



## City of Richmond

## Report to Committee

**To:** Parks, Recreation and Cultural Services Committee  
**From:** Kate Sparrow,  
Director, Recreation & Cultural Services  
**Re:** Seniors Wellness Coordinator

**Date:** February 8, 2006  
**File:** 11-7000-00/Vol 01

### Staff Recommendation

That this report be received for information.

Kate Sparrow  
Director, Recreation & Cultural Services  
(4129)

FOR ORIGINATING DIVISION USE ONLY			
<b>ROUTED TO:</b>	<b>CONCURRENCE</b>	<b>CONCURRENCE OF GENERAL MANAGER</b>	
Budgets .....	Y <input checked="" type="checkbox"/> N <input type="checkbox"/>		
<b>REVIEWED BY TAG</b>	YES <input checked="" type="checkbox"/> NO <input type="checkbox"/>	<b>REVIEWED BY CAO</b>	YES <input checked="" type="checkbox"/> NO <input type="checkbox"/>

## **Staff Report**

### **Origin**

At the January 24<sup>th</sup>, 2006 meeting of Richmond City Council the following referral was made:

Staff review the “Seniors Wellness Coordinator” position, and report to Council, through Committee, on the needs, etc., in relation to the position, and on whether a full-time or part-time position was required.

This report examines the needs for wellness services for seniors based on 20 hours per week and a regular full time (35 hours per week) position.

### **Analysis**

The City, through a series of grants to the Minoru Seniors Society, has been providing funding for a part-time Seniors Wellness Coordinator for approximately four years. The funding has supported 15 hours per week to develop wellness programming for seniors and to develop and coordinate the annual “Activate” Seniors Wellness Fair. During that time the demand for programs and services has grown and has expanded from Minoru Place Activity Centre into several of the community centres.

The seniors (over 65 years) population is increasing at a rate of 2% per year, almost double the population increase as a whole. The growing seniors population and the increased awareness of the health benefits of active living has established the demand for services beyond what could be accommodated by the grant funded position. The approved regular part-time position is for 20 hours per week and therefore will allow for some increase to the services currently being provided. Those services are as follows:

- Continue to develop Wellness clinics at Community Centres: South Arm, Thompson, Steveston and Minoru Place Activity Centre.
- Provide education opportunities related to wellness and healthy living to seniors.
- Coordinate the volunteer nurses and practitioners who implement the clinics.
- Network and liaise with community organizations to provide expertise, information and support during the wellness clinics and to seniors at large. For example, Richmond Health Services is an active partner.
- Participate in community initiatives, committees and events geared to older adults. For example: Seniors Week, Falls Prevention Network and Seniors Advisory Committee.

These are important needs in the community and will be addressed by a part time position. There are, however, significant unmet healthy lifestyle needs for seniors. Outreach wellness services are needed for both isolated/frail seniors and for seniors for whom language or culture are a barrier. The following describes the additional program services which would be provided and/or facilitated if the Seniors Wellness Coordinator position was made full-time.

**Outreach to isolated/ frail seniors in the community**

- Working with Richmond Health Services and other agencies to identify under-served, hard-to-reach seniors. For example, people discharged from hospital, utilizing homecare services and needing specialized fitness/ lifestyle changing activities to improve mobility and independence.
- Older adults who are socially isolated due to declining health, chronic conditions or mental health issues. Network with community organizations to reach seniors at risk.
- Working with community organizations who have on-going programs for older adults: ie. meal services, churches, to support them in the maintenance or development of new services.

**Outreach to ethnic seniors and organizations serving this population**

- Supporting older adults from ethnic communities to attend and use services provided for seniors. The demographics of Richmond are not reflected in the older adult participants at the Minoru Place Activity Centre or Community Centres.
- Providing education and information related to recreation, health and wellness, with sensitivity to cultural differences and values.
- Assisting ethnic seniors to learn about community resources and referring them to appropriate services.
- Assisting groups and organizations serving ethnic seniors by connecting them with government/ private agencies, to collaborate, use resources efficiently, and avoid duplication in the provision of healthy lifestyle services.

Minoru Seniors Society, an active partner in the provision of a broad range of services for senior services in Richmond, advocates for the increase in services that would be provided by a full time position and has provided a letter of support (Attachment 1).

**Financial Analysis**

The costs for a full-time Senior Wellness Coordinator compared to the already approved part-time position are as follows:

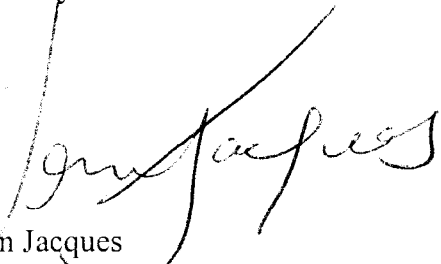
Seniors Wellness Coordinator wages (RFT)	\$38,500
Fringe and Overhead	<u>\$9,240</u>
Total Salary Cost	\$47,740
Program Costs	\$7,000
Travel, supplies etc.	<u>\$1,000</u>
Total Cost	\$55,740
Previously Approved for Part Time (2006 Additional base level service)	<u>\$32,900</u>
Total additional annual cost regular full-time position	<u>\$22,840</u>

### **Financial Impact**

None at this time. During the 2006 budget process, Council asked for further information on a variety of additional level requests. If this Committee wishes to further pursue this item, staff suggest a referral to the Finance Committee occur so the item may be considered together with the other items.

### **Conclusion**

By increasing the responsibilities of the Seniors Wellness Coordinator from part-time to full-time the City of Richmond can begin to address the healthy lifestyle issues of physically and culturally isolated seniors.



Vern Jacques  
Manager, Community Recreation Services  
(4158)

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