

Older Adults Services 3 Year Plan



Table of Contents

1. Older Adult Demographics
2. Club Overview and Operating Models
3. Current Activities and Benefits
4. Three Year Strategic Plan Goal
5. Three Year Strategic Plan Outcomes
6. Planning Process
7. Plan completion date

OLDER ADULT DEMONGRAPHICS (50 years +)

based on information from the current
master plan

Year	Markham	Unionville	Markham Village	Thornhill	Milliken
2001	58,680	15,390 26%	10,160 17%	16,230 28%	16,910 29%
2006	76,100	21,160 28%	14,680 19%	18,950 25%	21,290 28%
2011	92,840	26,830 29%	19,230 21%	20,960 23%	25,820 28%

Older Adult Club Descriptions

Club/Group	Established	Membership	Location
Older Adults in Action Club Model	1989	1000 + Members	Markham Seniors Activity Centre
Milliken on the Move Drop in Program Model	1999	140+ Members	Milliken Mills Community Centre
Thornhill Seniors Club Club Model	2003	1000+ Members	Thornhill Seniors Centre
Angus Glen Drop in Program Model	2004	75 Participants per week	Angus Glen Community Centre

Older Adult Club Operations

- **Older Adults inAction**

- The Older Adults in Action operate five days per week at 22 Water Street, daytime and some evenings . The Club has an elected Board of Directors.
- Programs offered are drop in or pre-registered and range from social to physical ; choir, bridge, volleyball, line dance, crafts, woodworking , billards , badminton, softball league, lunch and learns, dances , holiday celebrations, bus trips plus more.

- **Thornhill Seniors Club**

- Thornhill Seniors Club operates five days per week.,daytime use and expanding to evenings. The Club has an elected Board of Directors.
- Programs offered range from social to physcial;. Programs offered are drop in and pre- registered and range from social to physical; lunch and learns, bridge, crafts, exercise classes, tai chi, water colours, computer classes bus trips plus more.
- Key to the success to these two clubs is the volunteers who convene the programs , sit on the board of directors and implement the various activities

Older Adult Club Operations

- **Milliken on the Move**

- Milliken on the Move operates three half days per week and is experiencing excellent growth. The group offers line dancing, Tai chi and social activities. The Milliken has a small steering committee and approximately 10 volunteers providing leadership for social activities.

- **Angus Glen**

- Angus Glen was just opened last November and will be increasing the number of programs this winter and spring. Most programs have volunteer leadership. Instructional programs have contract instructors.

All the clubs have increased in the cultural diversity of the participants since 1999.

Benefits of Older Adult Services

- Recreation and Active Living prolongs independent living for seniors and keeps seniors vital and involved in community life.
- Essential to Personal Health
- And overall is essential to the Quality of Life

The Three Year Plan

The Three Year Plan will provide the information required to strategically accommodate the growing needs for older adults in Markham by:

- Collecting data to project the demographic growth of older adults in Markham
- Identify the older adult cultural diversity
- Catalogue the existing recreation services targeting the older adult market
- Identify and prioritize service gaps
- Review and update the current Older Adult Service Model
- Establish a mechanism to review cost recovery ratios for older adult services

Three Year Plan Outcomes

The Three Year Plan will ensure that older adult services:

- Meet the older adult needs in each of the major communities in Markham
- Are culturally inclusive
- Accommodate the growth due to an aging population and new residents
- Encourage and facilitate volunteer self directed leadership where possible
- Recover an equitable portion of the direct service costs



Three Year Plan Process

Between now and June 2005 staff will:

- Collect demographic information
- Meet with key leaders and other interested parties
- Review current service levels and identify strengths and gaps
- Obtain staff input to service models
- Identify societal, regional, municipal trends that impact older adult service delivery
- Develop the three year plan
- Submit a report for Council Approval

Summary

The recreation services provide excellent social, physical and volunteer opportunities to help keep older adults healthier and involved in their communities. They also provide a vehicle to maintain a feeling of self worth and integrity. It is important that the Town and Recreation Services Department strategically manage the growth to meet these services needs.



Questions

