
Aging-friendly Midway

Assessment & Action Plan

October 2019



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What is an Aging-friendly Community?



An aging-friendly community is one in which the policies, services and structures related to the physical and social environment are designed to support and enable older people to “age actively.”¹ In an aging-friendly community, citizens can grow older and continue to live in security, enjoy good health and participate fully in society. The World Health Organization (WHO) identifies eight areas that contribute to an aging-friendly community. These are described below for the Midway context and colour coded to match the respective sections in this plan.

- ❖ **outdoor spaces and public buildings** are pleasant, clean, secure and physically accessible;
- ❖ there are safe places to walk, cycle and use **mobility** devices for all ages and abilities; **community-based public transportation** is accessible and affordable;
- ❖ **housing** is affordable, appropriately located, well built, well designed and secure;
- ❖ there are opportunities for older adults to **participate** in leisure, social, cultural and spiritual activities with people of all ages and cultures;
- ❖ older people are treated with **respect** and are included in **civic life**;
- ❖ there are opportunities for **employment** and **volunteerism** that cater to older persons’ interests and abilities;
- ❖ aging-friendly **communication** and **information** is available; and
- ❖ **community support** and **health services** are tailored to older persons’ needs.

¹ World Health Organization definition, referenced at http://www.who.int/ageing/projects/age_friendly_cities/en/, accessed October 3, 2019.

Project Objective & Activities

The objective of the project is to support the development of a realistic aging-friendly community action plan for the Village of Midway that helps sustain the active, social and independent lifestyles of mature adults and seniors.²

Supporting activities include the following:

1. Inventory of services and resources that already exist in the community that are accessible to the target population;
2. Surveys of the target population including: direct surveys of mature adults and seniors' agencies/clubs; in-person surveys; on-line surveys; and engagement with the Interior Health Authority, specifically the Healthy Communities unit.
3. Facilitation of a series of World Cafés to welcome community residents to share their ideas and/or prioritize mature adults and senior's needs.
4. Mapping of local assets for senior services and amenities.
5. Recommendations for senior services and amenities to be considered for the Midway Community Centre Expansion and Energy Efficiency Upgrades project.
6. Policy recommendations for the Official Community Plan Review slated to take place in 2019/20.
7. Preparation of a draft action plan based on the information compiled for consideration by Midway Council.

In addition to the required activities to support the project objective, the consultant engaged for the project, van Hemert & Company, conducted a mobility audit and facilitated meetings of an aging-friendly advisory committee to support the work and enable implementation of the action plan.

² Request for Proposals issued in January 2019.

Assessment Highlights

DEMOGRAPHICS

Current population characteristics³

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%

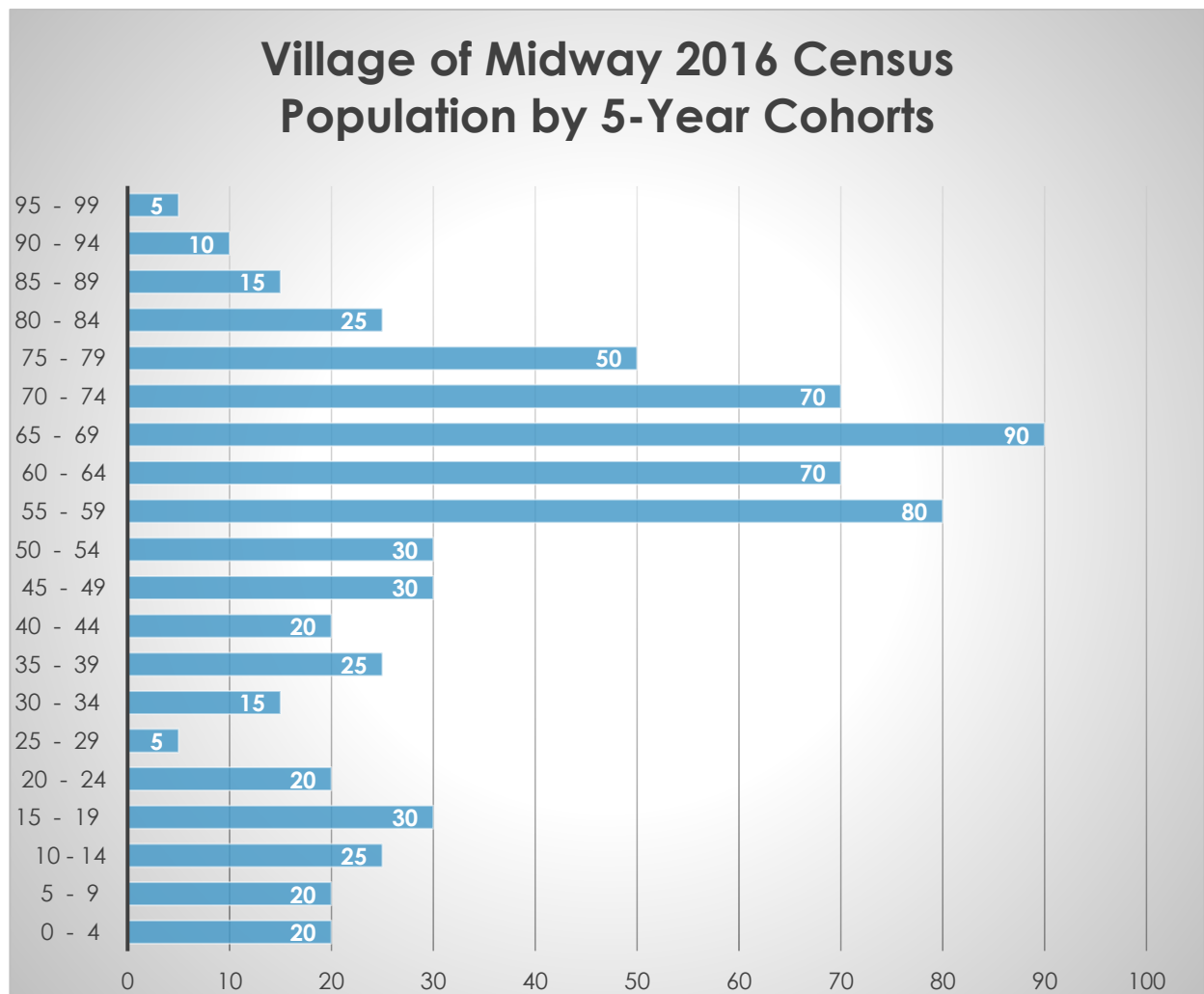
Population distribution by 5-year cohorts

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.

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.

³ Unless stated otherwise all population data is from the 2016 Census.



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.⁴

⁴ BC Ministry of Health, Health Sector Information, Analysis and Reporting Division. Local Health Area Profiles. February 2019.

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.



Figure 1 James G. McMynn Park

COMMUNITY HEALTH

Midway residents are blessed with higher life expectancy and better health in almost all categories (chronic disease) than the Province of BC. The community is well served with a health clinic, blood lab, nursing and home support programs, community paramedicine, and a pharmacy. Information provided here is from the Kettle Valley Local Health Profile 2019⁵, 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

⁵ BC Ministry of Health, Health Sector Information, Analysis and Reporting Division. Local Health Area Profiles. February 2019.

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 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.



RESOURCES & SERVICES

The Village has a comprehensive array of resources and services suited to an aging population. In addition to the health services previously noted, the Village hosts an RCMP detachment, BC Ambulance service station, fire protection station, public library, a Canada Post office, elementary and high schools, a robust range of passive and active recreation resources, a senior's association with a facility and programs, a senior's independent & assisted living facility, several churches, and a nearly full complement of commercial services. It is also worth noting the fact of its incorporated status: an elected Council & Mayor and municipal support staff provide an intimate and immediate level of information, support, advocacy, and service to village residents, otherwise not as readily available in unincorporated areas and as accessible in larger urban centres.

In almost every respect, Midway is a complete community. Discussions and assessment of specific services & resources are provided in this report in the various aging-friendly topics that follow. Full details on resources and services are also provided in a separate background report, "Village of Midway Inventory of Support Services & Resources" available online at <https://midwaybc.ca/>.



Figure 2 View of Midway from Midway's hiking/biking trail

MOBILITY AUDIT

The Aging-friendly Advisory Committee conducted a mobility audit on Wednesday morning of July 17th, 2019. They were joined by Kady Hunter, a Healthy Community Facilitator for Interior Health, and a resident of the Parkview Manor using a scooter. An interview was also conducted with a resident of Parkview Manor who uses a wheelchair but was unable to attend the audit.

The 2.5 km walking tour made a loop reaching the majority of typical destinations. The loop used the shortest routes between destinations and frequently followed desire lines, the informal paths created by people without the benefit of formal walkways or side-walks.

Participants assessed and ranked street crossings & crosswalks, facility access, pleasantness & supportiveness of routes for pedestrians, personal safety, quality of roadways & sidewalks & paths, and traffic.

With a few notable exceptions, the Village is a walkable and peaceful place with local streets so smooth and free of traffic that pedestrians frequently walk safely down the middle of residential streets, which are relatively narrow and lack sidewalks. However, most public facilities fall short of providing adequate access: they lack accessible ramps, automatic push-button doors, and accessible public washrooms.

Marked crosswalks are virtually non-existent. Separated sidewalks or pathways along the busier streets (Florence and Fifth Avenue) either are merely shoulder extensions of the asphalt pavement with painted lines of demarcation or don't exist at all. Benches aren't accessible or located where they could be useful. There are no public drinking fountains in any park.

Selected audit results are reviewed in the mobility section of this report and specific action-oriented recommendations are detailed in the Actions Summary section of this report.

Listening to the Voices

APPROACH AND HIGHLIGHTS

The voices of older adults, stakeholders, and service providers speaking to the needs and aspirations of an aging population were listened to using a variety of methods: direct face-to-face & telephone interviews, community workshops, and a community survey questionnaire. The results of all the community feedback was reviewed, synthesized, and expanded upon by the Aging-friendly Advisory Committee, which met four times during the course of the process.

Community Workshop #1

The first ‘world café’ style community workshop was designed to provide a forum for listening to the hopes and fears for the future of an aging population. It was held on Wednesday evening, June 6, 2019 in the Community Centre. Approximately 40 people participated.



Figure 3 Table discussion in workshop #1

One of the most compelling learnings in the workshop were the limitations of the host facility. Immediately following the event, the Senior's Association recommended that the second community workshop be held in an alternate location due to accessibility concerns at the Community Centre. Up to a dozen people were not able to attend for that reason.

Highlights of workshop learnings are provided in the appropriate topical sections that follow.

Community Workshop #2

The second 'world café' style community workshop was held on the evening of July 17, 2019 at the Parkview Manor, a fully accessible facility. Approximately 40 people participated. The workshop was designed to generate specific 'how to' actions based upon bridging current challenges with a desired future. A 'now', 'wow', and 'how' framework was used for 'round table' discussions. Tables were organized by aging-friendly topic and each group received a 'now' (current state of affairs) and 'wow' (desired future) summary of what was learned to date from the first community workshop, key informant interviews, and the community survey. Kady Hunter, a Healthy Community Coordinator with Interior Health's Healthy Community Program provided insights on 'healthy aging in-place' principles and how they could be applied to Midway. Highlights of workshop learnings are provided in the appropriate topical sections that follow.



Figure 4 Table discussions at workshop #2

Community Survey Questionnaire

A community survey was conducted to cast a wider net for community feedback on aging-friendly topics. The Survey questionnaires, hosted by SurveyMonkey, were available directly on-line via the Village's website. Paper copies were distributed and collected at the second community workshop, Parkview Manor, the Senior's Association, and the Village Office. Village staff scanned the paper copies and the consultant entered the data online. Sixty surveys were completed with responses from all older adult cohorts between age 55 to 84, and also some from under age 55. Women comprised 73% of responses and men 27%.

The questionnaire was designed as a voluntary "opt in" or "self-selection" survey which anyone could complete. It is not therefore a representative "scientific" sample of a given population. The information gathered is valuable nonetheless because it represents one of several streams of information and data collected in the process of creating the aging-friendly plan.

The reported most aging-friendly aspect of living in Midway is social participation (50%), exceeding all other aspects by a margin of 2 to 1. The reported least age friendly aspects of living in Midway are transportation, housing, and infrastructure/built environment. Other topics explored included the following:

- Available and anticipated type of housing needed
- Needed and availability of supports needed to age in one's own home
- Ability to get around without the use of an automobile
- Safe and comfortable sidewalks—and where not available
- Accessibility of businesses for people using mobility devices
- Participation in voluntary organizations
- Employment opportunities
- 'Say' in local government
- Ease of accessing needed information

An opportunity was provided for open-ended comments.

Selected highlights of survey results are included in the following aging-friendly topical sections. Full survey results are available at <https://midwaybc.ca/>.

Midway is a wonderful place to live, but sure could use more services --a nice cafe or gathering spot like a pub, better high-speed internet, benches along streets so older folks out for a long walk can rest a minute a water fountain (refill water bottles) while out walking.
—survey respondent

Service Provider & Resident Interviews & Focus Groups

Interviews and focus groups were conducted with service providers to learn more about the role their agencies play in advancing aging-friendly principles, challenges faced, and opportunities seen. A focus group was conducted with residents of Parkview Manor which covered all aspects of aging in community as experienced by seniors over the age of 65.

Those interviewed one-on-one by telephone or face-to-face included:

- Emergency services
 - Walt Osellame, Fire Chief
 - Mark Danyluk, BCEHS Ambulance Attendant
 - Corporal Edward (Ted) Bowen, RCMP Detachment
 - Susan Lang, Community Paramedicine, BC Ambulance Emergency Health Services
- Cathy Riddle, RCMP Victim-Witness Services
- Steve Stewart, Village campground operator, parks & recreation
- Merry English, senior citizen and advocate
- Sandy Fairburn, experienced in serving people with dementia

These individuals and those engaged in the Parkview Manor focus group provided a wide range of insights and recommendations for action. All these ideas have been reviewed and synthesized by the advisory committee and feasible actions are included in the Actions section of this plan.

Outdoor Spaces and Buildings

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

MIDWAY GOOD PRACTICES & POSITIVE CHARACTERISTICS

Midway's flat topography, grid pattern of well-connected streets, and well-maintained parks, trails and outdoor spaces serve to create a walkable community and contribute to a culture of outdoor activity. The Village is blessed with a wealth of community facilities that serve recreation, social, educational, safety, and health needs. Entwined Tree Park, Frank Carpenter Memorial Riverfront Park, and James G. McMynn Park provide passive recreation opportunities.

Midway has its own hiking & biking trails on a mountain south of the Village, a river walk trail along the Kettle River, and a section of the Kettle Valley Rail trail. The Village campground has 20 sites including a group site, picnic area, and put-in spots for kayaking.

Community safety, one element of the built environment, achieved the highest ranking (63%) by questionnaire respondents selecting their top three aging-friendly aspects.

CHALLENGES

A chorus of voices echoed the following challenges.

1. Safety concerns for pedestrians crossing and walking alongside roads.
2. Lack of accessible public facilities, both public and private, specifically sufficiently wide doorways, lack of automatic door openers, sufficiently wide aisles, and accessible washrooms.
3. Lack of accessible universal public washrooms.
4. Lack of suitable nature trails for people with mobility issues.
5. Lack of sidewalks and paved trails.

6. Lack of benches.
7. Lack of a central community gathering area with washrooms, benches, and a place to play games such as chess.

All businesses in Midway (are) lacking power buttons doors.

*Desperately need automatic opening doors to
library, drug store, community hall, grocery store.*

--survey respondents

MOVING FORWARD ACTIONS

1. Incorporate fully accessible amenities for Community Hall renovations including ramps to both floors, a universal washroom on the main floor, and automatic door opener functions.
2. Construct a shelter and paved paths in McMynn Park.
3. Provide additional weather protection cover for Post Office boxes.
4. Construct public benches on Florence, Palmerston, Fourteenth, and other areas where people frequently walk.
5. Develop a 'village square' in a central location that can accommodate an information board, washroom and other amenities.
6. Construct a fully accessible year-round public washroom, in a central location.
7. Renovate all public recreational facilities to be senior friendly.
8. Additional specific recommendations from the Mobility Audit may be found in the Actions Summary section

Mobility & Transportation

The Village has safe places to walk, cycle and use mobility devices for all ages, and community based public transportation within and between communities is accessible and affordable.

MIDWAY GOOD PRACTICES & POSITIVE CHARACTERISTICS

The village is served by a grid-pattern of streets, most of which are paved, while some rights of way are unimproved but mowed for pedestrian access.

A majority of 61% survey respondents agree they are able to comfortably get around Midway without the use of a private automobile.

The Boundary Area Volunteer Driver Program, sponsored by the Boundary Community Hospice Association, provides a fee-based inter-community driver service for citizens requiring assistance to access medical appointments or visits to care centers.

The community (Parkview Manor) has recently obtained a fully accessible, 15 seat bus which will be used to serve the local mobility needs of its residents.

CHALLENGES

The least aging-friendly aspects of living in Midway, as expressed by survey respondents, is transportation (76%), primarily related to ability to travel to other communities with more services. Sixty-nine percent disagreed that **safe and comfortable sidewalks** and trails are available where they want to go. Respondents identified where safe and comfortable sidewalks and trails are **not available**:

- almost all roads have no sidewalks;
- crossing Hwy. 3;
- parks;
- Florence Street 'sidewalk' feels like a bike lane, doesn't feel safe; and
- Post Office area needs better access.

Survey respondents noted the following facilities or businesses that are **not readily accessible to older adults using mobility devices**:

- doors of all public buildings are not easy to open; and
- no accessible public washrooms.

Mobility and accessibility to public facilities should consider the needs of all differently-abled people.

Midway lacks any inter-community bus service.

I would like more defined sidewalks, not just the side of the road.

Transportation (needed) to hospitals, Grand Forks, Osoyoos, Penticton;

bus to Kelowna to connect up to go to Vancouver

--survey respondent

MOVING FORWARD ACTIONS

1. Act on the recommendations contained in the Mobility Audit Recommendations report, which are summarized below. Full details are available in the report (available at <https://midwaybc.ca/> and in the Actions Summary section of this report.
2. Install signage and painted crosswalks with pedestrian crossing warning signs.
3. Install a pedestrian crossing warning sign for vehicles travelling in the eastbound right turn lane of Hwy 3 approaching Florence Street.
4. Install automatic push-button doors at all public facilities.
5. Construct or improve sidewalks and asphalt paths in selected locations.
6. Encourage washroom renovations for full accessibility at the Medical Clinic, Senior's centre, McMynn's Foods and Mile Zero Restaurant.
7. Adopt policy amendments in the Official Community Plan to support an aging-friendly approach to mobility & transportation and to implement relevant actions in this report.
8. Enhance local transportation using volunteer drivers.
9. Enhance inter-community transportation with volunteer drivers.



*Figure 5 Advisory Committee undertaking the mobility audit at
Fifth Avenue and Florence Street*

Housing

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.

MIDWAY GOOD PRACTICES & POSITIVE CHARACTERISTICS

The use of existing housing stock represents a valuable asset and is the most affordable way to adapt housing for an aging population. The Village is blessed with Parkview Manor, a home for older adults, a three-story facility with 20 living units, of which 15 are supportive & independent units, and 5 are publicly subsidized.

CHALLENGES

Safe and affordable housing with home support services is identified by survey respondents as one of the most important decision factors for staying and aging in place in Midway. Staying in one's own house is the most common anticipated type of housing needed (55%) in the future as people age; second and third are assisted living (30%) and smaller dwelling (25%). Believing that the type of housing needed as one ages will be available is split evenly three ways between agree, disagree, and don't know.

For survey respondents, light yard work (63%) tops the chart on the type of support needed to age in one's own home, followed by light housekeeping (56%) and transportation (54%). A majority of 61% disagrees that supports needed to age in one's own home are readily available. Support services that are lacking or insufficient generally include light yard work, minor home repairs, and light housekeeping.

Common fears expressed at the community workshops are a fear of having to downsize and move, that Village policies may be a barrier to availability of seniors housing, and that the fear that people may not be able to access housing that is small, affordable, and easy to maintain.

The Village has a very limited range of housing types; almost 100% of homes are single detached units. Secondary suites are not permitted in the Village Zoning Bylaw. Affordable housing opportunities are very limited.

Parkview Manor has primarily independent living units and is limited to a few units with assisted care; it has no full-time complex care rooms.

MOVING FORWARD ACTIONS

1. Revise the Official Community Plan as follows:
 - amend the residential objective to reference all ages;
 - support ‘aging-in-place’ retrofits of homes;
 - support ‘aging-in-place’ accessory dwelling units in the form of secondary suites, coach house suite, and garden suites;
 - encourage senior’s housing development; and
 - encourage and support special needs housing, including homes specially designed or adapted for those with particular physical or social needs.
2. Encourage and support an expansion of Parkview Manor to accommodate all levels of housing including full time care units, respite care beds, and complex care units as needed.
3. Expand housing options by promoting approaches such as co-housing and leasing bedrooms to young adults.

Social Participation

Opportunities are present 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.

MIDWAY GOOD PRACTICES & POSITIVE CHARACTERISTICS

Survey respondents reported that the most aging-friendly aspect of living in Midway is social participation (50%), exceeding all other aspects by a margin of 2-1.

The Midway Community Hall, fully supported financially and programmatically by Village citizens, provides a venue for a wide range of community cultural, social and leisure activities. The facility is centrally located, but is currently not handicapped accessible. A major renovation is planned that will include accessibility upgrades.

The community's two churches, senior's association (#117), The Bridge thrift store & drop-in centre and Parkview Manor provide a wide range of formal and informal social participation opportunities.

Atmosphere here is “Kettle River Zen”

--campground operator

Recreation programs are run through the Community Association such as the July 1st day, parade and fireworks, community theatre, yoga, dance classes.

The Village's campground offers opportunities for access to the river for kayaking and swimming. Many men play golf at the Kettle Valley Golf Club.



CHALLENGES

Participants in the community workshop expressed their fears of not being able to stay in community due to health care needs and that there is insufficient support to age-in-community such as yard maintenance and grocery delivery.

we do not participate socially because of NO handicap accessibility to get in (to buildings) or washrooms available.

I wish I could participate more.

Infrastructure/built environment is good for tourists but not us.

--survey respondents

A dominant theme in the community workshops, focus group discussions, and survey was the lack of handicap accessibility to public facilities which limits ability to participate socially. For some individuals with mobility issues this serves to socially isolate them.

I think more support is needed for the aging population.

But at the same time the local government cannot afford to push the younger generations to the side

There are many proving studies and retirement communities who link the two age groups together. It's very beneficial to both, and helps keep the community healthy and strong.

--survey respondent

It is acknowledged that it is important for these activities to connect seniors with other age groups, particularly youth.



Figure 6 Three generations enjoy each other's company

Moving Forward Actions

1. Connect volunteering opportunities with volunteers using a centralizing website or page on the Village site (action repeated in Civic Participation & Employment section).
2. Enhance and encourage healthy activity for seniors through enhanced communication (see specific actions in the Communication & Information section). Examples of activities include yoga, billiards and various social activities such as ballets, music events, plays/ skits.
3. Encourage the Village and the Community Association to offer a greater variety of recreation options.
4. Promote increased use of parks through activities such as music festivals.
5. Offer guided group walking hikes or biking trips. The Community Paramedic role can support hiking & biking activities.
6. Establish a community events coordinator position to facilitate events, tournaments, sports events, social events. Role could also include coordinating volunteer opportunities.

Respect and Social Inclusion

Older people are treated with respect and are included in civic life; they are given opportunities to share knowledge and experience; they are included in decision making, and recognized for their contributions.

MIDWAY GOOD PRACTICES & POSITIVE CHARACTERISTICS

Seniors are well represented on the Midway Village council—3 out of 6 are over 65 years.

CHALLENGES

Thirty-seven percent of survey respondents didn't believe they had enough '**say**' in **local government decisions**; 33% agreed that they did, and 31% didn't know. Of those who didn't agree, they offered the following on how they could have more say in local government decisions:

- access to buildings where meetings are held;
- more clarity on council minutes, possibly in newsletter;
- appreciation expressed for survey; and
- listen.

Loneliness and isolation are the biggest fears expressed by senior citizens.

*(my hope is) that our people / residents would grow
in respect for all our neighbours
– those who are different, have disabilities, are in a different 'clique,
that we would become good, kind neighbours and become a family
(not just residents of this village)
Celebrate diversity, not fight it).*

--workshop participant

Individuals interviewed about social inclusion expressed a desire that citizens have direct connections with the poor and marginalized and that 'we know each other's names'.

MOVING FORWARD ACTIONS

1. Welcome newcomers about amenities and services (note: the aging-friendly services & amenities map, a component of the aging-friendly assessment & action plan, is designed to be useful for all citizens).



Figure 7 The Bridge thrift store and drop-in centre

Civic Participation & Employment

There are opportunities for employment and volunteerism that cater to older persons' interests and abilities. Workplaces are accessible for elderly and disabled persons.



Figure 8 Older adult helping a child

MIDWAY GOOD PRACTICES & POSITIVE CHARACTERISTICS

A 65% majority of survey respondents are members of **voluntary organizations** or associations: 43% participate at least once a week; 27% participate at least monthly.

CHALLENGES

A majority of 59% of survey respondents who had an opinion on **employment opportunity** say there are not adequate employment opportunities for seniors.

Seniors also reported a loss of income and lack of volunteers to fill community needs.

MOVING FORWARD ACTIONS

1. Attract new business that create employment.
2. Enforce 'nuisance and appearance' bylaws addressing alleys and yards (Village has recently hired a bylaw enforcement officer).
3. Connect volunteering opportunities with volunteers using a centralizing website such as the Village site. (This may be accomplished with new staff person also responsible for activity coordination referenced in Social Participation.)
4. Create an annual club & events fair.



Figure 9 Ace Hardware and McMynn's Insurance on Fifth Avenue

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.

MIDWAY GOOD PRACTICES & POSITIVE CHARACTERISTICS

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. A regional paper, the *Boundary Creek Times*, publishes weekly and provides local news.

A majority of 69% of survey respondents agree that the village provides information needed in an easy-to-use form.

CHALLENGES

Interviews and community workshop reveal a concern that the community does not have a local newspaper.

Moving Forward Actions

1. Use multiple streams for communication, including social media (e.g. Facebook), paper newsletter, email, and a community activity notice board at the Village Office or Post Office.
2. Create a central aging-friendly website with home support resource list, updated regularly with services and contacts.
3. Set up an information kiosk which could be in the form of a digital information station in central location.

4. Establish a 55+ age email-based newsletter such as the one serving Pender Island that provides comprehensive and timely information about all community events and resources of interest to seniors.
5. Village communicates which councilors sit on committees (e.g. RDKB) or have interests (like the community garden) so citizens know who to contact.
6. Provide computer literacy training for seniors.



Figure 10 Community Information Sign

Community Support & Health Services

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.

MIDWAY GOOD PRACTICES & POSITIVE CHARACTERISTICS

Community support

The Village hosts many community support institutions and services, including a public library with public computers and wi-fi, 'Meals on Wheels' program (through Parkview Manor), and the Bridge, a community drop-in centre and thrift store.

The RCMP reports that they receive few calls from citizens in the village which is characterized by clean living, a flat topography, low crime, and is safe. The RCMP detachment offers policing services and a Victim Witness Service to support victims, witnesses, family members and others who have been impacted by crime and trauma.

The library is open to all, including marginal groups. It hosts knitting and colouring groups. The computers are free and many people avail of access to the Internet.

The Village recently established a community garden with 35 raised wood beds (some of them senior-friendly, and 36 garden plots. It has proven to be very popular, particularly among seniors.

Health Services

Midway health clinic provides a family doctor, primary care nurse, social programming, blood lab, and physiotherapy. Interior Health offers a nursing care program for post-operative wound care, management, and palliative care support; home support assessments; an RN case manager for long term care assessments and supports; and mental health and substance use services.

BC Emergency Health Services (BCEHS) provides a staffed ambulance station with paramedicine services of community outreach & awareness, health promotion, wellness clinics, and wellness checks. Interviews with staff reveal that it also bridges an

education gap regarding senior's fears, which in turn reduces the number of calls; seniors feel like they are being treated like people.

CHALLENGES

Community support

Fire Protection Service reports that having a functional cross section of emergency and social service providers is critical for community safety, particularly in the event of an emergency. They seek to implement a Midway-focused plan with resources in place that addresses getting people to a safe haven.



Figure 11 Community Workshop #1 --Hopes & Fears

Health Services

Some individuals report in the community survey and in community workshops that they feel the Midway clinic and accessibility to the doctor is not as consistent as they would like.

MOVING FORWARD ACTIONS

Community Support

1. Seek the introduction of United Way's Better at Home program which offers a range of non-medical home support services on a sliding scale fee-based basis.
2. Advocate for the presence of Service BC a few times a month on a regular schedule. (Other ministries do this: Ministry of Children and family visits at the family center in an empty classroom in the elementary school.)
3. Provide elder abuse awareness and education.
4. Purchase more computers for the library.
5. Establish senior's day program to provide caregivers respite.

Health Services

1. Advocate to Interior Health for additional assisted living, full-time residential care, respite room and palliative care beds within Midway and to encourage Interior Health to undertake a needs assessment for such facilities.
2. Advocate for a comprehensive needs assessment of medical services in Midway.

Keeping the Plan Alive and Relevant

1. Establish an Aging-friendly Champion Committee (AFCC) to monitor progress and partnership relationships.
2. Adopt recommended OCP Bylaw amendments to provide an aging-friendly lens to planning policy and provide specific direction on relevant topics. Selected action-oriented policies are identified in this report: a comprehensive list of amendments is provided at <https://midwaybc.ca/>.



Figure 12 Seniors enjoy group exercise--Photo by Elim Homes

Summary of Actions

The summary list of actions is organized by topic area, priority and recommended partners. Priority levels are immediate (within three months), high (within a year), medium (one to three years), low (three to five years), and ongoing.

These time frames are best estimates only and it is very important to recognize that project priority (completion time) may vary subject to partner agency abilities and the municipality's financial status and/or staffing constraints.

Recommended responsible agents are invited to participate. Their level of participation will depend on their own priorities, willingness to participate and availability.

| Action | Priority | Responsible Agent (s) |
|---|------------------------------|--|
| Outdoor spaces and buildings | | |
| 1. Incorporate fully accessible amenities for Community Hall renovations including ramps to both floors, a universal washroom on the main floor, and automatic door opener functions. | High Within one year | Village |
| 2. Construct hard surface pathways in McMynn Park connecting entrances, the Parkview Manor, playground, and benches, and the Community Hall; a circular walking route within the Park could be an affordable and valued asset for walkers of all abilities and ages | Medium One to three years | Village |
| 3. Provide additional weather protection cover for Post Office boxes. | High Within one year | <ul style="list-style-type: none"> • Canada Post • McMynn family (building owner) • Leased space operator |

| Action | Priority | Responsible Agent (s) |
|--|----------------------------------|---|
| 4. Construct public benches on Florence, Palmerston, Fourteenth. and other areas where people frequently walk. | High Within one year | <ul style="list-style-type: none"> • Village • Ministry of Transportation & Infrastructure (MOTI) |
| 5. Develop a 'village square' in a central location that can accommodate an information board, washroom and other amenities. | Low Three to five years | Village |
| 6. Construct a fully accessible year-round public washroom, in a central location. | Medium One to three years | Village |
| 7. Renovate all public recreational facilities to be senior friendly. | Medium One to three years | Village |
| Mobility | | |
| 1. Install signage and painted crosswalks with pedestrian crossing warning signs at 1) the crossing of Florence Street immediately south of Hwy. 3 between the Mile Zero Restaurant and The Spot, and 2) at the crossing of Florence Street on the south side of Ninth Avenue. | Immediate Within three months | Village and MOTI |
| 2. Install a pedestrian crossing warning sign for vehicles travelling in the eastbound right turn lane of Hwy 3 approaching Florence Street. | High Within one year | Village and MOTI |
| 3. Install automatic push-button doors at all public facilities. | Medium One to three years | Village & businesses |

| Action | Priority | Responsible Agent (s) |
|---|---|---|
| 4. Construct or improve sidewalks and asphalt paths in selected locations. | Medium One to three years Ongoing | Village and MOTI |
| 5. Encourage washroom renovations for full accessibility at the Medical Clinic, Senior's centre, McMynn's Foods and Mile Zero Restaurant. | Medium One to three years | Interior Health, local business, Senior's Association |
| 6. Adopt policy amendments in the Official Community Plan to support an aging-friendly approach to mobility & transportation and to implement relevant actions in this report. | Immediate Within three months | Village |
| 7. Enhance local transportation using volunteer drivers. | Ongoing | Senior's Association |
| 8. Enhance inter-community transportation with volunteer drivers. | Ongoing | Senior's Association |
| Housing | | |
| 1. Revise the Official Community Plan as follows: <ul style="list-style-type: none"> • amend the residential objective to reference all ages; • support 'aging-in-place' retrofits of homes; • support 'aging-in-place' accessory dwelling units in the form of secondary suites, coach house suite, and garden suites; • encourage senior's housing development; and | Immediate Within three months | Village |

| Action | Priority | Responsible Agent (s) |
|--|------------------------------|--|
| <ul style="list-style-type: none"> encourage and support special needs housing, including homes specially designed or adapted for those with particular physical or social needs. | | |
| 2. Encourage and support an expansion of Parkview Manor to accommodate all levels of housing including full time care units, respite care beds, and complex care units as needed. | Ongoing | <ul style="list-style-type: none"> Village Parkview Manor & Interior Health |
| 3. Expand housing options by promoting approaches such as co-housing and leasing bedrooms to young adults. | Ongoing | Village |
| Social participation | | |
| 1. Connect volunteering opportunities with volunteers using a centralizing website or page on the Village site (action repeated in Civic Participation & Employment section). | Ongoing | Village |
| 2. Enhance and encourage healthy activity for seniors through enhanced communication (see specific actions in the Communication & Information section). Examples of activities include yoga, billiards and various social activities such as ballets, music events, plays/skits. | Medium One to three years | <ul style="list-style-type: none"> Village Community Club Senior's Association Community Association |
| 3. Encourage the Village and the Community Association to offer a greater variety of recreation options. | Medium One to three years | Village & Community Association |

| Action | Priority | Responsible Agent (s) |
|---|----------------------------------|--|
| 4. Promote increased use of parks through activities such as music festivals. | Medium One to three years | <ul style="list-style-type: none"> • Village Community Club • Museum |
| 5. Offer guided group walking hikes or biking trips. The Community Paramedic role can support hiking & biking activities. | High Within one year | BC Emergency & Health Services (BCEHS) |
| 6. Establish a community events coordinator position to facilitate events, tournaments, sports events, social events. Role could also include coordinating volunteer opportunities. | Low Three to five years | Village & Community Association |
| Respect & Civic Participation | | |
| 1. Welcome newcomers with information about amenities and services (note: the aging-friendly services & amenities map, a component of the aging-friendly assessment & action plan is designed to be useful for all citizens). | Immediate Within three months | Village |
| Employment & Volunteer Opportunities | | |
| 1. Enforce 'nuisance and appearance' bylaws addressing alleys and yards (Village has recently hired a bylaw enforcement officer). | Ongoing | Village |
| 2. Connect volunteering opportunities with volunteers using a centralizing website such as the Village site. (This may be accomplished with new staff person also responsible for activity coordination referenced in Social Participation) | Medium One to three years | Village |

| Action | Priority | Responsible Agent (s) |
|--|----------------------------------|-----------------------|
| 3. Create an annual club & events fair. | Medium One to three years | Community Club |
| Communication & Information | | |
| 1. Use multiple streams for communication including social media (e.g. Facebook), paper newsletter, email, and a community activity notice board at the Village Office or Post Office. | Ongoing | Village |
| 2. Create a central aging-friendly website with home support resource list, updated regularly with services and contacts. This may be combined with other features noted elsewhere and subject to new staff position. | Medium One to three years | Village |
| 3. Set up an information kiosk which could be in the form of a digital information station in central location. | Medium One to three years | Village |
| 4. Establish a 55+ age email-based newsletter such as the one serving Pender Island that provides comprehensive and timely information about all community events and resources of interest to seniors. This dependent on new staff funding. | Low Three to five years | Senior's Association |
| 5. Village communicates which councillors sit on committees (e.g. RDKB) or have interests (like community garden) so citizens know who to contact. | Immediate Within three months | Village |
| 6. Computer literacy training for seniors. | Ongoing | Library |

| Action | Priority | Responsible Agent (s) |
|--|------------------------------|--|
| Community Support & Health Services | | |
| <i>Community Support</i> | | |
| 1. Seek the introduction of United Way's Better at Home program which offers a range of non-medical home support services on a sliding scale fee basis. | High Within one year | Boundary Family Services |
| 2. Advocate for the presence of Service BC a few times a month on a regular schedule. (Other ministries do this: Ministry of Children and family visits at the family center in an empty class-room in the elementary school.) | Medium One to three years | Senior's Association |
| 3. Provide elder abuse awareness and education. | Medium One to three years | RCMP |
| 4. Purchase more computers for the library. | Medium One to three years | Library |
| 5. Establish senior's day program to provide caregivers respite. | Medium One to three years | Parkview Manor |
| <i>Health Services</i> | | |
| 1. Advocate to Interior Health for additional assisted living, full-time residential care, respite room and palliative care beds within Midway and to encourage Interior Health to undertake a needs assessment for such facilities. | Medium One to three years | Parkview Manor & Village & Interior Health |

| Action | Priority | Responsible Agent (s) |
|--|---|--|
| 2. Advocate for a comprehensive needs assessment of medical services in Midway. | Ongoing | <ul style="list-style-type: none"> • Senior's Association • Village • Interior Health |
| Keeping the Plan Alive and Relevant | | |
| 1. Establish an Aging-friendly Champion Committee (AFCC) to monitor progress and partnership relationships. | Immediate Within three months, ongoing | Village |
| 2. Adopt recommended OCP Bylaw amendments to provide an aging-friendly lens to planning policy and provide specific direction on relevant topics | Immediate Within three months | Village |

Acknowledgements

Well over 100 citizens contributed to creating this plan. Those acknowledged here by name made unique or sustained contributions.

Advisory Committee

- Martin Fromme, Mayor, Village of Midway
- Fred Grouette, Village of Midway councillor
- Murray Brooks
- Merry English
- Bob Lyons
- Roberta Nott
- Jean Schmidt
- Dorothy Unger
- Susan Lang
- Judy Willsey

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 - Mark Danyluk, BCEHS Ambulance Attendant
 - Corporal Edward (Ted) Bowen, RCMP Detachment

- Susan Lang, Community Paramedicine, BC Ambulance Emergency Health Services
- Kathy Riddle, RCMP Victim-Witness Services
- Steve Stewart, Village campground operator, parks & recreation
- Merry English, senior citizen and advocate
- Sandy Fairburn, experienced in serving people with dementia

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