

Age Friendly Community Survey Report

6/15/2020



About Age Friendly Regina

Age Friendly Regina believes in a community where all people of all ages can live safely, enjoy good health and stay involved. Regina will be a community where structures and policies promote active aging. This will be achieved through the leadership of the age friendly committee. The age friendly committee is an invested group of individuals and organizations that aim to identify improvements towards an age friendly community. The age friendly Regina committee is working toward the steps to become an age friendly city.

Age Friendly Regina Members

Members

Angelina Beveridge (Chair), *Community Representative*

Charles Keple (Co-chair), *Community Representative*

Ryan Bahan, *Eden Care Communities*

Janine Beahm, *Centre on Aging and Health, University of Regina*

Cindy Covey, *Regina Senior Citizens' Centre Inc.*

Cathy Theriault, *Regina Senior Citizens' Centre Inc.*

Ritu Kalra, *Regina Immigrant Women's Centre*

Tracy Sanden, Health Promotion, Regina Area, *Saskatchewan Health Authority*

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Dave Slater, *City of Regina*

Jon Turner, *Regina Police Services*

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Executive Summary

Age Friendly Regina started in February 2018 with Saskatchewan Seniors Mechanism bringing together people and organizations in Regina with a vested interest in ensuring Regina is a community that is inclusive for people of all ages and abilities. To be an age friendly community in Saskatchewan, four steps must be achieved.

This report focuses in on step 3 and 4.

Age Friendly Regina used the same domains as World Health Organization and adapted an assessment tool used in Manitoba and Thunder Bay, Ontario to assess the community. The domains assessed include: information and advocacy, health and community services, transportation, outdoor spaces and buildings, housing, respect and social inclusion, community and workforce participation, safety, social participation and recreation. The survey was administered between January 2019-June 2019 as both an online and paper copy survey. The survey was advertised through the connections with Age Friendly Regina members and was a snapshot of older adult's opinions in Regina. The survey respondents totaled 385 from across Regina with the majority of respondents being over the age of 65 years.

Steps to becoming an Age Friendly Community in Saskatchewan:

1. Form an age friendly committee
2. Secure municipal government support
3. Assess your community
4. Develop and implement an action plan

Major findings are summarized on an infographic "Age Friendly Regina 2019 Survey Results."

Age Friendly Regina recognizes that further community engagement is likely needed to get a representative sampling of needs and concerns of older adults; however survey results indicate that priority areas such as health & community services, housing, transportation and safety are important. Age Friendly Regina also acknowledged the need to provide further information on services available as many answers within the survey were "I don't know". The large number of "I don't know" could be due to the people who filled in the survey are not yet needing these services and therefore, are unaware of what services are available within Regina. This was an area that Age Friendly Regina felt could be addressed without further engagement. At the time of publication of this report, a resource guide or tool called "Age Well Regina" – a guide for navigating support services in Regina was developed. This tool helps to navigate housing options, mental health resources and crime and safety resources in Regina.

Condition of sidewalks and transportation require further discussions with other stakeholders. Age Friendly Regina has started conversations with city of Regina around survey results, sidewalks, transportation and ongoing engagement of older adults. Age Friendly Regina plans to next take this information to council in fall 2020 with an end goal of Regina adapting a

resolution to become an age friendly city. Age Friendly Regina plans to continue to meet and share these findings.

Action Plan:

1. Share final report with other organizations within the community.
2. Develop and distribute Age Well Regina tool.
3. Raise awareness of needs for more affordable and diverse housing needs for older adults throughout the city.
4. Decrease falls risk by:
 - a. Improved safety and connectivity to bus stops
 - i. Improved snow and ice removal at bus stops
 - ii. Improved snow and ice removal to get to and from bus stops
 - iii. Improved sidewalks (cracks and unevenness) to access bus stops
 - b. Improved safety and connectivity of sidewalks to places older adults visit
 - i. Improved snow and ice removal
 - ii. Improved cracks and unevenness to access these spaces
5. Improved wait times for paratransit
6. Improved bus routes to key locations such as hospitals

Age Friendly Regina

Age Friendly Regina developed to help Regina become an age friendly community. The committee formed in February 2018 through the initiation of Saskatchewan Senior's Mechanism as part of a global movement of the World Health Organization's (WHO).

To become an age friendly community in Saskatchewan, the following 4 steps must be achieved.

1. Form an age friendly committee
2. Secure municipal government support
3. Assess your community
4. Develop and implement an action plan

This report highlights the results from (step 3) the assessment completed in the city.

Process:

Tools gathered from across Canada and Saskatchewan were used to develop a survey for Regina. The survey included the 9 domains identified by the WHO that affect the quality of life of older adults in their communities. These domains are:

- outdoor spaces and buildings;
- transportation;
- housing;
- social participation;
- respect and social inclusion;
- civic participation and employment;
- communication and information;
- safety; and
- community support and health services.

The survey tool used was adapted from Thunder Bay and Manitoba. The community support and health services section was developed in guidance from primary health care, Regina area, Saskatchewan Health Authority (SHA).

An online version of the survey was administered via survey monkey and paper copies were administered through the networks of the committee. The survey was available from January 2019-June 2019. Paper copies were entered by Saskatchewan Health Authority (SHA) staff and analyzed with support from the Centre on Aging and Health, University of Regina. Numerical data was exported from the system into excel spreadsheets and is presented in the report as descriptive statistics. Qualitative data from the comments were grouped according to common themes. Results were presented to the Age Friendly Regina committee and discussion on action items ensued.

Sample Size and Demographics:

A total of 385 individuals filled out the survey. 89.6% of those who replied classified themselves as older adults, 13% as a caregiver to a family member.

Note: Not all of the respondents completed all of the answers on the survey, therefore, not all of the answers will add up to the total number of respondents (385). The number of responses per question range from 375-385. Percentages are based on the number of people who responded to the specific question and not the total number of survey respondents (385). Percentages also may not add up to 100% based on rounding to nearest whole number.

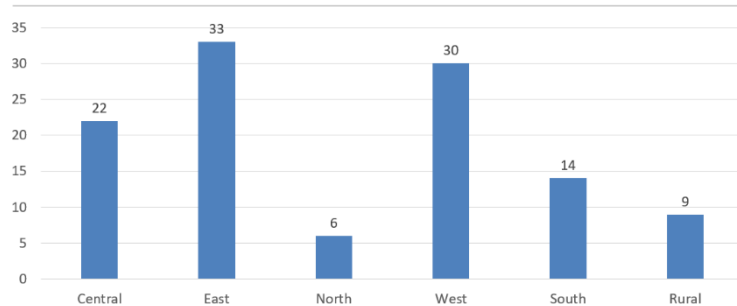
Proportion of respondents by age

Age	Number of Respondents (N)
Under 55	34 (9%)
55-64	63 (17%)
65-74	146 (40)
75 and older	135 (36%)

Proportion of respondents by city zone

City Zone	Number of Respondents
Central	22
East	33
North	6
West	30
South	14
Rural	9

Which neighbourhood do you live in?



Results/ Findings:

The results will be presented by domain as determined by the nine age friendly domains identified by the WHO.

1. Transportation

Transportation <i>In my opinion...</i>	Yes	No	Don't Know
The transit service to shopping, medical services, community centres, religious events, cultural events, and so forth is convenient in Regina.	25.33%	28.46%	46.21%
The bus stops in Regina are convenient; for e.g. location, there is a bench, snow is cleared.	29.58%	29.32%	41.10%
The transportation that is available for individuals with disabilities (e.g., Para Transit) is sufficient in Regina.	17.15%	26.65%	56.20%
Public transportation (including Para Transit) in Regina is affordable for older adults.	25.98%	17.06%	56.96%
There are volunteer drivers or an informal network (neighbour, family, friends) of drivers available for older adults who need transportation in Regina	14.32%	17.19%	68.49%
There are enough parking spaces close to services and stores in Regina.	39.53%	46.07%	14.40%
There are enough "accessible" parking spaces close to services and stores in Regina.	37.96%	40.05%	21.99%
There is affordable formal accessible transportation available in Regina (ex. taxi, private car services)	32.03%	29.17%	38.80%

Transportation: Common Themes from Comments:

- I. There is a need for more, particularly accessible and affordable, parking at hospitals, doctors' offices, and downtown. There is a need for parking specifically for older adults. *(15 comments)*
- II. Bus stops are inaccessible (walking distance and snow removal are issues). Bus routes are not convenient (should go to hospitals and other places older adults congregate). Bus wait times are long. The elimination of STC is a "crisis" for older adults. *(18 comments)*
- III. Cost is an issue, particularly for taxis. *(7 Comments)*
- IV. There are issues with Paratransit, such as: *(6 Comments)*
 - a. Lack of accessibility. There needs to be more Paratransit available. Paratransit is not accessible for all groups of people, particularly young people with disabilities. A panel needs to confirm your need for it. Booking from a care home is "hit or miss" unless you have a strong advocate.

- b. There are issues with booking and dependability (e.g., it can be hard to book, there are specific times you can take it, long wait times, hard to book on the weekend).
- V. Many respondents did not feel that this issue applies to them because they are still driving. There tends to be a belief that public transit is something you use once you can no longer drive. *(29 Comments)*
- VI. There is a need for more communication/information to know what transportation options are available. *(4 Comments)*

2. Housing

Housing <i>In my opinion...</i>	Yes	No	Don't Know
There is enough housing that meets the needs of older adults in Regina.	16.09%	42.74%	41.16%
If I am no longer able to live independently, do I know what my housing options are?	33.16%	43.85%	22.99%
Housing for older adults is affordable in Regina.	7.94%	55.29%	36.77%
There is enough subsidized housing for low-income older adults in Regina.	5.08%	48.40%	46.52%
The waiting times are reasonable to access housing that provides supports to older adults (e.g., assisted living, long term care homes, group home, personal care homes).	7.98%	45.48%	46.54%

Housing: Common Themes from Comments:

- I. There is a need for more long term care, assisted living homes, etc. and particularly affordable ones. *(12 Comments)*
- II. Concerns about long wait times. *(7 Comments)*
- III. Lack of affordable and available housing leads to lengthened hospital stays. *(3 Comments)*
- IV. There is a need for more available and affordable housing for older adults (in general). Housing is only affordable for some (with higher incomes/adequate resources). The government/city should invest more into housing for older adults. *(12 Comments)*
- V. Satisfied with the housing available and affordability. *(2 Comments)*
- VI. Respondents do not feel like this issue applies to them because they still live in their own home. *(6 Comments)*
- VII. There is a need for more available information. Fears because of lack of information. *(3 Comments)*
- VIII. Older adults would live at home if they felt safe. *(1 Comment)*

3. Safety

Safety <i>In my opinion...</i>	Yes	No	Don't Know
Crime and vandalism are a problem in my neighbourhood.	23.75%	65.17%	11.08%
Older adults feel safe when out and about alone during the day in my neighbourhood.	77.55%	10.97%	11.49%
Older adults feel safe when out and about alone during the night in my neighbourhood.	32.55%	41.99%	25.46%
Street lighting is adequate in my neighbourhood.	75.33%	19.69%	4.99%

Safety: Common Themes from Comments:

- I. Street lighting is inadequate. There is a need to replace burnt out lights quicker. *(13 Comments)*
- II. Other issues (e.g., tree trimming, crosswalk lights, snow removal, and sidewalk conditions) are causing safety issues. *(6 Comments)*
- III. Respondents generally feel safe in the day, but they do not feel safe at night. Some comments suggest that it is never safe in Regina and that older adults avoid going out at night. *(13 Comments)*
- IV. Respondents feel safe/have adequate lighting and safety measures. *(3 Comments)*
- V. Crime is a problem. However, sometimes it comes in waves. *(6 comments)*
- VI. Respondents live on an acreage/farm and don't have street lighting. *(3 Comments)*

4. Outdoor spaces and buildings

Outdoor spaces & buildings <i>In my opinion...</i>	Yes	No	Don't Know
The road signs in Regina are easy to read and large enough for older drivers.	52.28%	41.55%	6.17%
Sidewalks in most or all areas of my neighbourhood are well maintained (even surfaces or paved, not a lot of cracks).	33.07%	64.55%	2.38%
Snow clearing in my neighbourhood is done in a timely manner so walking and driving is safe.	40.43%	54.52%	5.05%
There is enough time to safely cross the streets in Regina.	63.10%	29.41%	7.49%
The public washrooms signage easily visible.	47.61%	31.91%	20.48%
There are enough public washrooms in key areas of Regina.	32.09%	41.18%	26.74%
There are enough accessible public washrooms in Regina.	20.37%	34.39%	45.24%
Most or all businesses and public buildings in Regina are easily accessible to everybody (e.g., have wheelchair ramps, automatic doors).	40.85%	20.95%	38.20%

There are walkways linking residences and essential services in most or all areas of my neighbourhood.	47.18%	31.37%	21.45%
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Outdoor Spaces & Buildings: Common Themes from Comments:

- I. There are problems with sidewalks, which creates fears of falling and/or causes older adults to stay home. *(19 Comments)*
- II. Snow removal is inadequate (particularly in residential areas). *(8 Comments)*
- III. There are street sign visibility/traffic light issues. *(10 Comments)*
- IV. There are issues with doors (e.g., there is a need for more automatic doors, doors are too heavy or open the wrong way). *(6 Comments)*
- V. There is a need for more inclusive and accessible public washroom spaces and clearer signage for washrooms (particularly in parks and at outdoor events). There is also a lack of washrooms in smaller stores, downtown, and strip malls. *(12 Comments)*
- VI. Respondents live in an area with a lot of nice pathways or parks. *(3 Comments)*
- VII. Respondents do not have essential services in their neighbourhood. *(2 Comments)*

5. Respect and Social Inclusion

Respect & social inclusion <i>In my opinion...</i>	Yes	No	Don't Know
Older adults in Regina are generally treated with respect.	69.68%	15.43%	14.89%
Community engagement and planning processes in Regina include older adults.	28.31%	18.25%	53.44%

Respect and Social Inclusion: Common Themes from Comments:

- I. Yes! Older adults feel treated with respect. *(5 Comments)*
- II. Comments suggesting that the degree to which older adults are respected/included depends on context (e.g., depending on where you go, some groups treat older adults better than others). *(5 Comments)*
- III. No! Older adults are not treated with respect or included at all (such as in city planning). *(8 comments)*
- IV. Older adults may be included in the planning process, but they are not actually taken seriously and/or the plans are not implemented. Lack of internet access prevents inclusion in planning. *(4 Comments)*
- V. Ideas for Improvement/Things that are currently appreciated
 - i. \$30 monthly pass for seniors is appreciated.
 - ii. There should be some city meetings held at seniors' homes and/or churches

6. Information & Advocacy

Information & advocacy <i>In my opinion...</i>	Yes	No	Don't Know
Public service telephone menus or automated answering services are easy to use.	22.64%	51.48%	25.88%
There is enough assistance available for completing official forms (e.g., help with filling out government or income tax forms).	21.87%	36.00%	42.13%
There are enough older adult's advocacy services available in Regina (e.g., an ombudsman to inform others of seniors' needs).	10.43%	30.21%	59.36%
I am able to access information about events, programs and services in Regina	73.50%	16.12%	10.38%

How do you currently hear about services or events in your community? <i>(Respondents could select more than one category)</i>	Number of Respondents
Facebook	78
Email	83
Mail	79
Poster	73
Friends/family	179
Newsletter	114
Newspaper	37
Television (mostly the news)	23
Public Service Announcement	1
Internet	65
Radio	9
Library Magazine	1
Signs	3
Regina seniors centre	1
LLC	1
Instagram	1
Phone apps	1

How would you like to hear about services or events in your community? <i>(Respondents could select more than one category)</i>	Number of Respondents
Friends/family	79
Mail	110
Newsletter	104
Daily newspaper	18
Email	120
Poster	77
Public service announcement	1
Facebook	76
Library meeting	2
News/Television	15
Leisure guide (paper copy)	1
Signs	1
Internet	5
Radio (CBC)	7

Information and Advocacy: Common Themes from Comments:

- I. Technology creates access barriers to information, events, and services. The online leisure guide should be in print and not only available for access online. The city's website is hard to navigate. *(12 Comments)*
- II. Respondents dislike automated phone messaging systems (believe they are frustrating and challenging) and would prefer to talk to a person. *(7 Comments)*
- III. Respondents feel like they can access programs and services in Regina (this is typically when they have access to internet). However, they also recognize information would not be available to older adults if they did not have access to technology. *(6 Comments)*
- IV. Respondents don't know where to find information. *(6 Comments)*
- V. Assistance is available, but it is expensive and often difficult to navigate to enroll in assistance programs. Could use a "senior's advocate" and more programs for older adults. *(7 Comments)*

7. Community & Workforce Planning

Community & workforce planning <i>In my opinion...</i>	Yes	No	Don't Know
There are enough volunteer opportunities for older adults in Regina.	52.29%	7.55%	38.27%
There are enough paid job opportunities for older adults in Regina that accommodate the needs of older adults (e.g., part-time work is available)	9.36%	22.46%	63.64%

Community and Workforce Planning: Common Themes from Comments:

- I. Yes, there are enough opportunities and/or this is not an issue personally. (3 Comments)
- II. There may be job opportunities but information on them is hard to find. There is a need to better advertise opportunities. (5 Comments)
- III. Not sure, but do not think there are enough job opportunities for older adults. (6 Comments)

8. Social participation & Recreation

Social participation & recreation <i>In my opinion...</i>	Yes	No	Don't Know
My neighbourhood has enough pleasant places for walking (e.g., walking trails, parks, well-treed streets).	77.11%	20.00%	2.89%
Local parks or walking trails in my neighbourhood are accessible and easy to use for older adults (e.g., paths with even surfaces).	67.47%	21.07%	11.20%
There are enough resting areas with benches along paths or trails in my neighbourhood.	38.93%	44.53%	16.00%
There are enough exercise opportunities specifically for older adults in Regina.	58.31%	17.41%	22.69%
There are enough recreation programs specifically for older adults in Regina (e.g., card games, arts, crafts).	50.80%	10.64%	35.90%
There are enough lifelong learning programs specifically for older adults in Regina (e.g., learning new things such as the use of computers).	50.53%	13.16%	33.42%
There are enough events or programs in Regina that bring people of all ages together (e.g., school reading programs, children spending time with seniors).	31.83%	22.81%	41.91%
Recreational activities, such as exercise and other recreational programs, are generally affordable for older adults in Regina.	51.06%	20.90%	26.19%
Isolated older adults (e.g., those who don't have anybody) are contacted, visited or taken to activities in Regina or are able to access opportunities from their home.	3.44%	28.84%	61.90%

Social Participation and Recreation – Common Themes from Comments:

- I. Affordability and transportation are major issues that produce barriers to social participation and neighbourhood/community activities. The YMCA is expensive and should have senior membership rates. (13 Comments)
- II. There is a need for better sidewalks/more walking paths. (9 Comments)
- III. There is a need for more informational awareness of programs. (5 Comments)

- IV. There are activities available for older adults (e.g., Forever in Motion, Life-Long Learning Centre, programs at the public library, the Lawson Centre, SUG, Seniors' Centre, Fieldhouse). *(11 Comments)*
- V. There are activities available but there are not diverse enough and do not meet the needs of older adults. *(3 Comments)*
- VI. Ideas/Suggestions:
 - I. Recreation centres should offer "seniors' day" activities or early evening activities.
 - II. There should be benches put in dog parks for older adults.

9. Health & Community Services

Health & community service <i>In my opinion...</i>	Yes	No	Don't Know
Are you able to see a physician or nurse practitioner when needed?	88.39%	10.03%	1.58%
The services that help older adults around the home (e.g., snow removal, lawn care, garbage brought to the street) are sufficient in Regina.	14.78%	27.97%	55.94%
The meal programs available (e.g. lunch at a recreation or senior centre) are sufficient in Regina.	10.05%	14.55%	73.54%
The meal delivery services that bring meals to older adults' homes are sufficient in Regina.	10.55%	10.29%	77.57%
When sad, lonely, depressed or anxious, there is a place for me to go for help or someone to talk to.	31.56%	19.10%	48.01%
Worry about falling affects my ability to participate in activities of daily living?	23.73%	64.27%	10.93%
Lab services are accessible when I need them.	86.70%	5.59%	7.71%

Health and Community Service: Common Themes from Comments:

- I. There is a need for more medical and mental health practitioners and services. *(7 Comments)*
- II. Older adults have difficulty getting to appointments because of travel/scheduling issues (e.g., online scheduling and long wait times). *(9 Comments)*
- III. Affordability is an issue. *(3 Comments)*
- IV. Respondents believe that health and community services are not an issue because they haven't needed services or still drive/have family that drives to get them to needed services. *(5 Comments)*
- V. Snow removal and lawn services are an issue (unless you can hire private help). *(7 Comments)*
- VI. Services are somewhat available (depending on the service and location) if you can access them. *(4 Comments)*
- VII. Ideas/Suggestions:
 - a. Lab services that come to older adults' houses.

- b. Host large events that allow for volunteers.
- c. Everyone should be able to belong to a community clinic.

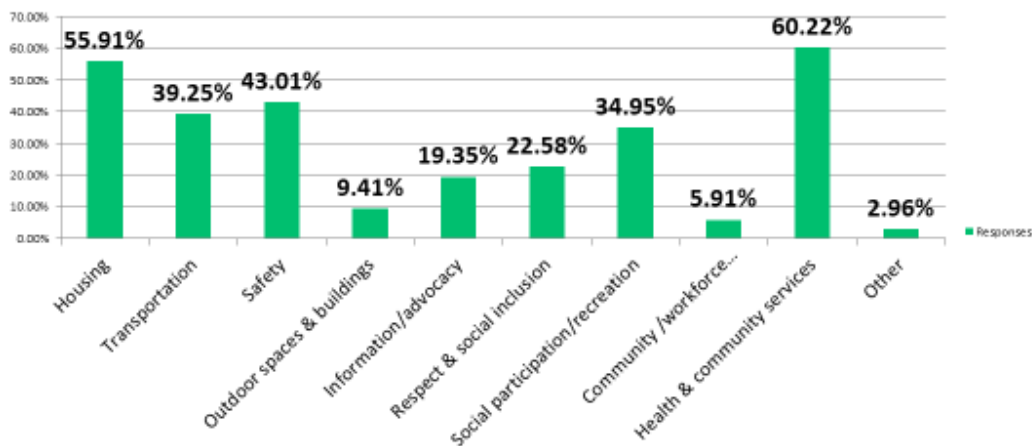
General Questions

Considering the age friendly aspects listed in this survey: What does Regina do well?

- I. Regina has good programs and services. *(50 Comments)*
- II. Nothing/Don't Know/No Comment. *(26 Comments)*
- III. Negative comments - Raise Taxes/Waste Money on Things We Don't Need/Cut Programs. *(15 Comments)*
- IV. Upkeep of Parks/Walking Paths/Clean. *(17 Comments)*
- V. Transit. *(7 Comments)*
- VI. Community Events and Activities. *(12 Comments)*
- VII. Friendly Community/Shows Respect/Good Volunteers/Inclusive. *(8 Comments)*
- VIII. Medical and Health Care Services. *(3 Comments)*
- IX. Providing information. *(4 Comments)*

Out of the 9 age friendly domains, what would be your top priorities? Choose 3.

What would be your top priorities?
Choose 3.



Limitations

Some general limitations of this survey include the following:

- The survey only allowed for yes/no/don't know responses, which limited the types of responses that could be provided.

- The survey had a relatively small sample size. Nonetheless, it provides evidence of whether residents of Regina perceive the city to be age friendly.
- The survey questions were very general and did not allow for information on specific contexts in many cases.
- Certain neighbourhoods were underrepresented.
- The survey was limited in terms of gathering demographic information (e.g., ethnicity, gender, etc.).

Discussion:

Overall, the responses received were from older adults throughout Regina. Age Friendly Regina acknowledges that there are gaps in information from a diversity of people and that because of the methods used to distribute the survey it was likely reflects the views of more engaged older adults. While this survey is a snapshot, it still supports information found in other stakeholder engagement documents around challenges with being aware of what resources are available within the community such as housing and transportation. This survey is one more example of where sidewalks arise as a common concern running the gamut in almost all sections of the survey.

Age Friendly Regina recognizes that further community engagement is likely needed to get a representative sampling of needs and concerns of older adults, however agree that priority areas such as health & community services, housing, transportation and safety are important. Age Friendly Regina also acknowledged the need to provide further information on services available as many answers within the survey were “I don’t knows”. The large number of ‘I don’t knows” could be due to the people who filled in the survey not yet needing these services and therefore, are unaware of what services are available within Regina. This was an area that Age Friendly Regina felt that could be addressed without further engagement and that the condition of sidewalks and transportation required further discussions with other stakeholders.

Action Plan:

1. Share final report with other organizations within the community.
 - a. Members of the Age Friendly Regina will support the circulation of the report on websites, newsletters and email to members.
2. Develop and distribute Age Well Regina tool.
 - a. Student from College of Kinesiology, University of Regina will support initial development through guidance from Health Promotion, Regina area, SHA and Age Friendly Regina.
 - b. Distribute and share the age friendly tool.

3. Raise awareness of needs for more affordable and diverse housing needs for older adults throughout the city.
4. Decrease falls risk by:
 - a. Improved safety and connectivity to bus stops.
 - i. Improved snow and ice removal at bus stops
 - ii. Improved snow and ice removal to get to and from bus stops
 - iii. Improved sidewalks (cracks and unevenness) to access bus stops
 - b. Improved safety and connectivity of sidewalks to places older adults visit.
 - i. Improved snow and ice removal
 - ii. Improved cracks and unevenness to access these spaces
5. Improved wait times for paratransit.
6. Improved bus routes to key locations such as hospitals.
7. Present to council asking for Regina to become an Age Friendly Community.

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Appendix A: Age Friendly Regina Survey

The Age Friendly Regina Committee would like your thoughts on the strengths and gaps of age friendliness in your neighbourhood and in the city. An age friendly community is one that provides support for older adults to “age actively” – that is to live in security, enjoy good health and continue to participate fully in society.

The answers to the survey will be summarized and shared with the community. All individual responses will be kept confidential. Participants will never be identified individually. This survey should take about 20-30 minutes to complete. For more information on the survey, please contact Tracy Sanden at 306.766.7283 or tracy.sanden@saskhealthauthority.ca.

If you would like to fill the survey out online: <https://www.surveymonkey.com/r/SXVLJDJ>

1. Transportation - in my opinion...	Check the box that most closely fits with your opinion		
	Yes	No	I Don't Know
The transit service to shopping, medical services, community centres, religious events, cultural events, and so forth is convenient in Regina.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The bus stops in Regina are convenient; e.g. location, there is a bench, snow is cleared.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The transportation that is available for individuals with disabilities (e.g. Para Transit) is sufficient in Regina.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Public transportation (including Para Transit) in Regina is affordable for older adults.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are volunteer drivers or an informal network (neighbour, family, friends) of drivers available for older adults who need transportation in Regina.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are enough parking spaces close to services and stores in Regina.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are enough “accessible” parking spaces close to services and stores in Regina.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There is affordable formal accessible transportation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

available in Regina (e.g. taxi, private car services)

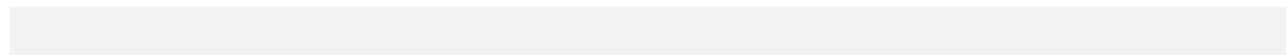
Comments:

2. Housing - in my opinion...	Check the box that most closely fits with your opinion		
	Yes	No	I Don't Know
There is enough housing that meets the needs of older adults in Regina.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I am no longer able to live independently, do I know what my housing options are?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Housing for older adults is affordable in Regina.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There is enough subsidized housing for low-income older adults in Regina.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The waiting times are reasonable to access housing that provides supports to older adults (e.g. assisted living, long term care homes, group home, personal care homes).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comments:

3. Safety - In my opinion...	Check the box that most closely fits with your opinion		
	Yes	No	I don't know
Crime and vandalism are a problem in my neighbourhood.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Older adults feel safe when out and about alone during the day in my neighbourhood.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Older adults feel safe when out and about alone during the night in my neighbourhood.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Street lighting is adequate in my neighbourhood.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comments:



4. Outdoor Spaces and Buildings - In my opinion...	Check the box that most closely fits with your opinion		
	Yes	No	I don't Know
The road signs in Regina are easy to read and large enough for older drivers.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sidewalks in most or all areas of my neighbourhood are well maintained (even surfaces or paved, not a lot of cracks).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Snow clearing in my neighbourhood is done in a timely manner so walking and driving is safe.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There is enough time to safely cross the streets in Regina.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The public washrooms signage is easily visible.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are enough public washrooms in key areas of Regina.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are enough accessible public washrooms in Regina.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Most or all businesses and public buildings in Regina are easily accessible to everybody (e.g., have wheelchair ramps, automatic doors).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are walkways linking residences and essential services in most or all areas of my neighbourhood.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comments:

5. Respect and Social Inclusion - In my opinion...	Check the box that most closely fits with your opinion		
	Yes	No	I Don't Know
Older adults in Regina are generally treated with respect.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Community consultations and planning processes in Regina include older adults.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comments:

6. Information/Advocacy - In my opinion...	Check the box that most closely fits with your opinion		
	Yes	No	I Don't Know
Public service telephone menus or automated answering services are easy to use.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There is enough assistance available for completing official forms (e.g., help with filling out government or income tax forms).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are enough older adult's advocacy services available in Regina (e.g. an ombudsman).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to access information about events, programs and services in Regina.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comments:

7. How do you currently hear about services or events in your community?

- Facebook Email Mail
- Poster Friends/Family Newsletter
- Internet search Other: _____

8. How would you like to hear about services or events in your community?

- Facebook Email Mail
- Poster Friends/Family Newsletter
- Other: _____

9. Community/Work Force Participation - In my opinion...	Check the box that most closely fits with your opinion		
	Yes	No	I Don't Know
There are enough volunteer opportunities for older adults in Regina.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are enough paid job opportunities for older adults in Regina that accommodate the needs of older adults (e.g., part-time work is available).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comments:

10. Social Participation/Recreation - In my opinion...	Check the box that most closely fits with your opinion		
	Yes	No	I Don't Know
My neighbourhood has enough pleasant places for walking (e.g. walking trails, parks, well-treed streets).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Local parks or walking trails in my neighbourhood are accessible and easy to use for older adults (e.g. paths with even surfaces).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are enough resting areas with benches along paths or trails in my neighbourhood.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are enough exercise opportunities specifically for older adults in Regina.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are enough recreation programs specifically for older adults in Regina (e.g. card games, arts, crafts).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are enough lifelong learning programs specifically for older adults in Regina (e.g., learning new things such as the use of computers).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are enough events or programs in Regina that bring people of all age's together.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Recreational activities, such as exercise and other recreational programs, are generally affordable for older adults in Regina.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Isolated older adults (e.g. those who don't have anybody) are contacted, visited, taken to activities in Regina or are able to access opportunities from their home.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comments:

11. Health and Community Services - In my opinion...	Check the box that most closely fits with		
--	---	--	--

	your opinion		
	Yes	No	I Don't Know
Are you able to see a physician or nurse practitioner when needed?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The services that help older adults around the home (e.g., snow removal, lawn care, garbage brought to the street) are sufficient in Regina.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The meal programs available (e.g. lunch at a recreation or senior centre) are sufficient in Regina.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The meal delivery services that bring meals to older adults' homes are sufficient in Regina.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When sad, lonely, depressed or anxious, there is a place for me to go for help or someone to talk to.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Worry about falling affects my ability to participate in activities of daily living?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lab services are accessible when I need them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comments:

Considering the age friendly aspects listed in this survey:

12. What does Regina do well?

13. What would be your top priorities? Choose 3.

- Housing
- Outdoor spaces & Buildings
- Social participation/recreation
- Other: _____
- Transportation
- Information/advocacy
- Community/workforce participation
- Safety
- Respect & social inclusion
- Health & community services

14. Is there anything else you would like to tell us?

15. Which neighbourhood do you live in?

- Argyle Park / Englewood
- Al Ritchie
- Coronation Park

- | | | |
|---|---|--|
| <input type="radio"/> Cathedral | <input type="radio"/> Uplands | <input type="radio"/> Downtown |
| <input type="radio"/> Eastview | <input type="radio"/> Arcola East | <input type="radio"/> Gladmer Park |
| <input type="radio"/> Boothill | <input type="radio"/> Heritage | <input type="radio"/> Dewdney East |
| <input type="radio"/> North Central | <input type="radio"/> Albert Park | <input type="radio"/> Dieppe |
| <input type="radio"/> Hillsdale | <input type="radio"/> McNab | <input type="radio"/> Lakeview |
| <input type="radio"/> Normanview | <input type="radio"/> Whitmore Park | <input type="radio"/> Normanview West |
| <input type="radio"/> Sherwood / McCarthy | <input type="radio"/> Walsh Acres / Lakeridge | <input type="radio"/> Rosemont / Mount Royal |
| <input type="radio"/> Regent Park | <input type="radio"/> Prairie View | <input type="radio"/> Twin Lakes |
| <input type="radio"/> Other: _____ | | |

16. Which of the following best describes you? Please check as many as apply

- Older Adult
- Caregiver to a family member or friend who is a senior
- Service provider
- Representative of a governmental organization
- Representative of a non-governmental organization
- Representative of municipal organization
- Business person/merchant

17. I fall under the following age category:

- | | | | | | |
|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|------------------------------------|
| <input type="radio"/> 18-24 | <input type="radio"/> 35-39 | <input type="radio"/> 50-54 | <input type="radio"/> 65-69 | <input type="radio"/> 80-84 | <input type="radio"/> 95-99 |
| <input type="radio"/> 25-29 | <input type="radio"/> 40-44 | <input type="radio"/> 55-59 | <input type="radio"/> 70-74 | <input type="radio"/> 85-89 | <input type="radio"/> 100 or older |
| <input type="radio"/> 30-34 | <input type="radio"/> 45-49 | <input type="radio"/> 60-64 | <input type="radio"/> 75-79 | <input type="radio"/> 90-94 | |

If interested in getting more involved with Age Friendly Regina contact Angelina at 306.584.5487.