



Our aging society: Insights from Trent University

Introduction to the Trent research team

- Elizabeth McCrillis, Ph.D., Assistant Professor, Department of Psychology
- Mark Skinner, Ph.D., Canada Research Chair & Dean of Social Science
- Amber Colibaba, M.A., Research Coordinator, Rural Aging CRC Program



Presentation outline

- Services for an aging rural population:
 - ▣ Healthcare
 - ▣ Housing
 - ▣ Transportation
 - ▣ Recreation
- Building sustainable rural age-friendly communities
- Next steps



Acknowledgements

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TRENT CENTRE FOR AGING & SOCIETY



PSYCHOLOGY

Population aging



The stereotype of retirement

Google

retirement



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10 Best Places to Retire in the U.S ...
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Services for an aging rural population



1. Rural healthcare and community support services



Ontario announces new nursing home with 36 additional beds in Arnprior



Premier Kathleen Wynne was in Arnprior Wednesday to announce the construction of a new nursing home, assuming residents in the community can pay for it up front.

Wynne attended a breakfast with residents at The Grove, which is currently a 60-bed nursing home, and announced plans for the construction of a new 96-bed facility which will have much more modern accommodations.

The news about a new facility came as a surprise to area residents who had been involved in a letter-writing and fundraising campaign aimed at increasing the Grove's capacity.

As recently as February, the chief executive of Arnprior Regional Health, which oversees the Grove, stated that without significant investment in the nursing home and the ability to add additional beds, the facility would be forced to close.

The province has not agreed to provide any money prior to the construction of the new nursing home, leaving Arnprior Regional Health to raise the cash for the project through a mix of charitable donations and debt. However, requiring health-care facilities such as hospitals or nursing homes to secure their own financing is a fairly normal practice in the province.

2. Rural housing services





Abbeyfield House Society of Lakefield:

A COMMUNITY BASED APPROACH TO RETIREMENT LIVING DEVELOPMENT PROJECTS

- Objective: To determine the feasibility and community preferences toward future development of an Abbeyfield house

*“I think
there's a
great need
for affordable
housing for
seniors.”*

*“Being somewhere
within the village is
an important thing”*

3. Rural transportation services



A Look at Temiskaming Shores' Age-Friendly Community Plan



▶ Temiskaming Shores

- Created a 1-800 number to call in order to be connected to the appropriate transportation
- Credentialing process in place for non-municipal transportation providers

4. Rural recreation services



NOTICE TO READERS: Register now to support your local journalism!

WITH VIDEO: Arnprior opens Canada's only men's shed linked to health group

COMMUNITY Mar 03, 2019 by [Derek Dunn](#) ✓ Arnprior Chronicle-Guide



During the official opening of Canada's 22nd Men's Shed, in the township of McNab/Braeside, participants gathered around a plank and circular saw instead of ribbon and scissors. Joining building owner Judi Asselin is township Mayor Tom Peckett, Jean-Guy Asselin, Seniors Active Living Centre's Darrel O'Shaughnessy, Arnprior Mayor Walter Stack, and Arnprior Regional Health's Eric Hanna. - Derek Dunn/Metroland

Calendar of Activities / Events

For a description of community programs, see our [Community Exercise and Wellness Programs](#) page. For a printable version of Brock CHC's Program/Activity Schedule for October 2019, click [here](#).

[Previous Month](#)
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Month Year

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October 2019						
SUN	MON	TUE	WED	THU	FRI	SAT
		1 Community Based Strength and Balance Exercise - Cannington Drumming for Health Beaverton Community Based Strength and Balance Exercise - High Intensity Tai Chi Practice Sessions (Community-Led) Kids in the Kitchen (Beaverton Group 1)	2 Indoor Walking Program Beaverton Rejuvenating Yoga Beaverton Kids in the Kitchen (Beaverton Group 2)	3 Community Based Strength and Balance Exercise - Sunderland Community Based Strength and Balance Exercise - Cannington Community Based Strength and Balance Exercise - Beaverton	4 Indoor Walking Program Beaverton Community Based Strength and Balance Exercise - Cannington Guided Meditation Cannington Community Based Strength and Balance Exercise - High Intensity Tai Chi Practice Sessions (Community-Led)	5
6	7 Indoor Walking Program Beaverton Community Based Strength and Balance Exercise - Sunderland Line Dancing Cannington Community Based Strength and Balance Exercise - Cannington Community Based Strength and Balance Exercise - Beaverton	8 Community Based Strength and Balance Exercise - Cannington Drumming for Health Beaverton Community Based Strength and Balance Exercise - High Intensity Tai Chi Practice Sessions (Community-Led) Kids in the Kitchen (Sunderland Group 1)	9 Indoor Walking Program Beaverton Rejuvenating Yoga Beaverton Kids in the Kitchen (Sunderland Group 2)	10 Community Based Strength and Balance Exercise - Sunderland Community Based Strength and Balance Exercise - Cannington Community Based Strength and Balance Exercise - Beaverton	11 Indoor Walking Program Beaverton Community Based Strength and Balance Exercise - Cannington Guided Meditation Cannington Community Based Strength and Balance Exercise - High Intensity Tai Chi Practice Sessions (Community-Led)	12
13	14 Indoor Walking Program Beaverton	15 Community Based Strength and Balance Exercise - Cannington	16 Indoor Walking Program Beaverton Rejuvenating Yoga	17 Community Based Strength and Balance Exercise - Sunderland	18 Indoor Walking Program Beaverton Community Based	19

Building sustainable rural age-friendly communities

- Challenges of AFC
- Studying AFC at Trent

Rural Age-Friendly Research



You are invited to participate in an interview with our team of researchers from Trent University to discuss your community's age-friendly program!


The *Building Sustainable Rural Age-Friendly Initiatives* research project aims to document expert **community leaders'** and **program participants'** perspectives about the barriers that may prevent, and factors that may support, sustainable age-friendly programming.

We will be in your community:





Emergent Challenges and Opportunities to Sustaining Age-friendly Initiatives: Qualitative Findings from a Canadian Age-friendly Funding Program

Elizabeth Russell ^a, Mark W. Skinner^b, and Ken Fowler^c

^aAssistant Professor, Department of Psychology, Trent University, Peterborough, Ontario, Canada; ^bDean of Social Sciences, Professor and Canada Research Chair in Rural Aging, Health and Social Care, Trent School of the Environment, Trent University, Peterborough, Canada; ^cProfessor, Department Head, Department of Psychology, Memorial University of Newfoundland, St. John's, Canada

ABSTRACT

Age-friendly initiatives often are motivated by a single funding injection from national or sub-national governments, frequently challenging human and financial resources at the community level. To address this problem, this paper examines the challenges and opportunities to sustaining age-friendly programs in the context of a Canadian age-friendly funding program. Based on a qualitative thematic content analysis of interview data with 35 age-friendly committee members drawn from 11 communities, results show that age-friendly sustainability may be conceptualized as an implementation gap between early development stages and long-term viability. Consistent over-dependence on volunteers and on committees' limited capacity may create burnout, limiting sustainability and the extent to which communities can truly become "age-friendly". To close this implementation gap while still remaining true to the grass-roots intention of the global age-friendly agenda, sustainable initiatives should include community champions, multi-disciplinary and cross-sector collaborations, and systemic municipal involvement.

ARTICLE HISTORY

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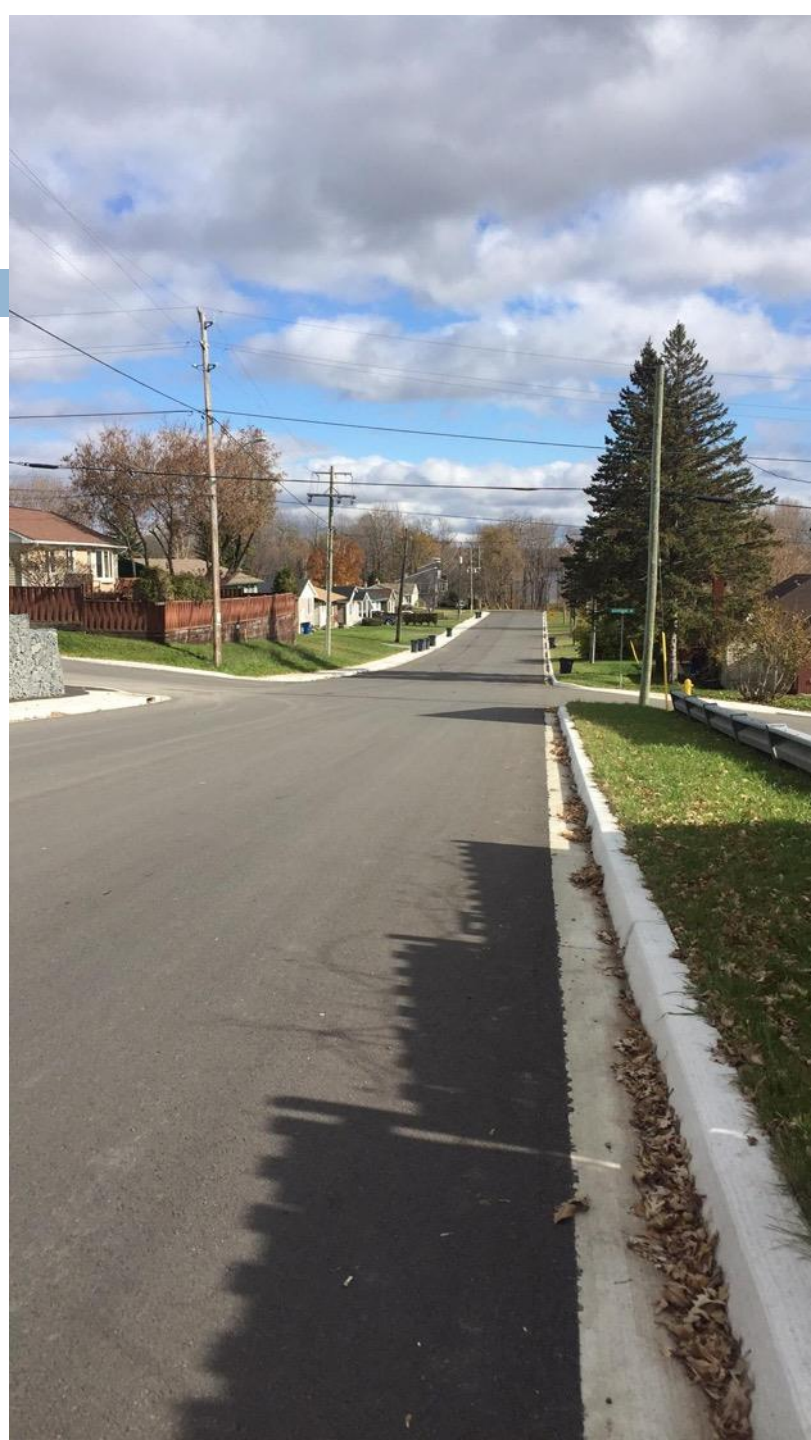
KEYWORDS

Age-friendly communities;
rural aging

Introduction

Based on an analysis of data drawn from a program evaluation of a Canadian age-friendly funding initiative, this paper seeks to identify the challenges and opportunities to sustaining age-friendly programs. Our analysis was guided by three research questions: 1) under what circumstances are age-friendly committees successful in establishing sustainable age-friendly initiatives? 2) under what circumstances are age-friendly committees challenged to establish sustainable age-friendly initiatives? and 3) is a burden of sustainability placed upon community leaders implementing age-friendly initiatives? The aim is to contribute to the age-friendly literature by explicitly articulating and exploring those factors underlying age-friendly sustainability and describing





Strengthening factors: Municipal collaboration



One of the, the greatest step that can be taken on this age friendly journey is **to get buy-in from the municipality**. And it's an ongoing challenge; we had everybody all geared up, every council member was onside. **And then we had an election**, and some of the old council members disappeared, and then it became a case of reacquainting and getting buy-in from the new councillors.

MUSKOKA FEATURED IN TRENT UNIVERSITY RURAL AGE-FRIENDLY CASE STUDY

ELIZABETH RUSSELL, MARK SKINNER, AMBER COLIBABA

MUSKOKA - Several years ago, the District of Muskoka received funding from the Ontario government to support the community in becoming more age-friendly - more accessible to and inclusive of the aging population.

This process included conducting a needs assessment to identify local older adults' needs and forming a steering committee to assess and implement key recommendations. Age-friendly committee memberships typically are comprised of municipal, community, and private citizen members, often including

local older residents.

This community-level implementation process has, however, been shown to have challenges with sustainability e.g. not becoming permanent or institutionalized within a host organization.

Based out of Trent University in Peterborough, Ont., our project aims to

document the expert perspectives of rural and small-town age-friendly leaders about the barriers that may prevent, and factors that may support, sustainable age-friendly programming.

Between September 2018 and April 2019, we travelled over 6,000 kilometres (that's approximately the distance of travelling from St. Johns, N.L. to Victoria, B.C.) to five rural Ontario communities implementing age-friendly programming and spoke with nearly 60 age-friendly leaders. With multiple visits each to Temiskaming Shores, Perth County, District of Muskoka, the Durham Region (focused on the rural municipalities) and the greater Arnprior area, participants told us stories about the on-the-ground challenges of developing age-friendly communities, but also the successes, both major and minor, of achieving a more inclusive community.

We found that there is an implementation gap between short and long-term sustainability. However the involvement of community champions, partnerships (e.g. local businesses, non-profits, faith groups, and health and community-based services) and active municipal involvement are



Amber Colibaba



Elizabeth Russell

support local residents are they grow older.

Since receiving the funding, the District of Muskoka's age-friendly initiative has developed a diverse steering committee primarily comprised of representatives from the municipality and local stakeholders who conducted a robust needs assessment that evaluated the needs of older adults in Muskoka. Volunteers who were involved on the committee are currently working to move forward on implementing recommendations from the needs assessment.

Thank you for welcoming us to the District of Muskoka and showing us the momentum that exists within your community. We value the time and contributions of everyone involved with the study.

Dr. Elizabeth Russell is an assistant professor in the department of psychology



Trent University photos
Mark Skinner

Centre for Aging and Society.

Dr. Mark Skinner is the dean of social sciences at Trent University and Canada research chair in rural health, aging and social care.

Amber Colibaba, M.A., is the research co-ordinator for the Canada research chair program in rural health, aging and social care, and for the building sustainable rural age-



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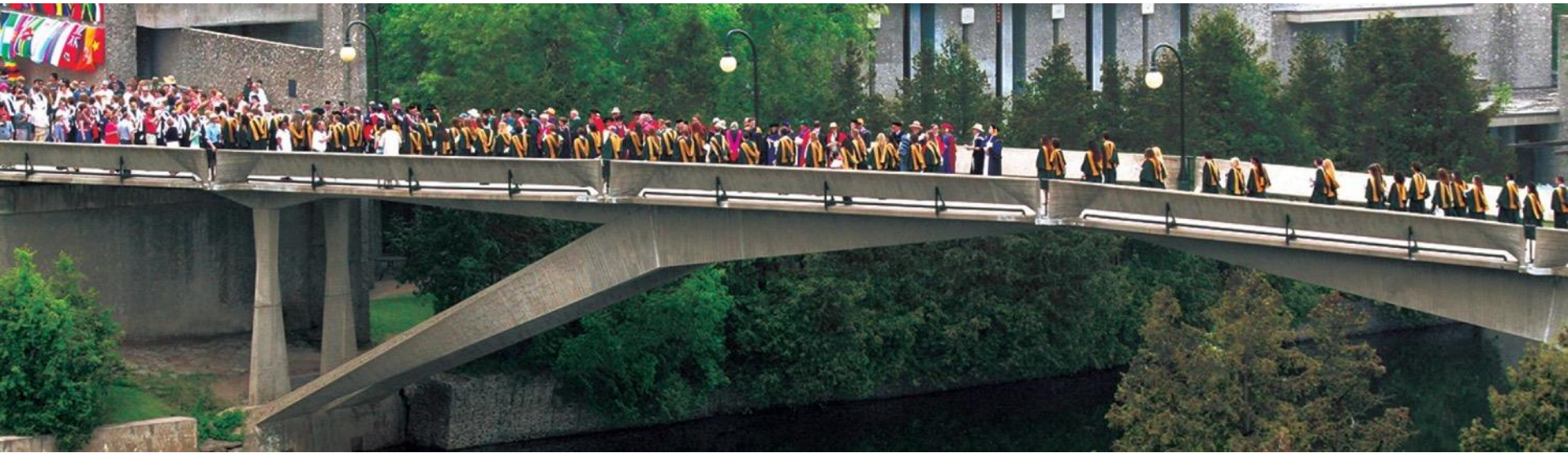


Concluding comments

- Aging in place (vs. stuck in place)
- Rural services
- Age-friendly funding
- Collaboration between all levels of governments, and community-based organizations



Thank you!



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