

The background is a light tan color with a subtle wood grain texture. A large white circle is centered on the page, containing the title text. The circle is surrounded by a decorative border of botanical illustrations, including green ferns, red leaves, and purple flowers. A black horizontal bar is positioned behind the circle, with a small cluster of white flowers on the left and a small cluster of purple flowers on the right.

Needs Assessment Survey Results



Agenda

Welcome

Land Acknowledgment

Survey results

Next steps

Workshop announcement

What's this, now? A survey?

The year was 2022 and Tony and Alec were up to their usual tricks
Cookin' up trouble and stirrin' the pot
They called all the do-gooders together one day and queried
how do you know you are doin' good
Unless you've takin a look under the hood?

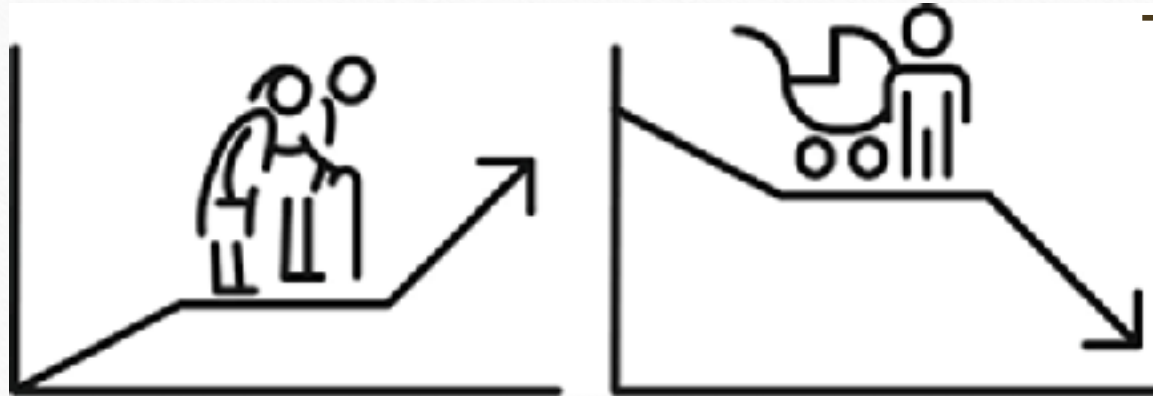
Who done it?

In true Island style, a committee was formed
First on the list of these good folks they gathered were
Bruce, Alice and Leida the dream team who brought us
untold marvels such as doctors, nurses and even vaccines!
Up next the church angels: Bella, Nancy and Joyce
With such expert advice the duo rejoiced!
Tacked on to the group, the logistician herself,
The delivery lady, myself.

And it begins...

So this crew they met once and decided real quick
A survey was needed to see what makes us all tick.
We needed some resources and students to tackle
A job so enormous without a debacle.
West Neighbourhood House to our rescue came
And gave us the tools to complete our game.

But Seriously



The Island community has gone from
one of Canada's very youngest
census tracts in the 1970s
to one of the oldest today.

Changing Demographics = Changing Needs



Survey Goals

To identify needs and the extent to which they are being met.



How did we do?

- A significant effort was made to reach out to all community members, because we knew that it is not just Island seniors who have needs for supports and services.
- Surveys were available online and on paper
- Help was advertised and available for anyone who needed help filling out the survey.
- The deadline was extended a few times and finally closed in October
- 279 responses = roughly half of the adult population of the Island



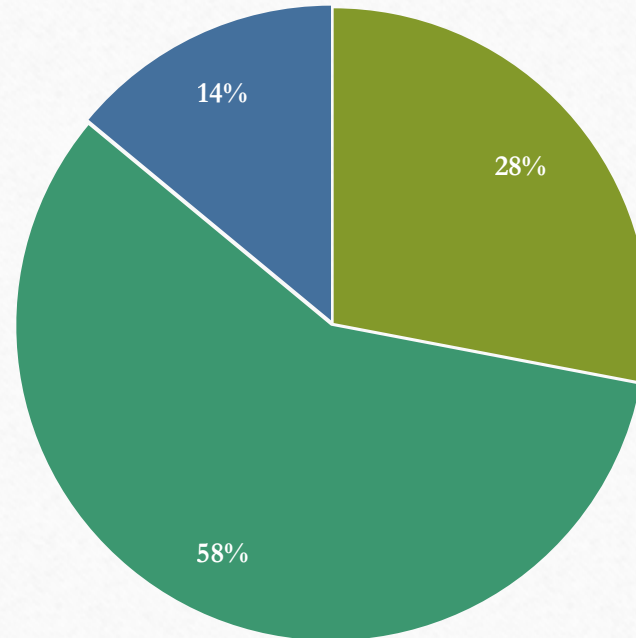
Overall Demographics



Who do we live with?

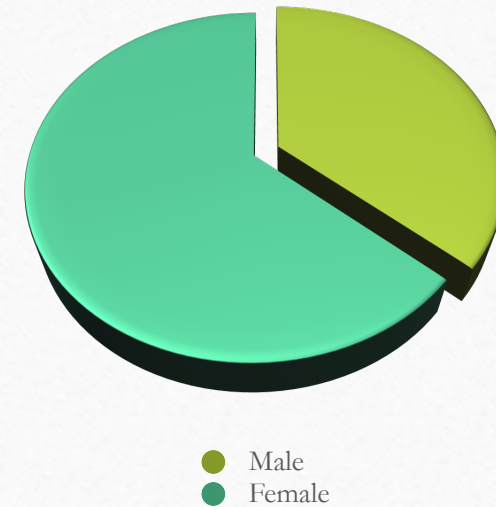
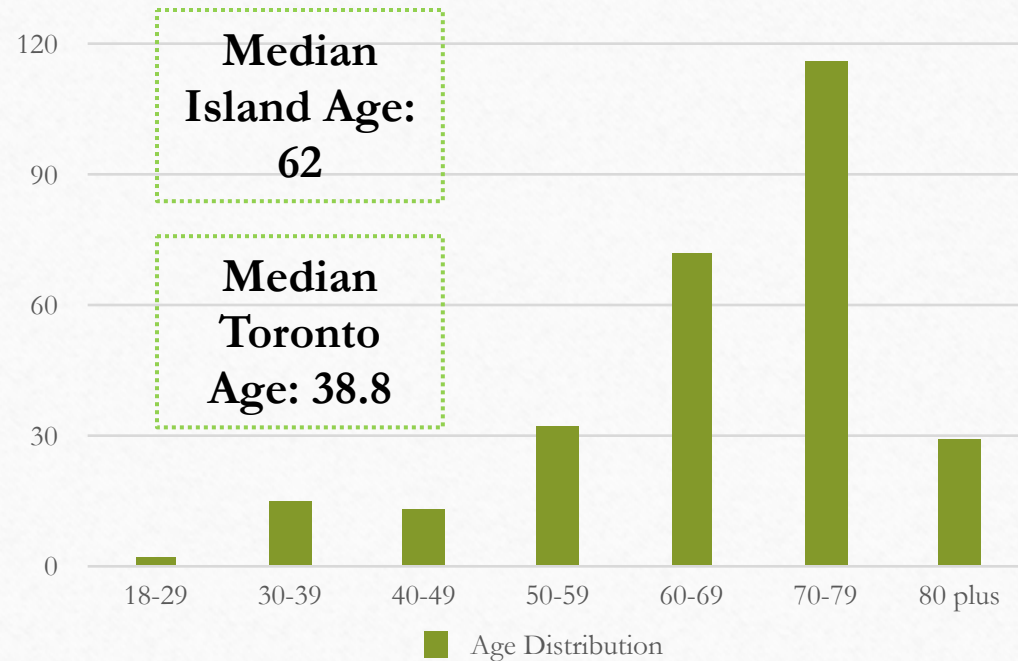
● 1 person ● 2 people ● 3+ people

- Average Island Household:
2.1



- Average Toronto Household:
2.4

Age and Gender

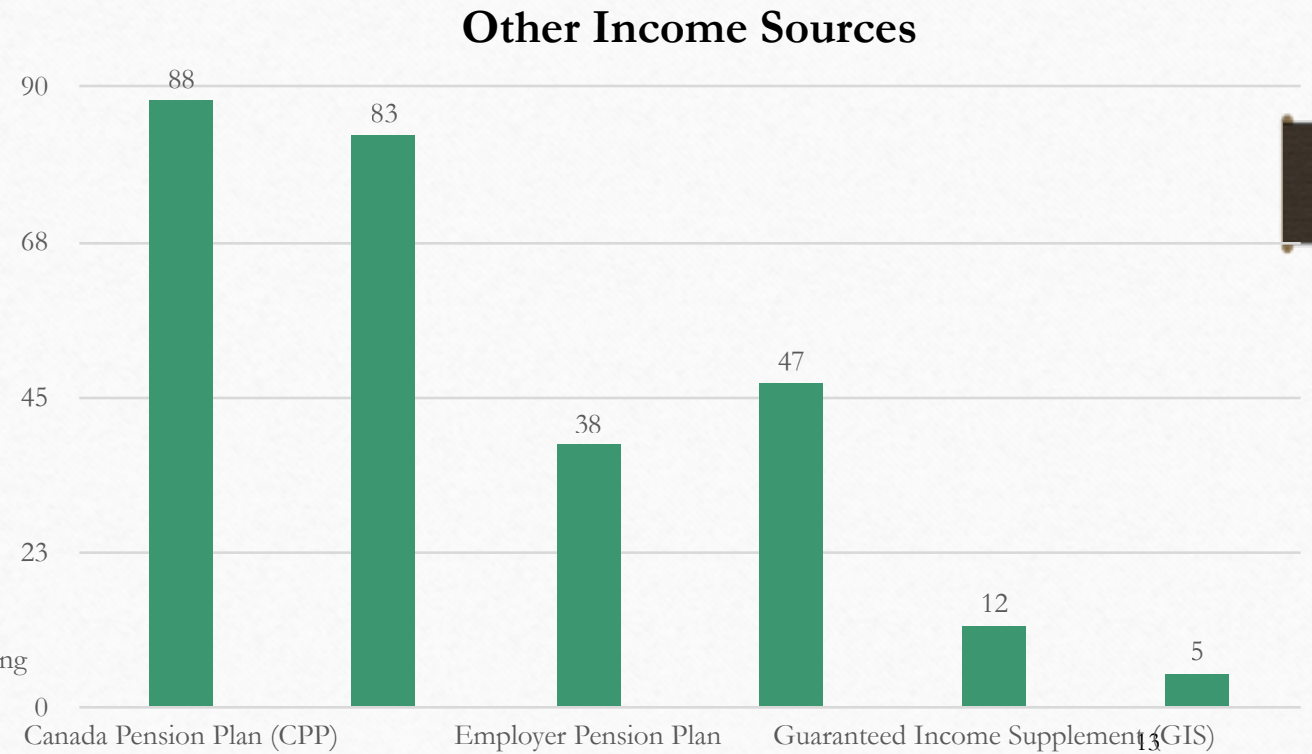
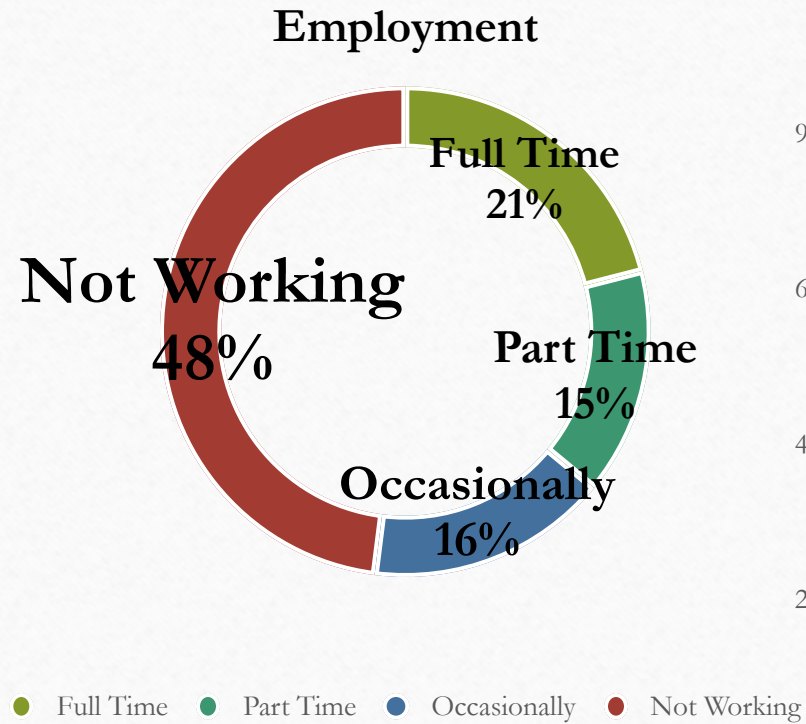




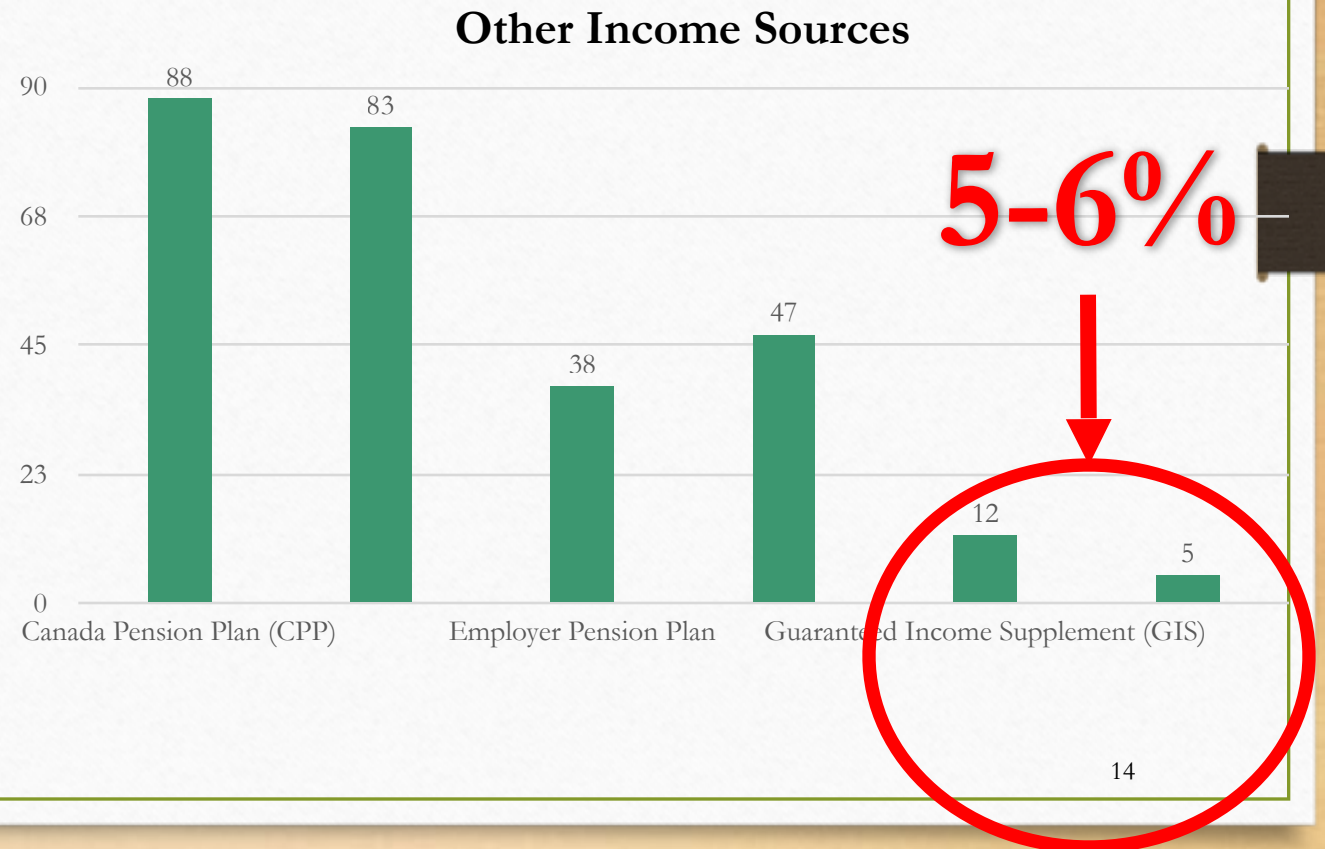
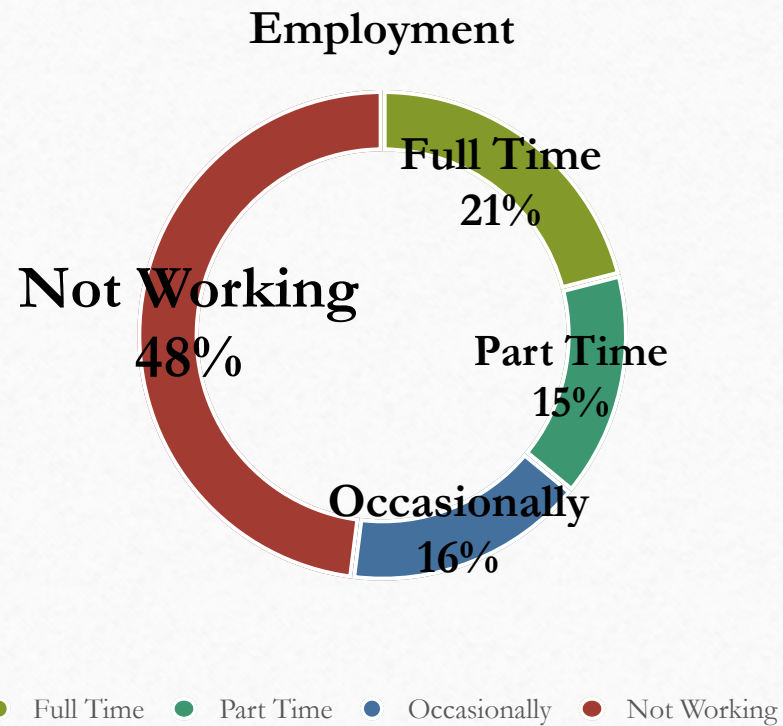
Working Hard or Hardly Working?



Work and Income



Work and Income



Financial Difficulties

42

neighbours

14%

Behind on Income
Tax

2%

Behind on
Municipal Taxes

5

neighbours

13

neighbours

5%

Cannot Afford
Household Bills

6%

Sometimes Cannot
Afford the Food
they Need

17

neighbours

Extrapolate Financial Difficulties to the Whole Community

84

neighbours

14%

Behind on Income
Tax

2%

Behind on
Municipal Taxes

10

neighbours

26

neighbours

5%

Cannot Afford
Household Bills

6%

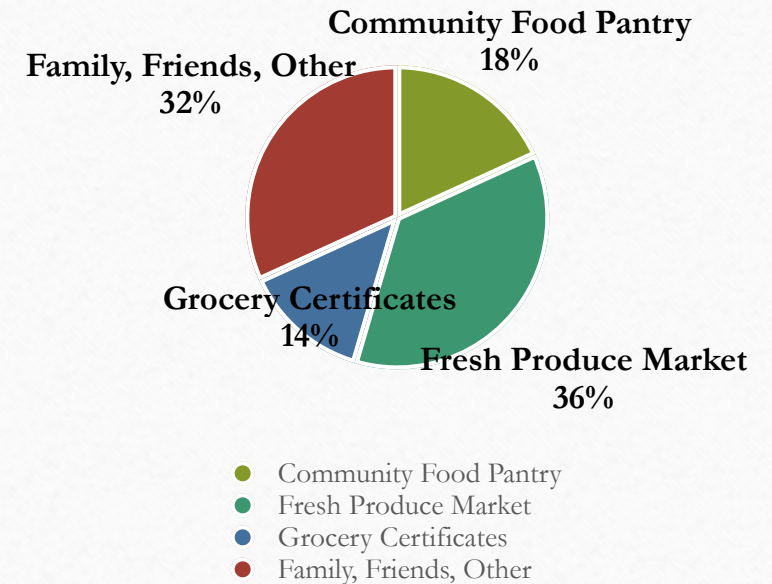
Sometimes Cannot
Afford the Food
they Need

34

neighbours

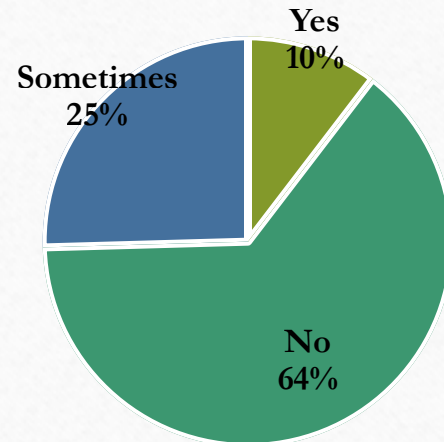
Food Security

- 6% of respondents report difficulty paying for the food they need
- 10% of respondents reported not eating regular daily meals at least some of the time.
- Roughly 2/3 of those who do get the help they need, access organized community initiatives such as:
 - Food Pantry
 - Fresh Produce Market
 - Grocery Certificates
- Others get help from family and friends or bartering for food
- No one reported using food banks or similar programs in the city

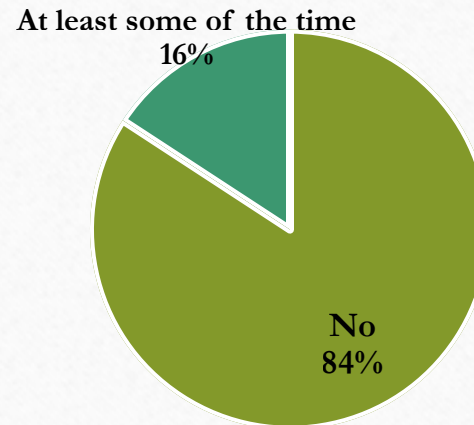


Grocery Delivery

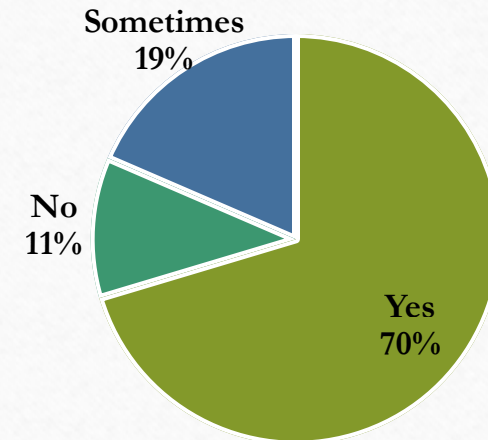
Do you get your groceries delivered?



Do You need help with online ordering?



Are you getting the help you need?



Food Preparation

10% of respondents do not eat regular daily meals at least some of the time.
12% of respondents do not make their own meals at least some of the time.

Why?



OR



www.MindDanceStyle.com/woodpush.com

Food Preparation

34% of respondents buy prepared meals

16% of respondents need help with meal preparation some or all of the time

Services?



Toronto Island Deliveries



Nutritious
&
Delicious?

How do we help?

I help my neighbour place her grocery order when she runs into problems.

I have donated to the food program

Donating to the Food Pantry

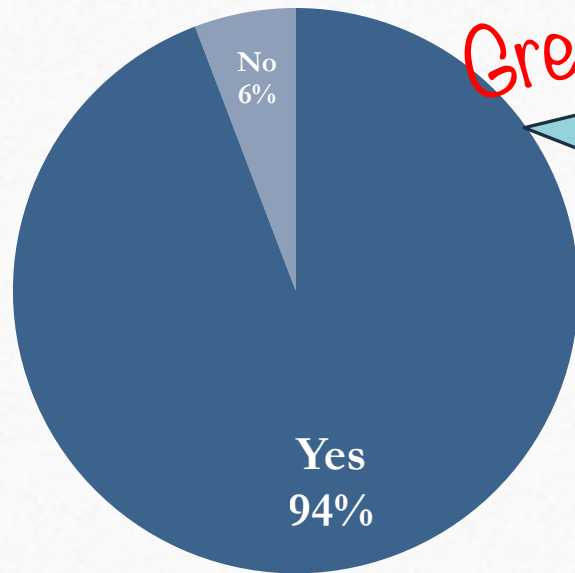
Ordering groceries, preparing meals, making arrangements and accompanying to appointments

I am there for friends who need occasional help with meals.



Health & Medical

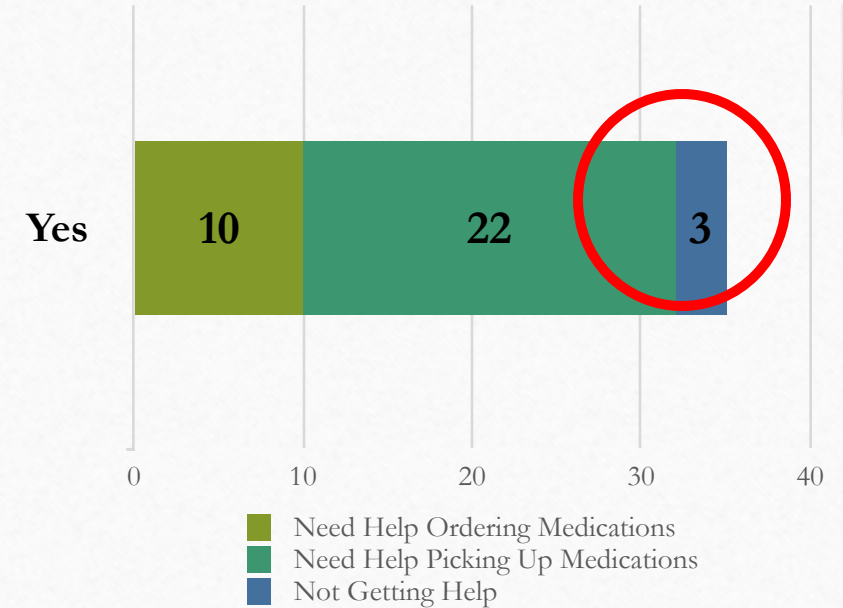
Primary Health Provider



Great News!

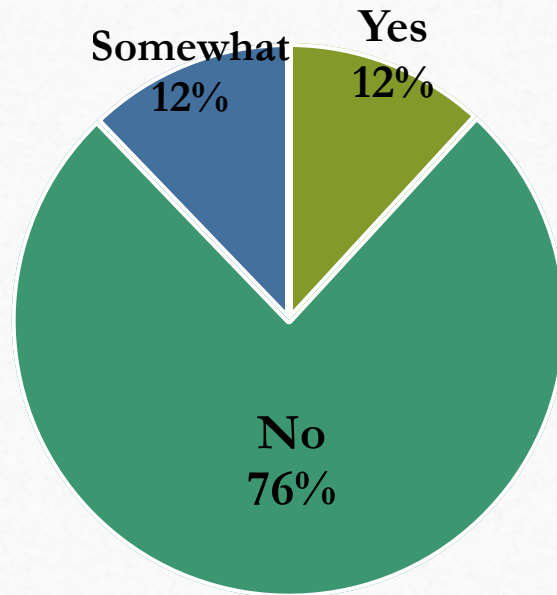
That's higher
than the Ontario
and the National
Average

ACCESS TO MEDICATION

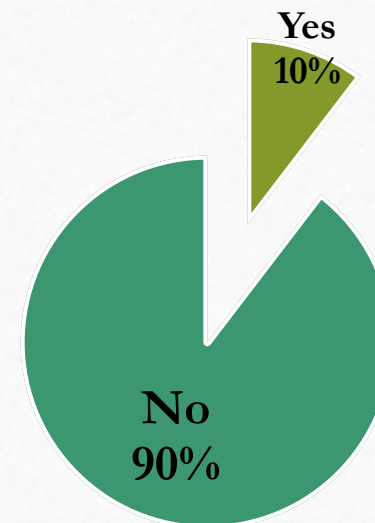


Mobility

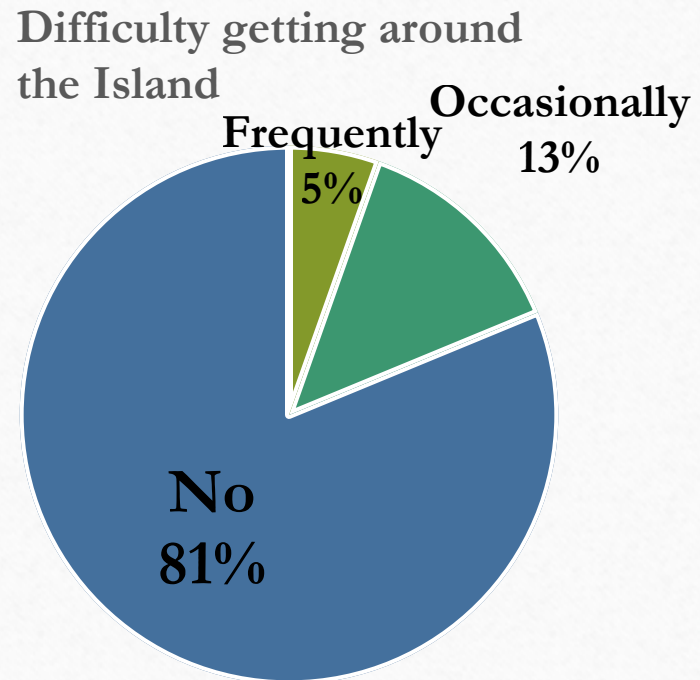
Do you have mobility issues?



Do you use a mobility device?



Mobility



19% of respondents use the church van at least occasionally.
(11 Yes & 41 Occasionally)



27% anticipate more mobility issues in the future

Exercise and Social Opportunities

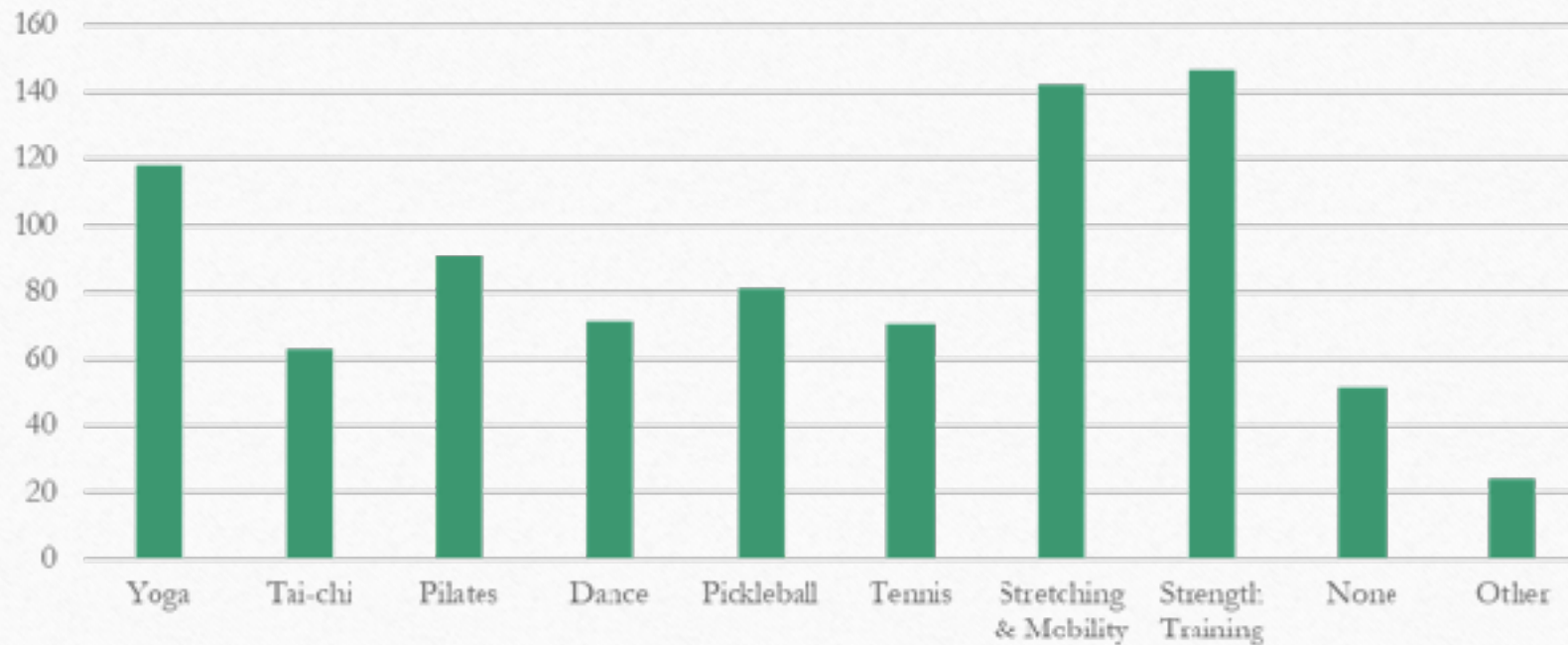


Would you participate in a weekly exercise program if it were low cost or free?

71%

Exercise and Social Opportunities

Interest in Programs



Exercise and Social Opportunities

What other programs would we like to see?

Chi Gong
Daily Walk
Core Training
Beginner Yoga
Dog
Qi
Balance Issues
Kickboxing
Day Time Programs
Walking Group
Boarding
Movement Classes
Strength Training
Disc Golf
Swimming
Laugh therapy
Friends
Social Programs
Brisk Walk

How do we help?

Visiting and socializing to deter
loneliness and depression

Mutual

Listening and
and emotional
support

Moral support. I work as a
paper boy and grocery
delivery
+ bird feeder

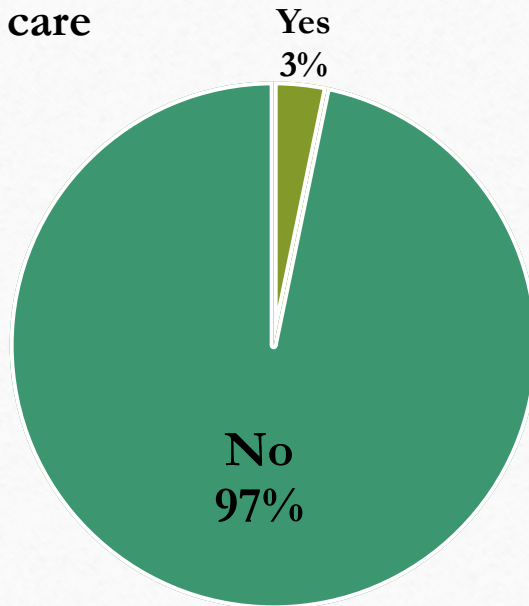
Support by phone

Check the news.

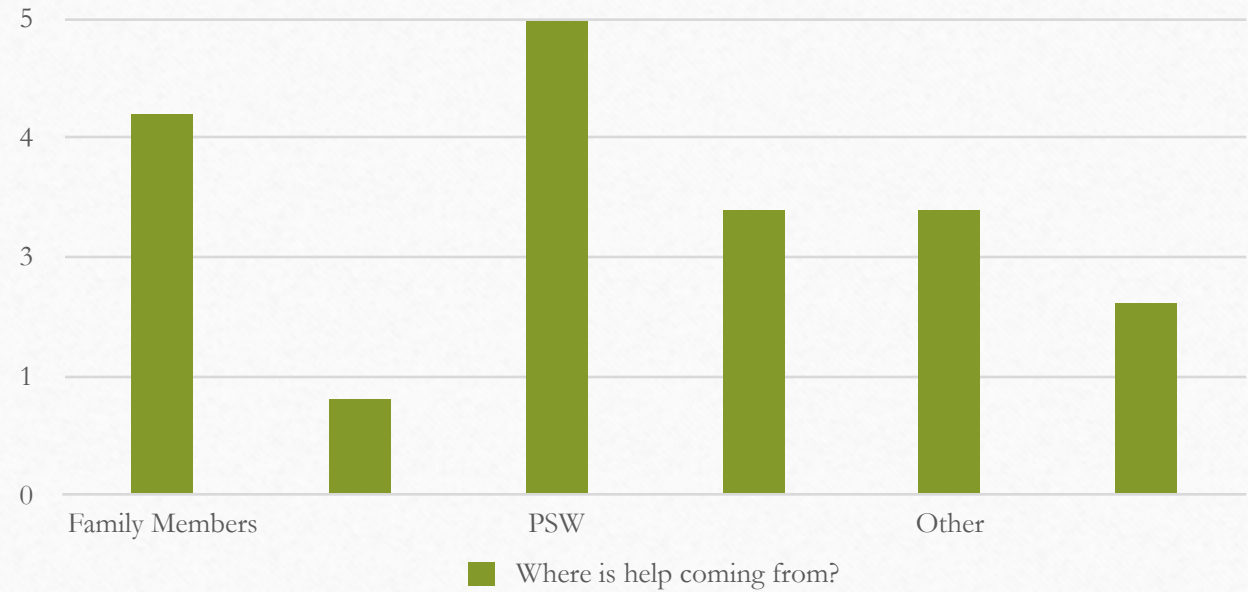


Personal Care

Need help with personal care

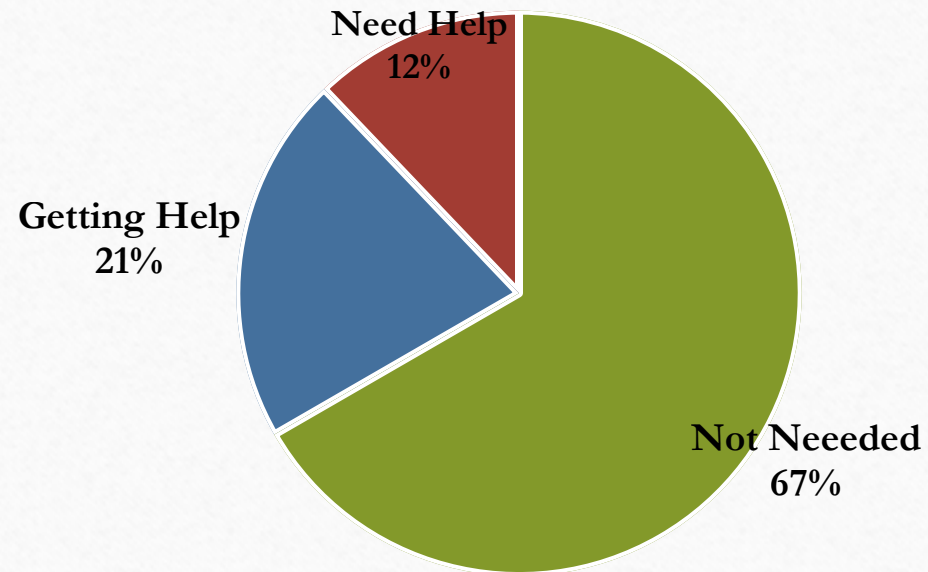


Where is help coming from?

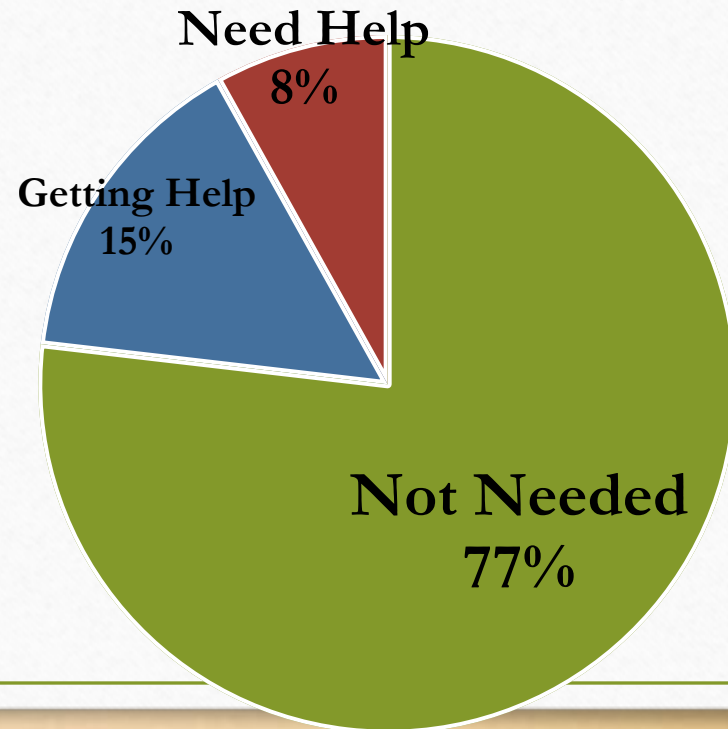


House Cleaning & Yard Work

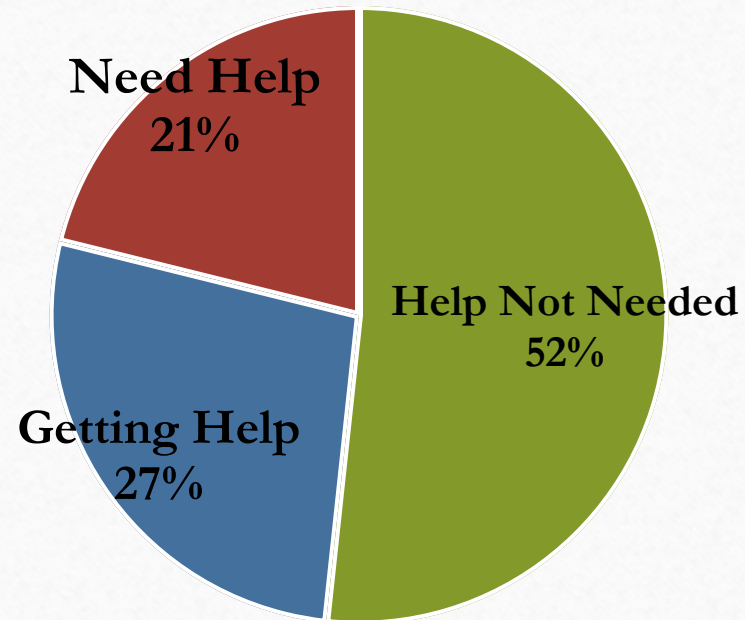
Cleaning Help



Yard Work Help



Home Repairs and Maintenance



13% cannot afford the help they need

How do we help?

Help neighbours with
tree pruning

Shoveling
walkways after
snow fall

check mouse
traps

put garbage and
recycling out

Checking in with elderly
neighbours to see if they
need help with maintenance
of yard, garbage



How do we help?

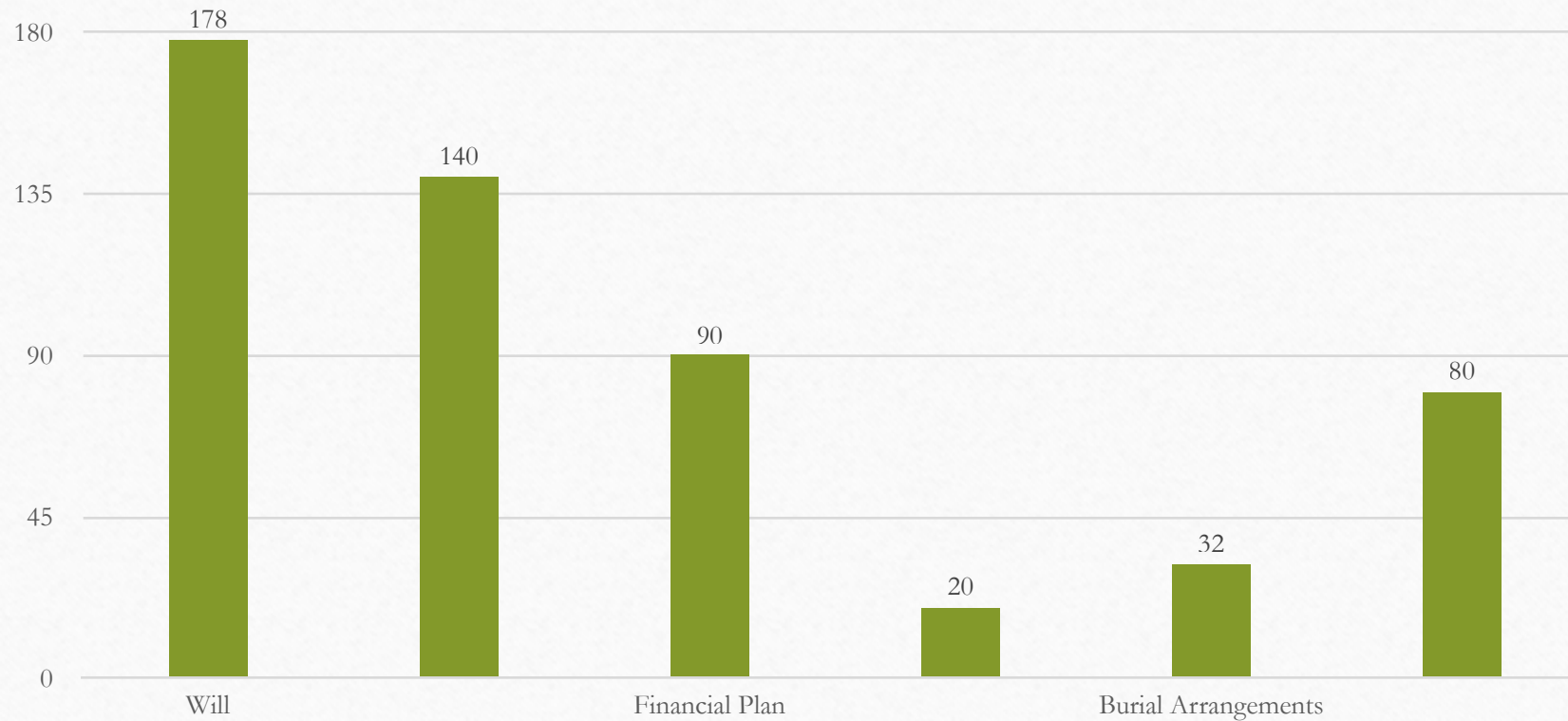
bicycle
repair and
repair of
small items

help with computer
and technical
related activities

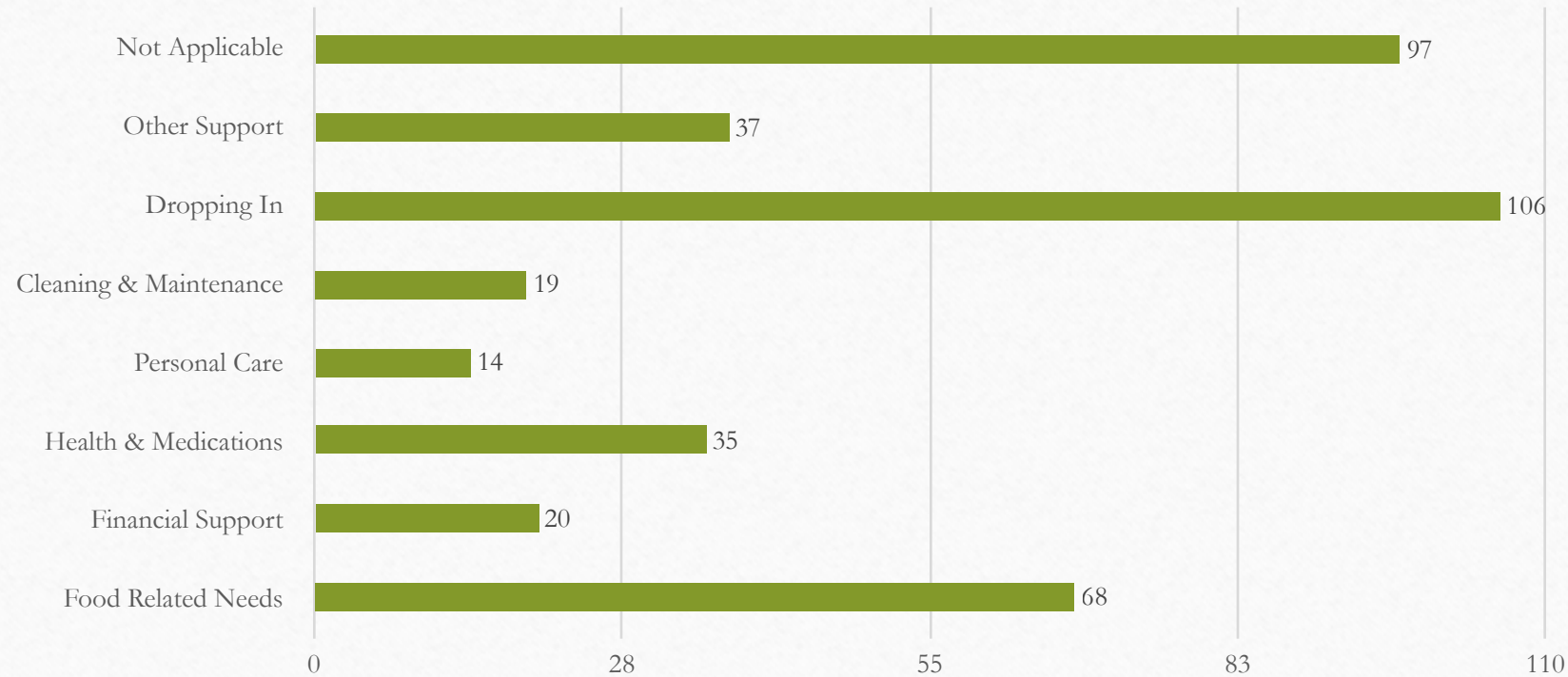
Occasional support on as
needed basis when informed
of specific need, situation or
requested



Future Planning



We are helping each other with...



How do we help?

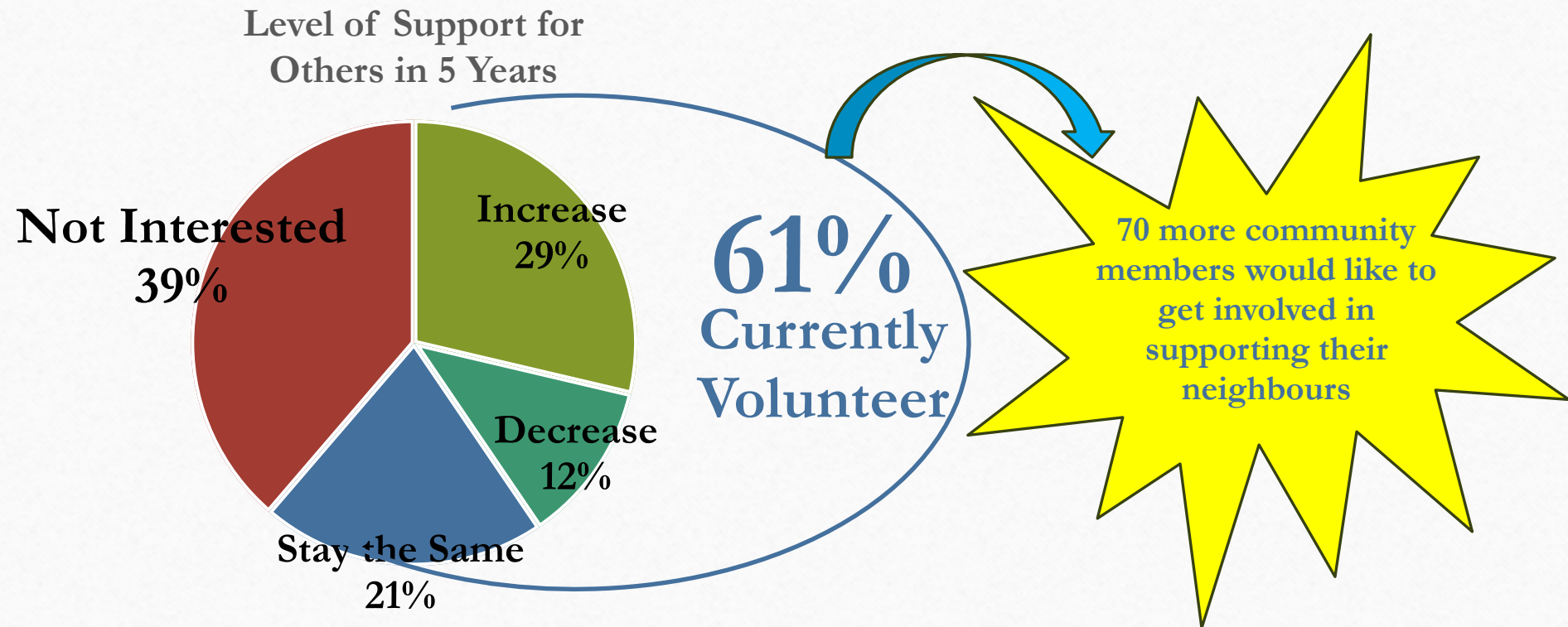
“When a call goes out on the e-group, if there’s something I can do, I always do, I contribute”

for o

Help
bour
and
unpaid



Future Volunteerism



Summary

Aging Community

The survey results have documented an aging community with significant and growing needs for supports and services.

Financially Stable

The financial status of the majority of community members is sufficient to meet their needs. There is a minority that are struggling and probably some others whose situation may deteriorate over time or with significant stressors.

Current Health & Mobility Needs Are Being Met

Current needs are being met to a significant degree but many respondents are concerned about how to meet their future needs.

Home Cleaning & Maintenance are a Challenge

The challenge appears not to be a matter of cost but of availability of service providers especially for small to medium jobs at a reasonable price.

Options for Exercise and Socialization are Needed

Very impressive interest in participating in activities to improve mobility and functioning and for socialization. A strong desire for programming during the day.

Future Planning Needs Work

A significant number of respondents could use help with keeping up with paperwork, filing and organizational planning for the future.

Comments from Respondents

Survey general comments

- I would like to continue living in my own house as long as possible. That there are systems being put in place is most reassuring.
- This survey is great and hopefully will help to develop ways to move into the future.
- This is a geriatrically centred survey.
- The survey focused too much on food issues, mobility and medical help are just as important.
- A great many respondents were concerned about the future and their increasing need for support

Help and Support Needed

- Meeting criteria for CCAC. Even when we were in crisis and my husband needed help to dress and shower we were unable to get help.
- We were unable to get support when I most needed it post surgery.
- Could we have a PAID position for someone to advocate to the service providers about needs in this aging community, being a go-between for home services?
- Caregivers need physical and emotional support to help them cope
- My wife would appreciate occasional respite care for a long weekend or week long vacation.
- I would like an opportunity for others like me (aging, living alone, etc.) to learn more about ways we can age in place, on the Island, in our own homes?
- Two said the island levy is unaffordable.
- “The ferry cost is prohibitive so I don’t go in as often.”

Help and Support Needed

- Session with fire department and EMS about safety in the home and access to the home in an emergency.
- Who to call first - Protocol.
- Computer training for seniors
- (as we age) It is difficult for many to acknowledge, adjust and make sensible decisions regarding their needs. Counselling is needed - grief, addiction, basics for everyday living.
- Any help I need is usually done by my Family
- Funding would be appreciated for private care givers .
- Completing on behalf of an elderly islander who needs a great deal more help than receiving or accepting

Home Maintenance Concerns

Help / Tradespeople

- Getting trades to service the island community is becoming a problem. Few tradesmen are willing to come to the island and the islanders who already work here are retiring soon. Few skilled younger workers are picking up the slack. This is not limited to Toronto Island, but still, problematic.
- It'd be fantastic if there were a list of handy people available for hire... to help with house cleaning, gardening, yardwork, lifting heavy things. Home repairs. And general maintenance.
- Also Clothing and minor appliance repairs (needed)



Check out TICA's Website updated with "Businesses that Serve the Island"

Tica-toronto.org

Transportation Concerns

Transportation

- Bikes like Mitch Fenton's helpful for short hauls from ferry or community transportation.
- I had difficulty getting into the church van after my surgery. I had many medical appointments after the surgery, especially physio, and had to use the church van. I really appreciate the help I got from the volunteer van drivers, but I felt bad taking them away from their homes, sometimes at inconvenient times.
- We sometimes have difficulty getting to the ferry, especially in harsh weather. Is it possible to get a wheeltrans or electric van/taxi on the island?
- Winter travel to ferry keeps us living off-island and will for as long as there is not safe transport to and from ferry.
- It is difficult for older residents to get through the crowds of visitors.

Transportation Concerns Cont.

Transportation cont.

- We need better transportation to the city when we go through Hanlans. The TTC bus isn't always in service - carrying a stroller on the white bus is extremely unsafe. As well as wheel chairs, scooters etc. This affects the elderly, pregnant moms and islanders who need food, which is, all of us!

Suggestions

Suggestions

- Government agency provided: foot care; massage or acupressure professional and occupational health expert. Light exercise class for people in mobility devices. Muscle strengthening.
- Getting to and from hospital there needs to be appropriate transportation. Many times people have sustained other unnecessary accidents while going through this process! Some people in distress do not call 911 for fear of going through this process!
- Shaw House ? Clinic - health practitioners such as a chiropractor, physio and massage therapist, a family doctor or nurse practitioner there regularly. We could subsidize the ferry and transit. Maybe have some living on the island willing to practice here.
- A better system for the government pharmacy's to get deliveries to the Island.

Suggestions

Suggestions cont.

- The Island needs a police presence 24/7 even if for just the summer. We use to have police here up to the end of 1992. The Harbour Police are often unable to help. We, in the Island community are VULNERABLE
- A small general food store!
- More housing for new people on the Island. Especially if they can provide services for residents. Apartments, sheds, shared houses can add to affordable accommodation for young people, low-income renters. I suggest the "Work Away" website to solicit helpers (in exchange for room & board)
- A school course for older students (with credits) for helping older Islanders.
- More rental properties for younger families so that there is more diversity on the island

Invitation



We invite you to participate in a small discussion group at the Shaw House or by Zoom

What we hope to achieve:

- Better understand the challenges you, your friends, your families and your neighbours face
- Tap into your wisdom, ideas and strategies you use or would like to use to address these challenges
- Identify specific resources and services that are needed
- Share resources and information about services that are already available.

What's Next?

After the information gathered at the small discussion groups is compiled, we hope to develop a specific action plan to address the most urgent needs and develop a plan to implement long term strategies to accommodate larger numbers of folks who may find life on the Island more challenging in the coming years.



Thank you



Discussion Workshop Schedule

Date	Time	Host	Location
Wednesday January 10	7:00 pm	Sheila Murray- Belisle	Shaw House
Sunday January 14	2:00 pm	Linda Rosenbaum	Shaw House
Monday January 15	7:00 pm	Alec Farquhar	ZOOM
Thursday January 18	10:00 am	Lin Barnett	Shaw House
Saturday January 20	2:00 pm	Jennifer Scott-Wood	Shaw House