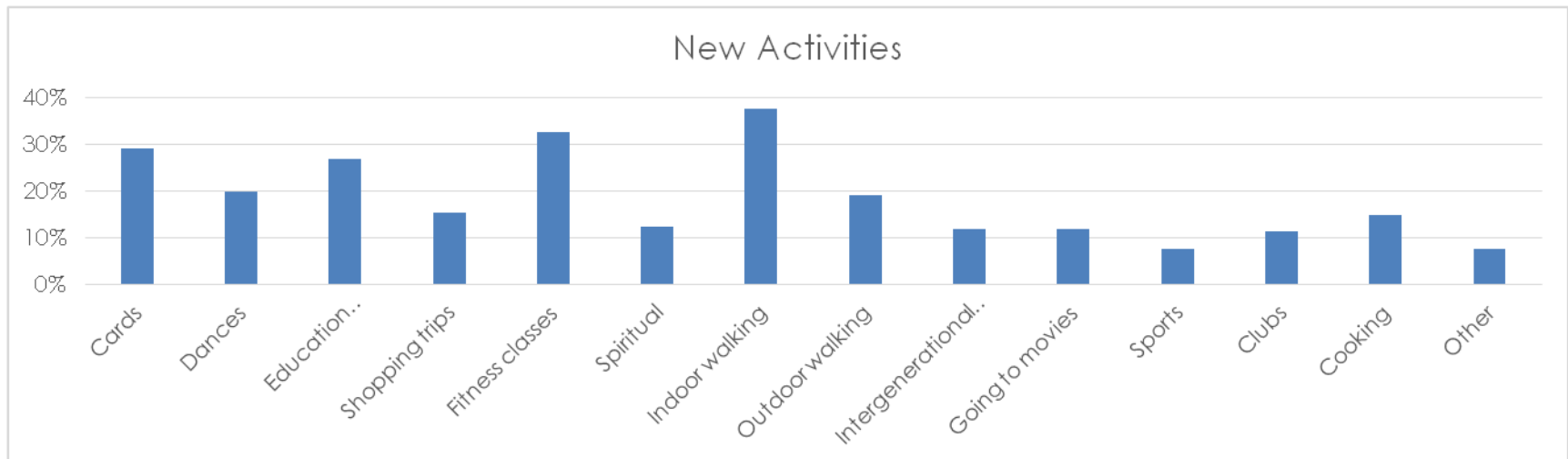


People participate in Social (71%), Physical (60%), and Spiritual (50%) activities. Roughly 45% participate in public events.

A Look at Temiskaming Shores' Age-Friendly Community Plan



- ▶ Most people feel they are doing just enough (74%)
- ▶ 26% want to do more



- ▶ People want to see more:
 - Indoor Walking – 38%
 - Educational Workshops – 27%
 - Dances – 20%
 - Cards – 29%
 - Fitness Classes – 33%

Trends from Kirkland Lake Survey

- ▶ How often do you see or speak with a neighbour, family member or friend?
 - Every day – 65%
 - Every couple of days – 21%
 - Once per week – 9%
 - Less than once per month – 4%

- ▶ What type of activities do you participate in?
 - Social activities with friends/family – 36%
 - Public events – 26%
 - Physical activities – 20%
 - Spiritual/Religious – 12%
 - Workshops/Classes – 5%

- ▶ What type of activities would you like to see more of in the community?
 - Movies – 21%
 - Shopping Trips – 11%
 - Indoor walking – 11%
 - Cooking – 9%
 - Workshops – 9%
 - Outdoor walking – 8%
 - Clubs – 8%

- ▶ With regards to current social activities, do you feel you are doing:
 - Just enough – 76%
 - Not enough – 24%
 - Too much – 0%

- ▶ Do any of the following prevent you from participating in social activities?
 - Physical health issues – 17%
 - Unaware of activities – 15%
 - Too costly – 14%
 - Lack of opportunities – 11%
 - Mobility issues – 10%
 - Timing of events – 9%
 - No one to go with – 9%
 - Lack of transportation – 7%



Issues and Barriers

- ▶ Difficulties travelling to and from activities
- ▶ Lack of facilities or programs
- ▶ Lack of diversity in available programs
- ▶ Lack of accessible information promoting programs and events
- ▶ Social barriers for newcomers
 - people joining new groups/clubs/classes



Possible Solutions

- ▶ More advertisement of programs available to older adults
- ▶ More programs/more advertisement of programs available to those with limited mobility
- ▶ More diversity in the options available to seniors
- ▶ Organized transportation for special events



Discussions

- Social Participation
- Survey Analysis



Next Month's Topic

- ▶ ~~Outdoor Spaces and Public Buildings~~
- ▶ ~~Transportation~~
- ▶ ~~Housing~~
- ▶ ~~Social Participation~~
- ▶ Respect and Social Inclusion
- ▶ ~~Civic Participation and Employment~~
- ▶ ~~Communication and Information~~
- ▶ ~~Community Support and Health Services~~





AGING WELL IN K.L.

Making Kirkland Lake an Age-Friendly Community

Please contact Brook-Lynn Rozon at

705-567-9365 extension 341

or

brook-lynn.rozon@tkl.ca

for more information