



**SURVEY
SUMMARY
SENIORS**

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THE PERSPECTIVE

"We need more ways to get around without feeling like a burden."

The Digby area has a relatively high population of seniors, when compared to the rest of Nova Scotia and Canada as a whole. The concerns and opinions of seniors are therefore particularly relevant when attempting to understand the issues affecting this area, and priority areas of concern were slightly different for those over 60 than for the population as a whole.

The top 3 concerns for seniors were health care (76%), issues related to employment and the economy (54%) and a lack of services and amenities (19%).

It is perhaps not surprising that seniors were most concerned about health care, given the increase in health issues that accompanies aging. The importance of employment and economic issues is

perhaps more surprising, since most seniors are retired. Respondents over 60 were, however, most concerned about a declining and aging population. The loss of the younger generation impacts seniors in many ways – lessening family ties and connections, fewer caregiving and support options from family members and a reduction in the number of people available to participate in community organizations.

Almost 20% of people over 60 also expressed concerns about a lack of services other than health care. This concern was more of a priority for this age group than for younger respondents.

People noted concerns about isolation, transportation concerns, a lack of supports to remain at home, lack of long-term care beds within the community and a lack of activities geared towards seniors.

Concerns mentioned by some participants about the loss of services and activities within the small, rural communities may be particularly relevant for seniors, due to limited transportation options and long-term connections to churches and communities.

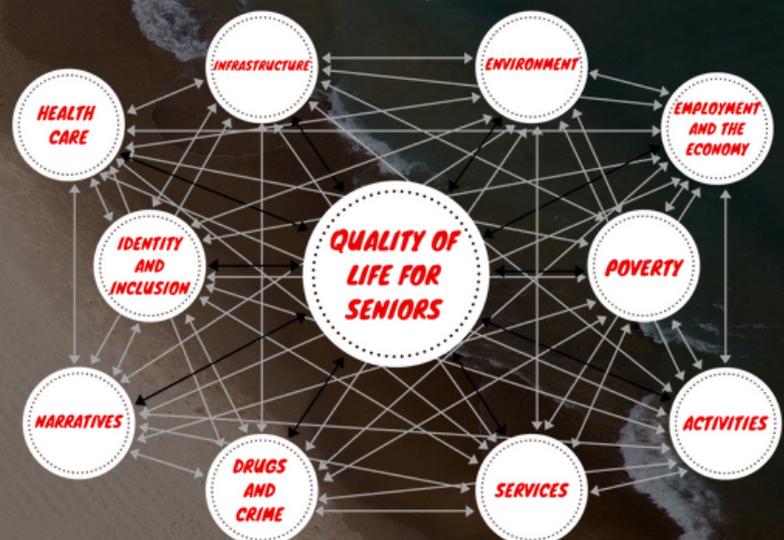
However, 36% of people over 60 mentioned services and 39% mentioned activities and events as examples of good things happening in their communities.

"Loneliness - I have no family and I feel I have no support system."

CROSSING THEMES

The Senior theme is closely interrelated with most other themes, including:

- Economy and employment; concerns about a declining, aging population;
- Health care;
- Family ties and loss of youth and family support in the community, concerns about isolation;
- Loss of services and community organizations within small communities; &
- Lack of transportation options.

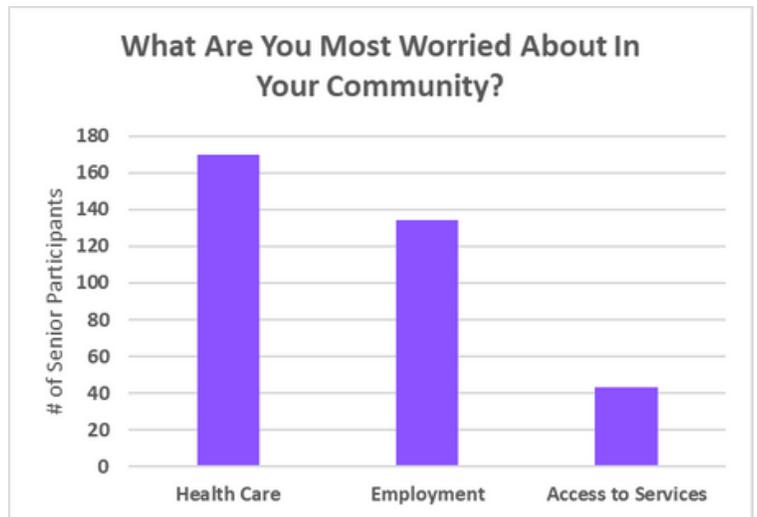


WHAT DO YOU WORRY MOST ABOUT IN YOUR COMMUNITY?

Three quarters of seniors (223 total surveyed) were concerned about health care issues. This is higher than any other age group.

Other concerns for seniors were:

- Employment issues & Poverty (134 participants); and
- Services/Amenities (43 participants)

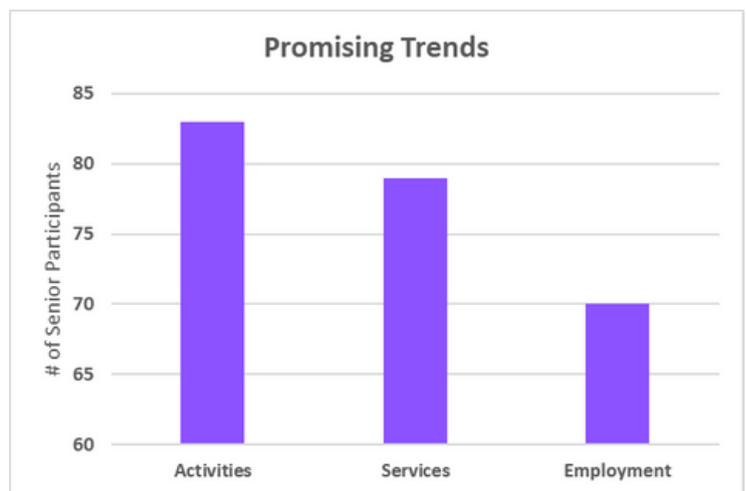


PROMISING TRENDS

POSITIVES FOR SENIORS

When asked what good things were happening within their community, 40% of seniors (aged 60+) mentioned the activities and events that take place within their communities.

Other positives identified by seniors (60+) were Services (38%) and Employment & Economy (33%).



SUGGESTIONS TO SHIFT THE THEME

INTERESTING IDEAS FROM RESPONDENTS INCLUDED...

Some suggestions for change included efforts to connect seniors with other community members, to reduce isolation and enhance supports.

“Reduce isolation, develop more connection in the community, be more involved. A creative way to connect people as well as provide the service - For example - micro public transportation service (model - Clare transport), volunteer-driven support for seniors by giving a ride and/or accompanying for a medical appointment”

“Communication with seniors to help with groceries, banking, snow removal”