

*Village of McBride*

# **AGE-FRIENDLY ASSESSMENT AND ACTION PLAN**

MARCH 2021







*This plan is created within the McBride region, which is located within the traditional territories of the Lheidli T'enneh First Nation and the Simpcw First Nation.*



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## ACKNOWLEDGEMENTS

The Village of McBride Age-Friendly Assessment and Action Plan was made possible through grant funding from the Union of BC Municipalities (UBCM) Age Friendly Communities program. The process of developing the Age-Friendly Assessment and Action Plan was supported by input from over 120 community members who contributed their time to participate in interviews, complete surveys, and attend meetings.

The Assessment and Action Plan was developed by a project team including Village of McBride staff and managed by Karen Dube, Community Economic Development Coordinator. Each phase of work was guided by an Age-Friendly Working Group. The Working Group provided their time, ideas, community knowledge and experience.

Age Friendly Working Group Members:

- Sophia Oumzil, Northern Health
- Sandy Birnie, McBride Royal Purple
- Al Birnie, McBride Elks / OAPO
- Abi Ward, McBride and District Library
- Jana MacMaster, Robson Valley Community Services / Better at Homes Program
- Loretta Simpson, Dunster Community Hall Association
- Laura Trimble, Dome Creek Community Association
- Pete Amyoony, Robson Valley Health Association
- Linda Fry, Chamber of Commerce Representative
- Councillor Diane Smith, Village of McBride
- Jackie Edwards, McBride and District Housing Society

We appreciate all of those who took their time to contribute.

## PLANNING WITH AN EQUITY LENS

In November 2020, the Age-Friendly project team met with the Social Planning and Research Council of BC (SPARC) and BC Healthy Communities to review the concept of equity and how it relates to the planning process. Equity is rooted in a desire for social justice, fairness, and meaningful support for communities.<sup>1</sup> This community planning process looked to apply an equity lens to engagement, the assessment and actions found within the plan.

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<sup>1</sup> BC Healthy Communities (2020). What is the issue: equity and its meaning in both public health and planning. <http://bchealthycommunities.ca/the-issue-equity/#:~:text=Equity%20means%20providing%20support%20and,opportunities%20for%20all%20community%20members>.



# Part 1: Background



## What is an Age-Friendly Community?

The World Health Organization (WHO) Age-friendly Cities project defines an age-friendly community as one whose, “policies, services, and structures related to the physical and social environment are designed to support and enable older people to ‘age actively’ – that is, to live in security, enjoy good health, and continue to participate fully in society.”<sup>2</sup>

Based on the World Health Organization’s *Global Age-Friendly Cities: A Guide*, the eight key features of age friendly communities include:



Pleasant, clean, secure, and physically accessible **public outdoor spaces and public buildings**.



Accessible and affordable public **transportation**.



Affordable, appropriately located, well built, well designed, and secure **housing**.



Opportunities for **social participation** in leisure, social, cultural, and spiritual activities.



**Respect and social inclusion** of older folks with people of all ages and cultures.



Opportunities for **civic participation** that cater to older persons’ interests and abilities.



Age-friendly **communication and information**.



**Community support and health services** tailored to older persons’ needs.

## Why do an Age-Friendly Plan?

The population in Canada is aging, by 2030 seniors and older adults will account for 23 percent of the population. This is especially true in rural and remote communities, where the population is aging more rapidly than urban communities. Smaller communities have many advantages, however, the increased needs of older citizens coupled with the out-migration of younger workers creates significant challenges for rural and smaller communities in British Columbia.

Access to reliable transportation and the availability of medical and health professionals are often more limited in smaller communities, making aging in place challenging for many older adults. Age-friendly planning is a means for communities to address these gaps, and to optimize the health, participation, and security of older adults throughout the aging process by encouraging communities to adapt structures and services to increase accessibility and inclusion.

While age-friendly planning criteria is designed to serve older adults, the requirements benefit and serve people of all ages and accessibility levels by encouraging communities to adapt structures and services to increase accessibility and inclusion. Age-Friendly communities focus on social and physical environments, and planning for a full spectrum of life from infancy through adulthood and senior years.

As the number of older adults in communities is growing across BC, age-friendly planning is vital. **The Village of McBride’s 2019 – 2021 Strategic Priorities and Initiatives includes a priority to become a recognized age-friendly community.** For the Village of McBride, working towards becoming an age-friendly community is an asset in supporting current and future residents throughout their lives. In addition, an age-friendly community will benefit new residents to McBride that are seeking a high quality of life as they age.

<sup>2</sup> 2006 World Health Organization, Global Age Friendly Cities Project



## AGE-FRIENDLY RECOGNITION<sup>3</sup>

### *The steps for age-friendly recognition include:*

1. *establishing an age-friendly advisory committee,*
2. *passing a local council or district board resolution,*
3. *conducting an age-friendly assessment, and*
4. *developing an action plan.*

## Who is Responsible for this Plan?

Age-friendly planning includes many aspects of community life and therefore, a number of actions may fall outside of the jurisdiction of the local government. In such cases, actions may include partnerships with outside agencies, neighbouring jurisdictions, local organizations, the business community and the Province. In summary, successful implementation of actions requires collaboration, partnership, and coordination.

Key groups responsible for implementation of actions and recommendations for this plan are:

- **Village of McBride:** The Village of McBride is responsible for actions related to Village policy, planning and projects (e.g., updating the Official Community Plan with age-friendly goals and objectives) and to participate in partnerships, where and when opportunities exist. As an accredited Age-Friendly Community, the Village should also create an “Age Friendly” committee of Council (refer to Action 6.4) or encourage the continued work of an existing external Age-Friendly working group.
- **External Agencies and Neighbouring Communities:** Other actions will require collaboration with the Regional District of Fraser-Fort George (RDFFG), other community neighbours and external bodies, such as Northern Health, the Province, etc.
- **Community-Led Initiatives:** There are also actions that can be implemented by community members, with support from the Village of McBride (e.g., host a seniors’ forum, provide a letter of support for funding applications) or other partners. Some of the actions will also fit community organizations (e.g., new programs delivered by Robson Valley Community Services RVCS).

<sup>3</sup> BC Healthy Communities (2020). Be recognized as an age-friendly community. <https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/about-seniorsbc/seniors-related-initiatives/age-friendly-bc/age-friendly-communities/getting-recognized>



# Village of McBride Community Profile

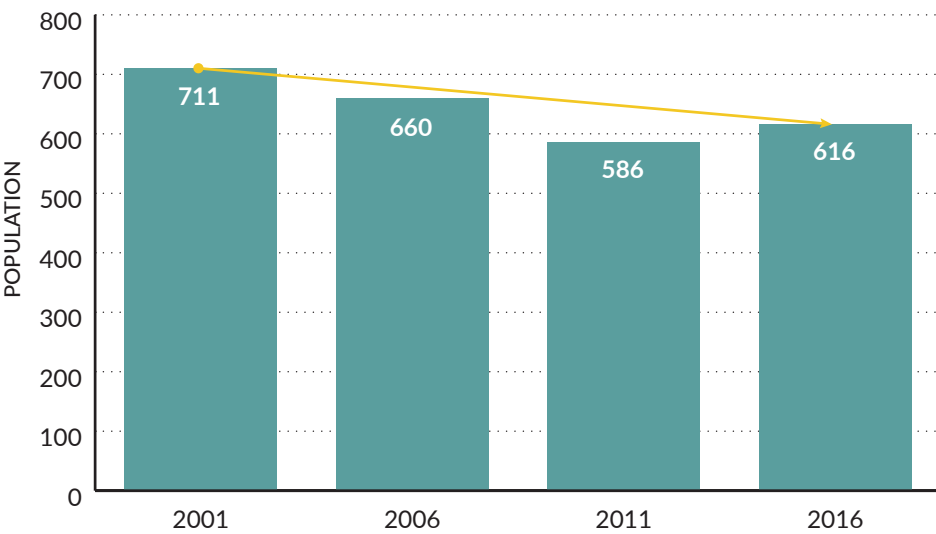
The Village of McBride is located within the Regional District of Fraser-Fort George. The community is situated on the Yellowhead #16 highway approximately, 210 km East of Prince George, 165 km West of Jasper, 84 km North West of Valemount. McBride serves as commercial hub for approximately 1700 people in the Regional District of Fraser-Fort George.

Within the Robson Valley region, there are eight traditional First Nations groups that have placed Traditional Territory Claims in the McBride area: Lheidli T'enneh First Nation, Simpcw First Nation, Lhtako Dene Nation, Canim Lake Indian Band, Xat'súll First Nation (Soda Creek), Shuswap First Nation, Okanagan First Nation, Tsilhqot'in.

## POPULATION

The Village of McBride's population has been shrinking over the last two decades, from a population of over 700<sup>4</sup> in 2001, to just over 600 in 2016. Visible minorities make up 5% of McBride's population and, based on census categories, include people from Arab, Filipino, and South Asian communities.

FIGURE 1. McBride's population change from 2001 - 2016.

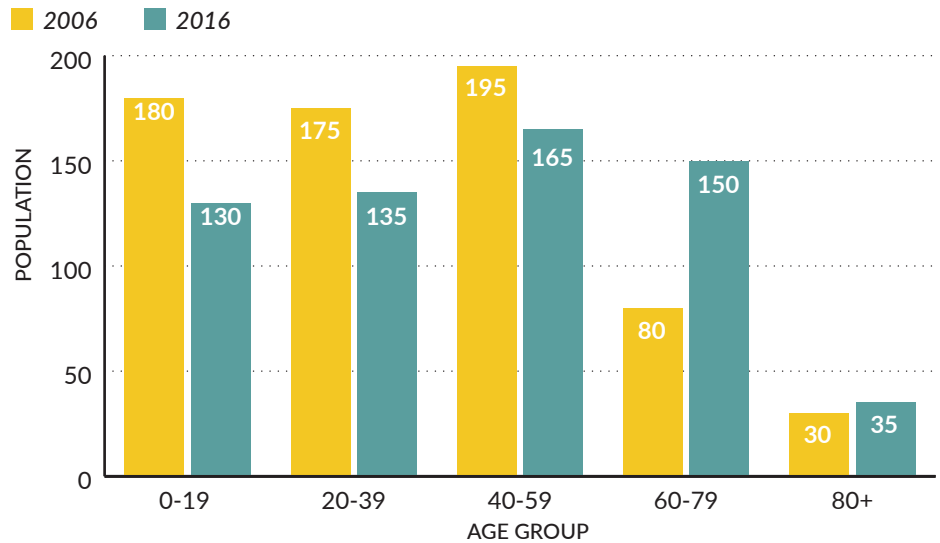


Additionally, the Village of McBride is getting older, while younger generations are decreasing. The total number of residents aged 20 - 39 has decreased by 22% from 2006. The number of residents aged 60 - 79

have increased by around 87% from 2006 levels. All other age categories have decreased in number. In 2016, McBride's median age was 5 years older than the provincial median; as well the population is aging faster than the Fraser-Fort George Regional District as a whole.

Median Age	McBride	BC
2006	37	41
2016	47	43

FIGURE 2. McBride's population by age group from 2006 - 2016.

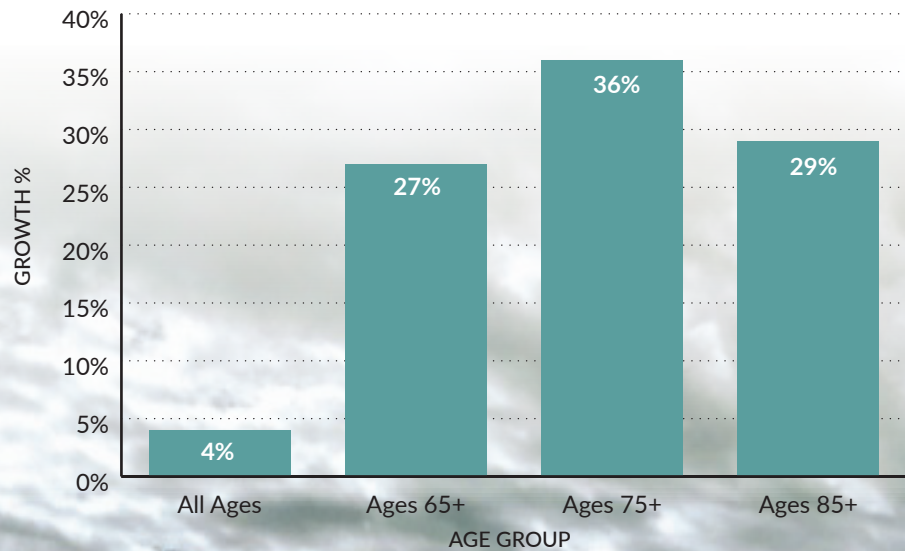


4 All data used in this profile is from Statistics Canada's 2016 Census, unless otherwise noted.

People aged 60 to 69 account for 50% of the net migration to the Village of McBride from 2006 to 2016. Migration accounted for 80% of McBride's growth between 2006 and 2016. During this period there was significant out-migration of youth aged 10-29, and of adults aged 30 to 49.

Over the next five years, the number of residents aged 65+ in McBride is expected to increase significantly.

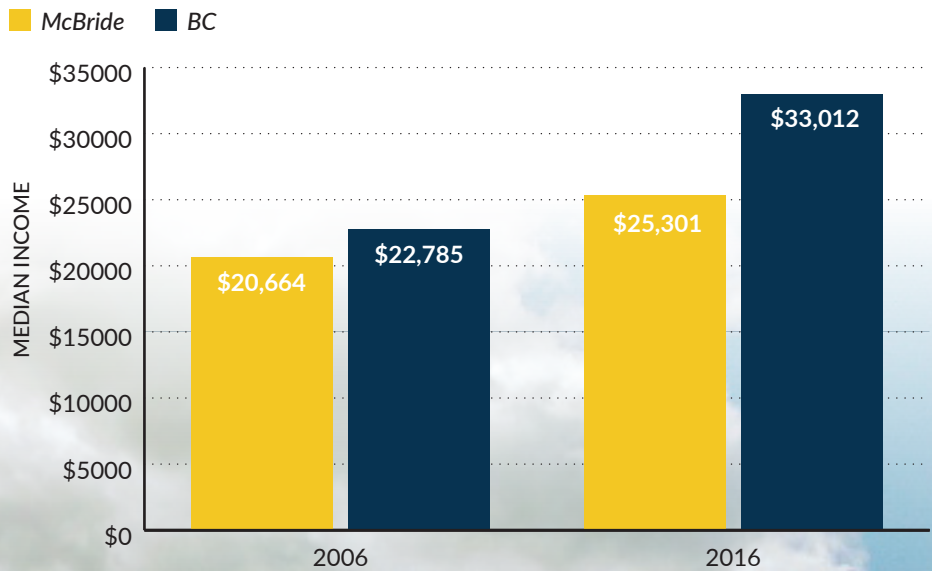
**FIGURE 3.** Population growth projections for the Regional District of Fraser-Fort George (2020 - 2026), source - BC Stats.



**LABOUR FORCE & INCOME**

Median after-tax income for individuals in McBride was around 23% lower than the provincial average in 2016. Incomes in McBride rose slower than they did province-wide between 2006 and 2016.

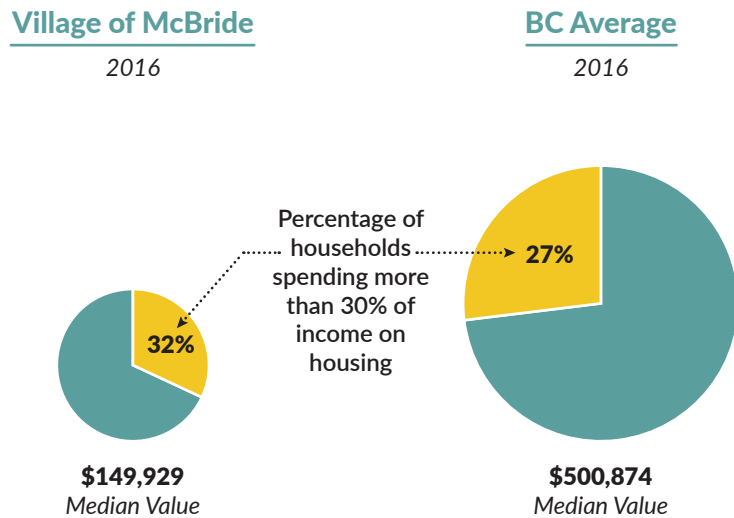
**FIGURE 4.** Median after-tax income for individuals in McBride compared to British Columbia.





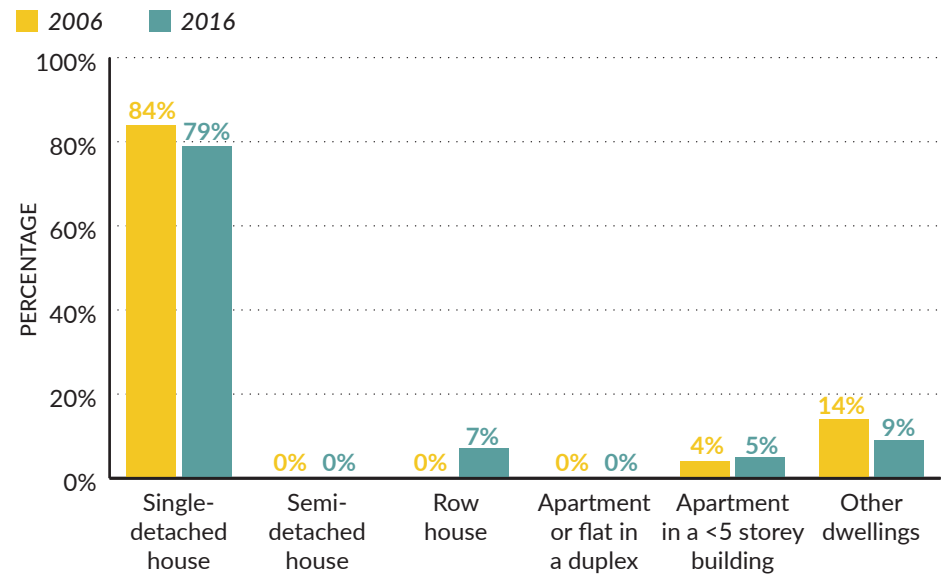
## HOUSING

**Housing is relatively unaffordable in the Village of McBride.** While the median cost of a home in McBride was around \$350,945 dollars less expensive than the provincial average, the standard measure for housing affordability is spending less than 30% of income on shelter costs. Housing in McBride is less affordable than the average across the rest of the province. In McBride, 32% of residents spend over 30% of their income on housing. Across the province, 27% of residents spend over 30% of their income on housing.



**Single family homes remain the predominant housing type in McBride,** although they have lowered slightly since 2006. Other dwellings (including other single detached homes and moveable dwellings such as mobile homes) have decreased slightly.

**FIGURE 5. Housing by type of structure, changes in McBride from 2006 to 2016.**



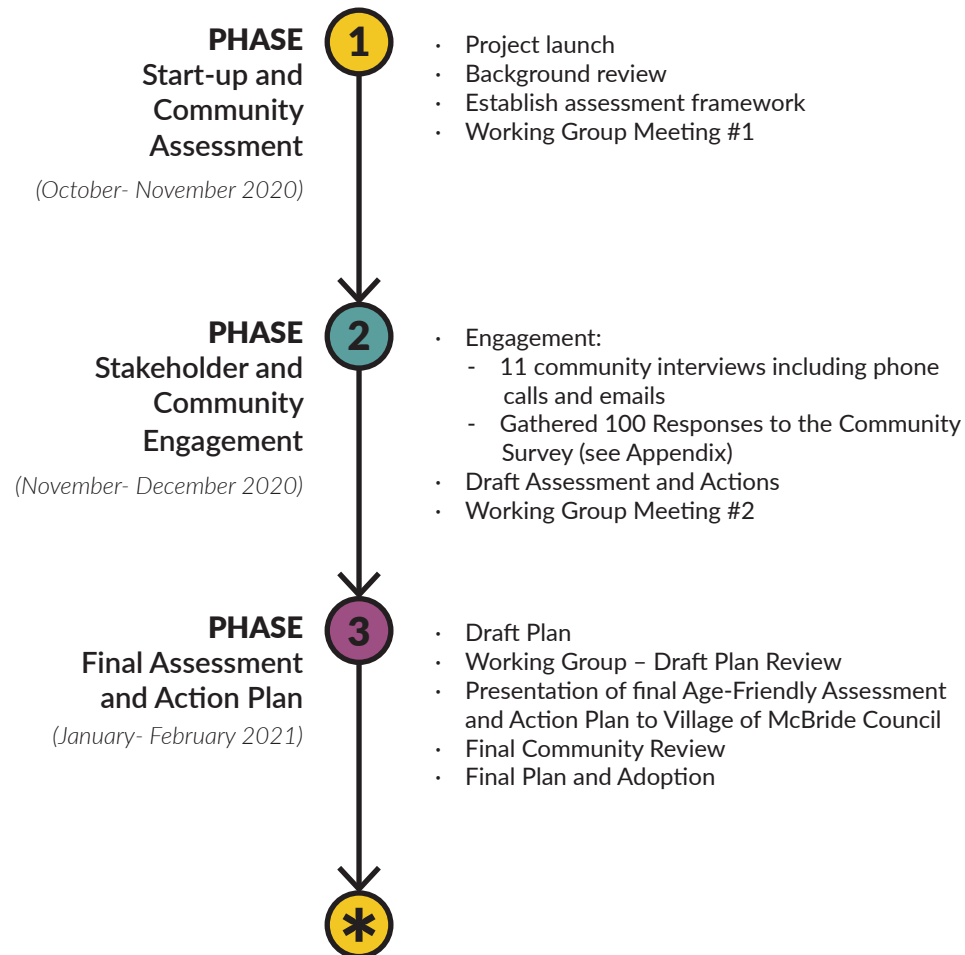
**There are very few senior housing options currently available in McBride.** The only available housing with options for seniors includes Beaverview Lodge, which has 10 units for seniors and accessible housing, and Mountain Manor, which has 10 units. The Village of McBride Housing Needs Assessment (2019) indicated that housing for seniors was a top priority in the community. The increasing number of older adults and seniors in the community means there will likely be an increase in demand for smaller houses, closer to services, especially where residents move from rural areas into the Village.

# Age Friendly Planning Process and Engagement

*This section provides an outline of the engagement timeline and methods used throughout the age-friendly planning process.*

## OVERVIEW

The Age-Friendly Assessment and Action Plan process took place in three phases, outlined in the diagram below:



## COVID-19 IMPACT

Engagement for this project took place during the COVID-19 pandemic, impacting the engagement process and emphasis of input received. Ongoing health guidelines and travel restrictions meant all engagement was conducted through emails, phone calls, Zoom video conferencing, and mail to communicate with residents. While the pandemic closed the valuable connections of in-person engagement, it did highlight important gaps for older adults and seniors in the community and the need to consider resiliency within this age group.





## COMMUNITY WIDE COMMUNICATIONS

Community outreach for the age-friendly plan process included:

- Direct mail postcards to residents,
- Little McBride Paper advertisements,
- Community posters throughout the Village
- Age-friendly Village webpage and Village alerts.

Additional word of mouth and email communication through Working Group networks, community groups and Village staff took place throughout the planning process.

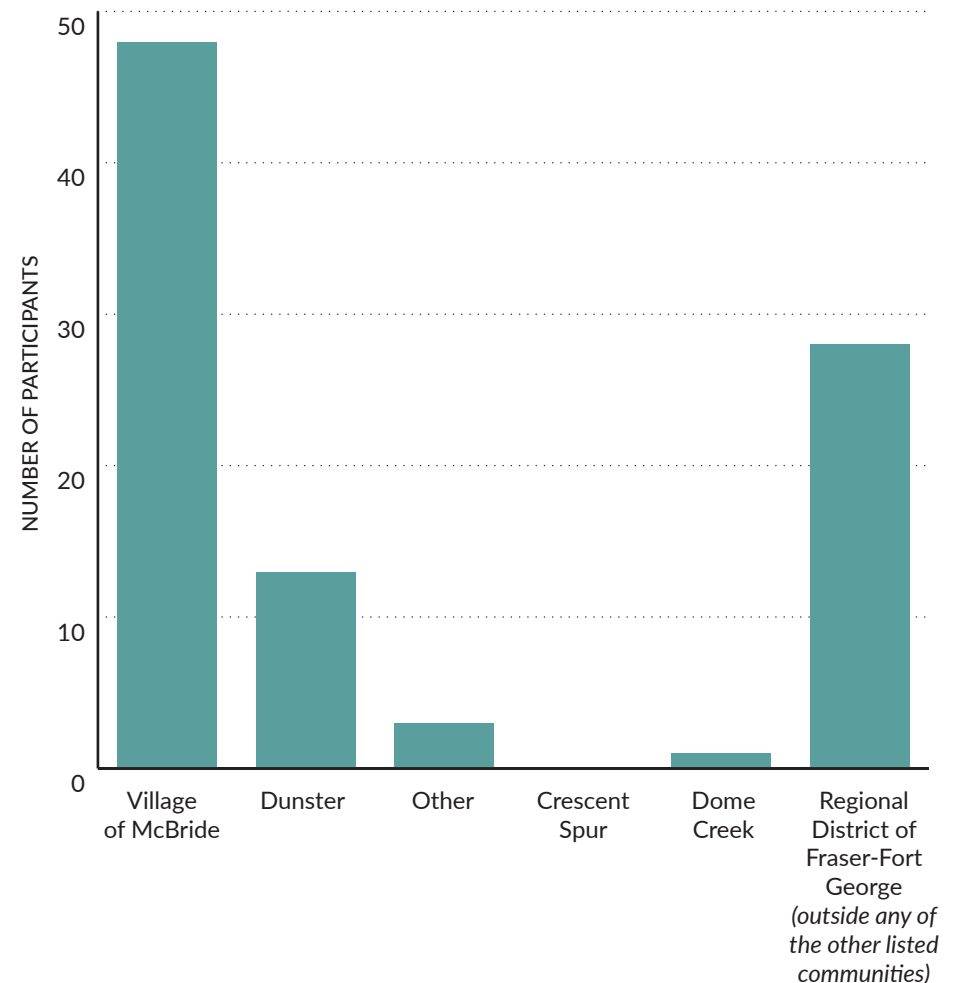
## SURVEY

As part of the engagement process a survey was distributed to residents to inform and gather feedback from the community on McBride's age-friendliness. The survey focused on the eight features of an age-friendly community (see Appendix for outline of survey results). It provided opportunities for open-ended and structured feedback on what is, and is not, working in McBride.

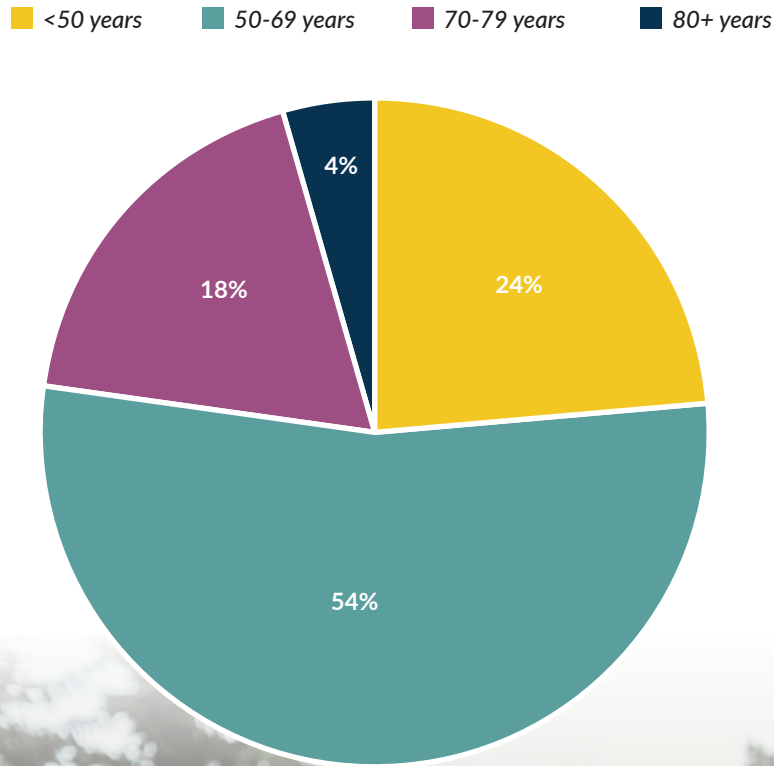
In order to reach the community, the survey was publicized on the project website, on a postcard distributed to all residents in McBride, Dunster, Dome Creek, and Crescent Spur; on posters at the Village office, post office, and library; and in emails to stakeholders. As well, paper copies were available at the library and Village office. The survey was open to all community members, but targeted toward older adults.

Between November 2020 and January 2021, the survey received 100 responses. Of these responses, 60% were female, and 37% were male. Responses were received from residents throughout the Robson Valley with the majority of responses living in the Village of McBride (see Figure 6). Respondents also ranged in age, with the majority of respondents (54%) between the ages of 50 and 69 (see Figure 7).

**FIGURE 6.** Location of Survey Respondents



**FIGURE 7.** Age of Survey Respondents



## STAKEHOLDER INTERVIEWS

A list of key stakeholders was compiled including community members and organizations in McBride and the surrounding area, whose work relates to older adults. The Village of McBride sent emails to organizations and individuals to inform them of the project and outline the engagement process with an invitation to contribute. In total 11 interviews were conducted between November 2020 and January 2021. Interviews ranged from 20 - 60 minutes. Interview questions were structured using the eight features of age-friendly communities (see Appendix). Key stakeholders were asked to discuss their experience and provide input on the overall age-friendliness of McBride.

## WORKING GROUP ENGAGEMENT

An Age-Friendly working group was established to help guide the Assessment and Plan development. A group of 14 community members, who work within or have experience with the eight features of age-friendly communities, were invited to participate in a Working Group to help guide the planning process. The working group met three times throughout the assessment and planning process, and is anticipated to maintain a leadership role in the implementation of the actions moving forward.



## Part 2: Assessment and Action Plan

*The following section outlines key findings and actions for each of the eight features of age friendly communities.*

# Outdoor Spaces and Public Buildings



## ASSESSMENT

*Outdoor spaces and public buildings have a direct impact on the mobility, independence, and quality of life of older adults and seniors. Clean, welcoming and a well-maintained public realm in all seasons, with considerations for rest areas, public facilities, options for recreation, and safe pedestrian and building infrastructure, ensures an inclusive community for all residents through all life stages.*

In the survey, residents indicated physical barriers such as improper snow removal, curb cuts, and uneven sidewalks are some of the biggest barriers for using public buildings. Additionally noted, was a lack of public bathrooms and transportation access barriers. Comments on areas of poor lighting in the community and few places to sit were also included.

Interviews with community members confirmed that accessibility improvements were needed in the community, such as handrails, additional benches, bathrooms, and snow removal (outside businesses).

## Identified Assets:

- Community Garden
- Robson Valley Community Centre
- Robson Valley Recreation Centre
- Park spaces (i.e. Village Park)
- Main Street - shopping/central business district
- McBride Tourism Information Centre / Train station washrooms (grant application submitted in support of accessibility improvements)
- Public attractions, events, cultural sites (e.g., Pioneer Days, Canada Day, etc.)
- Snow clearing policy/plan (for Main Street and public buildings – hospital, post office, etc.)
- Pathways and trail systems (for walking or biking), notable trails include:
  - Phil and Jennie Gaglari Park Trails
  - Dominion Creek
  - Village Loop
  - Horseshoe Lake (with accessible wood ramp and covered gazebo)
  - Ancient Forest Trail (with accessible trail areas)



## Top Age-Friendly Barriers in Public Buildings and Outdoor Spaces:

- Physical barriers, i.e. improper snow removal, curb cuts, and uneven sidewalks
- Not enough public bathrooms
- Poor lighting at night
- Not enough benches and spaces to rest
- Hard to get to with current transportation options
- Low consideration for accessibility
- Hard to read or too few, accessible signs



## DOCUMENT REVIEW

The following existing Village documents address and outline opportunities for improvements in **outdoor spaces and public buildings** that support an age-friendly community:

- Village Loop Trail Plan
- Snow Removal Policy
- Moving Towards Universal Access – Accessibility Recommendations for McBride Train Station 2019



## ACTIONS AND RECOMMENDATIONS FOR PLANNING

ACTION	DETAILS
<b>1.1 Apply an age-friendly lens (refer to Appendix A) to future new park design, upgrades and improvements.</b>	<p>Considerations for age friendly improvements include the following:</p> <ul style="list-style-type: none"> <li>• Accessible washrooms.</li> <li>• Additional trees for shade, as a wind break, near gathering spots and along key pathways and trails outlined in the Village Loop Trail Final Plan.</li> <li>• Additional benches as rest spots along pathways (at achievable distances for those with moderately limited mobility) and/or to create gathering locations.</li> <li>• Installation of seasonal flower beds (rose garden, dahlias), natural gardens (which may also attract local bird species, pollinators, etc.) and other interesting or attractive design features (art installations, markers or signage that commemorate, provide stories, or honour residents).</li> <li>• Memorial benches (families can donate or purchase plaques to be installed in memory of residents).</li> <li>• Outdoor fitness circuit (with equipment) or covered gathering spaces targeted to older adults and seniors active living.</li> <li>• Provide recreational space for lawn bowling.</li> <li>• Dog run areas with rest areas for seniors with pets.</li> <li>• Incorporate creative play spaces for children (suggested water park, natural play outdoor equipment) that is paired with rest and/or picnic areas along an accessible pathway for families to gather intergenerationally and for older adults and seniors to enjoy time with younger members of their family in an outdoor setting.</li> <li>• Additional community gardens, expansion of existing garden, and support for residents or community groups to include related additional programs – for example, a small summer community garden market space (for seed exchange, produce sales and gardening related workshops or information events).</li> </ul>
<b>1.2 Look for opportunities to extend, improve and maintain multi-purpose trail systems and pathways (for all seasons) with older adults and senior residents in mind, to support continued active living.</b>	<p>Priority trails include Phil and Jennie Gaglardi Trail System and Dominion Creek Trail to Horseshoe Lake Trail. Considerations include the following:</p> <ul style="list-style-type: none"> <li>• A robust multipurpose - walk/bike/snowshoe/x-country ski path around the outskirts of the townsite.</li> <li>• Connections to trails outside of McBride (multi-purpose).</li> </ul>
<b>1.3 Apply an age-friendly lens (refer to Appendix A) for future public realm improvements, infrastructure and capital projects.</b>	<p>Priority areas include the Village townsite and Main Street, King Street at Second Avenue, and Fourth Avenue near AG Foods. Considerations include the following:</p> <ul style="list-style-type: none"> <li>• Additional rest spaces and benches along Main Street (even if seasonal).</li> <li>• Adding new sidewalks.</li> <li>• Existing sidewalk repairs and replacement in high pedestrian traffic areas.</li> <li>• Widening sidewalks in high pedestrian traffic areas, and adding sloped access to roadways.</li> <li>• Improve wayfinding and signage for older adults and seniors – residents and visitors.</li> <li>• Implement actions and recommendations included in the “Moving Towards Universal Access – Accessibility Recommendations for McBride Train Station 2019”.</li> </ul>

ACTION	DETAILS
1.4 Review the existing Village Snow Removal Policy - priorities for sidewalks.	<ul style="list-style-type: none"> <li>Identify a larger community snow clearing zone with Village reminders or notices to residents and Village businesses or evaluate the need for a snow removal bylaw for businesses to help ensure snow clearing within their properties along with the Village.</li> </ul>
1.5 Review existing lighting in high use and commercial areas to identify “dark spots” for pedestrians.	<ul style="list-style-type: none"> <li>Consider additional energy efficient lighting with future improvements for safety and comfort.</li> </ul>
1.6 Assess and evaluate accessibility in key locations throughout the community (primary commercial areas, etc.).	<ul style="list-style-type: none"> <li>Implement accessibility recommendations for the Train Station/Tourist Centre</li> </ul>
1.7 Apply an age-friendly lens for future facilities, improvements to public buildings, both in future design and construction or renovation, but also programming aspects.	<p>Considerations include:</p> <ul style="list-style-type: none"> <li>Priorities for new facilities, should the opportunity be available: <ul style="list-style-type: none"> <li>Swimming pool.</li> <li>Bowling alley.</li> </ul> </li> <li>Renovation, upgrades, and maintenance to existing facilities: <ul style="list-style-type: none"> <li>Accessible public washrooms.</li> <li>Sand parking lots and create even surfaces for easier access (e.g., recreation centre parking lot).</li> <li>Expand building entrances to allow for easier access.</li> <li>Improve sound acoustics in the community hall.</li> <li>Add electric door openers at train station to allow for better access.</li> <li>Fix hole in train station platform facing First Avenue.</li> </ul> </li> <li>Programming: <ul style="list-style-type: none"> <li>Review hours and rental rates (offer a sliding scale to community groups) for the Community Hall.</li> <li>Provide no rental charge for non-profits (except clean up fees)</li> <li>Consider a seniors’ discount for admission to publicly operated local attractions, events, and cultural events.</li> </ul> </li> </ul>



Photo by Province of BC, CCby-nc-nd

**The Town of Qualicum Beach** received \$15,000 funding from UBCM to create age-friendly wayfinding for the Town's trail networks. As a result, new signage will be posted at key trails, with details on trail accessibility, such as the level of difficulty (trail length, elevation, grade), access to washrooms, and linkages to other trails. These details will allow users to determine suitability of a trail to match their ability and needs, and give them the confidence to undertake more trails.

The project will also implement a series of guided walks that incorporate safely building physical strength through walking, and how to use the trail wayfinding to its greatest potential to encourage future use.

*“Through this wayfinding project, we hope to enable our trail users to feel safe and confident in getting out into nature, getting a little exercise, and enjoying the beautiful trails that thread throughout Qualicum Beach.”*  
**—Mayor Brian Wiese**



## ACTION

**1.8 Review McBride's Age-friendly Assessment and Action Plan with the newly appointed Community Beautification and Revitalization Committee.**

## DETAILS

- Ensure age-friendly considerations and relevant actions are included in the groups scope of work and initiatives.

## POTENTIAL PARTNERSHIPS:

- McBride Chamber of Commerce
- Regional District of Fraser-Fort George (trails that are connected to, or located outside the municipality)
- Community Revitalization and Beautification Committee (urban trails, lighting, seating, etc.)



Photo by Irene Rejman

# Transportation



## ASSESSMENT

*Accessible and affordable transportation is key to ensuring older adults and seniors are able to remain active and engaged with their community as well as access health services, social facilities and meet daily needs.*



Next to driving their own vehicles, **60% of McBride residents (surveyed) said that walking is also one of their primary transportation modes.**

*\*Next to walking, many residents drive their own vehicle, bicycle, or use transportation services such as BC Bus North and Northern Health Connections.*

Many residents noted the need for a community shuttle, taxi, or handy-dart service in McBride. Currently this is done informally or seasonally. Sidewalk maintenance, bike lanes, and more parking options were also popular requests by residents.

Interviews with stakeholders highlighted a need for alternative transportation methods such as bikes or adult tricycles.

## Identified Assets

- McBride Pedi Cabs (seasonal/summer)
- BC Bus North Services
- Northern Health Bus
- Occasional taxi service
- Informal ride share through Facebook page
- Volunteer driving service through FRCS Better at Home program
- Passenger Train to Prince George or Jasper (when it is operating)
- Include placeholder for sidebar transportation case study as example.



## DOCUMENT REVIEW

*The following existing Village document addresses and outlines opportunities related to **transportation** that support an age-friendly community:*

- Village Loop Trail Plan



## Equity Lens<sup>5</sup>

*Use of an equity lens to consider the disparities and lived experiences among aging residents within the diverse communities that fall under the umbrella terms of “seniors” or “older adults” can help ensure improved access to adequate transport in and outside of McBride.*

<sup>5</sup> BC Healthy Communities (2020). What is the issue: equity and its meaning in both public health and planning.  
<http://bchealthycommunities.ca/the-issue-equity/#:~:text=Equity%20means%20providing%20support%20and,opportunities%20for%20all%20community%20members.>





Photo by Province of BC, CC BY-NC-ND

**The Village of Chase** adopted a bylaw in 2017 to allow for the use of golf carts on neighbourhood streets. A two-year pilot project intended to provide seniors more transportation was successful.

*In addition to providing more transportation options for seniors, the bylaw has environment, social, and economic benefits, including increased safety, and tourism potential.*

*Golf carts are required to meet ICBC standards, and operators are required to have insurance, a driver's license, and a municipal permit.*

*"We have flat roads and everything is really accessible."  
—Village of Chase Mayor*

*Carts offer both private ownership, and rental potential. As well, the Village bylaw enforcement and public works staff are now able to use carts around the municipality.*

## ACTIONS AND RECOMMENDATIONS FOR PLANNING

ACTION	DETAILS
2.1 Encourage new taxis, shuttles, handy darts, and vans that include considerations for older adults and seniors.	<ul style="list-style-type: none"> <li>• Ensure older adults and seniors are included as part of the service target market (e.g., wheelchair adaptations, specific drop-off and pick-up points). Offer incentives, where appropriate, such as one-time reduced business license fees.</li> </ul>
2.2 Include objectives and support for active transportation and community-based transportation options with the next OCP review and update.	
2.3 Incorporate form and character aspects that support active transportation needs with the next review and update of Development Permit Guidelines for Main Street.	<p>Considerations include the following:</p> <ul style="list-style-type: none"> <li>• Wayfinding and signage.</li> <li>• Room for access and lock up areas for bikes (including tricycles) and E-Bikes (on-the-go charging stations, outlets for charging stations, and bike locking areas that can accommodate a variety of e-bikes).</li> </ul>
2.4 Consider a pilot program to test alternative transportation methods best suited to the Village of McBride.	<ul style="list-style-type: none"> <li>• As example, Chase, BC's neighborhood golf cart program.<sup>6</sup></li> </ul>
2.5 Review angle parking along Main St. for any potential improvements to bike and pedestrian safety	<ul style="list-style-type: none"> <li>• Specifically on visibility of cyclists &amp; pedestrians.</li> </ul>
2.6 Increase the accessibility information and handicap parking signs in parking areas.	<ul style="list-style-type: none"> <li>• Reduce difficulties or lack of parking for people who use carts, wheelchairs, and scooters.</li> </ul>

<sup>6</sup> <https://www2.gov.bc.ca/gov/content/transportation/driving-and-cycling/road-safety-rules-and-consequences/neighbourhood-golf-carts>

## ACTION

**2.7 Support “Cooperative Transportation Services” – and incorporate an age friendly lens to any future regional transportation between McBride and outside communities.**

## DETAILS

Considerations include the following:

- Meet with VIA Rail Train service to discuss options for accessibility measures for people using their services (e.g., accessible pricing).
- Connect with neighbouring communities in the Regional District of Fraser-Fort George to explore development of a transportation service between Prince George, Dunster, Crescent Spur, Dome Creek, Valemount and McBride.
- Assess current service and schedule for Northern Health Bus and BC Bus North Services. Identify improvements to reflect the needs of older adults and seniors.
- Seek out funding and grants for better transportation alternatives.



Photo by Rick Thompson



# Housing



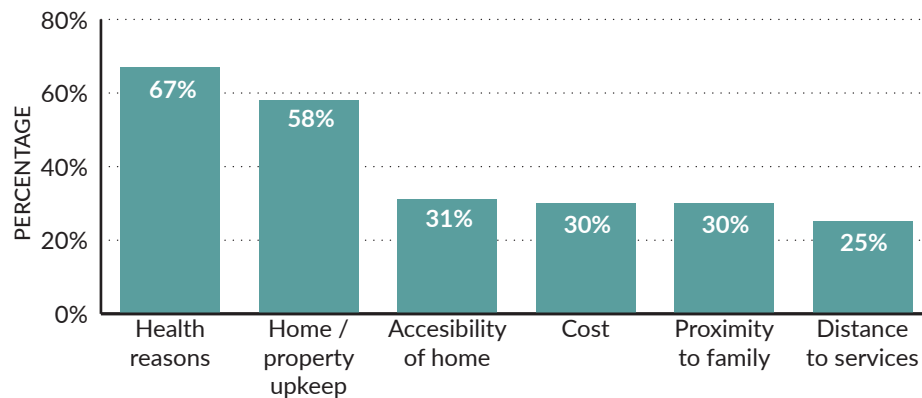
## ASSESSMENT

Housing conditions are strongly linked to quality of life and is a determining factor in whether individuals are able to age independently in their community (or “age in place”). Home affordability, age adaptations, housing options and housing proximity to community services allow older adults and seniors to live comfortably and safely.

Most survey respondents currently live in single-family housing (63% of resident respondents), with some living in rural areas outside of McBride (27% of resident respondents).

When asked *what factors will influence whether or not you stay in your home as you age*, most residents responded that health reasons and home / property upkeep were the primary factors. Other factors included the accessibility of the house, the cost, proximity to family, and distance to services.

**FIGURE.** Factors influencing residents staying in their homes as they age (source: age-friendly survey)



Interviews with stakeholders reaffirmed the need for affordable housing in McBride. This is also documented in the 2019 Housing Needs Assessment report.



### Majority of residents (more than 75%) support the following housing suggestions for McBride:

- Variety of housing options for seniors (small homes, assisted living)
- Affordable housing options for older adults and seniors
- Low-cost services (e.g., lawn mowing)
- Information / options for financial assistance for home maintenance

### Identified Assets

- Existing seniors housing, Beaverview Lodge.
- Existing affordable rental and market housing.
- RVCS partnership with Happipad & the Companion Housing Network, a senior / older adults home sharing program.
- New housing developments are currently in progress:
  - In progress mixed-use development application with commercial space at street level and housing above, although not certain these housing units will be available for seniors.
  - Application submitted to BC Housing for Affordable Housing complex which includes seniors, low income families, and persons with disabilities.
  - Private Developer has received zoning approval for seniors housing complex In the Village of McBride.



## Equity Lens<sup>7</sup>

Use of an equity lens to consider disparities and lived experiences that exist among people who are aging, including the diverse communities that fall under the umbrella terms of “seniors” or “older adults” can help ensure that everyone has access to adequate housing.



## DOCUMENT REVIEW

The following existing Village document outlines opportunities for improvements in **housing** that support an age-friendly community:

- McBride Housing Needs Assessment 2019

## ACTIONS AND RECOMMENDATIONS FOR PLANNING

ACTION	DETAILS
3.1 Update current housing related policies and bylaws to support a variety of housing options that enable aging in place.	<p>This may include:</p> <ul style="list-style-type: none"> <li>• Expand support for a variety of housing options to include secondary suites and garden suites or carriage homes, lock off units, compact/tiny homes and assisted living facilities.</li> <li>• Include an age-friendly housing objective within the OCP focused on affordable housing, special-needs housing and community support for older adults and seniors.</li> <li>• Include an objective in the OCP and coordinate zoning to ensure that new housing development, in particular housing targeted to older adults and seniors, be built in central locations and/or near services (i.e. within a 5-10 min walking radius).</li> <li>• Expand design guidelines for multi-family to support universal design and/or the health and active living of older adults and seniors – for example, gathering spaces, access to nature, no step entry, accessible parking, etc.</li> <li>• Connect new housing developments with the Village Loop Trail, as outlined in the Village Loop Trail Plan, to enable easy access to walking paths that connect the town.</li> </ul>
3.2 With the next provincial housing assessment, include (for example, in the RFP request) information on housing for older adults and seniors.	<ul style="list-style-type: none"> <li>• Identify and track housing currently available in the District and Village area, as well as what is needed to meet the needs of an aging population.</li> </ul>
3.3 Identify aging improvement areas.	<ul style="list-style-type: none"> <li>• These are areas with a high proportion of vulnerable older adults and where fewer services are available to support aging in place. Aging improvement areas inform land use decisions and help prioritize and provide equitable supports in partnership with older adult- serving organizations</li> </ul>

<sup>7</sup> BC Healthy Communities (2020). What is the issue: equity and its meaning in both public health and planning. <http://bchealthycommunities.ca/the-issue-equity/#:~:text=Equity%20means%20providing%20support%20and,opportunities%20for%20all%20community%20members.>



ACTION	DETAILS
<b>3.4 Work with partners (such as BC Housing, Northern Health) to develop supportive, affordable, and emergency housing.</b>	<p>Considerations include the following:</p> <ul style="list-style-type: none"> <li>• Find funding opportunities (BC Housing) for supportive, affordable, and emergency housing.</li> <li>• Connect with Northern Health to discuss expanding services in McBride for independent / semi-independent living opportunities.</li> <li>• Work with RVCS to identify gaps between independent living and long-term care, understand need for supported housing and assisted living options.</li> </ul>
<b>3.5 Implement housing actions outlined in the Village of McBride's Economic Development Action Plan<sup>8</sup> and the Village of McBride Housing Needs Assessment<sup>9</sup>.</b>	<p>Include an age-friendly lens.</p> <ul style="list-style-type: none"> <li>• Strategy 3.6.4.1 - Support Quality of Life and Livability - Actions: <ul style="list-style-type: none"> <li>– Identify gaps and opportunities for expanding the diversity of the local housing stock.</li> <li>– Work with BC Housing and community groups on new non-market housing units.</li> <li>– Identify bylaws (i.e. provide a DCC Bylaw rebate) that incentivize the development of rental units and flexible housing choices.</li> <li>– Promote housing repair and renovation programs for low-income households.</li> <li>– Promote residential land development opportunities to the development community.</li> </ul> </li> <li>• Strategy 3.6.4.2 - Targeted Assisted Living Spaces for McBride - Actions: <ul style="list-style-type: none"> <li>– Village host a seniors housing session with partners, similar to what was held in Valemount in January 2015, to identify a project champion.</li> <li>– Identify potential individuals or organizations that are prepared to examine this opportunity.</li> <li>– Identify funding for feasibility assessment and business planning - work with Northern Health to move the opportunity forward.</li> <li>– If enough interest in community, investigate establishing local society (for example, the McBride and District Housing Society, to lead project development).</li> </ul> </li> </ul>



Photo by Karen Dube

<sup>8</sup> Village of McBride (2018), Village of McBride Economic Development Action Plan 2018 - 2022.

<sup>9</sup> Village of McBride (2019), Village of McBride Housing Needs Assessment

# Social Participation



## ASSESSMENT

Participating in leisure, social, cultural and spiritual activities ensure older adult and seniors are connected to the community. It also helps individuals to stay engaged and informed. Access to transport, awareness of activities and affordability affect the level of participation. Most residents in McBride are actively engaged in their community, with a large variety of existing opportunities available.

Over 50% of residents participate in organized activities on a weekly basis (pre-pandemic), and over 30% participate on a monthly basis.



**50% weekly**



**30% monthly**



Many residents noted that the Covid-19 has been a barrier to participation throughout the last year (2020 - 2021). However, residents had many suggestions for new public events, programming, and groups that could support social participation in McBride. Additionally, residents would like to see a seniors "hub" to provide a dedicated gathering place for seniors, as well as a new community coordinator to support McBride's existing and new programming.

## Identified Assets

- Carpet Bowling at the Robson Valley Community Centre
- OAPO (Old Age Pensioners)
- Local coffee shops and Visitor Centre
- Pioneer Days
- Christmas Dinner
- Library Pie Making
- Knitting, Quilting and Crafting Groups
- Seniors/Older adult Activities -walking groups, craft groups, singing, etc.
- Community Associations (put on programming and planning events inclusive of seniors, especially in remote areas)
- Valley Museum and Archives
- McBride and District Library (music jam night, older-adult focused programming and social time)
- RVCS programs
- Healthier Communities Committee at the Hospital



## DOCUMENT REVIEW

There are no existing Village documents that outline specific opportunities for improvements in **social participation** of older adults and seniors. Social participation is most commonly addressed through community group programs and indirectly through recreational activities

## ACTIONS AND RECOMMENDATIONS FOR PLANNING

ACTION	DETAILS
4.1 Create opportunities for new programming and events in McBride.	<p>Considerations may include:</p> <ul style="list-style-type: none"><li>• Where opportunities exist, expand public events in McBride to include summer community picnics, various holiday celebrations, community wide dances, arts and cultural events, and concerts.</li><li>• Ensure new programming and activities are affordable and promote intergenerational opportunities (e.g., youth programming that involves older adults and seniors - youth teaching older adults / seniors computer literacy skills, youth / seniors neighbourhood walks, etc.).</li></ul>
4.2 Expand existing programming in McBride to include new health, arts, and cultural activities.	<p>Considerations include:</p> <ul style="list-style-type: none"><li>• Connect with Robson Valley Community Centre, Library / Mona Shultz Reading Room, Robson Valley Community Literacy Task Force, and other community led organizations to discuss gaps and needs for current programming and future programming.</li><li>• Create new fitness and activity programming at the Robson Valley Community Centre and Robson Valley Recreation Centre. Suggestions for programming include chair yoga, dance, fitness, outdoor clubs, family activity groups, nature walking groups, other senior fitness groups.</li><li>• Create new fitness and activity programming at the Robson Valley Community Centre and Robson Valley Recreation Centre, Library, Robson Valley Community Literacy Task Force, and other community led organizations. Suggestions for new arts and culinary programming include art classes, cooking, library programs, workshops, art exhibits, book clubs.</li></ul>
4.3 Work with or partner with RDEFG or other group to support hiring of a community coordinator / recreation coordinator, that would include supporting older adults and seniors in the community.	<p>This may include:</p> <ul style="list-style-type: none"><li>• Help apply for grants, update McBride's website and calendar, organize new programming, coordinate community events, ensure transportation is available, and support current programming efforts available in McBride.</li><li>• Provide information to older adults and seniors on services, programming, volunteer activities and leisure activities geared for seniors.</li><li>• Connect with McBride Old Age Pensioners Organization, McBride Elks, and McBride Royal Purple to identify gaps, needs, and programming opportunities.</li><li>• Partner with RVCS Seniors Outreach Worker to support current programming efforts, share information, and participate in the existing senior's drop in program.</li></ul>
4.4 Establish an umbrella organization for community groups to collaborate, partner, and apply for funding.	
4.5 Create a senior's "hub".	<ul style="list-style-type: none"><li>• Space for this could be also considered in future building renovation or new developments (public or private) in McBride.</li><li>• Utilize existing community gathering space in Beaverview Lodge as intermediate hub for seniors' club, until other central space is found or built.</li><li>• Partner with RVCS to coordinate and facilitate a senior's hub or Drop-In Program. RVCS is currently exploring and applying for grants to support senior and older adults' social gathering and physical activities, information sharing, as well as workshops and programming.</li></ul>



# Respect and Social Inclusion



## ASSESSMENT

*An inclusive community encourages older adults and seniors to participate in social, civic and economic life. This, in turn, promotes active aging and helps individuals feel valued while helping reduce the negative preconceptions of aging. Overall, McBride residents feel valued and connected to each other, with seniors feeling valued and appreciated.*



*Over 60% of residents stated that they felt connected to other residents in McBride. Around 40% of residents said they didn't feel connected or were unsure.*



*Over 75% of residents feel that there are ample opportunities to engage with other generations.*



*Over 70% of residents feel that there are ample opportunities to engage with people from other backgrounds and cultures.*



*Over 80% of residents feel that older adults and seniors are valued and included in the community.*



*Almost 60% of residents feel that there needs to be more opportunities for older adults and seniors to engage politically with the Village of McBride.*

Interviews with stakeholders commented that while many residents are cared for, some are “falling through the cracks” of the health system. Stakeholders also highlighted that while there are gaps in services available, the community works to try and support seniors who face isolation or are at high risk due to health concerns.

### Identified Assets

- McBride is a friendly, connected, and supportive community.
- McBride's businesses and staff are respectful and helpful.
- Little McBride Paper improves social inclusion.
- Facebook improve network connection.
- Museum and Archives program documents and promotes seniors' stories.



### DOCUMENT REVIEW

*The following existing Village documents suggest opportunities for improvements in **respect and social inclusion** that support an age-friendly community:*

- Housing Needs Assessment
- Village Loop Trail Final Plan
- Economic Development Action Plan



Photo by Province of BC, CCby-nc-nd

## Age-friendly BUSINESS

**The Township of Langley** has introduced an Age-friendly business recognition program which acknowledges local businesses that have made a commitment to age-friendly practices. Recognition as age-friendly informs the community that businesses are committed to serving customers of all ages and abilities with dignity and respect.

*In order to become recognized, businesses must complete and submit a self-assessment to the Township, to be reviewed and approved. The recognition program as developed as an action from Langley's Age-friendly Assessment and Action Plan. Since 2018, the Township of Langley has recognized 30 businesses as age-friendly.*

### ACTIONS AND RECOMMENDATIONS FOR PLANNING

#### ACTION

#### DETAILS

**5.1 Highlight the presence of older adults and seniors in the community by creating opportunities for them to be acknowledged and celebrated in the community.**

Considerations include:

- Host an event (every year, every two years - depending on feasibility) that celebrates older adults and seniors' contributions to the community (e.g. storytelling, dancing, awards for community contributions). This could be led by the community coordinator position, outlined in Action 4.3.
- Create an information hub that outlines all of the accessibility considerations and infrastructure that caters to seniors and older adults. This could be outlined on the Village of McBride's Age-Friendly webpage (e.g., list the ramps installed at all businesses, list any newly installed benches and their locations).
- Celebrate any age-friendly improvements by pointing them out on any future tourism developments and signage in the community (e.g., signs that show the accessibility options created for seniors).
- Create an age-friendly committee of Council, see Action 6.2. This can help to ensure that the voice of seniors in the community will be persistent and present in future civic decision making.

**5.2 Establish accessibility guidelines for community events and gatherings, such as providing accessible transportation, seating, and washrooms.**

- Provide these guidelines to businesses, event hosts, and post them publicly on the Village of McBride's website.

## ACTION

### 5.3 Identify opportunities to support seniors who face social isolation (both during and after the Covid-19 pandemic).

## DETAILS

Considerations include:

- Connect with Northern Health / McBride Community Health Services to help identify seniors in the community who are isolated and / or at risk of isolation.
- Task a community health practitioner and community coordinator (Action 4.1) to work with specific seniors in isolation / at risk to create individual-led opportunities that reduce their social isolation. This could look like providing a list of health services, community programming, and opportunities for participation in the community - and then planning a path out of isolation with them.
- Partner with RVCS and School District 57 for projects that connect seniors with youth.

### 5.4 Discuss the Age Friendly Action Plan and its findings in Community 2 Community meetings with First Nation neighbours to build relationships and incorporate Elders voices into the actions identified.

Considerations include:

- Connect with First Nation's neighbours to inform them of the age-friendly assessment and action plan. Share the highlights and key opportunities in the community that McBride will be implementing.
- Seek out elders and leaders from neighbouring First Nations communities to provide input and direction for regional and community 2 community age-friendly opportunities and collaborations.
- Partner with RVCS to support the creation of an Indigenous Advisory Group.



Photo by Nancy Taylor



# Civic Participation and Employment Opportunities



## ASSESSMENT

*Older adults and seniors are an asset to our community and continue contributing to the communities after retirement. An age-friendly community provides ample opportunities for older people to get involved, be it through voluntary or paid employment, and keeps them engaged in the political process. In McBride, many residents volunteer, are employed, and participate in various aspects of the community.*



**While participation and employment are generally high, residents noted the top five factors that keep people from volunteering / working:**

1. Not enough time (39%)
2. My health or physical ability (22%)
3. Need more training (19%)
4. Lack of transportation (12%)
5. Not enough opportunities to volunteer (12%)

*In order to get past these barriers, residents had a variety of recommendations including: more training opportunities, increased civic engagement (e.g., a seniors' forum), and encouraging businesses to address accessibility concerns (e.g., snow removal reminders).*

## Identified Assets

- McBride's seniors and older adults are active participants in the community and its local government.
- Many seniors and older adults volunteer in McBride.
- McBride hosts Community debate & discussion events.
- McBride's businesses and staff are respectful and helpful.
- Library training and programs, including; Zoom, emails, e-video cards, 3D Printer training, music jam night, and writing group.
- Valley Museum and Archives.
- RVCS training, services, and programming (e.g., Tech Cafe to support digital literacy).



## DOCUMENT REVIEW

*The following existing Village document suggest opportunities for improvements in civic participation and employment opportunities that support an age-friendly community:*

- Economic Development Action Plan

## ACTIONS AND RECOMMENDATIONS FOR PLANNING

ACTION	DETAILS
6.1 Support, celebrate, and encourage age-friendly businesses in the community.	<p>Potential ideas may include:</p> <ul style="list-style-type: none"> <li>• Acknowledge McBride's age-friendly businesses to all age groups in the community (i.e. accolades for business, age-friendly business list in tourist materials, sign or stickers, etc.).</li> <li>• Provide information on how to become more age-friendly to businesses in the community (i.e. information brochure with business licenses, outline age-friendly best practices, etc.)</li> </ul>
6.2 Create opportunities and incentives for small business start-ups in McBride.	
6.3 Work on completing actions outlined in the Village of McBride's Economic Development Action Plan, Strategy 3.6.3.2 - Business Retention, Expansion, and Attraction.	
6.4 Maintain the age-friendly Working Group or create an age-friendly committee of Council to allow for older adults and seniors to provide input on civic matters.	<p>Primary responsibilities may include:</p> <ul style="list-style-type: none"> <li>• Track progress on actions within the Age-Friendly Assessment and Action Plan and inform Council.</li> <li>• Further engage with older adults and seniors in the community on age-related matters.</li> <li>• Help guide decisions of Council in matters that impact older adults within the municipality.</li> </ul>
6.5 Host an open house to prioritize age-friendly actions and/or an annual Seniors forum to discuss on-going civic matters relevant to older adults and seniors.	<ul style="list-style-type: none"> <li>• This could be hosted by an age-friendly Committee of Council / Working Group.</li> </ul>
6.6 Develop an engagement policy that includes targets and goals for outreach to older adults and seniors in the community (e.g., online and in person engagement, variety of input opportunities, etc.).	
6.7 Support existing, and create new training and employment opportunities for older adults and seniors to build their capacity for labour market relevant skills.	<ul style="list-style-type: none"> <li>• Connect with Robson Valley Community Services or local businesses to understand gaps and needs for training opportunities in McBride.</li> <li>• Look for ways to support existing programs already established in the community (Mona Shultz Reading Room, Robson Valley Community Literacy Task Force, RVCS Adult Literacy Program, Library programs, Community Futures, SuperHost Training for tourism, etc.)</li> <li>• Support new programs led by community-based organizations (i.e. Elder Hostel programs, computer skills, etc.).</li> </ul>
6.8 Host a volunteer fair for the community to connect those wishing to volunteer with groups that need volunteers.	

# Communication and Information

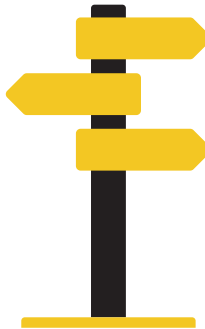


## ASSESSMENT

*Appropriate and age-friendly distribution of information is an important aspect to staying connected to news, events and activities in the community. Technology offers great ways to spread information quickly, but also plays a role in social exclusion. Timely, accessible and practical information is a key part of older adults and seniors staying connected to the community.*

Over 70% of residents feel that communications about events, activities, and other community information are placed in noticeable and available places.

Most residents feel that information about McBride is easy to find, with the exception of information on services available in McBride (e.g., transportation, health services, community calendar). Informal communication and word of mouth are both working to spread information throughout the community. Additionally, residents pointed out a need for internet improvements and a lack of information on existing services.



### Identified Assets

- Pete's List
- Village of McBride Website
- Local Papers (Rocky Mountain Goat, Little McBride Paper, etc.)
- Facebook Group for McBride residents
- Library & Discussion Groups
- Local business websites
- Notice boards at the Library and at AG foods (protected from weather)



### DOCUMENT REVIEW

The following existing Village document suggest opportunities for improvements in **communication and information** that support an age-friendly community:

- Economic Development Action Plan



## ACTIONS AND RECOMMENDATIONS FOR PLANNING

ACTION	DETAILS
7.1 Create centralized information hubs in McBride for resources and information about McBride's policies, services, programming, events and opportunities.	<ul style="list-style-type: none"> <li>• Create space on the Village of McBride's website to consolidate resources and events specifically for older adults and senior residents.</li> <li>• Assess ways to better utilize the McBride Visitor Centre and Post Office notice boards and the community calendar on the Village website.</li> <li>• Look for opportunities to locate additional community-based notice boards within the Village to post information.</li> </ul>
7.2 Expand and improve the internet services available to residents in McBride.	<ul style="list-style-type: none"> <li>• Create an internet services portal on the Village of McBride website that gives residents information about availability of internet services and providers. This could be expanded to sharing locations of free Wi-Fi for tourists visiting McBride (e.g., at the Visitor Centre, the Beanery, Village Office, Robson Valley Recreation Centre, etc.)</li> <li>• Ensure there is affordable access to computers within the community (i.e. computers at the library, etc.)</li> </ul>
7.3 Continue use of traditional media communication methods and direct personal contact for communicating with residents.	<ul style="list-style-type: none"> <li>• For example, newspaper and direct mailout to all McBride residents, or all residents in McBride and area.</li> </ul>



Photo by Martina Wall




# Community Support and Health Services



## ASSESSMENT

Accessible and affordable community and health services are crucial in keeping older adults and seniors healthy, independent and active. Ensuring conveniently located aged care services and trained health and social workers to provide these services is important.

From the survey, residents ranked services in terms of their availability and convenience, they organized them into the following categories.

	<b>Available and Convenient Health Services</b>	<ul style="list-style-type: none"> <li>Emergency rooms access at McBride &amp; District Hospital</li> <li>Doctors and nurses</li> </ul>
	<b>Somewhat Available Health Services</b>	<ul style="list-style-type: none"> <li>Public health nurses for home visits</li> <li>Mental health, wellness, better at home services, support groups</li> </ul>
	<b>Hard to Find and Inconvenient Health Services</b>	<ul style="list-style-type: none"> <li>Health care professionals such as: physiotherapists, dentists, optometrists, foot care providers</li> <li>Meal Delivery services</li> </ul>

Residents noted that there is a need for more full-time and permanent doctors and health care workers, more options for health services, more in-home care services, and a desire for assisted living spaces in McBride.

## Identified Assets

- McBride District Hospital and Health Centre
- Robson Valley IDA Pharmacy
- Northern Health Bus
- McBride SDA Food Bank
- McBride Hospital Auxiliary
- Village of McBride Emergency Operations Plan / Evacuation Plan
- Robson Valley Soup and Bun Program
- Community Gardens
- McBride has access to a variety of community support and health services through the Robson Valley Community Services (e.g., Better at Home Program, Adult Literacy Program, Stopping the Violence Counselling Program, Handy Person Program)
- McBride has access to the Robson Valley Recreation Centre which hosts a variety of wellness programming (e.g., fitness facilities, curling, hockey, carpet bowling, physiotherapist support)



## DOCUMENT REVIEW

The following existing Village document suggest opportunities for improvements in **community support and health services** that support an age-friendly community:

- Economic Development Action Plan



## ACTIONS AND RECOMMENDATIONS FOR PLANNING

ACTION	DETAILS
<b>8.1 Support the expansion of community services and programs for residents of McBride.</b>	<ul style="list-style-type: none"> <li>• Create opportunities for local organizations and community members to build programs as need arises.</li> <li>• Pilot expanding the Better at Home program available through Robson Valley Community Services. Desired expansions for this service could include expanding meal delivery services. This action also contributes to positive social inclusion outcomes of Action 5.2.</li> <li>• Explore low-cost opportunities to encourage residents supporting each other in the community (e.g. neighbourhood lawn mowing, food delivery, and snow removal).</li> <li>• Encourage and expand community educational programming to include: mental health programming (caregiver support), healthy living programs, community development and engagement programs, Adopt a Senior program, etc.</li> <li>• Support partnerships to provide fire wood to residents and visitors in the community.</li> </ul>
<b>8.2 Support health services in McBride in becoming more age-friendly in practices, communication, and scope of services offered.</b>	<ul style="list-style-type: none"> <li>• Give all health service providers through Northern Health and the McBride &amp; District Hospital and Health Centre an age-friendliness self assessment form.<sup>10</sup> Completing this can help to share knowledge and awareness healthy communication and relationship building between seniors and service providers.</li> <li>• Begin work on a health services assessment process for the Village of McBride's residents to ensure that the services offered in the community are meeting the needs of all residents. Collaborate with Northern Health and the McBride &amp; District Hospital and Health Centre. This can be connected to the action outlined in Village of McBride's Economic Development Action Plan, Strategy 3.6.3.3 – Attract Government Services – develop an inventory of services and identify gaps in health services.</li> <li>• Partner with Northern Health and the McBride &amp; District Hospital and Health Centre to explore additional fulltime health services providers. Requested health services include: dentist, physician, physiotherapist, occupational therapist, mental health counsellor, chiropractor, optometrist, acupuncturist, social services, medical imaging, in-hospital physiotherapy, emergency room services for walk ins, adult day programming, dementia support activities and services, rehab clinic services, and palliative care.</li> <li>• Continue work on establishing the Emergency Social Services Committee. This committee can enable the Village of McBride to identify and target programs and services for vulnerable seniors in the community.</li> </ul>
<b>8.3 Expand availability of existing community based health services.</b>	<ul style="list-style-type: none"> <li>• Collaborate with Robson Valley Community Services and Robson Valley Recreation Centre to discuss expanding availability of a physiotherapist in McBride.</li> </ul>
<b>8.4 Support expansion of at-home access to home care aid services in McBride to ensure community members can age in place.</b>	<ul style="list-style-type: none"> <li>• Home care programs need to ensure that seniors living in rural areas are considered within their service provision area.</li> </ul>

<sup>10</sup> Could be modeled after the self-assessment checklist found here: <https://www.simcoe.ca/LongTermCare/Documents/Age-Friendly%20Self-Assessment%20Checklist.pdf>

## ACTION

### 8.5 Update the Village of McBride's policies to accommodate age-friendly health related design in buildings.

## DETAILS

Considerations include:

- Update zoning bylaw 22.0 Public Development (PD) Zone to allow for the expansion of current health infrastructure. Expand the definition of Public Development (PD) Zones in McBride to accommodate the following health support services: seniors centre, assisted living spaces (intermediate care), daycare, rehabilitation centre.
- Update the McBride Emergency Plan, 2019, 22.1 Evacuation Alert – “Use Public Works staff to post Evacuation Alert notices and hand deliver to schools, and vulnerable populations” to specifically target vulnerable populations in the community – elderly residents and those with mobility issues, hearing impairments, or visual impairments, etc.
- Village of McBride Emergency Operations Plan and Evacuation Plan – further develop action plan to address needs of vulnerable seniors in the event of emergency.



Photos by Katharina McNaughton

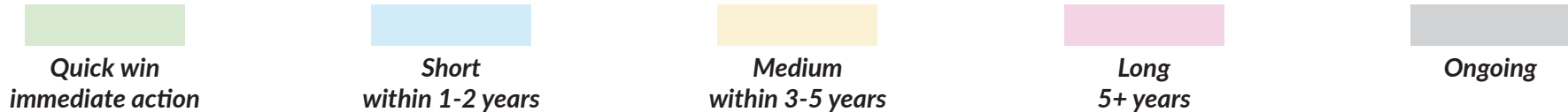



## Part 3: Implementation







## Summary Chart of Actions (Short/Medium/Long)

The following table is a summary of all the actions with implementation targets outlined. This table summarizes all age friendly actions identified and lists them with a level of priority (quick win, short, medium and long-term) and responsibility (e.g., whether it's a Village- or community-led, initiative and any potential partnership).





AGE FRIENDLY AREA	ACTION	LEVEL OF FOCUS	PRIORITY & POTENTIAL TIMING	
<b>1. Outdoor Spaces and Public Buildings</b> 	1.1 Apply age-friendly lens to future parks design and improvements. See Appendix for example of the Age-Friendly Lens Checklist questions.	Village of McBride	Ongoing	
	1.2 Extend, improve, and maintain multi-purpose trail systems and pathways with older adults / seniors in mind (priority sites: Phil and Jennie Gaglardi Trail System & Dominion Creek to Horseshoe Lake Trail).	Village of McBride	Ongoing	
	1.3 Apply age-friendly lens to future public realm infrastructure planning and capital projects (priority sites: Village townsite). See Appendix for example of the Age-Friendly Lens Checklist questions.	Village of McBride	Ongoing	
	1.4 Review Snow Removal Policy and identify snow clearing zones, evaluate a snow removal bylaw to ensure businesses to maintain snow clearing.	Village of McBride	Quick win	
	1.5 Identify lighting “dark spots” for pedestrian visibility, safety, and comfort.	Village of McBride, Public Works and Beautification Committee	Short -	Medium
	1.6 Assess and evaluate accessibility in key locations throughout the community.	Village of McBride, Community	Short -	Medium
	1.7 Apply an age friendly lens for future construction, improvements, and programming in facilities and public buildings.	Village of McBride	Ongoing	
	1.8 Review Age-Friendly plan with Community Beautification and Revitalization Committee.	Village of McBride, Beautification Committee	Quick win	

AGE FRIENDLY AREA	ACTION	LEVEL OF FOCUS	PRIORITY & POTENTIAL TIMING	
<b>2. Transportation</b> 	2.1 Encourage new taxis, shuttles, handy darts, and vans.	Village of McBride	Short	
	2.2 Include active transportation and community-based transportation objectives in the next OCP review and update.	Village of McBride	Short -	Medium
	2.3 Incorporate form and character aspects that support active transportation needs with the next review and update of Development Permit Guidelines.	Village of McBride	Short -	Medium
	2.4 Consider a pilot program to test alternative transportation methods.	Village of McBride & Ministry of Transportation and Infrastructure (MOTI)	Medium -	Long
	2.5 Review angle parking along Main St. for any potential improvements to bike and pedestrian safety.	Village of McBride	Short	
	2.6 Increase the accessibility information and handicap parking signs in parking areas.	Community & Village of McBride	Ongoing	
	2.7 Support Cooperative Transportation Services between McBride and outside communities.	Regional	Medium -	Long
<b>3. Housing</b> 	3.1 Update current housing policies and bylaws (i.e. OCP) to support a variety of housing options that enable aging in place.	Village of McBride	Short	
	3.2 Include information on housing for older adults and seniors with the next housing assessment.	Village of McBride (required Provincial Assessment)	Medium	
	3.3 Identify housing improvement areas.	Village of McBride, Community, External Agencies	Medium	
	3.4 Work with partners to develop supportive, affordable, and emergency housing.	Village of McBride, Community, External Agencies (BC Housing/ Northern Health, etc.)	Ongoing	
	3.5 Implement housing actions outlined in the Village of McBride's Economic Development Action Plan & McBride's Housing Needs Assessment Report 2019.	Village of McBride	Ongoing	

AGE FRIENDLY AREA	ACTION	LEVEL OF FOCUS	PRIORITY & POTENTIAL TIMING
<b>4. Social Participation</b> 	4.1 Create opportunities for new programming and events (e.g., expand public celebrations, arts and culture events)	Village of McBride, Community	Ongoing
	4.2 Expand existing programming to include new health, arts, and cultural activities.	Village of McBride, Community (i.e. OAPO / RVRC), Hospital	Ongoing
	4.3 Work with RDFFG or other partner to support a community coordinator / recreation coordinator position to help support older adults and seniors in the community.	Village of McBride, Regional, Community (i.e. Hospital / OAPO, RDFFG)	Short
	4.4 Establish umbrella organization for community groups to collaborate, partner, and apply for funding.	Village of McBride & Community	Short
	4.5 Create senior's "hub".	Village of McBride, Community (i.e. RVCS)	Long
<b>5. Respect and Social Inclusion</b> 	5.1 Create opportunities for older adults and seniors to be acknowledged and celebrated in the community.	Village of McBride, Community (Museum / RVRC, OAPO, RVCS)	Short
	5.2 Establish accessibility guidelines for community events and gatherings (e.g., transportation, seating).	Village of McBride	Short
	5.3 Provide support and connections to seniors who face social isolation.	Regional, Community, Hospital / Northern Health, RVCS	Ongoing
	5.4 Discuss Age-Friendly plan findings at Community 2 Community meeting with First Nations neighbors and continue to build relationships with Elders in the community.	Regional, Village of McBride, Community (RVCS)	Ongoing



AGE FRIENDLY AREA	ACTION	LEVEL OF FOCUS	PRIORITY & POTENTIAL TIMING
<b>6. Civic Participation and Employment Opportunities</b> 	6.1 Support and encourage age-friendly businesses in the community (i.e. create a how to be an age-friendly business brochure)	Village of McBride, Community	Ongoing
	6.2 Create opportunities and incentives for small business start-ups with age-friendly aspects.	Village of McBride, Business Community	Ongoing
	6.3 Work on completing actions in the Village of McBride's Economic Development Action Plan.	Village of McBride	Ongoing
	6.4 Maintain the age-friendly Working Group or create an age-friendly committee of Council.	Village of McBride, Community	Short
	6.5 Host an open house to prioritize age-friendly actions and/or an annual Seniors forum to discuss on-going civic matters relevant to older adults and seniors.	Village of McBride, Community	Short
	6.6 Develop an engagement policy that includes targets and sets goals for outreach to older adults and seniors.	Village of McBride – Council Policy	Short
	6.7 Support existing, and create new training and employment opportunities for older adults and seniors.	Regional, Village of McBride, Community (Library / RVCS)	Ongoing
	6.8 Host a volunteer fair for the community to connect those wishing to volunteer with groups that need volunteers.	Community	Medium
<b>7. Communication and Information</b> 	7.1 Create centralized information hubs for resources and information about policies, services, programming, events and opportunities.	Regional, Village of McBride, Agencies	Short-term (ongoing)
	7.2 Expand and improve the internet services.	Regional, Village of McBride, Internet Service Providers	Medium
	7.3 Continue use of traditional media communication methods and direct personal contact for communicating with residents.	Village of McBride	Short-term (ongoing)

AGE FRIENDLY AREA	ACTION	LEVEL OF FOCUS	PRIORITY & POTENTIAL TIMING
<b>8. Community Support and Health Services</b> 	8.1 Support and create opportunities for expansion of community services and programs for residents.	Regional, Village of McBride, Community (RVCS / Library, etc.)	Ongoing
	8.2 Support health services in becoming more age-friendly.	Regional, Agencies, Hospital / Northern Health	Ongoing
	8.3 Expand availability of existing community based health services.	Regional, Community RVCS, RVRC, Northern Health	Short
	8.4 Support expansion of at-home access to home care services to ensure community members can age in place.	Regional, Community, Agencies (Northern Health)	Ongoing
	8.5 Update policies to accommodate age-friendly health related design.	Village of McBride	Ongoing

*\*Note: All partners listed in the implementation table (outside of the Village) are potential partnerships based on action area and jurisdiction. There may be additional partners not listed here. Partners listed here are not formally confirmed. All partnerships would be a part of future work as follow up to this action plan.*

## Tracking Progress and Annual Review

The Age-Friendly Action Plan is a living document that should be reviewed annually by an age-friendly lead (action 6.4 suggests creating a committee of Council to maintain leadership and ensure continuity of implementation) in order to assess progress of the Action Plan. The table above can be used to track actions and provide progress updates.

## Sources of Funding

In order to initiate and support the age-friendly actions and initiatives identified, provincial and federal grants, and other funding possibilities should be pursued. Below is a table of potential funding opportunities available to local and regional governments as well as non-profit and community organizations. *Note: funding opportunities and timelines change over time and this list reflects those available at the time of this plan's creation.*

GRANT	FOCUS	ELIGIBILITY	AVAILABLE FUNDS	APPLICATION PERIOD
Canada New Horizons for Seniors Program	Age-friendly communities	Must be a community-based organization	Up to \$5000 for small projects or \$25000 for large projects	Currently closed, with no dates posted for the next funding period.
UBCM Age-Friendly Community Project Grants – Phase 1 and 2 Funding Streams	Age-friendly communities (grant used to create this plan) & Age-friendly projects	Must be a local government or First Nation community	Up to \$25,000 Phase 2 Funding – Age Friendly Projects	Currently on hold. Funding will resume once a program administrator is secured.
UBCM Active Transportation Program	Active transportation	Must be a local government or regional district with a population of over 25,000	Up to \$10,000	Currently closed, with no dates posted for the next funding period.
BC Rehab Project Grant	Accessibility and mobility	Must be a non-profit organization or community group	Flexible	Multiple upcoming deadlines: May 21, 2020. August 27, 2021, November 12, 2021
PlanH Community Grant Programs	Community engagement and connection	Must be a local government	Up to \$5,000 for connection initiatives, or \$15,000 for engagement initiatives	Currently closed, with no dates posted for the next funding period.
BC Housing Community Partnership Initiatives	Housing	Must be a non-profit organization/society creating self-sustaining affordable housing developments	Long-term financing available	Ongoing
Enabling Accessibility Fund (EAF)	Accessibility and mobility	Must be a non-profit organization, business, or local government	Up to \$100,000	Currently closed, with no dates posted for the next funding period.
Northern Development – Community Places	Community Places	Must be a local government, registered non-profit, or First Nation	Up to \$30,000 available to a maximum of 70%	Quarterly intake



GRANT	FOCUS	ELIGIBILITY	AVAILABLE FUNDS	APPLICATION PERIOD
Northern Development – Recreation Infrastructure	Recreation infrastructure	Must be a local government, registered non-profit, or First Nation	Up to \$100,000 to a maximum of 70% for upgrades to existing facilities or Up to \$300,000 to a maximum of 50 % for new construction	Quarterly intake,
Investing in Canada Infrastructure Program - British Columbia - Rural and Northern Communities Infrastructure	Infrastructure for improved food security, transportation, health and/or more	Must be a local government, non-profit, First Nation or for-profit organization	Not stated	Currently closed, with no dates posted for the next funding period.
Canada Healthy Communities Initiative	Health, community spaces	Not stated yet – details to be announced soon	Not stated yet – details to be announced soon	Open, two intakes available in 2021. Upcoming deadlines: March 9th & May.

## Partnerships

Partnerships and collaboration across service providers and businesses that provide services to seniors in the community has the potential to strengthen implementation efforts going forward. Organizations and institutions providing any kind of services to seniors can establish a communication network to look for synergies or opportunities for more formal partnerships. Many of the actions outlined require partnership or collaboration with other jurisdictions or community organizations including:

- BC Housing
- Northern Health
- Robson Valley Community Services (RVCS)
- Regional District of Fraser-Fort George (RDFFG)
- McBride and District Public Library
- Valley Museum and Archives
- Old Age Pensioners' Organization
- Robson Valley Recreation Centre
- Local Businesses

# Appendices

## ***Appendix A: Age-Friendly Tools***

*Age-Friendly Lens*

*Information for Age-Friendly Local  
Government Planning and Accessibility*

## ***Appendix B: Summary of Engagement***

*Survey Summary Report*

*Engagement Communications Pieces (postcard, poster,  
website, Facebook posts, ad in local paper)*

*Interview Notes*

*Working Group Meeting Notes*

*Working Group Mural Exercise Results*

## ***Appendix C: Summary Brochure of the Age-Friendly Action Plan***

## Appendices

### Appendix A:

#### Age-Friendly Lens and Checklist

The age-friendly lens and checklist is a self-assessment tool that can be applied to any new Village program, process, event, capital project, or policy.

The purpose of the age-friendly lens and checklist is to:

- Encourage consideration of age-friendly needs, and;
- Contribute to monitoring and evaluation of the Village's age-friendliness over time.

The age-friendly lens and checklist can be used in a variety of ways.

- To guide development of new projects, programs, services and policies specific to older adults and seniors.
- To inform development of new projects, programs, services and policies that are not specific to older adults and seniors, but may have an impact on those residents in the community.
- To review and improve existing projects, programs, services and policies for older adults and seniors.

#### Age-Friendly Lens and Checklist

Please fill out the following questions.

1. Does the project, program, service or policy consider specific needs of older adults and seniors?

Place a checkmark in each row within the box that describes the extent to which this project meets each of the eight features of an age-friendly community.

Age Friendly Features	Improves this area	Not relevant
1. Pleasant, clean, secure, and physically accessible <b>public buildings and outdoor spaces</b>		
2. Accessible and affordable <b>public transportation</b> .		
3. Affordable, appropriately located, well built, well designed, and secure <b>housing</b> .		
4. Opportunities for <b>social participation</b> in leisure, social, cultural, and spiritual activities.		



5. <b>Respect and social inclusion</b> of older folks with people of all ages and cultures.		
6. Opportunities for civic <b>participation</b> that cater to older persons' interests and abilities.		
7. Age-friendly <b>communication and information</b> .		
8. <b>Community support and health services</b> tailored to older persons' needs.		

2. Were older adults and seniors, or representatives of that community, involved or engaged in this project, program, service or policy development?
  
3. Does this project, program, service or policy relate to any of the actions outlined in the Village of McBride Age Friendly Assessment and Action Plan?

Once complete, the age-friendly lens and checklist can be included within a Council report or noted in a Council report that the age-friendly lens and checklist was completed.

## Information for Age-friendly Local Government Planning and Accessibility

The following links provide a selected list of resources for development of guidelines and planning support related to age-friendly accessibility.

- **Age-Friendly and Disabled-friendly Official Community Planning Guidelines:** [https://www2.gov.bc.ca/assets/gov/british-columbians-our-governments/local-governments/planning-land-use/age\\_and\\_disability\\_friendly\\_ocps.pdf](https://www2.gov.bc.ca/assets/gov/british-columbians-our-governments/local-governments/planning-land-use/age_and_disability_friendly_ocps.pdf)
- **Zero to 100 - Planning for an Aging Population:** [https://www.cip-icu.ca/Files/Awards-for-Planning-Merit/Zero\\_to\\_100\\_age-friendly\\_Housing\\_final.aspx](https://www.cip-icu.ca/Files/Awards-for-Planning-Merit/Zero_to_100_age-friendly_Housing_final.aspx)
- **Older Users and Web Accessibility - Meeting the Needs of Ageing Web Users:** <https://www.w3.org/WAI/older-users/>



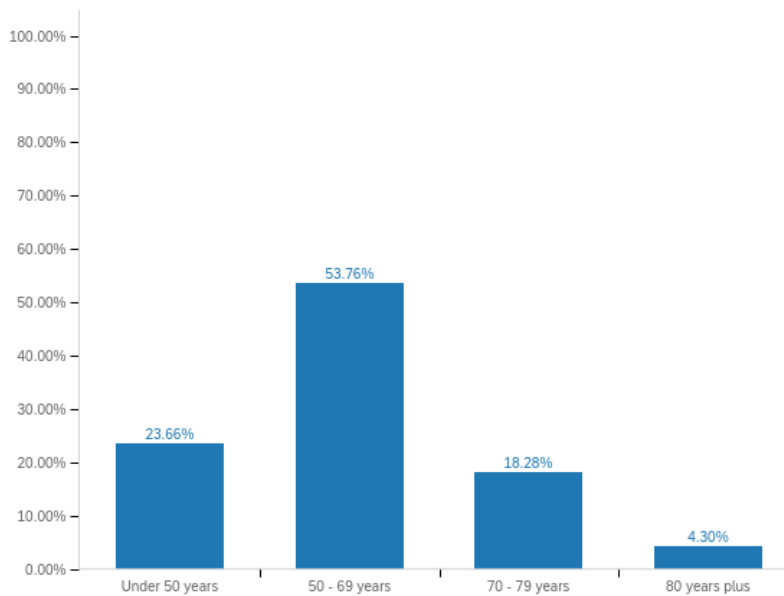
## Appendix B: Summary of Engagement

### Village of McBride Age-Friendly - Survey Results Summary Review

January 15<sup>th</sup>, 2021

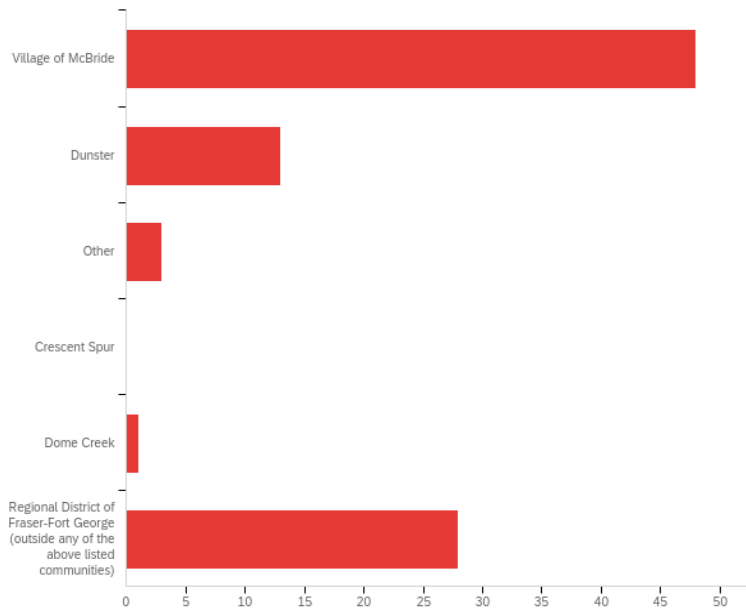
This document outlines and summarizes key notable findings from the Village of McBride Age-Friendly Survey. The survey was open to community members living in and outside of the Village of McBride from early November 2020 and closed in Early January 2021. A total of 100 community members participated in the survey. Results shown here do not encompass all responses from the survey or final findings from the Age-Friendly Action Plan and Assessment process.

### Demographics

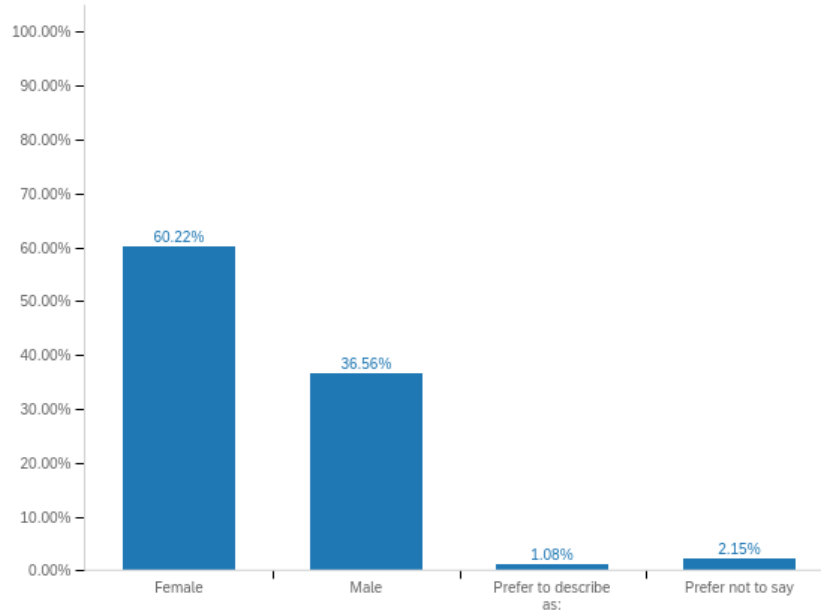


### Where People Are Living



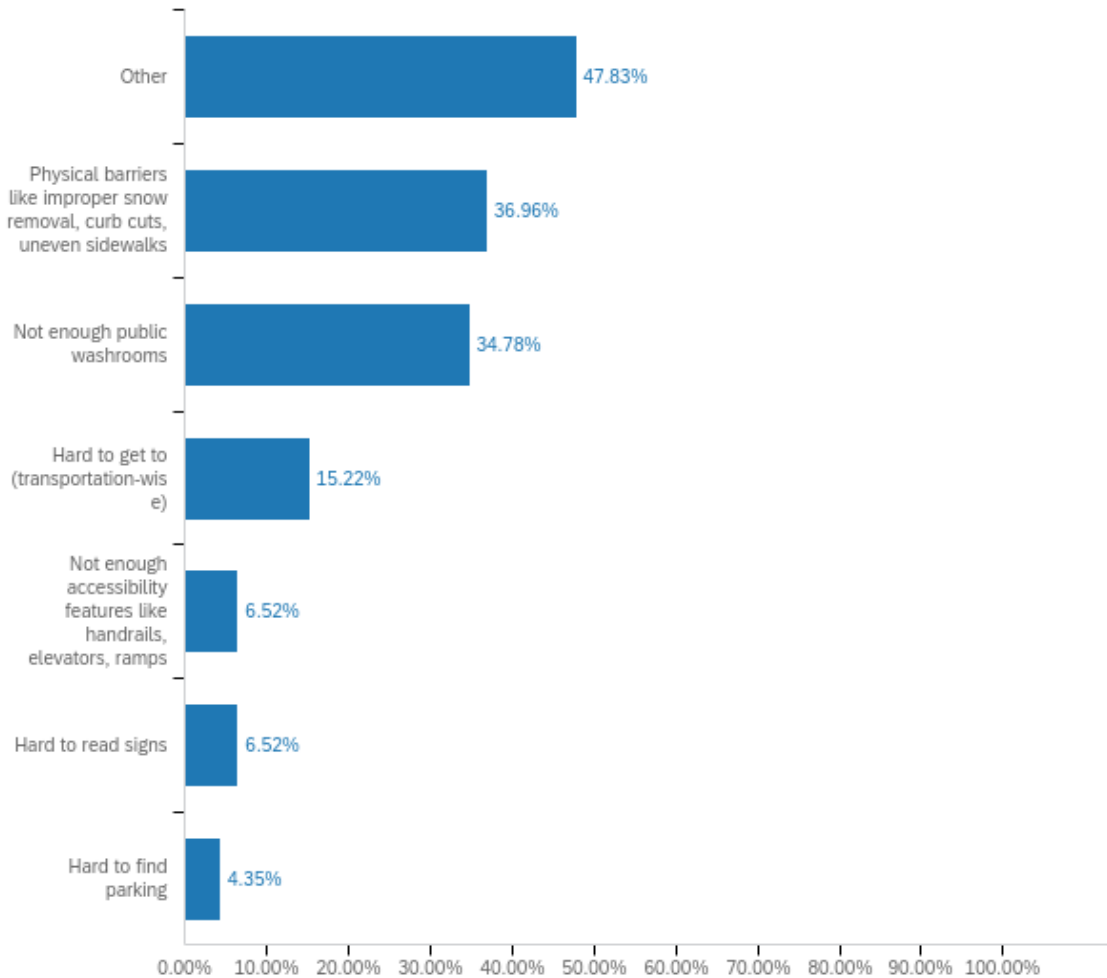


## Gender

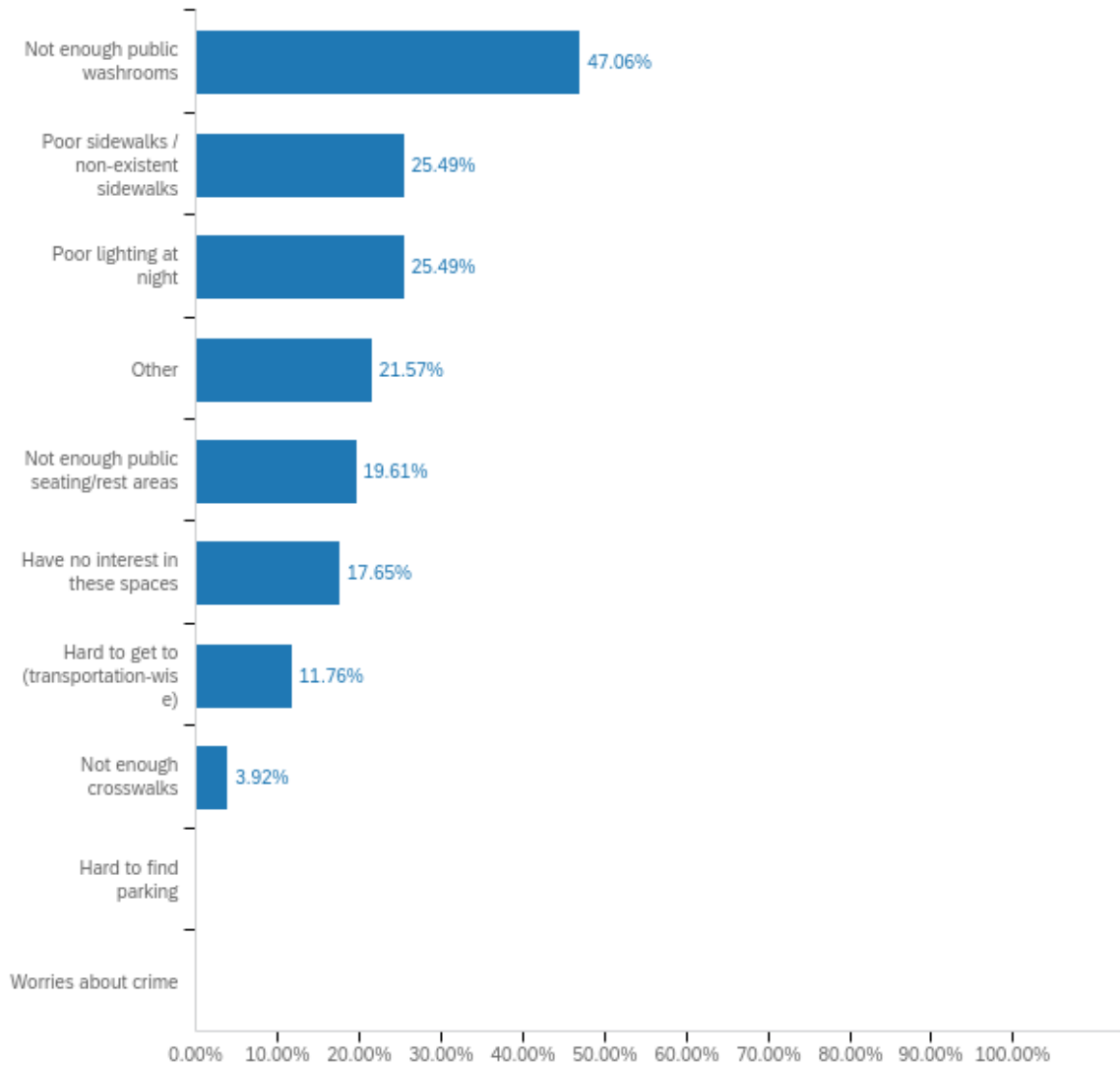


## Age-Friendly Feature #1: Outdoor Spaces and Public Buildings

**Survey Result:** Q3 - What's kept you from using public buildings (e.g., library, town hall, recreation and community centres, etc.) in McBride? Check all that apply.



**Survey Result:** Q4 - What's kept you from using parks and public outdoor spaces in McBride? Check all that apply.



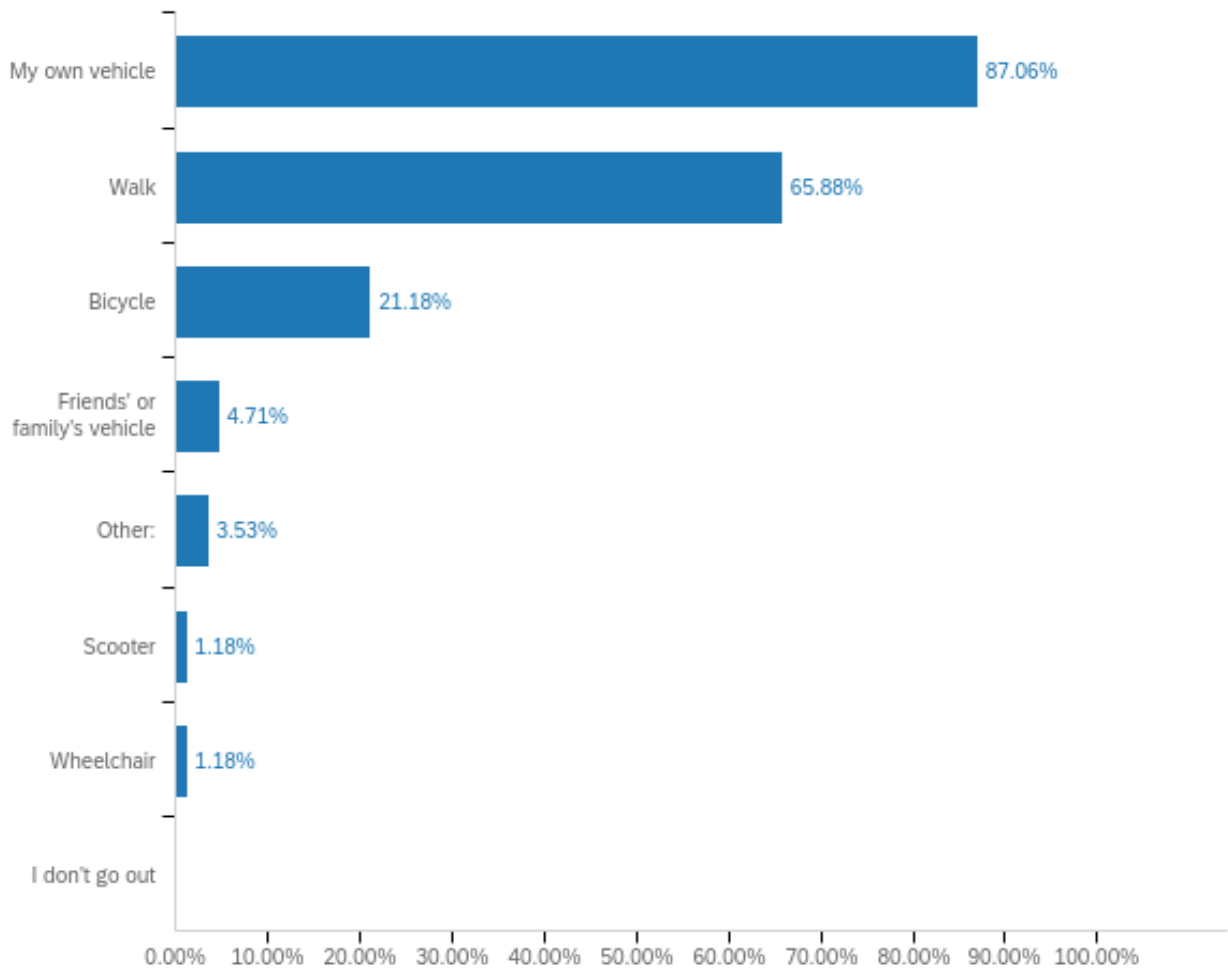
### Notable Suggestions

- benches, sidewalks, bathrooms (accessible / wheelchair friendly)

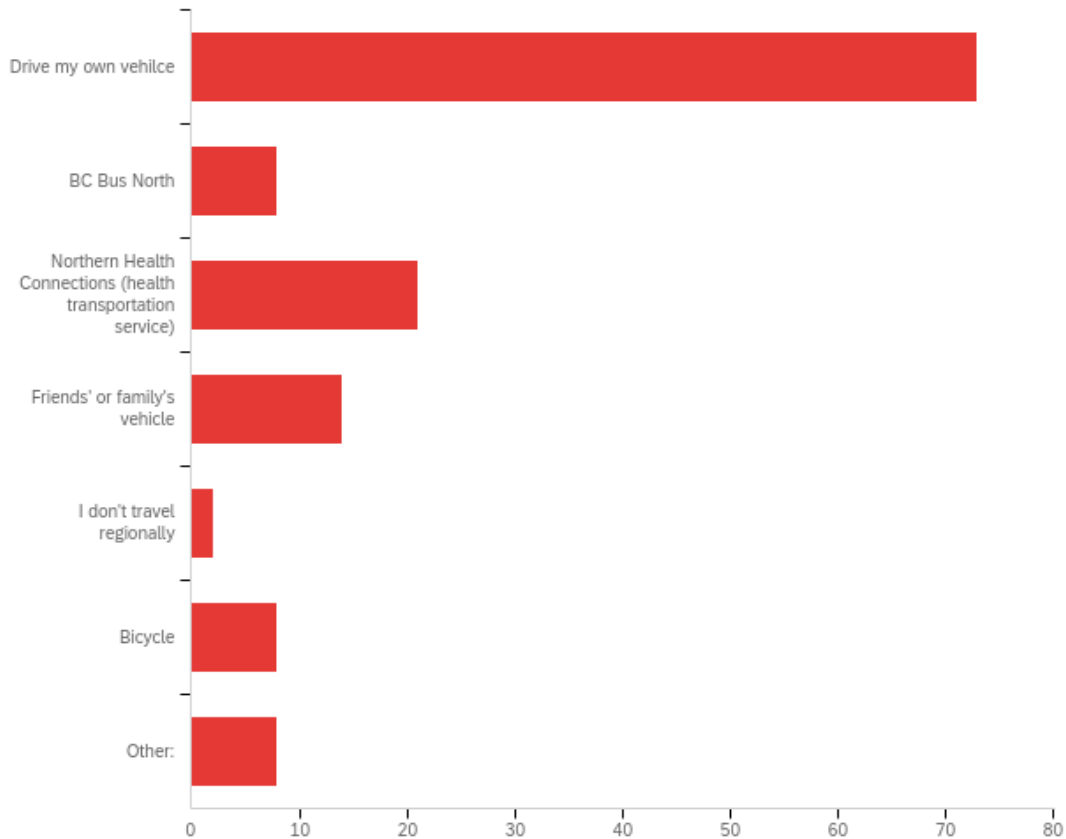


## Age-Friendly Feature #2: Transportation

**Survey Result:** Q6 - How do you generally get around McBride? Check as many as apply.



**Survey Result: Q38** How do you generally get around regionally (outside of McBride)? Check as many as apply.

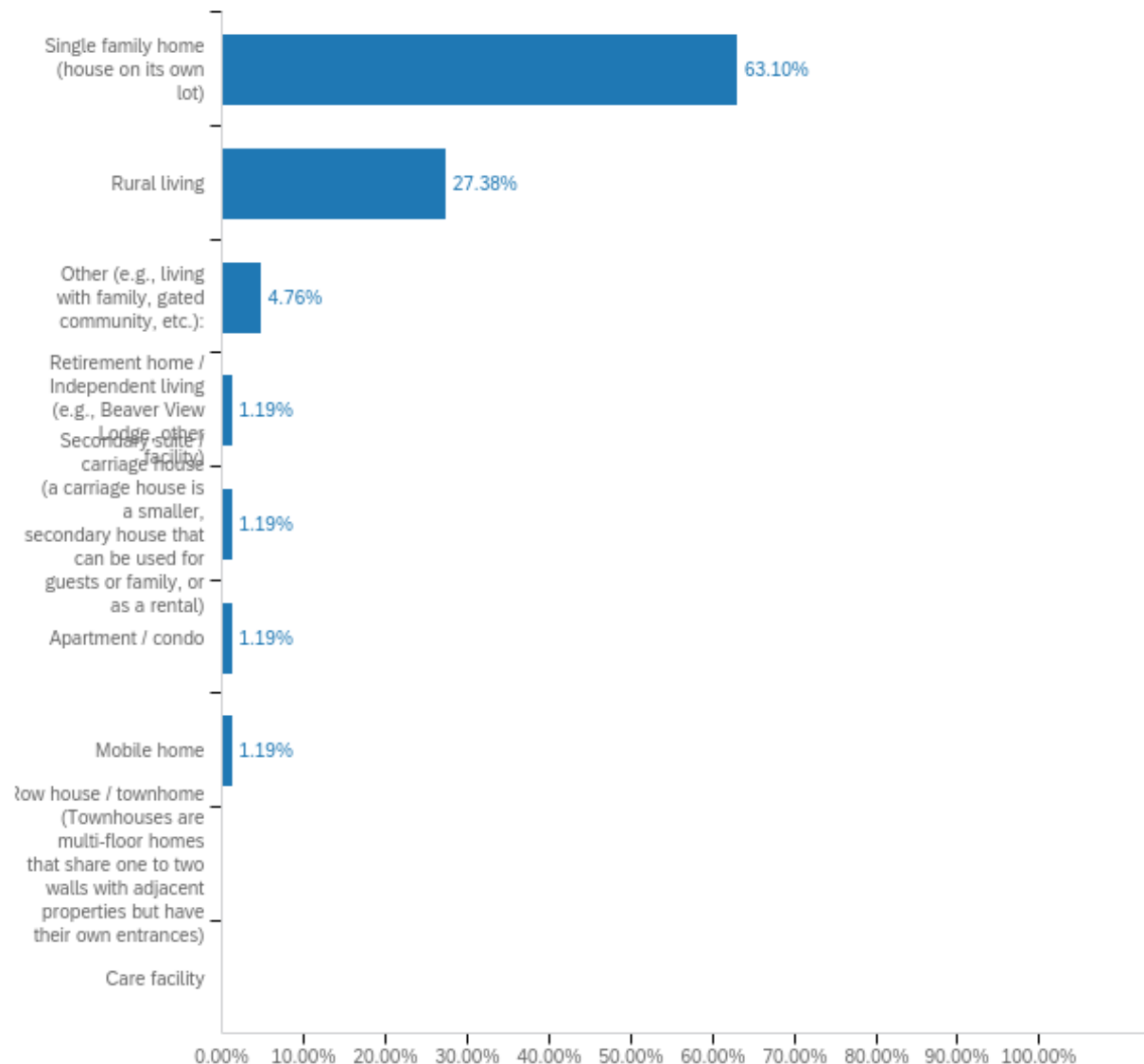


### Notable Suggestions

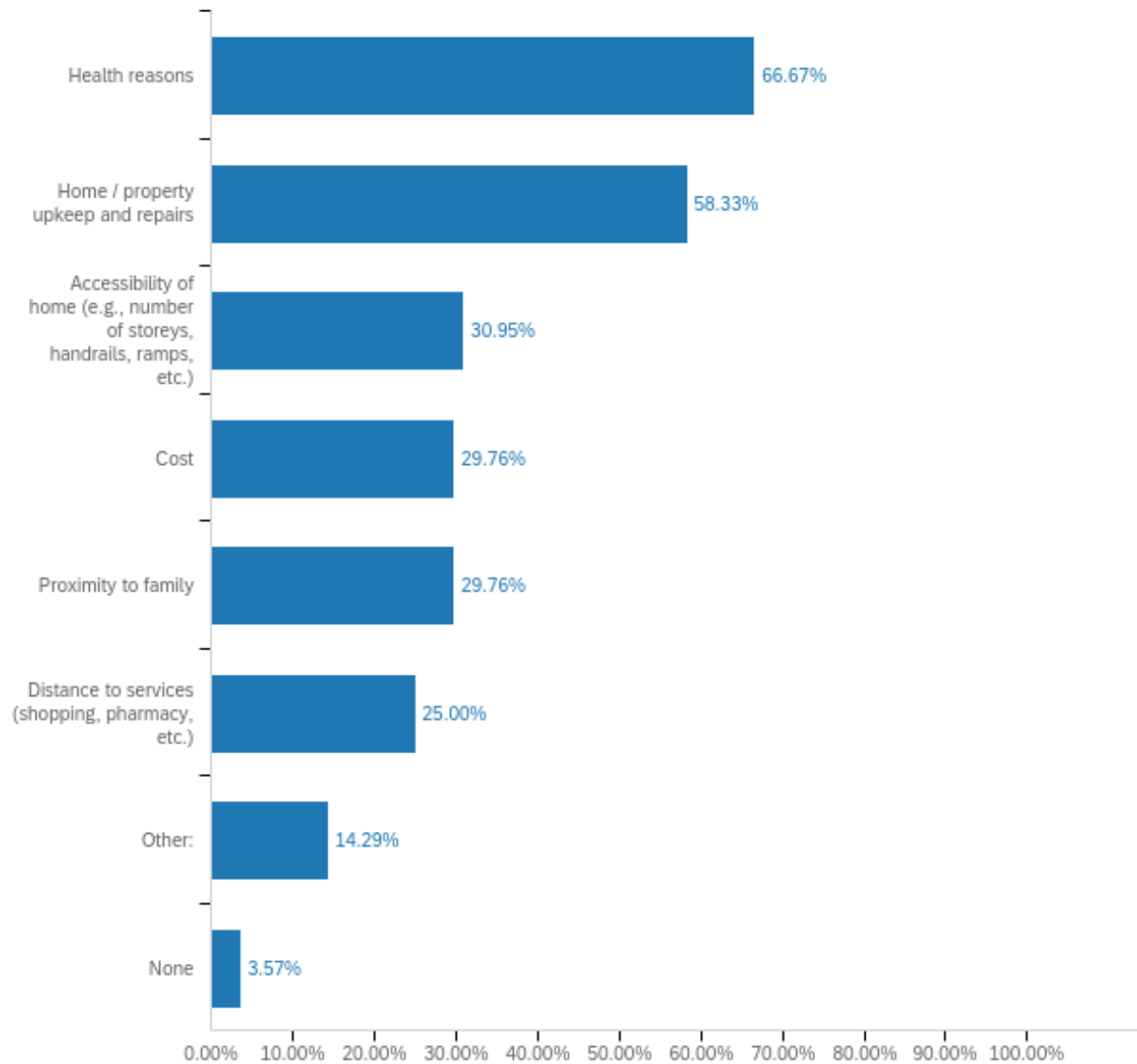
- community shuttle, taxi, and handi dart; sidewalk maintenance; bike lanes

## Age-Friendly Feature #3: Housing

**Survey Result:** Q9 - What type of housing do you live in now?

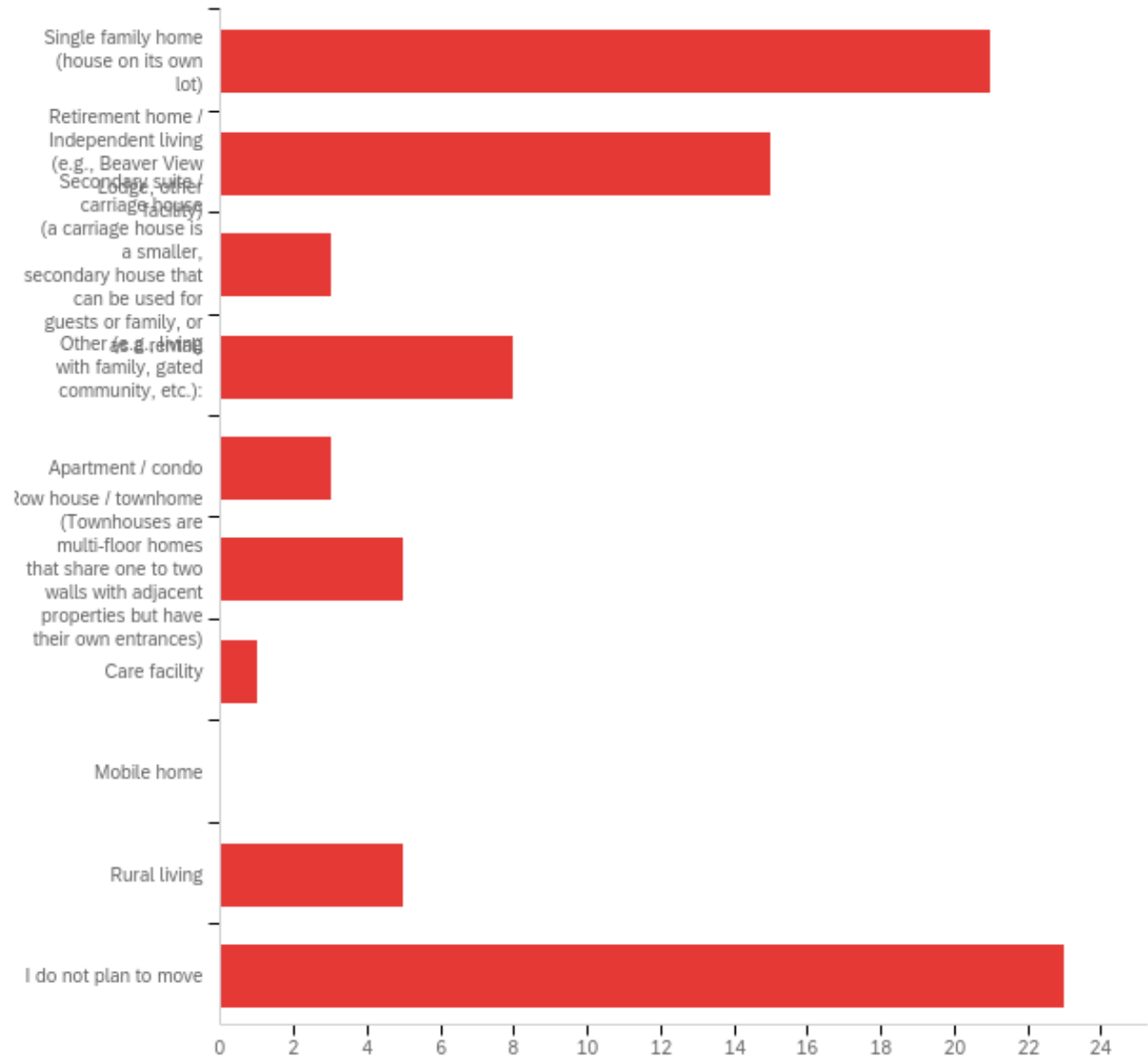


**Survey Result:** Q12 - What, if any, of the following factors may influence whether or not you stay in your current home as you age? Check as many as apply.

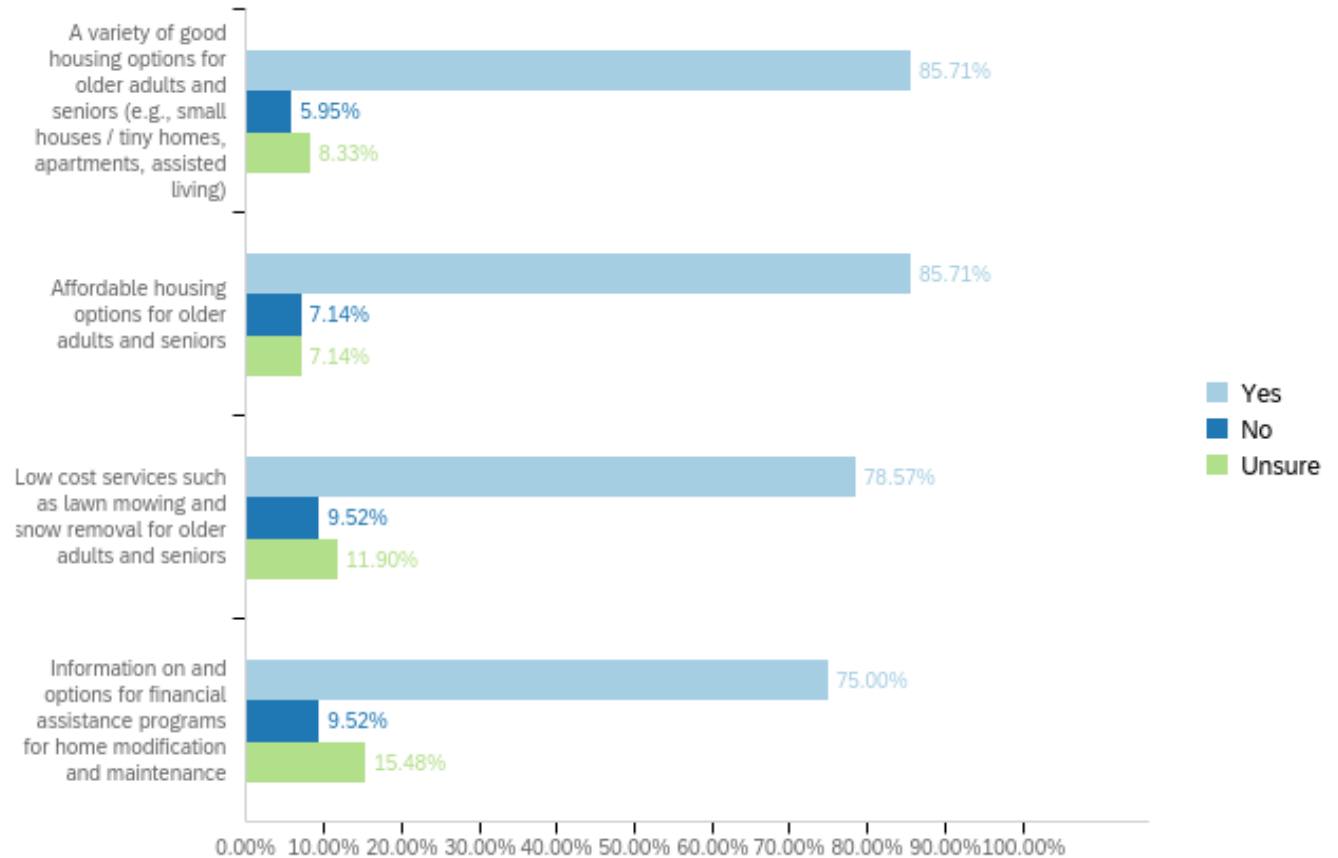




**Survey Result:** Q40 - If you plan to move to a different type of housing in the near future (within 10 or so years), what type of housing would you look for?



**Survey Result: Q13 - In your opinion, what would you like to see more of in your community?**

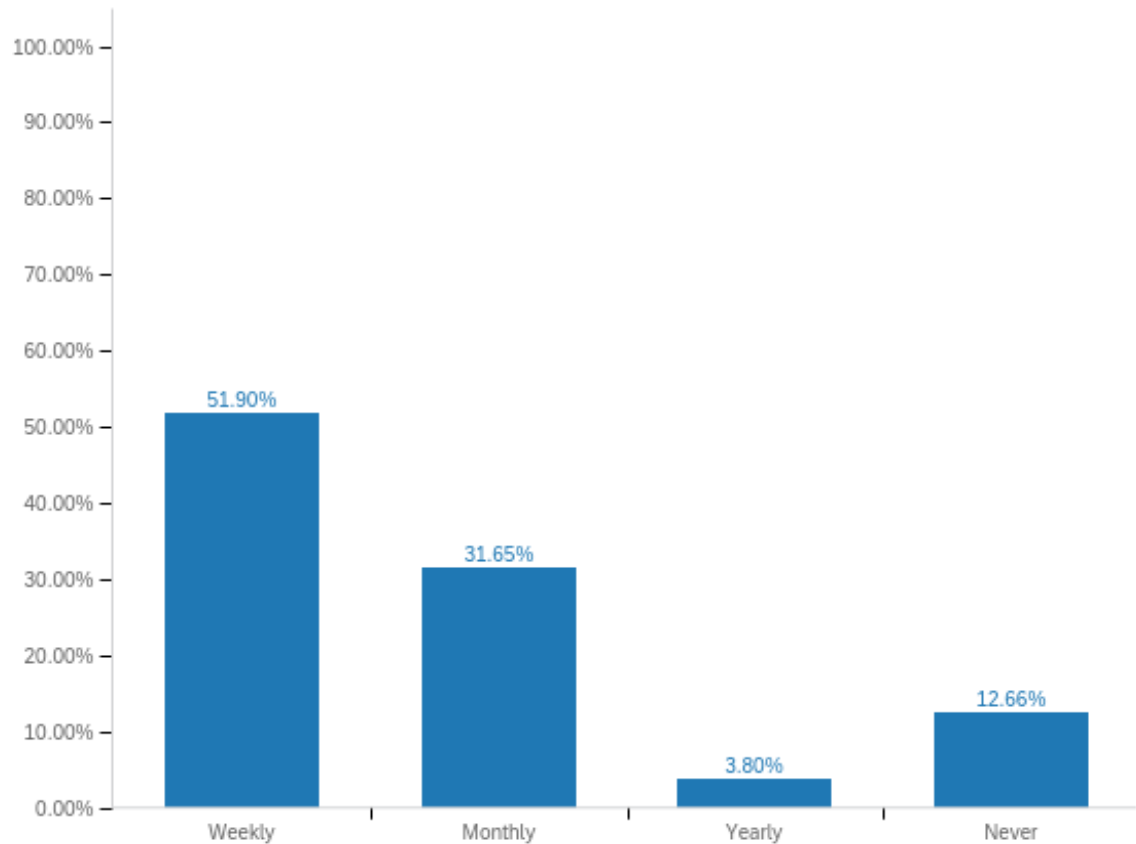


**Notable Suggestions**

- See figure above

## Age-Friendly Feature #4: Opportunities for Participation in the Community

**Survey Result:** Q14 - Prior to Covid-19, how often did you typically participate in organized activities? (e.g., exercise and fitness groups/classes, arts and culture clubs/classes, service clubs, community events, religious gatherings, etc.)

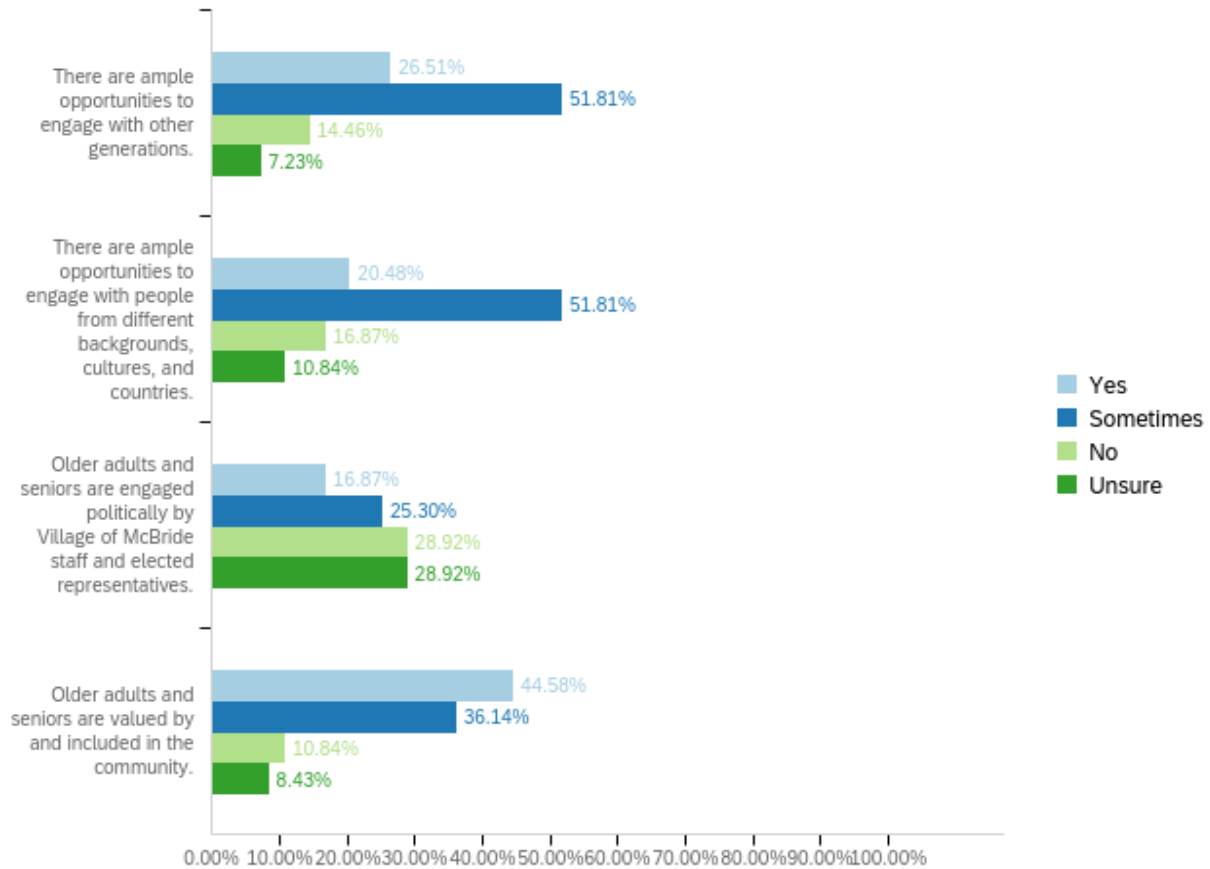


### Notable Suggestions

- community coordinator to run programming; fitness and activity programs; arts and cultural programming; community wide events

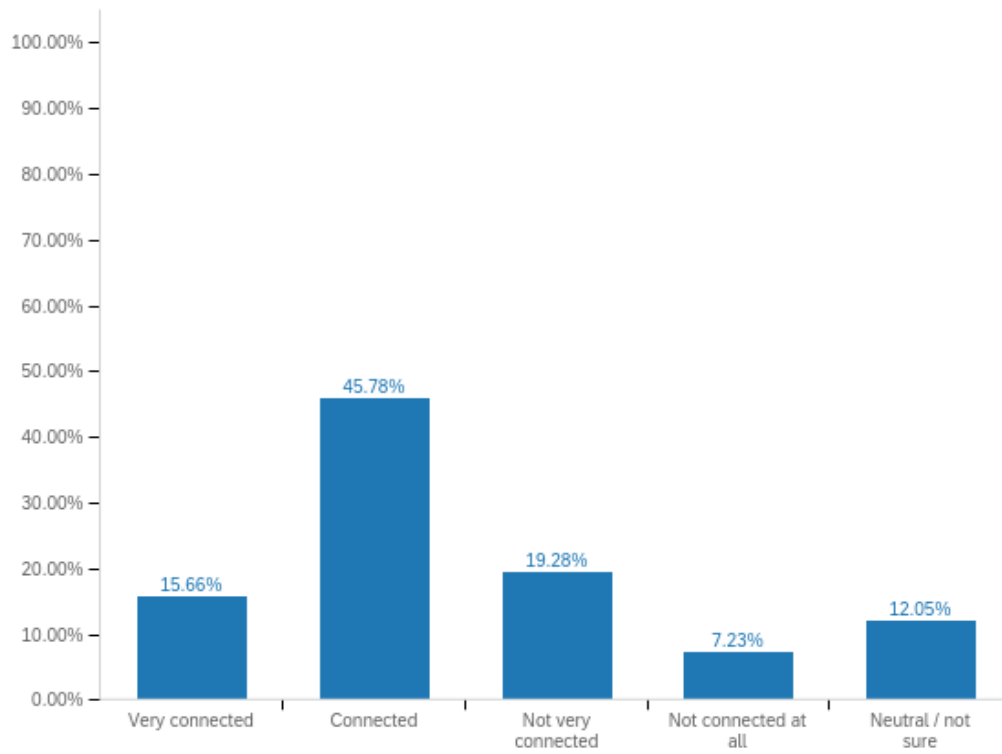
## Age-Friendly Feature #5: Respect and Inclusion

**Survey Result:** Q18 - Are the following statements usually true in your community?



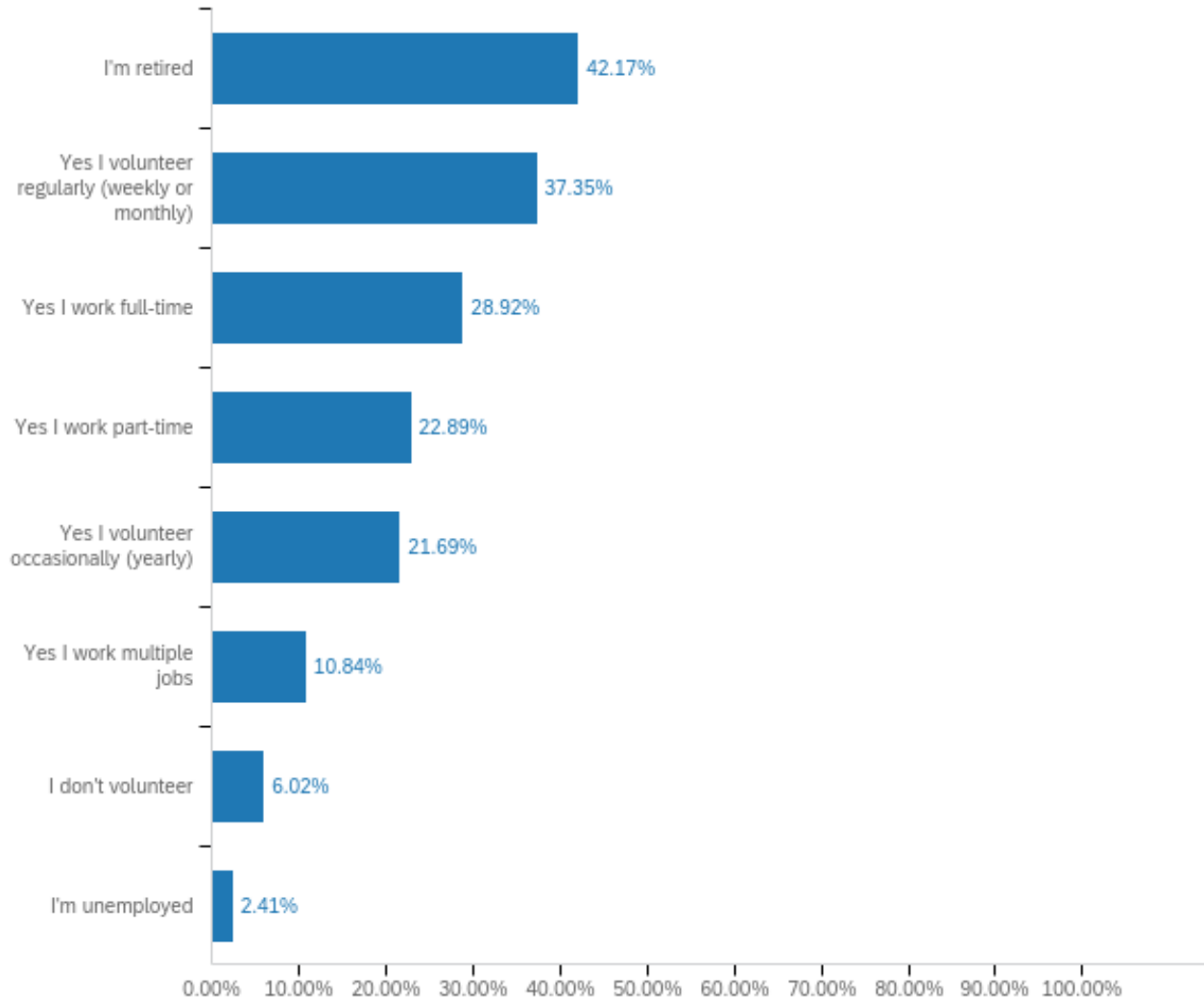


**Survey Result:** Q19 - How connected do you feel to other residents in your community?

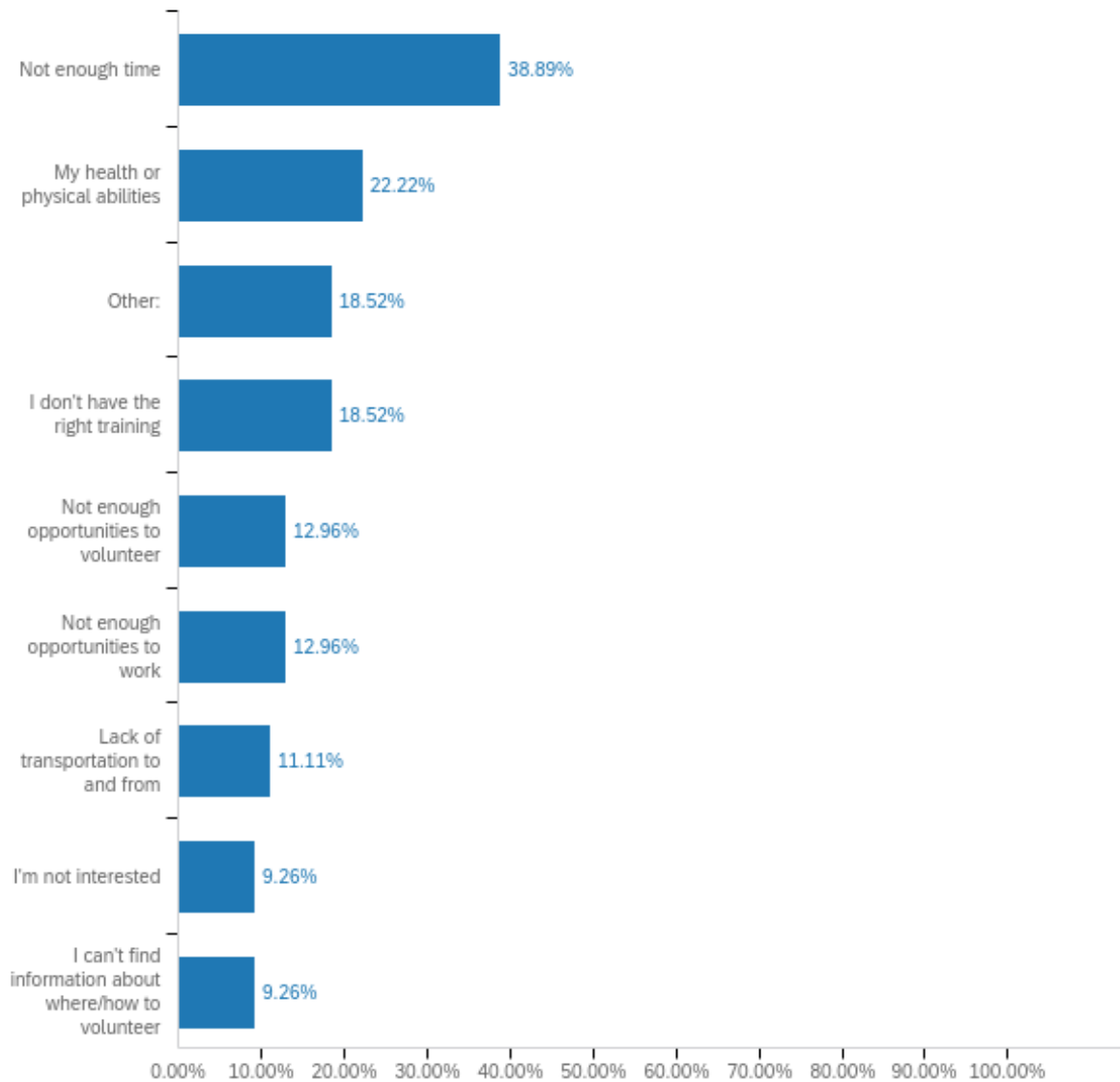


## Age-Friendly Feature #6: Opportunities for Employment and Volunteering

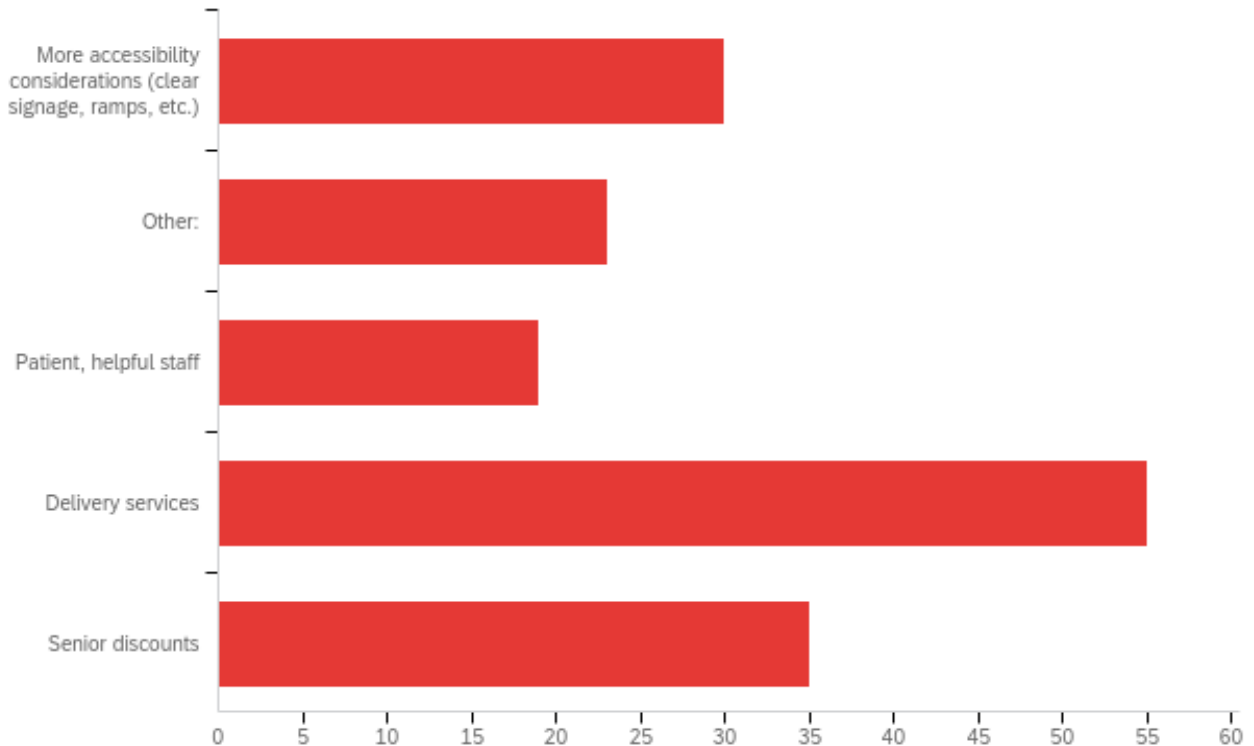
**Survey Result:** Q20 - Do you work and/or volunteer in the Village or within the regional district? Select all that apply.



**Survey Result:** Q22 - Do any of the following factors keep you from volunteering or working? Check all that apply.



**Survey Result:** Q41 - How do you think businesses in the Village of McBride could improve their age-friendliness?



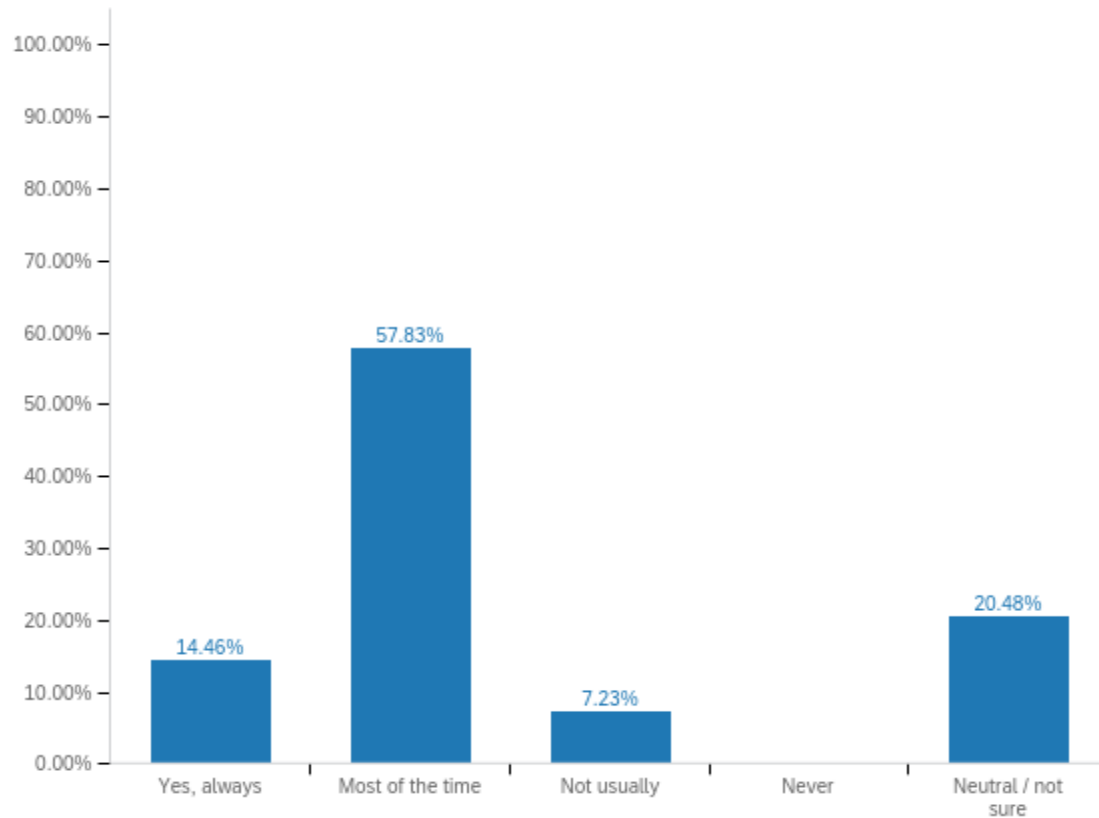
### **Notable Suggestions**

**- Business are doing great and are very accommodating to older adults and seniors; more washroom access; expand some door widths**

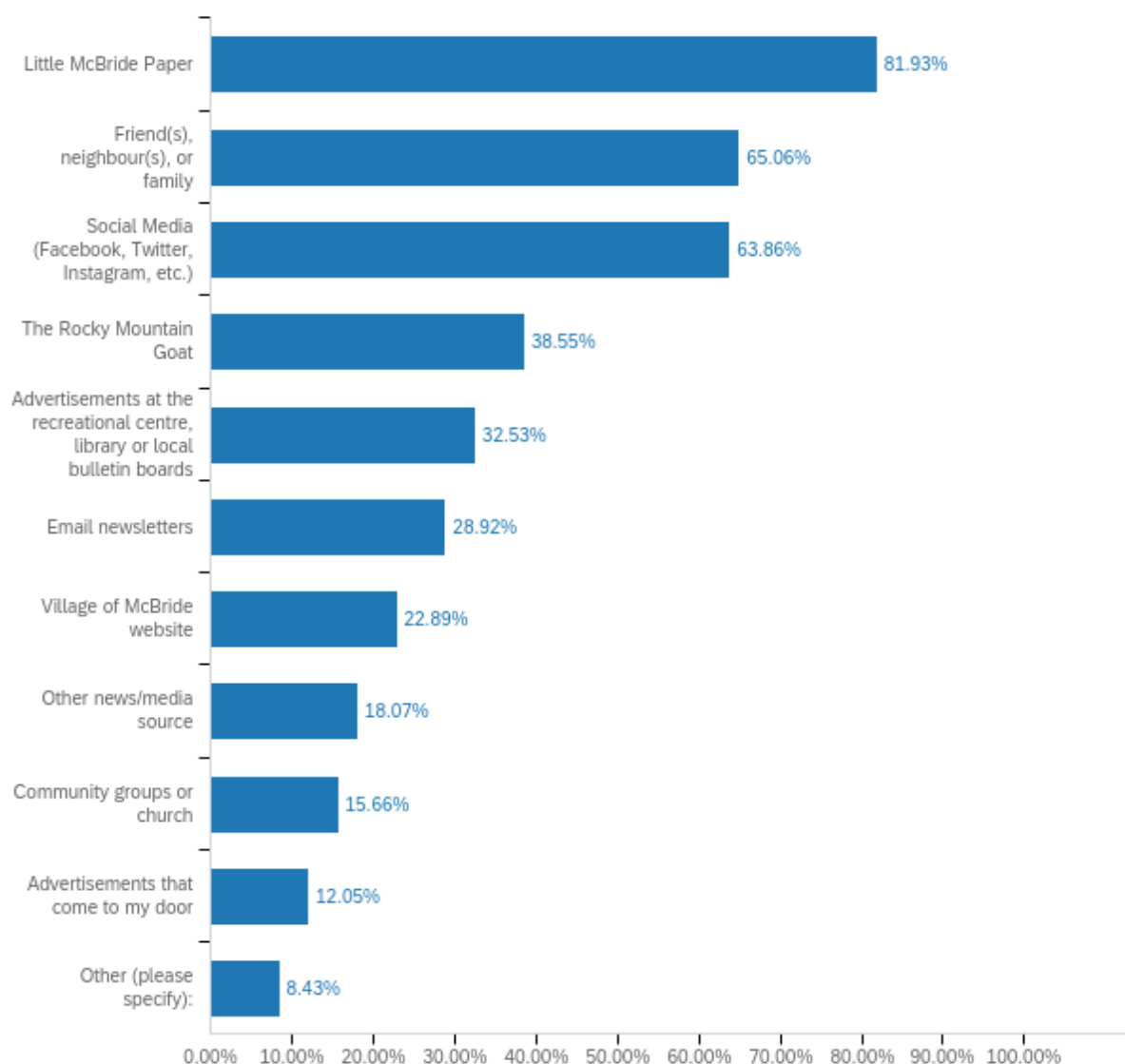


## Age-Friendly Feature #7: Communication and Information

**Survey Result:** Q23 - Do you agree that community information, events, and activities are posted and available in noticeable / accessible places?



**Survey Result:** Q24 - How do you get the information you need about McBride? Check all that apply.

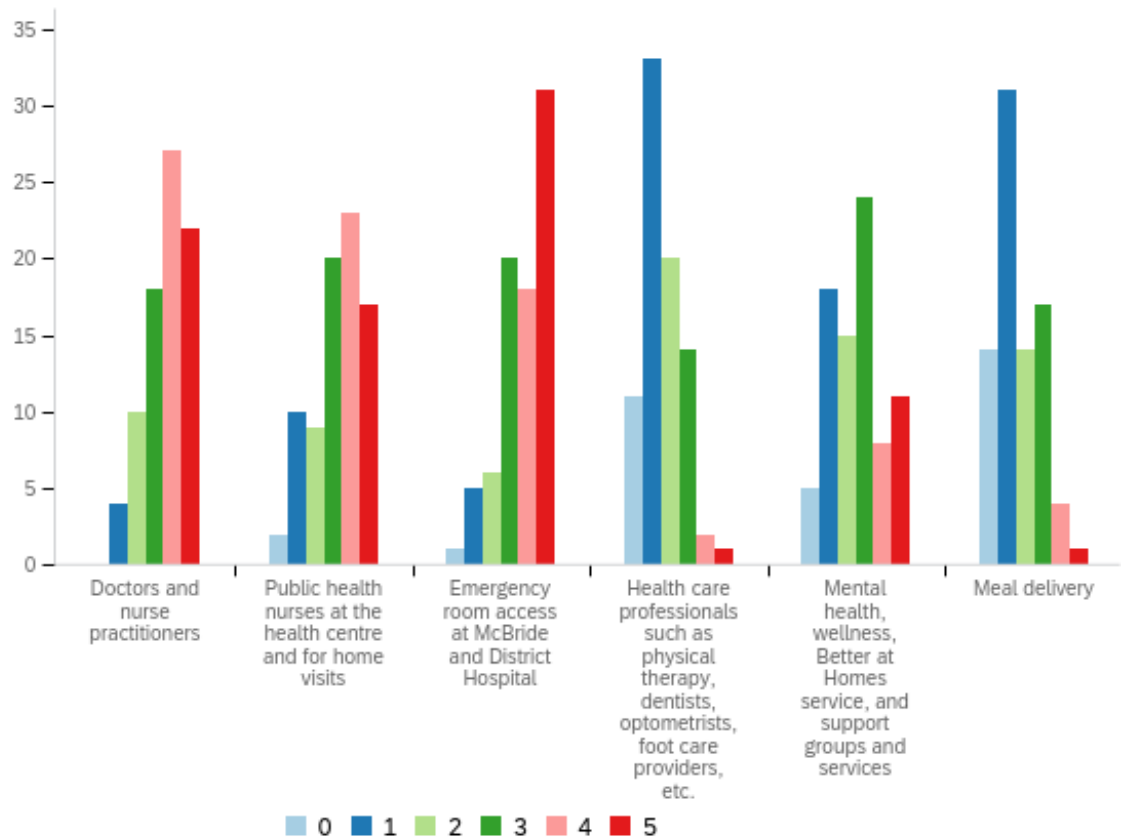


### Notable Suggestions

**- Pete's List; AG foods; not everyone is on facebook**

## Age-Friendly Feature #8: Health Support Services

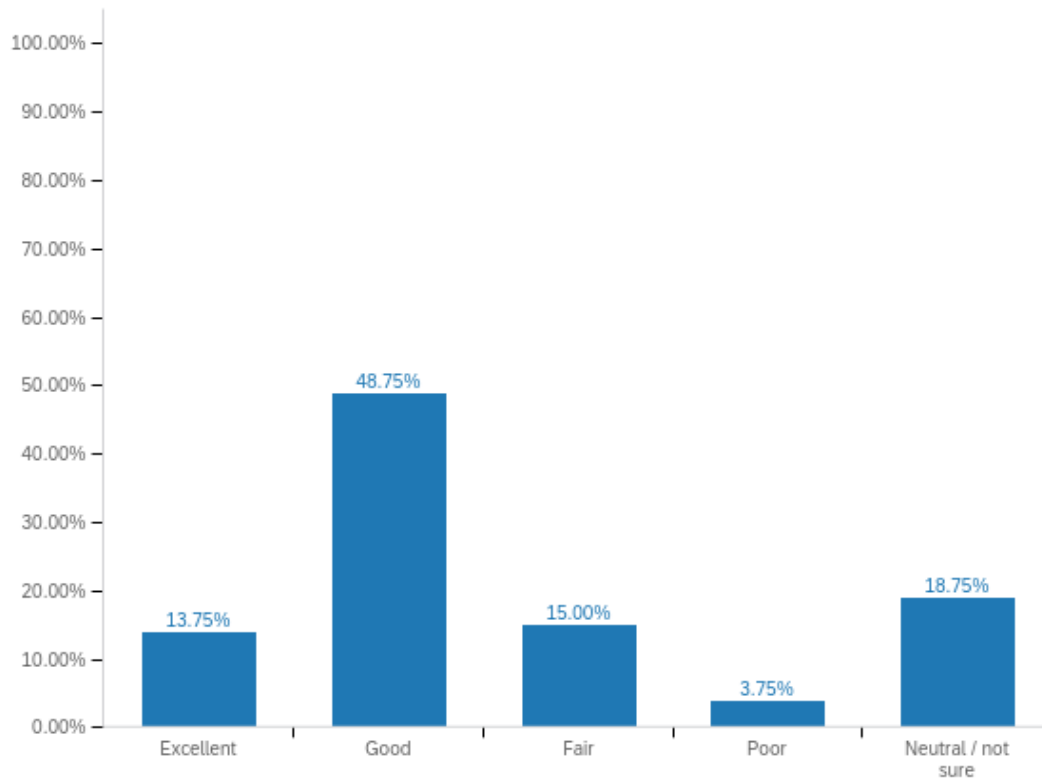
**Survey Result:** Q25 - In your opinion, how available and convenient are the following health and wellness services in McBride or nearby areas / reasonable distance? Drag the slider to rate with 1 being completely unavailable / inconvenient and 5 being very available / convenient.



### Notable Suggestions

- more full-time permanent doctors / health care workers; more in home care services; assisted living spaces are needed

**Survey Response:** Q26 - Overall, how would you rate life for older adults and seniors in the Village of McBride?



Engagement & Communications Materials

*Postcard*

This postcard was printed over 600 times and sent to residents in McBride and the surrounding areas to inform them of the Age-Friendly planning process.





Side 1 of 2.

*Between October 2020 and February 2021 the Village is carrying out an Age-Friendly Assessment and Action Plan.*

*The goal is for the Village of McBride to become an Age-Friendly Community!*

#### **WHAT IS AN AGE-FRIENDLY COMMUNITY?**

- supports people of all ages actively participating in the community
- treats everyone with respect, regardless of age
- makes it easier for older people to stay connected
- focuses on 50+ while benefiting all

#### **WE WANT TO HEAR FROM YOU!**

Visit [mcbride.ca/village-office/age-friendly](https://mcbride.ca/village-office/age-friendly) to:

- complete the age-friendly survey
- learn more about the age-friendly assessment and action plan & ways to get involved

Print copies will be available at the Village Office and Library or contact Karen Dubé, [karen@mcbride.ca](mailto:karen@mcbride.ca) 250-569-2229

*This project is funded through grants provided by the Union of BC Municipalities*

Side 2 of 2.

### Poster

This poster was placed in several key community locations throughout the Village of McBride and was also posted online in various places.



— Is the Village of McBride —

# AGE-FRIENDLY?

**WHAT'S HAPPENING?**  
Between October 2020 and February 2021 the Village of McBride is carrying out an Age-friendly Assessment and Action Plan. As part of the project, the Village will conduct an assessment and wants to hear from you about McBride's current age-friendly strengths and challenges. The resulting Action Plan will identify ways to make McBride more age-friendly.

**WHAT IS AN AGE-FRIENDLY COMMUNITY?**

- supports people of all ages actively participating in the community
- treats everyone with respect, regardless of age
- makes it easier for older people to stay connected
- focuses on 50+ while benefiting all

**WE WANT TO HEAR FROM YOU!**

☞ Want to get involved and learn more about the age-friendly assessment and action plan?  
Visit: [mcbride.ca/village-office/age-friendly](https://mcbride.ca/village-office/age-friendly)

📅 Check out the community calendar for key engagement dates.  
Visit: [calendar.mcbride.ca/tile](https://calendar.mcbride.ca/tile)

 This project is funded through grants provided by the Union of BC Municipalities (UBCM)

**QUESTIONS? CONTACT US!**  
Hudson McLellan, Age Friendly Project Consultant - EcoPlan, [HUDSON@ecoplan.ca](mailto:HUDSON@ecoplan.ca), 1.604.228.1855 x4

### Website

This is a screenshot of the Village of McBride website for the Age-Friendly process.



## VILLAGE OFFICE

- COVID-19
- News and Notices
- Council
- Child Care Space Creation Planning
- **Age-Friendly**
- Housing
- Village of McBride Careers and Tenders
- Bylaws & Policies
- ICBC and Motor Vehicle
- Maps
- Reports
- Applications and Permits
- Staff
- Regional District of Fraser-Fort George
- Contact Us

[Home](#) / [Village Office](#) / Age-Friendly

## Village of McBride Age-Friendly Assessment and Action Plan

January 11, 2021

Thank you to everyone who completed the McBride Age-friendly Community Survey. Stay tuned for more information.

November 23, 2020

**Today we launch the Village of McBride Age-friendly Community Survey!**

This survey should take approximately 15-20 minutes of your time and your survey responses will be kept anonymous. As thanks for your time, you will be entered to win a prize!

Take the survey online here:

[https://qplus.az1.qualtrics.com/jfe/form/SV\\_1C9GV7UwnxMKT3L](https://qplus.az1.qualtrics.com/jfe/form/SV_1C9GV7UwnxMKT3L)

If you would like to fill out a paper survey, you can pick one up at the Village of McBride office at 100 Robson Centre or at the McBride Public Library.

We encourage everyone in the Robson Valley to take the survey.

Please feel free to contact us with any questions or comments:

Hudson McLellan  
Age Friendly Project  
Consultant - EcoPlan  
[HUDSON@ecoplan.ca](mailto:HUDSON@ecoplan.ca)  
1.604.228.1855 x4



### Facebook Posts

This is an example of a Facebook post from the final stages of the engagement, where the planning team was sourcing photos for the Age-Friendly Plan.



## Village of McBride ▼



Overview



Ads



Notifications

Home Posts About Events Commur

Do you have a favourite photo you'd like to share with the Village of McBride?

### Looking for photos of local seniors!

The Village of McBride is putting together an **Age-Friendly Assessment and Action Plan** report.

We would like to use photos of local residents – particularly older adults – in the report for publication on the Village of McBride website. We are looking for images of seniors engaged in things that they love to do here in the Robson Valley.

If you have a photo you wouldn't mind sharing with the Village for this project, please email Karen at [karen@mcbride.ca](mailto:karen@mcbride.ca). Please ensure you have permission from the people in the photo! Also, the photos should be high-resolution if possible.

Thank you.



Create Post

*Ad in Local Paper*

This ad was posted in the Little McBride Paper at the beginning of the project, November 2020.



## Is the Village of McBride Age-Friendly? WE WANT TO HEAR FROM YOU!

**WHAT'S HAPPENING?** Between October 2020 and February 2021, the Village of McBride is carrying out an Age-Friendly Assessment and Action Plan to identify ways to make McBride a more age-friendly community.

### **WHAT IS AN AGE-FRIENDLY COMMUNITY?**

- supports people of all ages actively participate in the community
- treats everyone with respect, regardless of age
- makes it easier for older people to stay connected to the community
- focuses on 50+ while benefiting all

### **YOUR INPUT IS NEEDED!**

Visit the website <http://www.mcbride.ca/village-office/age-friendly> to:

- Get involved and learn more about the age-friendly assessment and action plan
- Take the Age-Friendly McBride Survey (coming soon)
- Participate online or in an organized event (within health and safety guidelines)
- Find out how you can join the age-friendly working group.

Contact us with any questions or comments!

Hudson McLellan, Age-Friendly Project Consultant – EcoPlan  
[hudson@ecoplan.ca](mailto:hudson@ecoplan.ca), 1.604.228.1855 x4

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### Interviews

Local residents (considered community leaders), organizations and community groups were contacted and interviewed as part of the age-friendly assessment and action plan.

As part of the interviews, participants were asked a variety of questions. These included the following.

- Please tell us about your organization (if applicable).
- Is there any topic around Age-Friendliness in McBride that you would specifically like to talk about?
- What can be improved in the Village for older adults and seniors?
- Do you have any recommendations for activities or opportunities for older adults and seniors?
- What recommendations or ideas do you have for health support services?
- How accessible do you think McBride's outdoor public spaces are (e.g., parks, trails)?
- What ideas do you have to improve transportation access?
- How can housing be improved for older adults and seniors?
- How can communications to older adults and seniors be improved in the Village?

### Working Group

An age-friendly working group composed of Village residents provided key feedback on the age-friendly process and outcomes. The working group met two times and reviewed the draft actions for the plan. The following is a record of working group meeting notes.

### Introductions



Each working group member was asked to introduce themselves and provide a few key points on their interests and initial thoughts for an age-friendly community in the Village of McBride. The following key points and initial thoughts were heard:

- Additional supportive housing for seniors is needed in the community.
- Older adults and seniors face a number of barriers to “aging in place” and remaining in their community. Additional support services and/or programs are needed for residents to remain in their homes.
- Seniors want to stay in the community - with more housing and more opportunities for activities, aging in place can be encouraged.
- There are existing programs geared towards seniors in the community (i.e. the Better at Home program). These are key assets to the Village and District. The Age-Friendly Assessment and Plan can help support and build on these types of programs.
- The Working Group is interested in future additional funding that may be available through age-friendly BC or UBCM funding grants as a result of becoming an “age-friendly community”. There is experience with grant writing within the working group.
- A key focus area is social / emotional support for older adults and seniors (i.e. those caring for spouses, isolated individuals, etc.) to improve their wellbeing, and provide respite, events, community connections and entertainment opportunities.
- Look for opportunities to compliment the health care system and connect with hospital programs and services. Ensure vulnerable residents do not “fall through the cracks”.
- Housing options are critical and should be a focus point for the future.
- It’s important to assess how to support existing transportation options and barriers (i.e. health bus and snow removal – weather/lack of snow clearing can prevent the bus from picking up seniors.)

### **Overview of Age-Friendly Planning in McBride**

#### Summary

A high-level overview of why the Village of McBride is conducting an age-friendly planning process and what an age-friendly process is, was presented. Working Group members offered the following key points:

- Some aspects of older adults and senior needs may be outside the jurisdiction of the Village and District. For example, quality of care and gaps for seniors within the health care system (under Northern Health). In particular, decisions made in Prince George do not necessarily or accurately address rural situations.
- Resources do exist, for example, at the hospital there are long-term care opportunities for seniors.
- Social isolation during the pandemic is an added issue that should be discussed as part of this work.

### **Draft Terms of Reference for the Working Group**

#### Summary

The terms of reference for the working group was reviewed and discussed. The following was noted:

- No major changes or edits were recorded to the terms of reference. However, working group members could review and send any additional comments via email to EPI. All edits will be incorporated and a final terms of reference will be sent to all working group members.
- Serving on the working group and having been identified as a stakeholder in the project process is not a conflict of interest.

## **Engagement**

### Summary

An overview of the tools and methods used for the age-friendly planning process was presented. The following groups were noted as potential additional stakeholders in the process:

- BC Housing
- Northern Health
- Indigenous community representation (note: a Robson Valley Advisory Committee is currently being assembled)

It was noted that a separate stakeholder list (in addition to the working group) has been compiled by the consultant that will include additional agencies and governments, to be reviewed and discussed with the Village of McBride.

Other Potential Distribution Opportunities for outreach to be explored:

- Beaverview Lodge / Mountainview - added to list for potential locations of distribution
- Local Churches - on list of contacts
- AG foods - added to list for potential locations of distribution
- Dome Creek Post Office - added to list for potential locations of distribution
- Community Bulletin Boards - on list of engagement locations
- Doctors Office Bulletin - added to list for potential locations of distribution
- McBride Manor Row Houses – door to door delivery - added to list for potential locations of distribution
- Survey – delivered through the RVCS Soup and Bun program - added to list for potential locations of distribution
- Drop-in at the library - added to list for potential locations of distribution
- Community based zoom workshop (Dome Creek) - suggestion for additional supportive workshop
- Survey delivered door-to-door - on list of engagement opportunities
- This list to be reviewed with the Village of McBride.

## **Age-Friendly McBride - MURAL brainstorming exercise**

### Summary

A facilitated exercise was held to start an initial brainstorm on age-friendliness in the community. This exercise was open ended and asked the questions:

- What's working in the community for age-friendliness?
- What's not working in the community for age-friendliness?

PDF of engagement results attached to notes

## **Age-Friendly Working Group #2 - Meeting Notes**

Tuesday, January 26th, 2021, 10:00am - 11:30am

### Summary

A working group composed of community representatives was created to provide input to the Village of McBride's Age-Friendly Assessment and Action Plan planning process. The second Working Group meeting was held online via zoom on Tuesday January 26th, 2021.

The objectives of the meeting were to:

- Update the Working Group Members on work completed to date
- Present the results of the survey, assessment, and draft action areas
- Receive input from the Working Group members on the assets and actions areas

The following is a summary of the meeting and facilitated exercise.

### **Updates: Where We Are in the Planning Process**

The project team provided a high-level overview of project phases and work completed from October 2020 - February 2021. Working group members had no questions or comments on the process.

### **Review of Engagement Results**

The project team presented an overview of the age-friendly survey, stakeholder interviews, Village of McBride document review, and Village assessment.

### **Review and Feedback of Age-Friendly Assets and Action Areas**

Based on engagement results, the project team reviewed identified assets and action areas across the eight age-friendly areas. A facilitated exercise was held to incorporate the knowledge of the Working Group members. Working group members were asked to identify gaps and provide suggestions for new or revised actions. The following notes provide a summary of feedback received from Working Group members.

#### Age Friendly 1: Outdoor spaces

##### **Input on Assets:**

- Include bike trails.
- Clarify Community Hall - this is the same as Robson Valley Community Centre.
- Include the Robson Valley Recreation Centre (fitness centre, arena, curling, court).

- The Village is putting together a Community Revitalization and Beautification Committee of Council. The Age-Friendly Plan will inform the committee as it relates to work on urban trails, lighting, seating, etc.
- Horseshoe Lake noted as easily accessible and wheelchair friendly (at least in spring- fall), some people would need to drive to it, but it is accessible from town; include this in assets for what is working in outdoor spaces.

**Input on Actions:**

- Horseshoe Lake is technically outside the municipality but there have been partnerships in the past between the Regional District and McBride Chamber of Commerce to make improvements to the facilities there (note: chamber and regional district maintain horseshoe lake).

**Other Comments:**

- Bathrooms were discussed as a very important feature for improvement.

*Age Friendly 2: Public transportation*

**Input on Assets:**

- Train will be added to list (note that it is an asset when it is operating).
- Addition of occasional taxi service available.
- Occasionally individuals offer a taxi service, however it is informal / infrequent.
- There is an informal ride share through local Facebook pages.
- There is a volunteer driving service through RVCS Better at home program.

**Input on Actions:**

- Question on feasibility (time and liability concerns) for the Village to offer a "on call" transport service.

**Other comments:**

- Need to consider size of McBride and finances available for a permanent dedicated transport service.

*Age Friendly 3: Housing*

**Input on Assets:**

- An application has been submitted for a housing complex which includes seniors, low-income families, and persons with disabilities.
- In the future there may be an expanded mixed-use development (business below and housing above).

**Input on Actions:**

- Add home adaptation (home maintenance and renovations) to support residents to “age in place”.

#### Age Friendly 4: Social Participation

##### **Input on Assets:**

- Include considerations for community associations who do a lot of the programming and planning of events in the remote areas and include seniors.
- Add Valley Museum and Archives to asset list.
- Note the Robson Valley Community Services provides a lot of social participation programs.
- Add Healthier Communities Committee out of the hospital.

##### **Input on Actions:**

- Note that community groups often work in isolation. This might be opportunity to collaborate under an umbrella organization to apply for funding, etc.
- In the past, McBride had a community activity aide who coordinated many of the senior activities. The coordinator ensured that isolated seniors were involved in activities, arranging rides etc. Unfortunately, the funding was discontinued.
- Past Funding: collaboration with the hospital (activity aide was shared with the hospital); in collaboration with the Chamber of commerce, hired an activity aide through this funding collaboration and it would be great to see that back in place. It helped isolated seniors participate in activities, and they organized regular activities for seniors.

#### Age Friendly 5: Respect and Social Inclusion

##### **Input on Assets:**

- Add Little McBride paper (improves social inclusion).
- Add Pete’s List (improves social inclusion).
- Add Facebook (social network).

##### **Input on Actions:**

- Consider collaboration with SD57 for projects that link seniors with youth.

#### Age Friendly 6: Civic Participation & Employment Opportunities

##### **Input on Assets:**

- Add training services at the Library (tech training, writing group on Fridays, 3D printer training, senior tech training with zoom, emails, Christmas e-videos).
- Add Valley Museum and Archives and the work it's doing with seniors to capture their stories of growing up in the valley.



- Add Elder hostel (or equivalent type program) in McBride.

#### **Input on Actions:**

- Host a 'volunteer fair' for the community to connect those wishing to volunteer with groups that need volunteers.

#### Action 7: Communication and information

#### **Input on Assets**

- Add other local business websites.
- Note that the community calendar on the village website that could be better utilized and promoted.
- Old fashioned noticeboards, one at the library & AG foods, are great assets and are working.
- Some (minimal) add space at the Post office.

#### **Input on Actions**

- Better utilize train centre and post office notice boards (currently post office uses notice board for death notices or other specific items).
- Consider low cost of delivery mailouts to all of McBride (e.g., postcards used in this process).

#### Age Friendly 8: Community & Health Services

#### **Input on Assets:**

- Note that the Better at Homes program only provides non-medical services.
- Hospital Auxiliary raises funds for additional hospital equipment.
- Royal Purple has hospital-style bed for home use.

#### **No input was received on Actions**

#### **Next Steps**

Next steps are as follows:

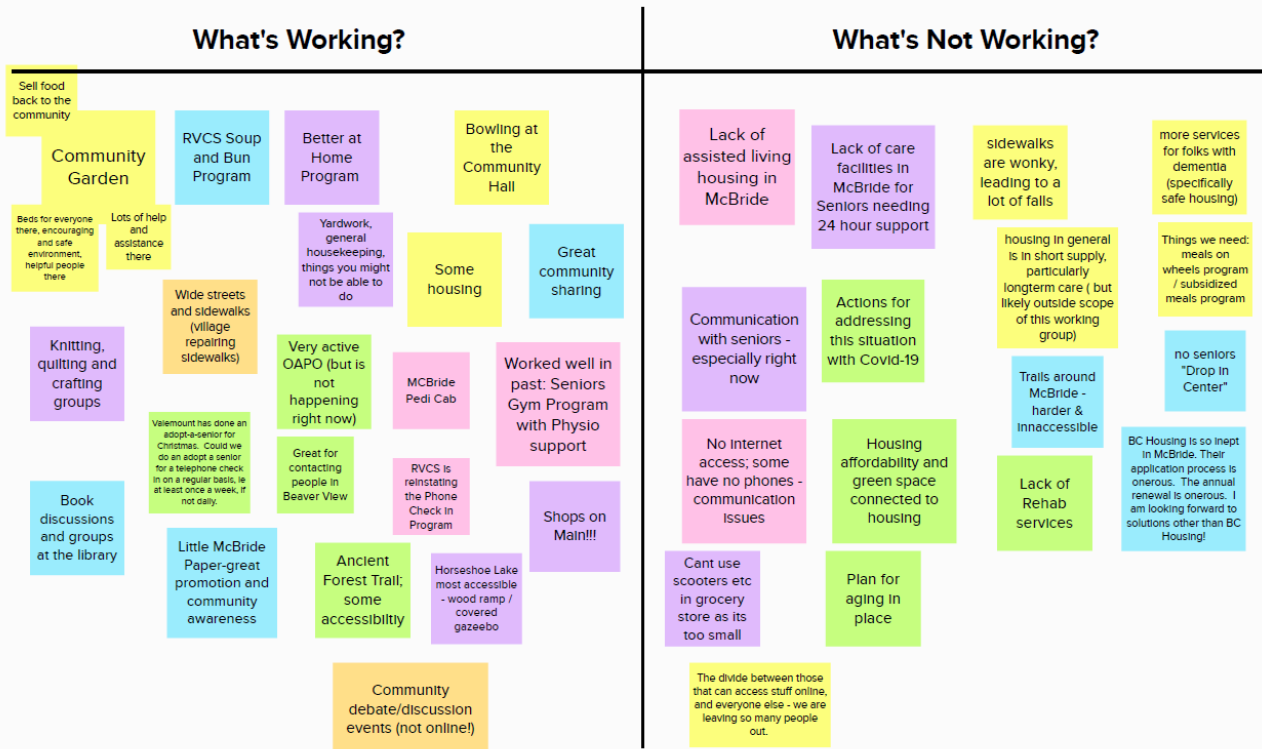
- (1) project team to share the draft plan with Village of McBride staff for review;
- (2) draft plan will be circulated to the Working Group for review, and;
- (3) presentation of the final draft Age-Friendly Assessment and Action Plan to Council on February 23<sup>rd</sup>, 2021 (all Working Group members are invited).

## Working Group Engagement Results

This was the result of a facilitated engagement with the Working Group, done during the first meeting on Friday, November 20<sup>th</sup>, 2020. Working Group members were asked to fill in and respond to the questions “*What’s Working in McBride and What’s Not Working?*” in regards to McBride’s age-friendliness.

Age-Friendly Working Group - Group Exercise

## AGE-FRIENDLINESS IN THE VILLAGE OF MCBRIDE



# Village of McBride

## AGE-FRIENDLY ASSESSMENT AND ACTION PLAN

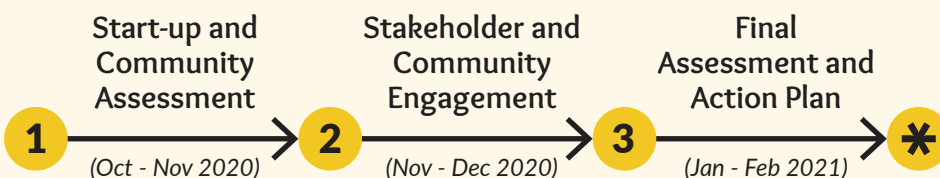
MARCH 2021



### WHAT IS AN AGE-FRIENDLY COMMUNITY?

- supports people of all ages to actively participate in the community
- treats everyone with respect, regardless of age
- makes it easier for older adults and seniors to stay connected
- focuses on 50+ while benefiting all


The Village has recently completed a draft Age- Friendly Assessment and Action Plan. The plan will be completed in March 2021.



### WHAT DID WE DO FOR ENGAGEMENT?




Received  
100  
survey  
responses



Sent 600  
postcards to  
residents &  
posted age-  
friendly ad  
in paper and  
Village website



11 phone  
and email  
interviews  
with key  
community  
members and  
organizations



Created a  
working  
group that  
included  
McBride  
residents and  
organizations



Reviewed 13  
of the Village  
of McBride's  
Policies,  
Plans, and  
Strategies

### 8 features of age- friendliness:



**Public outdoor spaces  
and public buildings**



**Public transportation**



**Housing**



**Social participation**



**Respect and social  
inclusion**



**Civic participation**











**Communication and  
information sharing**



**Community support  
and health services**

## Village of McBride's Age-Friendly Assessment and Action Plan

The table below outlines actions identified for an age-friendly community. To see the full draft plan, go to McBride's Age-Friendly website at [www.mcbride.ca/village-office/age-friendly](http://www.mcbride.ca/village-office/age-friendly).

ACTION AREA	TARGET ACTIONS
 <b>Public outdoor spaces and public buildings</b>	<ol style="list-style-type: none"> <li>1. Park and trail improvements (extending trails, lighting, wayfinding and accessibility)</li> <li>2. Age-friendly building design</li> <li>3. Snow removal reminders</li> <li>4. Accessibility evaluation</li> <li>5. Ensure age-friendly aspects are considered through the Community Beautification &amp; Revitalization Committee</li> </ol>
 <b>Public transportation</b>	<ol style="list-style-type: none"> <li>1. Encourage new transportation services and pilot projects</li> <li>2. Update Village policy to support active (walking, biking) transportation</li> <li>3. Assess safety for pedestrians in key areas</li> <li>4. Consider additional accessible and/or seniors parking</li> <li>5. Work with neighbouring communities on regional transportation services</li> </ol>
 <b>Housing</b>	<ol style="list-style-type: none"> <li>1. Update Village policy to support a variety of housing options</li> <li>2. Collect housing data related to older residents</li> <li>3. Work with partners for affordable or emergency housing</li> </ol>
 <b>Social participation</b>	<ol style="list-style-type: none"> <li>1. Support new and expand existing programming and events</li> <li>2. Establish a community recreation coordinator</li> <li>3. Create a "seniors' hub"</li> </ol>
 <b>Respect and social inclusion</b>	<ol style="list-style-type: none"> <li>1. Acknowledge and celebrate seniors in the community</li> <li>2. Establish accessibility guidelines for community events</li> <li>3. Support programs for seniors at risk of isolation</li> <li>4. Connect with neighbouring communities – including First Nations on age-friendly planning actions</li> </ol>
 <b>Civic participation</b>	<ol style="list-style-type: none"> <li>1. Encourage age-friendly business</li> <li>2. Create or maintain an age-friendly working group or committee</li> <li>3. Host an annual senior's forum and/or volunteer fair</li> <li>4. Create an engagement policy that targets older adults and seniors</li> <li>5. Support training programs for seniors</li> </ol>
 <b>Communication and information sharing</b>	<ol style="list-style-type: none"> <li>1. Create a central resource information hub</li> <li>2. Continue expansion and improvement of internet services</li> <li>3. Continue use of traditional communication methods (mail, local newspaper, etc.) alongside online and social media</li> </ol>
 <b>Community support and health services</b>	<ol style="list-style-type: none"> <li>1. Support existing and new health services and programs</li> <li>2. Encourage age-friendly health service delivery</li> <li>3. Look for partnerships that support the health and well-being of older residents</li> </ol>







Prepared with the assistance of  
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