



United Way

# Better at Home

Powell River October 2013

April Struthers



Better  
at Home

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## Acknowledgements

Powell River and District welcomed the needs assessment and inquiry process behind this phase of the Better at Home program. The community developer wishes to acknowledge the community organizations; especially Seniors Branch 49; for the support, the making of connections with older adults, and hospitality. Many individual older adults, both long time residents and newly arrived retirees, made themselves available for conversations. Service providers were generous with their time for interviews, thoughtful in responses and helpful in providing additional connections.

Thanks to the Powell River and District United Way, which acted as local contact point and supported this project as it developed.

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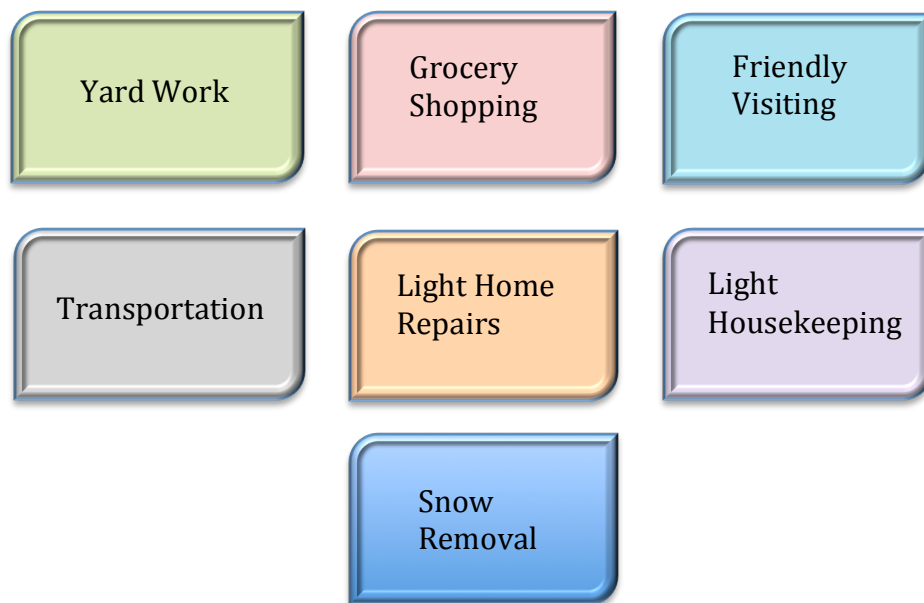
### **References**

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## Better at Home Program Introduction

Better at Home is a program that helps seniors with simple day-to-day tasks so that they can continue to live independently in their own homes and remain connected to their communities. The program is funded by the Government of British Columbia and managed by the United Way of the Lower Mainland, with services delivered by a local non-profit organization. The Better at Home program is designed to address the specific needs of local seniors, allowing communities to choose from the following basket of services:



In the spring of 2013, Powell River and District was identified as a potential Better at Home site. April Struthers, Community Developer, was contracted as community developer to assess community readiness, identify seniors' assets, needs and priorities in regards to the basket of services, and help identify a potential lead organization best suited in the community to deliver the Better at Home program.

This report reflects the findings of the community developer and will be used by the lead organization to design an appropriate local Better at Home program that meets community needs and community preferred approaches.

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## Local Community Development Approach and Findings

The advice from stakeholders as the project began, was that focus groups, face to face small meetings, interviews (additional to the 5 required) and travel to outlying areas and islands was a potentially more successful approach than using surveys to gather input from the older adult and providers population.

The community developer is a quasi-outsider, living on the lower Sunshine Coast, and having been a consultant to various organizations in Powell River over the last 5 years; and Regional Mentor of the BCCRN Association regarding developing community responses to adult (and elder) abuse both in the lower and upper Sunshine Coast areas.

Methods included an appreciative inquiry and asset based /capacity building and mobilizing approach. Included was analysis and use of strengths and recognition of vulnerabilities.

### Activities include:

- Web based research into the area including identifying reports and background and statistical materials, analysis of documents and reports.
  - The Best of Care report: Office of the Ombudsperson, 2012
  - Vital Signs 2011-12
  - United Way of the Lower Mainland Seniors Vulnerability Report 2011
  - Rural Health Area Profile, Vancouver Coastal Health 2010
  - Statistics Canada, and BC Stats reports for census 2011 highlights
  - Powell River Regional District Growth and Development Analysis - Final report October 2008
  - Powell River Regional Economic Development Society Growth Report 2010, and Community Profile Site Selector-PRREDS 2012
  
- Consultation and exploration of unique features such as:
  - The area has been chosen for a 3 year pilot project ‘Care Management Strategy” to construct and test a person centered system of health authority response including Home Supports. BAH was written in early on in planning of this project and was seen as an essential adjunct service to the system (see photo, p. 28)
  - The local Division of Family Practice has contracted a social worker to locate and publicize resources and connections and referrals for patients and families

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- Public and invited group consultation with:
    - 4 focus groups (Lund, Texada Island, and City of Powell River (2))
    - A large general meeting at the Cranberry Seniors Centre with 55 older adults
    - 18 interviews
    - 20 agencies contacted including Tla'amin and churches
    - Stakeholders meeting with 14 participants
    - Community Meeting with 16 participants
    - Numerous informal conversations
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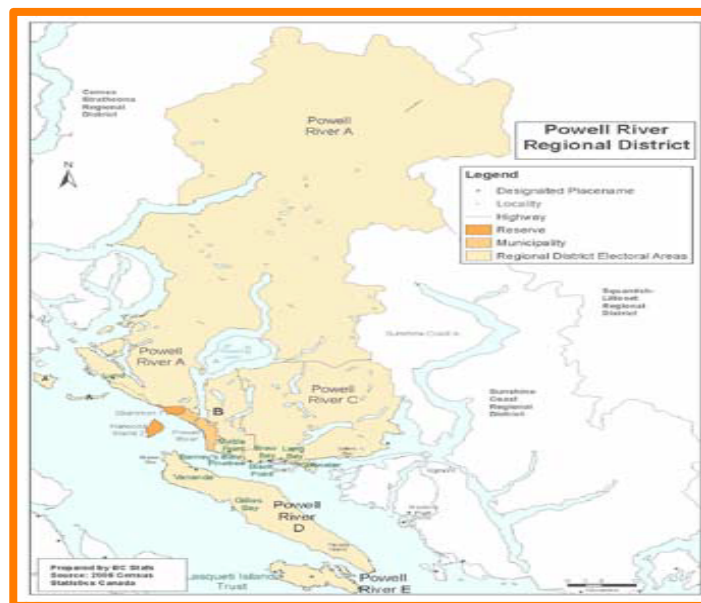
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## Community Profile

### Geographic Location and Scale

The Powell River area is known as the upper Sunshine Coast and is located between the Sechelt Peninsula and Central Coast on BC's mainland. It consists of a regional district, the City of Powell River with the largest population cluster, and a number of other small areas along a ribbon of highway and including three inhabited islands (Texada, Lasquiti and Savary) and the uninhabited Harwood Island.

Powell River is separated from the lower Mainland by two major fjords; crossed by ferries. The area is relatively isolated.



The land mass includes two cultural areas of the Tla'amin and Shishalh groups of First Nations. (Stats Can 2011).

The area is one of great physical beauty, with good development of outdoor tourism / pursuits, some notable cultural events, agriculture and mining and potential economically to be developed due to available land and deep-water marine access.

The City of Powell River is the population center; with 67.3 % of the total population; the rest of the region has 32.7% of the population (Rural VCH Health Profile 2010). Outside of city boundaries the area is rural, and a large part is remote. While the city population sees itself as self contained and self-sufficient; the area lacks physicians, secondary and tertiary treatment options. The area is connected by good air transport (4 times a day) to Vancouver; by road and 3 ferry connections - to the lower Sunshine Coast, to Comox on Mid-Vancouver Island, and to Texada Island.

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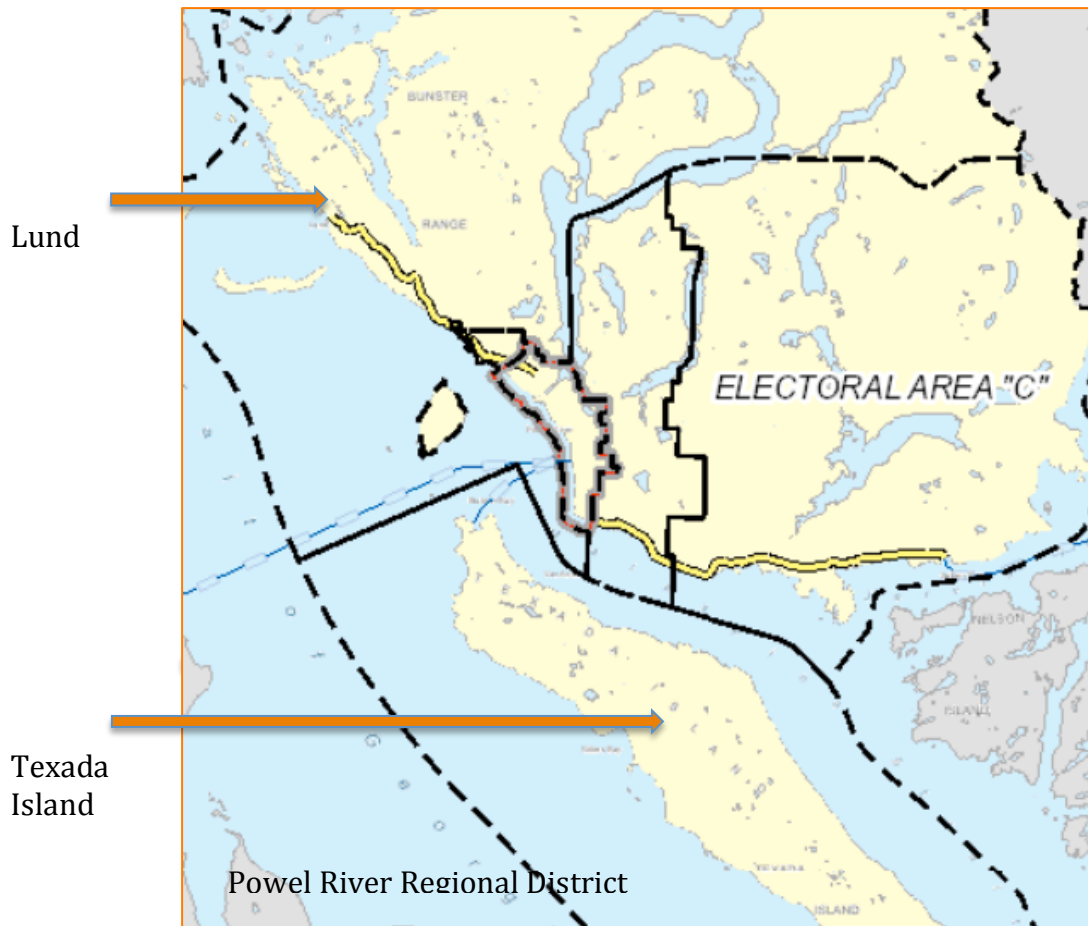
## Outlying Areas

Communities in the Powell River regional district are spread along Highway 101, which terminates in Lund at the Northern end of the Coast.

As two of the bigger clusters of population, Texada Island and Lund; were chosen for focus groups. The two communities, while both isolated by virtue of their geographic location; are very different and had different responses to the concept of the Better at Home program.

Lund has a population of about 300 year round and a much larger population during tourist season. About one third of the population is over the age of 60. It is an unincorporated village 14 miles from Powell River, formerly reliant on fishing and logging. It has a history of deliberate isolation and 'off the grid' lifestyles.

Texada, named by a Spanish naval explorer in 1791, is the northernmost Gulf Island, formerly a heavily industrialized resource extraction / mineral extraction site (quarries and mines). It has two unincorporated villages, a ferry connection and about 1100 population with 40 per cent reported to be over 60 years of age.



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## History

Tla'min people rate their occupation in the area as from time immemorial. Powell River's traditional name is Ayjoomixw, meaning 'good, clear ground. Archaeological evidence proves occupation from 4000 - to perhaps 10,000 years ago. Up to 20,000 Tla'min people lived in 10 permanent and many seasonal settlements in the area. (BC Treaty Commission). They now reside in one community, having been forced to relocate from their original village site at the mouth of Powell River so that the area could be utilized for power generation and a mill site.

European settlement began in the late 1880's with logging operations and intensified with the establishment of the Powell River Paper Company in 1909. The City of Powell River includes the original Townsite, as well as Westview, and Cranberry and Wildwood areas. Powell River was incorporated in 1955; and in 2005, officially designated a city.

The pulp mill and logging were main industries for decades. Continual recent downsizing of the mill has led to diversification of the local economy resulted in increased attention to commercial outdoor recreation and the arts; in addition to typical Coastal resource bases like mining, fishing (including aquaculture) , and forestry. Because of its focus on the arts, Powell River was named a "Cultural Capital of Canada" in 2004.

Powell River Townsite was the location of the first registered credit union in BC, (to serve the mill workforce), established in 1939. It had 70 members and assets of \$ 1000. (First Credit Union website)

A unique Tla'amin and local government accord, which is cited by the BC Treaty commission as being a model for the Province in creating positive relations with local First Nations; underlies cooperative attempts to develop land, culture and heritage projects jointly. (BC Treaty Commission 2010)

Powell River Townsite is designated as a National Historic District of Canada.

"A very prestigious designation, it confirms that Powell River Townsite, remarkably intact with over 400 original buildings contained within the borders of the 1910 town plan, is an historical asset to the entire country." (Vital Signs 2011-12)

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### Population, Age groups and trends

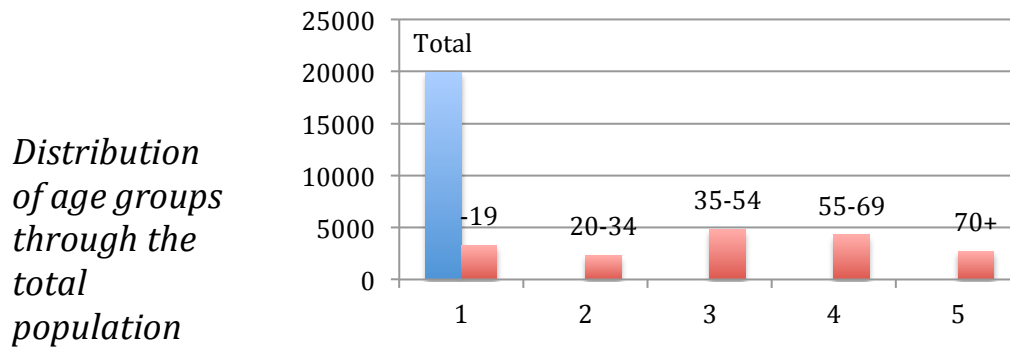
The demographic picture for Powell River and district shows that there is not much general population growth, that there is a higher than Provincial average median age (by a substantial amount at 50.6 years versus 41.9 years); and that the population is growing old faster than the average Canadian population.

The census population figures from 2011 are shown below:

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<i>2011 Census</i>	<i>2006 census</i>	<i>% change</i>
<b>19,906</b>	19,599	1.6 % (7% in BC)

### Age Group Distribution of Population



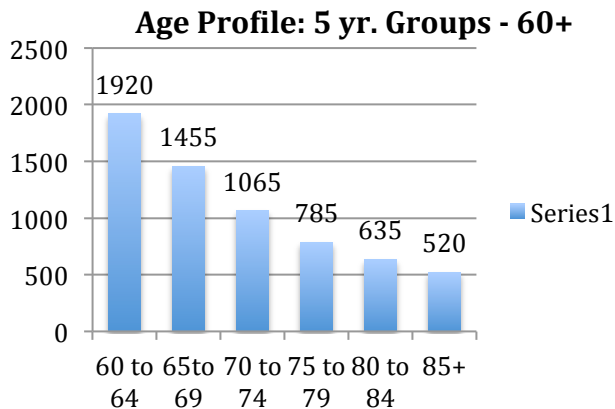
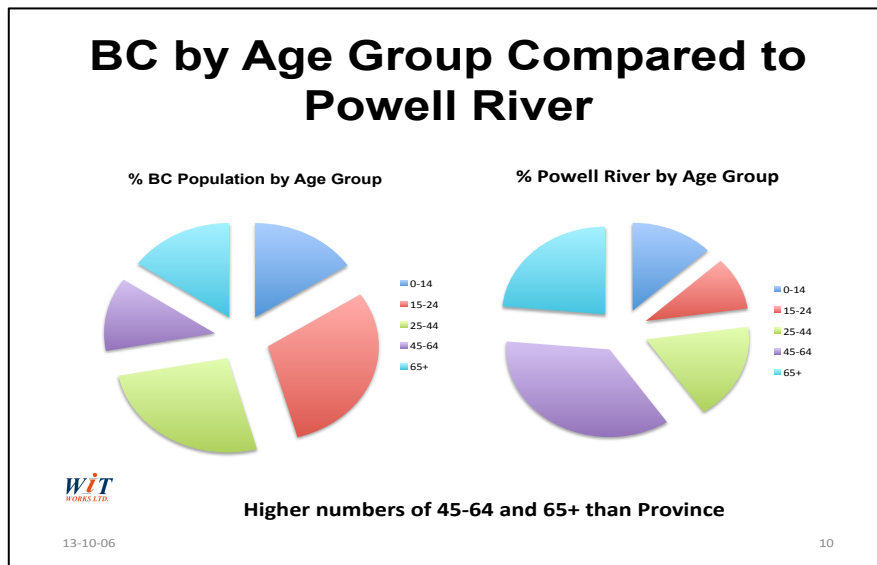
### Features of Older Population

There are several notable features of the area's older population.

1. High Population of 65+

Powell River is ninth out of the ten locations in Canada having the highest proportion of population 65 and over (22.8% of population or 4650 people). (StatsCan 2011)

The following graph shows how the age groups in Powell River compare to the BC age groups; with the 45-64 and 65 + age groups with heavier concentrations of population than in the BC average.



*This graph shows numbers of people over 60 years of age in 5 year increments.*

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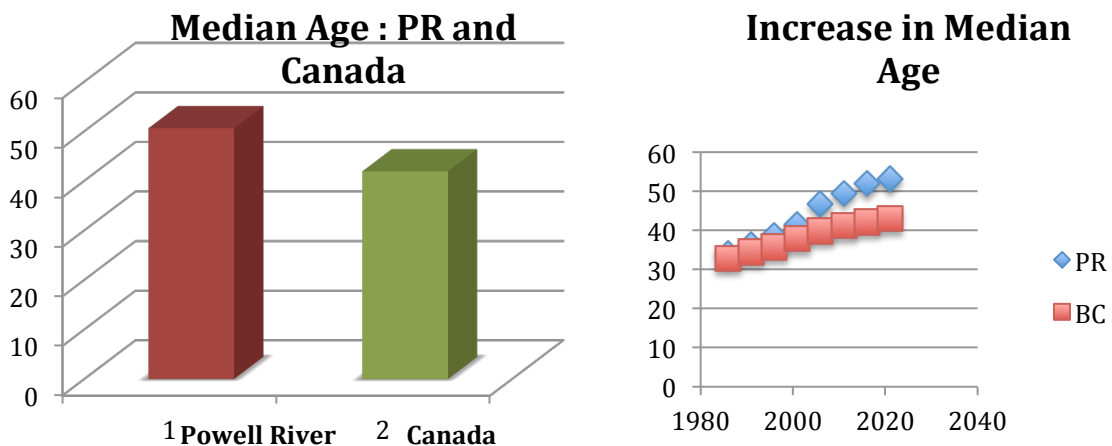
## 2. Population Growth only in 65years +.

In comparing census years 2006 and 2011 the population growth appears to be only in the over 65 year age group. (StatsCan 2011)

The population trends are seen to be a result of the area's appeal as retirement destination and outmigration of young adults. Age distribution across different areas show pre retirees seem to prefer rural areas and retired seem to prefer the city and proximity to services (PREDS Growth Report 2010). A former community developer for the health authority says that it is the older long term residents who tend to stay in the rural areas while age friendly housing in the urban areas – waterfront or designated and undesignated older adult suburbs have mostly retirees from elsewhere living in them.

## 3. High and increasing median age

Median age is increasing in BC; and is increasing faster in Powell River; as shown in the next two graphs. Powell River's median age is 50.6, BC's is 41.9 (StatsCan 2011).



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### Other factors influencing aging in place

The area is noted in the Rural Health Profile as having more older adults living alone than other areas (Rural Health Area 2010). The census agglomerated figures show more widows living in the district than in other parts of BC. (StatsCan 2011).

Vital Signs addresses three additional factors affecting older adults; affordable housing, transport and elder poverty.

#### **Transport**

'Transportation is a pressing problem that we need to address. Not only are we contending with skyrocketing ferry rates, which create a barrier to personal travel and commerce, but Powell Riverites are heavily dependent on private vehicles.. Vital Signs.

Get on the bus. In 2006,1.6% of workers used public transportation to get to work in Powell River. While this is an increase from 1.0% in 2001, it is well below the national average of 11.0% and below the provincial percentage of 10.3%. '(Vital Signs). Anecdotal reports state that bus ridership is poor for all ages.

#### **Housing**

'Affordable rental housing is in short supply, and much of our housing stock is aging, but Powell River remains one of the most affordable areas for home ownership, especially compared to our nearest neighbours.' (Vital Signs 2011-12).

#### **Elder poverty**

'In 2009, there were 350 elders (65 and older) in Powell River living below the pre-tax Low Income Measure. This is 8.6% of elders in all families. We can certainly improve, but we're doing better than the provincial average of 12.2%.' (Vital Signs 2011-12)

### Future Growth: Projections

The currently growing age groups will continue to grow. (PRRD 2008, Growth Report 2012)

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## Population Information Summary

The distribution of age groups shows a higher loading in older age groups, other population change seen between censuses is relatively stable but with growth in older age groups, the median age (dividing line at which half the population is about a certain age and the other half lower) is higher than BC's presently; and growing at a faster rate than BC's (accelerated aging of population as compared to other areas).

This speaks to desirability of the area for retirement and lack of out migration of older adults. The population information and demographic trends mean this is an appropriate area to target new programs providing supports for aging in place.

## Service Populations

Interviews with older adults, families and service providers reveal these categories of service populations:

- ❖ Isolated 'off the grid' older adults (Lund etc.)
- ❖ Isolated 'on the grid' but off transport routes older adults (Texada, Lund, smaller settlements)
- ❖ Non-geographically isolated but mobility challenged older adults in the city
- ❖ Non-geographically isolated apartment, condo and residence dwellers who are aging in place after having been single-family homeowners. They require all services but yard work.
- ❖ Non-geographically isolated mobile older adults who could develop different relationships with public transit current options. This group may need other services.
- ❖ Caregivers who need all services from Better at Home and additional services as well.

Any of the above groups may be socially isolated. All require information and resource connections.

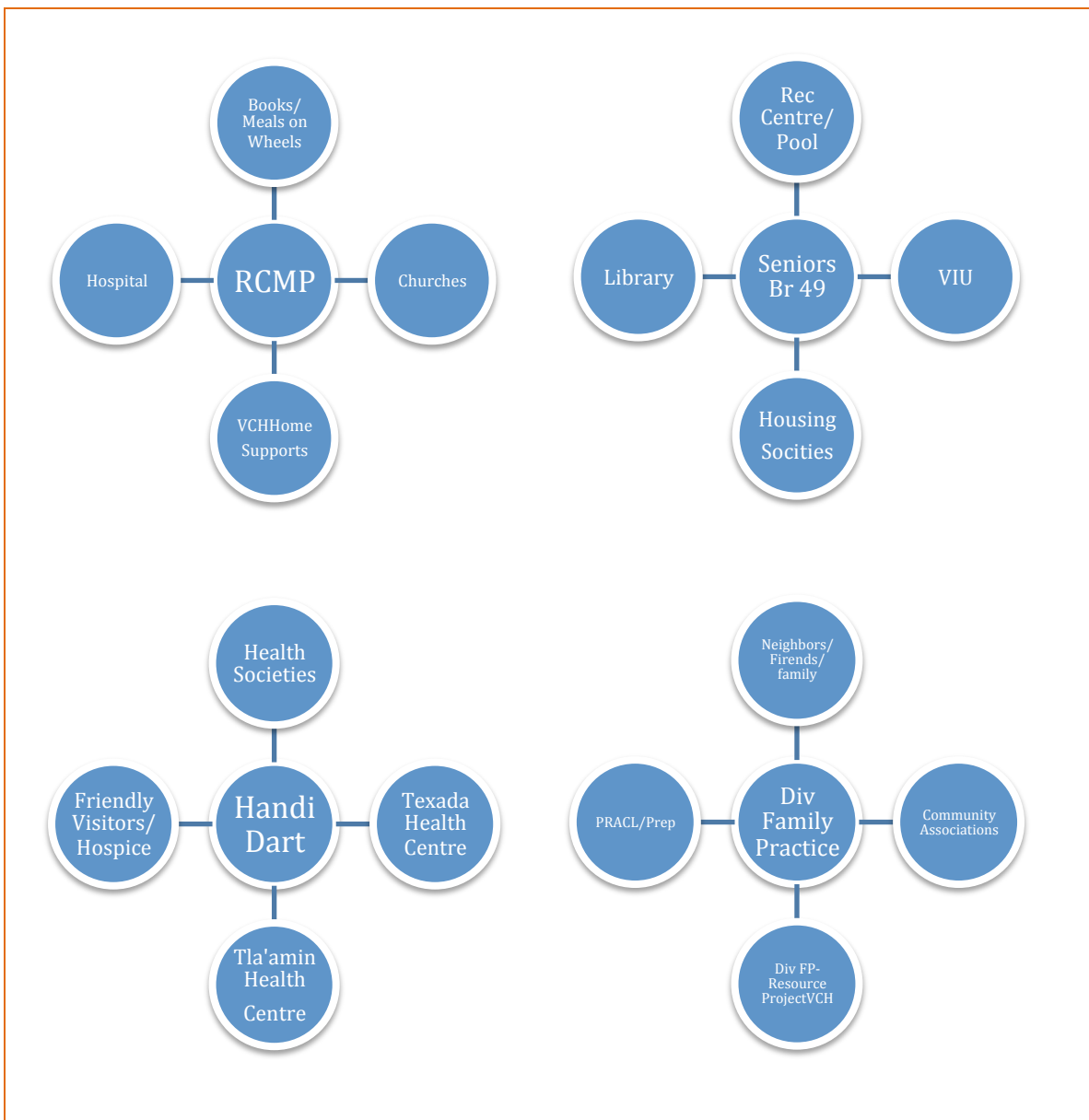
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## Summary of Community Assets

A key question is 'What services are currently working well to support seniors living independently?' This links to the community developers' wish (and the wish of interviewees) that identified gaps be filled and existing programs not be duplicated or competed with.

These services and organizations are seen as supporting older adults to have fulfilling and safe lifestyles.



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## Details of Assets

### **VCH – Home Supports**

- Part of care pilot project (Care Management Strategy)
- VCH provides home supports to Tla’amin Health Society to augment services in evenings and weekends.

### **VIU – Powell River Campus**

- Curriculum and training for health care assistants, activity assistants and diploma in disability studies

### **VIU - Parksville Campus**

- Access to Centre for Healthy Aging and Community Located Scholarship

### **Tla’amin Health Society**

- Integrated home supports (medical and non medical)

## Other assets observed in the area

- Community attitude of self reliance, self sufficiency and ‘do it yourself’ ethos
- Some non-profits with a regional reach
- Strong community partnerships
- Diversity work – including ‘anti-ageism’ work

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## Factors of Vulnerability

Interviewees and focus groups in the Powell River area recognized a variety of vulnerabilities for older adults. Following is a listing by settlement:

### Powell River and District

- ❖ Social isolation and lack of social visibility North and South of the city

A family counselor said;  
*"If you are invisible in this  
area, you are in danger..."*

- ❖ Lack of visibility of information about; and connection to resources
- ❖ Need for enhanced Handi Dart service (*'one more vehicle would make all the difference...'*)
- ❖ Scheduling and cost of ferry services

### Lund

- ❖ Limited Internet speed so there is difficulty of 'distance' information seeking, e mail communication
- ❖ Lack of frequent bus connection (twice a week to Powell River)
- ❖ Reliance on neighbors / no interest in outside services
- ❖ Homes off the grid means struggle to be self sufficient while aging

### Texada Island

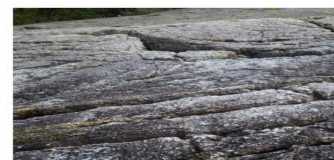
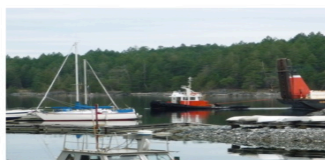
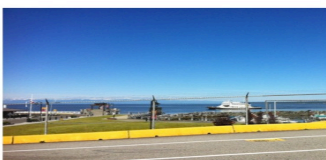
- ❖ Ferry link to Powell River
- ❖ High seniors population
- ❖ No bus / taxi
- ❖ Reliance on community (many aging themselves)
- ❖ Poor economy/ downsizing of community



### All

- ❖ Medical Access

All locations mentioned the demands (cost, time and accompaniment and transport needs) of specialist and ongoing treatment services (available in Vancouver or Vancouver Island). Recovery needs after treatment was an area of need, although the Home Is Better program was seen to assist in filling this gap. Ensuring communication / information transfer for medical follow up was an issue.



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## **Suggested opportunities or service integration / coordination**

### **Supporting local assets**

The Seniors Branch 49 of Powell River offers many informal supports to try to fill gaps and lessen needs and isolation for older adults (transport to activities, referring to community resources and agencies). Liaison with this group can aid in connecting adults with services.

### **Enhancing existing services**

Transit is underused in Powell River. Education for older adults as to how to use buses, and how to read schedules; may support raising ridership.

Handi Dart service needs to be expanded.

### **Increase significant localized informal supports**

Neighborliness was a notable feature amongst rural communities. Supporting and encouraging this to take the pressure off smaller communities might be an interesting approach, particularly in Lund where many said they would not use services from outside their community, and wished to continue to age in place in challenging home management situations.

### **Link to Health Societies**

Texada Health Society is interested in partnering to provide these services to residents on Texada Island. Population size, costs of travel and ferry schedules mean that providing on – island services by islanders makes sense; especially since there is a well established health center with home supports (medical) and a support network for non-medical needs. People also can locate isolated older adults (Van Anda, Gillies Bay and Shepard Point Rod). (See request for service p. 27).

Tla'amin (Sliammon) Health Centre / Society already offers integrated home supports for their population; deliberately mixing medical and non-medical services (transport, wood cutting).

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### Local Government

A feature of this inquiry has been lack of social planning or other data beyond economic projections and selected Stats Canada and BC Stats data and profiles. It is impossible to know where the people are that need 'aging in place' services outside of the city boundaries. A recommendation would be to get City or Regional District planning staff to collaborate on producing more age specific / location information and perhaps producing an age map to see where more specific services might be targeted. Interviewees suggested the City has mapping capacity to do this.

### Powell River and District United Way

The local representative of the United Way, after hearing summaries of expressed needs and approaches and after supervising the Community Developers process of inquiry, suggested that developing a local Seniors/Older Adults Table might be a good developmental step. PRDUW will take a lead on this.

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## Community Readiness

### Explanation of community readiness that reflects community consultations and meetings

The community development process undertaken between June and October 2013 demonstrated that the Powell River and District area has a clear need for the Better at Home services in urban, rural and remote (including island) areas, and that there are at least two non profit agencies which could take on the role of lead agency.

### Potential risks going forward:

1. Most older adults see the Better at Home program working best as an integrated part of care-aligned with Home Supports from VCH. Care Management system integration should be considered if possible (or at least strong alignment between the two programs practiced). (See picture p. 28).
2. The length of the funding cycle / envelope was a concern with participants and agencies alike. Assurances are sought that the effort of establishing this set of services and raising expectations will be worth it in the long run.
3. Participants were concerned that volunteers be trained in grief and loss, dementia; and in safeguarding (at least criminal record checks). The coordinator of services should have a social work background and be 'very skilled', said seniors. Accurate intake was seen as critical.
4. This is a region of high citizen participation in a whole range of social, cultural and sporting activities. Concern was raised about the availability / capacity of a volunteer corps to take on this service. Older adults spoke about levels of fatigue and that many of them are around for only part of the year. Many wanted short, episodic volunteer activities instead of weekly or monthly commitments.
5. Care givers wanted and needed respite, monitoring of those in early stages of dementia for nutrition intake and use of medication consistency, and the ability to have a shift in services as family members needs changed.
6. An earlier program, which provided similar services, administered by the Seniors Branch, had difficulty finding the isolated seniors who most needed the service. Locating geographically and socially isolated older adults will be a challenge for this program as well.

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## Local Better at Home Program Details

### Preferred Services and Preferred Service Approach

#### Local needs from the Better at Home's Basket of Services

A key question is which of the offered services is needed in this area (and in this collection of disparate communities)? This covers general needs and unmet needs.

#### **Friendly visiting**

Was ranked highest at the community meeting and with the Seniors Branch meeting. This could include services to Caregivers, creating social connections, helping people finding out about and navigating services (medical and otherwise) Older adults thought this could possibly link with transport, and perhaps with grocery shopping. The wish for consistency in dealing with visitors was stressed (using the same volunteer for each visit). It was strongly felt that some visiting should be by phone and that some face to face visiting was necessary.

Participants saw grocery shopping, transport and meal preparation linked with friendly visiting.

#### **Transportation**

Limited Handi Dart service, mobility challenges and the fact the city is on several geographic levels, as well as being a collection of discrete communities (Wildwood, Cranberry, Townsite) with a considerable horizontal spread along the bus routes; are factors leading to vulnerability. Limited rural bus schedules / routes, and reluctance to use bus services are also contributors to vulnerability. People wanted improvements to current services and additional trips under some kind of alternate transport option for errands, social meetings, visiting families etc. People mentioned developing a subsidized coupon service for local taxis.

#### **Home repair**

Rural older adults reported a reluctance of contractors to go to isolated locations. Repair of simple things that older adults could not reach (changing light bulbs etc.), and repairs requiring ladders were needs, as was service of private electrical and water systems (reflecting the rural and remote nature of lifestyles in the areas furthest away from the City of Powell River).

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### **Housekeeping**

Light housekeeping was a popular service offering; both for those in family homes and older adult apartments and residences; where people are at a different housing stage of 'aging in place' (i.e. have downsized).

### **Yard work**

Work requiring heavy lifting, climbing ladders or carrying heavy equipment or loads were mentioned; 'picking my apples/ fruit before the bears get them'; was another request. Removal of occasional snowfall was seen as being yard work.



There was good awareness of the role played in 'falls prevention' by providing services; this spoke to the success of local public health campaigns!

Participants in the Community Meeting felt that Friendly Visiting should be a priority and that other needs could be met by linking to visits (grocery shopping, transport, information sharing), visiting other community educational and social events (like food preparation classes/programs). Referrals could be made by coordinators or volunteers to home management contractors or volunteers; and also to other outside services. Because some of the service population is shared with Vancouver Coastal Health Home Supports programs, and to make the experience for older adults of receiving both non-medical and medical home supports as seamless as possible, a strong relationship with VCH was suggested.

An initial conversation has taken place and Better at Home is provisionally included in the development of the local Care Management Strategy being developed by Vancouver Coastal Health. (See photo, p. 28)

### **Other Needs:**

**Meals** - more meals on wheels service with more choice / sensitivity to health requirements, and meal preparation services; are seen as needs (which are outside of the basket of services on offer).

**Medication** - medication monitoring (day by day and medication reviews) is seen as a need. Having more supplies of medication so it doesn't have to be ordered from Vancouver was a need.

**Overnight Care** - was a clear need along with respite care for caregivers (especially on Texada Island).

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## Key Lead Agency Criteria identified by the community

The following shows criteria developed from community engagement locally, as to what would provide a good fit for a lead agency.

### Criteria for Lead Agency Choice



13-10-06

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Additional criteria included:

- An agency not just having a vested interest
- An agency that will understand what it is like to live where we live (more rural).

## Proposed Lead Agency - Selection Process for Lead Agency

During the inquiry process (meeting and interviews), two non-profit agencies were suggested, and also presented themselves as interested; in developing Better at Home services as lead agency.

These agencies had detailed interviews with the Community Developer and interacted during the Community and Stakeholder meetings to present their history, approaches and programs provided. They reflected on the criteria developed from conversations and interviews and focus groups

### Profile of agencies seeking lead agency status:

Both agencies meet the criteria; although only one is accredited. Both were interested in providing the program, and both presented on their organization at Community and Stakeholder meetings. Both have decades of service in the area, existing agreements with the health authority, and histories of partnering effectively.

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### **Powell River Association for Community Living**

This organization has historically served children with a developmental delay or who are at risk of developmental delay and their families; children, youth, adults and seniors with developmental disabilities and their families; and adults with acquired brain injury. With the integration of Powell River Child, Youth and Family Services a wider population is now served. This agency has a local and national reputation for its services, is looking for other population groups to serve, and brings a family / client focus, is experienced in house maintenance / management; and connecting clients with services including employment.

This organization has been described by stakeholders as having 'depth'.

### **PREP Society**

PREP acts as an umbrella organization providing administration for a wide range of community-based services and programs, such as employment, mental health, literacy, community resource, food security, and parenting support programs. (Prep website: <http://www.prepsociety.org>). PREP already serves older adults within many of its programs. PREP also serves immigrants, and supports diversity with projects and events through its diversity initiative. It reaches adults and families at its Community Resource Centre.

This organization has been described by stakeholders as having 'reach'.

### **Further selection process**

Because no choice was made at the Community or Stakeholders meeting, a further selection process was required.

The process involved further consultation and discussion amongst the proposed lead agencies and the local United Way representative. This resulted in an agreement that the Powell River Association for Community Living (Inclusion Powell River) would take on the lead agency role because of a combination of factors-experience, capacity and being able to mount a program quickly.

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## Recommendations for Next Steps:

1. Powell River Association of Community Living (Inclusion Powell River) needs to submit a funding application to United Way of the Lower Mainland
2. Explore how to liaise with VCH Home Supports, and how to be included in the Care Management Strategy.
3. Explore with Texada residents and Health Society how a partnership can be established for services on the island
4. Mapping connectivity of the service landscape
5. 'Age' mapping - which locates older adults in their geographic locations
6. Establish an Older Adults Planning Table, with the Powell River and District United Way taking a lead

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## Appendices

### 1. List of Agencies, businesses and organizations who met the community developer or were part of larger meetings.

- Vancouver Coastal Health (managers, community developer, and nurses)
- Powell River Association for Community Living
- Prep Employment Society
- Powell River Diversity Initiative
- Powell River and District United Way
- Seniors Branch 49 / Cranberry Seniors Centre
- Vancouver Island University
- Tla'amin Health Centre
- Texada United Church
- Councilor, City of Powell River
- Powell River Child, Youth and Family Services
- New Dawn Personal Living Services
- Sunset Homes Society
- Texada Health Centre
- Division of Family Practice

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## 2. Potential Service Partner

Texada Island Interest in Better at Home type program:  
From Economic Development Scan of Texada, 2011.

### **Expanded Assisted Living / Home Care Services**

Through the consultation process it was made clear that there s a growing need amongst seniors for expanded assisted living / home care services on Texada Island. Currently those needing to move to assisted living facilities have to move off the island and away from family and friends to access them, further depleting the population. In addition to this there are a number of seniors who require help with housekeeping and shopping, which are services not provided through the current Home Care program. It is recommended that an initiative be spearheaded to pursue the development of expanded assisted living/home care services on Texada in order to allow seniors to stay on the island and be close to their families. If successful, establishment of expanded services will create new jobs to Texada, new streams of revenue and make the island a more attractive to retirees as a place to settle for the long term.

Champions: Powell River Regional District, Regional Hospital Board, Texada Seniors Association.

Texada Economic Development Action Plan, January 2012. p 24  
<http://www.prreds.com/attachments/2012/TexadaEDAP.pdf>



Log boom anchor buoy  
on Texada Island

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### 3. Alignment with Vancouver Coastal Health Pilot Project

Vancouver Coastal Health Pilot Project

(Showing Manager of Home Health Services, VCH: Karen Burlingame)



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## 4. Resources

BC Stats Powell River Regional District map. Retrieved July 13, 2013.

<http://www.bcstats.gov.bc.ca/statisticsbysubject/geography/referencemaps/RDs.aspx>

BC Treaty Commission. The Powell River - Sliammon Experience. 2010.

[http://www.bctreaty.net/files/pdf\\_documents/Powell-River-Sliammon-Experience.pdf](http://www.bctreaty.net/files/pdf_documents/Powell-River-Sliammon-Experience.pdf)

Community Profile Site Selector Database. Powell River Regional Economic Development Society. 2011.

<http://www.prreds.com/attachments/2013/CommunityProfile.pdf>

Office of the Ombudsperson. Best of Care Report: Getting it Right for Seniors in British Columbia. 2012. Retrieved July 2013 from

<http://www.ombudsman.bc.ca/seniors/seniors-care-investigation/seniors-report-part-two>

Powell River Regional District Growth and Development Analysis-Final Report. October 2008. Vann Struth Consulting Group and Landwork Consultants. Retrieved July 2013 from

<http://www.powellriverrd.bc.ca/wp-content/uploads/2011/09/Growth-and-Development-Analysis.pdf>

Powell River Vital Signs 2011-2012. Powell River Community Foundation. 2012.

[http://www.prvs.ca/files/Powell\\_River\\_VS\\_2011\\_WEB.pdf](http://www.prvs.ca/files/Powell_River_VS_2011_WEB.pdf)

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Statistics Canada Census Profile retrieved on July 13, 2013 from

<http://www12.statcan.ca/census-recensement/2011/as-sa/98-311-x/2011001/tbl/tbl3-eng.cf>

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Statistics Canada Census Profile retrieved on July 13, 2013 from  
<http://www12.statcan.gc.ca/census-recensement/2011/as-sa/fogs-spg/Facts-cma-eng.cfm?LANG=Eng&GK=CMA&GC=945>

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<http://www.prreds.com/attachments/2012/TexadaEDAP.pdf>

United Way of the Lower Mainland Seniors Vulnerability Report 2011. United Way of the Lower Mainland. Retrieved October 18, 2013 from  
[http://www.uwlm.ca/sites/default/files/webfm/Our Work/Reports and Resources/uw\\_2011\\_seniors\\_vulnerability\\_report\\_Low-Rez\\_final.pdf](http://www.uwlm.ca/sites/default/files/webfm/Our%20Work/Reports%20and%20Resources/uw_2011_seniors_vulnerability_report_Low-Rez_final.pdf)

Vancouver Coastal Health. (2010). Rural VCH Health Profile. Retrieved October 18, 2013 from  
[http://www.vch.ca/media/Rural\\_VCH\\_Health\\_Profile\\_Dec2010.pdf](http://www.vch.ca/media/Rural_VCH_Health_Profile_Dec2010.pdf)

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## 5. Media Material

Article: October 2, 2013 along with ¼ page ad (using poster for consultation with local venue / time noted).

<http://www.prpeak.com/articles/2013/10/01/community/doc524b68d0a50cf622658379.txt>



**United Way**