

Age Friendly Assessment and Action Plan

City of Dryden



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Introduction

Our Vision for an Age-Friendly Dryden

Dryden is a community renowned for its natural setting and strong sense of community supported by an active and growing seniors' population. Our age-friendly approach is intergenerational in nature and aims to enhance the social and physical wellbeing of seniors and other generations in our community through partnerships and collaboration.



Nearly a quarter of Dryden residents are over the age of 65, and this proportion of older adults is expected to increase over the next two decades. This growth, along with the increased life expectancies and desire of seniors to age-in-place in the community will require proactive efforts to address their growing and evolving needs. Local seniors have long contributed to Dryden's quality of life and sense of community. They now seek new and enhanced programs, services, and infrastructure that contribute to their physical and social wellbeing. These programs, services, and infrastructure improvements will enhance their ability to maintain a high quality of life while remaining independent in the community for as long as possible.

The City recognizes the need to adapt its physical and social environments to meet the needs of local seniors now and in the future. This includes the City's transportation systems, housing, outdoor spaces, buildings, community supports, communication methods, and recreational services. Doing so will result in a healthy and livable community that remains attractive for residents and visitors of all ages.

The Dryden Age-Friendly Assessment and Action Plan is a guiding document for City Council, staff, and the broader community. It assesses where the community is today in meeting the needs of its senior residents and includes an action plan to better enable active aging and aging-in-place.

The goal is to support the health, wellbeing, and independence of seniors, which in turn will contribute to the broader health and sustainability of the community.





What is Aging-in-Place?

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

— *US Center for Disease Control and Prevention*



What is Active Aging?

“Active aging is the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age.”

— *World Health Organization*

This report is broken into eight sections. The first section provides an overview of Age-Friendly Planning and background information about the City. It also outlines the planning and engagement process undertaken to develop the direction and contents within this Plan. The next six sections highlight specific Age-Friendly Planning areas ([Figure 1](#)).

Each section includes an overview of the planning area, summary of relevant community feedback, an assessment of existing conditions, and an action plan with strategies and recommendations for the City to implement as resources are available. The final section includes an implementation strategy to help the City operationalize and monitor the direction contained in this Plan.

Figure 1.

Six highlighted Age-Friendly Planning Areas



Age-Friendly Planning

Age-friendly planning aims to enhance the overall quality of life in a community for all residents. It ensures that a community's physical and social environment is sensitive and able to adapt to the changing needs of people as they age.

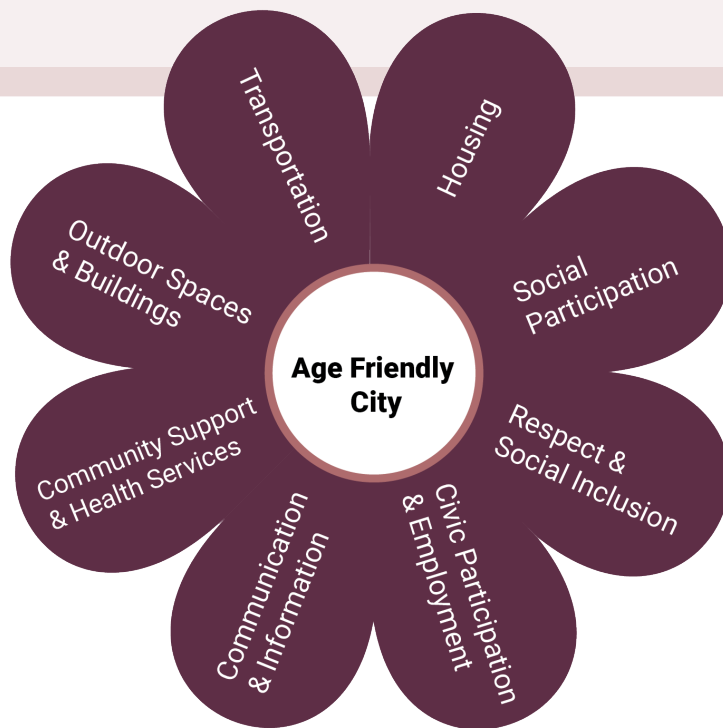


Figure 2. Age Friendly Pillars



What is an age-friendly community?

Age-friendly communities encourage and promote seniors' ability to be active, independent, and healthy by providing access to appropriate services, programs, and infrastructure.

In 2006, the World Health Organization (WHO) created a guiding framework for age-friendly planning. The initiative focused on understanding how communities can better adapt infrastructure, services, and amenities to be inclusive of the varying needs of residents of all age groups. The age-friendly community framework was developed through the experiences of seniors in communities across the globe and focuses on the following eight “age-friendly pillars.”

1. **Outdoor spaces and buildings:** Public infrastructure and buildings (e.g. parks, sidewalks) are in good condition and designed with accessibility in mind to accommodate varying degrees of mobility.
2. **Transportation:** A range of transportation options are provided that enable all residents to access their day-to-day needs safely.

3. **Housing:** A diverse array of housing types are provided and located in areas of the community that allow for easy access to services.
4. **Community supports and health services:** Quality, accessible health care and available for all residents.
5. **Communication and information:** Community information is distributed through a variety of mediums that are easy to access.
6. **Respect and social inclusion:** Several outreach opportunities exist in the community to reduce the potential for social isolation.
7. **Social participation:** There are a variety of community events, festivals, and recreation programs for seniors and residents of other demographics.
8. **Civic participation and employment:** Opportunities exist for seniors to volunteer with community organizations or take on employment with local businesses, organizations, or government.



Intergenerational Planning

The Dryden Age-Friendly Assessment and Action Plan recognizes that age-friendly communities are intergenerational. A diverse population base, healthy local economy and new generations of residents are necessary to maintaining a vibrant and sustainable community. Many of the amenities, services, infrastructure and social opportunities seniors desire or require extend to other age-groups, including youth and young families.

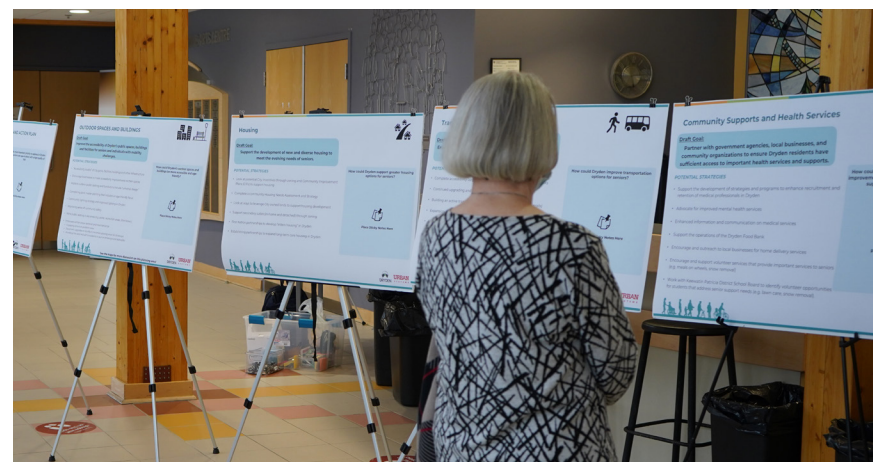


Intergenerational Planning Arrow

Items contained in the Action Plan that embody intergenerational planning can be found with the intergenerational planning arrow beside them.

Age-friendly planning that focuses on the interconnected needs between seniors and broader community can support efforts to maintain and enhance local service levels, continue investment in public facilities and infrastructure, and promote a vibrant and active community. This is achieved through senior-oriented strategic actions that realize positive outcomes for other age demographics in the community.

The engagement process with Dryden residents and stakeholders revealed several community needs and potential improvement areas that have shared impacts and benefits between seniors and the broader community. This plan contains several directions that focus on improving the quality of life and ability to age-in-place for seniors with spinoff benefits that are broad-reaching.





Municipal Roles

Enhancing the age-friendliness of a community requires collaboration between different levels of government, government agencies, service providers, community organizations, local businesses, and the broader community. The City is well-positioned to champion age-friendly initiatives that align with its core municipal mandate and related responsibilities in providing services to the community.

The WHO's age-friendly pillars includes areas that fall outside of the traditional roles and responsibilities of a municipality. For example, the Province of Ontario provides healthcare services in Dryden and the surrounding region. While the City can advocate to other levels of government and collaborate with service providers, they are not directly involved in the provision of healthcare.

The Table below summarizes the direct and indirect roles of the City when making efforts to promote age-friendliness in the community.

Direct Roles



Providing infrastructure and municipal services



Land use planning and development



Parks and recreation provision



Bylaw enforcement



Protective services



Economic development

Indirect Roles



Advocacy of other levels of government (e.g. health / social services / social housing)



Supporting community organizations



Being a connector and mobilizer between government, services, providers, and community



Engaging and partnering with service providers to enhance service levels

Planning Process

The planning process for the Age-Friendly Assessment and Action Plan was completed between October 2021 and May 2022. The process consisted of the following five phases, including two rounds of community engagement.



1 Background Review and Research

The first phase of the project focused on learning more about the current situation in Dryden. This included a review of municipal, provincial, federal and international documents related to age-friendly planning.

2 Community Engagement #1

November 8 and 10, 2021

Following the background review, the project team conducted the first round of community engagement. This engagement focused on understanding current conditions, needs, and opportunities for seniors in Dryden through the following activities:

- Community survey
- Partner community meeting
- Community open house
- Stakeholder meetings
- Go Getters Members workshop
- City leadership review meeting

3 Assets and Gaps Analysis

During the third phase, the project team completed an analysis of the current age-friendly situation in Dryden using the information collected during the first two phases. The City's existing infrastructure, services, and amenities were evaluated using the WHO's eight age-friendly pillars as a guideline. This evaluation involved identifying existing assets, gaps, and opportunities for each of the pillars.

4 Community Engagement #2

March 15 and 17, 2022

The second round of community engagement focused on confirming the information collected during the first round of engagement and presenting potential strategies to address gaps and challenges. The following activities were involved:

- Stakeholder open house
- Pop-up booth

- Go Getters Members workshop
- Community open house
- City leadership meeting

The engagement process included representatives from various organizations that work with and represent seniors in Dryden. These included, but were not limited to the Kenora District Services Board, the Dryden Food Bank, the Dryden Regional Health Centre, the Northwestern Health Unit, the Rotary Club of Dryden, the Retired Teachers of Ontario District 35, Cycling Without Age, and the Old Timers Hockey League.

5 Plan Development and Completion

The Age-Friendly Assessment and Action Plan was developed based on the feedback collected in the previous phases. This included information from the background review, the community engagement sessions, and the assets and gaps analysis.

Report Outline

The Dryden Age-Friendly Action Plan was developed through community engagement, an assessment of current assets and services, a review of existing plans and policies, and project team knowledge of age-friendly policies and principles. Due to overlap, some of the age-friendly pillars have been combined into the following six areas:

1. Housing
2. Community Support and Health Services
3. Transportation
4. Outdoor Spaces and Buildings
5. Communication and Information
6. Respect, Inclusion, and Participation

Each area includes the following sections:

Overview

This section summarizes the action area and how it relates to promoting aging-in-place in Dryden.

What We Heard

This section summarizes the feedback from community members during the two rounds of engagement.

Age Friendly Assessment

An assessment was completed through desktop research and conversations with City staff, leadership, stakeholders, and community members. The assessment includes the City's existing assets, services, gaps, barriers and opportunities for each area.

Action Plan

The action plan includes a goal and strategies for each area. The goal summarizes the intended outcome for the action area. The strategies are specific projects, programs, and initiatives that can be implemented to achieve the goal for the area.

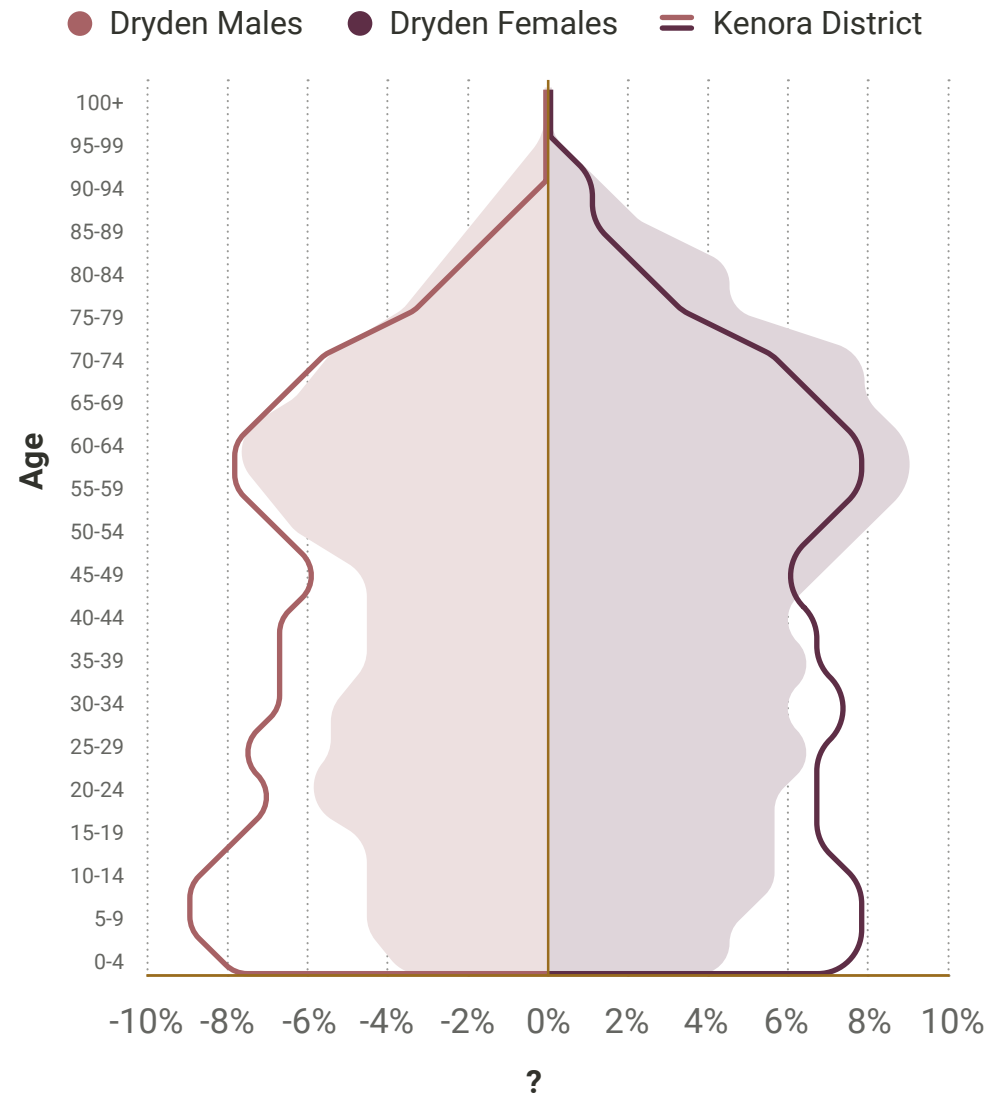
Community Context

Population Trends

As of 2021, Dryden's population was recorded at 7,388 residents (2021 Census). [Figure 3](#) highlights the distribution of current Dryden residents by age and gender. The population of the Kenora District is included for comparison purposes. Relative to the surrounding region, Dryden has fewer young adults under 19 and more older adults over 50 years old. This suggests that Dryden will grow slower and age faster than the surrounding region.

The population projections provided do not account for potential population growth and resulting demographic shifts that may occur from the development of the Goliath Gold and NWMO Deep Geological Repository projects in the surrounding area.

Figure 3.
Population Pyramid for Dryden, 2021

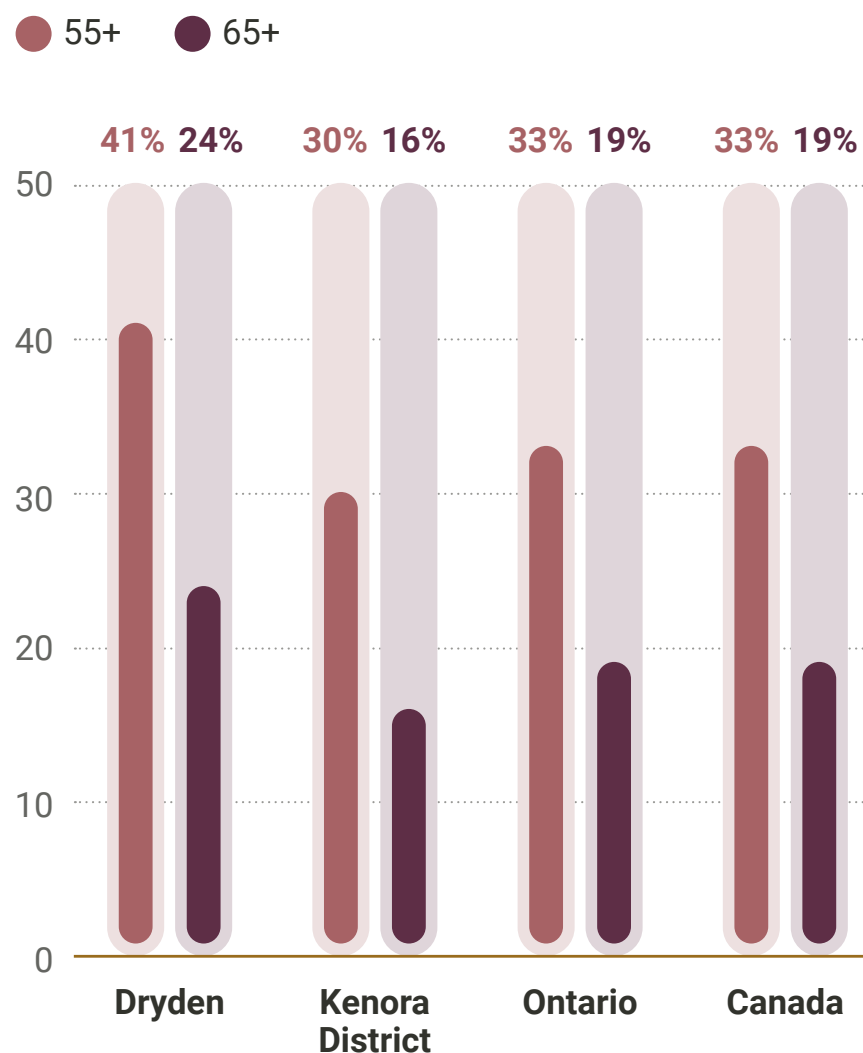


Population projections contained in the Dryden Community Capacity Study (2021) forecast the community to grow between 7,593 and 9,582 residents depending on the realization of both major projects. These projects and related spinoff economic activities would likely trigger growth in younger demographics as workers and their families potentially relocate into Dryden. This may have a significant effect on the median age in the community.

The City of Dryden is aging faster than regional, provincial, and national averages, as shown in [Figure 4](#).

As of 2021, more than 40 percent of Dryden's population was over 55 years old. In comparison, 30.4 percent of Kenora District residents and 32.7 percent of Ontario residents are over

Figure 4.
Proportion of Older Adults in Dryden and Surrounding Areas, 2021



55 years old. Dryden's median age is 48 years old compared to 37.6 years in the Kenora District and 41.6 years in Ontario. The proportion of older adults in Dryden is increasing as shown in Figure 5. Since 2001, the proportion of adults over 55 years old has increased from 23 percent to 41 percent of Dryden's population.

During the same time, the percentage of residents over 65 has grown from 13 percent to 24 percent. These trends suggest that Dryden's seniors population will continue to increase over the coming decades. This future cohort of seniors in the City of Dryden will add to existing service, housing, accessibility, and social needs as they age.

Figure 5.

Proportion of Older Adults in Dryden, 2001-2021

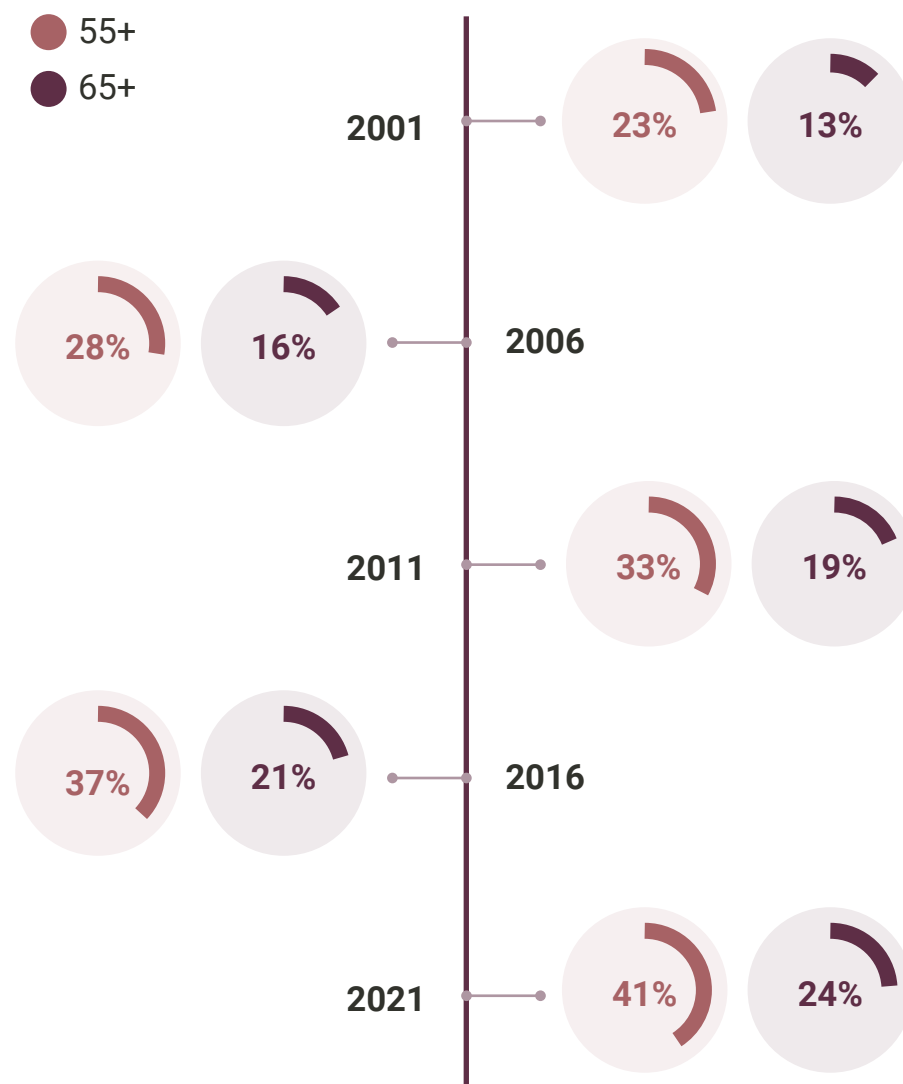
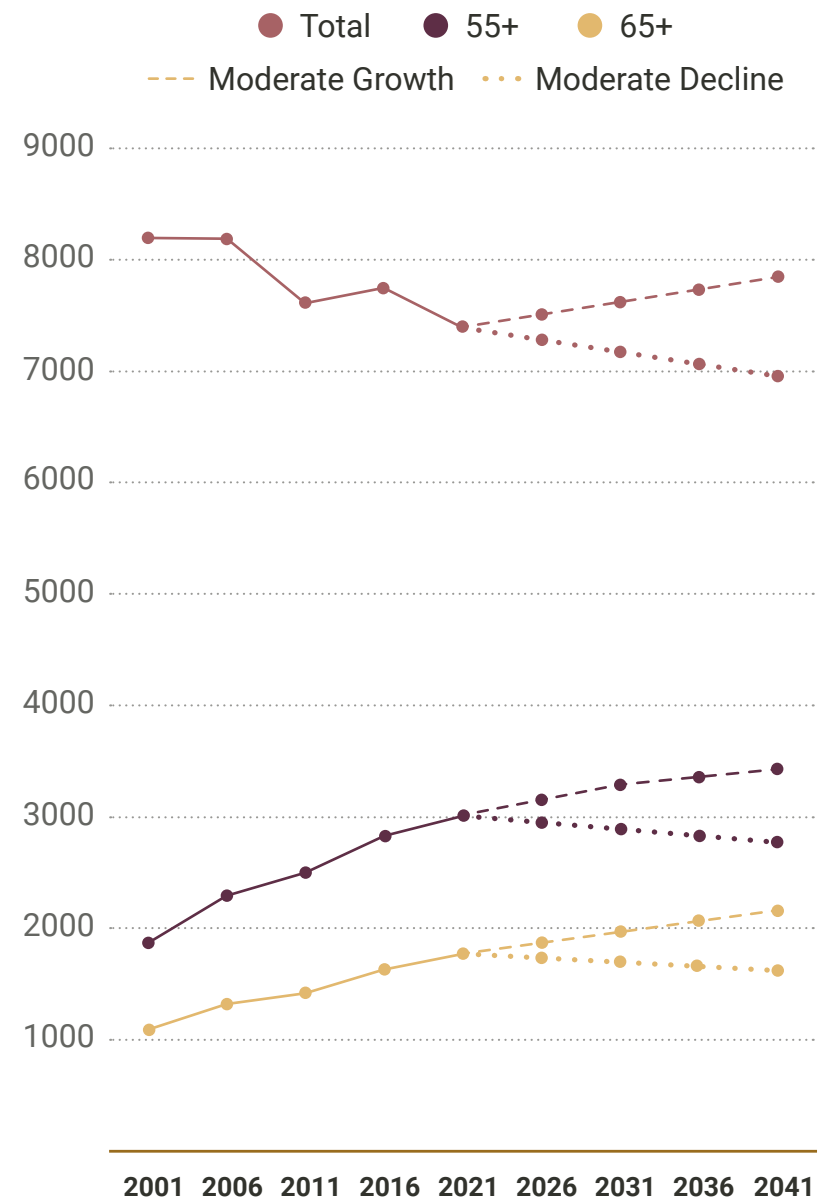


Figure 6 displays population trends and projections for Dryden. Since 2001, the population has decreased while the proportion of older adults has increased. Dryden's population decrease has been attributed to layoffs at the Dryden Mill and residents moving to unorganized territory outside the City's boundaries. Two projections are presented based on these trends.

The *moderate growth* projection assumes that Dryden will slowly grow, and the proportion of seniors will increase as aging residents from surrounding areas move into the City to access services. The *moderate decline* projection assumes economic and demographic factors lead to a slow population contraction. In both scenarios, the increased proportion of seniors will pressure municipal services and amenities.

Figure 6.
Population Trends and Projections, 2001-2041

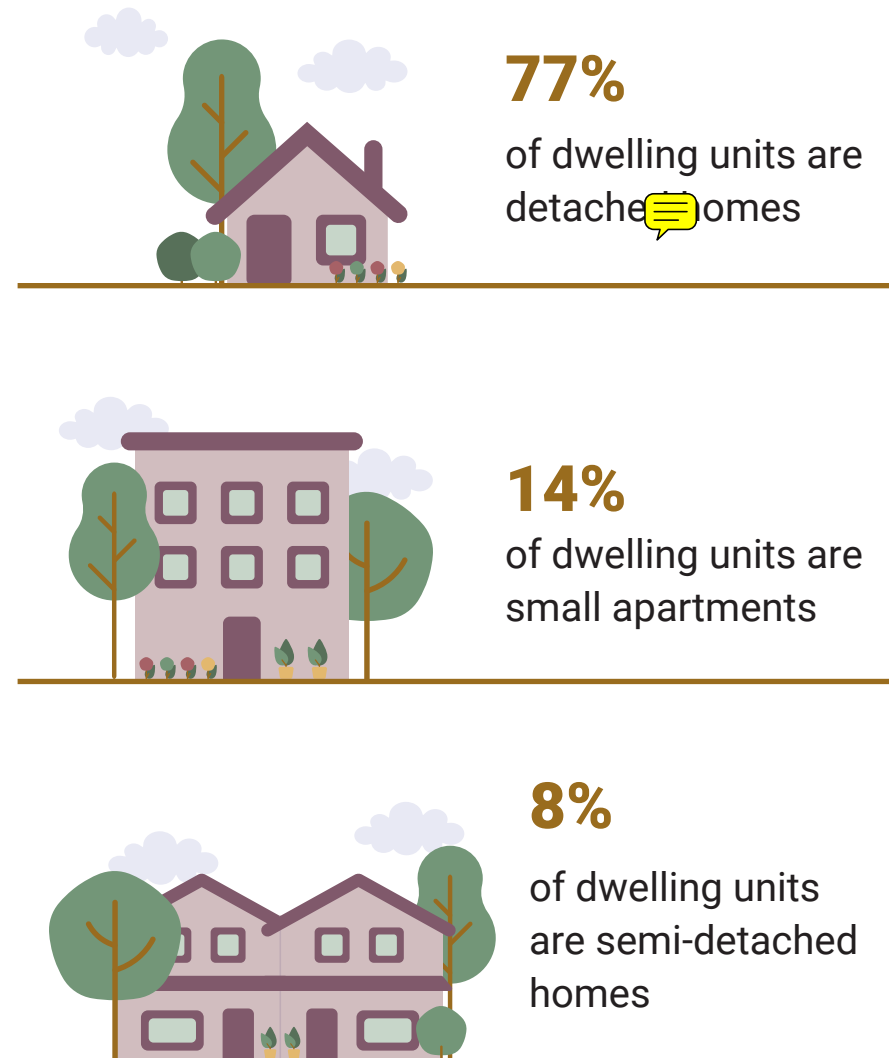


Housing Trends

As per the 2021 Census, there were 3,315 private dwellings in Dryden with an average household size of 2.2 persons. Single-detached homes make up 77 percent of Dryden's housing stock, while low-rise apartments (under five storeys) make up another 14 percent of units. The rest are semi-detached dwelling units. Dryden's housing diversity could be enhanced with the addition of different housing types, tenures, and affordability levels.

Note: This information is based on recent available Canada Census data for 2021 and may differ slightly from City of Dryden GIS data on housing types.

Figure 7.
Housing Units by Type, 2021

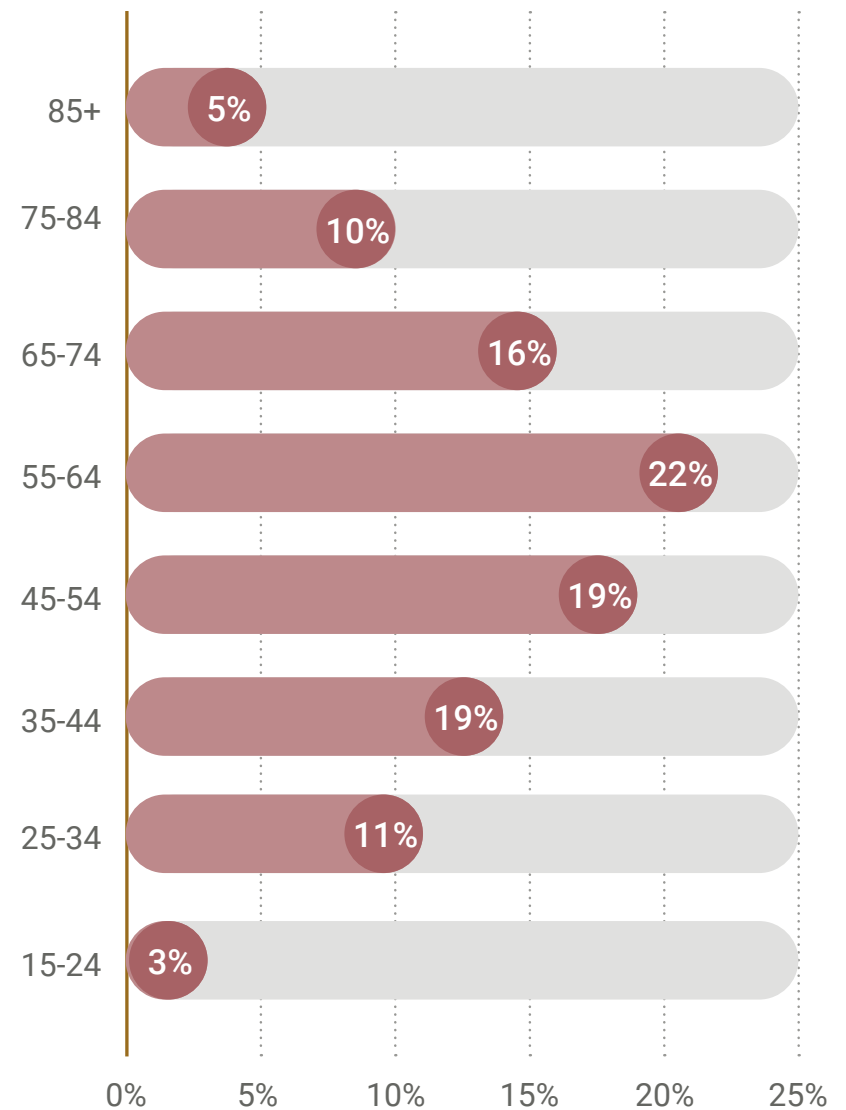


As of 2016, aging residents were responsible for maintaining most houses. More than half of the City's houses were maintained by residents over the age of 55, with 15 percent maintained by residents over 75 years old, shown in [Figure 8](#). This will likely create maintenance challenges for seniors in the future and potential growth in demand for lower maintenance living accommodations.

In 2015, the median household income was \$70,493. Roughly 20 percent of households spent 30 percent or more of their income on housing. This 30 percent ratio is a common indicator to assess housing affordability. In 2020, the median household income increased to \$82,000.

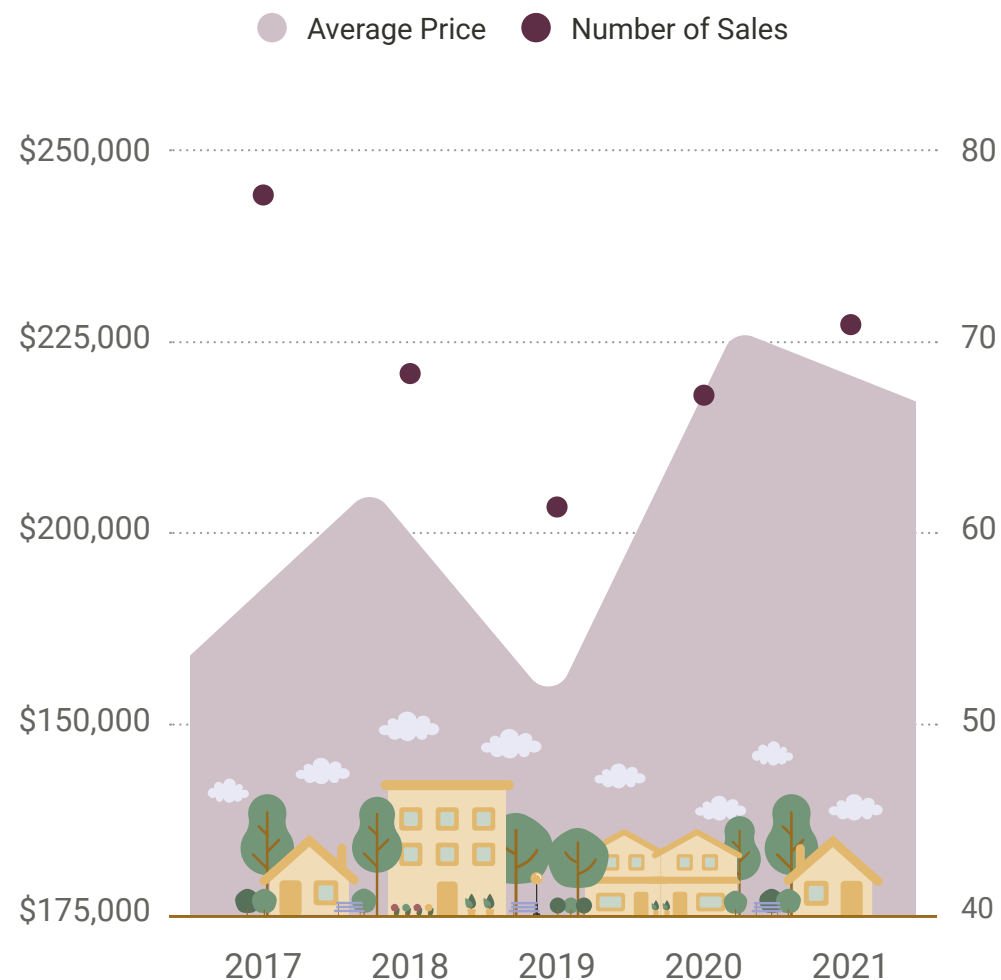
The rate of renters with shelter costs above 30 percent of their income was significantly higher than owners at 44.8 percent. This suggests that much of the rental stock is unaffordable, which could pose challenges for seniors on a fixed income.

Figure 8.
Private Households by Age of Maintainer



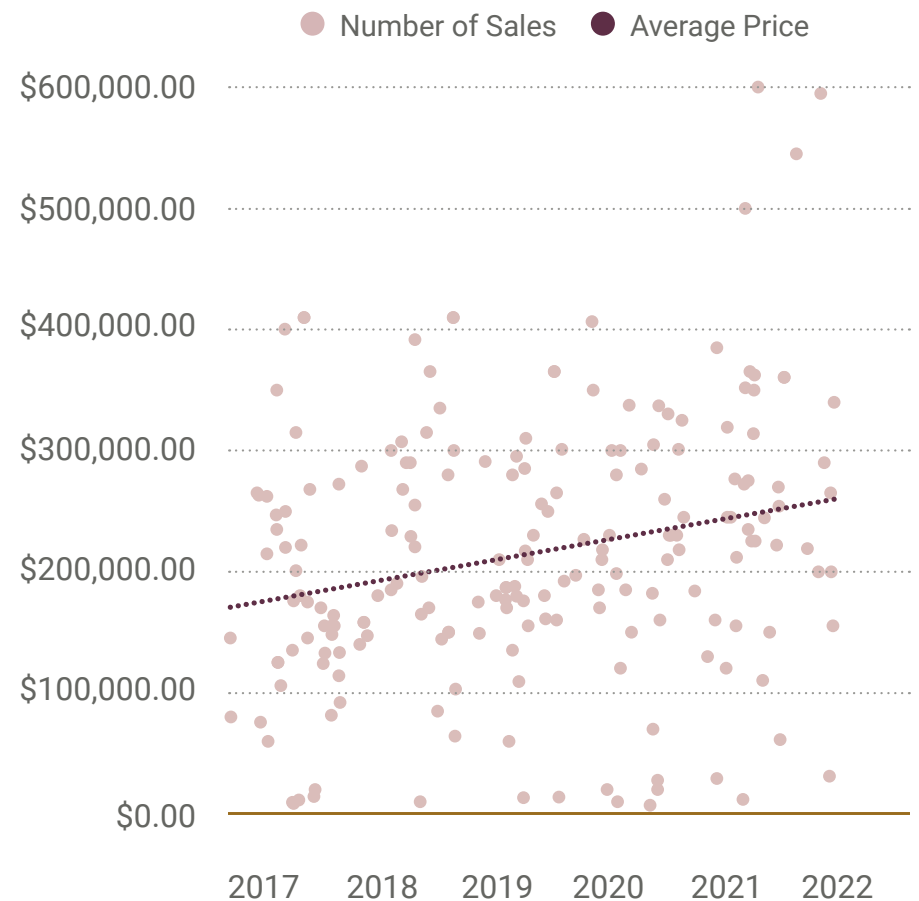
Housing prices in Dryden have increased over the last five years. In 2017, the average residential property sold for \$183,436. By 2021, the average price had increased by 18 percent to \$215,933, shown in [Figure 9](#). This figure represents the average sales amount across all residential zoning districts in Dryden.

Figure 9.
Average Sales Amount for Residential Properties
in Dryden, 2017-2021



The increase in housing prices trend is across most housing types. The R1 zone—known as Residential 1—is the most common residential zoning district in the City. It primarily consists of single detached houses. Between 2017 and 2021, 88 percent of the 413 residential property sales were for R1 properties. In this period, the average price increased by 36 percent from \$166,039 in 2017 to \$260,728 in 2021. This upward trend is highlighted in [Figure 10](#), which includes the sales amount for all R1 properties between 2017 and 2021.

Figure 10.
Sales Amount for Residential 1 Properties in
Dryden, 2017-2022

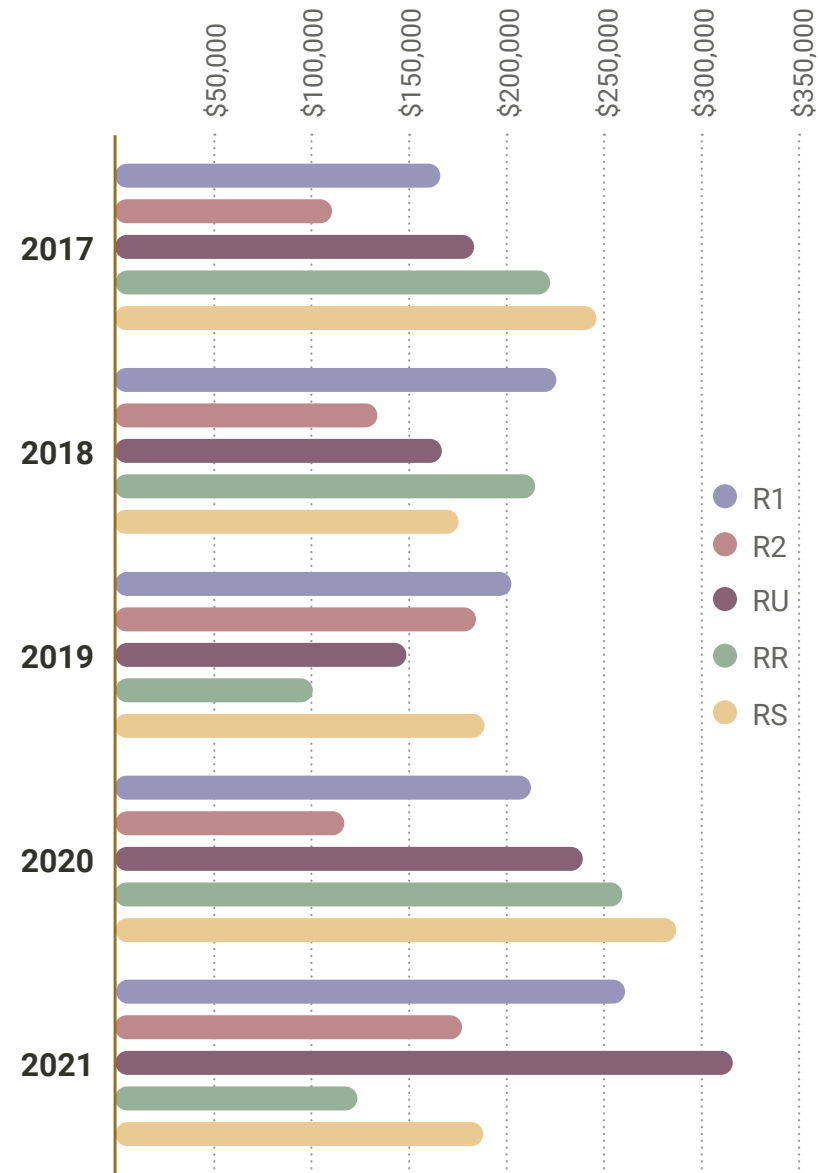


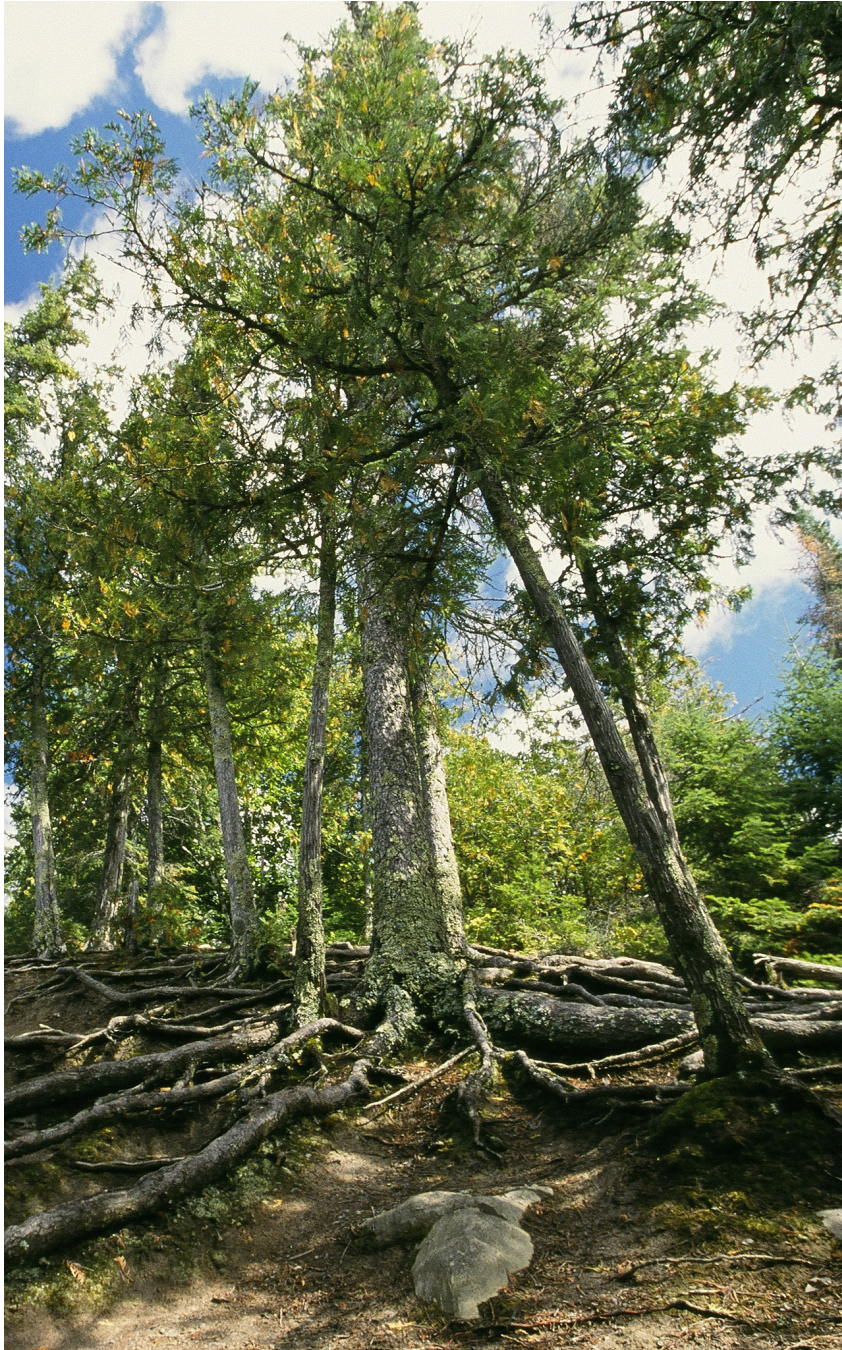
The average sales amount has increased in other zones as well. For example, the price of rural (RU) properties has increased 42 percent from \$183,150 in 2017 to \$315,833. These trends are shown in [Figure 11](#).

These housing trends may impact seniors in different ways. Seniors who are looking to sell their house after owning it for many years may benefit from the increase in housing prices. However, despite these prices, seniors who are looking to downsize into a condo or apartment may still have trouble finding an affordable, suitable unit.

Figure 11.

Average Sales Amount by Zone in Dryden, 2017-2021





Dryden's Three Key Priorities

Three key priority areas were identified by the community and stakeholders as the most important to address in efforts to improve the quality of life of seniors in Dryden. As such, additional efforts have been made to identify potential strategies and precedents that could serve Dryden in making progress in achieving better outcomes for seniors and the broader community for these areas.

Recommendations and strategies to achieve progress in each area are included in the following sections. This includes additional research and case studies that show how other small and rural communities across Canada address similar challenges and needs.

Housing

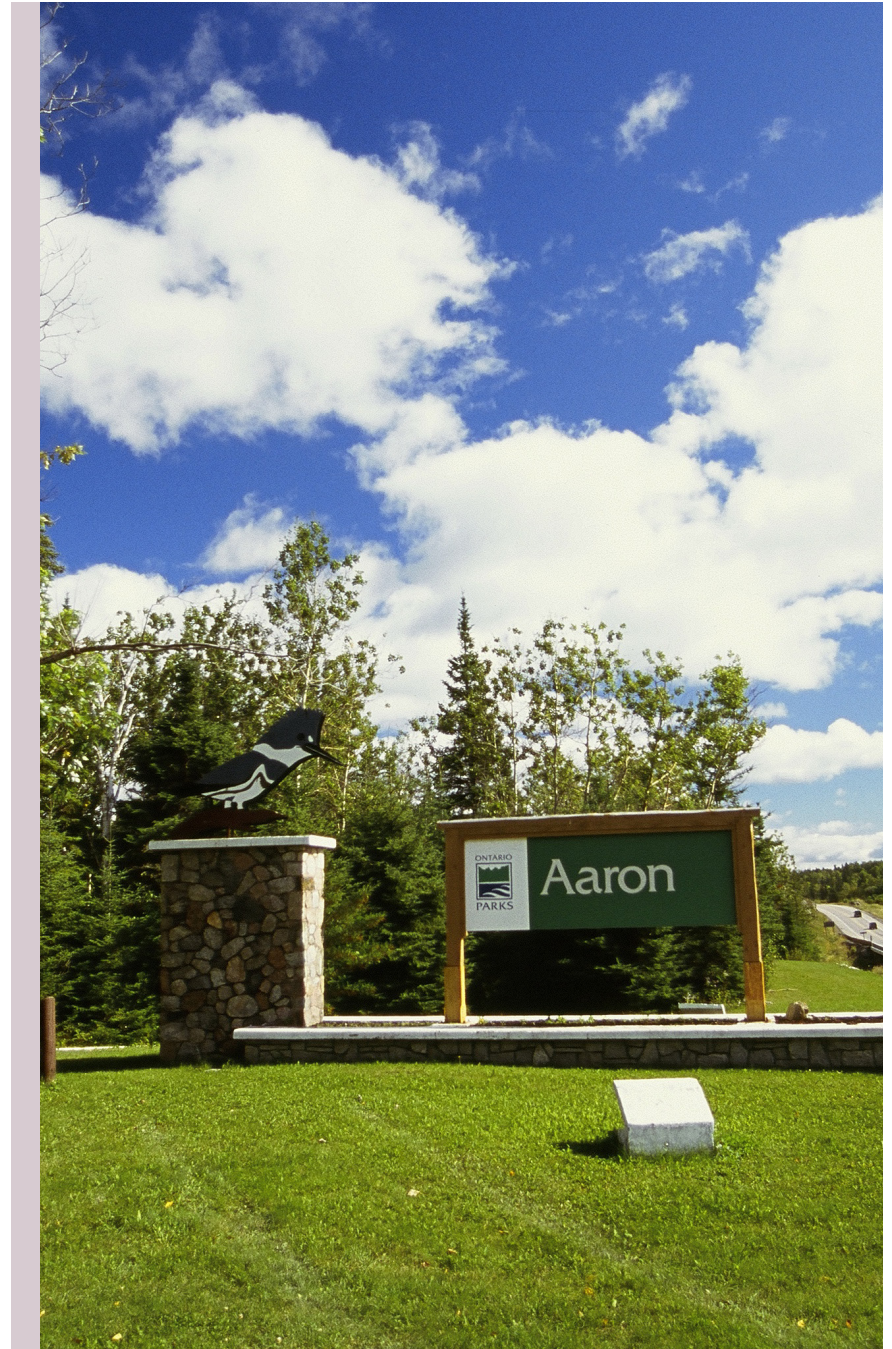
Seniors need access to affordable and accessible housing near community services and amenities. Some seniors would like to downsize but have trouble finding appropriate apartments or condominiums. Other seniors would like to age in their current homes and need support with modifications and maintenance.

Community Supports and Health Services

Seniors need timely, high-quality health services and community supports. Seniors noted that it is difficult to schedule medical appointments due to a shortage of medical professionals in the community.

Transportation

Seniors need high-quality, affordable transportation services to get around Dryden. This includes expanded accessible transit services, enhanced regional transportation options, and improved sidewalks and other active transportation infrastructure.





Housing

Safe, affordable, and accessible housing that includes:



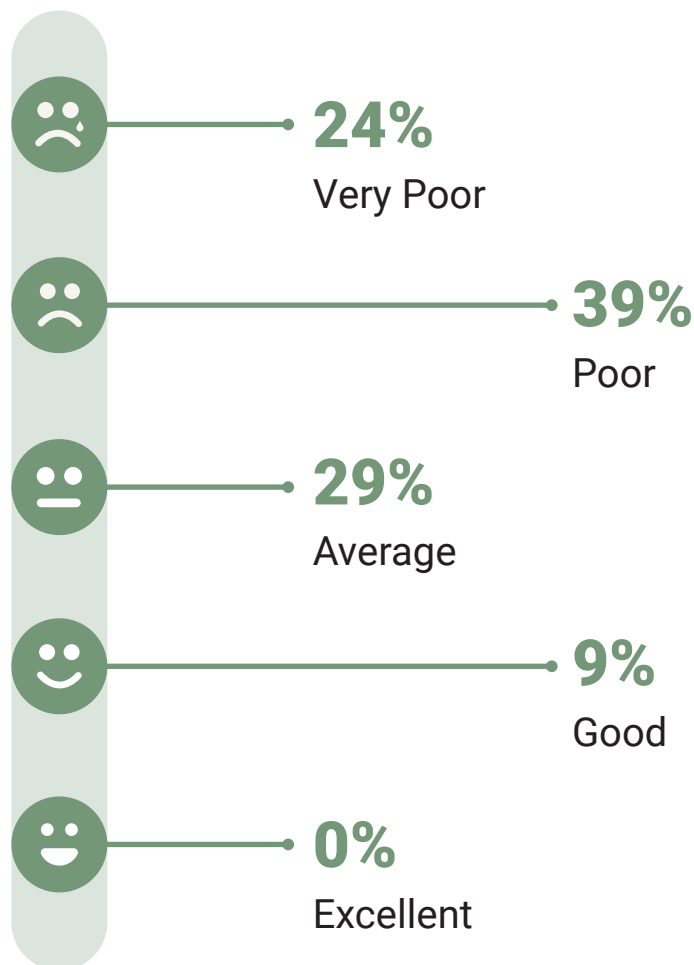
- Affordability for fixed incomes
- Range of home types, including smaller homes and apartments
- Assisted living and long-term care options available
- Proximity of housing to services and amenities
- Accessible design features (e.g. ramps, single-level, wide doorways)

Overview

Housing was one of the main priorities identified through engagement with local seniors and the broader community. Dryden has a housing stock dominated by single-family homes built largely during the 1960s and 1970s. Upkeep is a challenge as more than half of household maintainers are over 55 years old. Residents also indicated that many maintenance services like lawn care and snow removal can be expensive. Accessibility upgrades are another significant expense for seniors who want to stay in their homes. Many seniors would like to downsize and remain in Dryden, but have trouble finding suitable housing. Seniors indicated that most independent housing options are unaffordable, inaccessible, or unavailable due to long wait lists. Long-term healthcare facilities also have long wait lists. These wait lists strain the healthcare system as some seniors must wait in hospital beds until space is available at a long-term care facility.

What we heard

? The supply and availability of different housing types and accessible housing in Dryden required to meet the different needs of seniors is.....



“ There are **no affordable houses / apartments for seniors to rent**. Seniors are working longer to sustain their lifestyles with just regular household expenses.”

“ [Dryden needs] **senior housing that has elevators** and in town limits and **affordable to those living on CPP and OAP**. ”

“ There is **not enough housing** for anyone, let alone seniors!”

“Current health care (hospital beds) [are] **being used as transitional housing for those with dementia and long term care needs** and is not currently adequately able to handle this need.”

“For my senior family members, **less maintenance [and] accessibility upgrades are required** to be able to stay in their current homes.”

? Do you require new housing arrangements that better meet your current/future needs?
If yes, what specific needs do you have? *

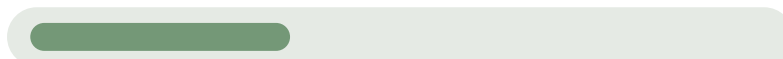
Housing affordability



Less maintenance / downgrade of home size



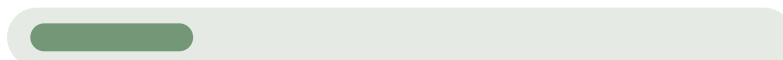
Better access to services and amenities



Accessibility of home



In home care services



Other



Family obligations



*Respondents who selected 'I do not require new housing arrangements' not included.



Age Friendly Housing Assessment

Strengths and Assets

- + Patricia Gardens
- + Princess Court
- + New KDSB 40-unit development
- + Timberland Estates
- + Hoshizaki House Dryden District Crisis Shelter
- + General affordability compared to Ontario
- + Landlord improvements during COVID
- + General age of housing stock

Gaps and Needs

- Single-family homes dominate housing stock
- Limited resources for accessibility modifications to existing homes
- Many residential maintenance services (i.e. lawn care, snow removal) are cost-prohibitive for seniors
- Long wait list for seniors housing, including long-term care homes
- Some seniors housing is far from services
- Lack of large, accessible apartments
- Growing unaffordability for seniors on fixed incomes
- Lack of supportive policies for granny suites, tiny homes

Barriers

- ▲ Limited resources to develop seniors / affordable housing
- ▲ High cost of materials and labour shortage impacts development feasibility
- ▲ Local developer community is small and lacks capital for larger housing projects
- ▲ No local Seniors Housing Society



Research and Case Studies

Seniors' housing is a challenge in many aging communities across Canada, including Dryden. As the proportion of adults over the age of 55 increases and seniors live longer, there is more demand for accessible and affordable units. This puts pressure on municipalities to support the development of seniors' housing.



There are several ways that municipalities can incentivize the development of seniors' housing, including¹:

- Modifying development standards to allow infill, support garden suites, and reduce parking requirements.
- Expediting the application and approval process.
- Providing below-market land leases
- Donating land or facilities.
- Aggregating multiple parcels of land for redevelopment.
- Collaborating with other levels of government, including First Nations and provinces to build housing.
- Providing loan guarantees, forgivable loans, or contributions.
- Waiving conversion fees, development charges, or property taxes.
- Encouraging public-private partnerships.



Patricia Gardens (Dryden, ON)
Source: Patricia Gardens



Georgian Village, Simcoe County
Source: Salter Pilon Architecture Inc.

Case Study: Georgian Village, Simcoe County

In 2013, Simcoe County opened a state-of-the-art “seniors campus” called Georgian Village in the Town of Penetanguishene, Ontario. The town is located in southern Ontario and has a population of roughly 9,000 residents.

Georgian Village includes a continuum of affordable and market housing options for older adults, with varying degrees of support services. Apartments and garden homes are available for seniors who can live independently. Seniors who require some supports can live in the Retirement Living units or the long-term care facility called Georgian Manor. As seniors’ needs evolve, they can transition from one form of housing to another while remaining within Georgian Village.

There are also various social and community amenities within Georgian Village. These include a restaurant and pub, a fitness centre, spa facilities, medical clinics, a hair salon, a library branch, a computer room, a woodworking shop, and event rooms.

The County of Simcoe played a crucial role in the development of Georgian Village. The County's vision for the campus was to create a state-of-the-art campus where seniors' could "age at home" while accessing a continuum of housing types and supports. To achieve this, the County developed and coordinated relationships between various stakeholders. These included multiple levels of government, public and private agencies, community groups, residents, and the media^{2,3}.

Through this work, the County received funding and support from the federal and provincial governments as well as the North Simcoe Muskoka Local Health Integration Network to develop Georgian Village.

The City of Dryden could play a similar role in the development of seniors' housing. Rather than directly financing the development of new seniors housing, the City could help coordinate financial contributions from multiple stakeholders. These could include the provincial government, the federal government, and the North West Local Health Integration Network (LHIN).

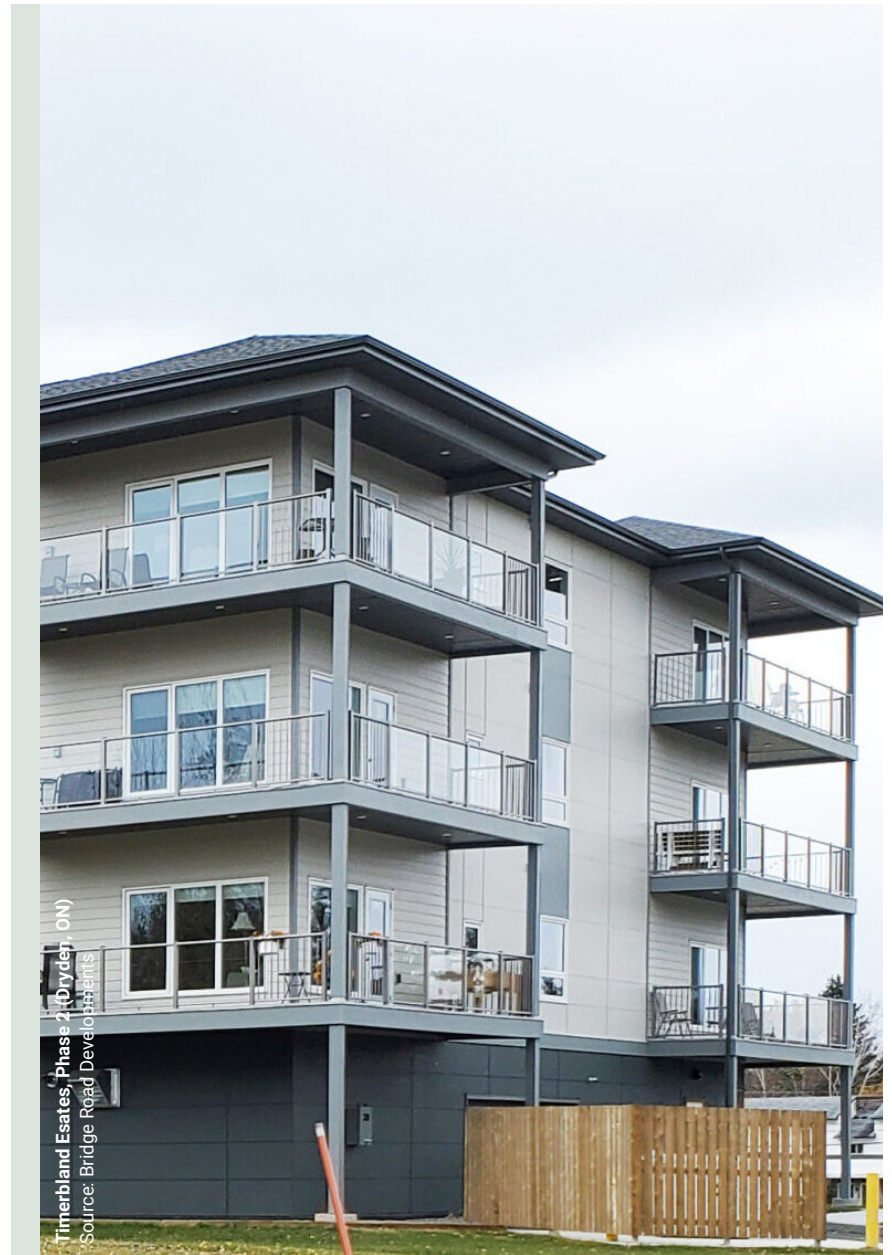




Action Plan




Goal

Support the development of new and diverse housing to meet the evolving needs of seniors.



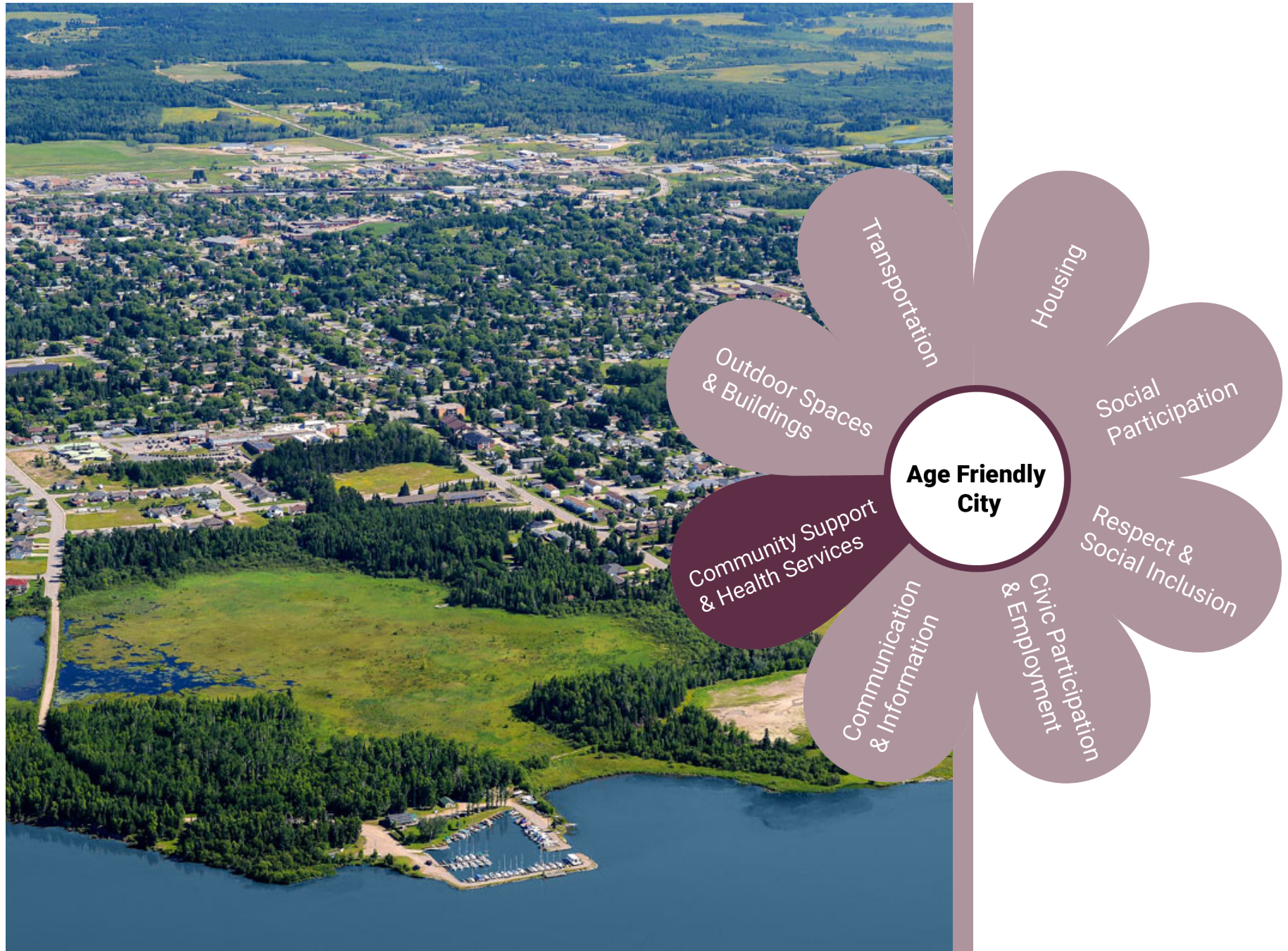
Timberland Esates, Phase 2, Dryden, ON
Source: Bridge Road Developments

Strategies

1. Explore potential City incentives through zoning and Community Improvement Plans (CIPs) to support housing. 
2. Update the Zoning Bylaw to permit garden suites and secondary suites as a permitted accessory uses in appropriate residential areas and promote them as a viable housing alternative in the community. 
3. Build off the KDSB Regional Housing Strategy to develop a community specific Dryden Housing Strategy. 
4. Investigate opportunities to partner with First Nations to develop elders housing in Dryden.
5. Explore opportunities to leverage City-owned lands to support seniors housing development with

a focus on lands near services and amenities.

6. Advocate for the development of new subsidizing assisted living and/or personal care facilities.
7. Establish partnerships to expand long-term care housing in Dryden.
8. Provide resources and outreach to seniors on opportunities to apply available Provincial, Federal, and Government Agency grants to make retrofits to improve accessibility and energy efficiency of their homes.
9. Encourage developers to include accessible design features on new residential buildings. 



Community Supports and Health Services

Supporting the health and wellness of seniors that includes:



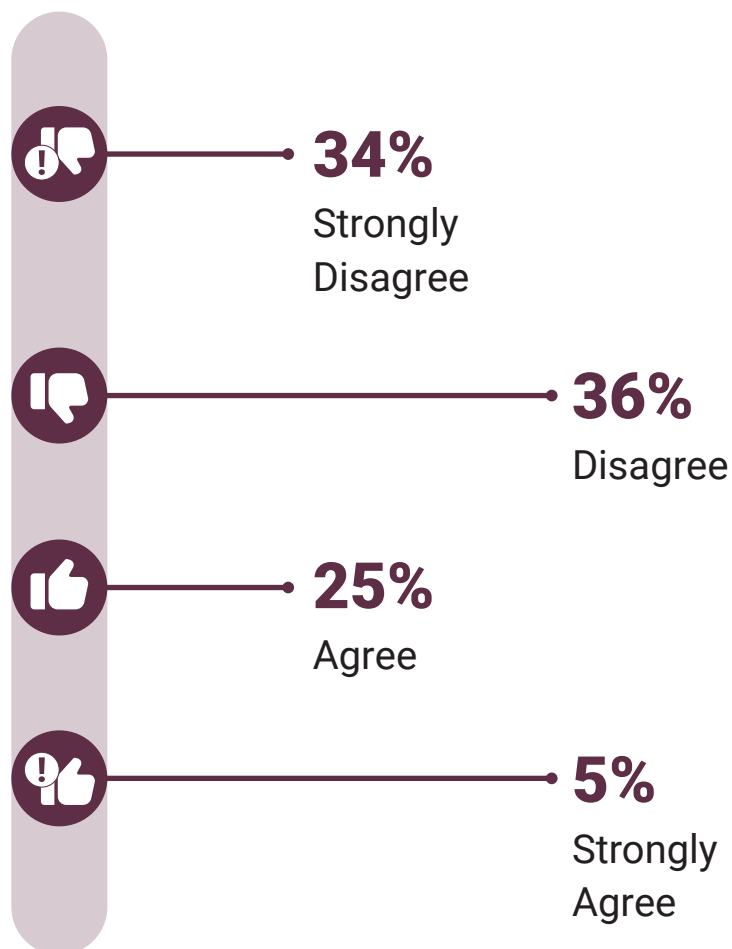
- Access to doctors, nurses & other health professionals
- Availability of home health care supports
- Affordable home services (e.g. house cleaning, yard care)
- Volunteer driven services (e.g. meals on wheels, grocery delivery, etc.)

Overview

Another major priority for seniors in Dryden is quality health care and community services. Medical centres and long-term care homes across rural Ontario—including in Dryden—have trouble recruiting and retaining medical professionals. Residents said that doctors, nurses, dentists, and other medical professionals are very busy, making it challenging to schedule appointments. As a result, many seniors visit the emergency room for routine medical care, putting a strain on these services. Medical transportation is also a challenge. The KDSB's Northwest Emergency Medical Services has received an increased number of calls in recent years. While the City of Dryden is not responsible for providing healthcare, the City can advocate for improved services and help recruit and retain more medical professionals.

What we heard

? *Seniors in Dryden can easily access physicians, nurse practitioners, and other important health professionals when needed.*



“Many do not have family doctors. If you do, **you have to book appointments months ahead** or hope they have an appointment available the day you need them. Often [you have to] call back every day until you get a spot. Many seek care in the emergency room.”

“There appears to be a **gross shortage of doctors and medical professionals** in our town. Even if you have a family doctor it is generally to difficult to see them.”

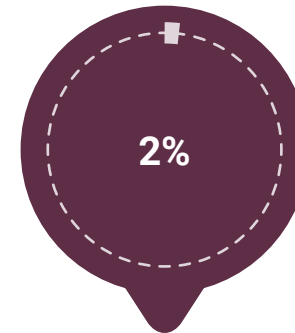
“ I think the rec centre does a **great job of providing a facility for active seniors.**”

“ Transportation to appointments and recreational facilities is an **issue** for some seniors.”

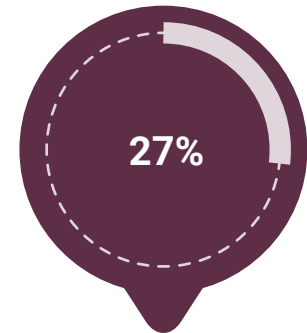
“ Unfortunately COVID-19 put the brakes on many activities seniors were doing, and will be difficult to get them involved again.”



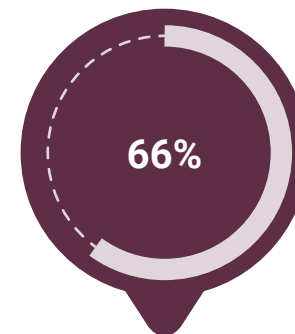
Seniors in Dryden can easily access programs, services, and facilities to stay physically active and fit.



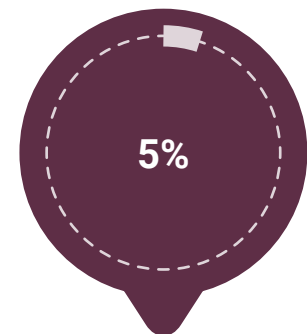
Strongly Disagree



Disagree



Agree



Strongly Agree

Age Friendly Community Supports and Health Services Assessment

Strengths and Assets

- + The Dryden Regional Health Centre offers a range of medical services (e.g. surgical services, speciality clinics, medical imaging, palliative care)
- + The Dryden Area Family Health Team includes family doctors, nurses, and other specialists
- + Mental health services available through Community Living Dryden-Sioux Lookout, Northwestern Health Unit, and the Canadian Mental Health Association
- + Patricia Region Senior Services runs a Meals on Wheels program
- + Dryden Food Bank and Dryden Native Friendship Centre provides seniors in need with groceries and meals
- + Patricia Region Senior Services provides taxi vouchers for medical appointments
- + Canadian Red Cross offers medical transportation to major centres based on availability of volunteers
- + Community Living Dryden Sioux Lookout provides supported independent living for adults with disabilities
- + KDSB recently established a new paramedicine program
- + KDSB provides clinics in seniors buildings for residents who cannot get to clinic

Gaps and Needs

- Seniors are often unable to schedule appointments more than 1 day in advance with medical professionals
- Seniors have trouble accessing medical professionals due to shortages of doctors, nurses, and other specialists
- Limited capacity in long-term care and assisted living homes
- Programs like the Red Cross medical transportation and Meals on Wheels are dependent on volunteers
- Some community services are inaccessible to seniors due to financial or mobility issues
- Limited medical transportation for appointments in Winnipeg or Thunder Bay
- Home care services are unaffordable for many seniors

- Families of seniors moving away, unable to provide regular support as they age
- A growing number of seniors are accessing the food bank

Barriers

- ▲ Health services difficult to maintain with small/rural population base
- ▲ Challenges with the recruitment and retention of medical professionals
- ▲ Limited resources to develop additional medical facilities
- ▲ Volunteer base overextended and 'aging out'



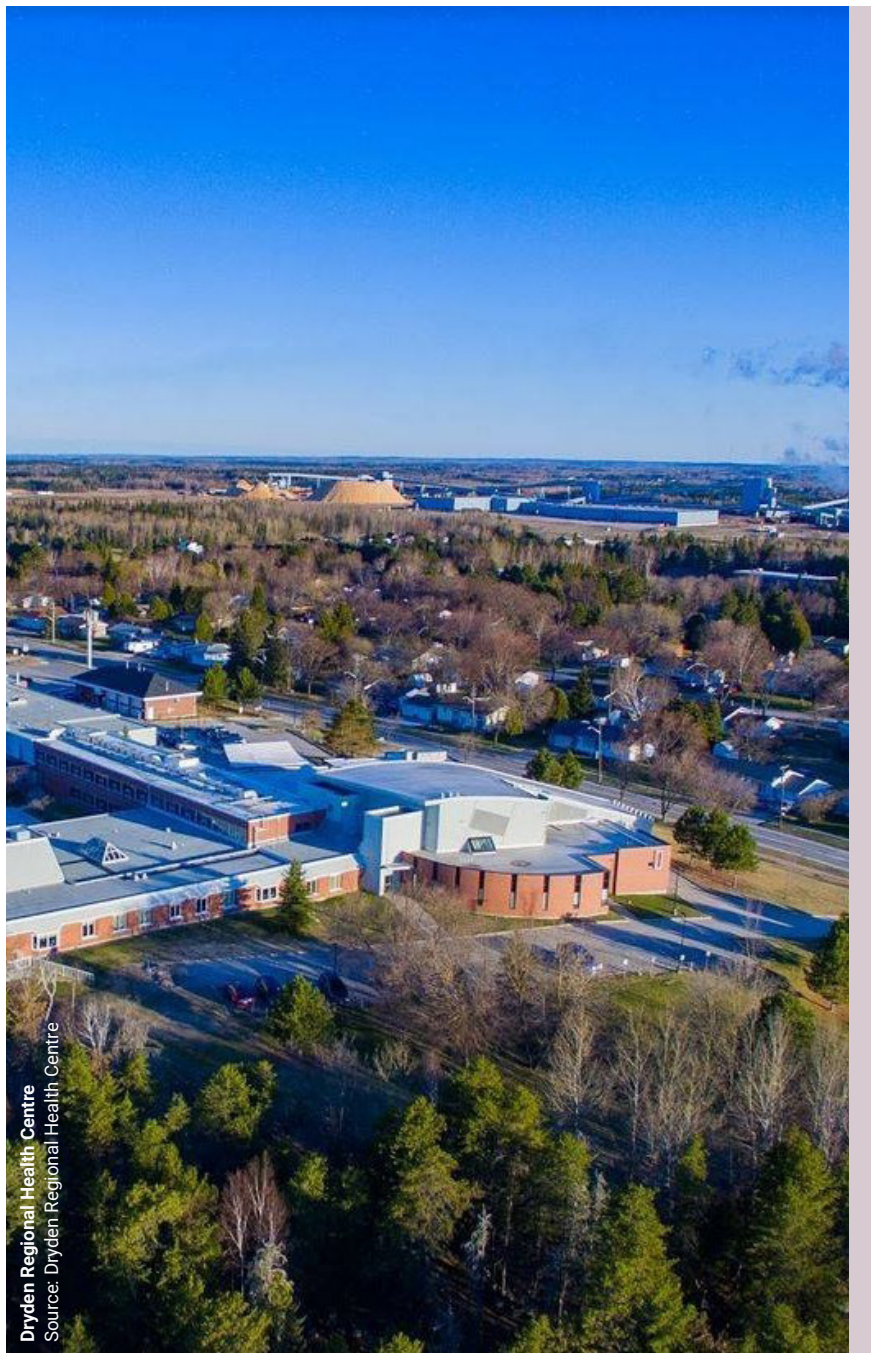
Dryden Regional Health Centre
Source: CBC News

Research and Case Studies

Many rural communities across Canada struggle to attract and retain medical professionals, including the City of Dryden. Healthcare is provincial jurisdiction and municipalities are limited in the roles they can play in improving recruitment and retention. However, some rural communities like Dryden can help local healthcare institutions attract doctors, nurses, dentists, and other professionals.

Research suggests that financial incentives like bonuses are not very effective at recruiting medical professionals.⁴ Instead, healthcare providers are more likely to stay in communities with recreational activities and social opportunities.⁵

Studies suggest that rural municipalities like Dryden can help attract new medical professionals through the following strategies:



Dryden Regional Health Centre
Source: Dryden Regional Health Centre

1. **Helping integrate medical professionals into the local community.** Cities can encourage their participation in local organizations and events to help them feel like part of the community.
2. **Providing support for their family.** Communities can help connect providers' families to employment, educational, recreational, and social opportunities.
3. **Marketing the community.** Communities can promote local recreational, cultural, and educational opportunities.
4. **Supporting with site visits.** Communities can help with site visits by highlighting the benefits of rural practice and life, and tailoring the visits to the providers' professional and personal interests.
5. **Partner with the Dryden Regional Health Centre to assist the Recruitment Coordinator.** Recruitment coordinators can help solicit candidates, secure funding, support site visits, help integrate new providers, and support community development activities to make the city more attractive.

Case Study: Fort St. James, British Columbia

Fort St. James is a small community along the shores of Stuart Lake in British Columbia. In 2011, the community lost three of its four full-time physicians, leaving a shortage of doctors.



To address this issue, a committee was formed to promote and welcome new doctors into Fort St. James. The committee helped tailor site visits to the candidates' personal and professional interests. For example, a candidate expressed interest in Indigenous health, so the committee included a visit to a progressive Indigenous Health Centre during their site visit. The committee also included visits to local schools and meetings with other young professionals during the site visits. These efforts made candidates feel like they were welcome and wanted in Fort St. James. By 2012, the community had successfully recruited three new physicians.⁶

The City of Dryden could take a similar approach and form a committee to help recruit and welcome new medical professionals into the community. The committee could help tailor site visits to candidate's interests and help integrate them into the community once they accept the position.



Fort St. James, BC
Source: Fort St. James



Action Plan



Goal





Establish partnerships and collaborative service models to enhance access to health services and supports.

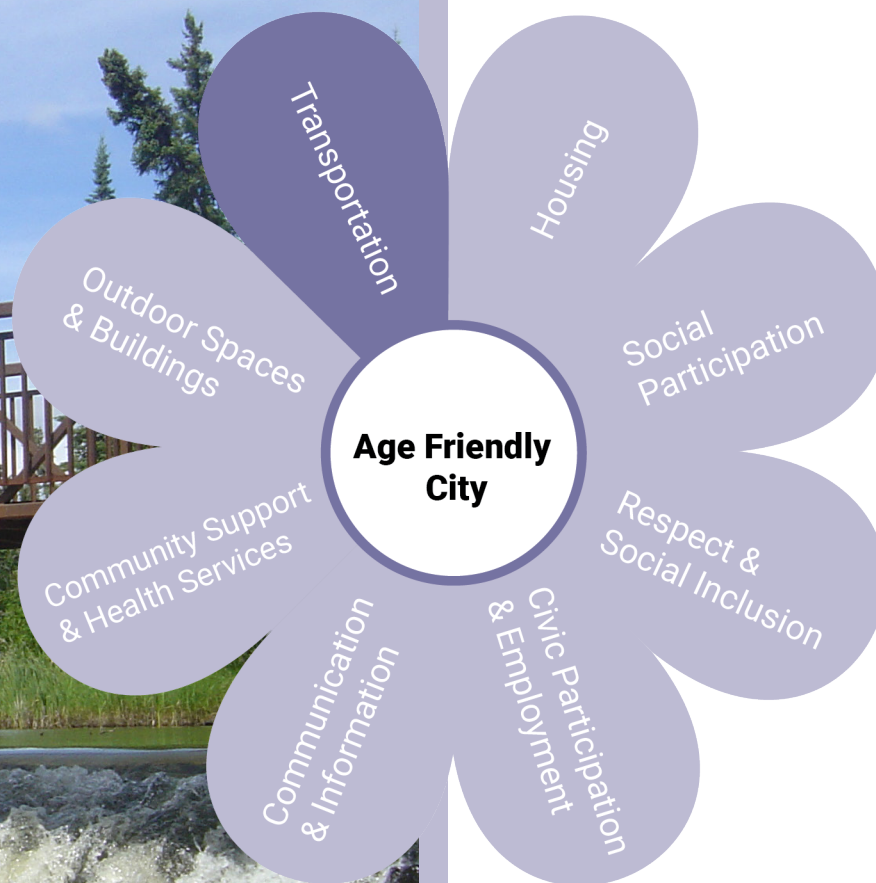


Patricia Gardens (Dryden, ON)
Source: Patricia Gardens

Strategies

1. Support awareness building of volunteer service opportunities in the community that focus on the health of seniors (e.g. Meals on Wheels, volunteer drivers).
2. Work with Keewatin Patricia District School Board to identify volunteer opportunities for students that address senior support needs.
3. Hire seniors-focused Recreation and Social Events Coordinator/ intern.
4. Develop a committee to welcome new professionals and help integrate them into the community. 
5. Support the development of strategies and programs to enhance the recruitment and retention of medical professionals in Dryden. 

6. Establish a marketing campaign to promote Dryden as a city with outdoor recreational opportunities and high quality of life 
7. Support the activities of young professional networking groups and activities through community partners (e.g. Dryden District Chamber of Commerce). 
8. Engage the Dryden Food Bank on partnership opportunities to support Food Bank operations. 
9. Support the physician attraction and recruitment efforts of the Dryden Regional health Centre. 



Transportation

Getting around the community safely and efficiently that includes:



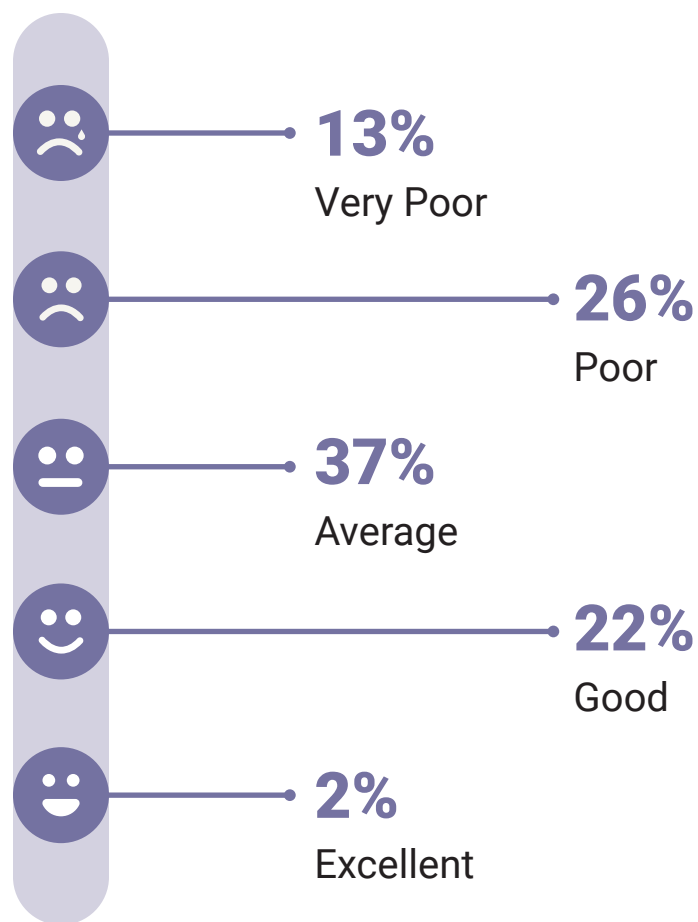
- Good roads, accessible parking and snow clearing (for drivers)
- Active transportation options
- Affordable and reliable public and informal transportation, such as:
 - Accessible public transportation
 - Busses/shuttles
 - Volunteer drivers
 - Taxis
 - Transport with wheelchair lifts

Overview

A lack of safe, affordable transportation services and amenities was another concern for seniors. Seniors noted that many sidewalks and trails have uneven surfaces that are unsafe to walk on due to loose bricks, cracks, and roots. They said there are gaps in the sidewalk network. Many seniors appreciated the City's MyLift Transportation Service. However, they noted that MyLift is unavailable during evenings and weekends and does not pick up individuals outside the City limits. Some local organizations like the Dryden Go Getters and the Dryden Native Friendship Centre provide taxi vouchers to seniors. However, not all taxis are accessible to seniors with physical mobility challenges. Seniors also said there are limited regional transportation options to Thunder Bay, Winnipeg, and other destinations. While Red Cross offers medical transportation to regional centres, the service relies on volunteer drivers and is not always available.

What we heard

? The availability, reliability and affordability of public transportation options for seniors in Dryden, such as handy-transit (small accessible buses), buses, and volunteer drivers, are...



“MyLift is a good service however it **needs to be doubled, if not tripled, in order to meet the needs** and growing demands.”

“Some streets don't have **[sidewalks]**, the ones that do are often uneven, damaged or not wide enough. In poor weather, they are not cleared and are dangerous.”

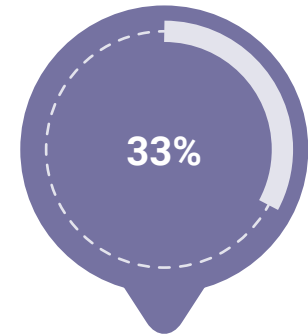
“Additional **sidewalks and bike lanes should be considered in future growth** to accommodate for accessibility needs and alternative transportation methods.”

“ [Dryden needs] **weekend transportation to activities** and events that is affordable.”

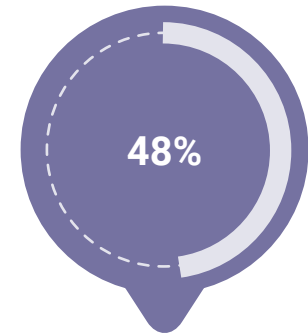
“ **MyLift bus needs to be available on weekends and for special events in Dryden.** [A] second bus needs to be used for a “general route” schedule, to pick up/drop off at various spots, without needing to pre-book. First bus can continue to be used for scheduled appointments of pick up/drop off.”

“ The **lack of public transportation** is an **issue for everyone** beyond just seniors.”

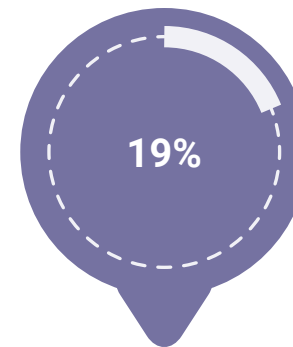
? Regional bus services to places like Thunder Bay and Winnipeg are affordable and accessible for seniors.



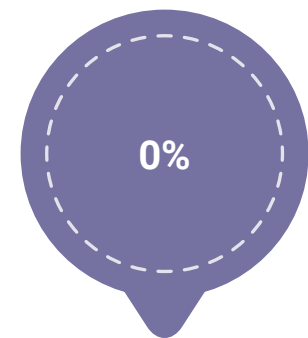
Strongly Disagree



Disagree



Agree



Strongly Agree



Age Friendly Transportation Assessment

Strengths and Assets

- + MyLift accessible bus services
- + Medical transportation through Red Cross volunteer program
- + Dryden Native Friendship Centre ride service
- + Available Taxi service and subsidized rides
- + Informal ridesharing
- + Many organizations with funding for transportation
- + Regional bus transportation through Ontario Northland
- + Accessible parking spaces

Gaps and Needs

- No regular bus/transit routes
- No MyLift service on evenings and weekends
- Limited services outside City boundary
- Regional transportation (bus, plane) can be expensive
- Medical transportation relies on volunteers
- Traffic calming needed on fast streets (e.g. Van Horne)
- Sidewalk improvements needed (Van Horne to Government Dock, downtown area)
- Trail upgrades needed (Laura Howe Marsh)
- Intersection improvements needed by Wal-Mart

- No coordination between transportation service providers (e.g. MyLift, KDSB, DNFC)
- No refresher driving courses are available

Barriers

- ▲ Providing transit services difficult with small population base
- ▲ Limited resources to pay for enhanced services
- ▲ Volunteer base overextended and 'aging out'
- ▲ Winter conditions and high snowfalls

Research and Case Studies

Many communities in rural Ontario struggle to maintain quality public transportation services. Small populations and low population densities, the long-distance nature of trips, and the limited tax base make it difficult for rural municipalities to provide public transit. Despite these challenges, various organizations provide different rural transportation options across Ontario. These providers include municipalities, social service agencies, hospitals, long-term care homes, school boards, and employers.



In some communities, these providers have established a coordinated, cost-shared system to improve the cost-effectiveness and quality of the service. The Transit Cooperative Research Program defines transportation coordination as a “process in which two or more organizations interact to jointly accomplish their transportation objectives.”⁷

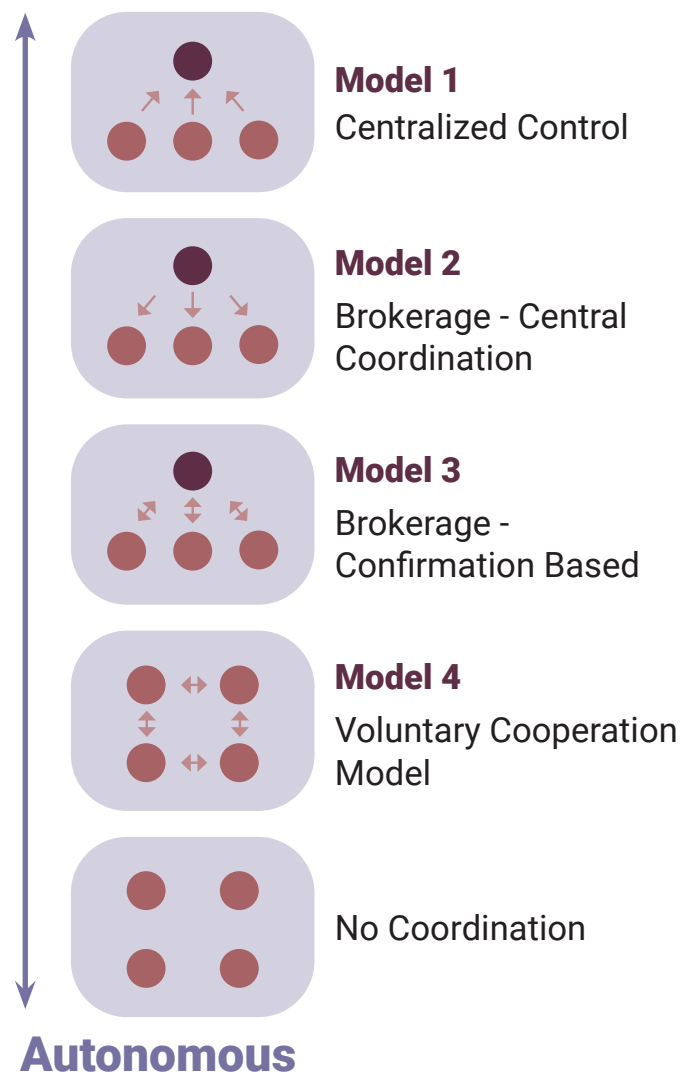
Different strategic coordination models are available to service providers (see [Figure 12](#)), that involve different levels of coordination. In a centralized model, providers coordinate all transit functions, including service planning, customer service, marketing, scheduling, passenger fares, policies and procedures, vehicle purchase and maintenance, and driver training. More autonomous models see providers primarily operate independently in the voluntary cooperation model.

Figure 12.

Strategic Coordination Models.

Source: Dillon Consulting, *Towards Coordinated Rural Transportation*

Centralized





Nature's Inn (Dryden, ON)
Source: Nature's Inn Website

There are several organizations in Dryden that offer transportation services, or provide their clients with vouchers for existing services (e.g. taxis). The City may be able to coordinate these services using the following steps:

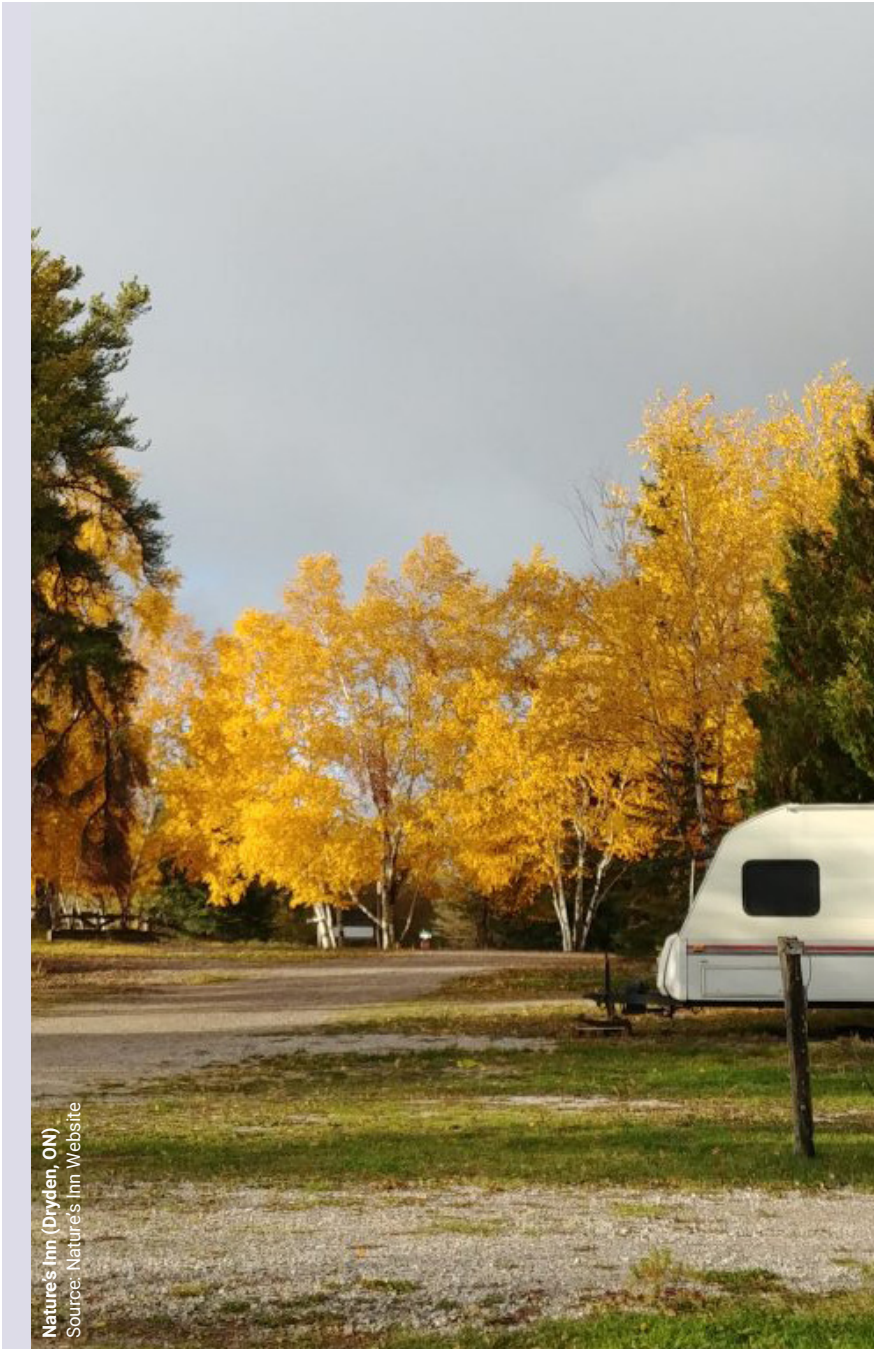
1. Identifying multiple organizations that would like to coordinate services.
2. Creating an inventory of existing services.
3. Identifying gaps in the current services.
4. Evaluating different strategic coordination models.
5. Exploring how various functions (e.g. service planning, marketing, scheduling, vehicle purchase) could be coordinated.
6. Selecting a preferred coordination model.

More details about this process are outlined in the document *Towards Coordinated Rural Transportation: A Resource Document prepared for the Rural Ontario Institute*.

Case Study: EasyRide

EasyRide is a rural transportation service offered in Huron and Perth Counties in Ontario. Seven community service agencies decided to develop the service in 2009. Before this, each organization offered their own individual transportation services. It was recognized that a coordinated approach would improve the efficiency and quality of transit across the region. The organizations secured funding from the South West Local Health Integration Network (LHIN) to develop a centralized system and purchase three new vehicles.

EasyRide is now available to seniors who do not otherwise have access to transportation. The service is available seven days a week, though the central dispatch office is only available to make bookings between Monday and Friday. While the dispatch system is centralized, each organization has its own governance structure, funding, resources, and clients.⁸



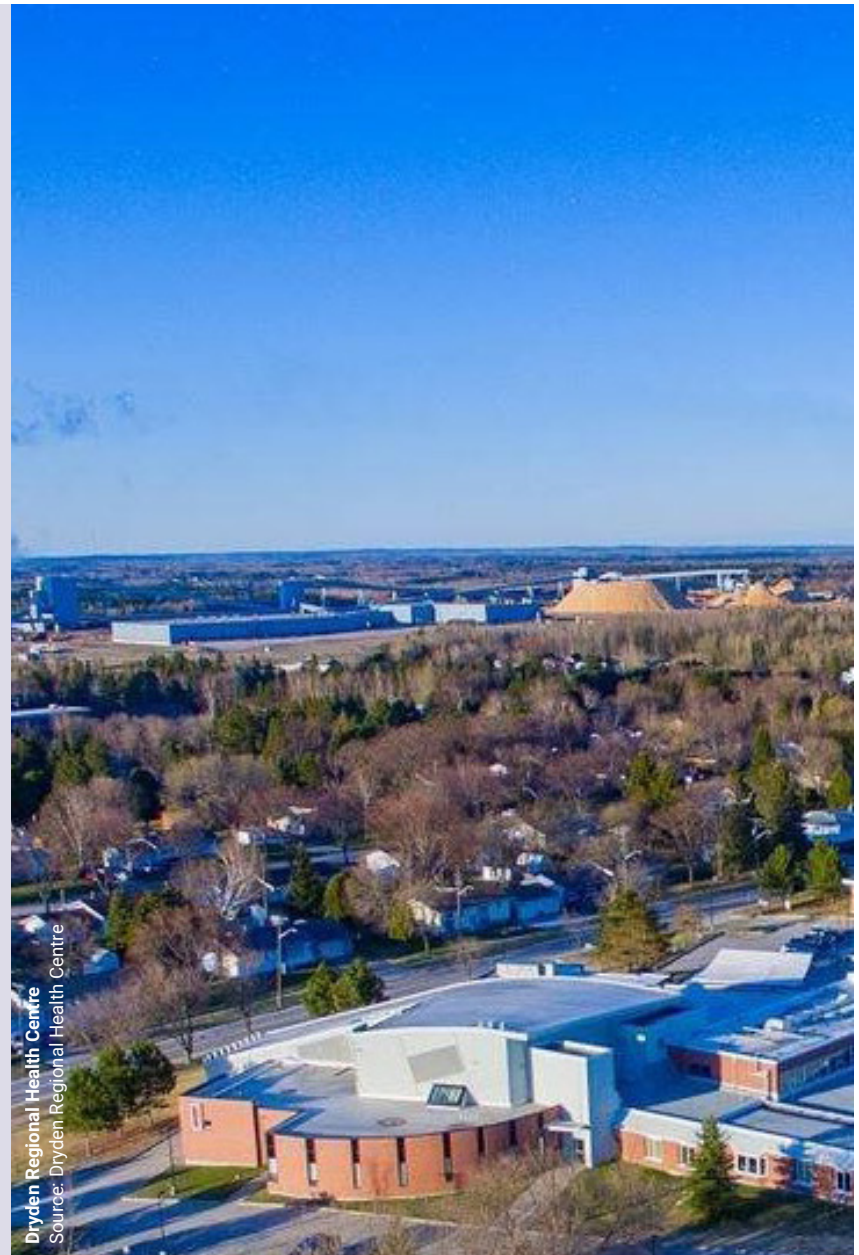
Nature's Inn (Dryden, ON)
Source: Nature's Inn Website



Action Plan





Goal




Enhance the safety, accessibility, and availability of different modes of travel within Dryden.

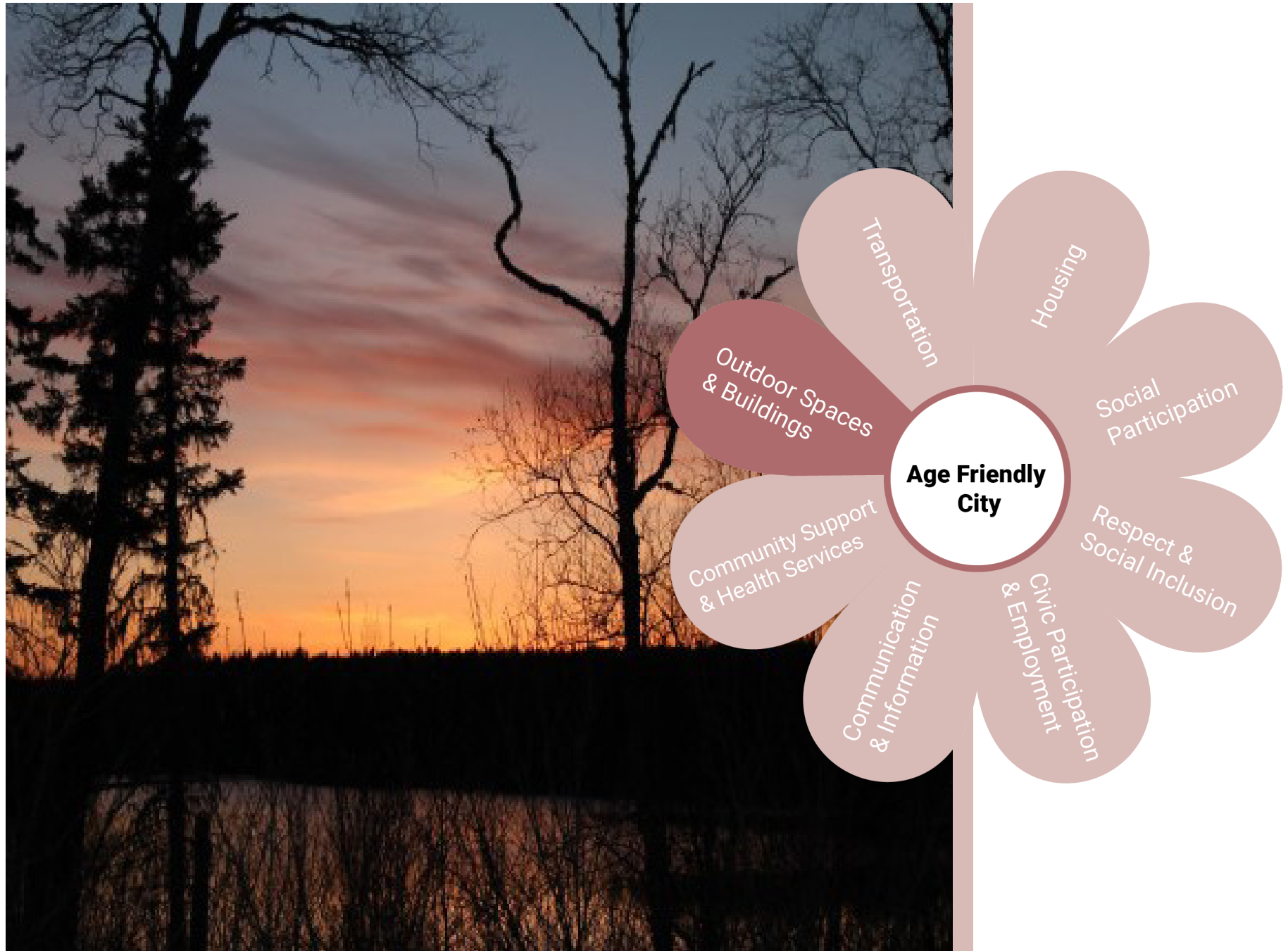


Dryden Regional Health Centre
Source: Dryden Regional Health Centre

Strategies

1. Explore opportunities for the City's MyLift service to coordinate public transportation services with other agencies (e.g. Red Cross, KDSB). 
2. Complete a cost analysis to determine the cost and feasibility of extending MyLift service hours into the evenings and weekends and service area to fringe areas outside of the municipal boundary. 
3. Improve existing sidewalks and trails, including smoothing uneven surfaces and ensuring there are enough curb cuts. 
4. Develop an All Ages and Abilities (AAA) active transportation network (e.g. sidewalks, bicycle lanes, trails) through the community with an emphasis on 

- connections to community facilities, recreation areas and commercial/service areas.
5. Continue to upgrade and extend City sidewalks, especially near seniors' housing.
 6. Encourage the development of alternative transportation options such as a volunteer driver program or local rideshare program. 
 7. Consider the installation of traffic calming and intersection improvements in areas where traffic and speed cause safety issues (e.g. Van Horne Avenue). 
 8. Advocate to higher levels of government for financial support for regional transportation options (e.g. regional buses). 



Outdoor Spaces and Buildings

The outside environment and public buildings that includes:



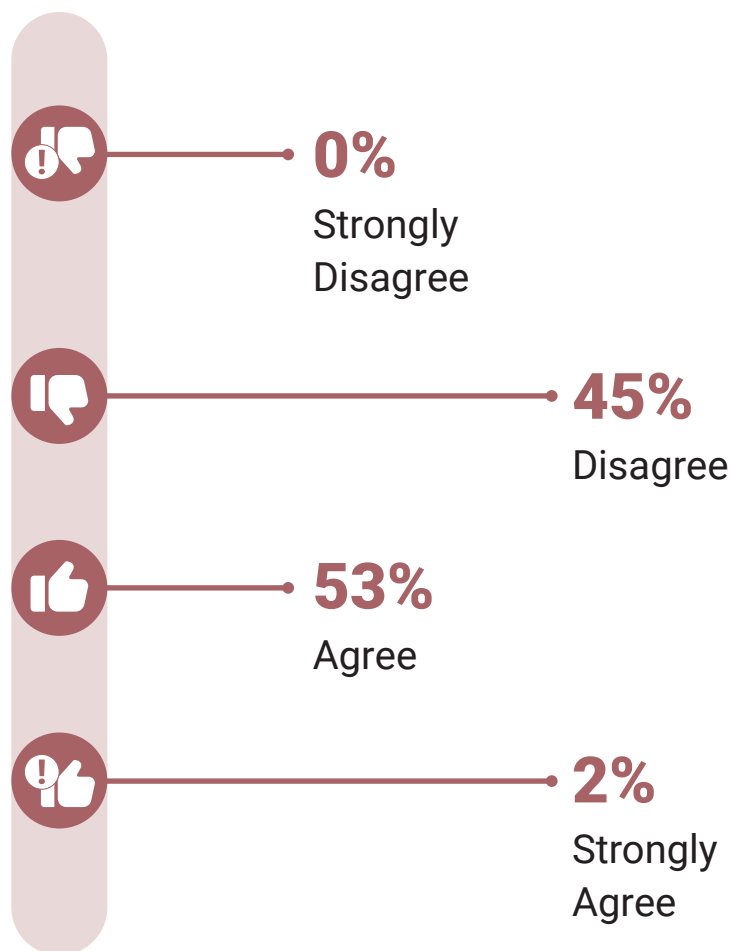
- A pleasant and clean community
- Accessible parks and rest areas
- Safe sidewalks, trails and road crossings
- Public washrooms
- Accessible buildings (e.g. ramps, railings, non-slip floors, readable signage, etc.)
- Winter safety, maintenance and accessibility

Overview

Seniors were asked about the accessibility of buildings and outdoor spaces like parks and recreation spaces. Overall, many seniors agreed that Dryden had amenities like benches, lighting, and public washrooms in parks. However, they recommended the installation of additional benches and picnic tables near the Government Dock. Some seniors also noted they felt unsafe in public places and would like more lighting. Many sidewalks are also inadequately cleared in the winter. Finally, seniors noted that while most civic buildings are accessible, some private facilities do not have accessibility features like ramps or elevators.

What we heard

? Overall, parks and outdoor recreation areas in Dryden have accessible infrastructure like senior-friendly benches, paths, trails, lighting, and infrastructure.



“Some areas have a **lack of lighting during evening/night.**”

“Washrooms need to be **far more accessible**, and open more. Shutting them down does not serve people who walk after hours.”

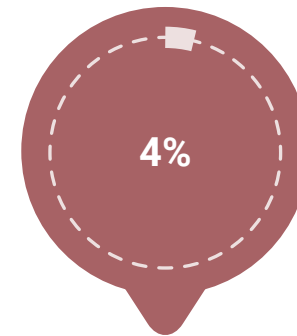
“Most apartment buildings have **so many stairs and heavy fire doors** with no push button openers like wheelchair accessible places have. Makes it hard for elderly who are carrying groceries, etc.”

“ **Newer public spaces have much more accessibility** than older spaces.”

“ Crime seems to be a **major problem.**”

“ **Businesses have not changed their entrances to accommodate accessibility needs.** ... City buildings are getting better for accessible patrons—the new doors at the arena are a good example of that.”

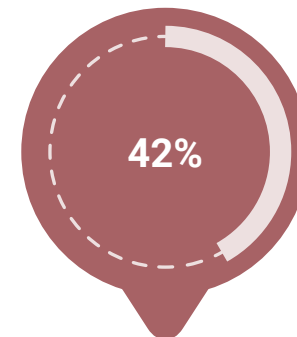
? | Safety issues and crime is a problem in parks and public spaces in Dryden.



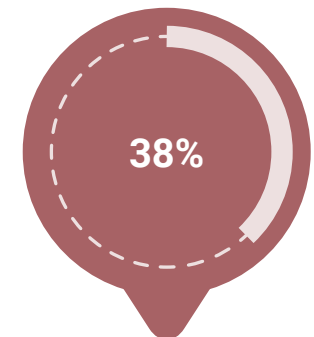
Strongly Disagree



Disagree



Agree



Strongly Agree



Age Friendly Outdoor Spaces and Buildings Assessment

Strengths and Assets

- + Accessibility of community facilities (e.g. ramps, automatic doors)
- + Good recreation facilities
- + Access to nature/outdoor spaces
- + Public washrooms in parks
- + Street lighting along many roads
- + Trail system exists, though quality varies
- + Walking facilities available at Dryden Memorial Arena, Dryden High School
- + New community gardens
Commemorative bench program
- + Feels relatively clean

Gaps and Needs

- Snow removal challenges (driveways and sidewalks)
- Some private business buildings are not accessible
- Lack of benches, tables in parks
- Safety concerns
- More street and pedestrian lighting wanted
- Improved accessibility at docks and waterfront areas

Barriers

- ▲ Limited resources for capital upgrades/improvements
- ▲ Limited resources for maintenance
- ▲ Winter conditions and high snowfalls

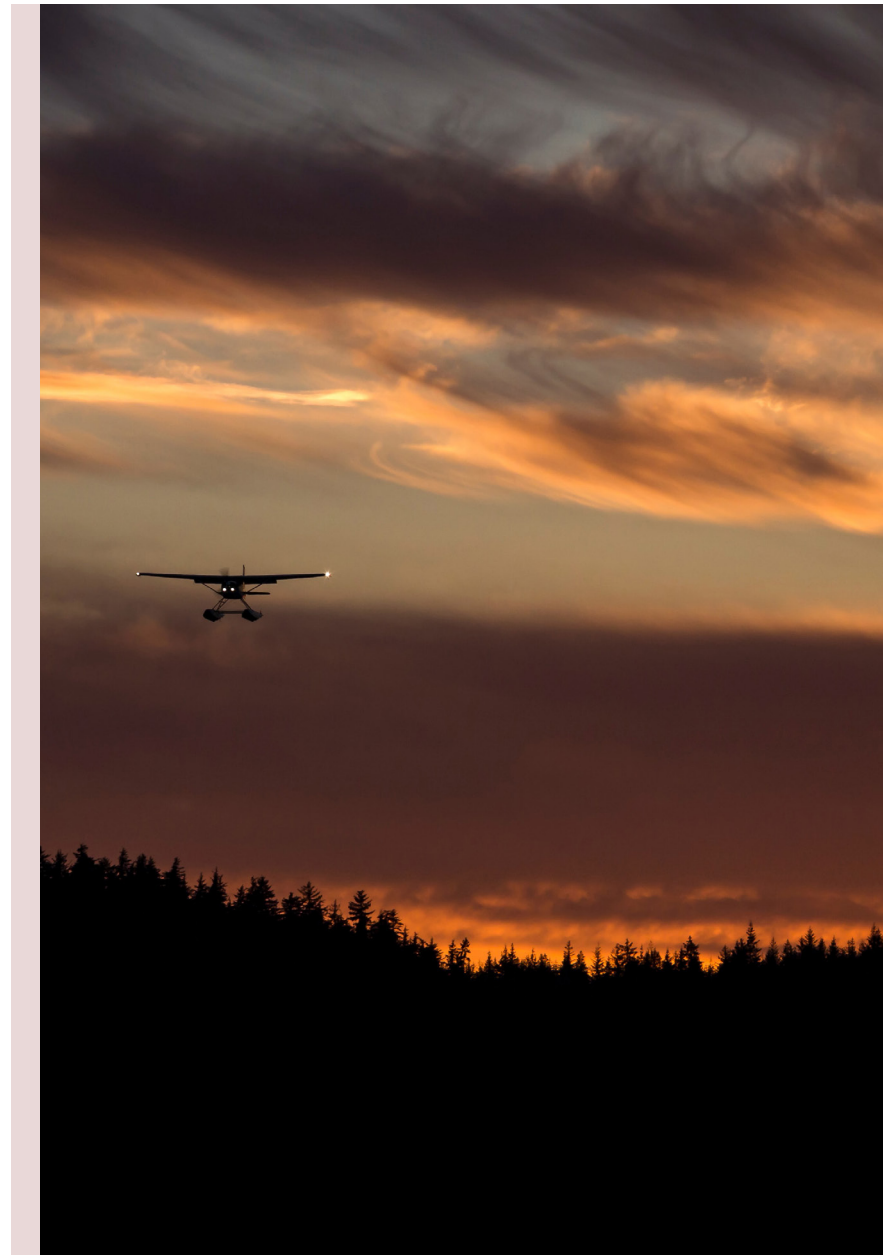








Action Plan





Goal

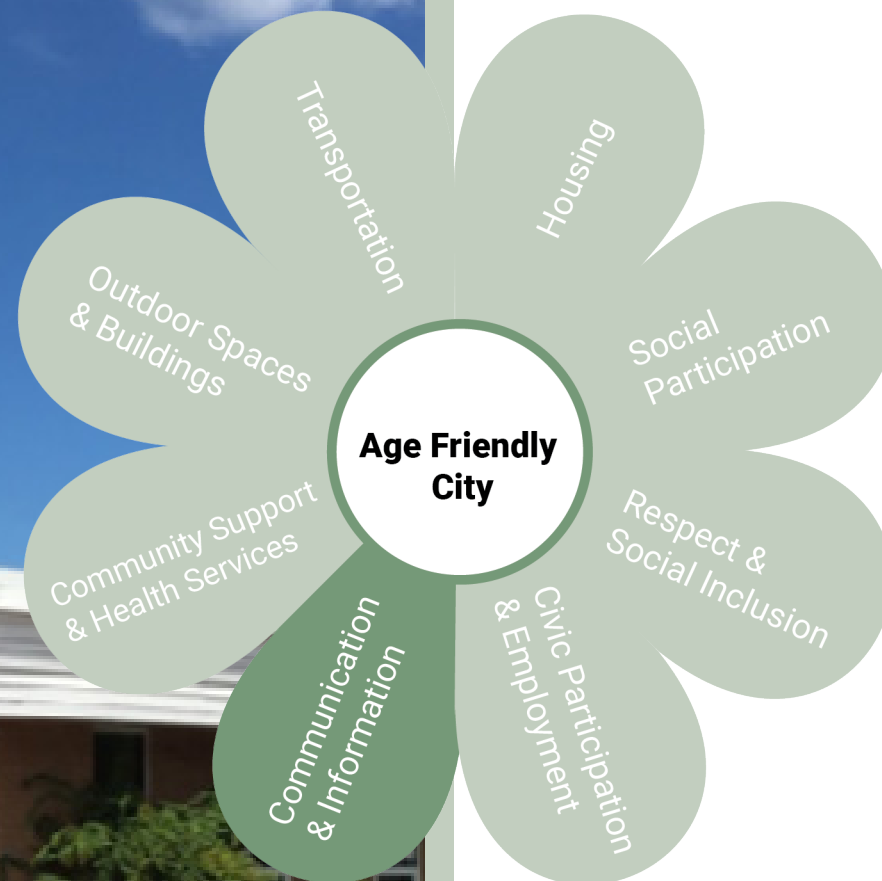
Improve the accessibility of Dryden's public spaces, buildings and facilities for seniors and individuals with mobility challenges.



Strategies

1. Improve the accessibility of the waterfront and dock areas, including accessible seating and access to the Government Docks. 
2. Conduct “Accessibility Audits” of City parks, facilities, buildings, and other infrastructure. 
3. Explore options to extend or reprogram the hours of operation of washrooms in public parks to better align with seniors’ usage of such facilities.
4. Encourage businesses to make accessibility improvements to their spaces and provide resources on accessibility design. 
5. Complete a park and recreation master planning process that includes an age-friendly and intergenerational focus. 

6. Consider priority snow removal for sidewalks that connect seniors housing to nearby amenities and facilities.
7. Provide residents and businesses with free sand and salt in winter to reduce safety issues on sidewalks, building entrances and driveways. 
8. Establish policy to ensure new and replacement public seating (e.g. benches, picnic tables, and other seating) includes “universal design” features. 
9. Develop a community lighting strategy and improve street lighting in the community. 
10. Create more public seating in key areas (e.g. parks, recreation areas, downtown). 



Communication and Information

Keeping seniors informed and aware of community news and affairs:



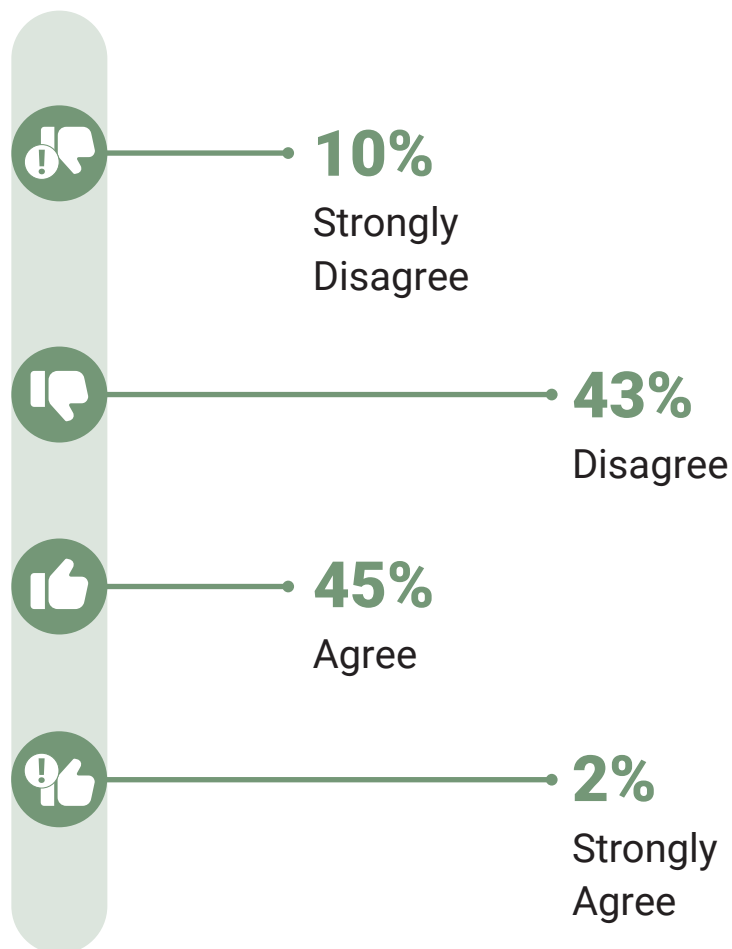
- ✦ Providing information through various means, such as:
 - Bulletin boards
 - Newsletters
 - Phone calls
 - Radio
 - Internet
 - Television

Overview

Communication is another critical area for seniors. Some seniors said they are not comfortable using computers, cell phones, and other electronic devices. This makes it challenging to learn about upcoming events and community information posted online through social media or websites. Seniors noted that the loss of the local newspaper was difficult for them. Many said they are unaware of current community affairs and feel isolated, especially during the COVID-19 pandemic. While some seniors learn about community events through the local radio station and television station, many said they would like the City and other organizations to distribute community information through the mail. Seniors also said they generally prefer to communicate through face-to-face conversations or phone calls.

What we heard

? Seniors can easily access information about developments, news, and events in Dryden.



“There needs to be an **easily accessible central information point** where seniors can **ask about what services are available for them**. Seniors do not all use computers.”

“As the City does not run a newspaper anymore it is **more difficult to reach seniors who are not digitally connected or proficient**.”

“The lack of a present and updated source of information is troubling. ... **The loss of the [newspaper] left a huge information hole that has yet to be filled.**”

“ Not everyone accesses their ‘news’ from the same source. There should be a **central location where such information is available.**”

“ [There needs to be] **more thought into how to communicate with seniors** about local activities. There tends to be a push to put everything online, which can leave some people out.”

? Where do you access information about developments, news, and events in Dryden?

Social Media



Newsletters and mailouts



City of Dryden website



Other websites



Radio station



Other





Age Friendly Communication and Information Assessment

Strengths and Assets

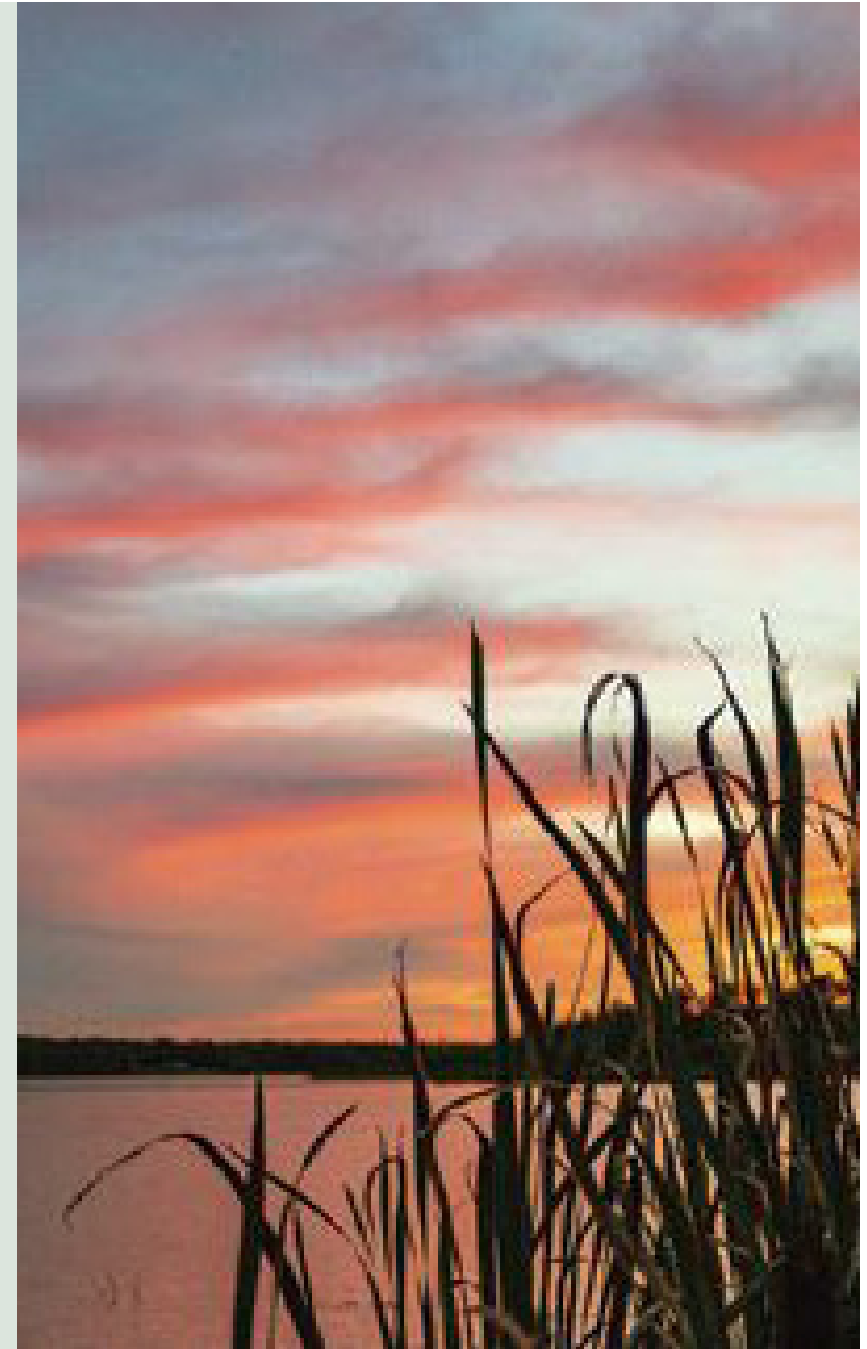
- + Go Getters Senior Centre shares information on their website, Facebook group, and monthly newsletter
- + City of Dryden post information on website and social media
- + Events can be advertised on the local radio (CKDR) and television station
- + Most churches publish weekly bulletins with community information
- + Library has computers with internet
- + Bulletin boards around community
- + Word of mouth communication

Gaps and Needs

- Lack of centralized information medium for seniors
- Loss of local newspaper and phonebooks difficult for seniors
- Limited options for seniors without computer, cell phone, or internet
- Information could be distributed through local organizations
- City could develop dedicated online portal for seniors
- Annual guidebook and monthly mailout calendar for seniors

Barriers

- ▲ Many seniors do not have computers or Internet to access information
- ▲ Local radio and television stations are expensive to advertise on

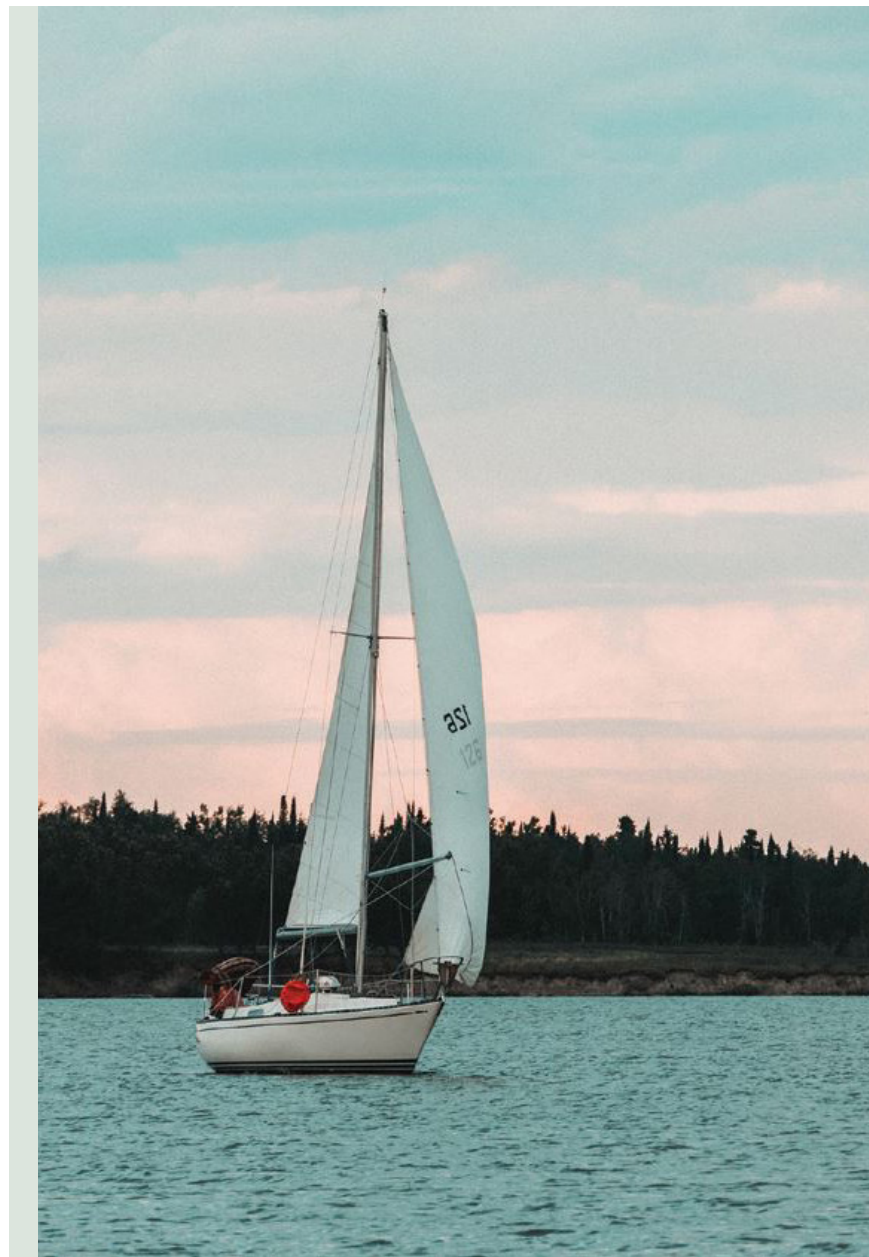




Action Plan

Goal

Engage seniors more effectively on community news, events, and developments.



Strategies

1. Work with the Dryden Library to establish an online “seniors portal” on the City’s website with specific news and information.
2. Develop a monthly virtual and hardcopy newsletter for seniors with information about upcoming programs, events, and opportunities.
3. Create City resources specifically for seniors (e.g. Seniors Recreation Guide)
4. Partner with the local radio station CKDR to advertise programs and events for seniors.
5. Engage the community on the financial cost of expanding or enhancing community services identified to address seniors and broader community needs.

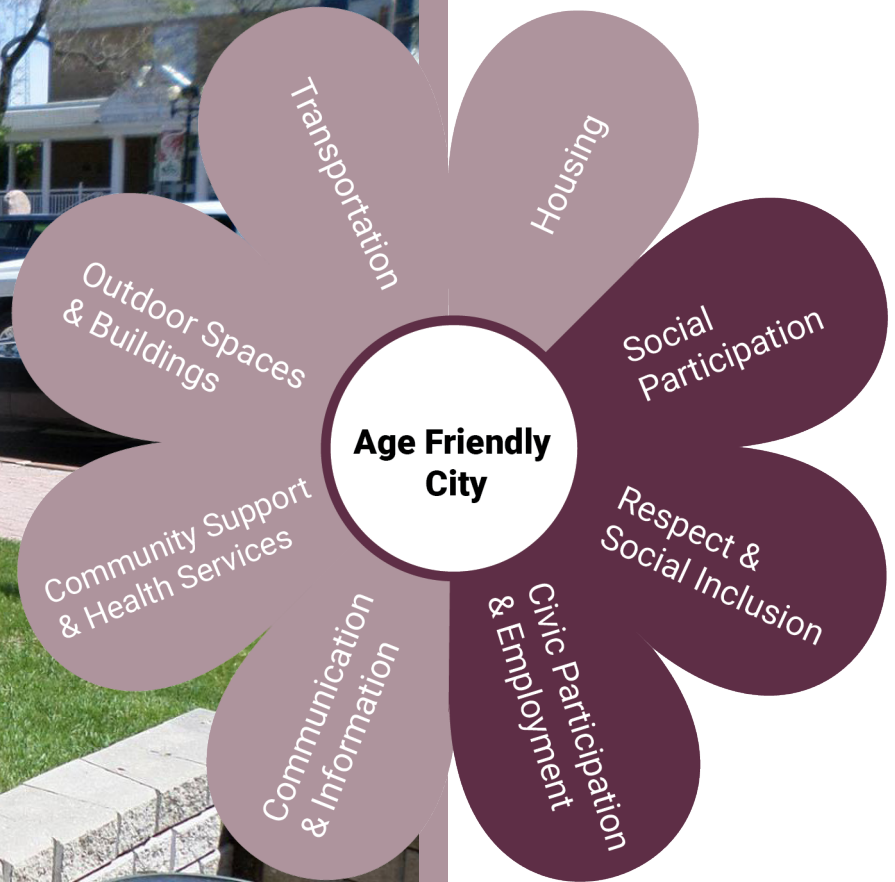


6. Post notices about upcoming events and programs on community bulletin boards and at local organizations and businesses (e.g. churches, library, Go Getters Activity Centre).
7. Work with the Go Getters and other community organizations to distribute information on City news and activities relevant to seniors.
8. Hold City-led or sponsored sessions/events on age-friendly topics, including home retrofits, fall prevention, diet and nutrition, and medical services.





Patricia Gardens (Dryden, ON)
Source: Patricia Gardens



Respect, Participation, and Inclusion

Helping seniors feel respected, included and civically engaged:



- Recognition of seniors and outreach
- Accessible social and recreation opportunities among seniors and other generations
- Intergenerational interactions
- Volunteer and civic opportunities
- Involvement in the community and community affairs

Due to overlap, the following three pillars have been combined in this section:

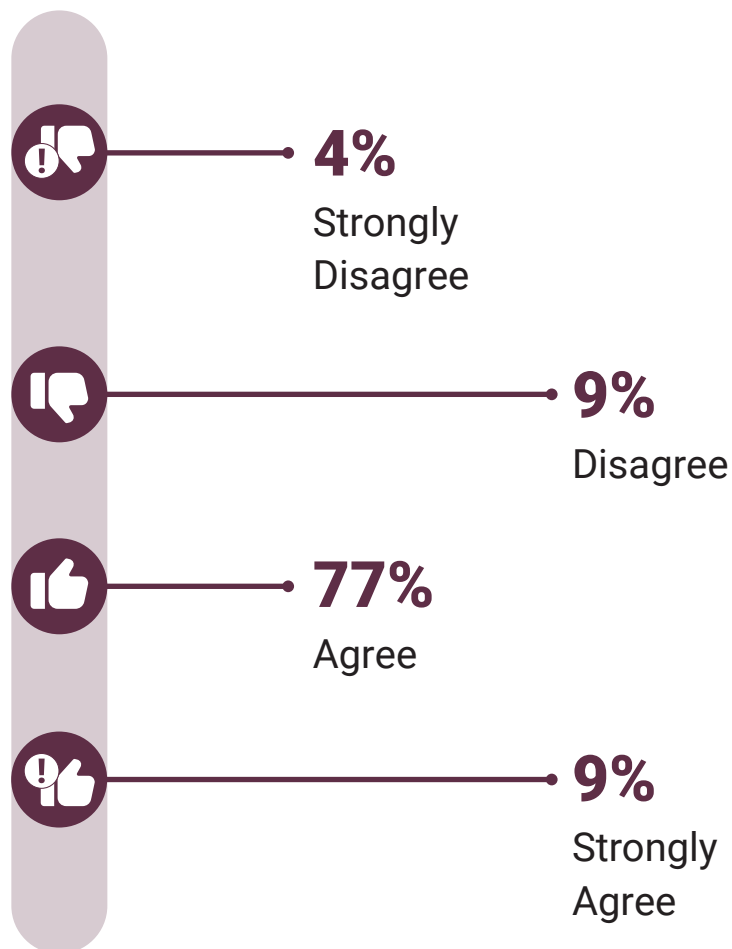
- Respect and social inclusion
- Social participation
- Civic participation and employment

Overview

Overall, many seniors said there were opportunities to socialize with other seniors and age groups in Dryden. Organizations like the Dryden GoGetters' Centre host many activities and events for seniors, including group meals, programs, and other social events. However, some seniors said there are limited transportation options available to attend social outings on evenings and weekends. Some seniors also said it can be challenging to find information about upcoming activities.

What we heard

? There are opportunities for seniors to be socially active with other seniors in Dryden.



“It’s a **problem with COVID-19 and places like the Go-Getters shut down.** Everyone is isolated to some extent throughout the pandemic.”

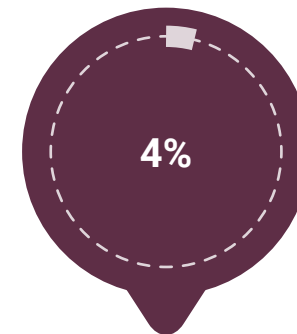
“Citizens having to pay for transportation to these events and that is dropping rates of participation. Factoring in shuttle costs for events would be appreciated.”

“ Our **GoGetters** is a big part of entertainment for seniors in Dryden.”

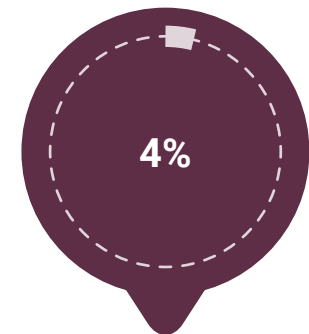
“ [There are] lots of opportunities for seniors to be seen in the community by working with various partners [like] schools.”



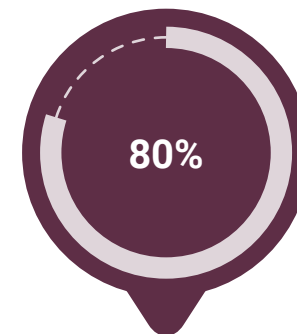
There are opportunities for seniors to volunteer and remain engaged in the community in Dryden.



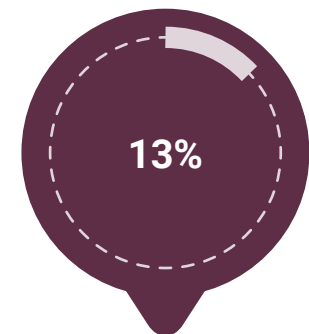
Strongly Disagree



Disagree



Agree



Strongly Agree

Age Friendly Respect, Inclusion, and Participation Assessment

Strengths and Assets

- + Strong sense of community
- + Organizations such as the Go Getters Seniors Centre, the Dryden Kinettes, and Community Living Dryden-Sioux Lookout organize events and activities specifically for seniors
- + Dryden Go Getters have seniors' building and greenspace near downtown, currently expanding the centre
- + The City of Dryden, Dryden Public Library, and Dryden Native Friendship Centre offer recreational programs and events for residents, including seniors
- + Many seniors attend mass and connect to community through church
- + Multiple community recreation groups exist (e.g. Cycling without Age, Old Timers Hockey)
- + Royal Canadian Legion – Branch 63 provides a service club for veterans in Dryden
- + Many seniors volunteer for local organizations such as the Ice Dogs hockey team
- + Community Volunteer Centre and Northwest Employment Works can connect seniors to local opportunities
- + Volunteer opportunities available through organizations like the Rotary Club of Dryden, Dryden Kinsmen, and Community Living Dryden-Sioux Lookout
- + Mandatory volunteer requirements for local high school students

Gaps and Needs

- Many activities cancelled due to COVID-19 pandemic
- Some seniors experience social isolation
- Limited transportation options to attend some social activities
- Some community events are unaffordable for seniors
- Difficult for some seniors to access the pool or fitness centre
- Limited culturally relevant and sensitive programming available for Indigenous seniors
- Volunteer base may be overextended and 'aging out'
- More recognition needed for volunteers
- Highschool students could be encouraged to complete their mandatory volunteer hours with seniors

- Organizations could host more outdoor classes, events, concerts in the summer
- Organizations could host intergenerational events (e.g. Grandparent Fishing Derby)

Barriers

- ▲ Volunteer base overextended and 'aging out'
- ▲ Limited resources for enhanced programming
- ▲ Difficult for new seniors to integrate into community social life



Action Plan

Goal

Create opportunities for seniors to be socially active and involved with each other and the broader community.



Patricia Gardens (Dryden, ON)
Source: Patricia Gardens

Strategies

1. Partner with the Dryden Native Friendship Centre to develop culturally appropriate activities for elders in Dryden.
2. Continue developing gardens near seniors housing and facilities.
3. Encourage and co-market the Go Getter's Activity Centre hosting activities and events for seniors, including new events such as:
 - Dance classes
 - Music lessons
 - Book club
 - Computer classes
 - Movie screenings
 - Walking groups
4. Recognize volunteers in the community and promoting volunteer opportunities.



5. Establish an accessibility and/or seniors committee of Council.
6. Create programs and events that recognize the contributions and achievements of seniors
7. Plan and host intergenerational recreation and social events and activities (e.g. Seniors Fishing Day at Government Dock).



Implementation Plan

The following implementation plan provides a guide for the implementation of the action items contained in Dryden Age Friendly Action Plan.

Each initiative is summarized in the implementation table, which provides a framework for moving each action forward.

1. Housing - Engage seniors more effectively on community news, events, and developments.

Age-Friendly Strategy	Priority Level	Recommended Strategy Lead	Recommended Strategy Partner(s)	Cost/Resources Required
1.1 Explore potential City incentives through zoning and Community Improvement Plans (CIPs) to support housing.	High	Building and Planning	N/A	<ul style="list-style-type: none"> • Staff Time • \$10,000 - \$20,000 for Professional Services
1.2 Update the Zoning Bylaw to permit garden suites and secondary suites as a permitted accessory uses in appropriate residential areas and promote them as a viable housing alternative in the community.	High	Building and Planning	N/A	<ul style="list-style-type: none"> • Staff Time
1.3 Build off the KDSB Regional Housing Strategy to develop a community specific Dryden Housing Strategy.	High	Building and Planning	N/A	<ul style="list-style-type: none"> • \$30,000 - \$50,000 for Professional Services

1.5 Explore opportunities to leverage City-owned lands to support seniors housing development with a focus on lands near services and amenities.	Ongoing	Building and Planning	City Hall Economic Development	<ul style="list-style-type: none"> • Staff Time • Professional Services Cost TBD (if required)
1.6 Advocate for the development of new subsidizing assisted living and/or personal care facilities.	Ongoing (High)	Administration	N/A	<ul style="list-style-type: none"> • Staff Time • Council Time
1.7 Establish partnerships to expand long-term care housing in Dryden.	Ongoing (Low)	Administration	N/A	<ul style="list-style-type: none"> • Staff Time • Council Time
1.8 Provide resources and outreach to seniors on opportunities to apply available Provincial, Federal, and Government Agency grants to make retrofits to improve accessibility and energy efficiency of their homes.	Ongoing (Low)	Library	Building and Planning	<ul style="list-style-type: none"> • Staff Time
1.9 Encourage developers to include accessible design features on new residential buildings.	Ongoing (Low)	Building and Planning	N/A	<ul style="list-style-type: none"> • Staff Time

2. Community Supports and Health Services - Establish partnerships and collaborative service models to enhance access to health services and supports.

Age-Friendly Strategy	Priority Level	Recommended Strategy Lead	Recommended Strategy Partner(s)	Cost/Resources Required
2.1 Support awareness building of volunteer service opportunities in the community that focus on the health of seniors (e.g. Meals on Wheels, volunteer drivers).	High	Library	Community Services	<ul style="list-style-type: none"> • Staff Time • \$10,000 - \$20,000 for Professional Services
2.2 Work with Keewatin Patricia District School Board to identify volunteer opportunities for students that address senior support needs.	High	Community Services	N/A	<ul style="list-style-type: none"> • Staff Time
2.3 Hire seniors-focused Recreation and Social Events Coordinator/intern.	Medium	Community Services	N/A	<ul style="list-style-type: none"> • Staff Time • Salary for Position TBD
2.4 Develop a committee to welcome new professionals and help integrate them into the community.	Medium	Library	Economic Development Community Services	<ul style="list-style-type: none"> • Staff Time

1.4 Investigate opportunities to partner with First Nations to develop elders housing in Dryden.	Low	Administration	N/A	<ul style="list-style-type: none"> • Staff Time • Council Time
2.5 Support the development of strategies and programs to enhance the recruitment and retention of medical professionals in Dryden.	Medium	Economic Development	Community Services	<ul style="list-style-type: none"> • Staff Time
2.6 Establish a marketing campaign to promote Dryden as a city with outdoor recreational opportunities and high quality of life.	Low	Economic Development	Community Services	<ul style="list-style-type: none"> • Staff Time • \$25,000 - \$50,000 for Professional Services
2.7 Support the activities of young professional networking groups and activities through community partners (e.g. Dryden District Chamber of Commerce).	Low	Economic Development	N/A	<ul style="list-style-type: none"> • Staff Time
2.8 Engage the Dryden Food Bank on partnership opportunities to support Food Bank operations.	Ongoing (High)	Community Services	City Hall	<ul style="list-style-type: none"> • Staff Time
2.9 Support the physician attraction and recruitment efforts of the Dryden Regional health Centre.	Ongoing (Low)	Administration	N/A	<ul style="list-style-type: none"> • Staff Time

3. Transportation - Enhance the safety, accessibility, and availability of different modes of travel within Dryden.

Age-Friendly Strategy	Priority Level	Recommended Strategy Lead	Recommended Strategy Partner(s)	Cost/Resources Required
3.1 Explore opportunities for the City's MyLift service to coordinate public transportation services with other agencies (e.g. Red Cross, KDSB)	High	Community Services	Public Works	<ul style="list-style-type: none"> • Staff Time
3.2 Complete a cost analysis to determine the cost and feasibility of extending MyLift service hours into the evenings and weekends and service area to fringe areas outside of the municipal boundary.	High	Community Services	N/A	<ul style="list-style-type: none"> • Staff Time • \$20,000 - \$40,000 for professional services
3.3 Improve existing sidewalks and trails, including smoothing uneven surfaces and ensuring there are enough curb cuts.	High	Public Works	N/A	<ul style="list-style-type: none"> • Staff Time • Capital Costs TBD

3.4 Develop an All Ages and Abilities (AAA) active transportation network (e.g. sidewalks, bicycle lanes, trails) through the community with an emphasis on connections to community facilities, recreation areas and commercial/service areas.	High	Economic Development	Public Works Community Services	<ul style="list-style-type: none"> • Staff Time • \$75,000 - \$125,000 for Professional Services
3.5 Continue to upgrade and extend City sidewalks, especially near seniors' housing.	Medium	Public Works	N/A	<ul style="list-style-type: none"> • Staff Time • Capital costs TBD
3.6 Encourage the development of alternative transportation options such as a volunteer driver program or local rideshare program.	Medium	Community Services	N/A	<ul style="list-style-type: none"> • Staff Time
3.7 Consider the installation of traffic calming and intersection improvements in areas where traffic and speed cause safety issues (e.g. Van Horne Avenue)	Low	Public Works	N/A	<ul style="list-style-type: none"> • Staff Time • Professional Services Costs TBD • Capital Costs TBD
3.8 Advocate to higher levels of government for financial support for regional transportation options (e.g. regional buses)	Ongoing (Low)	Community Services	Administration	<ul style="list-style-type: none"> • Staff Time • Council Time

4. Outdoor Spaces and Buildings - Improve the accessibility of Dryden's public spaces, buildings and facilities for seniors and individuals with mobility challenges.

Age-Friendly Strategy	Priority Level	Recommended Strategy Lead	Recommended Strategy Partner(s)	Cost/Resources Required
4.1 Improve the accessibility of the waterfront and dock areas, including accessible seating and access to the Government Docks.	High	Economic Development	Community Services Public Works	<ul style="list-style-type: none"> • Staff Time • \$25,000 - \$50,000 for Professional Services • \$250,000 - \$500,000 for Capital Costs
4.2 Conduct "Accessibility Audits" of City parks, facilities, buildings, and other infrastructure	High	Public Works	Building and Planning	<ul style="list-style-type: none"> • Staff Time
4.3 Explore options to extend or reprogram the hours of operation of washrooms in public parks to better align with seniors' usage of such facilities.	High	Community Services	N/A	<ul style="list-style-type: none"> • Staff Time
4.4 Encourage businesses to make accessibility improvements to their spaces and provide resources on accessibility design.	High	Building and Planning	N/A	<ul style="list-style-type: none"> • Staff Time

4.5 Complete a park and recreation master planning process that includes an age-friendly and intergenerational focus.	High	Community Services	Building and Planning	<ul style="list-style-type: none"> • Staff Time
4.6 Consider priority snow removal for sidewalks that connect seniors housing to nearby amenities and facilities.	Medium	Public Works	N/A	<ul style="list-style-type: none"> • Staff Time • Operational Costs TBD
4.7 Provide residents and businesses with free sand and salt in winter to reduce safety issues on sidewalks, building entrances and driveways	Medium	Public Works	N/A	<ul style="list-style-type: none"> • Staff Time • Operational Costs TBD
4.8 Establish policy to ensure new and replacement public seating (e.g. benches, picnic tables, and other seating) includes “universal design” features	Low	Public Works	Community Services	<ul style="list-style-type: none"> • Staff Time • Council Time
4.9 Develop a community lighting strategy and improve street lighting in the community	Low	Public Works	Building and Planning	<ul style="list-style-type: none"> • Staff Time • \$20,000 - \$40,000 for Professional Services • Capital Costs TBD
4.10 Create more public seating in key areas (e.g. parks, recreation areas, downtown)	Ongoing (High)	Public Works	Community Services	<ul style="list-style-type: none"> • Staff Time • Capital Costs TBD

5. Communication and Information - Engage seniors effectively on community news, events, and developments.

Age-Friendly Strategy	Priority Level	Recommended Strategy Lead	Recommended Strategy Partner(s)	Cost/Resources Required
5.1 Work with the Dryden Library to establish an online “seniors portal” on the City’s website with specific news and information.	High	Library	N/A	• Staff Time
5.2 Develop a monthly virtual and hardcopy newsletter for seniors with information about upcoming programs, events, and opportunities.	Medium	Community Services	Library	• Staff Time
5.3 Create City resources specifically for seniors (e.g. Seniors Recreation Guide)	Medium	Community Services	Library	• Staff Time
5.4 Partner with the local radio station CKDR to advertise programs and events for seniors.	High	Building and Planning	N/A	• Staff Time

5.5 Engage the community on the financial cost of expanding or enhancing community services identified to address seniors and broader community needs.	Low	Administration	N/A	• Staff Time
5.6 Post notices about upcoming events and programs on community bulletin boards and at local organizations and businesses (e.g. churches, library, Go Getters Activity Centre).	Ongoing (High)	Library	N/A	• Staff Time
5.7 Work with the Go Getters and other community organizations to distribute information on City news and activities relevant to seniors.	Ongoing (High)	Library	Community Services	• Staff Time
5.8 Hold City-led or sponsored sessions/ events on age-friendly topics, including home retrofits, fall prevention, diet and nutrition, and medical services.	Ongoing (High)	Library	Community Services	• Staff Time

6. Respect, Inclusion, and Participation - Create opportunities for seniors to be socially active and involved with each other and the broader community.

Age-Friendly Strategy	Priority Level	Recommended Strategy Lead	Recommended Strategy Partner(s)	Cost/Resources Required
6.1 Partner with the Dryden Native Friendship Centre to develop culturally appropriate activities for elders in Dryden.	High	Community Services	N/A	<ul style="list-style-type: none"> • Staff Time • Program Costs TBD
6.2 Continue developing gardens near seniors housing and facilities	High	Community Services	N/A	<ul style="list-style-type: none"> • Staff Time • \$10,000 - \$20,000 for Capital Costs
6.3 Encourage and co-market the Go Getter's Activity Centre hosting activities and events for seniors, including new events such as Dance classes, Music Lessons, Book club, computer classes, movie screenings, and walking Group.	High	Library	Community Services	<ul style="list-style-type: none"> • Staff Time

6.4 Recognize volunteers in the community and promoting volunteer opportunities.	<u>Medium</u>	<u>Library</u>	N/A	<ul style="list-style-type: none"> • Staff Time
6.5 Establish an accessibility and/or seniors committee of Council.	Medium	Library	Community Services	<ul style="list-style-type: none"> • Staff Time
6.6 Create programs and events that recognize the contributions and achievements of seniors.	Ongoing (Low)	Library	Community Services	<ul style="list-style-type: none"> • Staff Time • Council Time
6.7 Plan and host intergenerational recreation and social events and activities (e.g. Seniors Fishing Day at Government Docks).	Ongoing (Low)	Community Services	N/A	<ul style="list-style-type: none"> • Staff Time • Program Costs TBD

Endnotes

- ¹ Canada Mortgage and Housing Corporation. (n.d.) Developing a Housing Strategy for An Age-Friendly Community.
- ² Sinclair, Jane. (2017). Building a Seniors Campus: A Sustainable Model to Support Positive Aging and Strengthen our Communities. County of Simcoe.
- ³ World Health Organization. (n.d.) Age-Friendly in Practice: Building a Seniors' Campus. Age-Friendly World. [web]. Retrieved from: <https://extranet.who.int/agefriendlyworld/afp/building-seniors-campus-age-friendly-housing-practice/>
- ⁴ Koebisch, S. H., Rix, J., & Holmes, M. (2020). Recruitment and retention of healthcare professionals in rural Canada: A systematic review. Canadian Journal of Rural Medicine, 25(2).
- ⁵ Kornelson, J. & Carthew, C. (2018). Community-led strategies for recruiting and retaining health care providers to rural and remote areas. Centre for Rural Health Research.
- ⁶ BC Rural Update. (2013.) Communities play a role in physician recruitment, retention – Fort St. James case study.
- ⁷ Transit Cooperative Research Program. (2014). TCRP Report 1010: Toolkit for Rural Community Coordinated Transportation Services. Sponsored by the Federal Transportation Administration.
- ⁸ McCue, L., Tolentino, L., & MacDonald, R. (n.d.) Accelerating Rural Transportation Solutions: Ten Community Case Studies from Ontario. Rural Ontario Institute.

Age Friendly Assessment and Action Plan

City of Dryden

