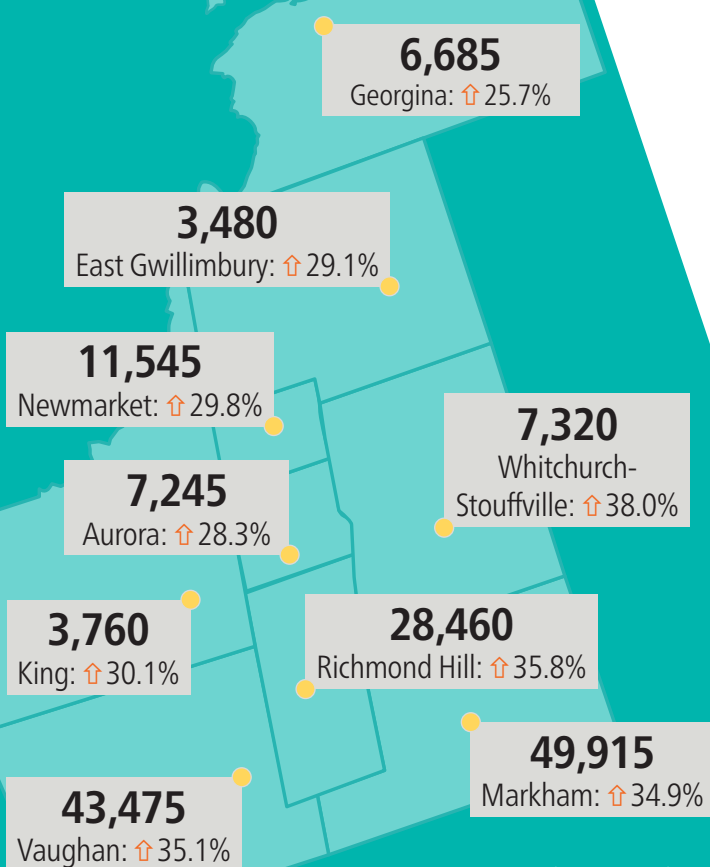


YORK REGION: GETTING BETTER WITH AGE

What is the Seniors Strategy?

The York Region Seniors Strategy looks at the changing senior population, defines our role in serving seniors and sets the course for action to best support the aging population over the next 10 to 20 years. It guides our work with other levels of government and community partners to better target seniors programming and services where there is the greatest need.

Seniors (65+) on the Rise in York Region 2011-2016



Statistics Canada, 2011 and 2016 Census.

Why do we need a Seniors Strategy?

York Region's seniors population is **growing faster** than any other age group. By 2031, 21 per cent of York Region's population will be aged 65 years or older.

That's one in five residents.



Statistics Canada, 2016 Census and York Region Planning Projections

York Region's seniors are **living longer**. Older seniors tend to have greater, more complex and costly health care needs. Growth in the number of seniors aged 75 and beyond will lead to more demand for Regional programs and services, like Paramedic Services, Long Term Care and Housing.

Life Expectancy Three Year Average, 2012-2015



Statistics Canada, Table 13-10-0063-01



The Strategy:

- **Defines York Region’s role in serving seniors**

The Strategy ensures that as the seniors population grows, York Region’s programs and services will evolve in the right ways.

- **Helps York Region work better with others**

York Region is one of many players responsible for serving seniors. To better support seniors’ needs, the Strategy encourages partnerships within our organization as well as with other levels of government and community partners.

- **Guides York Region to target programming and services to areas they are needed most**

The demand for programs and services across all ages and stages is growing. The Strategy considers the needs of all York Region residents, beginning from childhood, through their working years and into their senior years, so everyone can thrive.

Seniors are not all the same

Seniors living in York Region make up a diverse group with varying life experiences and personal characteristics.

Characteristics of younger seniors:

- ▶ Continuing to work
- ▶ Seeking ongoing education and personal development
- ▶ Healthier and wealthier
- ▶ Engaged in the community
- ▶ In a caregiving role

Characteristics of older seniors:

- ▶ Reliant on government sources of income
- ▶ Faced with housing challenges
- ▶ Experiencing declining health
- ▶ In a caregiving role
- ▶ Faced with mental health issues
- ▶ At an increased risk for falling



FOUR KEY ROLES

Since Regional Council approval of the Seniors Strategy in November 2016, York Region is taking action to support the aging population in these four roles:

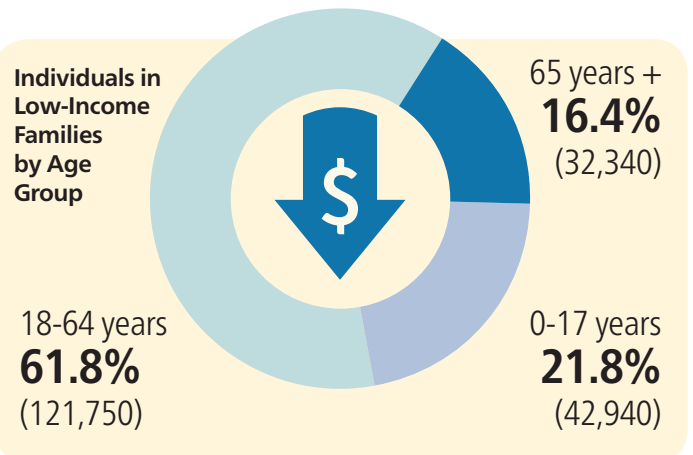


1. Balance the needs of seniors with all residents

- The Region is balancing services that address the needs of residents through all ages and stages of life, while considering their ability to pay

How we’re making this happen:

- York Region is looking at program eligibility based on income and not just age; an approach that will help all residents living with low income, young and old
- Allocating resources based on ability to pay rather than age will help us target support to those who need it most. For example, people will now be placed on waiting lists for subsidized housing based on their assets and incomes



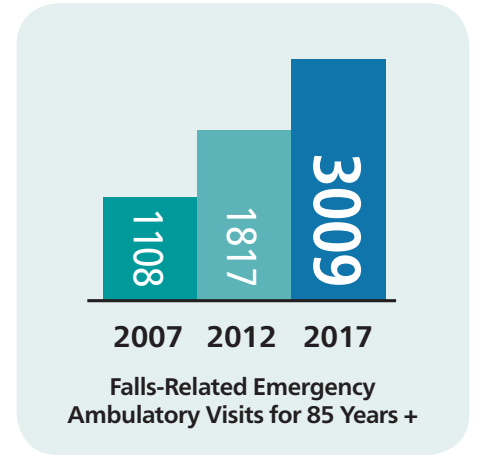


2. Keep seniors healthier, longer

- The Region is focusing on planning, prevention and education to help seniors stay healthier for longer in the future
- As seniors get older, they are more likely to develop chronic health conditions and issues with mobility
- Dementia rates among York Region seniors are expected to grow rapidly over the next 20 years
- Falls, which can threaten seniors' safety and independence, are the leading cause of fatal and non-fatal injuries among older adults in York Region

How we're making this happen:

- Helping to reduce emergency room visits and calls to 911 through health promotion programs for residents living in seniors buildings, that identify risk factors to prevent and manage falls and chronic disease
- York Region is leading the development of a strategy to improve access to fall prevention programs and services in York Region and the Central Local Health Integration Network
- Launching the Hospital to Home Program in partnership with York Region's Community Paramedicine Team and Markham Stouffville Hospital helped to keep seniors out of the hospital by bringing health services to their homes
- Five new Nature's Classroom sessions designed to educate seniors about physical activity, nutritional eating and preventing falls will be held at the Bill Fisch Forest Stewardship and Education Centre



Ambulatory Emergency External Cause 2004-2017, Ontario Ministry of Health and Long Term Care, IntelliHEALTH ONTARIO, Date Extracted May 25, 2018

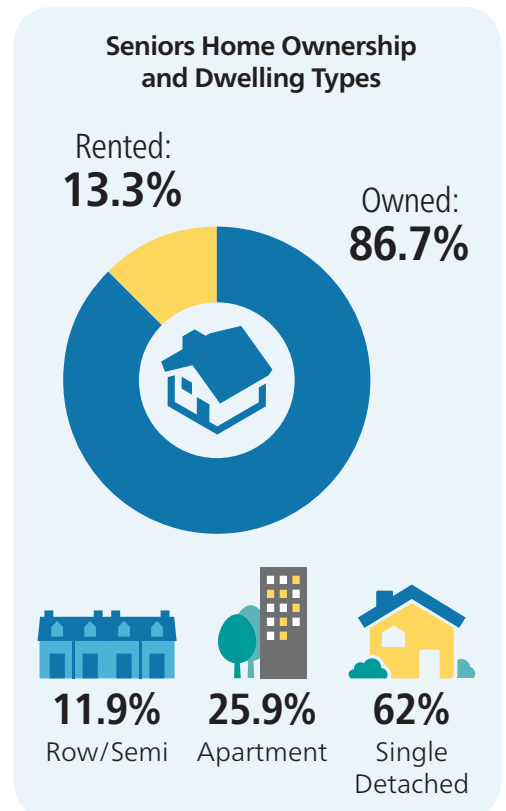


3. Support age-friendly, complete communities

- Through community consultations, York Region seniors have told us they want to age in place – that is, to live in the home or community of their choice for as long as they are able

How we're making this happen:

- The Region is working with local municipalities and community organizations to discuss ways to create accessible spaces, innovative and affordable housing options, convenient transportation and programs that support independence and inclusion
- Discussions are underway between York Region and City of Markham staff to support the development of the Unionville Seniors Hub. The vision for this space is to provide a range of services to support the health and well being of seniors living in the community. The Seniors Hub will be located within the Housing York Inc's Unionville Seniors Affordable Housing development, which will contain approximately 260 affordable housing units and will be completed near the end of 2021
- The Region is advocating to support the need for more long-term care beds across York Region



Statistics Canada, 2016 Census.



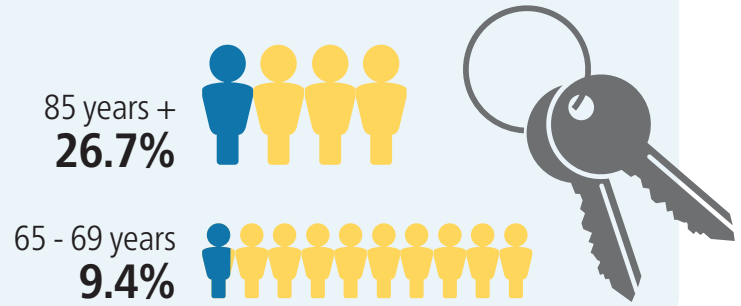
4. Connect seniors and caregivers to the right services at the right times

- Seniors need to know what supports are available to them, how to access programs and services and who to ask for help

How we're making this happen:

- York Region is using a variety of methods, including videos, workshops, seminars and seniors fairs, to share information with seniors and their caregivers about available programs and services
- Mobility Plus, York Region's door-to-door, shared ride, accessible public transit service, has expanded and now allows users to book, confirm or cancel their trips by using the telephone, web or mobile app
- Medical information kits, which standardize information for use by paramedics responding to 911 calls, are being distributed to seniors and caregivers in York Region
- York Region is working with partners in the community to create one reliable, consistent source of information so seniors and caregivers can find the programs and services they need

Seniors Living Alone in Private Households



Statistics Canada, 2016 Census.

Emergency Medical Information

This medical information belongs to:

It's ready for paramedics in case of emergency.



CALL 911 FOR EMERGENCIES.

Give this envelope to paramedics when they arrive.

This envelope contains:

- Photocopy of health card
- Medical conditions and history
- List of medications

Funded by:



york.ca/paramedics

Success means:

- York Region is working collaboratively with more community partners
- A greater focus on education and prevention offsets some of the risks associated with aging
- Seniors and caregivers can find the services they need more easily
- There are more places for seniors to access integrated services
- Resources and programs are targeted to those that need it the most, regardless of age



For more information, visit york.ca/SeniorsStrategy or email SeniorsStrategy@york.ca

For help accessing Adult Day Programs, Long-Term Care or other health related supports for seniors, contact:

Access York
1-877-464-9675
accessyork@york.ca
york.ca

Central Local Health Integration Network (Central LHIN)
1-888-470-2222
central.LHIN@lhins.on.ca
centrallhins.on.ca