

AGING IN PLACE HINTON, ALBERTA



A Report to the Community by the CEAC Task Committee on Seniors Issues

Aging in Place: “The ability to live in one’s own home and community safely, independently and comfortably regardless of age, income or ability level”.

Most seniors want to remain in their own homes for as long as possible. Aging in place means having access to services and supports you need to live safely and independently in your home and community for as long as you wish.

A community survey was conducted in June and July, 2016 with 222 participants completing the survey. This report is a summary of the responses and a tool for the community in identifying successes, gaps and awareness for Hinton residents, local government, community stakeholders and provincial representatives.

Who participated in the survey?

Total responses: 222 (Hill: 129 Valley: 65 Thompson Lake: 16 County: 11)
Female: 63% Male: 35%

Age range:

65+: 45.6% 55-64: 31.3% 45-54: 23%

Snapshot of Hinton’s Seniors



Hinton has valuable resources in that their seniors have lived here a long time with 81% living in Hinton for more than 21 years! Two-thirds of participants feel that it is very or extremely important to remain in Hinton as they age and most live in Hinton year round. They feel very strongly about being able to live independently in their own home as they age. They want to live in a community that is designed to help older adults live safely, enjoy good health and stay involved.

They are looking at their future: 50% indicated that they have thought about moving to a different home in Hinton while 46% are considering moving to a home outside of Hinton.

Hinton seniors are active and it is important to them to remain active! They enjoy walking, swimming and golf.

Healthcare

Hinton seniors are satisfied with the health services provided in the community with 75% feeling that they would be able to remain in Hinton being able to access the health services they need. Moving to another community for greater ease of health appointments isn't a strong consideration. Seniors feel that having health care options – most particularly a variety of health care professionals including specialists - are important factors when considering where they will live out their senior years. Home care services including health, personal care and housekeeping are equally important.



Specialists that currently come to Hinton are meeting seniors healthcare needs (66%), however, the same percentage indicated that they have to travel to medical appointments in the city.

Hinton seniors are independent! Over two-thirds indicated that they would be able to manage living alone in the future.

Services



A slight majority (56%) felt that they can afford to pay for services to maintain their home such as house cleaning, yard maintenance. 50% indicated that their current home adequately supports their mobility and health needs for the future but others indicated that their current residence will need major repairs, modifications or changes to enable them to stay in their home. A slight majority (54%) indicated, however, that they would not make modifications to their home to accommodate their changing health needs.

Types of needed modifications were easier access to their home, changes to the bathroom and installing a medical response system.

There was equal support for a handyman repair service, home support (housekeeping) and seasonal services (lawn work, snow removal) for low-income/older adults.

Approximately 60% indicated that the programs and services that they need are available in their neighbourhood. The services that they indicated they would like to see in their neighbourhood are a grocery store, medical clinic/pharmacy, coffee shop, bus stop, convenience store, trails and parks (in order of preference). Overall, 56% feel that Hinton provides the services that will meet their future needs.

Affordability

Financially, almost two-thirds (65%) feel that they could remain in Hinton and maintain a comfortable lifestyle. Working part-time or occasionally in their retirement years is not a strong consideration but at the same time 61% indicated that there are not a lot of opportunities for retired people to work casual, seasonal or part-time if they chose to.

In considering their retirement years, 71% feel that the cost of living is very or extremely important in their decision to remain in Hinton.

Housing Options

Most seniors are currently living in single family homes and they are thinking about downsizing, however, only a slight majority are aware of other housing options in the community. The majority of respondents feel that there is not enough housing for older adults in the community (93%).

What type of housing are they looking for? The answer is split equally with 46% wanting apartment living and 46% looking at moving to a house. Only 7% indicated that they would move to a care facility.

A strong majority (68%) feel that they can afford the cost of staying in their home as they age, however, they are looking for the ability to live in a home that will help them live independently as they age. As they think about their future home needs, 55% feel they would be able to remain in Hinton. House size and affordability of maintaining their current home are somewhat strong considerations when considering a move outside of Hinton.



Affordability of housing in Hinton is a major concern for seniors and they feel that senior housing needs are not being met. Seniors are looking to either rent or purchase housing in the \$100,000 - \$300,000 price range.

An overwhelming majority (95%) believe it is very or extremely important to have affordable housing options for adults of varying income levels in the community.

The majority of survey participants indicated that waiting times to retirement homes or assisted living are unreasonable.

Social Connections



A good majority of seniors feel connected to services, friends and family and their future social needs would be met by remaining in Hinton. Many have family members living in Hinton and almost all have friends in the community. A move out of Hinton to be closer to family factors in as a consideration for approximately 60%.

A good majority of the seniors feel that there are lots of activities for seniors to connect with one another in the community and most feel connected in one way or another. Respondents also indicated that there are adequate volunteer opportunities for seniors.

Transportation

It would appear from the results of the survey that transportation needs are being met for seniors in the community. Most are aware and have access to alternate means of transportation and believe they would be able to remain in Hinton to have access to the services they need. Most drive themselves with others choosing to walk or get a ride from family or

friends. 60% feel that Hinton is pedestrian friendly. Access to public transportation does not seem to be a real factor in considering a move outside of Hinton.

Summary

The survey responses indicate that 17.7% feel that Hinton is a very good or excellent place for people to live as they age, 66.5% as fair to good and 15.73% as poor to not sure.

Housing options appear to be a major area of concern that seniors feel are lacking in Hinton. Hinton's seniors have lived in Hinton a long time and want to continue living in the community. They are active and socially connected to friends and family. It would appear they are financially able to stay in Hinton if there are affordable housing options available that will allow them to live in their own home independently.