



**Consultation with Seniors
and Seniors' Service Providers**

**in the Red Deer Area
including Lacombe, Ponoka and Rimbey**

December 2006

CONTENTS

EXECUTIVE SUMMARY 1

INTRODUCTION 3

TOUR OF SENIORS’ FACILITIES 4

 Purpose of the Facilities Tour..... 4

 Findings 5

 Things that are Working Well 5

 Links with the Community 7

 Challenges and Barriers..... 8

 Challenges Facing Seniors in the Community 9

 Working with Council Members and MLAs in the Future 10

PUBLIC CONSULTATION SESSION 11

 Purpose of the Consultation Session 11

 Findings 12

 Programs and Services for Seniors that are Working Well..... 12

 Challenges 16

 Solutions 20

APPENDIX A: FACILITIES VISITED DURING THE DECEMBER 2006
TOUR 24

APPENDIX B: PARTICIPANTS AT THE DECEMBER 2006
CONSULTATION SESSION 27

APPENDIX C: COUNCIL MEMBERS 28

Vision

To increase the recognition of seniors as one of Alberta's most valuable resources.

Mission

To improve the quality of life of Alberta's seniors by fostering an environment of understanding within Government and the general public of aging and the needs of older people.

EXECUTIVE SUMMARY

In conjunction with their December 2006 quarterly Council meeting in Red Deer, members of the Seniors Advisory Council for Alberta:

- **toured** 12 seniors' facilities in Red Deer, Lacombe, Ponoka and Rimbey and
- hosted a **public consultation session** with representatives from 18 seniors' centers, agencies and other service providers and six elected officials from the area, including Victor Doerksen, MLA for Red Deer South.

During the **facilities tour**, Council members received positive feedback about the many things that are **working well** in the area. In particular, staff and residents of housing facilities and members of the seniors' centres indicated that they are proud of:

- their facilities, including the environments they offer
- the care, programs and services they provide
- their staff

The participants who attended the **public consultation session** also identified many programs and services for seniors that are **working well** in the area, including:

- the continuing care counselor program, bringing mental health and outreach services to seniors
- palliative care – community support at home and in hospital
- the variety of good housing options in the area, including private, lodge, designated assisted living and long-term care
- funding from the Special Needs Assistance for Seniors program and Red Deer and District Family and Community Support Services
- the seniors outreach program at Three Hills - an adult day support program which offers respite care for family caregivers during the day

Values

The Seniors Advisory Council for Alberta, as a communications link between the Government of Alberta and our senior citizens, represents seniors with integrity, accountability and respect. Through collaboration, the Council strives to assist seniors to live life to the fullest.

Participants also discussed the **challenges and barriers**, they face, including:

- critical staffing shortages at housing facilities
- the need to restructure lodges to meet seniors' needs - by the time seniors come to the lodge they need assisted living
- the growing shortage of appropriate housing for seniors with mental health issues, for dementia care, for supportive living care
- the need to upgrade existing lodges to meet the expectations of future residents
- the poor job government does of keeping seniors informed about available services
- the shortage of funding to enable caregivers to meet seniors' many needs
- connecting seniors to resources
- the need to raise the status of people working with seniors (public awareness)
- elder abuse – more attention must be paid to it
- transportation is a major issue in the rural areas

Some of the **suggestions** offered by consultation participants **to build on their strengths or to address the challenges and concerns** in their communities were:

- seniors staying in their own homes, with appropriate support including socialization and transportation
- increasing Family and Community Support Services funding to support agencies

On December 11, 2006, the Council hosted a public consultation workshop in Red Deer.

On December 11, 2006, Council members also toured 12 seniors' facilities in Red Deer, Lacombe, Ponoka and Rimbey.

INTRODUCTION

The Seniors Advisory Council for Alberta is a **communication link** between seniors' organizations and between seniors and the Government of Alberta. Members **consult** with Alberta's seniors and seniors' organizations to:

- **learn about** innovative seniors' services and community programs that are meeting needs
- gather ideas, information and feedback on **concerns**, and
- then develop advice and **recommendations** to the Minister of Seniors and Community Supports on legislation and policies affecting seniors, and on the funding and coordination of programs and services for seniors.

The Seniors Advisory Council for Alberta holds its quarterly Council meetings in different locations throughout the province. This is done to: enhance members' knowledge of best practices, identify emerging issues in various regions and refine the Council's effectiveness as a communication link.

The Council's December quarterly meeting in Red Deer included:

- **a public consultation** with seniors and representatives of seniors' centers, agencies, other service providers, and elected officials from the area, and
- **tours of 12 seniors' facilities in the region.**

As the Council continues to gather information, it hears of concerns that are **similar** to those in other areas of the province. At times, however, they come across concerns that are **unique** to certain areas. Organizations that have found solutions to problems recognize that they have an **opportunity to share their successes** through the Council.

Alberta's seniors and their organizations **recognize the Council as a valuable resource** for information sharing and for communicating with the Minister of Alberta Seniors and Community Supports and with other ministries as well. This report will be shared with the Minister, MLAs from the region and all consultation and tour participants. As well, it will assist the Council in developing its *2006-2007 Annual Report*.

TOUR OF SENIORS' FACILITIES

On December 11, 2006, in conjunction with their quarterly meeting in Red Deer, members of the Council broke into four groups to tour 12 seniors' centres and seniors' housing facilities in Red Deer, Lacombe, Ponoka and Rimbey. They visited:

- Bethany CollegeSide (Red Deer)
- Club Sierra at Aspen Ridge (Red Deer)
- Golden Leisure Lodge (Ponoka)
- Kozy Korner (Lacombe)
- Lacombe Lodge (Lacombe)
- Legacy Place (Ponoka)
- Michener Centre (Red Deer)
- Parkland Manor (Rimbey)
- Ponoka Northcott Care Centre
- Rimbey & District Drop Inn Centre
- Rimbey Hospital and Care Centre
- The Manor at Royal Oak Village (Lacombe)

Purpose of the Facilities Tour

The facilities tour was designed to enable Council members to gather information on local challenges affecting seniors and seniors' organizations and the solutions they have developed or would propose implementing. The **focus was on obtaining information** related to:

- what is working well
- the facilities' links with the community
- the challenges or barriers they would like to see resolved, and
- recommendations for the Council and the Government of Alberta.

A table that summarizes the **locations, descriptions, ownership and management details** of the facilities visited during the tour is included in this report as **Appendix A**.

Findings

Things that are Working Well

Staff and facility residents or members spoke about many things that are working well. They are proud of:

Their facilities:

- new furniture
- chair lift to main floor from basement (seniors centre)
- cleanliness
- all rooms are private and have a bathroom with a wheelchair shower
- many amenities within a beautiful building
- offer a facility model that responds to rural community needs

The environments in their facilities:

- has a sense of community
- is maintaining/improving the seniors' quality of life
- has a "give life meaning" environment in long-term care where they've adopted an "EDEN" approach
- is friendly, has very co-operative members (seniors center)
- has compulsory hand washing for all visitors when entering and leaving facility
- has zero abuse policy for residents and staff

The care they offer:

- We Care system to alert staff of a problem
- Telecare system

- Resident-centred accreditation

Programs and services they provide:

- their many programs
- transportation with a handivan that goes to town twice a week
- the Supportive Pathways program, developed by the Care West group in Calgary, which provides training for all staff to help them understand others' cultures and beliefs and how to interact with people who have Alzheimer's or dementia
- health care aides are put in a leadership role (team leadership and administration of medication – two week medical program, training booklet, spend one day a month with a pharmacist, are monitored by a nurse for two weeks after completing training and must be enrolled in a Licensed Practical Nurse program, are evaluated every three months) – most successful program they have ever used – medication problems decreased 30 per cent
- social activities seven days per week

Their fundraising:

- for a 16-passenger handibus

Their staff:

- passionate, caring, and committed staff who want to make a difference
- residents have a good relationships with staff
- management is not lowering the bar - are committed to teaching staff to be leaders
- staff feel pride and pleasure in their work, thereby enhancing the quality of their care centre

Links with the Community

When asked about links with their community, staff and residents/members identified numerous connections with:

- church – comes in every Monday to provide a service
- non-denominational church service each week, pastor comes in every second week
- volunteer students who come to entertain or chat with residents
- college students who volunteer for programs
- use of handivan or leased bus for outings, trips, meals, medical appointments
- Meals on Wheels
- community groups who rent their hall
- the Regional Health Authority (David Thompson Health Region)
- residents' extended families
- Home Care
- volunteers from the Legion
- volunteer friends
- lots of volunteers
- Safeway, which does medications
- Family and Community Support Services for co-ordination of Home Care services
- community groups and service clubs who entertain constantly
- involvement in Senior Friendly municipality
- the donors who support them

Challenges and Barriers

Members of the Seniors Advisory Council for Alberta asked if interviewees faced any challenges or barriers, and if so, what they were doing to resolve them. While many responses were facility-specific, **consistently-mentioned challenges** were associated with:

Staffing:

- staffing is a critical issue
- critical need for health care aides
- restrictive legislation, which provides no funding for health care aide training
- lodges need more staff – casual staff are working full-time
- need for on-site training
- a bit short of time and money for maintenance – there are some issues
- need to look at long-term care legislation, which requires registered nurses rather than registered psychiatric nurses
- competing with oilfield wages to recruit and retain staff

Covering costs:

- cost of utilities
- need an increase in funding for care and part-time staff
- need operating dollars
- administrative costs of Senior Friendly program are very burdensome
- need more money to train staff

Standards

- struggling with standards and timelines for licensure and accreditation – accreditation is mandated yet there are no standards or accrediting body

Transportation:

- transportation is an issue for long-term residents
- transportation is only funded by donations and municipal funding

- license and insurance requirements for volunteer drivers

Meeting the wide range of seniors' needs and wants:

- lodge rooms are too small – cannot renovate – need funding
- too many meals prepared in a very small space
- need more assisted living suites so senior couples can stay together
- hallways are dark because building core houses services such as laundry
- potential resident assessments done by the regional health authority are not always right because they are done right after acute care
- the Regional Health Authority is not abiding by their contract – residents are coming from hospital after 4 p.m. with no medications or equipment or care plan
- finding specialists in podiatry, dental and eye care
- not enough beds – 20 on waiting list – by the time people get to the lodge, their needs surpass the services provided by the lodge

Challenges Facing Seniors in the Community

When facility staff, members and residents were asked if they saw any challenges facing seniors in their community and if they saw any solutions, they most often mentioned concerns about:

Access to appropriate health care:

- shortage of podiatry services
- shortage of dental services – would like a mobile dental unit
- shortage of eye care services

Shortage of appropriate housing options:

- need more assisted living to accommodate population
- closure of nursing homes
- affordable housing – some low income seniors don't have choices

Transportation:

- lack of accessible, affordable transportation
- need transportation for seniors who have appointments with medical specialists
- transportation is not eligible for funding from Family and Community Support Services – program is kept alive with funding from foundation and service clubs
- wheelchair van is available only twice a week
- seniors would like to go to drop in centre every day but it is at the far end of town and they cannot get there
- need for a medical taxi service that could transport critical patients and those who need more care – perhaps retired ambulances could be used to avoid the costs associated with tying up ambulances currently in service

Shortage of volunteers

- volunteers are all getting older – no new ones
- fundraisers are getting older

Working with Council Members and MLAs in the Future

Facility staff and management were asked how they would work with their Council members and MLAs in the future. For the most part, they would **build on** current positive relationships by encouraging **more frequent visits**. This would enable Council members and MLAs to better understand their challenges and be better able to address their concerns.

PUBLIC CONSULTATION SESSION

The Council invited seniors, representatives from seniors' clubs, advocacy groups, service providers and elected officials to **explore issues and solutions affecting seniors in the Region**. The forum was a Public Consultation held in Red Deer on December 11, 2006.

The individuals who participated in the consultation session, included:

- six elected officials
- representatives from seniors' clubs and organizations, and
- representatives from seniors' health care, home care and housing providers.

Appendix B provides a **complete list of organizations represented** at the consultation session.

Purpose of the Consultation Session

The December 2006 consultation session was designed to **help the Council continue to be well informed** of seniors' issues by:

- exploring what seniors' programs and services are **working well** in the area
- identifying **concerns and challenges** affecting seniors in the area, and noting those most important to address, and
- identifying **solutions** that are addressing concerns or could address challenges by building on what is working well.

Findings

The following is a **summary** of the facilitated sessions. Items mentioned most often, or deemed to be most significant by participants, are identified with an asterisk (*).

Programs and Services for Seniors that are Working Well

The consultation participants were justifiably proud of the many programs and services that are meeting seniors' needs, including:

Health Care

- *Continuing Care Counselor program (bringing mental health and outreach services to seniors)
- *palliative care – community support at home and hospital
- Centennial Centre located in central Alberta (Alberta Hospital Ponoka)
- integration of mental health programs going well (public/private)
- seniors resource nurse – reaching out to seniors
- outreach nurses from the mental health program work in the region visiting seniors who need to be seen - they do not have to be referred by a doctor
- geriatrician in Red Deer does clinics in central Alberta
- group of nurses doing early assessment – they go where seniors are
- strong regional home care system in the David Thompson Health Region tries to keep people in their homes as long as possible and create a seamless connection to the appropriate care facility
 - Family and Community Support Services Home Care (Rimbey, Ponoka)
- A Personal Care program/Home Support program has personal care aides who go to seniors' homes and do some cooking and housekeeping as well as personal care. This program has been in operation in Rimbey for 25 years; longer in Ponoka.
- Wellness Centres

Housing

- there is a variety of good housing options in the area – private, lodge, designated assisted living, long-term care
- continuing care
- good lodge programs
- the Eden Alternative has been adopted in some facilities
- Designated Supportive Living (DSL), Designated Assisted Living (DAL)
- assistance for supportive living – spirit of collaboration (public/private) is making it work
- ability to maximize resources from public/private and public/public partnerships
- training of Personal Care Attendants to leadership role to hand out medication (Northcott – Ponoka)
- the concept of aging in place is working well in seniors housing
- parents still at home and want to keep them there
- seniors are treated “like gold” in lodges where the staff are caring and compassionate
- the Supportive Pathways program

Information for Seniors

- workshops involving seniors and their adult children are held to provide information and involve the adult children in the decision-making.
- Central Council on Aging – attended symposium
- Seniors Resource Centre

Funding

- program support – Special Needs Assistance for Seniors
- Red Deer and District Family and Community Support Services – funding in place
- Lodge Assistance program funding – serving client

- Home Support program – subsidies
- government support
- Alberta Seniors Benefit program providing a top up for seniors in supportive living

Collaborative Communities

- Seniors Outreach program at Three Hills has three staff and is powered by volunteers
 - handyman care
 - Medical support
- there is a correlation between volunteering and community strength
- a central volunteer center is being set up and volunteers are then sent where they are needed - in the next few years, many “baby boomers” will be retiring and looking for volunteer opportunities.
- an adult day support program which offers respite care for family caregivers during the day - the adult day support program in Red Deer is expanding to three days a week with enough people on the waiting list to expand to five days
 - people who were caregivers continue to volunteer when their loved one passes
- Alzheimer’s day group/caregiver group
- Daycare/Senior Centre located under same roof – intergenerational
- Red Deer home support program has 180 seniors per month receiving services and 120 seniors on a waiting list
- facility respite care, gives caregivers a rest
- Lacombe has a strong infrastructure for seniors – lodges, long-term care, and the Kozy Korner Seniors Centre
- programs with Family and Community Support Services and Rimoka
- Family and Community Support Services support to seniors – helping to fill out forms
- Meals on Wheels, the Volunteer Visitors program, community kitchens, community gardens and Lifeline services are all good programs.
- keen, caring, compassionate people delivering services

- there are many caring and compassionate caregivers doing a wonderful job, but they are not being paid as well as they should be
- partnerships between agencies
- generally seniors are treated really well!
- Continuing Care Counseling offers support to families in transition
- “Caring for the Aging Parent” is a seven week program
- personal care/home support programs (through Family and Community Support Services) (25 years in Rimbey)
- strong volunteer base
- programs for seniors, mostly offered by volunteers, are doing well
- volunteer appreciation
- “Volunteer Alberta” helping communities develop volunteer centres
- ability to maximize resources – public/private; public/public (e.g. Adult Day Support/Assisted Living)
- Family and Community Support Services and Rimoka (Ponoka/Rimbey) working together – avoid duplication
- bringing service to seniors
- community connected (strong)
- support in filling out forms and other document assistance

Challenges

Consultation participants spoke about a number of challenges faced by seniors in the region and by their service providers. Items mentioned most often, or deemed to be most significant by participants, are identified with an asterisk (*).

Health Care

- seniors who are at risk
- no adequate follow-up or assessment with people with mental health issues – re-admission of people with mental health issues within a year
 - people with mental health issues falling into the gaps between services
- seniors treated as second-rate in our health care system: staff acuity, shortage of nurses, doctors

Housing

- *staffing shortages (critical) - staff recruitment/retention
- *need to restructure our lodges to meet needs of seniors beyond what services can be offered - by the time seniors come to the lodge, their needs are beyond lodge services and they need assisted living
- *growing shortage of appropriate housing (for seniors with mental health issues, for dementia care, for supportive living care) - waiting lists/funding
- *need to upgrade existing lodges – the current facilities will not meet the expectations of upcoming clients (rooms are 10' x 10' with sink and toilet and a community bath – they meet health and housing standards but do not meet community standards)
- lodge cannot provide any health services although residents require much more complexity of care because they are generally entering the lodge later in life - residents may have walkers, wheelchairs and have changed from self-sufficient to being less sufficient in their own care
- the acuity and complexity of care needed in continuing care is often beyond the capabilities of the staff
- home care keeps people in their homes longer than they should - some seniors need the services offered in a lodge before they move to one - clients are provided with

information about living options but cannot be forced to move - often the information provided encourages them to stay in their homes

- not enough nurses
- require skilled staff resources - cost for training one staff at Red Deer College is \$3800
- wait lists are very long at lodges and long-term care - people do not move into lodges soon enough and stay too late - average age of clients is 83-88
- moving seniors out of their community – first available bed policy
- moving seniors from home
- governed by *Housing Act*
- lodges need to be immigrant friendly
- seniors that are homeless
- pay grid for workers
- long term care needs close supervision/regulation - if senior care is turned over to private operators, there need to be strict guidelines.
- one of the consequences of surprise audits is that staff have to spend too much time filling out forms and making reports so there is less time to spend caring for seniors (we need increased staff to fill in for those doing these reports and forms - perhaps the auditors need to supply replacement staff or provide the funds to employ them)
- meal service needs to be examined - preparing meals at a central place (like Calgary) and distributing them throughout the province makes for unappetizing meals
- housing shortages, high tax assessments on houses in old neighbourhoods, rising rents, and few affordable housing units available

Information for Seniors

- *the government does a poor job of keeping seniors informed about what services are available - seniors can become socially isolated if they do not know what services are available
- assumption that seniors go to the Internet looking for information - more and more information is going out to seniors via the Internet but not all seniors (e.g. low income) have Internet access
- the Continuing Care Counseling service needs to expand but cannot get enough staff to do so

Funding

- *funding is not sufficient to meet the number of needs
- willingness to pay
- income level cutoff for seniors for home support (home care and home maintenance) needs to be raised
- medication – paid for in long-term care but not paid for in homes/lodges/assisted living
- message from groups receiving funding is that there is not enough money
- there is not enough funding to expand the adult day support in Red Deer

Collaborative Communities

- *difficulty connecting seniors to resources
- *need to raise status of people working with seniors (public awareness)
- *elder abuse – more attention must be paid to it
- programs in Red Deer are disjointed - more coordination needs to be developed
 - communication between agencies (turf challenges, community network)
 - need to continue to develop partnerships
 - seamless service delivery between agencies and communities

- Freedom of Information and Protection of Privacy legislation causes problems - organizations or facilities cannot share information unless the senior involved has signed a release/waiver for information to be shared
- many seniors have mobility and health challenges and therefore cannot participate in programs such as community kitchens and community gardens
- lack of people resources within the community - many staff do not have the time it takes to build outside partnerships as they are busy with their own programs
- the whole seniors cohort is getting larger and larger
- fate of seniors centres - seniors centres spend a lot of time fund raising
- lack of family support - there needs to be a consensus of what family support is - some families are excellent, others are not able or are unwilling
- more and more seniors have a first language that is not English
- all seniors groups need to get along - currently interagency relationships are compartmentalized in Red Deer
- cannot get unskilled labour to assist with tasks
- maintaining a strong volunteer base is difficult
- people staying in their own home feel/are isolated (mobility issues/ transportation/isolation)
- at risk population – homelessness
- How to market?
- degree of service for seniors – volunteers declining - not enough volunteers can be attracted and kept
 - getting younger seniors to volunteer
 - aging volunteers
 - many services being provided by volunteers should be paid work – should not have to depend on the availability of volunteers
- need to meet needs of baby boomers
- need to make our communities more friendly to seniors

- difference in access to services between rural and urban areas
- mobility/transportation and isolation
- tax assessments increased in some neighbourhoods
- need to make programs accessible
- there are not enough outreach nurses
- adult day programs are “hit and miss” – available in some communities and not in others
- waiting lists for programs (Meals on Wheels, etc.)

Transportation

- transportation is a major issue in the rural area – Family and Community Support Services used to fund
- funding cannot support transportation requirements
- many seniors do not have a means of transportation to enable them to participate in community programs which may lead to social isolation and health issues not being handled

Solutions

Participants **shared a number of solutions** they have implemented that are working well. They also offered ideas about **solutions they could create** to continue building on what is working well and to effectively deal with the challenges they’d identified. Their suggestions included:

Health Care

Proposed Solution	Who Would Pay for the Proposed Solution
Must have trained personnel to provide services to those with mental issues	<ul style="list-style-type: none"> • Need resources • Adequate housing for Assured Income for the Severely Handicapped clientele

Housing

Proposed Solution	Who Would Pay for the Proposed Solution
Seniors stay in their own home <ul style="list-style-type: none"> • support • social • transportation • community 	<ul style="list-style-type: none"> • family • government • education - coordination – Family and Community Support Services • corporate industry (immigration) – municipalities - social
If the idea of aging in place is adopted, we must make sure the supports are available.	<ul style="list-style-type: none"> • government
Community – Co-op living <ul style="list-style-type: none"> • low income – youth, adults • high income, etc • informal support – incubator • micro-climates – foster – creates community needs 	<ul style="list-style-type: none"> • partnerships/non-profits/profits • municipal/provincial/federal governments • health regions
Option – long term care <ul style="list-style-type: none"> • insurance - as we age 	<ul style="list-style-type: none"> • individual • industry (new)
Restructure/staff lodges to provide assisted living	<ul style="list-style-type: none"> • partnership (government, municipal, health region)
Staffing - education	Partnership facilities, government
Funding/planning to predict and deal with waiting lists/sustainability	<ul style="list-style-type: none"> • government
Prepare food closer to end-user: prepare meals as close to where they are eaten as possible. Preparing them at a central location harms the local economy because food is not bought locally and local people are not employed to prepare meals. This will make meals more expensive.	<ul style="list-style-type: none"> • government should be prepared to cover the increased costs

Funding

Proposed Solution	Who Would Pay for the Proposed Solution
Increase Family and Community Support Services funding to support agencies	<ul style="list-style-type: none"> • partnership (provincial government and municipalities)
Tax system supports staying at home caring for someone	<ul style="list-style-type: none"> • government

Funding, continued

<p>Funding requests have a deadline. Organizations applying for funding would like there to be a deadline for getting a response from the level of government to which the application for funding was made. Demographics and statistics need to be taken into account when planning – be proactive rather than waiting until there are huge waiting lists.</p>	<ul style="list-style-type: none"> • governments
<p>Yard maintenance – move home repair from secondary to primary in the Special Needs Assistance program - change policy</p>	<ul style="list-style-type: none"> • provincial government

Collaborative Communities

Proposed Solution	Who Would Pay for the Proposed Solution
<p>Many groups that are providing services do not talk among themselves or pool resources. There should be more networking, which will save time in the long run. This is easier to do in small centers than in big cities.</p>	<ul style="list-style-type: none"> • everyone present should pay
<p>If society valued seniors more, there would be better resources and care. Aboriginal organizations automatically have an elder member on their boards. Seniors should be put in decision-making positions. We should start with young children in the school system.</p>	<ul style="list-style-type: none"> • families, schools, organizations that facilitate the programs, municipalities and seniors themselves should pay.
<p>Raising profile and status in senior and industry</p> <ul style="list-style-type: none"> • Attracting • Wages • Training own staff 	<ul style="list-style-type: none"> • scholarship/bursaries/grants (private sector, service clubs) • see Care West in Calgary – supportive partner
<p>Take yard maintenance/minor home repair from secondary item to primary – Special Needs Program</p>	<ul style="list-style-type: none"> • provincial government • change legislation
<p>Before school and after school partner with seniors centre – high school (teens)</p>	<ul style="list-style-type: none"> • provincial/private/Family and Community Support Services

Collaborative Communities, continued

Being more nimble/adaptable to real changing community needs - communities may change while institutions such as hospitals do not. Institutions and facilities need to be more adaptable to the community.	<ul style="list-style-type: none">• Government at all levels
Coordination between service providers/network	<ul style="list-style-type: none">• all here today
Society that values seniors	<ul style="list-style-type: none">• home/school
Adopt-a-senior/youth program	<ul style="list-style-type: none">• community organizations
Engage seniors in community decisions	<ul style="list-style-type: none">• community organizations• all• municipalities• seniors
Deadlines for answers to requests	<ul style="list-style-type: none">• department of Seniors and Community Supports

Transportation

Someone needs to step up and take responsibility for transportation (mobility issue)	<ul style="list-style-type: none">• partnership<ul style="list-style-type: none">○ health units/region○ municipalities○ seniors
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APPENDIX A: FACILITIES VISITED DURING THE DECEMBER 2006 TOUR

On December 11, 2006, members of the Seniors Advisory Council for Alberta visited 12 seniors' centers and housing facilities in Red Deer, Lacombe, Ponoka and Rimbey. Here is a summary of the information they gathered about the facilities:

SENIORS' CENTRES					
Facility	Location, facility details	# of Members / Membership Fee	Other Sources of Funding	Programs	Contact
Kozy Korner	5024 – 53 Street Lacombe	120 members \$10 / year	hall rentals	Tuesday dinners, pool table, floor hockey, carpet bowling, shuffle board, card room, puzzle tables	Joan or Lawrence (780) 782-6216
Rimbey & District Drop Inn Centre	5110 – 54A Ave Rimbey	160 members \$10 / year	facility rentals program fees fundraising	library, floor curling, bingo once per month in Ponoka,	Doreen Glanfield (403) 843-2012

HOUSING FACILITIES					
Facility	Description (Owner/Manager)	# of Residents / Waiting List	Fee	Services Available for Additional Fee	Contact
Bethany College Side 99 College Circle, Red Deer	long-term care, assisted living, Alzheimer's				Val Trotter (403) 357-3700
Club Sierra at Aspen Ridge 3100 – 22 St., Red Deer	independent living, assisted living, dementia/Alzheimer's (Masterpiece Living)	70 on waiting list		general store, movie theatre, pub, wellness centre	Tom Garforth-Bles (403) 685-6690 www.clubsierra.ca

HOUSING FACILITIES, contd.

Facility	Description (Owner/Manager)	# of Residents / Waiting List	Fee	Services Available for Additional Fee	Contact
Golden Leisure Lodge 5608 – 57 Ave., Ponoka	lodge for functionally independent (Rimoka Housing Foundation)	64 units 20 on waiting list	bed/sitting room \$862- \$892/month	personal laundry, foot care, surface parking, transportation	Ronda Lamey, Manager (403) 783-3940
Lacombe Lodge 4505 – C&E Trail Lacombe		100 residents, 11 on waiting list			Mark Archibald (780) 782-4118
Legacy Place 5512 – 57 Ave., Ponoka	life lease for functionally independent		life lease value \$96,000 to \$132,000, one bedroom \$262/month rental + \$262 condo fees, two bedroom \$358- \$394/month + \$358-394 condo fees	lunch \$188, supper/dinner \$147, laundry, weekly housekeeping	Ronda Lamey, Manager (403) 783-3940
Michener Centre	48 homes for individuals with developmental disabilities (Persons with Developmental Disabilities Central Alberta Community Board)	supports 323 individuals who live at the site			Wayne Becker, Chief Operating Officer (403) 340-5211

HOUSING FACILITIES, continued

Facility	Description (Owner/Manager)	# of Residents / Waiting List	Fee	Services Available for Additional Fee	Contact
Parkland Manor 54 Ave & 49 St., Rimbey	assisted living for functionally independent (Rimoka Housing Foundation)	62 units	bed/sitting room \$872, 1 bedroom \$535	overnight guest in separate room \$30 cable television, personal laundry, surface parking	Lena Lockhart, Manager (403) 843-2376 rimoka@telusplanet.net
Ponoka Northcott Care Centre 4209 – 48 Ave., Ponoka	long-term care	73 continuing care beds			Gale Dewald (403) 783-4764
Rimbey Hospital and Care Centre 5228 – 50 Ave., Rimbey	long-term care (David Thompson Health Region)	85 beds			Colleen Conolly (403) 843-2271
The Manor at Royal Oak Village 4501 College Avenue Lacombe	designated supportive living, independent living (The Good Samaritan Society)	23 Designated 23 supportive living units / 50 independent living apartments (life lease)	\$1,350 studio \$1,650 1 bedroom/ 1 bedroom \$300,	emergency call system, breakfast, lunch, personal laundry / meals, housekeeping, laundry, parking	Marsha Nichol Client Services Manager (403) 782-4523

APPENDIX B: PARTICIPANTS AT THE DECEMBER 2006 CONSULTATION SESSION

Representatives of these organizations participated at the December 11, 2006 public consultation session in Red Deer:

- Central Alberta Council on Aging
- Continuing Care, David Thompson Health Region
- David Thompson Health Region Corporate Office
- Family Services of Central Alberta
- Golden Circle Resource Centre, Red Deer
- Lacombe Foundation
- Piper Creek Foundation, Red Deer
- Ponoka County
- Ponoka Family and Community Support Services
- Red Deer County
- Red Deer South Constituency
- Rimbey Family and Community Support Services
- Rimbey Seniors Drop In Centre
- Rimoka Foundation
- Seniors Mental Health, David Thompson Health Region
- Social Planning, City of Red Deer
- Specialty Programs, David Thompson Health Region
- Stettler Information & Referral Society
- Supportive Living Initiatives, David Thompson Health Region
- Sylvan Lake Seniors
- Three Hills Seniors Outreach Program
- Town of Ponoka
- Town of Rimbey

APPENDIX C: COUNCIL MEMBERS

The Seniors Advisory Council for Alberta is a government appointed body chaired by a Member of the Legislative Assembly, appointed by the Premier. Other members, appointed by Order-in-Council, include one representative each from the Alberta Medical Association and Alberta Universities and representatives from the six regions of the province. This regional structure, developed by the Seniors Advisory Council for Alberta in 1997 and modified in 2005, maximizes the resources of the Council and optimizes the location of the Council members.

Currently, the 14 members of the Council are:

- Mr. Raymond Prins, MLA, Lacombe-Ponoka, Chair
- Mr. Jim P. Acton, Edmonton, representing the Edmonton and Area Region
- Dr. David L. Belcher, Drayton Valley, representing the Alberta Medical Association
- Mrs. Diane Caleffi, Calgary, representing the Calgary and Area Region
- Ms. Jean Dreger, Calgary, representing the Calgary and Area Region
- Mr. Clyde Elford, Calgary, representing the Calgary and Area Region
- Dr. Bill Forbes, Stony Plain, representing the Edmonton and Area Region
- Dr. Brad Hagen, University of Lethbridge, representing Alberta Universities
- Mrs. Maureen Hemingway Schloss, Edmonton, representing the Edmonton and Area Region
- Mrs. Laurie Lyckman, Carmangay, representing the South Region
- Mr. Leonard Olson, High Prairie, representing the North West Region
- Mrs. Dawn Parent, Lacombe, representing the Central Region
- Mr. Harjit Rai, Calgary, representing the Calgary Region
- Mrs. Janet Tomalty, Barrhead, representing the North East Region