



Aging in our Co-op Communities

CHF BC SERVICES

CHF BC offers a full range of services to support our members be well-governed membership associations, soundly managed viable businesses and healthy co-operative communities.



Commercial Services

Helping you and your co-op save money through group buying.



Education

Ensuring co-ops are equipped with the knowledge, skills and supports they need



Communications

Keeping in touch with co-op news and fostering co-op connections.



Planning & Renewal

Helping secure the long-term viability of co-ops and the broader co-op sector.



Advocacy

Speaking up for and representing co-op interests.

AGENDA

1. Introduction and workshop objectives
2. Aging in place – setting the stage, defining our terms
3. Aging in Our Co-op Homes, A Survey Report and key findings
4. What can we do about aging in place in our co-op?
5. Wrap up and evaluations

INTRODUCTION

Co-operative Housing Federation of British Columbia

AGING IN OUR CO-OP COMMUNITIES

Introductions:

- Does your co-op have any aging-in-place initiatives?
- What would you like to learn from this session?

AGING IN OUR CO-OP COMMUNITIES

Workshop objectives:

- Define “Aging in Place”
- Review highlights from the Aging in Place Survey
- Identify who can do what about aging in place
- Describe and discuss what co-ops can do

AGING IN PLACE

Co-operative Housing Federation of British Columbia

AGING IN OUR CO-OP COMMUNITIES

Aging in Place – a definition

Aging in place refers to people living as independently as possible, using products and services to enable them to stay in their communities as their needs change.

SENIORS HEALTH

- Falls in the home account for 80% of hospitalizations
- $\frac{1}{4}$ of those aged 65 -74 have mobility issues
- Half a million Canadians have Alzheimer's disease or a related dementia. Approx. 71,000 of them, are under 65
- 1.1 million Canadians within 25 years

SENIORS HEALTH

- In 2008, 104,000 new cases
- By 2038 this will be more than 257,000 new cases per year
- Almost half of all dementia sufferers live at home



SENIORS HEALTH

- In 2003, 1 in 7 seniors' households received homecare
- 1 in 6 reported needing help with everyday housework, chores and meal preparation





AGING IN OUR CO-OP HOMES – SURVEY REPORT

Co-operative Housing Federation of British Columbia

AGING IN PLACE

“Aging in Place”

Do you know how many seniors will be living in your co-op in 5, 10, 20 years?

BACKGROUND

Aging in Place Committee and Vancouver Foundation Grant

- Survey done: March – April 2015
 - Online, mail
 - Focus groups
- Community survey – not just seniors
- Closed and open-ended questions

ISSUES IDENTIFIED IN SURVEY

- Defining “accessibility and “needs” and how to determine if needs are met
- Over-housing
- Shortage of 1 bedrooms
- Funding renovations

ISSUES IDENTIFIED IN SURVEY

- Ageism and elder abuse
- Preventing isolation and encouraging participation in community
- Ability to live independently
 - Family support or not
 - Health
 - Levels of support /care

PREVIEW SUMMARY – EIGHT THEMES IDENTIFIED

1. Aging in place considerations
2. Co-op communities
3. Mobility and health
4. Accessibility and safety of co-ops

PREVIEW SUMMARY - EIGHT THEMES IDENTIFIED

5. Shortage of housing and over-housing
6. Financial circumstances
7. Planning and awareness
8. Education and resources

1. AGING IN PLACE CONSIDERATIONS

Factors affecting the ability to age in place or reasons to potentially leave a co-op:

- Finances
 - Loss of subsidy (51%)
 - Housing costs or co-op finances (48%)
- Health or mobility concerns (44%)

1. AGING IN PLACE CONSIDERATIONS

Factors affecting the ability to age in place or reasons to potentially leave a co-op:

- Structural limitations of co-op (18%)
- Not feeling included in the community (11%)
- Other (41%) including:
 - over-housing
 - move to a different area or in with family
 - Co-op policy or governance

NEEDS

“Needs”

- Different levels of need for everyone
- Could change from day to day
- Support, physical layout, financial, etc....

No cookie cutter solution

2. CO-OP COMMUNITIES 60+

	Yes	Mostly	Rarely	No
Do you feel a sense of community in our co-op?	48%	36%	9%	7%
Do you participate in social activities with other members?	42%	30%	20%	8%
Do you feel included in the community?	53%	32%	9%	6%
Do you feel like you are treated as an equal and valuable member?	53%	32%	6%	9%
Do you feel involved in this co-op?	60%	27%	7%	6%

2. CO-OP COMMUNITIES

Participation in co-op community:

- How can we keep older members engaged in the co-op?
 - Change expectations around what they should offer

2. CO-OP COMMUNITIES

Support and assistance:

- Many older members are doing fine and do not need any assistance
- Others may require more support
 - transportation (23%)
 - shopping/errands (20%)
 - checking in (23%)
 - daily chores (indoor 12%, outdoor 14%)

2. CO-OP COMMUNITIES

Informal support:

- Members look out for one another
- Enough? Eventually more people may need assistance

3. MOBILITY AND HEALTH

There are many members who reported being in good health and many say they walk almost everywhere they need to go

Spectrum as with everything – some members are house or bed bound

About 20% of respondents specified one or more mobility issues:

Knee or other joint problems, arthritis, vision impairment, lack of stamina, and balance problems were common

Important to have amenities close by

3. MOBILITY AND HEALTH

Transportation

- Most members drive but high cost or health issues prevents some from driving
- Issues with public transit
- Rides with friends, family

How can members who don't drive continue to be independent?

4. ACCESSIBILITY AND SAFETY

- 89% of older members say their unit is totally accessible to them now
- Many say they have concerns for the future

How to define accessibility?

5. OVER-HOUSING

“*Over-housing*” means a person or a family living in a co-op unit that is considered too large for their needs (CHF Canada).

This may happen when adult children move out or a spouse passes away. The household no longer qualifies for housing subsidy from BC Housing under the ILM program.

5. OVER-HOUSING

Should over-housed members be required to downsize?

Considerations:

- Where would they move to?
- Does your co-op have enough one-bedroom units to accommodate all over-housed members?
- Other possible living arrangements?
- What about the cost of moving?

WHAT CAN WE DO?

Co-operative Housing Federation of British Columbia

7. PLANNING AND AWARENESS



7. PLANNING AND AWARENESS

Duty to accommodate:

- Structures, rules, policies or practices may have to be changed to ensure that persons with disabilities are able to fully enjoy equal benefit, treatment, rights and access to their housing
- Co-op typically responsible to cover costs

7. PLANNING AND AWARENESS

Co-ops expected to accommodate the needs of residents with disabilities to the point of “undue hardship”

- High standard
- Presumes some hardship
- Co-op must prove undue hardship
- Not “all or nothing”
- What constitutes undue hardship will vary from case to case

7. PLANNING AND AWARENESS

What can the co-op **NOT DO?**



7. PLANNING AND AWARENESS

What can my co-op community do?



7. PLANNING AND AWARENESS

1. Good design – it's for everyone!
2. Good governance
 - a. Member survey
 - b. Review co-op's rules, policies and procedures
3. Long-term planning
4. Educate members and managers
5. Use Task Groups and make the most of your community network!

7. PLANNING AND AWARENESS

Design that is good for everyone: address the needs of senior by implementing the following:

- Lighting
 - Improve lighting in stairs and hallways
 - Install two way light switches at the top and bottom of stairs
- Handrails on all stairs

7. PLANNING AND AWARENESS

Adapt kitchens so that they:

- Are wheelchair and walker-accessible
- Provide easy to reach shelving for food storage



7. PLANNING AND AWARENESS

Adapt bathrooms:

- With bath and toilet rails
- Accessible showers (wheel-in)
- Accessible toilets



7. PLANNING AND AWARENESS

Other adaptations:

- Adapt doors and windows so that they are easy to open
- Install raised flower-beds that are accessible by wheelchair or stool, and make sure all green space can be enjoyed by everyone



7. PLANNING AND AWARENESS

- Make certain that the exterior of the co-op is fully accessible by wheelchair or walker
- Consider creating common-areas, or re-allocating space for common social or meal-time gatherings

It should all be barrier free!



7. PLANNING AND AWARENESS

Member Satisfaction Survey

Please fill out the following form. You cannot save data typed into this form.
Please print your completed form if you would like a copy for your records.

Highlight File

How to customize the Member Satisfaction Survey

It takes only minutes to customize this survey for your co-op. First, fill in the fields below. This information will be used to automatically fill in the related fields in the letter to members and the survey form.

Please fill in the following fields:

What is the name of your co-op?

Where will members be able to drop off their completed surveys (e.g. mailbox outside co-op office)?

7. PLANNING AND AWARENESS

Rules, policies and procedures:

- Review your co-op's documents:
 - Will they meet the needs of your community over time?
- Mission vision and values statements
- Your Duty to Accommodate

7. PLANNING AND AWARENESS

Members and managers need information about the aging process, including the physical, social and psychological factors as members age.

- Special presentations about aging at members meetings
- Collect resources on aging in place available in the co-op office or library
- Create a directory of social services providers for the manager, and have it in a spot available for members as well.

7. PLANNING AND AWARENESS

Some themes to keep in mind about aging:

1. **Dignity** and mutual respect
2. **Recognition** that no two people experience aging the same way – avoid stereotyping
3. **Respect** for the skills, talents and experience of older people
4. **Understand the diversity** present in the aging community

7. PLANNING AND AWARENESS

Work groups and informal networks:

Use the **talents** and **abilities** of those within your community to research available services.



8. EDUCATION AND RESOURCES

Services that outside organizations could provide at home include:

- Handy person services
- Homemaker services
- Community kitchens
- Companionship walks
- Home visits
- Podiatrist visits
- Phone check-up services
- Peer counseling
- Meal programs

8. EDUCATION AND RESOURCES

The **co-ordination of services** is an *effective and economical* “one-stop shopping approach” that can include:

- Voluntary or non-profit organizations
- Municipal and private providers, and
- Can cover a wide range of services

8. EDUCATION AND RESOURCES

Informal networks and supports include:

- Cutting grass
- Gardening
- Snow shoveling
- Shopping
- Errands
- Meal preparation
- Housekeeping
- Transportation to appointments
- Checking in regularly

8. EDUCATION AND RESOURCES

What can government and government agencies do to support aging in place?



8. EDUCATION AND RESOURCES

Local resources:

- Vancouver Island Health Authority: Seniors Health
- HealthLinkBC
- SeniorsBC.ca – BC Government
- Seniors Serving Seniors – Resources
- Seniors 411
- Alzheimer Society British Columbia

8. EDUCATION AND RESOURCES

[Home](#)[Co-op Talk](#)[Logout](#)[Français](#)[Contact us](#)[Site map](#)[Links](#)[Aa Aa](#)[Diana Devlin is logged in](#)

The CO-OPERATIVE HOUSING FEDERATION *of Canada*

[CO-OP HOUSING](#)[CHF CANADA](#)[ONTARIO REGION](#)[IN YOUR REGION](#)[ADVOCACY](#)[MEDIA CENTRE](#)[NEWSLETTERS](#)

[CHF Canada Home](#) > [Co-op housing](#) > [Seniors resources](#)

Seniors resources

CHF Canada supports the principle that aging members of housing co-operatives should be able to remain in their co-operative communities. This page is for co-op members who want to learn more about issues about aging in place. To share your ideas, contacts and best practices, we encourage you to join in on the seniors' discussions on [Co-op Talk](#).

- [Resolutions on seniors issues](#)
- [NewsBriefs articles](#)
- [CHF Canada Resources](#)
- [External links](#)

The following are links within CHF Canada's web site about seniors in co-op housing.

Resolutions on seniors issues

- [2006 Protecting seniors housing](#)
- [2006 Remaining in our homes](#)
- [2005 visitability, the access measure for assisting elderly or disabled Canadians to remain in their neighbourhoods](#)
- [2005 Security of tenure for seniors members](#)
- [2004 Barrier-free access policy for CHF Canada members](#)
- [2002 Seniors and housing co-ops](#)
- [2000 Theme for 2001 annual general meeting](#)

www.chfcanada.coop
Or click on [this link](#)

- + What is a housing co-op?
- + Our diversity
- + Youth in housing co-ops
- + Seniors resources
- + Finding a housing co-op
- + Starting a housing co-op
- + Staff of housing co-ops
- + Co-ops for students
- + Co-op housing around the world
- + Employment opportunities
- + Glossary of co-op housing terms

WRAP UP

Co-operative Housing Federation of British Columbia

NEXT STEPS

What will you recommend your co-op do?

THE ROAD

To a thriving and prosperous future

The Board	Governance	Management	Legal
• Good boards	• Co-op basics	• Financial management	• Terminations
• Good directors	• Policies that work	• Budgets	• PIPA
	• Maintenance policies	• Financial statements	• The Coop Act
	• The Co-op Compass	• Arrears	
	• Effective Meetings		
	• Sustainability	• Maintenance-savvy members	
	• Getting along	• Good members	

EDUCATION PROGRAM OPPORTUNITIES

- CHF BC Education Program: education@chf.bc.ca
- Workshops: portable, customized, scheduled
- Consultations: board coaching, advice and problem-solving, conflict resolution, co-op compass, chair meetings.
- Model Rules 2.0, sample policies on the web, Guide to the *Co-op Act*, PIPA
- CHF BC education events: conferences, webinars, information sessions

RESOURCES

- CHF BC: info@chf.bc.ca and on the web at chf.bc.ca
- CHF BC Education Program: education@chf.bc.ca
- Workshops: portable, customized, scheduled
- Consultations: board coaching, advice and problem-solving, conflict resolution, co-op compass, chair meetings.
- Model Rules 2.0
- Sample policies on the web, Guide to the *Co-op Act*, PIPA
- CHF BC education events: conferences, webinars, information sessions

MEMBER INQUIRIES

We answer inquiries from members by phone, by email, and via an online web inquiry form:

Inquiry form: <https://www.chf.bc.ca/inquiry-form/>

Email: members@chf.bc.ca

Phone: 604.879.5111 or toll free 1.866.879.5111

WORKSHOP MATERIALS ONLINE

To access the workshop materials online after the workshop:

1. Follow the instructions on the handout
2. *Password:*

agingcommunities2019

WORKSHOP EVALUATION

- Thank you for attending this workshop
- Please take a few minutes to complete your evaluations
- Your feedback is very important for us to learn how to improve our Education Program



For more information about the Co-operative Housing Federation of BC's Education Program please contact: education@chf.bc.ca