



District of Lantzville

AGE-FRIENDLY PLAN

ASSESSMENT & ACTION PLAN | DEC 2020

FAST FACTS

Across Canada, seniors are
outnumbering children (2016 Census)

As early as 2030, 1 in 4 Canadians are
estimated to be over the age of 65

Over 3,600 people live in Lantzville
(2016 Census)

In Lantzville, over half of people are
between 45 and 74 years old

In Lantzville, ~24% of people are
65+ years old

Lantzville's senior population is growing
and may see a similar trend to
Nanaimo North / Lantzville Region,
with 31% of people 65+ by 2036

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A.

INTRODUCTION

CONTEXT

In March 2020, the District of Lantzville received an Age-friendly Communities Program Grant from the Union of BC Municipalities (UBCM). The District then set out to create an Age-Friendly Plan for the community of Lantzville that would build on the existing strengths of the community and provide a road-map into the future.

The District engaged Barefoot Planning, a Victoria-based planning consultancy, to lead this community-driven process – involving baseline research, and community and stakeholder engagement – and to develop a set of recommendations that would act as a catalyst for action in the coming years.

The Age-Friendly Plan provides [a] an overview of the process and public input and [b] presents a relevant and actionable list of strategies for the District of Lantzville to pursue, alone and in collaboration with the community and other partners.

AGE-FRIENDLY COMMUNITIES

An age-friendly community is an inclusive place that meets the diverse and changing needs of older adults (55+), where they can live comfortably and safely, enjoy good health, and continue to participate fully in society.

In an age-friendly community, the physical and social environments support people of all ages in meeting their daily needs. Accessible infrastructure, housing, transportation, programming, policies, and services enable independence in seniors and people with disabilities – allowing them to enjoy autonomy in their lives. Moreover, age-friendly communities promote a high quality of life, comfort and security, and meaningful participation by accommodating the physical, behavioural, economic, and social changes a person experiences over time.

While this project focuses on adults over the age of 55, an age-friendly community benefits residents of all ages. For example, safe, accessible, and pedestrian-friendly infrastructure provides security and comfort to children, parents pushing strollers, and those with mobility challenges. Senior services relieve families of stress and provide a higher quality of life for older adults. And, intergenerational programs build mutual respect, strengthen community bonds, and provide learning opportunities for all ages.

In 2006, the World Health Organization (WHO) launched the Age-friendly Community Initiative, with the goal of adapting structures and services to be more inclusive to the needs and abilities of people from all age groups. Through the Global Age-friendly Cities Project, WHO established eight themes or pillars for assessing and developing strategies to create age-friendly communities.

WORLD HEALTH ORGANIZATION AGE-FRIENDLY PILLARS



OUTDOOR SPACES + BUILDINGS



TRANSPORTATION + MOBILITY



HOUSING



SOCIAL PARTICIPATION



RESPECT + SOCIAL INCLUSION



CIVIC PARTICIPATION
+ EMPLOYMENT



COMMUNICATION
+ INFORMATION



COMMUNITY SUPPORT
+ HEALTH SERVICES

PURPOSE

The purpose of the Age-Friendly Plan is to provide a framework to support positive social, cultural, economic, and environmental outcomes for older adults in the District of Lantzville.

The Plan specifically aims to:

- Encourage civic participation of seniors in the age-friendly assessment of Lantzville
- Conduct a community driven study and planning process that includes consultation and collaboration with community members and organizations providing services to Lantzville seniors
- Assist the District of Lantzville with preparing for an increasingly older population
- Provide directions for the planning, design, and creation of a safe and complete community that offers essential systems and services for seniors to enjoy good health and to allow residents to age in place
- Develop recommended age-friendly goals, objectives, and strategies
- Provide a catalyst for future community partnerships to take action in making Lantzville an age-friendly community



PROCESS

The Age-Friendly Plan consists of three phases, described below:

BACKGROUND RESEARCH | JULY - SEPT 2020

This phase launched the process, using the WHO 8 Pillars as a framework. A review and analysis of existing conditions was undertaken, helping to begin to identify priority challenges and opportunities, via background research, policy review, best practices review, field visits, and key knowledge holder interviews. It concluded with the completion of the Lantzville Community Snapshot and Background Review, which were key inputs into the development of Phase 2.

Detailed information can be found here:

<https://www.lantzville.ca/cms.asp?wpID=829>

PUBLIC ENGAGEMENT | SEPT - OCT 2020

In Phase 2, public and stakeholders were engaged to identify and refine priority challenges and opportunities, to establish a vision for the future, and to propose age-friendly goals, objectives, and strategies. The public and stakeholders were engaged through an online survey, an Open House, a Walkshop, and focused community conversations. The Open House and Survey were used to share the findings of the Background Research and harvest feedback from residents about issues and ideas for Lantzville. The focused conversations were subsequently used to dig deeper on key themes and further generate solutions and connect ideas. This, in turn, led to the identification of strategies that are relevant and practical. Phase 2 concluded with a What We Heard Report and Age-Friendly Assessment, which were key inputs into the development of Phase 3.

The What We Heard Report can be found here:

<https://www.lantzville.ca/cms.asp?wpID=829>

PLAN DEVELOPMENT | OCT - DEC 2020

In Phase 3, the combination of technical information and public and stakeholder input informed the development of a draft Age-Friendly Plan. The draft plan was developed with a vision, goals, objectives, and strategies – and Action Plan for implementation. The draft Plan was put to the test through further engagement at an Open House in mid-November 2020 and online engagement. Following this review period, the Plan was revised and refined and then brought to the District of Lantzville Council on December 7, 2020, for consideration. The plan was unanimously approved by Council.



PHASE 1
RESEARCH
AUG 1 - 31, 2020



PHASE 2
PUBLIC ENGAGEMENT
SEPT 1 - 30, 2020



PHASE 3
PLAN DEVELOPMENT
OCT 1 - DEC 8, 2020

COMMUNITY

The District of Lantzville is a small coastal community on the east side of Vancouver Island, situated between Nanaimo and Parksville. The area was first inhabited by First Nations people and, in the 1800's, European settlers first came to the area for farming and later for coal mining. In the 1920s, Fraser Harry Lantz purchased the local mine and the name Lantz survived in the name of the community. Today, Lantzville is home to nearly 3,600 residents.

Across the country, the proportion of seniors has been rising steadily over decades. Seniors are outnumbering children in Canada (2016 Census), and it is estimated that, as early as 2030, one in four Canadians will be over the age of 65. In the District of Lantzville, over half of the total population is between the ages of 45 and 74 and about 24% of the total population is over the age of 65 years old, this is higher than the region and the rest of BC.

As with most rural and remote communities, this demographic shift presents numerous opportunities for Lantzville to ensure a high quality of life for seniors and future generations to age in place. Yet, the District faces the challenge of providing housing, transportation and mobility, health care services, social services, and other support services to an older and aging population, in particular with a small tax base for developing infrastructure. These factors impact the lives of seniors, especially people 70 and older, and their likelihood to stay in Lantzville. That said, Lantzville has a number of existing strengths:. Costin Hall provides space and programming for all ages; local parks, beaches and trails allow access to pristine nature for more able seniors; and existing and emerging resource and service agencies have the potential to support a high quality of life for seniors in the community.

Please, see Appendix A for the full Community Profile and Appendix B for the full Age-Friendly Assessment.



B.

AN AGE FRIENDLY LANTZVILLE

COMMUNITY VISION

Lantzville is a safe, inclusive, and active community, where people can enjoy all stages of life and age in place with dignity and respect. The District engages aging and older adults in the creation of a full range of quality housing, green space, recreational facilities, transportation choices, and a variety of programs, services, and amenities services for current and future residents of all ages and abilities.

8 PILLARS FRAMEWORK

The District of Lantzville adopted the World Health Organization's 8 pillars of age-friendly communities as a guiding framework for research and conversations with stakeholders and members of the public. As well, these pillars provided the framework for developing the Age-friendly Plan. While very broad in scope, the 8 pillars guide us to reflect on all aspects of community that affect older adults and those with mobility challenges.



1. OUTDOOR SPACES + BUILDINGS



In an age-friendly community, the natural and built environment is designed to help people get around easily and safely, encourage active healthy living, and provide opportunities for social interaction.

1.1 Where Are We Now?

- Natural beauty is one of the top reasons people live here.
- Lantzville is a largely residential community with low density neighbourhoods.
- The village core offers a range of uses; however, elsewhere in the community, there are limited amenities within easy walking distance.
- Parks have limited age-friendly amenities, such as places for rest and washrooms; however, some larger green spaces are well-used for recreational walking and hiking.
- Many areas of the District need sidewalks and other pedestrian safety upgrades.
- Some buildings lack accessibility features, such as ramps, automatic doors, and handrails.
- See Appendix B for a detailed Assessment of Where We Are Now.

1.2 What Is Being Done?

- The District's Official Community Plan (OCP) Goal 2 seeks to preserve community character through parks and open space.
- In 2019, Lantzville Council adopted a Village Commercial Core Improvement Plan that focuses on streetscape and mobility improvements along Lantzville Road. The District subsequently received a grant to help fund a first phase of the project.
- The Parks, Trails and Recreation Plan (2008) includes strategies to improve existing parks and trails, to create a "Volunteers in Parks" program, and to review and refine standards for trails.
- The District continues to work with landowners, such as at The Foothills, to acquire large natural park areas and recreational trail networks.

1.3 Key Voices

- “I wish we had sidewalks and well used facilities, especially in the village core”
- “Huddlestone Park is in the village and has a toilet, which is very important, so it’s heavily used.”
- “We need more roadside benches for when older adults need a rest.”
- “We need pickleball courts in Lantzville – very popular among seniors and a wonderful way to socialize and exercise.”

1.4 Where Are We Going?

OBJECTIVES & STRATEGIES

1.4.1 - OBJECTIVE #1

Improve the accessibility of and amenities in outdoor spaces in Lantzville.

RECOMMENDED STRATEGIES

- Support the continued planning of a diverse range of parks and public spaces that provide opportunities for active living and social interaction for all ages.
- Continue to facilitate the implementation of the Village Commercial Core Improvement Plan through grant applications, capital project budgeting, and other financial mechanisms (e.g., developer amenity contributions, frontage improvements).
- Incorporate community engagement – with a focus on seniors, people with disabilities, and youth – in planning for new and improved parks and public spaces to help identify critical improvements, design elements, and amenities needed.
- Explore future improvements to Huddlestone Park, including additional seating, access improvements, and an all-ages exercise loop with a permeable loop pathway and stations with versatile play/exercise equipment.

- Determine the community interest in dedicated pickleball courts and consider this in future parks planning and design processes.
- Consider developing criteria or guidelines for age-friendly park, public space, and trail design, including elements such as pathway materials, grades, and widths, lighting, benches, water fountains, washrooms, railings, and wayfinding signage.
- Explore locations and partners to support Farmers Markets and community gardens to support food security, and foster connection with nature and social interaction between generations.
- Explore opportunities to add public washrooms to existing and future parks and public spaces, such as incentives for developers to include public washrooms as part of their development plans.
- Improve wayfinding signage for public washrooms, particularly in the village core.

1.4.2 - OBJECTIVE #2

Improve the accessibility of buildings in Lantzville.

RECOMMENDED STRATEGIES

- As the Village Commercial Core Improvement Plan is implemented, ensure accessibility upgrades are undertaken at public buildings and facilities in the village.
- Work with the Seaside Community Society to make long-term accessibility improvements at Costin Hall, including access to the community notice board, parking lot grading and pedestrian safety, and future building access, comfort, and safety improvements.
- Require new buildings to be universally accessible, giving consideration to the increasing use of wheelchairs, walkers, and motorized scooters. Follow standards developed through the Accessible Canada Act.
- Expand opportunities for seating and pedestrian amenities, such as commemorative benches, in public and semi-private outdoor spaces

2. TRANSPORTATION & MOBILITY



In an age-friendly community, transportation and mobility options allow people of all ages and abilities to travel wherever they want to go in the community, conveniently and safely.

2.1 Where Are We Now?

- Residents mostly commute by private vehicles (92%), with very few using active modes of transportation.
- There is an increasing demand for active modes of transportation among those over 55 and under 30.
- Lantzville's steep topography can be challenging for some mobility options.
- BC Transit and RDN provide bus services – Route 11 reaches 29 destinations but has limited coverage in Lantzville neighbourhoods.
- Many bus stops in town have accessibility limitations.
- HandyDART is available, but there is a growing demand for services and alternative transportation options, such as volunteer driver programs.
- Existing roads are built to rural standards without sidewalks and other safety/accessibility upgrades (e.g., crossings, bike lanes).
- Parking in the village is often informal and reported to be somewhat unsafe.
- See Appendix B for a detailed Assessment of Where We Are Now.

2.2 What Is Being Done?

- The OCP calls for the creation of a safer road network and better connections between neighbourhoods and across the Island Highway, while improving pedestrian and bicycle options.
- The 2013 Transportation Review recommends the development of a 3 metre multi-use pathways on one side of major roadways/journeys.
- The District is continuing to look for opportunities to expand the E&N trail
- The District's new street standards require street lighting, whereas the previous rural standard did not
- In 2019, local residents and the District built a 'high-tech' bus stop in the village with a library exchange shelf, solar power, a clock, a digital display of historical photos, interior lighting, device charging, and artwork from a Snaw-naw-as artist.
- In 2020, in addition to receiving a grant for the first phase of the Village Core Improvement Plan, Council approved multi-use path extensions along Lantzville Road beyond the village core – from Caillet Road to Schook Road and from Huddleston Road to Superior Road.

2.3 Key Voices

- “Much of Lantzville is rural, so there isn’t a lot of active transport available.”
- “There is a bus service but I rarely see the buses.”
- “People are resistant to giving up their automobile.”
- “The bus service needs to improve in convenience, come more often, and not take such a circuitous route.”
- “Bike paths need to be planned for both recreation and practicality.”
- “Parking in the village is not great.”

2.4 Where Are We Going?

OBJECTIVES & STRATEGIES

2.4.1 - OBJECTIVE #1

Encourage a safe and integrated network of roads, transit, bike routes and pedestrian realm, for people of all ages and abilities.

RECOMMENDED STRATEGIES

- Improve the proposed pedestrian connection between Huddleston Park and Tweedhope Road along the back of the Costin Hall.
- Continue to facilitate the implementation of the Village Core Improvement Plan through grant applications, capital project budgeting, and other financial mechanisms (e.g., amenity contributions, frontage improvements).
- As the Village Core Improvement Plan is implemented, incorporate best practices and guidelines in accessible street design, particularly in locations where sidewalks, curb cuts/letdowns, crosswalks, pedestrian countdown timers, and traffic calming measures need to be introduced or improved. Recommended resource: https://nacto.org/docs/usdg/accessible_sidewalks_and_street_crossings_boodlal.pdf

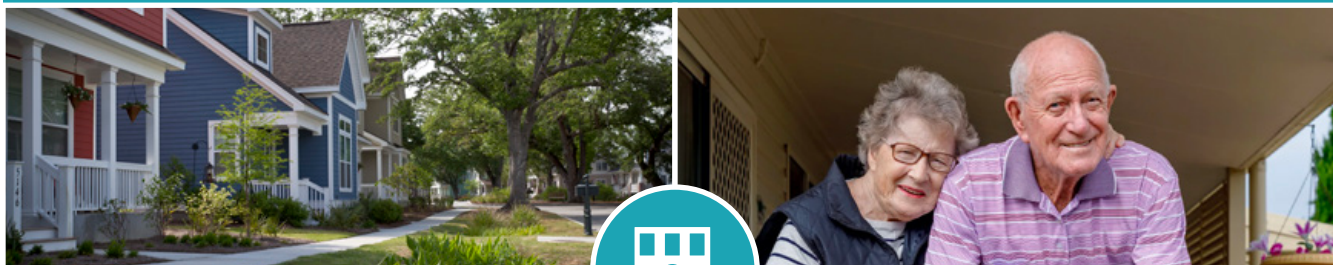
2.4.2 - OBJECTIVE #2

Improve the accessibility and age-friendliness of transit.

RECOMMENDED STRATEGIES

- As the Village Core Improvement Plan is implemented, and as new development occur throughout Lantzville, work with BC Transit to ensure that new and existing bus stops are accessible and safe, with a focus on sidewalk connections, grading, lighting, seating, and weather protection.
- As local population and/or transit demand increases, advocate to BC Transit for increased transit service and HandyDART service in Lantzville, including areas that are currently under-served.
- Better communicate and provide information regarding HandyDART services to seniors.
- Support the development of alternative transportation options, such as a volunteer-run ‘Give a Lift’ program for older adults to travel to community events and activities, to get home safely, and/or to travel to out-of-town appointments.

3. HOUSING



In an age-friendly community, a wide variety of housing options, including market and non-market, are available. Older adults are able to access and maintain housing options that are appropriate, affordable, and accessible, allowing them to age in place, and remain independent, or access supports and care as their needs change.

3.1 Where Are We Now?

- More adults over the age of 65 live alone in Lantzville and Nanaimo than in BC.
- Housing is mostly single-unit housing, with limited opportunities to find attainable and accessible housing to age in place – smaller multifamily units, seniors housing and care facilities, cooperative housing, or cohousing.
- Approximately 90% of housing is owner-occupied and 10% is primary rental housing.
- Homeowners report lack of information on reliable home services available in the community.
- Many people support creating a wide variety of housing options in the community.
- See Appendix B for a detailed Assessment of Where We Are Now.

3.2 What Is Being Done?

- The OCP Goal 4 aspires to provide housing choices, including small-lot single-unit, multi-unit, and seniors care developments in the village or select areas.
- Regional District of Nanaimo (RDN) completed a Housing Needs Assessment in mid-2020, which calls for additional housing for low-income seniors and persons with disabilities, across the region.
- Economic Development Strategy (2018) includes strategies for attracting seniors-oriented housing.

3.3 Key Voices

- “Many seniors live on large lots that are hard to maintain, but there is nowhere to downsize in town.”
- “If we had a good plan for senior housing, I don’t think there would be much resistance. We just don’t want large towers.”
- “We need a mix of housing, care facilities, carriage homes, in house suites, patio homes, ranchers, townhouses, and condos (in moderation).”

3.4 Where Are We Going?

OBJECTIVES & STRATEGIES

3.4.1 - OBJECTIVE #1

Support more affordable, and accessible housing options for older adults in Lantzville.

RECOMMENDED STRATEGIES

- Implement the recommendations of the District's OCP and RDN Housing Needs Assessment to ensure a wide range of housing options are available in the District.
 - Explore future opportunities to examine the District's supply and demand for housing to determine existing and future needs for housing for seniors and people with disabilities.
 - Support the development of a diverse range of housing options for older adults close to amenities and in the village core, such as small lot homes, townhomes, patio homes, and multifamily housing with a range of unit sizes.
 - Support the creation of housing that offers a continuum of care for seniors in the District, such as mixed intergenerational living, independent living, subsidized assisted living, and full care – to enable residents to age in place.
- Support the creation of subsidized housing, supportive housing, and non-market rental housing for low-income seniors and those with disabilities.
 - Encourage new developments to provide ground-oriented units at grade, wherever feasible.
 - Continue to support options for supporting intergenerational living, such as carriage houses and secondary suites in single-family areas and lock-off units in multi-unit areas.

3.4.2 - OBJECTIVE #2

Improve the accessibility standards of housing in Lantzville.

RECOMMENDED STRATEGIES

- Consider establishing a minimum percentage of – or simply encouraging – universally accessible units in new multi-unit and multifamily buildings.
- Consider establishing a minimum percentage of – or simply encouraging – adaptable units in all new residential developments.
- Support accessibility improvements to new multi-unit buildings by encouraging units to be visitable, which means one washroom and one room is accessible on the main floor.
- Create a list of people that can provide reliable home renovations or maintenance services and make this readily available for community members.

4. SOCIAL PARTICIPATION



In an age-friendly community, older adults have opportunities to develop and maintain meaningful social networks. Their needs and preferences are considered in the development of programs and services by a diverse range of agencies and institutions.

4.1 Where Are We Now?

- More adults over the age of 65 live alone in Lantzville and Nanaimo than in BC.
- Local organizations – such as the Seaside Community Society, Legion 257, and Lantzville Historical Society – create meaningful social networks for older adults.
- Lantzville has an agreement with the RDN for residents to use Nanaimo's 4 recreation centres.
- While places for seniors to meet and interact are limited, the village core and green spaces provide “sticky points” for people to meet and gather.
- Physically-isolated people are often also socially-isolated, and the pandemic can aggravate this.
- Intergenerational events or activities are infrequently provided or promoted.
- See Appendix B for a detailed Assessment of Where We Are Now.

4.2 What Is Being Done?

- Local organizations and groups provide social and recreational programs and events for older adults (and people of all ages).
- Mine Town Day and Veterans Day are events that are well attended by community members.

4.3 Key Voices

- “Pickleball is the fastest growing sport in North America. We need some dedicated courts in our community, just like Nanaimo, Nanoose, and Parksville.”
- “More ad hoc advisory groups is a good way to get people interested. These things don't have to have Council money.”
- “A plaza next to the District office would provide a meeting/gathering place for resident interaction.”
- “The community owns the old church, and it should be re-purposed for even more community use.”

4.4 Where Are We Going?

OBJECTIVES & STRATEGIES

4.4.1 - OBJECTIVE #1

Explore new seniors and intergenerational programming.

RECOMMENDED STRATEGIES

- Determine community interest and, as needed, facilitate the development of dedicated pickleball courts in a new or existing community park.
- Collaborate with older adults to evaluate the program needs of current and future seniors and consider adding additional social and recreation programs, and services.
- Continue to support the development of events and programs that encourage socialization and interaction between generations.
- Establish or support community organizations to establish volunteer, peer-to-peer, and mentorship opportunities as a means to get more seniors involved in their community and to connect with youth and young adults.
- Encourage service providers to implement a buddy system or phone tree system for interested residents and older adults to facilitate sharing of information about events and activities.

4.4.2 - OBJECTIVE #2

Improve access to social participation among seniors.

RECOMMENDED STRATEGIES

- Develop an easy-to-use resource of recreational activities available to seniors.
- Assess the need and viability of redeveloping Costin Hall as a community centre that better serves people of all ages, including seniors and youth.
- Explore ways to offer 'low barrier' program rates and drop-in fees for lower-income seniors, in order to encourage participation and support active living in all older adults.
- Support a Seniors Helping Seniors Program to provide opportunities for social engagement, volunteerism, and employment for seniors of a range of ages and abilities.
- Explore opportunities to support local services and businesses in becoming more age-friendly, such as developing an age-friendly business guide and certification system that recognizes local businesses that embrace age-friendly practices.

5. RESPECT & SOCIAL INCLUSION



In an age-friendly community, public services, media, commercial services, faith communities, agencies, service providers, and society as a whole are respectful of the diversity of needs among older adults, and provide opportunities to accommodate them in all aspects of society.

5.1 Where Are We Now?

- Lantzville is seen as a welcoming community for people of all ages.
- An increasing number of people face communication or cognitive challenges due to stroke, deafness, dementia, and Alzheimer's.
- Some residents experience social isolation, which can be detrimental to health and well-being.
- Public services, media, businesses, faith communities, and society are generally reported to be respectful of the diversity of needs of seniors.
- Places and programs for seniors to meet and interact are limited.
- COVID-19 has increased the risk of social isolation and mental health challenges for many people.
- Physical or financial barriers may prevent people from being included in events, programs, or services.
- See Appendix B for a detailed Assessment of Where We Are Now.

5.2 What Is Being Done?

- Local events and opportunities for people of all ages include Remembrance Day and Mine Town Day.
- Service clubs, faith-based organizations, and volunteer groups reach out to older members of the community in a variety of ways (e.g., grocery delivery and volunteer driving).
- Seaside Community Society, Legion 257, and places of worship offer programming/events to older adults.

5.3 Key Voices

- "We need more opportunities for socializing and reducing loneliness."
- "People are increasingly staying at home. We need opportunities just to get out and make connections."
- "We no longer has a coffee shop, and there are few places for people to get out and informally interact."
- "We need more events and programming to bring people together. Break barriers of class. Fight loneliness."

5.4 Where Are We Going?

OBJECTIVES & STRATEGIES

5.4.1 - OBJECTIVE #1

Include, respect and celebrate older adults in the community.

RECOMMENDED STRATEGIES

- Encourage and promote recognition programs, like an annual gathering, that acknowledge and celebrate the achievements and contributions of seniors in the community.
- Implement programs or activities associated with Seniors Week, International Day of Older Persons, Grandparents Day, Family Day, or other recognized events.
- Establish simple but meaningful accessibility guidelines for community events, with consideration given to engaging with seniors and people with disabilities as well as the provision of accessible transportation, seating, washrooms, and other facilities.

- Develop programs to bring multiple generations together to foster mutual understanding and respect.
- Recognize and respect differences in culture, language, religion, needs, abilities, and interests.
- Actively seek to include a cross-section of ages on Council Advisory Committees.

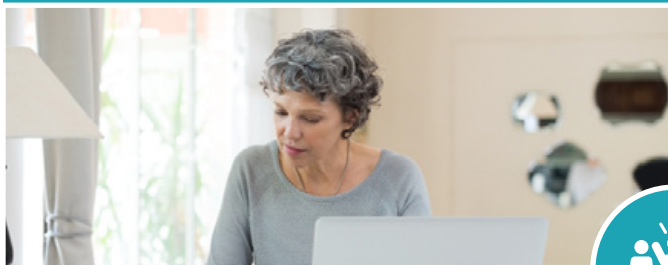
5.4.2 - OBJECTIVE #2

Enhance community awareness of and respect for the needs and interests of older adults.

RECOMMENDED STRATEGIES

- Connect with local businesses to share simple improvements that they could do, as well as educate them on the service requirements of seniors.

6. CIVIC PARTICIPATION & EMPLOYMENT



In an age-friendly community, everyone has opportunities to participate in community decision-making. Older adults also have opportunities to share their experiences and skills with the community through paid and volunteer work.

6.1 Where Are We Now?

- Low income individuals over the age of 65 make up 6.5% of the population in Lantzville.
- There is a general lack of employment opportunities for older adults in Lantzville.
- Residents have limited awareness of the full range of seniors volunteer and employment opportunities available.
- Organizations have limited ability to effectively recruit volunteers.
- Seniors are reported to be active in community issues and civic events; however, there is a need to ensure participation from a broad seniors demographic.
- Older adults have difficulty finding people to perform basic services such as gardening and house-cleaning.
- See Appendix B for a detailed Assessment of Where We Are Now.

6.2 What Is Being Done?

- Employment in Lantzville often happens through home based businesses, with few jobs in the village.
- Volunteer opportunities exist for older adults in Lantzville at Costin Hall, the Legion, and at Volunteer Nanaimo, which includes the RCMP, Age-friendly Community Society, Men's Centre among others
- Council Committees provide opportunities for involvement in community decision-making.

6.3 Key Voices

- "There are limited choices in paid work in Lantzville."
- "Right now we are looking to do the gardens and we can't find anyone!"
- "There are a lot of home based businesses in Lantzville, but it's hard to know just how many."
- "Some people have stopped participating in Council meetings because there are often technical issues. Find an alternative source where residents can safely attend meetings in person."

6.4 Where Are We Going?

OBJECTIVES & STRATEGIES

6.4.1 - OBJECTIVE #1

Increase the civic participation of seniors in Lantzville.

RECOMMENDED STRATEGIES

- Consider establishing a Seniors Advisory Committee to advise Council on age-friendly issues, initiatives, and planning in the community.
- Review terms of reference for all advisory committees for Council to ensure there are no barriers to participation from older adults, youth, and persons with disabilities.
- Review and explore ways to make Council meetings more accessible during the pandemic.
- Use the strategies identified in the next section to effectively reach older adults in community consultations on District initiatives, utilizing media channels and locations most used by seniors.

6.4.2 - OBJECTIVE #2

Increase active engagement of older adults in the community.

RECOMMENDED STRATEGIES

- Provide support to community organizations to develop and promote programs and events in the community.
- Consider developing a “Volunteers in Parks” program to help with park stewardship.
- Encourage institutions and facilities to create docent positions, on a paid or volunteer basis, to act as guides at community gatherings and cultural activities.
- Explore future opportunities to examine the District’s local economy to determine existing and future needs for employment for seniors and people with disabilities.
- Host an annual volunteer fair – invite all local volunteer organizations to recruit and share information about their services. Investigate supporting transportation to and from this event.

7. COMMUNICATION & INFORMATION



In an age-friendly community, older adults are aware of the diverse range of programs and services available to them. Relevant information to help people meet their needs is available, appropriately designed and effectively delivered.

7.1 Where Are We Now?

- Generally, community members are highly engaged and communicative with one another.
- A variety of methods of communication are used to reach seniors in Lantzville, including digital media and the District's newsletter.
- Among residents, there is limited knowledge about the range of programs, services, and other types of support available.
- Some residents report the need to improve two-way communication between the District and older adults.
- Social isolation, technical issues, and financial barriers may prevent access to information, programs and other resources.
- Continued effort to improve coordination and communication between community partners is needed.
- See Appendix B for a detailed Assessment of Where We Are Now.

7.2 What Is Being Done?

- The District uses a variety of communication methods, including District website, newsletter, news sheet, social media, email lists, community group notices, and word of mouth.
- Community groups, service providers, the District, RDN, and Island Health generally communicate with each other to address the needs of older adults.
- Communication to seniors takes place through community groups such as the Seaside Community and Society, Legion 257.
- Lantzville has a popular Facebook community group, but some seniors do not use social media.

7.3 Key Voices

- "If needed, I send an email or pick up the phone to ask questions. Word of mouth is my favourite method."
- "Improve the community website; provide workshops on Internet resources for seniors; and provide a free computer use room, similar to the library."

7.4 Where Are We Going?

OBJECTIVES & STRATEGIES

7.4.1 - OBJECTIVE #1

Improve the delivery of seniors oriented information between the community and District.

RECOMMENDED STRATEGIES

- Make important information for seniors available in the places they frequent – including Costin Hall, Municipal Hall, the doctors' office, pharmacy, and shopping areas – and through appropriate media channels, such as newspaper pull-outs, seniors-oriented public service announcements on radio stations, community TV stations, and websites.
- Improve the visibility and accessibility of the community notice board at Costin Hall.
- Consider identifying one or more key locations in public spaces or buildings to install a senior-specific bulletin board for news and resources available and ensure materials are updated regularly.
- Consider working with local volunteers and partners to develop additional information and resources for seniors and those with disabilities, such as an annual resource guide.
- Consider establishing a seniors resource page on the District website with a list of services available to older adults in the community (e.g., <https://www.csikamloops.ca/>)

- Promote key health and community service resources, such as the bc211 and 811 phone lines.
- Explore age-friendly communication resources to District staff, businesses, and service providers to help people learn to communicate effectively with people who are hearing impaired, or have communication challenges due to stroke, dementia, or other cognitive issues. Explore opportunities to train front line staff in how to communicate with and serve the needs of older adults.

7.4.2 - OBJECTIVE #2

Enhance dialogue and coordination among individuals and groups that support seniors.

RECOMMENDED STRATEGIES

- Initiate a seniors newsletter, bulletin board, and mailing list or calling chain.
- Facilitate technology and internet use classes for seniors.
- Evaluate the progress of the Age-friendly Plan and communicate this progress to seniors on a biannual or annual basis.
- Continue to offer and promote reduced admission rates to District and RDN recreation facilities and programs.

8. COMMUNITY SUPPORT & HEALTH SERVICES



In an age-friendly community, older adults have access to the social and health services they need to stay healthy and independent as their needs change over time.

8.1 Where Are We Now?

- Residents experience diabetes, heart failure, and hypertension at lower levels than across BC and chronic diseases, such as asthma and obstructive pulmonary, at higher levels.
- Seniors-oriented health services, such as in-home care, can be unaffordable.
- Seniors-specific health services are limited in Lantzville; though, community support is offered through organizations such as the Seaside Community Society.
- Residents report a high level of community support for seniors, while others report social isolation.
- The health care system can be difficult to navigate and access, in particular for those with limited mobility.
- There is no directory of services available for older adults in Lantzville.
- Island Health provides health care in the Nanaimo area, and the nearest hospital is Nanaimo Regional General Hospital.
- See Appendix B for a detailed Assessment of Where We Are Now.

8.2 What Is Being Done?

- Some health care services are available in Lantzville, including doctors, dentists, and physiotherapy.
- Some community organizations, including the Seaside Community Society, offer free and fee-based senior's social and health education programs about available health services, age-related health issues, and navigating the health-care system.
- Some community organizations offer a seniors-oriented centre and gathering space.
- Some Nanaimo stores offer grocery delivery services to people of all ages and abilities.

8.3 Key Voices

- "We have health services, but services are really expensive. Costin Hall used to have an immunization clinic. We have to go into Nanaimo now."
- "More public information on services available and how to access them. Lantzville is needing a reliable information source that was greatly missed when The Log (local newspaper) was discontinued."

8.4 Where Are We Going?

OBJECTIVES & STRATEGIES

8.4.1 - OBJECTIVE #1

Improve the health of seniors and health care services available to seniors in Lantzville.

RECOMMENDED STRATEGIES

- Explore future opportunities to redevelop Costin Hall as a community centre with an age-friendly focus.
- Support community organizations to encourage active living and health promotion/illness prevention among people of all ages through a range of services, such as education, recreation programs, and accessible parks and trails.
- Examine opportunities to increase the local health care capacity; e.g., extended clinic hours, on-call nurses, alternative service provision, mobile home support services, visits from professionals, recruitment of doctors and community health care workers.
- Support community organizations to promote free and affordable social, cultural, recreational, health (e.g., meal and grocery) programs designed for seniors and people with disabilities.

8.4.2 - OBJECTIVE #2

Support improved access to in and out-of-town community support and health services.

RECOMMENDED STRATEGIES

- Consider the proximity of housing for seniors and people with disabilities, transit, and health care services during any community planning process.

- Encourage a new volunteer driver program and an expanded Wheels for Wellness program to better meet local needs.
- Support a volunteer patient support program that accompanies older adults to out-of-town medical appointments.

8.4.3 - OBJECTIVE #3

Improve the communication and understanding about existing health services and the health care system.

RECOMMENDED STRATEGIES

- Advocate for Island Health and community service providers to establish a health system navigation guide or coordinator to assist older adults and families to gain awareness and access to relevant services.
- Continue to promote senior-specific information and resources on the District website.



C. ACTION PLAN

MAKING IT HAPPEN

The Age-friendly Plan presents a set of actions that respond to the community's current and future needs. The actions focus on the items that were seen to be the most pressing, and those that are within the District's jurisdiction to implement or support. For those recommendations that are outside of the District's scope, the municipality will advocate to those organizations that can effect change.

Implementation will depend on identified priorities, capacity of District staff, and the availability of funding and other resources where necessary. While some strategies may be achieved by approaching projects and initiatives with an age-friendly lens, some will require the direction of Council and the commitment of one or more District departments. Additionally, outreach and collaboration with partner agencies, service providers and community organizations will be required to achieve the vision of an age-friendly Lantzville. With this Plan, the District has a framework to guide decisions and support initiatives that will lead to a more age-friendly community.

AGE-FRIENDLY CULTURE

In becoming an age-friendly community, the District of Lantzville, local stakeholders, and residents need to develop and maintain a culture of age-friendliness. In other words, partners collectively foster a community where residents can age in place with dignity, respect and independence, and achieve a high quality of life. Internally, the District can catalyze this evolution by making a commitment to an age-friendly future and by reinforcing a corporate culture that will take the District there.

An age-friendly culture involves the District:

- Taking an age-friendly perspective on all community issues and opportunities;
- Applying an integrated, inter-departmental, cross-agency approach to age-friendly initiatives;
- Building civic advocacy and advisory capacity for age-friendly initiatives;
- Strengthening internal and external connections and partnerships with service groups and government agencies that support age-friendly initiatives; and
- Engaging on-going support from provincial and federal agencies, such as Age-friendly BC (AFBC) and Union of BC Municipalities (UBCM) to support age-friendly initiatives.

DISTRICT ROLE

The District of Lantzville will play a key role in the implementation of the plan, including:

- Being (or identifying) a local champion to advocate for and carry initiatives forward;
- Supporting or leading communication efforts and raising community awareness about planning initiatives;
- Leading or providing insight and strategic support on key initiatives;
- Providing space and funding where appropriate;
- Planning and policy development;
- Developing partnerships with service providers, businesses, organizations, and public agencies;
- Engaging the community to monitor changing needs and trends; and,
- Initiating action planning on an annual basis and monitoring its progress.

TABLE OF ACTIONS

The table on the following pages details the 10 action items that emerged as key priorities for the implementation of this plan. The table also suggests potential lead and support roles for the District and its partners. Specific lead and partner organizations will be explored and confirmed prior to implementation.

Additional potential action items can be found throughout the Chapter B of this plan. As implementation progresses, these other strategies should be assessed and, as appropriate, identified as priority action items to be implemented.



ACTION PLAN

ACTION	STEPS	ROLES	REFERENCE	TIMELINE
1 Age-friendly Advisory Committee & Champion	First Step: Consider establishing a Seniors Advisory Committee to advise Council on age-friendly issues, initiatives, and planning in the community. Next Steps: Establish the committee and seek to identify an age-friendly “Champion(s)” to work with the staff and community partners to implement the action plan.	Lead: District of Lantzville Partners: Future committee members, community partners	6.4.1	 NOW 0-1 YEARS
2 Village Commercial Core Improvement Plan Accessibility	First Step: Review plan and consider [a] adding one additional disabled parking stall (2 total); and [b] incorporating accessible street design guidelines. Next Steps: Complete necessary plan/design updates.	Lead: District of Lantzville	1.4.1, 1.4.2	 NOW 0-1 YEARS
3 Costin Hall Accessibility	First Step: Identify needed accessibility improvements to Costin Hall – such as better grading, pedestrian routes, and parking lot safety. Next Steps: Determine strategic short- and long-term accessibility improvements based on upcoming streetscape improvements and potential long-term site redevelopment.	Lead: District of Lantzville Partners: Residents, Seaside Community Society	1.4.2	 NOW 0-1 YEARS
4 Costin Hall Notice Board	First Step: Assess the accessibility and visibility of the Notice Board in front of Costin Hall and identify needed improvements (e.g., pathway clearing, potential roof height). Next Steps: Identify short- and long-term improvements and necessary funding, and then make improvements.	Lead: District of Lantzville Partners: Seaside Community Society	1.4.2, 7.4.1	 NOW 0-1 YEARS

ACTION PLAN

ACTION	STEPS	ROLES	REF.	TIMELINE
5 Support Housing Objectives – diversity and seniors housing	First Step: Consider OCP goals and housing needs in reviewing development applications. Encourage housing units and forms that can be adapted to meet evolving accessibility needs of residents. Next Steps: Work with partners to facilitate appropriate housing and care facilities.	Lead: District of Lantzville Partners: Proponents; housing agencies	3.4.1, 3.4.2	 ONGOING
6 Huddlestone Park	First Step: Improve the proposed pedestrian connection between Huddlestone Park and Tweedhope Road along the back of the Costin Hall. Next Steps: Explore future improvements to Huddlestone Park, including additional seating, access improvements, and an all-ages exercise loop, including a permeable loop pathway and stations with versatile play/exercise equipment.	Lead: District of Lantzville Partners: Residents, Seaside Community Society	1.4.1, 2.4.1	 NEXT 1-3 YEARS
7 Costin Hall Redevelopment	First Step: Assess the need and viability of redeveloping Costin Hall as a community centre that better serves people of all ages, including seniors and youth. Next Steps: Explore funding mechanisms and begin high-level studies (e.g., feasibility, needs).	Lead: Seaside Community Society, District of Lantzville Partners: Others (TBD)	1.4.2, 4.4.2, 8.4.1	 NEXT 1-3 YEARS
8 Volunteer (and Employment) Fair	First Step: Work with partners to plan a volunteer Fair to recruit and share information about volunteer (and employment) opportunities in the community. Next Steps: Host an annual volunteer fair in the community.	Lead: Seaside Community Society, others (TBD) Partners: District of Lantzville, others (TBD)	4.4.1, 4.4.2, 6.4.2, 8.4.1	 NEXT 1-3 YEARS

ACTION PLAN

ACTION	STEPS	ROLES	REF.	TIMELINE
9 Seniors Resource Guide or Webpage	First Step: Consider establishing a seniors resource guide (print/PDF) or webpage – potentially on the District website – with a list of services and programs available to older adults in the community, along with other relevant resources. Next Steps: Identify necessary expertise and funding, and then work with partners to develop and maintain the webpage.	Lead: District of Lantzville Partners: Seaside Community Society, others	7.4.1	 NEXT 1-3 YEARS
10 Pickleball Courts in Lantzville	First Step: Determine the community interest in dedicated pickleball courts, including the appropriate number and facility design. Next Steps: Consider facilitating the development of dedicated pickleball courts in a new or existing community park.	Lead: District of Lantzville Partners: Residents, others (TBD)	1.4.1	 NEXT 1-3 YEARS

MONITORING & IMPLEMENTATION

This Action Plan focuses on priority strategies identified during the project process. Over time, as actions are undertaken or as the community changes, other strategies will need to be prioritized. As a result, the District should commit to reviewing the Plan on a biannual or annual basis, identifying completed actions and updating the list of priority actions for the coming 1-3 years.



ACKNOWLEDGMENTS

The District of Lantzville would like to recognize the important contributions made by the following groups and individuals in developing this plan.

STAKEHOLDERS AND RESIDENTS:

Brenda Savage – President, Seaside Community Society

David Chillman – Rector, St. Philip by-the-Sea

Mark Swain – Mayor, District of Lantzville

Melissa Thomlinson – Emergency Planner, RDN

Stacey Sowa and Jade Yehia – Environmental Health Officers, Island Health

Gary Peters – Service Office, Royal Canadian Legion Branch 257

Marjorie Stewart – resident

Donald Mon – resident

John Halliwell – resident

Carol Halliwell – resident

DISTRICT OF LANTZVILLE:

Kyle Young – Director of Planning

Trudy Coates – Director of Corporate Administration

Mark Swain – Mayor

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Evan Peterson – Barefoot Planning + Design

Mark McNaughton – Barefoot Planning + Design

Krystie Babalos – Krystie Babalos Consulting

Elaine Gallagher – Gerotech Research Associates



APPENDIX A

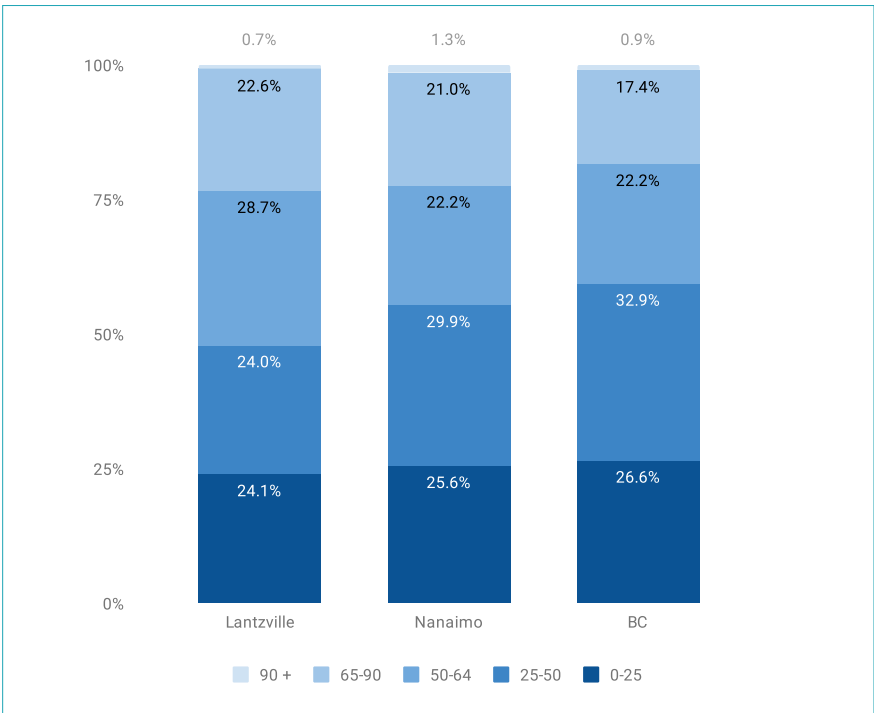
COMMUNITY PROFILE

COMMUNITY PROFILE

CURRENT POPULATION

There are over 3,600 people living in the District of Lantzville, as of 2016¹, with 815 people aged 65 to 89 and 25 people over the age of 90. Compared to the City of Nanaimo and the Province of British Columbia, Lantzville has a lower proportion of people below the age of 65 and a greater proportion of people over the age of 65. Additionally, Lantzville has a much greater proportion of people aged 50 to 79 compared to Nanaimo and the Province of British Columbia.

The median age of Lantzville was 51.1 in 2016 and has grown steadily from 46.5 in 2006. The forecasted population for the Greater Nanaimo Area indicated that there will be more older adults in all cohorts by 2036.

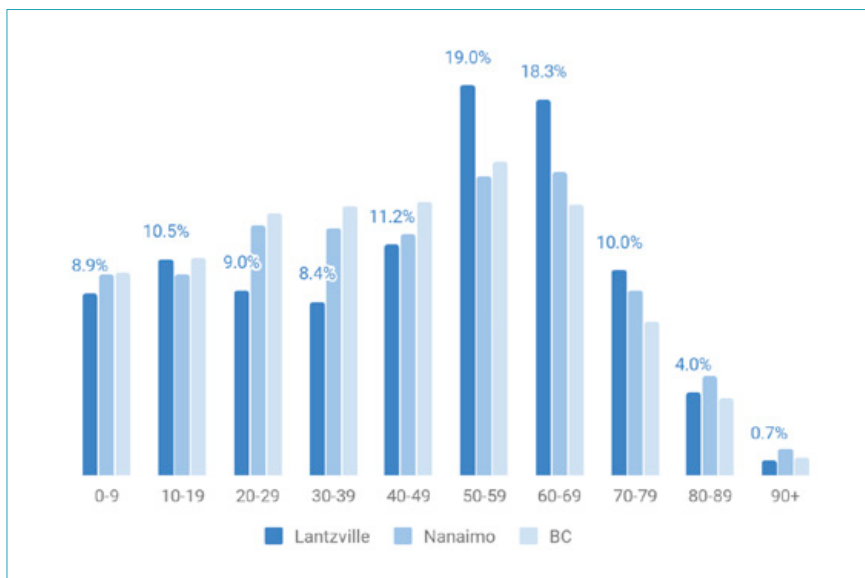


SELECT POPULATION AGE GROUPS (2015)²

¹Statistics Canada, 2016 Census of Population

²Statistics Canada, 2016 Census of Population



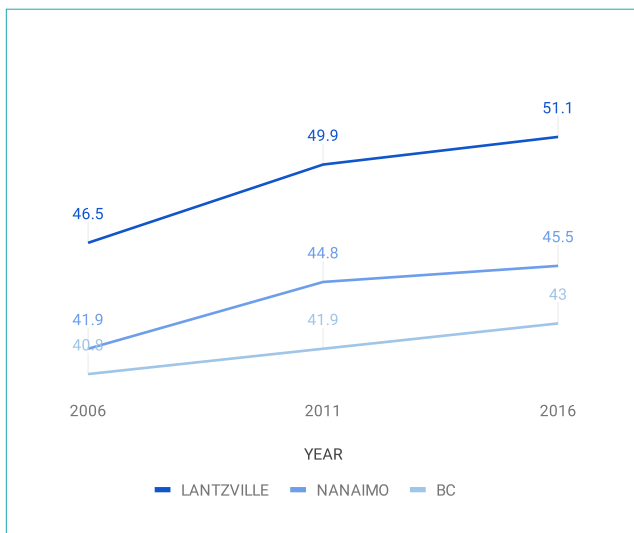


POPULATION AGE, BY 10 YEAR COHORTS (2015)³

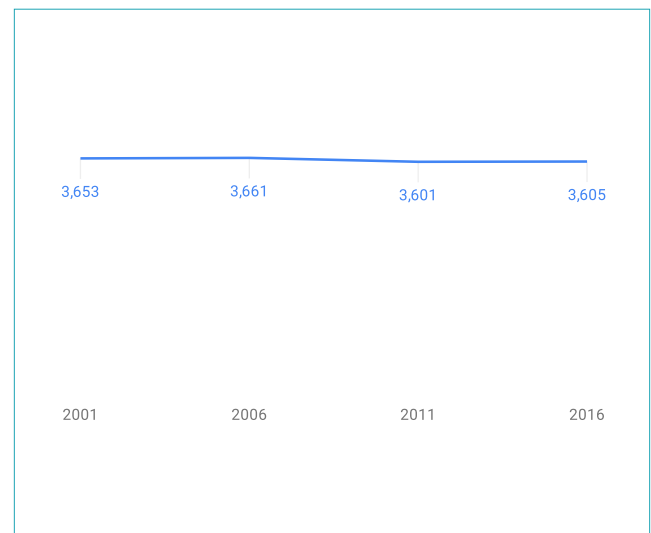
The median age of Lantzville was 51.1 in 2016 and has grown steadily from 46.5 in 2006.

The Median age for Lantzville has remained higher than both Nanaimo and the Province of British Columbia since 2006.

This compares to the BC median age of 43 — a 8.1 year difference.



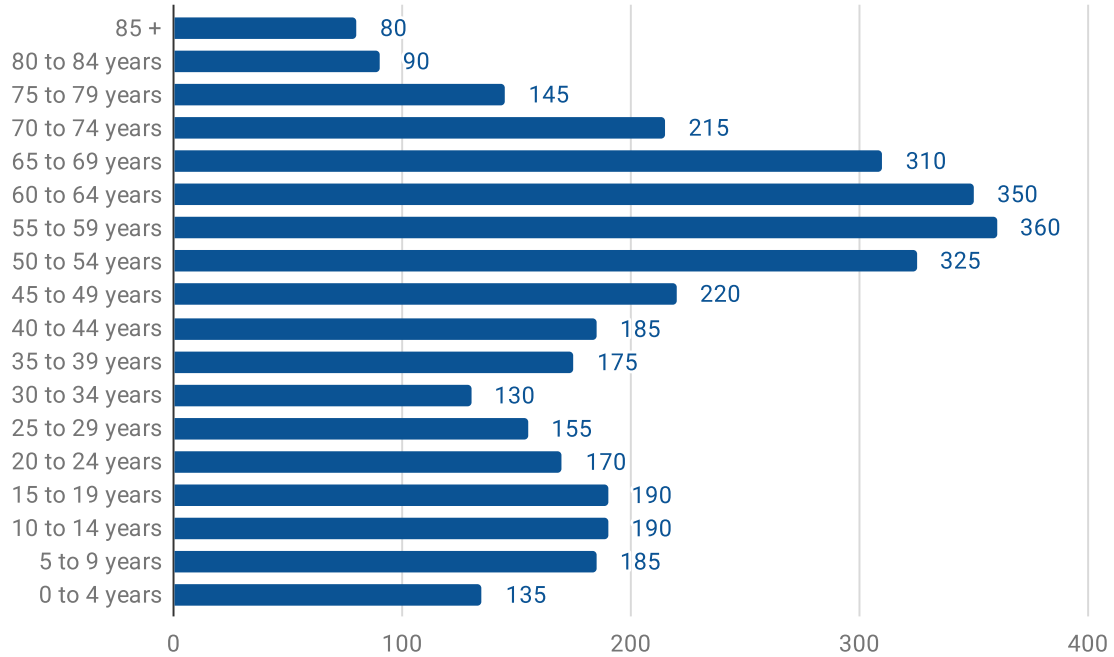
MEDIAN AGE⁴



POPULATION GROWTH⁴

³Statistics Canada, 2016 Census of Population

⁴Statistics Canada, 2016 Census of Population



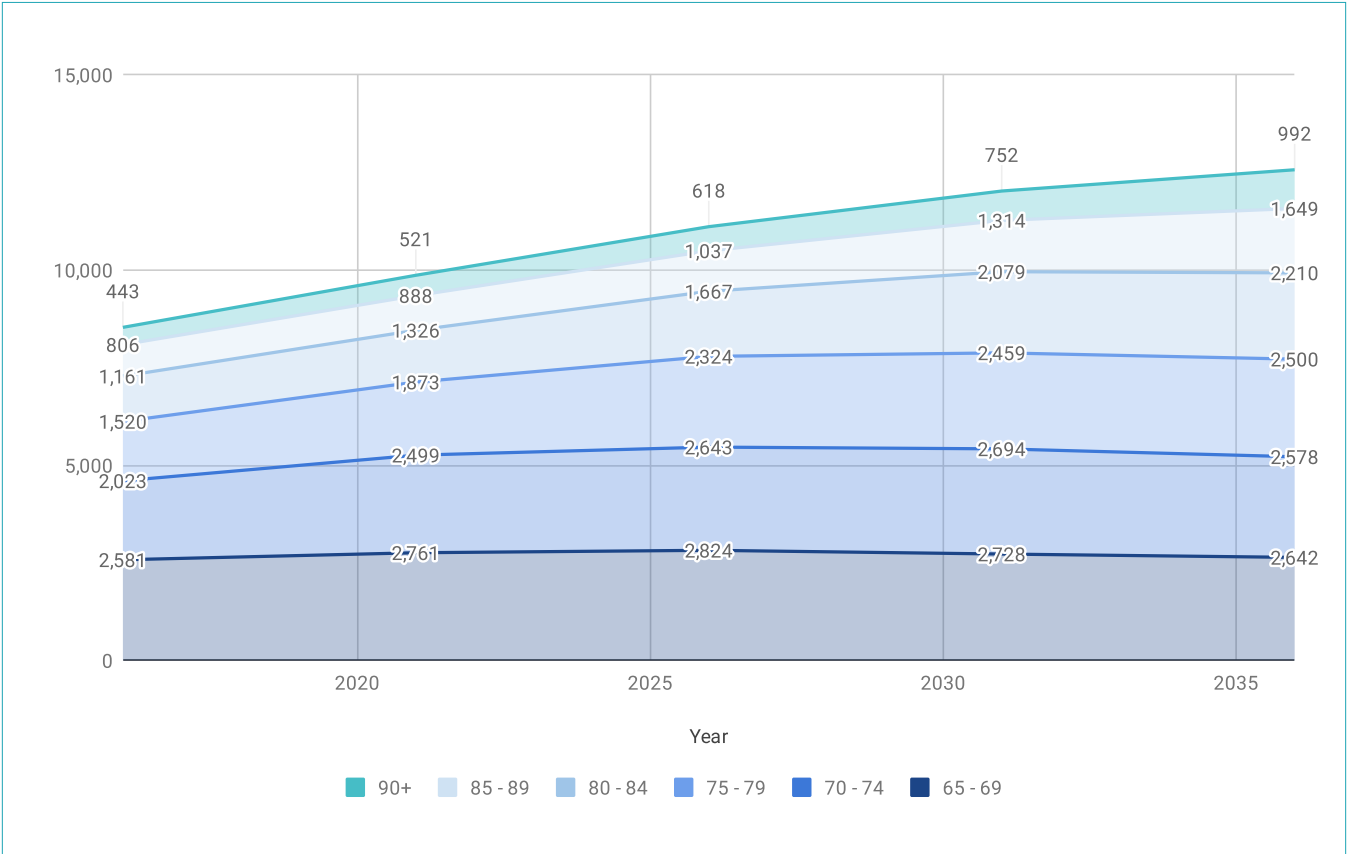
COUNT OF POPULATION BY 5 YEAR COHORTS⁵

⁵Statistics Canada, 2016 Census of Population

OLDER ADULT AND SENIOR POPULATION CHANGE

Within the Nanaimo North/Lantzville Region, the overall population is projected to increase by 9,349 in 2036. The population projections for people aged 65+ is expected to steadily increase towards 12,571 people in 2036⁶ with the exception of 65-69 and 70-74 year olds. These cohorts are expected to reach the largest population segment around 2026-2031 before dropping off by 2036.

The Nanaimo North/Lantzville Region's most recent population projection is 40,725 in the year 2036. Lantzville may see a similar trend to that of Nanaimo North/Lantzville Region, with 31% of the population over age 65 in 2036, a change from 33% in 2016.



FORECASTED POPULATION GROWTH IN SELECT OLDER ADULTS FOR THE GREATER NANAIMO REGION (2019)⁷

⁶BC Stats, 2019 Population Projections

⁷BC Stats, 2019 Population Projections

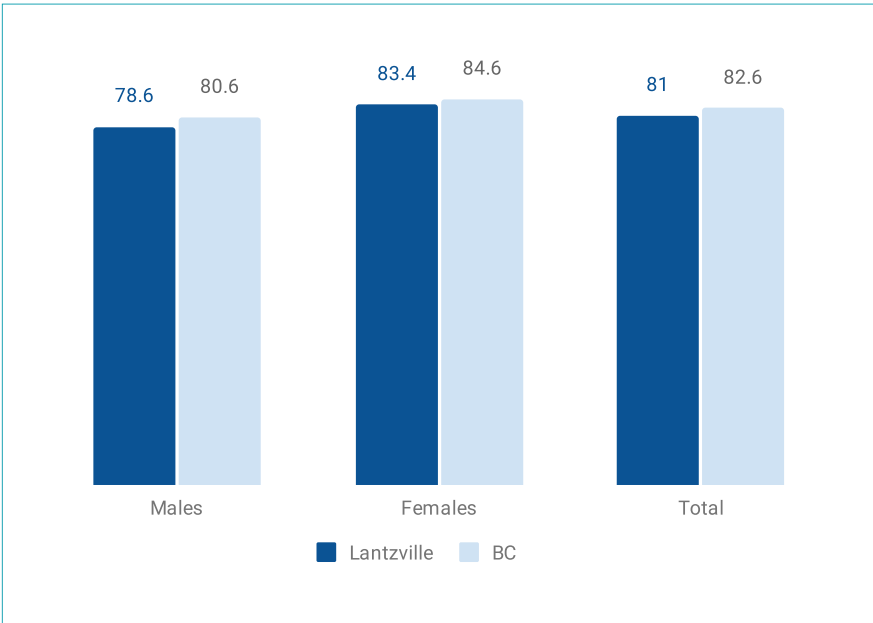


HEALTH STATUS

Life expectancy and chronic disease prevalence are selected to represent the health status of Lantzville residents. The data is for the Greater Nanaimo Local Health Area and represents the entire population.

Life expectancy at birth is the average number of years a newborn can be expected to live, and is a reliable indicator of overall health for populations. Life expectancy can approximate length of life, but does not account for quality of life, which is influenced by health and well-being.

Life expectancy at birth for the period of 2011-2015 is 81, lower than BC, which is 82.6⁸. Life expectancy for males in Lantzville is 78.6 years and for females 80.6 years. Life expectancy of both males and females in Lantzville is lower than the rest of BC. Chronic diseases such as asthma and obstructive pulmonary are higher in Lantzville than across BC, while diabetes, heart failure, and hypertension are lower.



LIFE EXPECTANCY (ALL AGES, 2011-2015)⁹

⁸Provincial Health Services Authority, 2019 Lantzville Community Health Profile

⁹Provincial Health Services Authority, 2019 Lantzville Community Health Profile

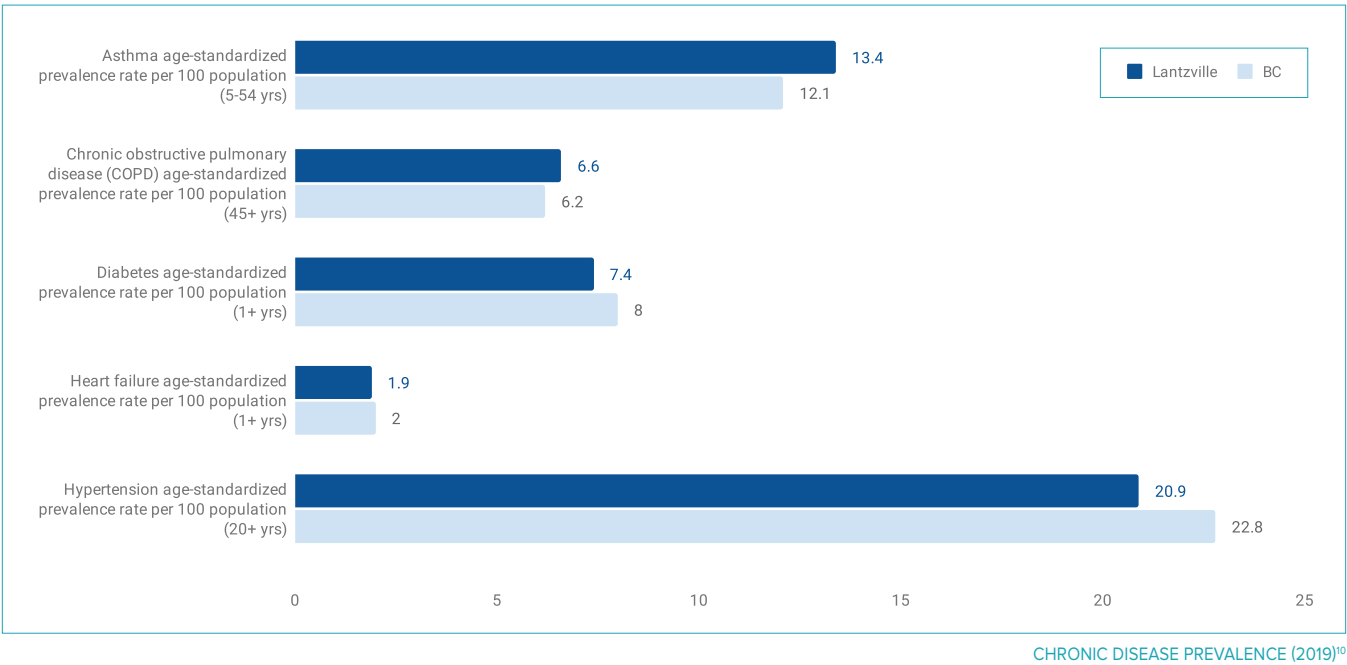


PANDEMICS

Amid the 2020 COVID-19 global health crisis, there has been an international rejuvenation of implementation strategies related to planning and responding to the needs of seniors in pandemics. Older persons have an increased vulnerability to medical conditions and weakened immune systems, making the population a high risk for the contraction of the coronavirus.

The WHO emphasizes that it is everyone’s responsibility to protect and support seniors because they are one of the most vulnerable populations. BC’s concern with keeping seniors safe, connected, and both physically and mentally healthy suggests using language that is encouraging, recognizing that negative language and isolation can lead to decreased mental health (BC Healthy Communities). They recognized the importance of the diversity of the older population and that their perspective must be at the forefront of the pandemic response.

The Regional District of Nanaimo (RDN) response to COVID-19 is the Resilience and Renewal Framework that charts a path for recovery in the region¹¹. The role of the Framework is to align with the COVID-19 response and recovery approach of the Province of British Columbia, including BC’s Restart Plan.



¹⁰Provincial Health Services Authority, 2019 Lantzville Community Health Profile.
¹¹Regional District of Nanaimo. Resilience and Renewal Framework. https://www.rdn.bc.ca/sites/default/files/inline-files/RDN%20Resilience%20Renewal%20Framework%20June%2024%202020_0.pdf



The RDN Framework considers organizational procedures, economic recovery initiatives, business continuity and public health strategies with the goal of promoting resiliency and guiding the return to normalcy within the region. In addition to strategies that guide recovery, the Framework will also facilitate recommendations to better prepare the RDN for a similar event in the future.

The framework outlines four strategic objectives:

1. To promote the health and wellbeing of residents and staff of the RDN.
2. To facilitate economic continuity and resiliency in the region following the COVID-19 pandemic and a gradual return to normalcy.
3. To protect RDN assets while continuing to deliver services to the fullest extent possible, in line with public health direction and guidance.
4. To evaluate the organizational response to the pandemic, including fiscal and business continuity planning, to better prepare for a similar event in the future.

The COVID-19 pandemic has shifted the cultural narrative towards prioritizing senior's needs and recognizing opportunities to address accessibility, affordability, communication, and safety challenges. Community connections made during the development of the Age-Friendly Plan will be looked upon as part of a broad Community Stakeholder Group to help guide the implementation of the COVID-19 Resilience and Renewal Framework and ongoing efforts to promote resiliency within the region.

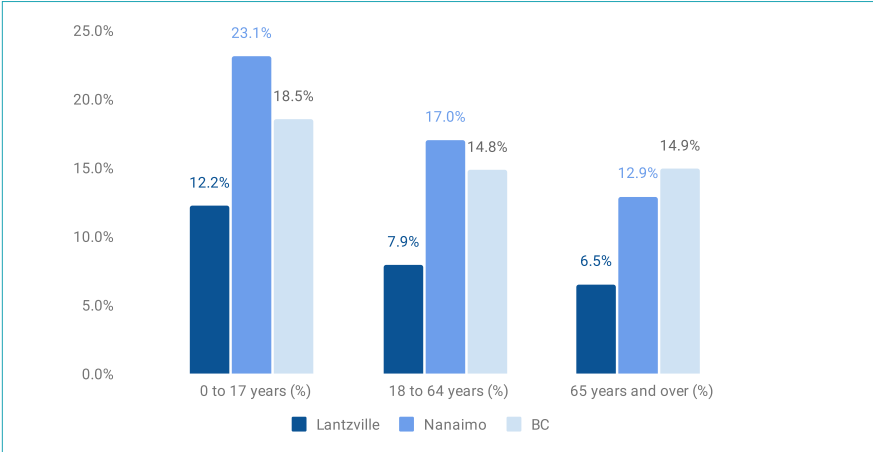
SOCIAL DETERMINANTS OF HEALTH

The social determinants of health influence the health of populations. They include income and social status; social support networks; education; employment/working conditions; social environments; physical environments; personal health practices and coping skills; healthy child development; gender; and culture.¹² Highlighted here are the determinants most relevant to linkages with policy and actions of the District of Lantzville that will be included in the Age-Friendly Plan.

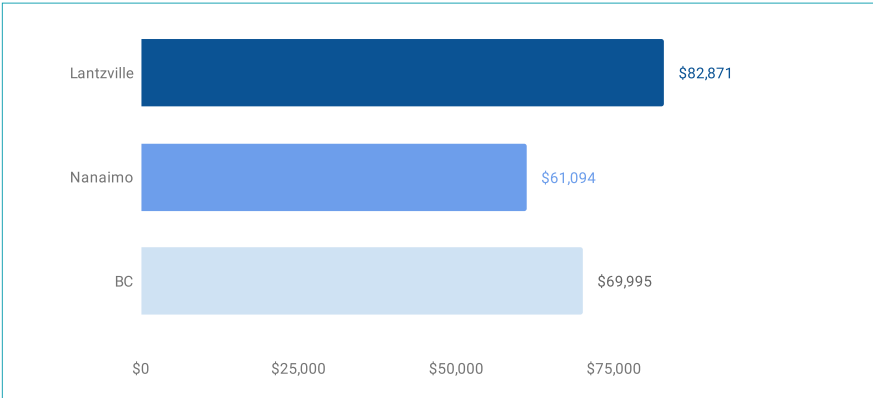
¹² Public Health Agency of Canada. *Canadian Best Practices Portal*: Accessed June 22, 2016, at <http://cbpp-14.pcpe.phac-aspc.gc.ca/public-health-topics/social-determinants-of-health/>.

ECONOMIC WELL-BEING

Income greatly impacts health by affecting our living conditions (e.g., adequate housing and transportation options), access to healthy choices (e.g., healthy food options and recreational activities), and stress levels. Those with the lowest levels of income experience the poorest health and with each step up in income, health improves. This means all segments of the population experience the effect of income on health, not just those living in poverty.



PREVALENCE OF LOW INCOME BASED ON THE LOW-INCOME MEASURE, AFTER TAX (LIM-AT) (%) (2015)¹³

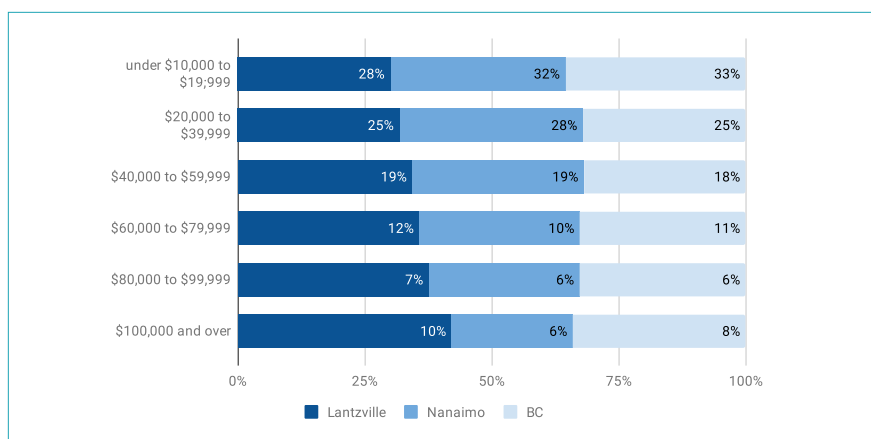


MEDIAN TOTAL INCOME OF HOUSEHOLDS (2015)¹⁴

¹³Statistics Canada, 2016 Census of Population

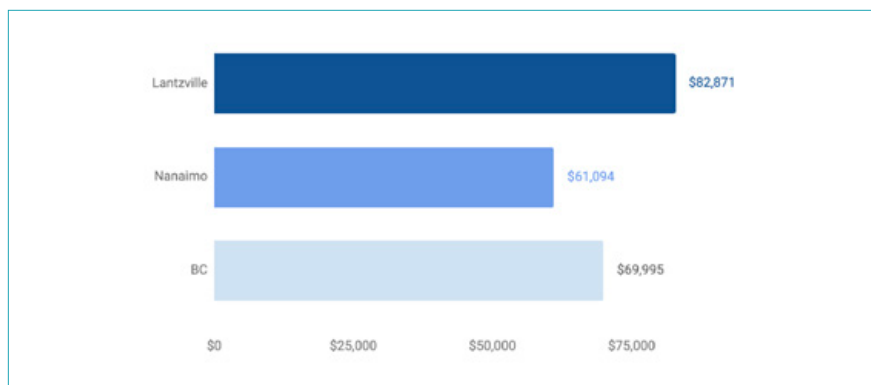
¹⁴Statistics Canada, 2016 Census of Population





PERCENT OF TOTAL INCOME OF INDIVIDUALS (2015)¹⁵

The average family income after-tax in 2016 in Lantzville is \$83,045. This compares to the BC average of \$75,209. The prevalence of low-income for the entire population living in Lantzville in 2016 based on after-tax low-income measure is 8%; this compares to the BC average of 15.5%. Prevalence of low-income in 2015 for the population age 65 and over in Lantzville is 6.5%; 5.7% for males, 7.5% for females. This data is derived from the Census Canada Survey Profile which has a non-response rate of 2.1% for the short-form. More recent data from the Canada Income Survey (2018) reveals that the prevalence of low-income for all persons in BC is 8.9%, for all seniors 5.1%, for all seniors living in an economic family 2.7%, and for all seniors not in an economic family (typically living alone) 12.1%.¹⁶ Female seniors not living in an economic family have a prevalence of low-income of 10.5%. No data is readily available specifically for Lantzville, but we can use the BC rate as a reasonable proxy for Lantzville.



TOTAL INCOME OF INDIVIDUALS (2015)

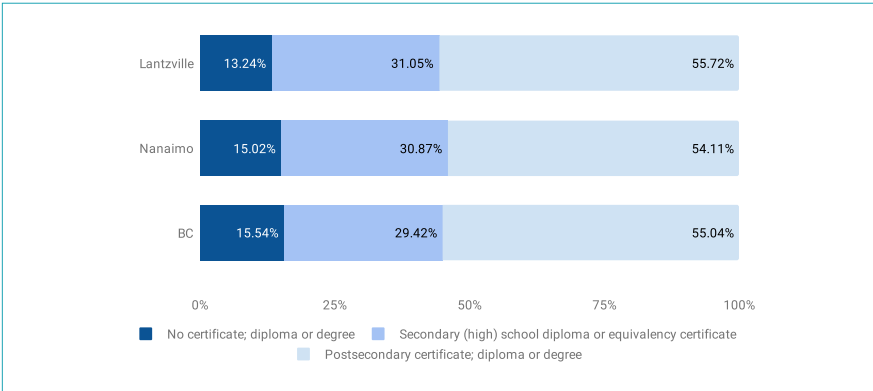
The percent of low income individuals in all age groups is lower in Lantzville compared to both Nanaimo and BC. Median household income in Lantzville in 2016 was \$82,871, higher than both Nanaimo and BC. Both low rates of low income individuals and higher median income signal a strong economic position of residents compared to neighbouring jurisdictions.

¹⁵Statistics Canada, 2016 Census of Population

¹⁶Statistics Canada. Table 11-10-0135-01 Low income statistics by age, sex and economic family type

EDUCATION

People with higher levels of education tend to be healthier than those with less formal education. Education impacts our job opportunities, working conditions, and income level. In addition, education equips us to better understand our health options and make informed choices about our health.

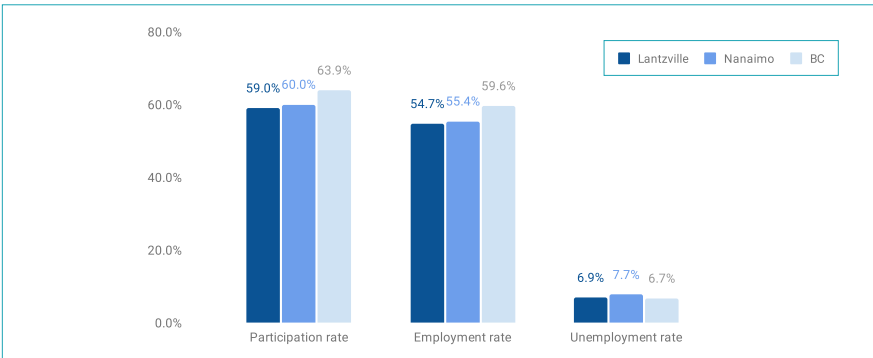


HOUSEHOLDS WITH HIGHEST CERTIFICATE ACHIEVED (2015)¹⁷

In Lantzville, the proportion of people with a high school diploma (31.05% compared to BC's 29.42%) and post secondary certificate, diploma or degree (55.72% compared to BC's 55.04%) is higher than BC.

EMPLOYMENT

Employment provides income and a sense of security for individuals. Underemployment or unemployment can lead to poorer physical and mental well-being due to reduced income, lack of employment benefits and elevated stress levels. Employment conditions such as workplace safety and hours of work can also impact our health. The unemployment rate for Lantzville in 2015 was 6.9%; which was a slightly higher rate than the BC average of 6.7%.



LABOUR FORCE STATUS (2015)¹⁸

¹⁷Statistics Canada, 2016 Census of Population

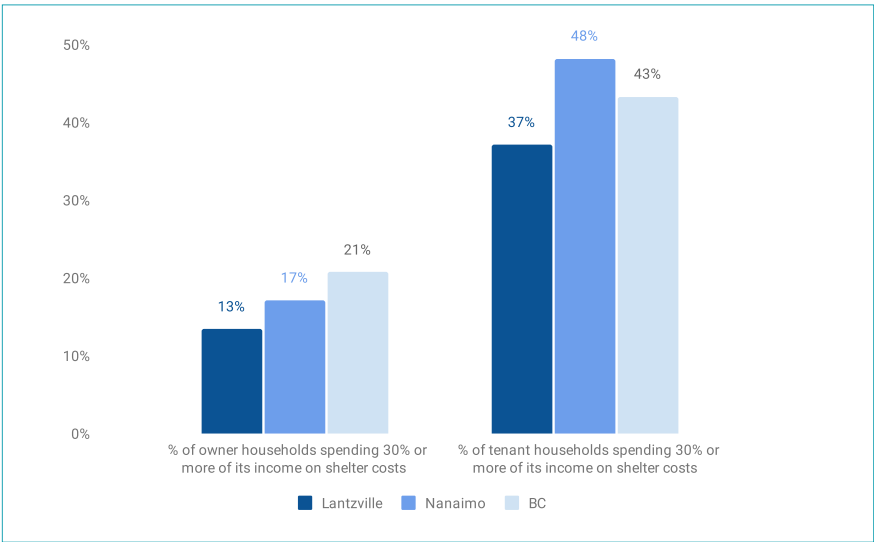
¹⁸Statistics Canada, 2016 Census of Population



HOUSING

OWNERS AND RENTERS SPENDING 30% OR MORE ON SHELTER COSTS

The rates of owners and renters spending more than 30% of their income on shelter costs are lower in Lantzville than Nanaimo and BC. A greater proportion of renters spend more than 30% of their income on shelter than owners. The rate of adults over the age of 65 living alone in Lantzville and Nanaimo is higher than the Province. Rental housing is relatively limited in Lantzville, where housing is almost exclusively single-unit housing. Of the 1,470 private households identified in the community in the 2011 National Household Survey, about 1,330 (90%) are owner-occupied, with an average monthly mortgage payment of \$1,043. Renters paid an average of \$1,002 per month.



OWNERS AND RENTERS SPENDING 30% OR MORE ON SHELTER COSTS

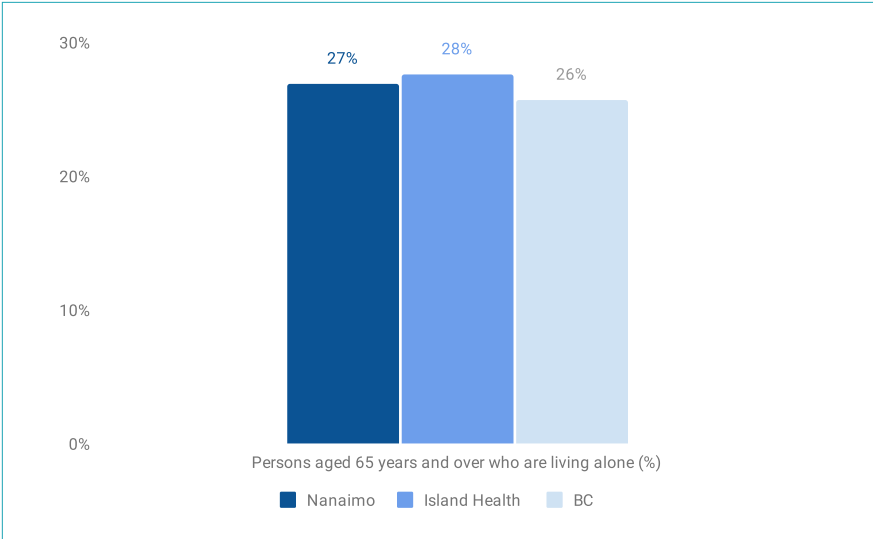
SOCIAL SUPPORT

Social support from family, friends and communities is associated with better health. Having someone to turn to during times of financial or emotional hardship can help alleviate stress, and caring relationships can protect against health problems. Beyond our immediate social support network, our health is also affected by our sense of community support and connectedness. Community connectedness reflects our commitment to shared resources and systems—for example, our community centres and programs, transportation system, and social safety net.

Lantzville senior residents have the Seaside Community Society that operates out of Costin Hall. The Legion 257 also offers some programming for veterans and seniors in Lantzville. For recreation, Lantzville has a cost sharing agreement with RDN recreation and residents of Lantzville have access to Nanaimo’s four recreational facilities (Beban Park, Bowen Park, Civic Arena, and Nanaimo Aquatic Centre), eleven sports fields, and services in nearby Nanaimo.

OLDER ADULTS LIVING ALONE

Seniors aged 65+ living alone in the Nanaimo Region is 27%. This compares to 26% for BC and 28% for Island Health. For Nanaimo, 33% of women; 17.7% of men live alone. The number of seniors living alone is an important statistic because it is one indicator of social isolation, a recognized social determinant of health.



OLDER ADULTS LIVING ALONE (2015)



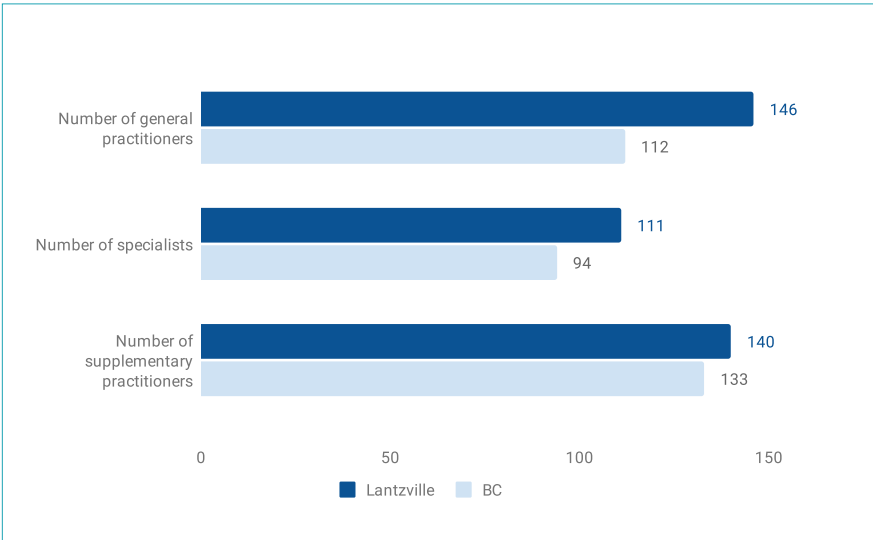
ACCESS TO HEALTH SERVICES

Access to health services is essential for maintaining and improving one’s health. Health authorities and the Ministry of Health are responsible for providing quality services that meet the health needs of communities by preventing, diagnosing, and treating illnesses.

On a per capita basis, the number of available health practitioners in Lantzville is higher than the BC average:

- General practitioner physicians per capita: 146 per 100,000 (BC average is 112)
- Specialists per capita: 111 per 100,000 (BC average is 94)
- Supplementary practitioners per capita: 140 per 100,000 (BC average is 133)

Lantzville’s residents have greater access to health services than BC as a whole. The number of general practitioners, specialists, and supplementary practitioners per 1,000 population is higher than the Province.



ACCESS TO HEALTH SERVICES (PER 1,000 POPULATION)



BUILT ENVIRONMENT PROFILE

The World Health Organization defines an age-friendly built environment as one with a pleasant and clean environment, access to green spaces, places to rest, age-friendly pavements, safe pedestrian crossings, a secure environment, safe and connected walkways and cycle paths, accessible age-friendly buildings, adequate public toilets, and preferential customer service for older customers. For the purpose of this community profile, parks, public gathering places, and the diversity and density of the land use pattern is also included in the built environment.

1. BUILDINGS AND OUTDOOR SPACE

LAND USE

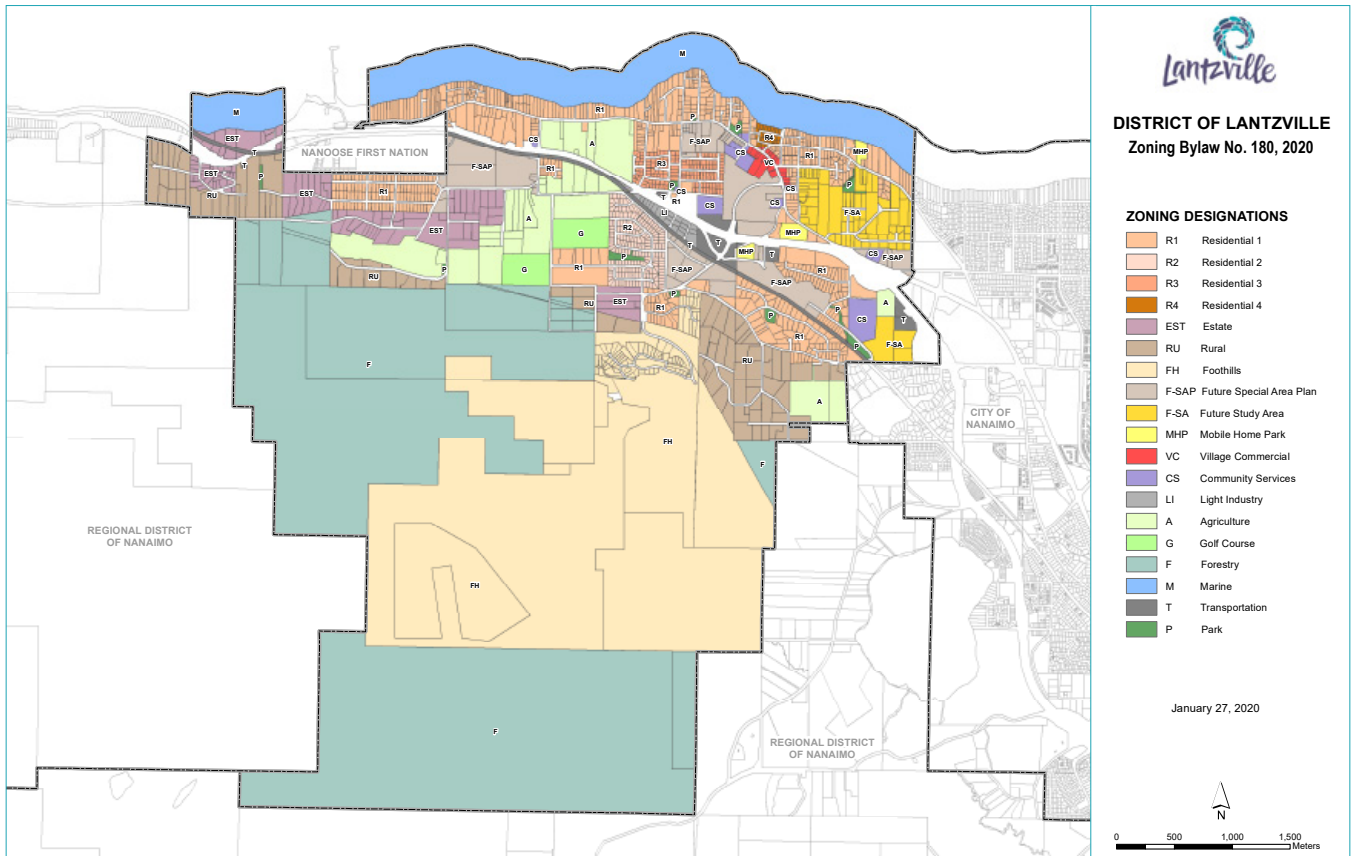
Lantzville is a residential community with a few distinctive neighbourhoods. Most neighbourhoods have low densities, characterized primarily by single homes and a few mobile home parks. The lot sizes throughout the community are highly variable, ranging from less than .25 to 1 acre. Approximately 140 hectares of land in Lantzville is subject to the Agricultural Land Reserve (ALR) and some farming activity exists. This mix of lot sizes and agricultural activity contributes to the semi-rural character of Lantzville and limits the standardization of buildings and sites.

The village core has the broadest range of uses and services, with commercial buildings with retail shops, personal and professional services, a pub, and office space. A significant number of home-based businesses exist outside of the village core.

The Lantzville Industrial Park, located off the Island Highway, has uses such as RV and mobile home sales, truck and RV servicing, and log home and truss manufacturing.

Institutional uses include the municipal hall, fire hall, legion, Seaview elementary school, Aspengrove School, and two churches. Costin Hall and the neighbouring building make up the two community buildings in Lantzville.

ZONING MAP



OUTDOOR SPACE

Lantzville's recreational land includes municipal parks, school fields, and golf a course. There are 9 Municipal Parks distributed throughout Lantzville. Huddlestons Park and Copley Park are both approximately 1.2 hectares. Lantzville waterfront and beach areas are well used by residents for outdoor activities. Additionally, the Doumont marsh and Foothills properties are widely used by residents. The only property zoned for recreational use is the privately owned Winchelsea View Golf Course.

Parkland and playgrounds make up 8.9% percent of the total land base according to the Trails, Parks, and Recreation Plan (2008). Parks have limited age-friendly amenities such as comfortable walking trails, benches, picnic tables, natural areas for nature appreciation, and public washroom facilities.

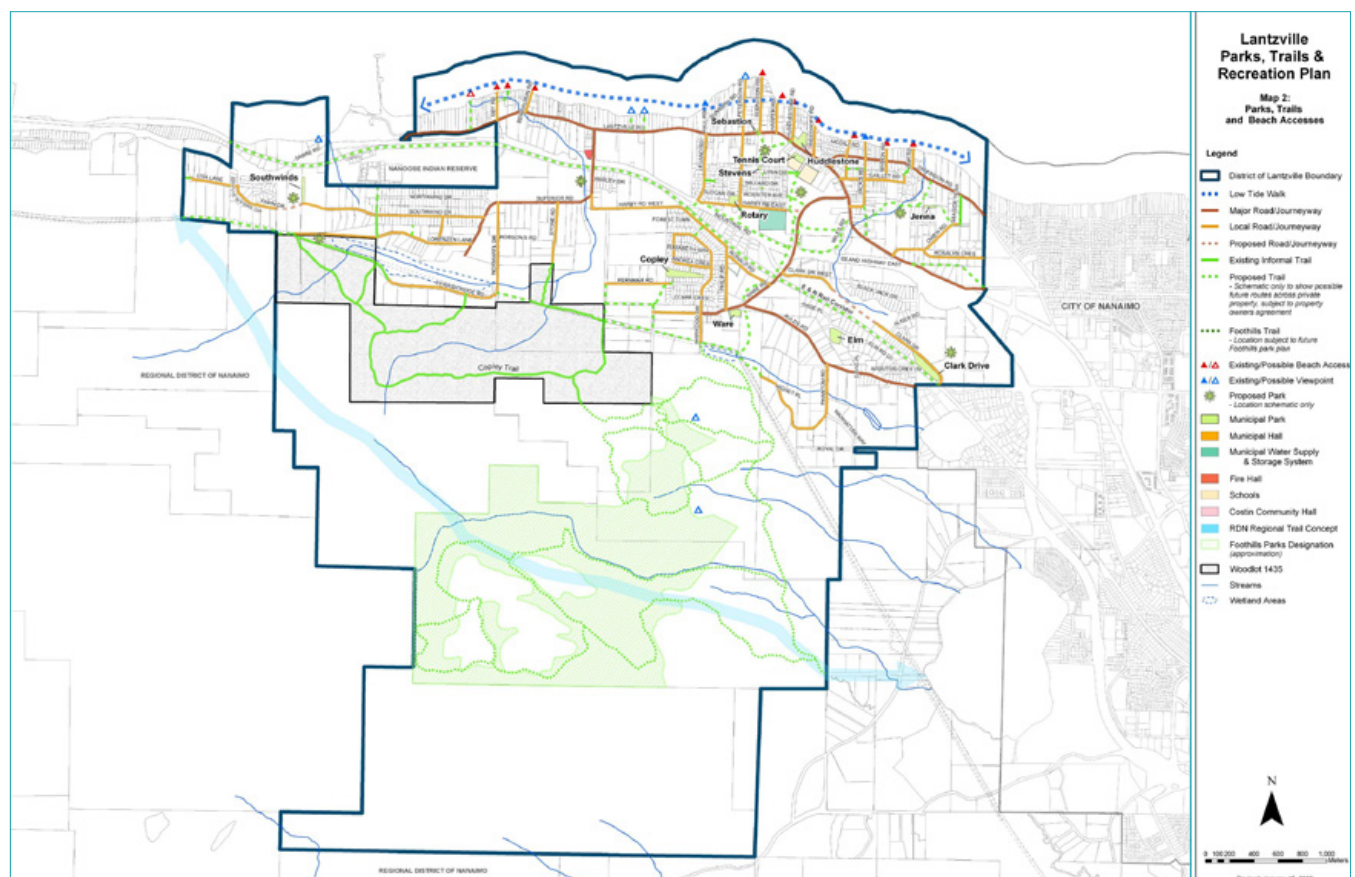
The District of Lantzville is party to an agreement with the City of Nanaimo and the RDN (on behalf of Electoral Areas A, B, C and D) to share in the operating costs of the City's four major recreation centres (arenas and pools), 11 City sports fields and two Electoral Area sports fields. The jurisdiction owning the facility is responsible for capital costs of that facility. Cost-sharing for operations is based on usage; usage of the recreation centres is determined every 5 years by a statistically-valid user survey; usage of the sports fields is based on the addresses of the team registrations. The District pays a portion of the operating costs for these facilities that reflects the percentage of users that are from Lantzville.

At this time, Lantzville does not currently have a public library branch. The closest public library is the Nanaimo North Branch of the Vancouver Island Regional Library.

Accessible Public Washroom

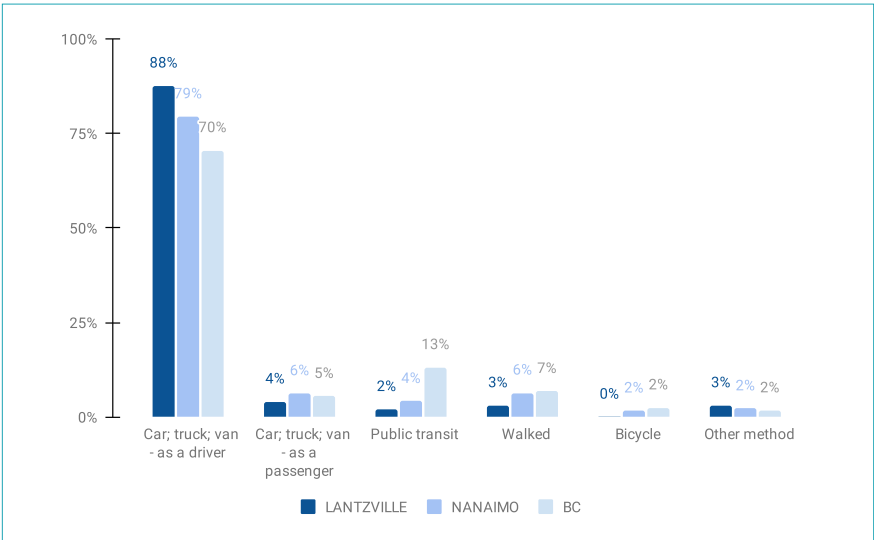
At this time, Lantzville's only public washroom is located at Huddlestons Park and open only during daytime hours.

PARKS, TRAILS, AND BEACH ACCESS MAP



2. TRANSPORTATION AND MOBILITY

The World Health Organization describes age-friendly public transport as readily available, affordable, reliable, provides priority seating, sufficiently frequent, uses courteous drivers, safe and comfortable, provides sheltered and well-lit transport stops and stations, reaches all desired travel destinations, has age-friendly vehicles, provides specialized transport services for older people, offers barrier-free taxis, and provides for convenient and accessible information. Age-friendly driving conditions address signage, lighting, and safety for older drivers, and priority vehicle parking with disabled and age-friendly design features. For the purpose of this community profile, safe mobility for pedestrians, cyclists and scooter users is also considered.



TRAVEL MODE (2019)¹⁹

The mode of transportation to work in 2015 is 92% by private vehicle, 2% by bus, 3% walking, and 0% cycling. These percentages for active modes of transportation (transit, walking and cycling) are lower than most communities in BC.

Local roads throughout Lantzville are generally narrow with gravel edges for pedestrians and ditches or swales for drainage. In the Village, cars generally park at 90-degree angles to the road, turning in and backing out across unmarked sidewalks, causing some concern for pedestrian and vehicle interactions.

¹⁹Provincial Health Services Authority, 2019 Lantzville Community Health Profile.



Roads in Lantzville are built to rural standards without curb and gutter or sidewalks. Painted pedestrian areas and raised crosswalks have been recently added to the Village to increase safety, but parking and pedestrian conflicts still exist.

The E&N Railway line runs through the community and a portion of multi-use trail has been developed in the E&N Railway right of way. This is part of a larger initiative to develop a trail along the entire corridor from Courtenay to Victoria.

BC Transit and the Regional District of Nanaimo provide bus transit services. One bus route (Route 11), with infrequent service and low ridership, loops through Aulds, Superior, and Lantzville Roads, connecting riders to the Woodgrove Bus Exchange. In recent years, Route 11 has added additional peak morning and afternoon trips and additional Sunday trips. Frequency can vary between 40 minutes in the morning to almost three hours in the afternoon. This route reaches 29 destinations, many of which do not have bus shelters. Additionally, HandyDART services are available to Lantzville residents on all days of the week with the exception of Sunday.

In recent years, the District has made bike infrastructure improvements along many of the main roads. However, it is unclear whether residents have taken up these improvements.



APPENDIX B

DETAILED ASSESSMENT

OUTDOOR SPACE AND BUILDINGS

- Natural beauty is one of the top reasons people live in Lantzville.
- Lantzville is a largely residential community with predominantly low density neighbourhoods and limited amenities within easy walking distance of most residents.
- The village core has a range of uses, including municipal hall, fire hall, legion, elementary school, church, Costin Hall (community/seniors centre), and commercial buildings with some retail shops, personal and professional services, a pub, and office space.
- Recreational land includes waterfront and beach areas, 9 municipal parks, playgrounds, school fields, and a golf course.
- Parks have limited age-friendly amenities, such as places for rest and respite (such as benches, picnic tables, water fountains and washrooms) and connected walking trails and public places.
- Large existing green spaces are well-used by some residents for recreational walking and hiking.
- Many areas of the District need sidewalks, crossings or other pedestrian safety upgrades (e.g., safe crossing of the highway).
- Some buildings lack accessibility features, such as ramps, automatic doors, and handrails.

TRANSPORTATION AND MOBILITY

- Lantzville's residents primary modes of transportation to work are vehicles (92%), bus (2%), walking (3%), and cycling (0%) (2015).
- A growing proportion of residents over the age of 55 and under the age of 30 have a growing demand for non-automobile modes of transportation.
- Lantzville's steep topography can be challenging for a range of mobility options.
- BC Transit and RDN provide bus services - Route 11 reaches 29 destinations.
- Public transit services are limited in some neighbourhoods and between neighbourhoods.
- Buses/stops are not always accessible for people with reduced mobility - many bus stops do not have bus shelters, safe walking areas and washroom facilities.
- HandyDART services are available; however, there is a growing demand for more frequent services and alternative transportation options, such as volunteer driver programs.
- Roads are built to rural standards without curb and gutter or sidewalks.

- Parking is reported to be insufficient and/or unsafe in the village core.
- Accessibility and safety are a concern on many roads, trails, pathways, and bike routes.
- Anticipated increase in electric bicycles and scooter use will have implications on street and sidewalk design, parking requirements, and building access.
- Many areas need sidewalks, crossings, or other pedestrian safety upgrades for people walking and in wheelchairs (e.g., traffic calming and accessibility features such as lighting, signage, ramps, flat and wider trails).
- Bike infrastructure improvements have been made, but there is still a need for further cycling safety upgrades on all main roads.

HOUSING

- More adults over the age of 65 live alone in Lantzville and Nanaimo than in BC.
- Housing is mostly single-unit housing, with limited opportunities to downsize to smaller units.
- Limited housing options for older adults leads people to not be able to “age in place” – and may move out of Lantzville, as a result.
- Approximately 90% of housing is owner-occupied and 10% is primary rental housing.
- 13% of owners and 37% of renters spend more than 30% of their income on shelter costs.
- Many people face challenges finding appropriate, affordable, and accessible housing to age in place – seniors housing and care facilities, smaller multifamily units, cooperative housing, and cohousing are unavailable.
- Homeowners report lack of information on reliable home services available in the community.
- Introducing accessibility features to housing involves costly retrofits or renovations.
- Many people support creating a wide variety of housing options in the community.
- Several undeveloped sites could be developed with seniors housing.

SOCIAL PARTICIPATION

- More adults over the age of 65 live alone in Lantzville and Nanaimo than in BC.
- Local organizations and groups such as the Seaside Community Society, Legion 257, and Lantzville Historical Society create meaningful social networks for older adults.
- Lantzville has an agreement with the Regional District of Nanaimo for residents to access 4 recreation centres (Beban Park, Bowen Park, Civic Arena, and Nanaimo Aquatic Centre), 11 sports fields, and services.
- Lantzville's village core and ecological network (waterfront, beach areas, parks and trails) provide "sticky points" for people to meet and gather outside.
- Places for seniors to meet and interact are limited.
- Physical or financial barriers may prevent people from accessing programs or services.
- Residents who are physically isolated are often also socially isolated.
- Intergenerational events or activities are infrequently provided or promoted.

RESPECT AND SOCIAL INCLUSION

- Lantzville is seen as a welcoming community for people of all ages.
- An increasing number of people face communication or cognitive challenges due to stroke, deafness, dementia, and Alzheimer's.
- Ageism and elder abuse are ongoing societal concerns that can be challenging to identify and address.
- Some residents experience social isolation, which can be detrimental to health and well-being.
- Public services, media, businesses, faith communities and society are generally reported to be respectful of the diversity of needs of seniors.
- There are some programs and initiatives to bring multiple generations together.
- Places and programs for seniors to meet and interact are limited.
- Physical or financial barriers may prevent people from being included in events, programs or services.
- Residents who are physically isolated are often also socially isolated, more so due to COVID-19.
- COVID-19 has increased the risk of social isolation and mental health challenges for many people.

CIVIC PARTICIPATION AND EMPLOYMENT

- Lantzville's employment rate is 54.7% and unemployment rate is 6.9%.
- Lantzville's average family income after-tax is \$83,045, higher than BC's average of \$75,209 (2016)
- Low income individuals over the age of 65 make up 6.5% of the population in Lantzville.
- People tend to have a higher education in Lantzville: high school diploma (31.05%) and post secondary certificate, diploma or degree (55.72%).
- There is a general lack of employment opportunities for older adults.
- Many home-based businesses exist in Lantzville.
- Residents have limited awareness of the full range of seniors volunteer and employment opportunities available.
- Organizations have limited ability to effectively recruit volunteers.
- Persons with disabilities may face additional challenges accessing employment and volunteer opportunities.
- Seniors are reported to be active in community issues and civic events; however, there is a need to ensure participation from a broad seniors demographic.
- Older adults have difficulty finding people to perform basic services such as gardening and house-cleaning.

COMMUNICATION AND INFORMATION

- Generally, community members are highly engaged and communicative with one another.
- A variety of methods of communication are used to reach seniors in Lantzville.
- There is limited knowledge about the range of programs, services, and other types of support available.
- Residents report insufficient two-way communication with the District and older adults.
- Social isolation, technical issues, and financial barriers may prevent access to information, programs and other resources – parts of Lantzville do not have cell phone/internet coverage and some residents do not have social media.
- People who are hearing impaired, and those living with the effects of stroke, dementia, or Alzheimer's disease experience challenges communicating.
- Continued effort to improve coordination and communication between community partners is needed.

COMMUNITY SUPPORT AND HEALTH SERVICES

- Life expectancy for people in Lantzville is 81 years old, lower than in BC (82.6).
- Residents experience diabetes, heart failure, and hypertension at lower levels than across BC and chronic diseases, such as asthma and obstructive pulmonary, at higher levels.
- Seniors-specific community support and health services in Lantzville are insufficient.
- The health care system can be difficult to navigate and access, in particular for those with limited mobility.
- Seniors-oriented health services, such as in-home care, can be unaffordable.
- Senior residents have access to community support groups such as the Seaside Community Society, Legion 257 and Historical Society.
- Residents report a high level of community support for seniors, while others report social isolation.
- Residents generally live in close proximity to community amenities, but there are limited options.
- There is no directory of services available for older adults in Lantzville.

AGE-FRIENDLY RESOURCE LIST

Global Age-friendly Cities: A Guide

http://www.who.int/ageing/publications/Global_age_friendly_cities_Guide_English.pdf

Checklist of Essential Features of Age-friendly Cities

http://www.who.int/ageing/publications/Age_friendly_cities_checklist.pdf

Age-friendly Primary Health Care (PHC) Centres Toolkit

https://www.who.int/ageing/publications/upcoming_publications/en/

Creating an Age-friendly Business in B.C.

https://www2.gov.bc.ca/assets/gov/people/seniors/about-seniorsbc/pdf/agefriendly_business_guide_and_assessmentfinalupdated_aug_2013.pdf

Guide for communicating with an aging population

<https://www.calgary.ca/content/dam/www/csps/cns/documents/seniors/age-friendly-calgary-communications-guide.pdf>

Seniors Housing Options Toolkit

<https://www.calgary.ca/content/dam/www/csps/cns/documents/seniors/age-friendly/seniors-housing-options-tool.pdf>