

Recreation Services and Burlington Active Aging Plan

Mandy Kerr

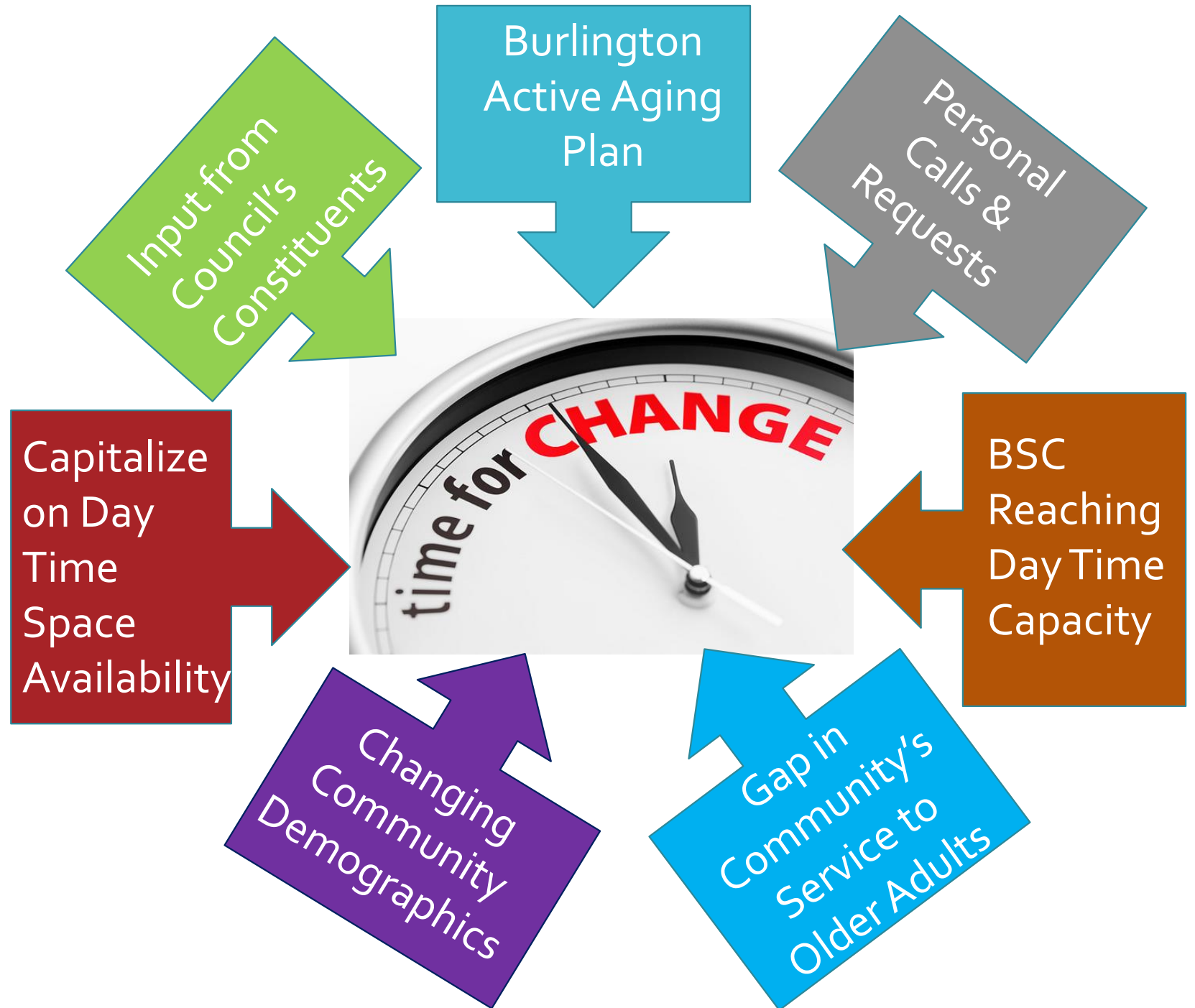
Supervisor of Recreation – Adult Programs

Recreation, Community and Culture



Balanced Service

Balanced Geographic Delivery
Balanced Program Mix
Balanced Opportunity though Year
Balanced Opportunity through Day



○ WHY Change?

Building Blocks in Designing Recreation Services

Guiding Principles & Action Plans

- ▶ **Burlington's Recreation Framework:** pillars to equitable access and the benefits of recreation
- ▶ A commitment to: **Community Development** and Enriching Partnerships
- ▶ **Burlington Active Aging Plan**

Delivery Models

- COB direct delivery
- Shared Arrangements – financial &/or physical resources
- Private Sector service providers
- Community Group service providers

Program Development Principles

Why Recreation?



WHAT do we Believe?

1. Factors key to wellbeing:
 - daily physical activity
 - meaningful social connections
3. Inclusivity is fundamental to program design and mix
4. Accessibility considered from the perspective of:
 - the built environment
 - individual needs & functional capacity
 - affordability
5. Diversified program opportunities which address each of the dimensions of health increase potential for participation

Diversified Program Mix



WHAT will we do?

Play In Your Neighbourhood



Burlington Public Libraries



Burlington Seniors' Centre



Tansley Woods Community Centre



Tyandaga Golf Course



Mountainside Recreation Centre



Lowville United Church



Trails and Parks



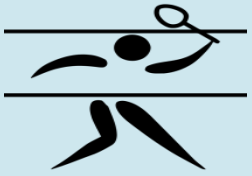
Aldershot Swimming Pool



Brant Hills Community Centre

Program Development: Increasing participation

1.



Sport Program
Stream

- Increase 55+ Sport opportunities
- Sequential learning (Ready to – Intermediate)
- Conditioning programs
- Round Robins – Tournament
- Drop-in
- Outdoor and Indoor development
- Community involvement

2.



Wellness Program
Stream

- Preparing for increased need for modified and accommodating programming
- Restorative programs
- Care partner support

3.



Outdoor Pursuits
Program Stream

- Increase recreation in outdoor settings
- Increase nature immersion
- Provide accessible and amenities of interest to older adults in outdoor spaces

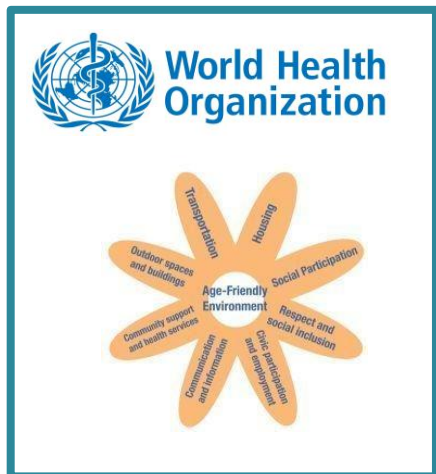
Active Aging Plan



CITY OF
Burlington



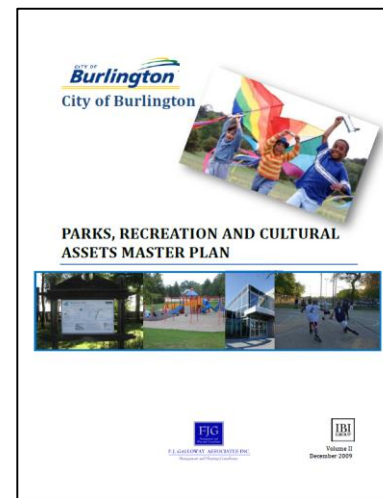
burlington.ca/activeaging



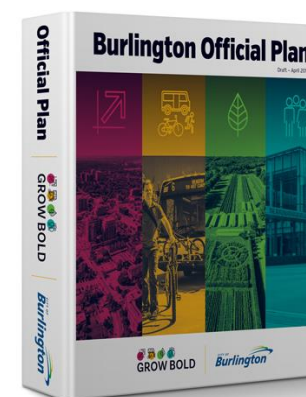
WHO Age Friendly Planning



Halton Region Older Adult Plan



Parks, Rec Culture Master Plan



Burlington Official Plan



Burlington Strategic Plan

PLANNING



- Community Plans are like Roadmaps that are in continual development, created to guide and direct work, and reflect current needs and interests.
- Work continues to be completed as planned, while updates may occur.
- Continuously Evolving Living guides
- Burlington is currently 'updating' OP, so this may see new branding that more accurately reflects changing priorities and new or revised deliverables
- The BAAP will evolve too.

Strategic Planning Cycle



Burlington's Strategic Plan 2015 - 2040

DRAFT FOR COMMUNITY CONSULTATION



A City that Grows: Our Future by 2040

1.3 - Focused Population Growth:

A City that Grows encourages young families, youth and newcomers to locate in Burlington to help sustain the fiscal, social and cultural fabric of the city.

1.3.a Burlington is an inclusive and diverse city that has a growing proportion of youth, newcomers and young families and offers a price range and mix of housing choices.

1.3.b Seniors are supported by a strategy that promotes health, recreation, transportation and allows them to remain in their home or neighbourhood as long as possible by providing desirable housing alternatives.

How will Burlington make this happen?

These are some examples of actions and measures of success:

Strategic Initiatives:

- Future development will be higher density, walkable and accessible, transit-oriented with appealing streetscapes. The city will become a leader in walkability and bikeability scores in the province and will be fully aligned with provincial strategy and goals.



12

- The city will prioritize the planning for each *mobility hub. The plan for each mobility hub will consider/include design, jobs and housing, servicing, public transportation, parks and green space.
- The city will develop and implement a strategy in co-operation with other levels of government to support young families.
 - A range of housing types and supply will allow young families and newcomers to locate in Burlington.
 - Infrastructure will support the economic, social, environmental and community goals of youth, young families and newcomers.
 - Upon completion of the *Official Plan, the city will prepare a housing strategy.
- By 2020, the city will develop a liaison office to attract immigrants, while remaining a destination of choice for all newcomers.
- An Age-Friendly strategy for seniors will be developed by the end of 2019. This will include addressing the need to have sufficient seniors' programming space.
- The city will improve its ability to monitor, track and understand Burlington's demographic growth trends and profile.

Progress Indicators:

- Walkability score applied to intensification and population growth
- Percentage of trips by bike or transit
- Population by demographics
- Median age
- Immigration numbers and percentages
- Household size
- Median housing price by type
- Mix of available housing types.



13

•An Age-Friendly strategy for seniors will be developed by the end of 2019.

•This will include addressing the need to have sufficient seniors' programming space.

Timeline and Engagement

Phase 1
Community Profile
Jan-May 2016

Phase 2
Community Engagement
May-Oct 2016

Phase 3
Plan Development
Nov-Apr 2017



**Community
Survey**

Community Forums

**Community Working
Group**

**Council
Input**

Staff Working Group

1400 Respondents

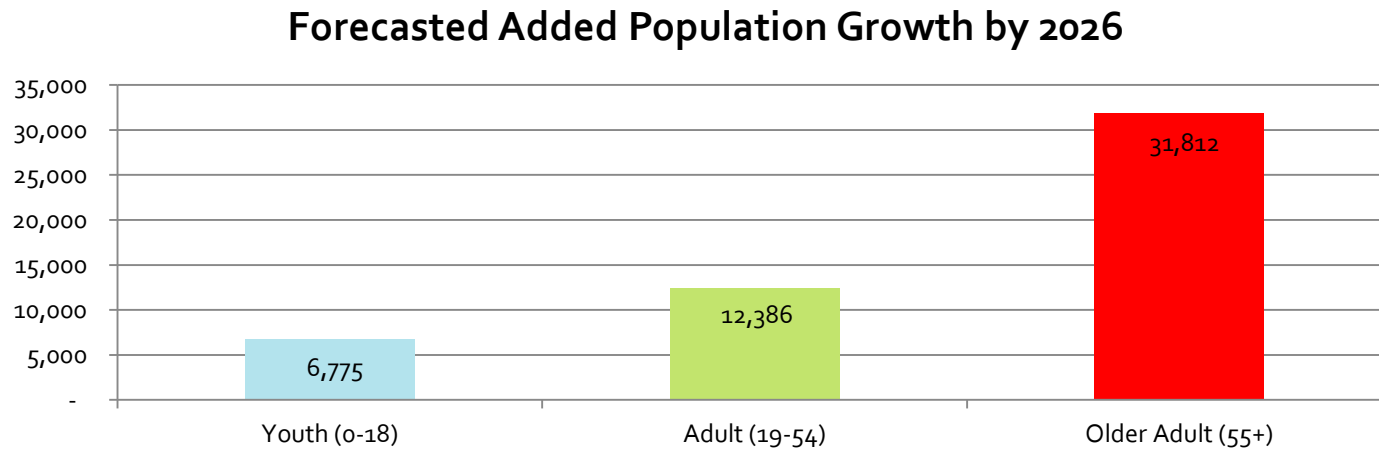
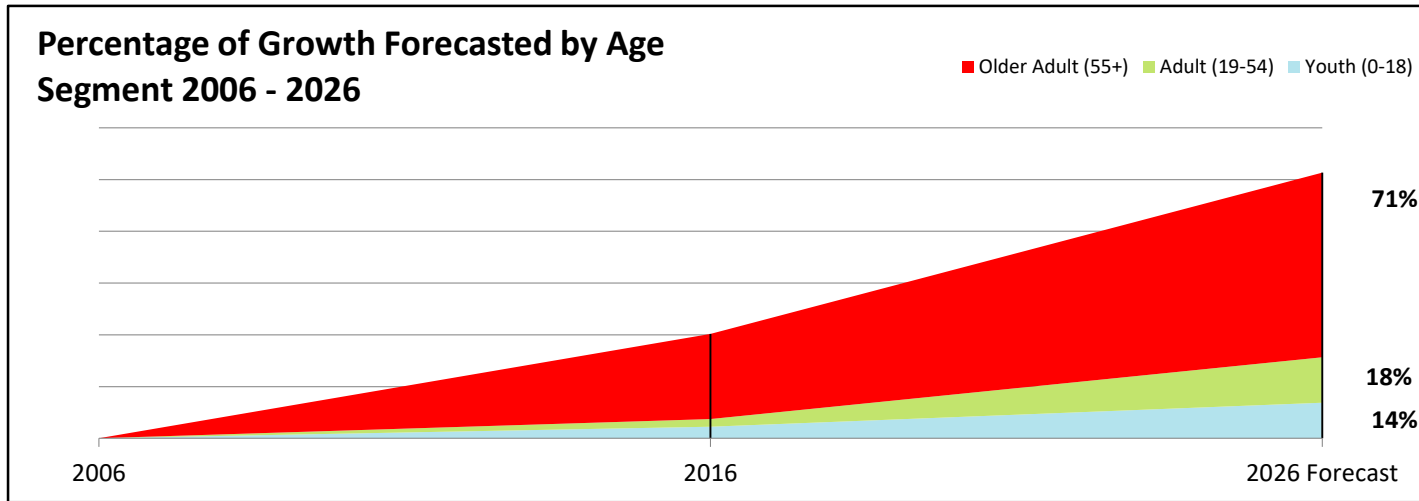
40 Participants

8 Citizens x 4 Workshops

6 Wards

5 Focus Team Meetings

Demographic Shift



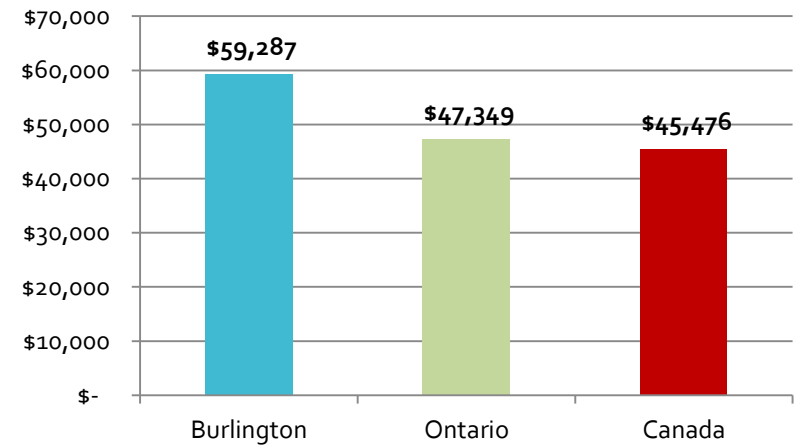
Societal Trends:

1. Increased life expectancy
2. Dementia and changes in health status
3. Changing retirement patterns
4. Desire for greater choice and convenience
5. Physical activity and independence
6. Social ties and wellbeing

Local Trends:




7. Financial Security
8. Population Hotspots
9. Diversity

Average Income 55+ (2014)



Active Aging Plan Strategies



Focus Area	A Call To Action
	<ul style="list-style-type: none">✓ Well-maintained and accessible roads and walkways✓ Affordable and accessible public transportation with improved frequency and routing
	<ul style="list-style-type: none">✓ Opportunities for respectful and valued contributions✓ Opportunities to be socially active closer to home✓ Varied and convenient recreation services
	<ul style="list-style-type: none">✓ Pleasant, accessible outdoor spaces and public buildings✓ Increased number of rest spots and comfort stations
	<ul style="list-style-type: none">✓ Information is easy to access and provided in an easy to understand format
	<ul style="list-style-type: none">✓ Opportunities to participate in meaningful volunteer roles, civic activities and employment

Sponsor BLT

Endorse
Foster
Consider in Work Plans

Champion P&R

Measure
Monitor
Review
Inform



Burlington Active Aging Plan

AFC Alignment

Age Friendly Initiatives
WHO
Provincial & Halton Region
Local Networks

Community Informed

BSAC
Community Partnerships
Collaborative Initiatives

Thank you

Questions?

Comments?