



# Keeping seniors healthy, independent and active

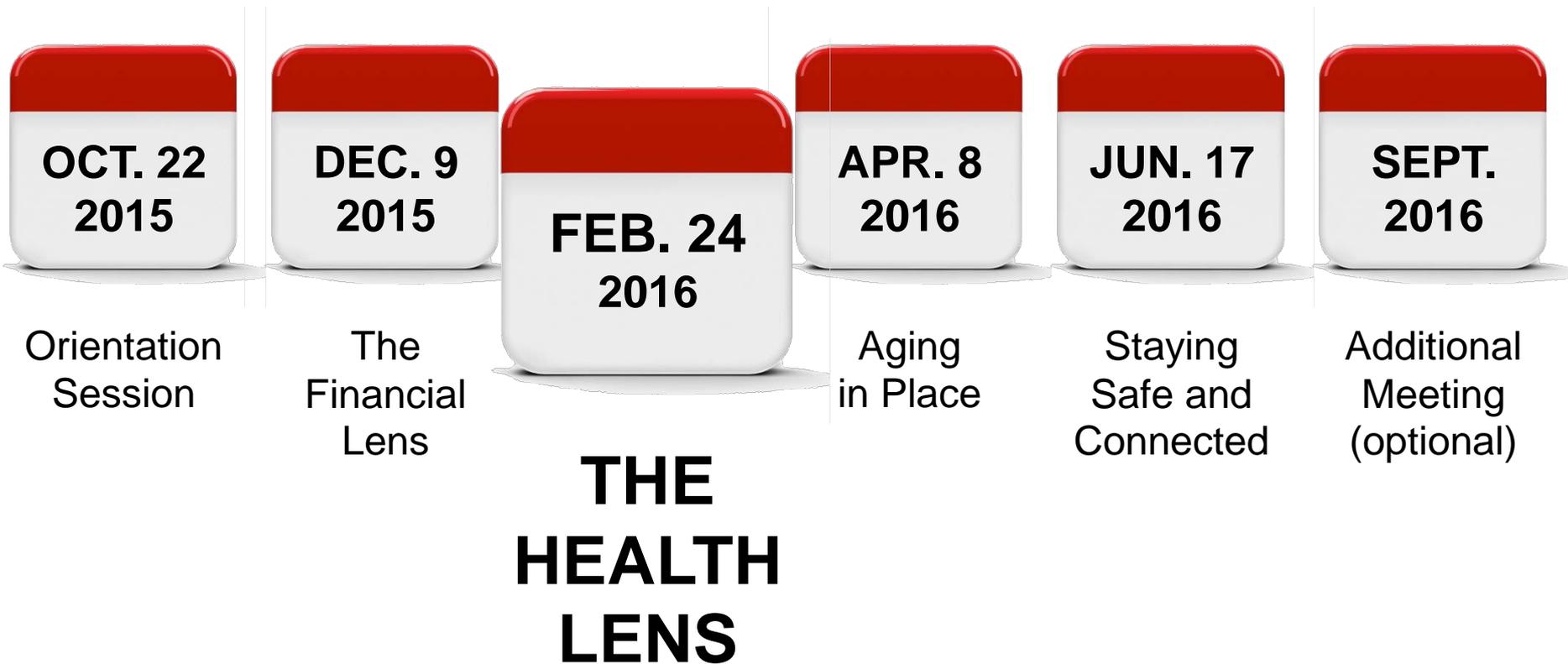
**B.1 Re-cap and context setting**

Presentation to **Seniors Strategy Advisory Task Force**

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# Meetings at a Glance



# Overview of Government Funded Services for Seniors – A York Region Perspective

## Service System Map



Broad Policy  
and Finances



Health Care



Housing and  
Transportation



Civic,  
Community  
Engagement,  
Safety and  
Communication



# Today's Meeting

## 1. Opening Remarks

- Re-Cap Meetings, Emerging Principles
- Set the context for the Health Lens Discussion

## 2. Presentations & Discussion

# What We Have Heard From You

## Orientation Session

OCT.  
22  
2015

Understand  
who does what

Anticipate  
outcomes

Respond to  
Community  
Issues

Sustainability

Region's Role

Advocacy

Set Principles

Prevention

Municipal  
Partners

Partnerships

System Access

## The Financial Lens

DEC. 9  
2015

Intergenerational  
equity

Consider income  
and assets –  
asset rich –  
cash poor

Can't invest in  
one generation  
at the expense  
of another

Services available  
based on ability  
to pay vs. age

Obligation to help  
those who really  
need it

Best practices

Financial literacy

Generational  
attitude shifts

Financial  
Sustainability

Education – plan  
and save for  
retirement

Prefer to stay in  
own home

# Emerging Principles

Principles	Considerations
<b>1. Fiscal Sustainability and Balance</b>	<ul style="list-style-type: none"><li>• Balance the well-being and needs of all generations.</li><li>• Consider varying pressures on the regional budget.</li><li>• Solution may not be the introduction of something new, but to be more effective and efficient in what we are currently doing.</li></ul>
<b>2. Responses Based on Financial Need and Ability to Pay</b>	<ul style="list-style-type: none"><li>• The Region is responsible for responding to the needs of all residents.</li><li>• The low income population in York Region is growing – the number of low income residents in the region continues to grow faster than overall population growth.</li><li>• When looking at ability to pay we need to explore both income and assets.</li></ul>
<b>3. Partnerships, Collaboration and Alignment</b>	<ul style="list-style-type: none"><li>• Decision-making on complex cross-cutting issues requires collaboration between affected internal and external partners, information sharing and the harnessing of expertise.</li><li>• Look for opportunities for both formal and informal partnership opportunities (the service system map could assist with identification of partnerships and alignment).</li></ul>

# Emerging Principles (cont'd)

Principles	Considerations
<b>4. Prevention</b>	<ul style="list-style-type: none"> <li>• Strategically invest time and resources on prevention upfront to improve the health and well-being of seniors; to effect system change; and/or, realize cost-saving that could be redirected to other responses to the aging population.</li> <li>• Focus on early and well-targeted interventions to respond to issues before they become less manageable.</li> </ul>
<b>5. Education</b>	<ul style="list-style-type: none"> <li>• Strategically invest time and resources on education opportunities to improve the health and well-being of seniors; effect system change; and/or, realize cost-savings that could be redirected to other responses to the aging population.</li> <li>• Education can be directed at seniors, family members/caregivers, health practitioners, York Region program staff, etc.</li> </ul>
<b>6. Evidence-Based Decision Making</b>	<ul style="list-style-type: none"> <li>○ Decision-making guided by best available data, lessons learned, stakeholder input, emerging trends and/or best practices.</li> <li>○ Use evidence to set priorities and identify key issues requiring response.</li> <li>○ Use performance measures to evaluate outcomes and guide future decision-making.</li> </ul>

These preliminary principles set the stage for future discussions

# Financial Vulnerability of Seniors in York Region

- Net worth of seniors is higher than the rest of Canada
- Seniors make up a small portion of residents with low income, but their share has increased at a faster rate than other age groups
- Seniors living alone are at higher risk of becoming low income
- Many new permanent resident seniors do not qualify for government subsidies/benefits
- An increasing number of seniors in York Region are facing food insecurity
- Initial source of data indicates the value of liquid assets increases with age

# Healthy Aging – Keeping Seniors Healthy, Independent and Active

- Seniors health is impacted by:
  1. Health Behaviours – smoking, physical activity, healthy eating
  2. Health Status – chronic conditions, falls, mental health, dementia
  3. Social Determinants – income, social supports, physical environments, gender, etc.

A complex set of behaviours, factors and conditions determine an individuals level of health

# Our Quest

What is the Region's role in serving seniors over the next 10 to 20 years – making the best use of resources, managing expectations, leveraging partnerships and responding to provincial direction?

