

LAKE COUNTRY AGE-FRIENDLY LIVING GUIDELINES

Overview

An Age-Friendly community is an environment that is accessible and welcoming to all ages: children, teenagers, young adults, adults, older adults, the able bodied and those with disabilities.

These guidelines have been developed to allow the broader community, specific neighbourhoods, proposed developments and even existing commercial developments and family homes to be assessed on the basis of age-friendly inclusiveness. Depending upon the type of project you are undertaking, you could use one or all of the following documents:

- Community Scale Checklist
- Neighbourhood Scale Checklist
- Home Scale Checklist
- Community Charter Template



Community Scale

Planning a community that is conducive to age-friendly living starts when residents believe that aging in place is essential to the well-being of the community and proceeds with innovative thinking that guides the formation of policies that are then used at the neighbourhood and home scales.

These policies guide development of individual homes and neighbourhoods to help create a community that is connected on a social, environmental and economic level.

Community Charter Template

A customizable agreement intended to guide social interactions among community members. The development of a charter could be desirable for strata developments or even neighbourhood associations as it would set the founding principles of the group. A charter may include parameters addressing:

- Physical principles (road safety, parks, benches, etc.)
- Environmental principles (energy efficiency, water conservation, etc.)
- Social principles (volunteering, neighbourhood BBQs, etc.)

Neighbourhood Scale

Neighbourhood design plays a direct role in how individuals are connected to the larger community and therefore helps define how the community functions.

Some essential elements of neighbourhood design that must be considered to ensure all residents from 1 to 100 are accommodated include:

- Road, cycling and pedestrian network connections
- Public parks, plazas and gardens
- Various housing types and locations
- Lighting, signage and parking



Home Scale

Developing a home with all generations in mind can greatly improve the comfort level that individuals experience when living in or visiting a residence.

At this scale, modifications are made to the interior and exterior of a home, including kitchens, bathrooms, driveways and outdoor living spaces such as gardens. These modifications can be done at any time, but are much more economical when considered during the construction phase of a home.



An Age-Friendly Community is based on the principles of Universal Design for physical environments, AND includes the development of an inclusive environment that allows for meaningful social interactions.

LAKE COUNTRY AGE-FRIENDLY LIVING GUIDELINES: HOME SCALE

PURPOSE: To provide guidance to renters, homeowners, property managers and developers that want to construct a private environment that is conducive to age-friendly living.

The following is not intended to take the place of existing excellent and comprehensive physical design guidelines for accessible homes, but rather are intended to provide examples of elements that need to be considered.

General		
	Wide doorways (minimum 34 inch, preferably 36 inch clearance)	Wide Halls (minimum 36 inch, with area for turnaround in long hallways)
	Accessible washroom on main floor (including bath)	Aesthetically appealing grab bars etc., as suitable
	Rest point in hallways of more than 40 metres	Reinforced walls for later installation of grab bars
	Barrier-free entryway (no lip, or gently beveled lip of no more than 13mm height change)	Visit-ability (i.e. design main floor to allow all user groups easy access)
	Design for ease of movement & cleaning	Exterior motion-sensitive lighting
Step-free access to essential living areas (kitchen, bathroom, main bedroom)		
Kitchen/Bathroom		
	Dual use cupboard design (i.e., top and bottom cupboard use interchangeable)	Wheelchair accessible design including cupboard height & placement
	Non-slip surfaces	Lever-style taps
Arthritis-friendly handles on cupboards and appliances		
Bedroom/Living		
	Attractive hospital-style beds, as needed	On/off buttons with colour contrast/rocker-style light switches
	Furniture designed for ease of use	Lever-style handles
Common Amenity/Public Access Areas (multi-family developments)		
	Universally accessible design (automatic doors, wide hallways, etc.)	Furniture that allows ease of movement in public rest areas (i.e. lobby or entertainment rooms)
	Audio & visual alarms for fire, etc.	Accessible guest suite
Accessible public washroom (at a minimum available to residents and their visitors)		
Outdoor		
	Safe access to street (pathways from door to street, snow/leaf removal, etc)	Access to affordable assistance for home and garden maintenance as needed
Universal access to deck or garden		
Social		
	Local & affordable home and garden help	Cooking/cleaning services
	In home health services	Regular communication with other people
	Alarm / Help button	Affordable insurance
	Access to phone tree or other anti-isolation mechanism	Neighbourhood check-in schedule for shut-ins

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PURPOSE: To provide guidance to developers and various levels of government when considering land-use planning, infrastructure planning and other community wide services in the context of aging in place. Considerations and design modifications should encompass neighbourhood housing types, transportation networks, recreational amenities, health facilities and service providers.

The following is not intended to take the place of existing excellent and comprehensive physical design guidelines for accessibility, but rather are intended to provide examples of elements that need to be considered.

Physical		
	Accessible buildings (doorways, ramps, parking, etc)	Diversity of housing types for rental and ownership (Apartments, Condos, Townhomes, Semi-detached, single-family homes, assisted living, subsidized, etc.)
	Standardized signage (readable by pedestrians, cyclists, and drivers)	
	Standardized high visibility, bright yellow, non-slip sidewalk grating on all sidewalk curbs	Range of housing cost (i.e. ownership, rental, subsidized or public housing)
	Tapered/accessible curbs as applicable	Visit-ability (i.e. buildings are accessible to all users on the main floor, including accessible washroom)
	Mixed use design (i.e. commercial and residential, etc.)	
Outdoor Environment		
	Pedestrian/Cycle Networks <ul style="list-style-type: none"> <input type="checkbox"/> Near outdoor amenities (i.e. like lakes and parks) <input type="checkbox"/> Connected to services (i.e. transportation, commercial and entertainment hubs, etc.) 	Development of public open spaces including: <ul style="list-style-type: none"> <input type="checkbox"/> Parks (including senior-specific parks) <input type="checkbox"/> Gardens (decorative and food-producing) <input type="checkbox"/> Plazas <input type="checkbox"/> Ecological conservation areas <input type="checkbox"/> Walkways, promenades and trails <input type="checkbox"/> Sports and recreation facilities
	Street Furniture <ul style="list-style-type: none"> <input type="checkbox"/> Benches <input type="checkbox"/> Weather Shelters <input type="checkbox"/> Shade Trees <input type="checkbox"/> Does not impede path 	
Security		
	Area-appropriate lighting (i.e. motion-sensitive or permanent depending on neighbourhood)	Visual alarms (i.e. on balconies to alert emergency personnel about the presence of mobility-impaired residents, and to alert hearing-impaired residents as to the existence of a threat)
	Surveillance cameras in high-risk areas	
	Neighbourhood police presence	Community Watch programs
Transportation		
	Bus service connections linking to adjacent city routes	Support rideshare/car-share/community taxi programs
	Bus or local transit to area cultural and sport facilities (i.e. arena, Senior's Centre, theatre, community halls)	Audio & visual "countdown" pedestrian crossings where appropriate
	Accessible bus stops and shelters	Subsidies for seniors for buses and taxis
	Alternative/active transportation friendly design: <ul style="list-style-type: none"> <input type="checkbox"/> Bike lanes <input type="checkbox"/> Narrower roads (as appropriate) <input type="checkbox"/> Pedestrian paths with non-slip semi-porous paving 	Health-related transportation to out-of-town services
		Business-sponsored shuttle buses from outlying areas to Main Street/Hwy 97 commercial corridor
		Driver "refresher" courses provided regularly
Work/Contribution		
	Meaningful work available in the District	Public recognition of contributions
	Support for multi-generational volunteer opportunities	Education and awareness campaigns for age-related

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	Consult seniors about services, opportunities and events		discrimination issues
Health			
	Clustered health services (i.e. doctor, podiatrist, therapists, pharmacists)		Active living programs (i.e. walking groups, active living community events)
	Chronic care information and provision		Elder care in the workplace programs
	Senior safety workshops		Respite programs
	Training for law enforcement to recognize elder abuse		Culturally sensitive chronic care programs
	Regularly scheduled information meetings about common ailments in the elderly		
Policy/Government			
	Committee for age-friendly living (implemented through four stage approach): <ul style="list-style-type: none"> <input type="checkbox"/> Community evaluation <input type="checkbox"/> Planning for challenges and opportunities <input type="checkbox"/> Implementation <input type="checkbox"/> Evaluation/monitoring 		Age-friendly advocate in planning department
			Information in multiple formats (i.e. large print, audio, different languages)
			Financial assistance/subsidies for age-friendly home renovations and retrofits (for renters and owners)
			Affordable housing policies
	Density bonus for developments including subsidized units (as per the provisions of the Zoning Bylaw)		Support for accessory dwellings (i.e. granny flats, extra suites)
	Rent control policies for lower or fixed-income residents		Promote aged-care accommodation in the District
	Streamlined application process for senior's accommodation developments		Education for area residents about accessible, sustainable transportation options
	Employment programs for older adults, including information on home-based business		Support for local volunteer organizations, including training programs as needed
	Property tax policy for fixed-income residents		
Social			
	Events and gatherings for all ages		Awareness-raising events for age-friendly issues
	Multi-generational events		Culturally appropriate activities and care
	Registry for at risk/vulnerable residents (linked to neighbourhood call list for those who live alone)		Two-for-one pricing at community events to allow caregiver attendance
	Older people treated with respect and actively included in community life		Continuing education locally accessible, seniors consulted as to content and offerings
	Volunteers reimbursed for expenses		Encourage local groups to reach out to seniors
Communication and Information			
	Respectful and sensitive service delivery		Automated communication: <ul style="list-style-type: none"> <input type="checkbox"/> Telephone services give slow, clear instructions, including how to repeat the information <input type="checkbox"/> Public phones with big buttons and letters <input type="checkbox"/> Well-lit, accessible and legible notice boards <input type="checkbox"/> Websites with universally accessible design
	Easily accessible information regarding municipal services		
	Mail carrier alert program		
	Community-wide education programs about aging		
	Printed information with large lettering and bold type		
	Information in plain language: short, simple words and clear sentences		

LAKE COUNTRY AGE-FRIENDLY LIVING GUIDELINES: NEIGHBOURHOOD SCALE

PURPOSE: To provide guidance to tenants, property managers, developers and planners that want to construct or modify public and private environments to allow for age-friendly living. This scale can include multi-family housing developments, parks, community centres, sidewalks, footpath and cycle networks, local commercial facilities and service providers; all of which can be made more age-friendly from design inception through the lifetime of the facility or service.

The following is not intended to take the place of existing excellent and comprehensive physical design guidelines for accessibility, but rather are intended to provide examples of elements that need to be considered.

Signage		
	Readable by pedestrians and drivers	Braille or audio signals, where appropriate
Sidewalks and Curbs		
	Standardized high visibility, bright yellow, non-slip sidewalk grating, in areas with high pedestrian traffic	Tapered to road Wheelchair accessible
Lighting		
	Area-appropriate	Bird-friendly (i.e. less lighting, project light down)
	Motion-sensitive	
Buildings (Public & Multi-Family)		
	Accessible doorways, hallways, washrooms	Connected to foot & cycle paths
	Public washroom availability	
Public Transit		
	Affordable (including youth & senior's passes)	Bus shelters
	Accessible & Convenient buses/bus stops	Park & Ride locations
Walkability		
	Sidewalks in good condition	Hard shoulders, where sidewalks not practical
	Separate lane (visual or actual) for walking, cycling, driving, etc	
Parking		
	Affordable	Near transit
	Accessible	Near local amenities
Housing		
	Range of appropriate housing types, including proportion of accessible units	Affordable
		Near transit options
	<input type="checkbox"/> Rental & Owner-Occupied <input type="checkbox"/> Assisted Living <input type="checkbox"/> Apartments/Condos <input type="checkbox"/> Houses <input type="checkbox"/> Public housing	Connected to walking/cycle/active transportation network
Outdoor Environment		
	Facilities for all ages	Access to farmers market
	<input type="checkbox"/> Benches <input type="checkbox"/> Picnic & outdoor gathering areas <input type="checkbox"/> Games Tables <input type="checkbox"/> Play Structure <input type="checkbox"/> Skateboard Park <input type="checkbox"/> Walking/Exercise Areas	Access to Community-Supported-Agriculture (CSA)
		Well-maintained, accessible parks
		Walking & cycling paths
		Dog parks

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Other Amenities & Social Factors	
Facilities / Activities for all ages <ul style="list-style-type: none"> <input type="checkbox"/> Community centre/hall <input type="checkbox"/> Community kitchen <input type="checkbox"/> Gardening opportunities <input type="checkbox"/> Regular neighbourhood gatherings <input type="checkbox"/> Faith facilities and support groups <input type="checkbox"/> Daycare / day-activity facilities for the young and old 	Educational Opportunities <ul style="list-style-type: none"> <input type="checkbox"/> Grade school & Post-secondary <input type="checkbox"/> Continuing education opportunities <input type="checkbox"/> Hobby based <input type="checkbox"/> Library Access
	Commercial facilities (i.e. corner store, coffee shop, green grocer, etc.)
	Block nurse program
Opportunities to volunteer	Respite services for care-givers
Transit hub	Walkable or transit accessible work opportunities

LAKE COUNTRY AGE-FRIENDLY LIVING GUIDELINES: COMMUNITY CHARTER TEMPLATE

PURPOSE: A customizable document for use by area resident associations, neighbourhood improvement groups or members of living communities. By tailoring the following principles to meet your needs, a charter (or list of values) can be created to guide social interactions amongst community members. The charter principles can include values related to the physical, environmental and social parameters of an age-friendly, sustainable living community.

Examples of living or co-housing communities are: WindSong Cohousing Community, Langley, BC; The Middle Road, Nelson, BC; Creekside Commons, Courtney, BC.

General Principles

We are committed to three-fold sustainability: social, environmental & financial.	We will work together to ensure decisions affecting community are made in an equitable way.
We will provide support to neighbours to allow aging in-place.	We will work with local government to promote sustainable community development in the broader community.

Physical Principles

We are committed to road safety (driving, walking, playing).	We will work to ensure neighbourhoods are accessible to all ability levels.
We will support traffic calming measures in new developments.	We will ensure parks/outdoor areas provide opportunities for all age groups to enjoy them.
Our community will include regular rest areas (benches, shelters, shade trees, etc.)	We support land-use measures that promote aging in place.
We will support older residents in maintaining their homes (i.e. we will help others with snow removal, yard clean-up, general repairs, etc.)	We will conduct semi-annual walkability audits throughout community to ensure maintenance and accessibility.
We are committed to building / utilizing / supporting an all-ages community hub (i.e. hall, community kitchen, gathering place, etc.)	We support for age-friendly housing solutions (i.e. assisted living, social housing, cohousing/living community, etc.)
We support smart growth principles in new developments.	

Environmental Principles

We aim to meet or exceed local sustainability regulations.	Where economically feasible, our community will undertake to be certified by a sustainability organization (i.e. LEED, Built Green, etc.)
We encourage new buildings to be designed to maximize energy efficiency and site use.	
We promote active transportation (i.e. walking, cycling, electric/hybrid vehicles, public transit).	We promote safety through CPTED (Crime Prevention Through Environmental Design) principles.
We promote environmentally responsible behaviour.	We encourage stewardship of the natural environment.
We are committed to food security through gardening, support of local farmers and membership in local Community Supported Agriculture programs.	We promote water conservation and retention/use of storm water run-off.

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Social Principles		
	We work together to maintain our neighbourhood and community	We are committed to consensus decision making for community maintenance and development.
	We support the development of a community registry and phone/contact tree for older, solitary residents and other members who require additional support.	We will regularly recognize the contributions of our volunteers and residents.
		We respect each other's privacy and need for contact.
	We support each other (i.e. home or meal assistance, child or elder care, community barter programs, etc.)	We will plan and participate in community-wide social events.
	We will provide a neighbourhood rideshare or community taxi program for those unable to drive.	We are part of a Neighbourhood Watch program.
		We encourage sharing of resources (i.e. tools, skill-sharing, etc.)
	We actively welcome new members to the neighbourhood	