



Aging-friendly Community Needs Assessment



Inventory of Support Services & Resources (Including Demographic & Community Health Statistics)

1. Introduction

This report is a review and description of existing community support services and resources for seniors, with an eye to services that support aging-in-place and aging within the community. Information was gathered through focus group conversations, interviews, a community site visit, and information available on the world wide web. Descriptions of services and resources are organized by the World Health Organization's eight healthy community domains.

We supplement the inventory with a brief overview of relevant Census population data from the recent 2016 census as well as pertinent highlights from the Interior Health Authority's Local Health Area Profile for the Kettle Valley 2019 which contains useful information on population health.



2. Demographic Information

Current population characteristics¹

The Village's permanent resident population is 649 in 2016. This is a 3.7% decrease from the 2011 population of 674. Males number 315 or 48.5%; females 330, or 51.5%. A majority of 605, or 93%, live in private households. The census counts 321 occupied private dwellings.

Population by broad age group

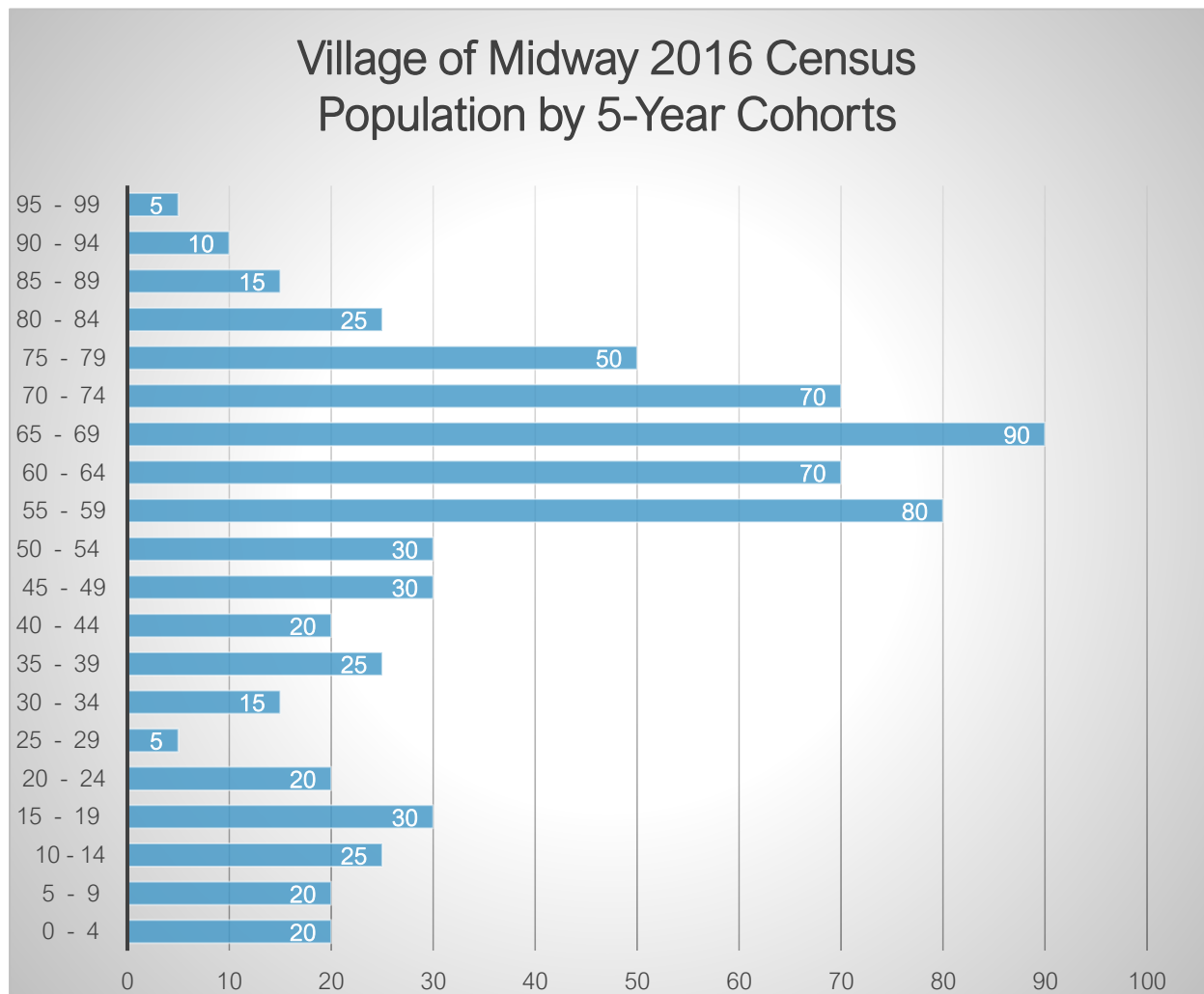
- 0-14 years (children): 10%
- 15 to 64 years (working age): 50%
- 65 years and over (primarily out of work-force): 40%

Population distribution by 5-year cohorts

The population distribution is illustrated in a graphic on the following page. It is clear that one of the defining characteristics of the Village's population profile is a mature and aging population. The largest cohorts are those between 55 and 70 years.

¹ Unless stated otherwise all population data is from the 2016 Census.

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Median age

The median age is 60.2 years. This compares to 51.6 years in the Kootenay Boundary Regional District and 43 in BC.

Population change

The next 5 years (2018-2023) will see substantial increases in the older adult cohorts.

- All Ages - 3%
- Ages 65 and over +19%
- Ages 75 and over +67%
- Ages 85 and over +72 %

This population change estimate is for the entire Kettle Valley Area and represent a reasonable proxy for the anticipated change in the Village of Midway. This data is published in Interior Health's Local Health Area profile (2019) for the Kettle Valley. ²

Household income

The prevalence of low income in 2015 based on after-tax low-income measure LIM-AT (%) for those 65 years and over is 17.4%.

The median household income for Kettle Valley is \$40,526. This compares to \$69,979 for B.C.

Shelter costs

Twenty six percent of households face unaffordable monthly shelter costs in the Kettle Valley. Unaffordability is based on shelter costs (including insurance, taxes, maintenance) exceeding 30% of gross household income.

² BC Ministry of Health, Health Sector Information, Analysis and Reporting Division. Local Health Area Profiles. February 2019.

3. Community Health

Information provided here is from the Kettle Valley Local Health Profile 2019³, which also includes data from the 2016 Census.

Life expectancy

- Kettle Valley is 85 (BC Average is 80.2)

Prevalence of Chronic Diseases and Selected Procedures (including minimum age) in 2016/17, for Kettle Valley (127) –selected

- Hypertension (20+): 31%—BC is 24%
- Chronic Obstructive Pulmonary Disease (45+): 2% --BC is 7%
- Osteoporosis (50+): 5% --BC is 10%
- Alzheimer's/Dementia (40+): 1%--BC is 2.5%
- Mood and Anxiety Disorders - Episodic (1+): 8%--BC is 10%

Percent of Population Living with Illness and Chronic Conditions in 2016/17, for Community Health Service Areas CHSAs in Kettle Valley

- 48%--BC 42%

Percent of Population with Mood and Anxiety Disorders in 2016/17, for CHSAs in Kettle Valley (127)

- 8.9% (2016/17) --BC is just over 10%

Living alone

- The proportion of households that are one-person households in Kettle Valley is 35%; this is greater than the 29% one-person households in BC

General Practitioners

In 2016/17, four general practitioners were practicing in Kettle Valley (Local Health Area). This represents a rate of 18 general practitioners for every 10,000 people in

³ BC Ministry of Health, Health Sector Information, Analysis and Reporting Division. Local Health Area Profiles. February 2019.

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Health Service Delivery Area (HSDA) 12 Kootenay Boundary. Overall, Kootenay Boundary has more general practitioners per population compared to B.C., where there are 13 general practitioners for every 10,000 people.



4. Resources & Services

Community support and health services

In an aging-friendly village, community support and health services are tailored to older persons' needs by being accessible, offering a wide range of services, being well distributed and integrated in the community, being affordable, and by including emergency planning.⁴

West Boundary Health Care Resources (Kootenay Boundary, Division of Family Practice, Interior Health)

Midway Medical Clinic

- Located at 540 7th Avenue
- Clinic has some enhanced services including a Primary Care Nurse and Social Programming Officer
- Served by Dr. Jesse Thompson
- Open, Monday, Tuesday, Wednesday 10:00 am–4:00 pm (subject to change from week to week; Thursday, telehealth, 9 am to 4 pm)
- Foot Care Nurse is available
- Osoyoos Physiotherapy available at the clinic Fridays 8:30 am to 1 pm
- Blood Lab open Wednesdays 9:30 am–1:00 pm

Interior Health Programs

- RN Case Manager for long care assessments and supports
- Home Nursing Care Program for post-operative sound care, management, and palliative care support
- Home Support Services –assessments for in-home support and personal care needs

⁴ Global Age-friendly Cities: A Guide, World Health Organization (WHO), 2007. All descriptions of the age-friendly domains in this report are based on those of WHO. This document is referenced at https://www.who.int/ageing/publications/Global_age_friendly_cities_Guide_English.pdf Accessed June 14, 2019.

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- Mental health and substance use services—case manager for mental health and/or substance use care and short-term counselling support for adults

BC Emergency Health Services (BCEHS)⁵

- Village hosts a staffed ambulance station at 661 Eighth Avenue
- A Community Paramedicine is available and offers the following services:
 - Community outreach & awareness: link community paramedics with health care providers to identify service gaps and address ways to improve health of residents, particularly older residents with chronic conditions
 - Health Promotion: encourage patients to manage their own care and treatment, as appropriate, and provide seminars on CPR (cardiopulmonary resuscitation) and using an AED (automated external defibrillator)
 - Wellness clinics: paramedics may offer some services such as diabetes check-ins that allow others such as doctors, nurses, and nutritionists to spend more time with their patients
 - Wellness checks: regular check-in service visits to help patients live longer in their homes, reduce reliance on medically unnecessary 911 calls.

Boundary Pharmacy

- Located at 612 6th Avenue
- Open Wednesday, Thursday and Fridays from 10 am to 5 pm

Royal Canadian Mounted Police (RCMP)

- Local detachment at 580 Florence Avenue
- Services available include criminal records check, fingerprints, vulnerable sector check, crime reporting, information and document verification, non-

⁵ Community paramedicine in British Columbia, brochure produced by the BC Emergency Health Services, August 2017.

emergency complaints, firearm enquiries and restricted use operation permits (e.g. ATV's etc.)

- Police-based Victim Witness Services are available via the Midway & Grand Forks Detachments and provide support to victims, witnesses, family members and others who have been impacted by crime and trauma. These services are free of charge and include:
 - emotional support;
 - police requested crisis response;
 - follow up support for as long as is required;
 - information on the status of the police investigation;
 - information on how the criminal justice system works;
 - information on the progress of the case through the court system;
 - court orientation for witnesses who may be required to testify;
 - assistance in completing Crime Victim Assistance compensation forms;
 - assistance in completing Victim Impact Statements; and
 - referral to appropriate social, legal, financial, counselling and other services.⁶

Midway Library

- Located at 612 6th Avenue
- Open Tuesdays 11 am to 6 pm, Wednesday-Friday 10 am to 5 pm,
- Services include:
 - access to two public computers
 - Wi-Fi is available for all members & guests—some people use it from their cars in the parking lot
 - quiet meeting room available for rental
 - iPad available for day use

⁶ RCMP Based Victim Services, Interior Health website:
<https://www.interiorhealth.ca/YourHealth/Assault/SexualAssault/Pages/Prog-RCMPVictimAssistance.aspx>
accessed June 17, 2019.

- Faxing, copy & printing services⁷

Meals on Wheels

A fee-based service offered by Parkview Manor and serves anyone who has difficulty preparing a meal for themselves.⁸

The Bridge

- Located at 629 Eighth Avenue in a former church building.
- This facility is a thrift store and drop-in centre offering free meals. It is open on the first and third Monday (10 am to 2 pm) and last Saturday of each month (10 am to noon). It operates on the basis of volunteer effort.⁹

Community Garden

Created in 2010 and financed by grants from New Horizons for Seniors and FCC AgriSpirit Fund, the Community Garden is one-acre in size and totally enclosed by a deer fence. Thirty-five raised wood beds (4'x10'), some of which are senior-friendly, and 36 garden plots (10'x20') comprise half the site and rent for \$5/year. The rental fee includes use of water, hoses, sprinklers, garden tools, and compost. Rentals are handled through the Midway Village Office.

The remaining portion of the Community Garden is used for community growing and sales. Potatoes, squash, corn, beans, asparagus, garlic, watermelons, and pumpkins all find their way into the healthy eating habits of many Midway residents.

This community garden is located by the Midway Airport hangars and is within walking distance for most residents.¹⁰

⁷ Library website: <https://midway.bc.libraries.coop/> accessed June 13, 2019 and interview with Merry English.

⁸ Parkview Manor brochure.

⁹ Personal visit with Mayor Martin Fromme on June 7, 2019.

¹⁰ Village of Midway website, visited on June 13. <https://midwaybc.ca/community-garden/>

Communication & information

In an aging-friendly community, communication is regular, reliable, available in written, oral, broadcast & digital formats, and uses plain language. Print information is in large lettering with clear headings. Information is of interest to older people. Access to computers and the Internet is widespread at little or no cost. Instructions and assistance to use the Internet is available.

The Village publishes the *Village of Midway Municipal Newsletter* several times monthly and regularly posts community events on its website and on social media platforms such as Facebook and Twitter. Community announcements are also posted on an LED sign at the public library.

The community does not have a local newspaper. A regional paper, the *Boundary Creek Times*, publishes weekly and provides local news.



Outdoor spaces & buildings

In an aging-friendly community, outdoor spaces and public buildings are pleasant, clean, secure and physically accessible. Public toilets are conveniently located and accessible. Walkways and cycle paths are safe and well connected. Outdoor seating is available in public spaces at regular intervals.

Village parks:

- Frank Carpenter Memorial Riverfront Park
 - 20 campsites, canoe rental, swimming in the Kettle River
- James G. McMynn Park
 - Kids' playground, informal grass playing fields
- Entwined Tree Park
 - Gateway (Stekthal) Learning Circle
 - Picnic tables

Village trails

- River Walk
- Hiking trails on mountain to the south
- Trans Canada Trail –Kettle Valley Rail trail section

Recreation programs

- Recreation programs are run through Community Association and offers programs such as:
 - July 1st day, parade and fireworks
 - Community theatre
 - Yoga
 - Dance classes

Community Centre

- Located at 692 Seventh Ave.

- Owned and operated by the Village
- Includes a full kitchen and washrooms located in the basement and a bar area in the main hall upstairs.
- The Community Centre is available to rent for a range of events and activities including meetings, weddings, AGMS, banquets, craft fairs, and more.
- Auditorium with stage equipped for local theatre

Curling Rink

- The curling club is home to the Boundary District Curling Club. Curlers of all ages use the curling rink throughout the winter season. It is also available for private rentals

Ice Arena

- Located at 735 Seventh Ave
- The Boundary Expo Recreation Centre is home to Boundary Minor Hockey and draws players from Midway, Rock Creek, Greenwood, Westbridge, Beaverdell, and surrounding areas.

Boundary Central Secondary School (BCSS)

- Regulation-size tennis courts are located at the school on Fifth Ave and are available to the general public.

Kettle River Museum

Museum's main attractions is the original Station House, built in 1900 and houses exhibits commemorating the steam railway era of southern British Columbia and the British Columbia Provincial Police force. Visitors can climb aboard a restored Canadian Pacific Railway caboose and many other outdoor artifacts. The main museum houses interpretive exhibits on the Kettle River Valley's rich cultural heritage, along with a gift shop that showcases regional history and local arts and crafts.¹¹

¹¹ Village of Midway website. <https://midwaybc.ca/museum/> accessed June 17, 2019.

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The museum also caters to cyclists using the Kettle Valley Rail trail with a sheltered rest stop at 'mile zero' and a recently restored 'bunk house' offering short-term accommodations for cyclists.¹²



¹² Personal visit and interview with Museum staff, June 6, 2019.

Transportation

In an aging-friendly community, there are safe places to walk and use mobility devices, and public (or private for hire) transportation within and between communities is accessible and affordable.

The village is served by a grid-pattern of paved streets, most of which are paved, while some rights of way are unimproved but mowed for pedestrian access. The village has no sidewalks. Highway 3 and a spur to the USA border are under the jurisdiction of the Ministry of Transportation and Infrastructure.

No public transit services are available.

Boundary Area Volunteer Driver Program ¹³

- Sponsored by the Boundary Community Hospice Association
- Inter-community driver service for citizens requiring assistance to access medical appointments or visits to care centers
- Rates of between \$10 minimum to \$130 are specified based on pick up and drop off locations. Subsidies available based on need.
- Contact information 250-584-4618; boundaryhospice@gmail.com

¹³ Boundary Area Volunteer Driver Program, brochure.

Housing

In an aging-friendly community, housing is affordable, accessible for people with mobility devices, appropriately located, well built, well designed & secure, available in a variety of types suitable for older people, including housing with a continuum of supportive care.

Parkview Manor¹⁴

- Located at 670 Ninth Avenue
- The manor is a three-story facility with 20 living units: 15 supportive & independent units and five publicly subsidized assisted living units.
- It embodies the philosophy to provide support and provide assistance in daily life while allowing adults to retain the ability and right to manage their own lives.
- Amenities include
 - Laundry rooms (washer, dryer, counter and sink) are located on each floor and are included with the rent
 - A fully staffed kitchen and comfortable dining room
 - Fireplace and sitting area on the main floor to accommodate guests and residents
 - Intercom system linked to each suite which enables residents to allow entry to their guests after the entrance doors have been locked
 - A large storage locker is provided for each resident
 - An elevator which services all floors
 - Secured storage for scooters
 - The outside parking area provides space for residents and guests
 - A Handibath (walk-in tub) is located on the main floor and available at no additional charge to residents

¹⁴ Parkview Manor brochure. Available online at <https://midwaybc.ca/wp-content/uploads/2017/11/Parkview-Manor-brochure.pdf> Accessed June 17, 2019. Information also gleaned from a site visit and discussions with staff and residents.

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- Services and activities regularly scheduled include:
 - Hair salon
 - Footcare
 - Sing along
 - Hymns and scriptures
 - Movie night
 - Bingo
 - Games such as crokinole
 - Newsletter, The Manorite Memo—written and edited by resident volunteers



Social participation

In an aging-community, there are opportunities for seniors to participate in leisure, social, cultural and spiritual activities with people of all ages and cultures. Organizations and neighbours actively seek to prevent older people from becoming isolated.

Churches with a facility in the Village:

- King of King's Church at 735 9th Street.
- Boundary Community Church at 943 13th Ave

Midway Senior's Branch #117

- An Independent association with a facility at 541 Seventh Avenue.
- Activities offered include art, pool, Wii games, potluck, crafts and bingo
- Facility includes kitchen, coffee service, washrooms, lounge, meeting/activity area



Respect & social inclusion

In an aging-friendly community, older people are treated with respect and are included in civic life; they are; they are given opportunities to share knowledge and experience; they are included in decision making, and recognized for their contributions.

No specific resource or service is listed here as no specific programs have been identified. Respect and social inclusion generally are explored through community workshop conversations and the survey.



Civic participation and employment

In an aging-friendly community, there are opportunities for employment and volunteerism that cater to older persons' interests and abilities. Workplaces are accessible for elderly and disabled persons. Councils and advisory boards include older people.

No specific resource or service is listed here as no specific programs have been identified.

Seniors are well represented on the Midway Village council –3 out of 6 are over 65 years. Their level of participation in local volunteer and civic institutions are being gauged via the community survey. The survey also explores employment and volunteer opportunities.

