

# Sudbury Seniors' Needs Assessment

## “Challenges of Aging”

### Friendly to Seniors – Sudbury

From July 3 to July 20, 2007, OraclePoll conducted a telephone survey of Sudburians aged 55 and over on behalf of Friendly to Seniors – Sudbury as a component of a **New Horizons – Govt. of Canada sponsored (Services Canada) “Challenges of Aging”** project which also included focus group meetings to gather additional information. A total of 252 randomly selected older residents of the Greater City of Sudbury were interviewed in the telephone survey. The Social Planning Council of Sudbury collaborated on survey question formulation and analysis in conjunction with a United Way project.

The survey was conducted using computer-assisted telephone interviewing (CATI) and random digit dialling in accordance with standard survey methodology.

Initial calls were placed between the hours of 6 p.m. and 9 p.m. Subsequent call-backs of no answers were made up to 7 times from 10 a.m. to 9 p.m. until contact was made, on a staggered daily rotating basis. After seven call attempts, the number was abandoned.

The margin of error for each 252 person survey is  $\pm 6.16\%$ , 19 times out of 20. This means that you can expect 95% of the population 55 and over to fall between  $-6.16\%$  and  $+6.16\%$  of the response percentage obtained from the questionnaire.

## Demographic Information

More than half of respondents to the questionnaire lived in the former city of Sudbury. The rest lived primarily in Valley East, Walden, Nickel Centre and Rayside Balfour, with just over six percent of respondents coming from more outlying areas such as Capreol and Onaping/Levack.

**Table 1. Respondent's Community (Provided by OraclePoll)**

	<b>Frequency</b>	<b>Percent</b>
Sudbury	129	51.2
Valley East	31	12.3
Walden	27	10.7
Nickel Centre	27	10.7
Rayside Balfour	22	8.7
Capreol	12	4.8
Onaping/Levack	4	1.6
<b>Total</b>	<b>252</b>	<b>100.0</b>

Respondents' mean number of years of residency in Greater Sudbury was 45.6 years. More than three quarters (77.9%) of respondents have lived here for over 30 years.

**Table 2. How long have you lived in Greater Sudbury?**

	<b>Frequency</b>	<b>Percent</b>
1 year - 10 years	14	5.6
11 years - 20 years	23	9.2
21 years - 30 years	18	7.2
31 years - 40 years	43	17.3
41 years - 50 years	42	16.9
51 years - 60 years	56	22.5
61 years - 70 years	32	12.9
71 years - 80 years	18	7.2
81 years - 90 years	3	1.2
<b>Total</b>	<b>249*</b>	<b>100.0</b>
Minimum: 1 year		
Maximum: 85 years		
Mean: 45.6 years		

\*3 respondents answered don't know/refused.

Of the respondents, older seniors (those 75 and over) accounted for 24.4%, while younger seniors (65-74) accounted for 34.7%. The remainder (41%) were pre-senior aged (55 to 64).

**Table 3. Age**

	<b>Frequency</b>	<b>Percent</b>
55-64	98	41.0
65-74	83	34.7
75-84	54	22.6
85+	4	1.7
<b>Total</b>	<b>239*</b>	<b>100.0</b>
Minimum: 55 years		
Maximum: 89 years		
Mean: 67.5 years		

\*13 respondents answered don't know/refused.

More than two thirds of respondents were women.

**Table 4. Gender**

	<b>Frequency</b>	<b>Percent</b>
Male	75	29.8
Female	177	70.2
<b>Total</b>	<b>252</b>	<b>100.0</b>

**Table 5. How many people live in your household?**

	<b>Frequency</b>	<b>Percent</b>
1	81	32.5
2	138	55.4
3	25	10.0
4	4	1.6
5	1	.4
<b>Total</b>	<b>249*</b>	<b>100.0</b>

\*3 respondents answered don't know/refused.

**Table 6. If not alone, does the respondent live with his or her children? (Derived)**

	Frequency	Percent
Yes	25	15.0
No	142	85.0
<b>Total</b>	<b>167*</b>	<b>100.0</b>

\*81 respondents lived alone, 4 refused to say with whom they lived, thus the denominator is 167.

**Table 7. Is the respondent single? (Derived)**

	Frequency	Percent
Single	93	37.5
Partnered	155	62.5
<b>Total</b>	<b>248*</b>	<b>100.0</b>

\*4 respondents refused to say with whom they lived.

**Table 8. At least one member of household 65+ (Derived)**

	Frequency	Percent
No	74	31.0
Yes	165	69.0
<b>Total</b>	<b>239*</b>	<b>100.0</b>

\*13 respondents didn't know or refused to give their or another person's age.

**Table 9. What is the highest level of education that you've completed?**

	Frequency	Percent
Less than Grade 8	3	1.2
Elementary School (to Grade 8)	14	5.7
Some Secondary School	41	16.8
Secondary School Diploma	76	31.1
Some Trade School, Technical, Business or Community College	16	6.6
Diploma/Certificate from Trade School, Technical, Business or Community College	44	18.0
Some University	20	8.2
Bachelor's Degree	22	9.0
Graduate Degree	7	2.9
Doctoral Degree	1	.4
<b>Total</b>	<b>244*</b>	<b>100.0</b>

8 respondents answered don't know/refused.

**Table 10. What is your work Status?**

	<b>Frequency</b>	<b>Percent</b>
Permanent full-time (35+ hours per week)	16	6.5
Permanent part-time (less than 35 hours per week)	5	2.0
Temporary full-time (35+ hours per week)	2	.8
Temporary part-time (less than 35 hours per week)	1	.4
Casual or call-in (hours vary week to week)	1	.4
Self-employed full-time	2	.8
Self-employed part-time	2	.8
Retired	197	79.4
Homemaker	8	3.2
Not employed, but looking for work	1	.4
Not employed by choice	2	.8
Disability pension	11	4.4
<b>Total</b>	<b>248*</b>	<b>100.0</b>

\*4 respondents answered don't know/refused.

**Table 11. What was your total personal income for 2006, before taxes and deductions?**

	<b>Frequency</b>	<b>Percent</b>
0-\$9999	20	15.3
\$10000-\$19999	23	17.6
\$20000-\$29999	25	19.1
\$30000-\$39999	23	17.6
\$40000-\$49999	13	9.9
\$50000-\$59999	11	8.4
\$60000-\$69999	5	3.8
\$70000-\$79999	6	4.6
\$80000-\$89999	2	1.5
\$100000 and over	3	2.3
<b>Total</b>	<b>131*</b>	<b>100.0</b>

\*131 respondents answered don't know/refused.

**Table 12. What was your total household income for 2006, before taxes and deductions?**

	<b>Frequency</b>	<b>Percent</b>
0-\$9999	3	2.5
\$10000-\$19999	18	15.3
\$20000-\$29999	17	14.4
\$30000-\$39999	18	15.3
\$40000-\$49999	14	11.9
\$50000-\$59999	10	8.5
\$60000-\$69999	9	7.6
\$70000-\$79999	7	5.9
\$80000-\$89999	4	3.4
\$90000-\$99999	3	2.5
\$100000 and over	15	12.7
<b>Total</b>	<b>118*</b>	<b>100.0</b>

\*134 respondents answered don't know/refused.

**Table 13. What kind of housing do you occupy?**

	Frequency	Percent
Single detached house	200	79.4
Duplex	6	2.4
Row housing	3	1.2
Mobile home park	1	.4
Apartment	40	15.9
Condominium	2	.8
<b>Total</b>	<b>252</b>	<b>100.0</b>

**Table 14. Is this dwelling owned or rented?**

	Frequency	Percent
Own	201	79.8
Rented	51	20.2
<b>Total</b>	<b>252</b>	<b>100.0</b>

**Table 15. How many bedrooms are in this dwelling?**

	Frequency	Percent
1 Bedroom	26	10.3
2 Bedrooms	55	21.8
3 Bedrooms	126	50.0
4 Bedrooms	42	16.7
5 Bedrooms	3	1.2
<b>Total</b>	<b>252</b>	<b>100.0</b>

**Table 16. Are there stairs between the main living section of the house and the bedrooms?**

	Frequency	Percent
Yes	93	37.1
No	158	62.9
<b>Total</b>	<b>251*</b>	<b>100.0</b>

\*1 respondent answered don't know/refused.

**Table 17. Are there stairs to enter the house by the main entrance?**

	Frequency	Percent
Yes	184	73.0
No	68	27.0
<b>Total</b>	<b>252</b>	<b>100.0</b>

**Table 18. Is this dwelling in need of any repairs?**

	Frequency	Percent
No: Only regular maintenance is needed	179	71.6
Yes: Minor repairs are needed	51	20.4
Yes: Major repairs are needed	20	8.0
<b>Total</b>	<b>250*</b>	<b>100.0</b>

\*2 respondents answered don't know/refused.

**Table 19. In your opinion, what types of seniors' housing does Greater Sudbury require to meet the needs of older residents?**

	Frequency	Percent*
Condos	70	34.3
Independent Living Units	126	61.8
Intermediate Living Units	21	10.3
Assisted Living Units	55	27.0
Long-term Care	44	21.6
Respite Care	54	26.5
Palliative Care	49	24.0

\*48 respondents answered don't know/refused, thus percents are based on the denominator 204.

**Table 20. Will you be looking for seniors' housing?**

	Frequency	Percent
Yes	49	20.9
No	186	79.1
<b>Total</b>	<b>235*</b>	<b>100.0</b>

\*17 respondents answered don't know/refused.

**Table 21. How much are you willing or able to pay per month to rent?**

	Frequency	Percent
Less than \$399	1	2.8
\$400 - \$499	4	11.1
\$500 - \$599	6	16.7
\$600 - \$699	3	8.3
\$700 - \$799	6	16.7
\$800 - \$899	4	11.1
\$1000 plus	12	33.3
<b>Total</b>	<b>36*</b>	<b>100.0</b>

\*13 respondents did not specify a rental amount.

**Table 22. How much are you willing or able to pay to purchase?**

	Frequency	Percent
Up to \$100,000	3	23.1
Up to \$125,000	1	7.7
Up to \$150,000	5	38.5
Up to \$160,000	1	7.7
Up to \$200,000	2	15.4
Up to \$300,000	1	7.7
<b>Total</b>	<b>13*</b>	<b>100.0</b>

\*27 respondents did not specify a purchase amount and 9 said they would not purchase.

**Table 23. What kind of housing would you be looking for?**

	Frequency	Percent
Condominium dwellings	5	10.4
Independent living units	16	33.3
Intermediate living units	17	35.4
Assisted living units	8	16.7
Long-term care facilities	1	2.1
Palliative care facilities	1	2.1
<b>Total</b>	<b>48</b>	<b>100.0</b>

**Table 24. Can you please describe your level of mobility (your ability to walk/get around)?**

	Frequency	Percent
I can walk unassisted	224	88.9
I use a cane or walker for support when walking	24	9.5
I use a wheelchair	4	1.6
<b>Total</b>	<b>252</b>	<b>100.0</b>

**Table 25. How do you normally travel within your community (to work, shopping, etc.)**

	Frequency	Percent
I drive myself	196	77.8
I get a ride from a friend/family	24	9.5
I take the Sudbury Transit	13	5.2
I walk	7	2.8
I take Handi-Transit	4	1.6
Walk and drive	3	1.2
I take a taxi	2	.8
I use my wheelchair	1	.4
I use Canadian Red Cross Transportation Services	1	.4
I ride a bicycle	1	.4
<b>Total</b>	<b>252</b>	<b>100.0</b>

**Table 26. Which, if any, of the following barriers would you say make it difficult for you to travel within the city?**

	Frequency	Percent
Condition of roads & sidewalks	128	50.8
Care of roads & sidewalks	121	48.0
Physical pain or disability	89	35.3
Affordability	48	19.0
Deteriorating Vision	34	13.5

**Table 27. Does your level of physical mobility ever limit your ability to do daily tasks?**

	Frequency	Percent
Yes	61	24.3
No	190	75.7
<b>Total</b>	<b>251*</b>	<b>100.0</b>

\*1 respondent answered don't know/refused.

**Table 28. Does your level of physical mobility ever limit your ability to do daily tasks? (which tasks)**

	Frequency	Percent*
Household Cleaning	31	50.8
Grocery Shopping	21	34.4
Shopping for Other Needs	19	31.1
Attending Social Events Outside My Home	18	29.5
Preparing Meals	14	23.0
Personal Care	8	13.1
Other Activities**	15	25.0

\*1 respondent answered don't know/refused, thus percents are based on the denominator 60.

\*\*Other activities specified included physical activities, walking, yard maintenance and household maintenance.

## **Answers to specific questions:**

### **What would make it easier for you to perform personal care?**

- assistance
- better bathtubs (easier access)
- knee replacements

### **What would make it easier for you to prepare meals?**

- assistance
- have meals prepared for me
- pain management
- handicapped-friendly kitchen

### **What would make it easier for you to do household cleaning?**

- assistance
- pain management
- provide a cleaning person
- physiotherapy & recovery time

### **What would make it easier for you to shop for groceries?**

- assistance
- pain management
- delivery service, have someone do it for me
- a scooter
- someone to take me

### **What would make it easier for you to shop for other needs?**

- assistance
- pain management
- catalogues
- local stores
- a scooter

### **What would make it easier for you to attend social events outside your home?**

- assistance
- pain management
- accessibility (no stairs)
- easier transportation

### **What would make it easier for you to perform other activities?**

- a city program for temporary yard work services when a person can't do it themselves
- more money to hire people
- we hire someone



**Table 29. What barriers prohibit you from walking or using your walker, scooter or wheelchair safely in your community / local stores?**

	<b>Frequency</b>	<b>Percent*</b>
Ice on Sidewalks	62	44.6
Snow Not Cleared on Sidewalks	55	39.6
Bumpy Sidewalks	37	26.6
Lack of Sidewalks	28	20.1
Stairs	27	19.4
Loose Gravel on Sidewalks	26	18.7
Weather	18	12.9
Concern About Being a Victim of Crime	6	4.3
Doorways / Access to Buildings	3	2.2
Other Barriers**	30	21.6

\*113 respondents answered don't know/not applicable, thus percents are based on the denominator 139.

\*\*Other barriers specified included bad health / sore legs, distance, wider aisles in stores, roads, bears, hills, lack of lighting, lack of parking, lack of transportation, traffic safety / pedestrians, and trains.

**Table 30. What are some of the things that need to be done to allow you to move about your community / local stores more easily?**

	<b>Frequency</b>	<b>Percent*</b>
Snow & Ice Clearing on Sidewalks	60	41.1
Snow & Ice Clearing in Parking Lots	48	32.9
More Sidewalks	37	25.3
Repairs to Sidewalks	37	25.3
Wheelchair Ramps	23	15.8
Wheelchair/Scooter-accessible Doors	14	9.6
Clearing Walkways of Debris	12	8.2
Elevators	11	7.5
Other Changes**	51	34.9

\*106 respondents answered don't know/not applicable, thus the percents are based on the denominator 146.

\*\*Other changes specified included better transit system/closer bus stops, road maintenance (potholes), traffic safety, enforced handicapped parking, store layout (wider aisles, more easily reached stock), sidewalk and walking path improvements, by-law enforcement, and volunteers on patrol to help seniors.

**Table 31. How often would you say you don't have enough money to pay your monthly bills?**

	<b>Frequency</b>	<b>Percent</b>
All the time (every month)	5	2.0
Often (at least once every three months)	6	2.4
Sometimes (at least once every six months)	8	3.2
Rarely (at least once a year)	22	8.8
Never	208	83.5
<b>Total</b>	<b>249*</b>	<b>100.0</b>

\*3 respondents answered don't know/refused.

**Table 32. Do you have family in Greater Sudbury?**

	<b>Frequency</b>	<b>Percent</b>
Yes	213	84.5
No	39	15.5
<b>Total</b>	<b>252</b>	<b>100.0</b>

**Table 33. Do family connections make you want to stay in Greater Sudbury?**

	Frequency	Percent
Yes	180	85.3
No	31	14.7
<b>Total</b>	<b>211</b>	<b>100.0</b>

**Table 34. Do you have close friends in Greater Sudbury?**

	Frequency	Percent
Yes	235	93.3
No	17	6.7
<b>Total</b>	<b>252</b>	<b>100.0</b>

**Table 35. Do friendships make you want to stay in Greater Sudbury?**

	Frequency	Percent
Yes	199	85.0
No	35	15.0
<b>Total</b>	<b>234*</b>	<b>100.0</b>

\*1 respondent answered don't know/refused.

**Table 36. Do you have family or friends in the area who could be thought of as a support network (people to whom you could turn when help is needed)?**

	Frequency	Percent
Yes	224	89.2
No	27	10.8
<b>Total</b>	<b>251*</b>	<b>100.0</b>

\*1 respondent answered don't know/refused.

**Table 37. In the past 12 months, have you needed help from another person or an organization to do any of the following activities?**

	Frequency	Percent
Yes	111	44.0
No	141	56.0
<b>Total</b>	<b>252</b>	<b>100.0</b>

**Table 38. Meal preparation and clean-up**

	Frequency	Percent*
Meal Preparation and Clean-up	20	7.9
Laundry and Sewing	18	7.1
Managing Medications	6	2.4
Shopping for Groceries or Other Necessities	31	12.3
House Cleaning	40	15.9
House Maintenance, Outside Work	85	33.9
Banking or Paying Bills	6	2.4
Other Activities**	3	1.2

\*Denominator is 252.

\*\*Other activities specified included transportation, carpentry, and legal help when a partner died.

**Table 39. If you needed help, what was the reason?**

	Frequency	Percent*
Longer-term Health or Physical Limitations	103	92.8
Temporary Hard Times	31	27.9
The Way These Activities Are Shared in My House	30	27.0
Time Constraints Do Not Allow Me to Do It by Myself	18	16.2
A Shortage of Money	8	7.2
Lack of Skill/Knowledge	6	5.4
Lack of Transportation	3	2.7

\*Denominator is 111.

**Table 40. Who provided help to you?**

	Frequency	Percent
Family	56	53.3
Friend	17	16.2
Hired help (privately)	11	10.5
Private organization/business please specify**	11	10.5
Neighbour	6	5.7
Government (government-subsidized programs)	2	1.9
Non-profit organization, please specify**	1	1.0
No one	1	1.0
<b>Total</b>	<b>105*</b>	<b>100.0</b>

\*6 respondents answered don't know/refused.

\*\*Private organizations and non-profit organizations specified included church, community care access centres, long-term care facilities, For Seniors Only, house cleaners, and Turf King.

**Table 41. What services do you think are needed in order for you to maintain your health and independence?**

	Frequency	Percent
Yard Work	42	16.7
Home Repair & Maintenance	30	11.9
House Cleaning	18	7.1
Transportation to Doctors' Appointments	13	10.3
Home Care	8	3.2
Help with Shopping	8	3.2
Help with Meal Preparation	8	3.2
Personal Care	5	2.0
Delivery of Services/Goods	5	2.0
Nursing Care	4	1.6
Meals on Wheels	4	1.6
Visiting	3	1.2
Respite Care	1	0.4
Other Needs*	56	22.2

\*Other needs specified included accessible health care, lower taxes and more subsidies, better transit service, more affordable housing, cleaner environment, better located services, more recreational activities, and more services to seniors.