

# AGING IN PLACE: EXPLORING COMMUNITY CARE RESOURCE NEEDS

## ABSTRACT

- ❖ This research study focuses on the perspectives of informed older adults involved in activism, the members of Seniors for Social Action Ontario (SSAO), and explores the programs and services required to enable seniors to age in place safely at all stages of aging and ability in Ontario.
- ❖ The findings show that older adults face several barriers to aging in place, including social isolation, lack of health and social resources, as well as affordability concerns.
- ❖ The report recommends several future interventions to support aging in place, such as increased investment in public transportation, a focus on affordable housing, coordination of health care, and a redirection of provincial funding from long-term care to community care supports.

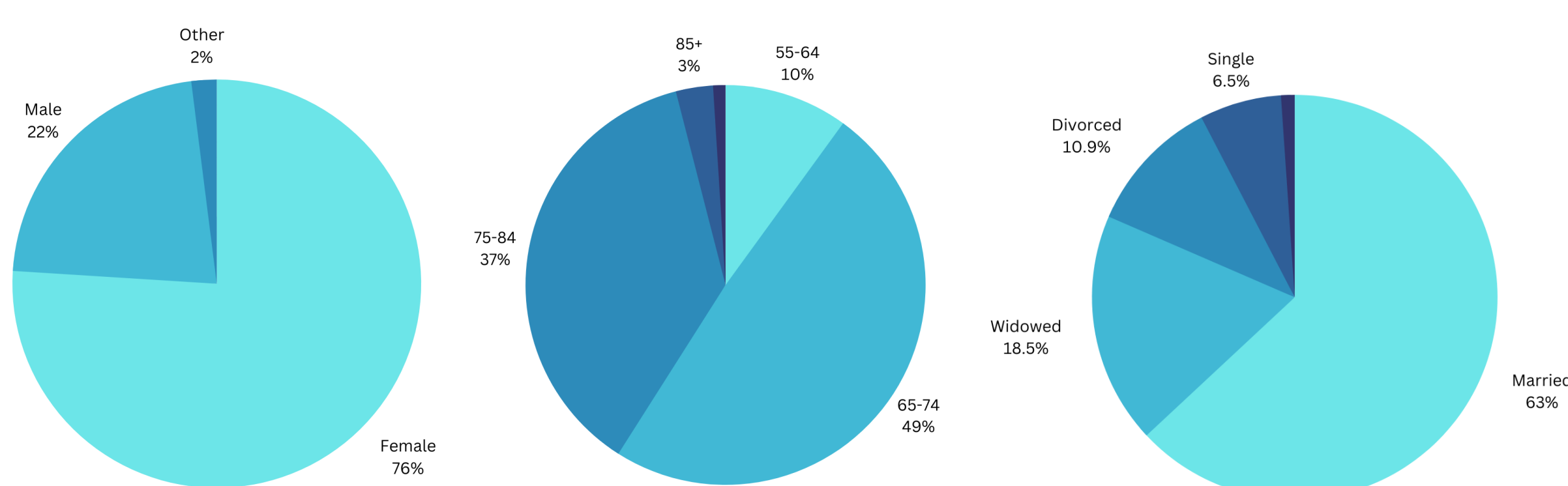
## METHODS

- ❖ Combination of quantitative (survey – 224 participants) and qualitative (virtual town hall forum – 40 participants).
- ❖ Sample: SSAO membership (age 55+) and participants were recruited using the snowball method.
- ❖ Demographics questions and use of Likert scale to assess access to health care, social programs, & transit, feelings of inclusion, family and social support, financial stability, accessibility, and community connection
- ❖ Town hall forum to gather personal experiences with barriers to aging in place and suggestions of resources that could help remove barriers.
- ❖ Inductive manual coding techniques verified with Voyant Tools

## RESULTS



- ❖ 72% of respondents said they were planning to age in their current living situation citing:
  - Affordability of home: 61%
  - Feeling connected to the community: 60%
  - Access to resources needed to age in place: 61%
  - Access to reliable public transit: 50%
  - Home is accessible: 59.7%



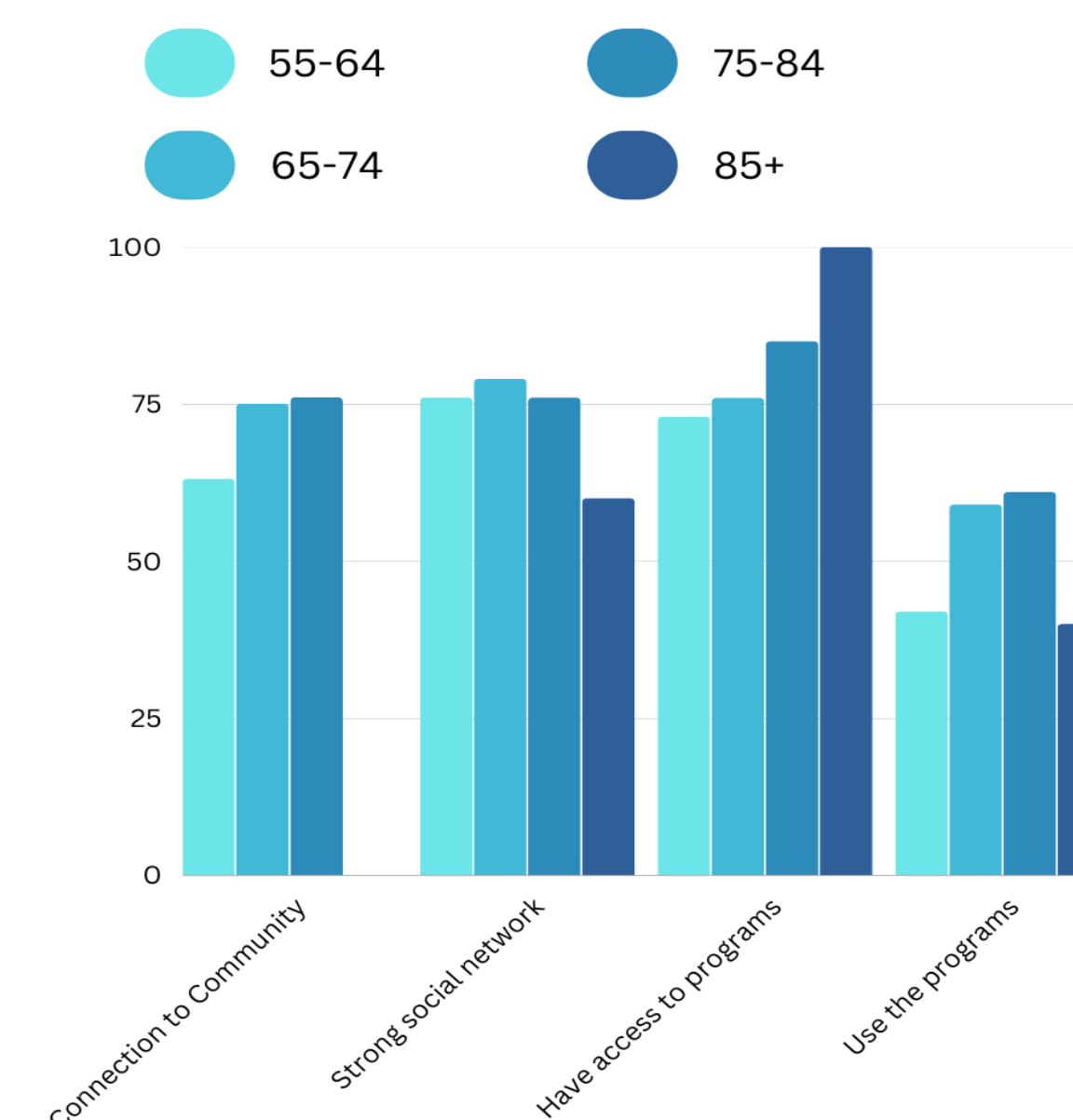
## ACKNOWLEDGMENTS

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- ❖ Councillor Paul Sharman & Dr. Jennifer Sharman
- ❖ Faculty advisors: Ms. Linda Hill & Mr. Robert Pozeg
- ❖ The research participants from Seniors for Social Action Ontario



## RESULTS

- ❖ 57.2% currently participate in health or social programs and 76.4% of respondents feel connected to the community.
- ❖ 79.8% of respondents stated that they have the support of family and/or friends
- ❖ 84.5% agreed that they have access to health care
- ❖ 26.7% of respondents indicated worry about the ability to financial support their future and 24.4% were neutral on the topic.



## DISCUSSION

- ❖ Connection in data points indicate that having access to social programs leads to strong social networks and fosters feelings of inclusion in the community.
- ❖ A strong connection is shown between the age-friendliness of a community and the feeling of inclusion.
- ❖ Our recommendations include future interventions to support aging in place:
  - Increased accessibility to transportation options
  - Affordable housing
  - Coordination of care
- ❖ We recommend policy makers redirect funding from long-term care to improving community care supports.
- ❖ We call on the provincial government to make affordable senior housing a priority.

**"They (the Ontario Government) are saying that they are spending again, lots of money, building long-term care facilities that none of us want to go into. We would rather die than go there"**

Town Hall Participant

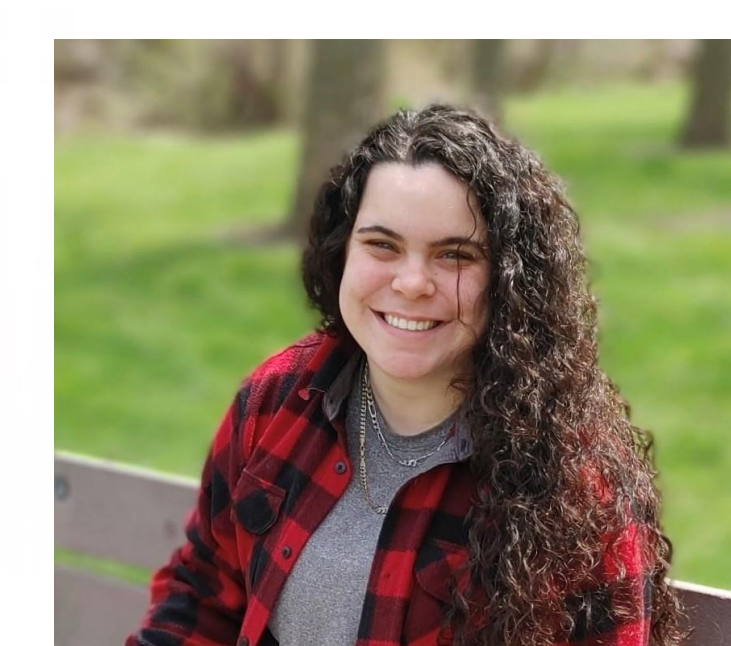
## RECOMMENDATIONS

- ❖ Mental and physical health impacts associated with social isolation of seniors
- ❖ Impacts of rural vs. urban living and the unique challenges of both
- ❖ Future studies to address the economic barriers for seniors, particularly for lower income seniors and members of the BIPOC population
- ❖ Impacts of the PACE pilot program in the City of Burlington to get relevant Canadian data
- ❖ Unique health considerations for BIPOC seniors, low-income seniors, and seniors without access to safe and secure housing.

## AUTHORS



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