



SENIORS ADVISORY COMMITTEE

Wednesday, December 18, 2019 at 11:00am
Salmon River Committee Room
4th Floor, 20338 – 65 Avenue, Langley, BC

A G E N D A

Page

A. APPROVAL AND RECEIPT OF AGENDA ITEMS

1. Seniors Advisory Committee – December 18, 2019

Recommendation that Seniors Advisory Committee approve the agenda and receive the agenda items of the December 18, 2019 meeting.

B. ADOPTION OF MINUTES

1-21

1. Seniors Advisory Committee – November 20, 2019

Recommendation that Seniors Advisory Committee adopt the Minutes of the November 20, 2019 meeting.

C. DELEGATIONS AND PRESENTATIONS

D. REPORTS

1. Co-Chair Reports

E. CORRESPONDENCE

F. WORK PROGRAM

22-24

1. Seniors Advisory Committee 2019 Annual Report

Recommendation that the Seniors Advisory Committee receive and endorse the SAC 2019 Annual Report and ask staff to forward to Council.

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G. COUNCIL REFERRALS

1. Seniors Advisory Committee Re-Naming

At its November 4, 2019 regular afternoon meeting, Council passed the following motion:

That the possible re-naming of the Seniors Advisory Committee to the "Seniors and Social Planning Advisory Committee", or potential other name, be referred to the Seniors Advisory Committee for discussion with the 2020 work plan.

H. OTHER BUSINESS AND ITEMS FOR INFORMATION

I. NEXT MEETING

Date: Wednesday, January 22, 2020
Location: Salmon River Committee Room
4th Floor, 20338 – 65 Avenue
Time: 7:00 pm

J. TERMINATE

Township of
Langley



Est. 1873

SENIORS ADVISORY COMMITTEE

Wednesday, November 20, 2019 at 7:00pm
Salmon River Committee Room
4th Floor, 20338 – 65 Avenue, Langley, BC

MINUTES

Present:

S. Soheili, (Community Co-Chair)
Councillor P. Arnason (Council Co-Chair)
Councillor S. Ferguson (Council Co-Chair)

E. Brett and M. Gill

Guest:

D. Riddle, President, Hidden Mobility Disabilities Alliance

Staff:

P. Ward, Strategic/Social Planner
C. Quin, Recording Secretary

As several visitors were present to observe the meeting, round table introductions took place.

A. APPROVAL AND RECEIPT OF AGENDA ITEMS

1. Seniors Advisory Committee – November 20, 2019

Moved by M. Gill,
Seconded by E. Brett,
That the Seniors Advisory Committee approve the agenda and receive the
agenda items of the November 20, 2019 meeting.
CARRIED

B. ADOPTION OF MINUTES

1. Seniors Advisory Committee – October 16, 2019

Moved by M. Gill,
Seconded by E. Brett,
That the Seniors Advisory Committee adopt the Minutes of the October 16, 2019
meeting.
CARRIED

C. DELEGATIONS AND PRESENTATIONS

1. Hidden Mobility Disability

D. Riddle, President, Hidden Mobility Disabilities Alliance, provided a presentation on hidden mobility disability. Persons with a hidden mobility disability are independently mobile, but can only walk a short distance or stand unsupported for a brief time without serious health consequences. It was noted that a hidden mobility disability can impact independence and lead to social isolation, and that the Hidden Mobility Disabilities Alliance is seeking partners to pilot best practice initiatives.

At the request of the Seniors Advisory Committee, the presentation PowerPoint slides and handout are attached to the Minutes (see Attachment A).

MOTION

Moved by E. Brett,

Seconded by M. Gill,

That the Seniors Advisory Committee consider the information presented on hidden mobility disability as part of the proposed age- and dementia-friendly planning project, anticipated to commence in 2020.

CARRIED

D. REPORTS

1. Co-Chair Reports

Councillor Arnason reported that the Shepherd of the Valley affordable housing project is moving forward, that the BC Non-Profit Housing Association recently hosted an affordable housing conference, and that Council recently passed a motion to consider opportunities to utilize the Township's affordable housing reserve fund.

Councillor Ferguson reported that the Langley Seniors Resources Society has been busy with a number of initiatives, including reaching out to representatives of the provincial and federal governments.

S. Soheili provided a brief overview of CMHC's National Housing Co-Investment Fund, and noted that location criteria for new projects can create challenges.

E. CORRESPONDENCE

F. WORK PROGRAM**1. 2019 Age-friendly Strategy Progress Report**

P. Ward provided a brief overview of the 2019 Age-friendly Strategy Progress Report, which was reviewed in draft by the committee at its October 16, 2019 meeting and was updated to incorporate the committee's input.

MOTION

Moved by E. Brett,

Seconded by M. Gill,

That the Seniors Advisory Committee receive and endorse the 2019 Age-friendly Strategy Progress Report.

CARRIED**COUNCIL**

Moved by E. Brett,

Seconded by M. Gill,

That the Seniors Advisory Committee recommends that Council receive the 2019 Age-friendly Strategy Progress Report memorandum for information, in accordance with the monitoring required by the Age-friendly Strategy Implementation Plan.

CARRIED**2. Draft Seniors Advisory Committee 2019 Annual Report**

P. Ward provided an overview of the draft Seniors Advisory Committee 2019 Annual Report. Discussion ensued and suggestions were made to update the report to provide more detail about some of the topics the committee discussed throughout 2019 and add additional preliminary work plan items for 2020, including Council's motion regarding the possible re-naming of the committee. P. Ward noted that a revised Annual Report will be provided for the committee's consideration at the next meeting.

G. COUNCIL REFERRALS**H. OTHER BUSINESS AND ITEMS FOR INFORMATION****1. Green Burials**

E. Brett inquired about the status of the funding required to develop a green burial area at the Langley Lawn Cemetery, and it was noted that Council had not yet considered the 2020 budget. For background, P. Ward noted that green burials were initially raised and discussed by the committee at its March 20, 2019 meeting, and at its May 15, 2019 meeting, the committee received a copy of Report to Council 19-81 (Cemetery Operations Review) for information, which identifies an area for green burials on the concept plan for the Langley Lawn Cemetery and identifies the required capital improvements as a high priority project, to be considered as part of future budgets.

H. OTHER BUSINESS AND ITEMS FOR INFORMATION

MOTION

Moved by E. Brett,

Seconded by M. Gill,

That the Seniors Advisory Committee endorse the development of a green burial area at the Langley Lawn Cemetery as a high priority project, as identified in Report to Council 19-81 (Cemetery Operations Review).

CARRIED

I. NEXT MEETING

Date: Wednesday, December 18, 2019

Location: TBA

Time: TBA

J. TERMINATE

Moved by E. Brett,

Seconded by M. Gill

That the meeting terminate at 8:48pm

CARRIED

CERTIFIED CORRECT:

Community Representative Co-Chair

Council Representative Co-Chair

Addressing Distance as an Accessibility Barrier

Dr. Dorothy I. Riddle

HiddenMobilityDisabilites.com

November 2019

What are hidden mobility disabilities?

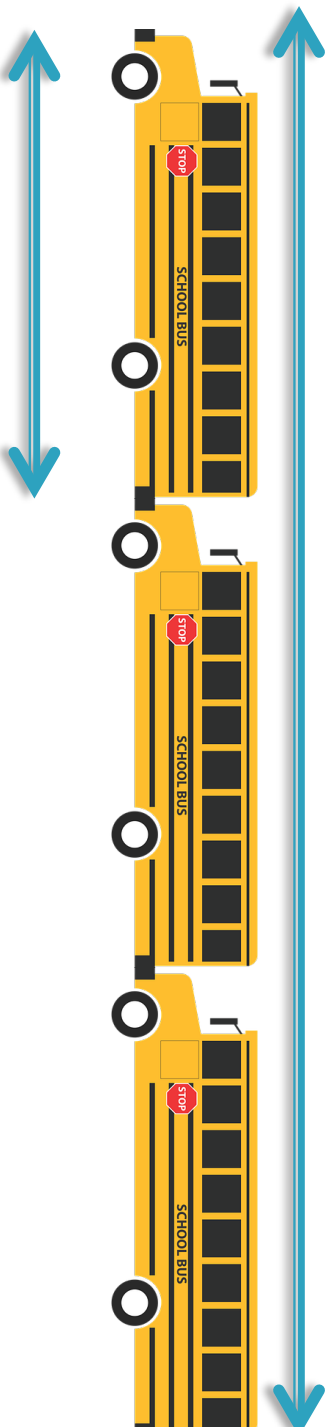
Being independently mobile, but **not able to walk far or stand unsupported** more than a brief time.

The person:

- ▶ Appears to be “normal.”
- ▶ Does not usually use a mobility aid (like a wheelchair or scooter or walker).
- ▶ May not even use a cane.
- ▶ May have “good” days where longer walking distances are possible.

What is “not too far”?

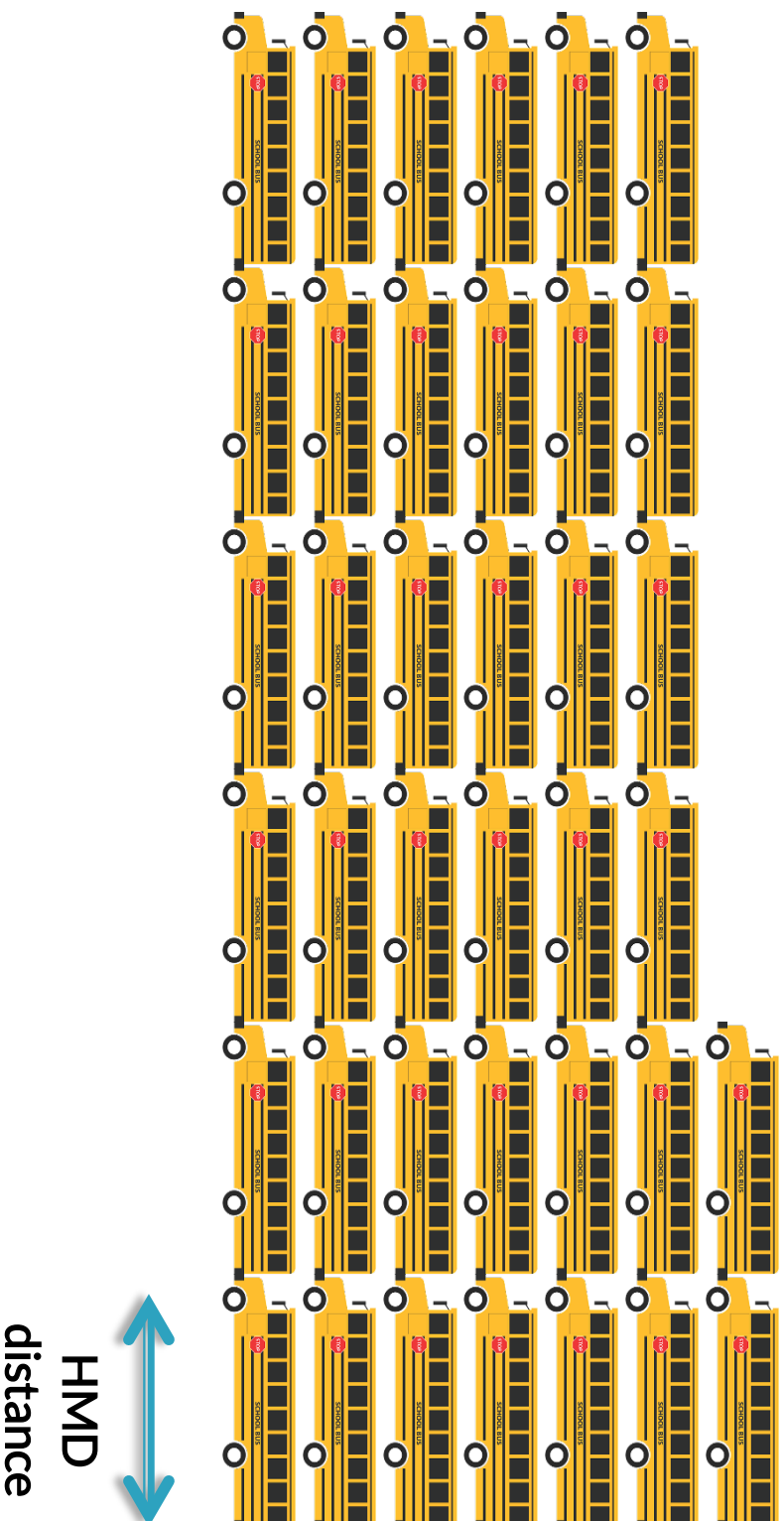
105 ft. or 32 m or 1/3 of a block often referred to as “short distance”



35 ft. or 10.7 m is a comfortable “short distance” for those with hidden mobility disabilities

A person without a hidden mobility disability may consider even 210 feet, or 6 school buses, to be a short distance.

A 5-minute walk in school buses:



Walking too far* results in significant health consequences:

- 77% Increased joint pain
- 52% Walk more slowly until almost not moving
- 46% Increased difficulty breathing
- 43% Have trouble walking at all the next day
- 40% Begin to stagger and lose balance
- 31% Become immobilized by pain
- 29% Increased muscle spasms

*Only 50% can walk as far as 50 feet (15m)

Access ramps are not a pain-free option



Do I take the long walk up the ramp or
the steep climb up the steps?

Community participation consequences to be addressed

► Limited independence

- “If I can’t drive and park in close, I just don’t go.”
- Challenges reported:

92% Finding a close enough parking space

80% Having to stand in line for service

77% Shopping at a large supermarket or mall

55% Using public transportation

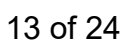
► Social isolation

- “I only see people I invite over or who invite me.”
- Challenges reported:

85% Attending events where everyone stands

Increase independence by improving external accessibility

- ▶ Place disabled parking within 35 feet of building entrance
- ▶ Manage HMD parking separate from wheelchair parking – i.e., closer to building entrances
- ▶ Provide seating at least every 35 feet along a path
- ▶ Offer a landing and seating after every 7 stairs
- ▶ Provide distance on wayfinding signs
- ▶ Reduce the distance from/to locations for users of public transportation to no more than 50 feet



Increase independence by improving internal accessibility

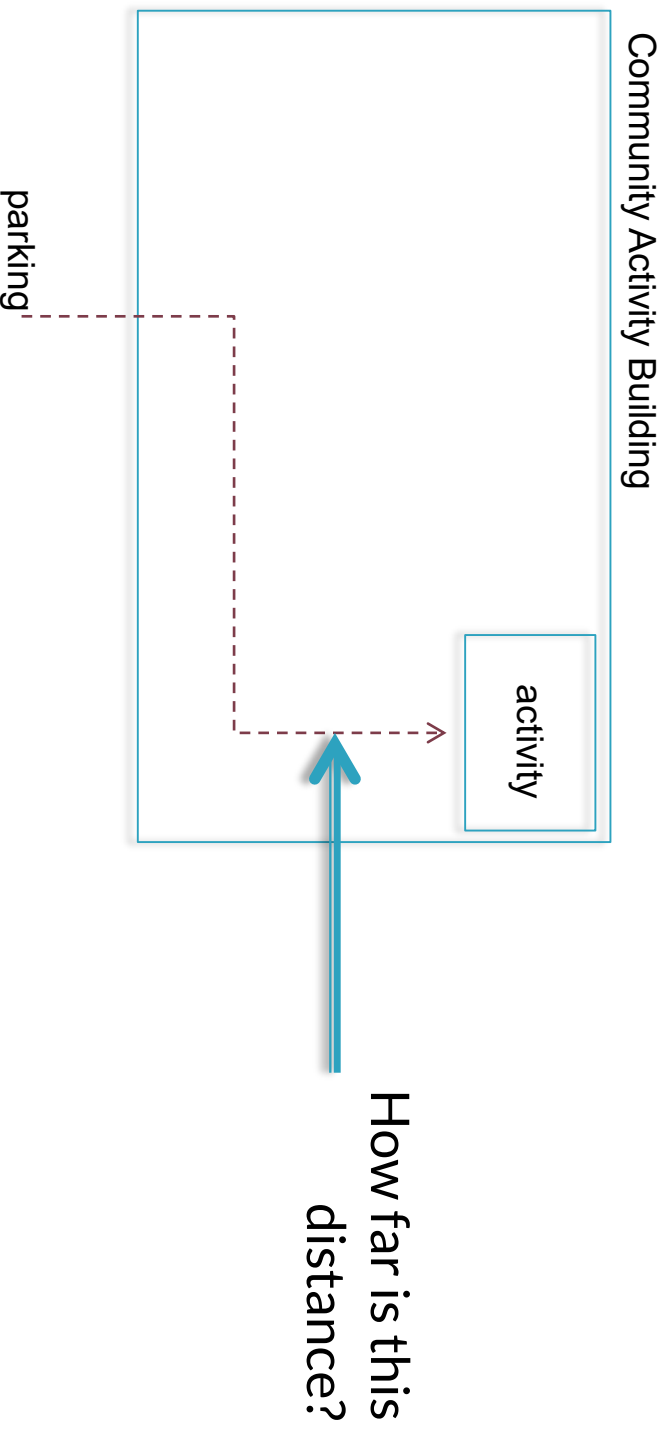
- ▶ Offer seating just inside building doorways
- ▶ Provide seating while waiting for elevators
- ▶ Position public washrooms within 35 feet of the entrance
- ▶ Ensure that seated service is at the front of the office

B.1 Too far to seated service – why not have it right here by the door?



Reduce social isolation by making community activities accessible

- ▶ Design and publicize community activities that require limited walking and standing



How can I participate in this consultation if I need to sit down?



Reduce social isolation by facilitating serendipitous social interactions

- ▶ Make it easier to interact with strangers (“not yet friends”) by sitting down in public spaces



Request for a best practice pilot project partner

- ▶ Work with HMDA to identify 1-3 pilot changes, implement them, evaluate them, publicize them

“The built environment can either facilitate or hinder full participation in mainstream society and is considered fundamental to integration, inclusiveness and equality for all”



Hidden Mobility Disabilities Alliance:

HiddenMobilityDisabilities.com

Contact Dr. Dorothy Riddle
President, Hidden Mobility Disabilities Alliance
alliance@HiddenMobilityDisabilities.com



Potential Policies for Removing Distance as a Barrier

Persons with a hidden mobility disability (HMD) are independently mobile but can only walk a short distance or stand unsupported for a brief time without serious health consequences.

Pilot projects are needed to demonstrate how policies such as those below (confirmed as essential by research) could be implemented to increase independent community participation & reduce social isolation for those with HMD:

1. Outdoor Spaces and Buildings

a. Reduce the distance to be walked – one way:

- Put distance on wayfinding signs.
- Provide at least one universal rest room within 35 feet of a building's main entrance.

b. Increase the ability to sit and rest on benches or chairs until pain subsides:

- Provide seating for individuals waiting for elevators.
- Provide seating at intervals of least every 35 feet for:
 - Building entrances when set back from the street more than 35 feet.
 - Corridors longer than 50 feet.
 - Shopping malls.
 - Public viewing sites
- For stairways, offer a landing and seating every 7 steps.

2. Transportation

- Facilitate the use of cars by persons with HMD rather than adopting car-free policies.
- Place disabled parking within 35 feet of a main building entrance.
- Manage HMD parking separate from wheelchair parking – closer to the entrance.
- Position handicapped parking stalls so that the driver's door is within 35 feet of an elevator.
- Reduce the distance to/from public transportation to no more than 50 feet.

3. Respect & Social Inclusion

- Ensure that seated service is at the front of an office.
- Where individuals are expected to stand using service kiosks, provide a seated alternative.
- Where there is a line for service, provide a ticket number dispenser at the entrance with seating.
- Ensure no more than 35 feet from a seated waiting area to the service window/desk.
- Ensure no more than 35 feet from public parking to out-of-doors public amenities.
- Educate the public on HMD and self-care options.

4. Social Participation

- Include curved benches in public parks and walkways that encourage interaction.
- Design community events, including consultations, to occur sitting down.
- Publicize community activities that involve limited walking and standing.

Provided by the Hidden Mobility Disabilities Alliance

www.HiddenMobilityDisabilities.com

Based on results from the *Survey on Hidden Mobility Disabilities*, January-October 2017, which are reliable within ± 4 percent at the 95 percent confidence level. For a copy of the full research reports: www.HiddenMobilityDisabilities.com/research-report/.



SENIORS ADVISORY COMMITTEE 2019 ANNUAL REPORT

INTRODUCTION

This report responds to the Council direction that Advisory Committees prepare an annual report for Council's information, which includes a summary of the activities undertaken in the current year, any suggestions for revisions to the Advisory Committee's current terms of reference and/or mandate, and the proposed work plan for the following year and budget requirements.

PURPOSE OF THE SENIORS ADVISORY COMMITTEE

As outlined in the Seniors Advisory Committee (SAC) Terms of Reference, the purpose of the Committee is to:

- Represent the Township of Langley seniors' perspectives on municipal and other key seniors' issues;
- Provide a voice for Township of Langley seniors, exchanging information about current issues and emerging concerns;
- Provide input to Township of Langley staff as requested;
- Work toward identified goals as outlined in an annual work plan; and
- Make recommendations to Council on related matters.

MEMBERSHIP AND STAFF SUPPORT

The 2019 SAC included five (5) voting members, as follows:

- C. Munnalall (resigned June 2019 due to a move away from the Township)
- E. Brett
- M. Gill
- S. Hedao
- S. Soheili

And two (2) non-voting members:

- Councillor P. Arnason (Committee Co-Chair)
- Councillor S. Ferguson (Alternate Committee Co-Chair)

The Committee was supported by:

- P. Ward, Strategic/Social Planner
- K. Stepto, Council and Committee Clerk

ELECTION OF COMMUNITY REPRESENTATIVE CO-CHAIR

C. Munnalall was elected as the Community Representative Co-Chair for 2019. Following the resignation of C. Munnalall in June 2019, the SAC decided to alternate the Community Representative Co-Chair for the remaining meetings.

SUMMARY OF ACTIVITIES

In keeping with its Terms of Reference and its 2019 Work Plan, in 2019 the SAC:

- Received a presentation on elder abuse (including telephone and online scams) from the BC Association of Community Response Networks, and suggested that the Association and Township explore opportunities for further collaboration to implement the action in the Age-friendly Strategy related to elder abuse
- Received information on dementia-friendly communities, including a presentation from the Alzheimer Society of B.C., to inform its consideration of a dementia-friendly planning project
- Received a presentation on the ICBC Seniors Drive Smart presentation from ICBC, and suggested that ICBC and the Township explore opportunities for collaboration in the delivery of a Seniors Drive Smart presentation in the community
- Reviewed and provided input into the 2019 Age-friendly Business Recognition Program
- Received an update on the Social Sustainability Strategy
- Received a presentation on recreation opportunities for low-income residents from Parks and Recreation staff
- Received a presentation on the Langley Hospice Society and palliative care from the Langley Hospice Society
- Reviewed, provided input, and endorsed terms of reference for the Age- and Dementia-friendly Action Plan project
- Received an update on the Housing Needs Report project
- Convened a presentation with local organizations serving seniors and people with disabilities on accessible transit services and HandyDART from Coast Mountain Bus Company
- Received a presentation on hidden mobility disability
- Reviewed, provided input, and endorsed the 2019 Age-friendly Strategy Progress Report
- Discussed other topics, including:
 - Affordable housing and manufactured home parks
 - Green burials
 - Potential improvements to the seniors section of the Township website
 - Programs for LGBTQ seniors
 - Respite for caregivers of people with dementia

In many cases, action items related to these topics were identified by the SAC, including requests that staff gather and provide additional information for the committee's consideration.

MOTIONS

The SAC made the following recommendations to Council:

- That the Seniors Advisory Committee recommends that Council direct staff to prepare an amendment to Council Advisory Committee Establishment Bylaw No. 4700 to include a Fraser Health representative as a non-voting member on the Seniors Advisory Committee.

- That the Seniors Advisory Committee recommends that Council receive the 2019 Age-friendly Strategy Progress Report memorandum for information, in accordance with the monitoring required by the Age-friendly Strategy Implementation Plan.

Other motions passed by the SAC include:

- That the Seniors Advisory Committee recommends a future application to the UBCM Age-friendly Communities Grant Program to assist the Township in working towards becoming a dementia-friendly community, by applying a dementia-friendly lens to its existing Age-friendly Strategy.
- That the Seniors Advisory Committee endorse the draft Terms of Reference for the Age- and Dementia-friendly Action Plan and the Dementia-friendly Task Force.
- That the Seniors Advisory Committee consider the information presented on hidden mobility disability as part of the proposed age- and dementia-friendly planning project, anticipated to commence in 2020.
- That the Seniors Advisory Committee endorse the development of a green burial area at the Langley Lawn Cemetery as a high priority project, as identified in Report to Council 19-81 (Cemetery Operations Review).

RECOMMENDED REVISIONS TO THE COMMITTEE'S TERMS OF REFERENCE

At its Regular Afternoon Meeting on November 4, 2019, Council passed the following motion:

That the possible re-naming of the Seniors Advisory Committee to the "Seniors and Social Planning Advisory Committee", or potential other name, be referred to the Seniors Advisory Committee for discussion with the 2020 work plan.

In keeping with this motion, the SAC will consider potential recommended revisions to the committee's terms of reference in conjunction with the 2020 work plan discussion.

PRELIMINARY WORK PLAN ITEMS FOR 2020

The 2020 work plan proposed by the SAC will focus on but not be limited to:

- Input into the Age- and Dementia-friendly Action Plan, including the establishment of the Dementia-friendly Task Force, research into existing dementia-friendly programs and services, and consideration of hidden mobility disability information, subject to the receipt of funding from the 2020 UBCM Age-friendly Communities grant program
- Input into the Housing Needs Report project
- Consideration of the possible re-naming of the SAC, and any possible corresponding recommended revisions to the committee's terms of reference, pursuant to Council's November 4, 2019 motion.

Pursuant to Council Advisory Committee Establishment Bylaw No. 4700, a more detailed and prioritized 2020 work plan will be submitted to Council in 2020.