



City of Port Moody

Minutes

Seniors Focus Committee

Minutes of the meeting of the Seniors Focus Committee held on Thursday, June 9, 2022 via Zoom.

Present

Councillor Diana Dilworth – Chair
Yolanda Broderick
Malcolm Harkness
Leanne Lange
Wilhelmina Martin
Constance Meisner
Grace McKeown

Absent

Councillor Amy Lubik – Vice-Chair
John Crowther (Regrets)

In Attendance

Angela Blackall – Recreation Coordinator
Esin Gozukara – Committee Coordinator
Liam McLellan – Social Planner

Also In Attendance

Helen Chow, Interim Director – Clinical Operations, Fraser Health
Maria Colocado, Manager – Clinical Operations, Fraser Health

1. Call to Order

Call to Order

1.1 The Chair called the meeting to order at 7:02pm.

2. Adoption of Minutes

Minutes

2.1 SFC22/008

Moved, seconded, and CARRIED

THAT the minutes of the Seniors Focus Committee meeting held on Thursday, April 7, 2022 be adopted.

3. Unfinished Business

4. New Business

Fraser Health – Seniors' Housing Services

4.1 Presentation: Helen Chow and Maria Colocado, Fraser Health To be distributed on-table.

Helen Chow, Interim Director of Clinical Operations, Fraser Health, and Maria Colocado, Manager of Clinical Operations, Fraser Health gave a presentation on Fraser Health – Seniors' Housing Services, and noted the following:

- the priority of Community Health Services' is to keep seniors in the community and connect them with the available services;
- for Home Health, case managers do long-term care planning for clients;
- the Day Program for Older Adults offered virtual program services when Public Health Orders were in place, and it is currently getting back to full capacity;
- the overnight respite care service offers caregivers temporary relief from caregiving duties;
- the reablement program typically involves a comprehensive assessment by a physiotherapist and development of a treatment plan;
- the Seniors' Community Connector directs clients to the services available in the community based on their needs;
- any clinician can refer a patient to a caregiver support practitioner;
- the provision of subsidized housing is dependent on compliance with Ministry of Health eligibility criteria;
- most private independent living options do not offer in-house nurse care;
- Assisted Living clients need to be able to direct their own care in order to be eligible for the service;
- clients on the Long Term Care services wait list are matched with the most suitable facility; and
- a financial assessment is completed based on the client's Notice of Assessment to determine the rates for Long Term Care.

The Committee noted the following:

- in some acute situations, patients may not be able to self-advocate, and access to services needed may take a long time;
- assistance outside of business hours should be provided for seniors;
- communication between health authorities regarding patients' care plans could be improved;
- the health care system is complex, there may be gaps in

providing the services required, and support from the community is essential; and

- advocating for independent seniors and providing information and awareness about the services offered in the community is important.

Ms. Chow and Ms. Colocado noted the following in response to questions from the Committee:

- discharge teams in hospitals prepare the discharge plan, determine the care needs in consultation with the client and their family, and activate services the client may benefit from;
- clients, if able to do so, can advocate for themselves during their discharge planning;
- sometimes the discharge teams provide contact information for clients to do self-referrals to services if needed;
- geriatric nurses typically work in the Emergency Rooms from 8 am to 4 pm, and are able to complete referrals to services and provide relevant program information;
- Emergency Room teams can also reach out to the Community Health Nurse at the hospital to activate services for clients;
- 211 is run by a non-profit and offers a free and confidential service that connects people to resources in their community;
- it can be challenging for some clients to navigate the system and, if required, health professionals may advocate on behalf of the client even when they refuse services;
- a network of services is required to ensure patient safety at discharge;
- currently, there is no system in place to support seniors after business hours, and they often go to Emergency Rooms for assistance; and
- improving the experiences of clients and families is important.

The Chair noted that the City does not play an active role in health care, and a specific request needs to be formulated for the City to lobby the provincial government to take action on an issue. The Chair also noted that community members articulate the gaps in the system by sharing their lived experiences, and the presenters' input is appreciated.

Port Moody Age-Friendly Recreation Study – Survey Results

4.2 Attachment: City of Port Moody Age-Friendly Facility Study

The Recreation Coordinator gave a presentation on Port Moody Age-Friendly Recreation Study – Survey Results, and noted the following:

- survey responses were in line with the themes which emerged during stakeholder workshops and interviews;
- there appears to be a rising interest in typical pre-Covid programming;
- fitness classes and active programming including hikes, walks, and tennis, seem to be in demand;
- 67% of the respondents do not participate in senior specific programming and there is a wide variety of abilities for residents participating in recreation programming;
- 31 of the drop-in fitness programs are regularly attended by the 50+ age group;
- seniors tend to pick programs that fit their schedule, interest, and comfort level, and many fitness instructors adjust their classes based on the participants' skill levels;
- removing the age and highlighting the level of ability in program descriptions was an important feedback from the survey;
- the arena space at the Recreation Complex was recently converted to six pickleball courts;
- dedicated multi-generational spaces, larger adaptable exercise spaces, and social spaces offering food and coffee were requested through the survey;
- the Recreation Department is currently focusing on how the existing spaces could be adjusted to the needs identified in workshops, interviews, and surveys;
- accessible bathrooms with hands-free bathroom features were identified as a significant need in the survey;
- the Recreation Complex is at programming capacity which can create challenges when trying to accommodate all the user groups and spaces requested;
- residents' and the Committee's feedback are valuable, and staff continues to listen to the requests;
- the Walk and Talk program, as well as other programs that seniors expressed interest in, are restarting;
- leisure access program information is available through the Recreation Complex front desk, and participants' information are confidential; and
- the Age-Friendly consultants are scheduled to join the July 2022 meeting to provide information about the completed tasks.

Wilhelmina Martin left the meeting at this point.

The Chair noted that staff have been directed to formulate a long-term pickleball strategy to respond to the rising popularity of the sport within the community. The Chair also noted that 78% of the survey respondents participate in the recreation programming, confirming that seniors in the community rely on the services provided.

The Committee noted that the Walk and Talk program is an important resource that provides an opportunity for seniors to build social connections and relationships. The Committee expressed gratitude to Recreation staff for being very responsive and helpful to all residents.

Wilhelmina Martin returned the meeting at this point.

**Peter Hulbert
Accessibility Award
– Nominations**

4.3 Attachment: Peter Hulbert Accessibility Award Brochure

The Social Planner noted that the nomination period for Peter Hulbert Accessibility Award is open, and the deadline to submit nominations is Monday, August 8, 2022.

5. Information

Staff Updates

- 5.1 The Social Planner noted that Committee members will be receiving an invitation for a stakeholder workshop for the Rocky Point and Old Orchard Park Master Plans.

6. Adjournment

The Chair adjourned the meeting at 8:48pm.



Councillor Diana Dilworth,
Chair



Esin Gozukara,
Committee Coordinator