

AGE-FRIENDLY SELKIRK



“WHERE IT ALL COMES TOGETHER”

Selkirk has taken the initiative to move towards being an age-friendly city. Selkirk ‘Age-Friendly’ is an organization focused on creating an accessible environment that allows older adults to remain independent and active; with priorities in safety and accessibility, health and wellness, and transportation and housing.

Selkirk Age Friendly, also has a business recognition program that praises accessible organizations and encourages improvements to the services and amenities offered by the city.

(MySelkirk.ca, 2018).

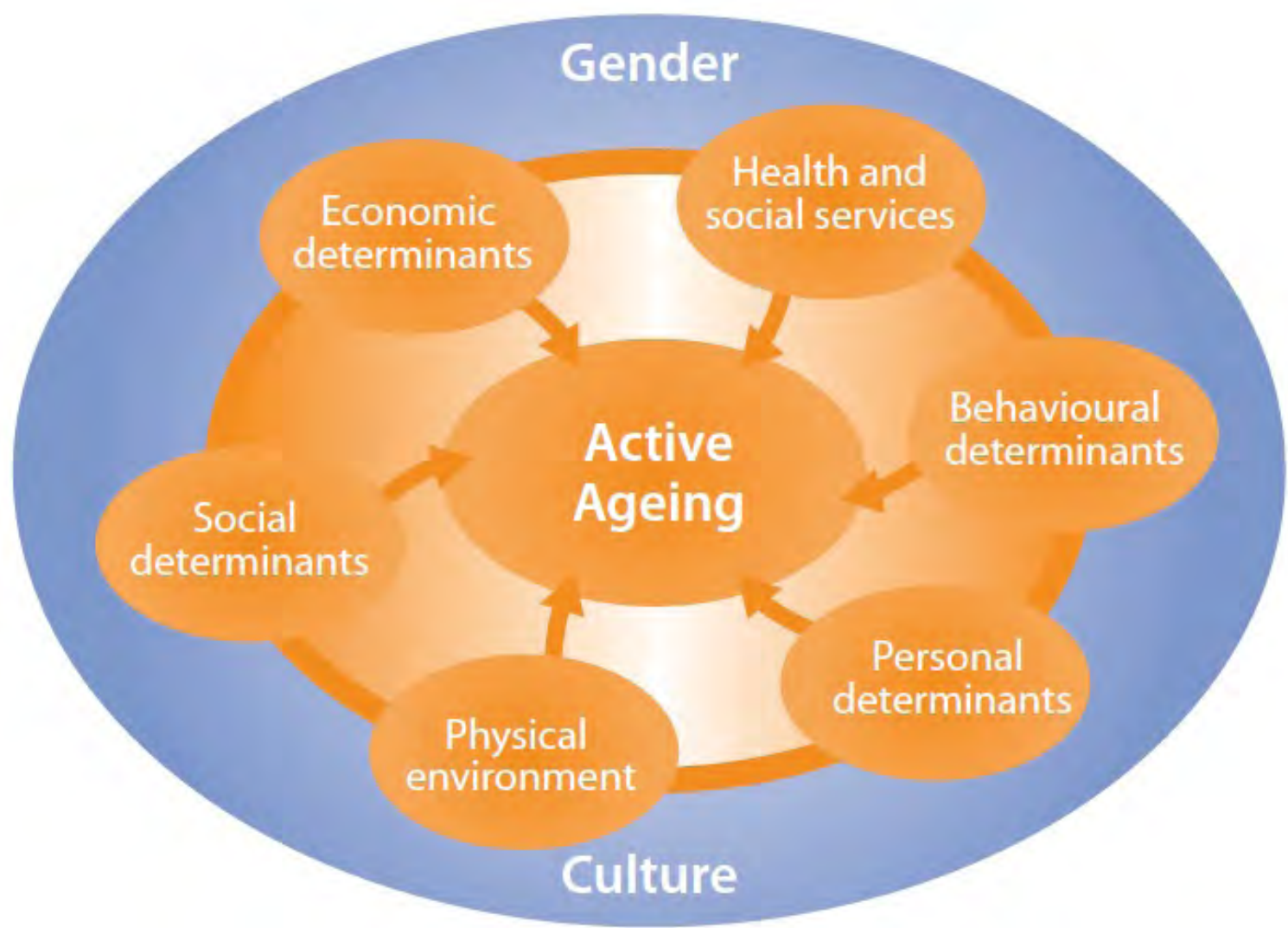
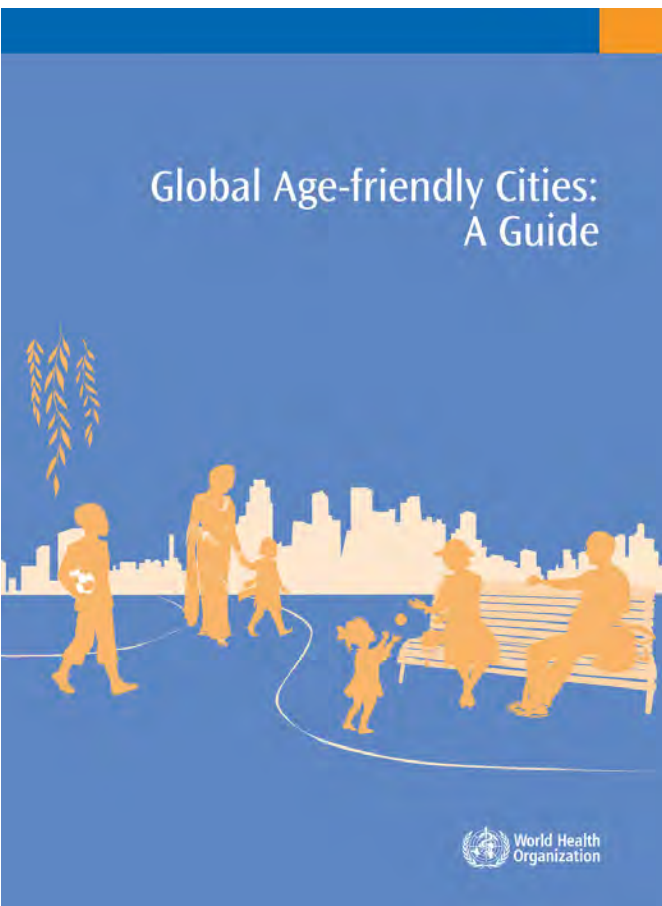


Figure 1: Retrieved from (WHO) Age-Friendly Cities: A Guide

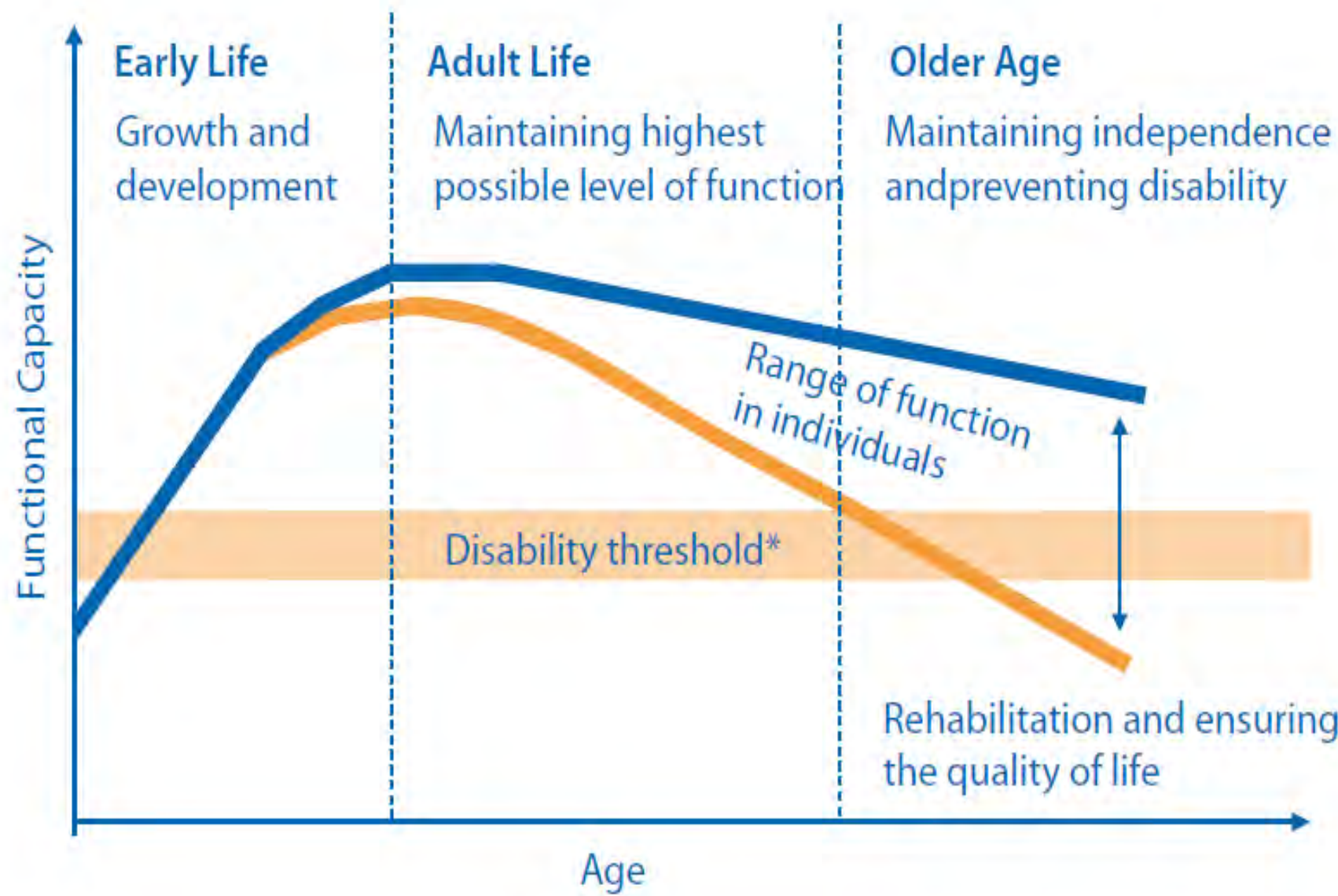


Figure 2: Retrieved from (WHO) Age-Friendly Cities: A Guide

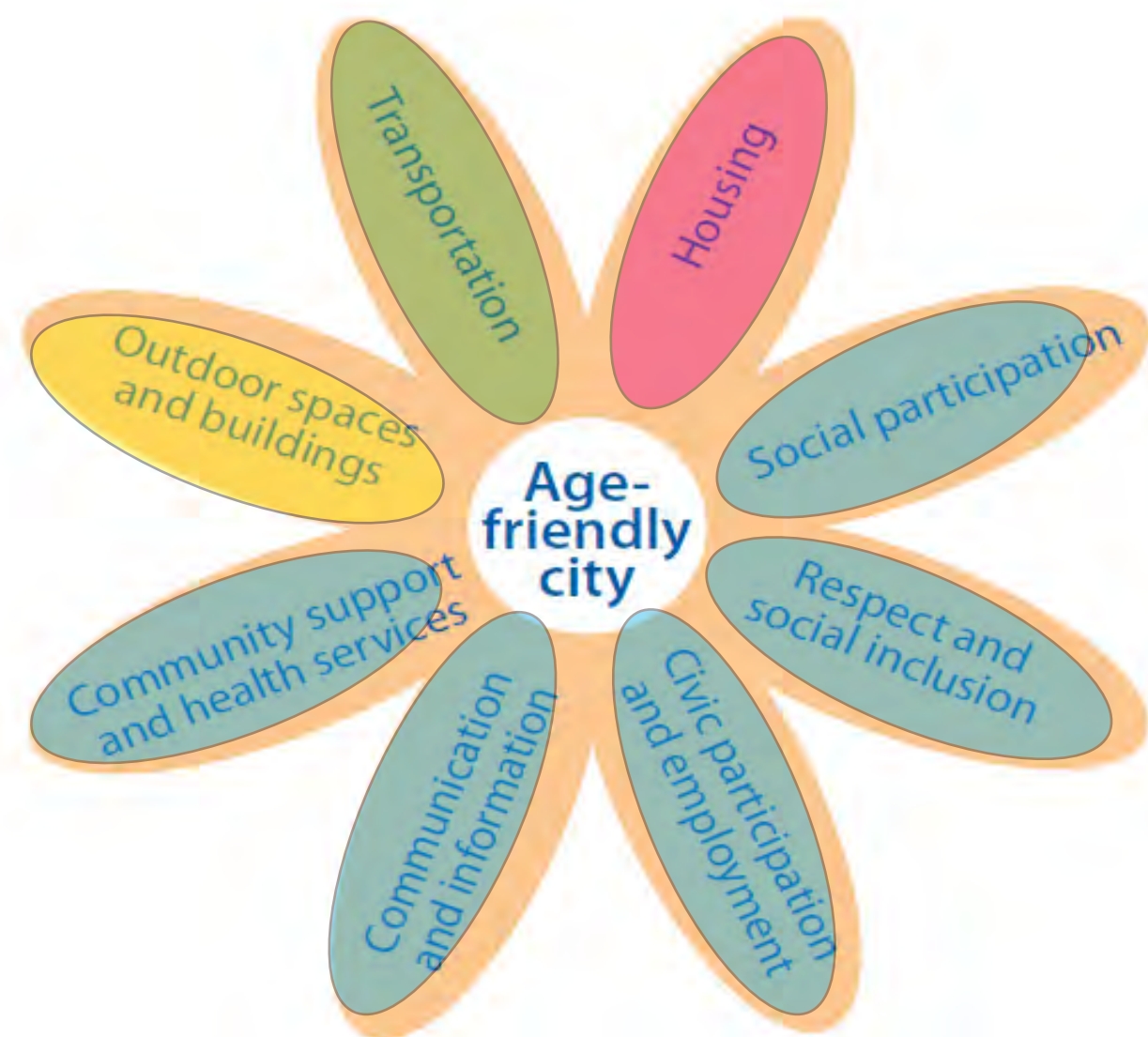


Figure 3: Retrieved from (WHO) Age-Friendly Cities: A Guide

WHAT IS AN AGE-FRIENDLY CITY?

An age-friendly city has been modified and has goals to adapt to the changing needs of their population.

Age-friendly cities provide better means for safety, accessibility, transport, and a variety of other functions that fulfill everyday life. In addition, they are also accessible by children, young adults, and older adults.

Factors that contribute to healthy active ageing include: economic, behavioural, personal, and social determinants, physical environment, and social services.

WHY ARE AGE-FRIENDLY CITIES IMPORTANT?

The population is ageing throughout Manitoba, Canada as well as different areas of the World, it is important to shape cities to be accessible to changing needs. Modifying existing cities and improving planning for future developments to meet the age-friendly requirements helps to create safe spaces that people of all ages can use. This initiative can assist in the walkability of an area, improve the safety of communities and neighbourhoods, encourage recreational activities, and assist senior's in ageing in place.

HOW ARE THEY ACHIEVED?

In the World Health Organization’s “Global Age-Friendly Cities: A Guide”, age-friendly checklists were developed to assess age-friendly features that can be applied to communities including: Outdoor spaces and buildings, transportation, housing, social participation, social inclusion, civic participation communication and community support.

Many cities have adopted the age-friendly checklist produced by the World Health Organizations in their strategic development plans, including Selkirk. Several communities have created age-friendly committees as well to identify areas of concern and work towards improvement. This is our assessment of Selkirk using the age-friendly document from the World Health Organization as well as the checklist they put forward.

AGE-FRIENDLY SELKIRK

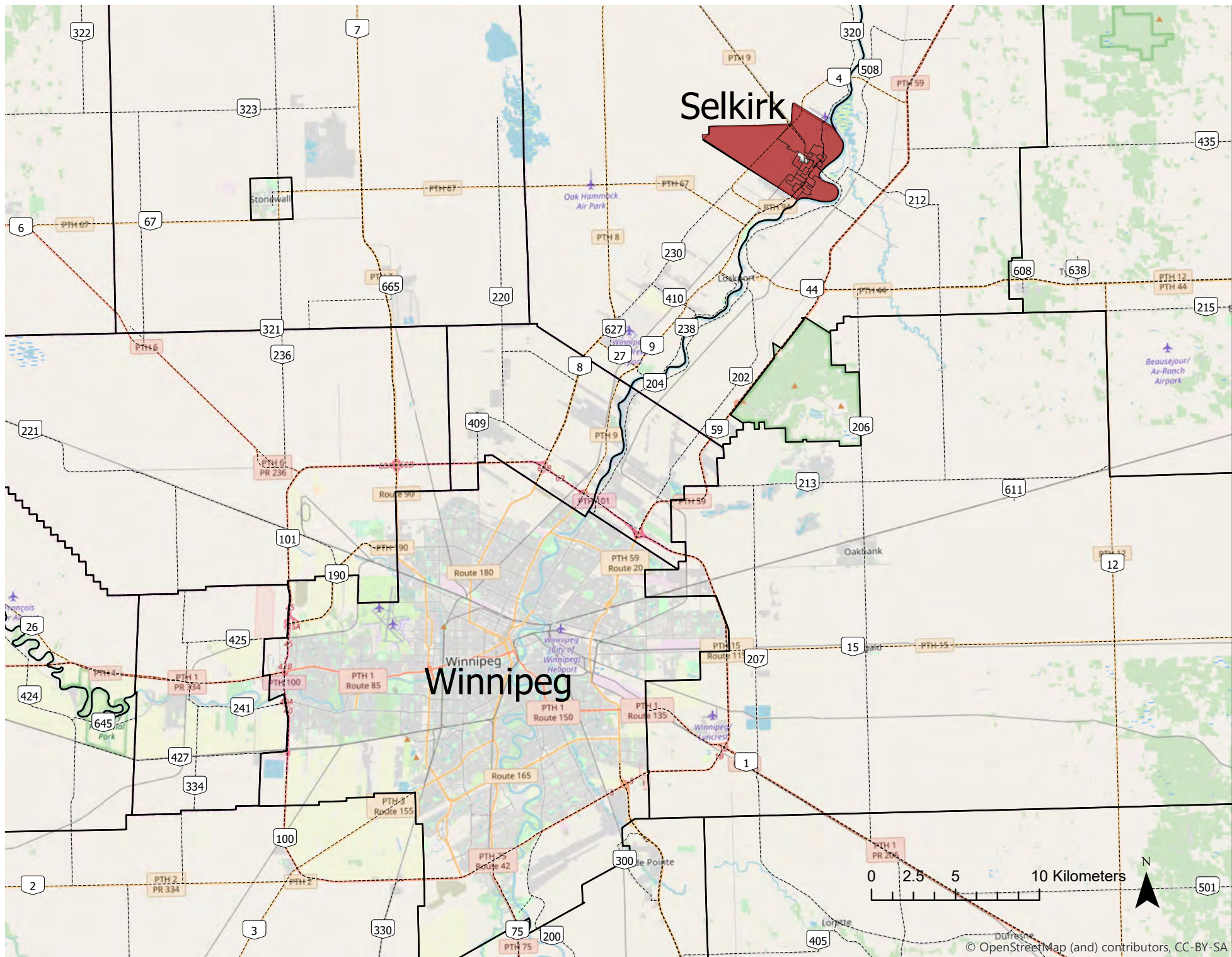


Figure: Selkirk is located 22 km North East of Winnipeg, MB

Selkirk is located on the Red River, 22 kilometers north of Winnipeg connected by a strong highway network and the Canadian Pacific Railway. The city is bordered by St. Andrews and St. Clements and in some ways services both of those rural communities. Selkirk’s location in the prairies leaves it exposed to hot summers and frigid winters. The population of Selkirk is 10, 278. The population is gradually increasing as is the proportion of older adults.



The Selkirk Lift Bridge is an iconic landmark unique to Selkirk and serves as a connector to rural communities and Winnipeg.



The Heritage ‘Trader’s Bank Downtown

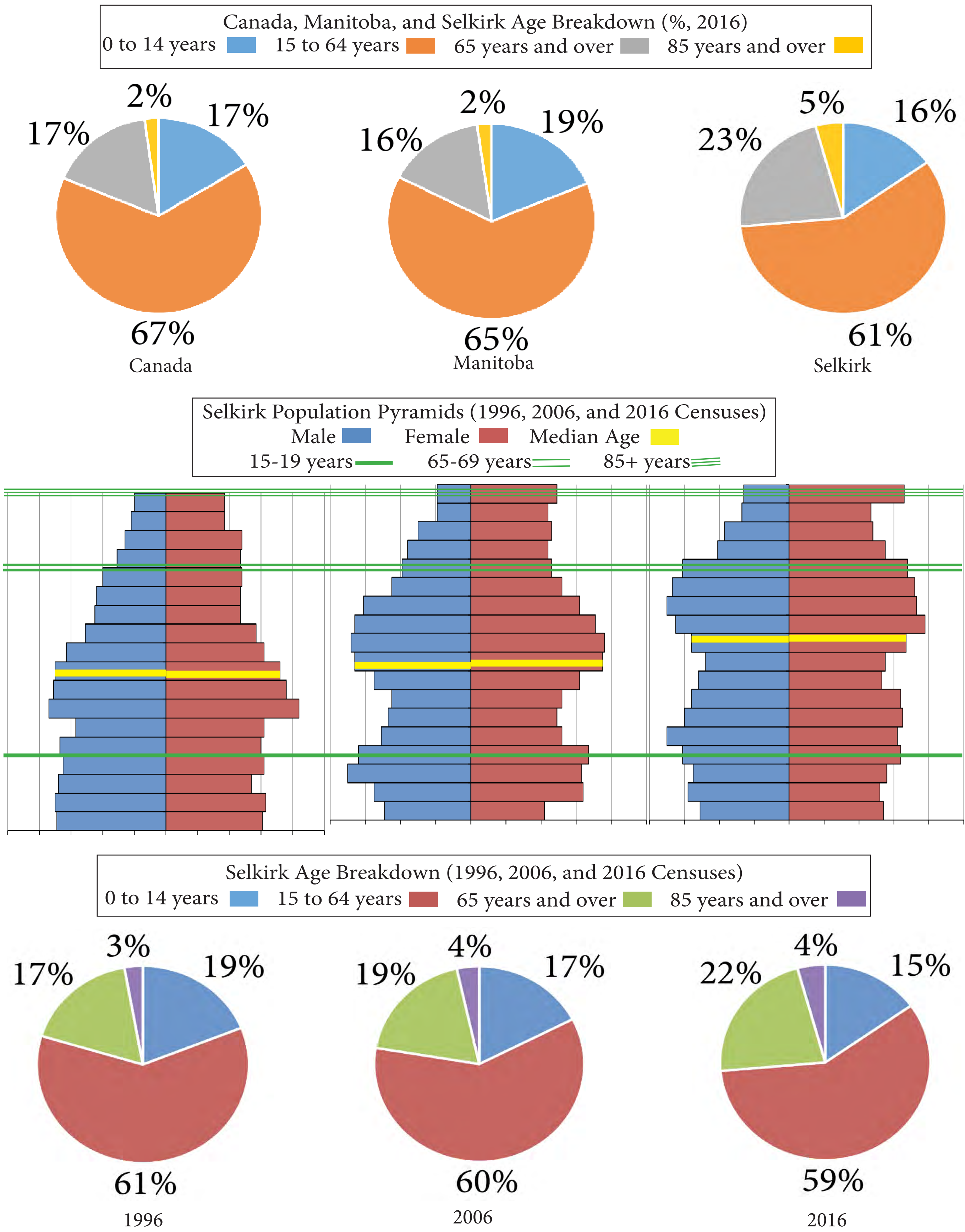


The Waterfront Clock



Downtown Manitoba Avenue

SELKIRK DEMOGRAPHICS



TRANSPORTATION | SIDEWALKS & ROADWAYS

Street block located within the North East end of the city without sidewalks



Pedestrian crossing at Annie Street and Manitoba Avenue is an example of a utilized pedestrian crosswalk at a busy crossing.



Manitoba Avenue rushhour headed towards the downtown. Vehicles pass over the CPR traintracks at the center of the city.



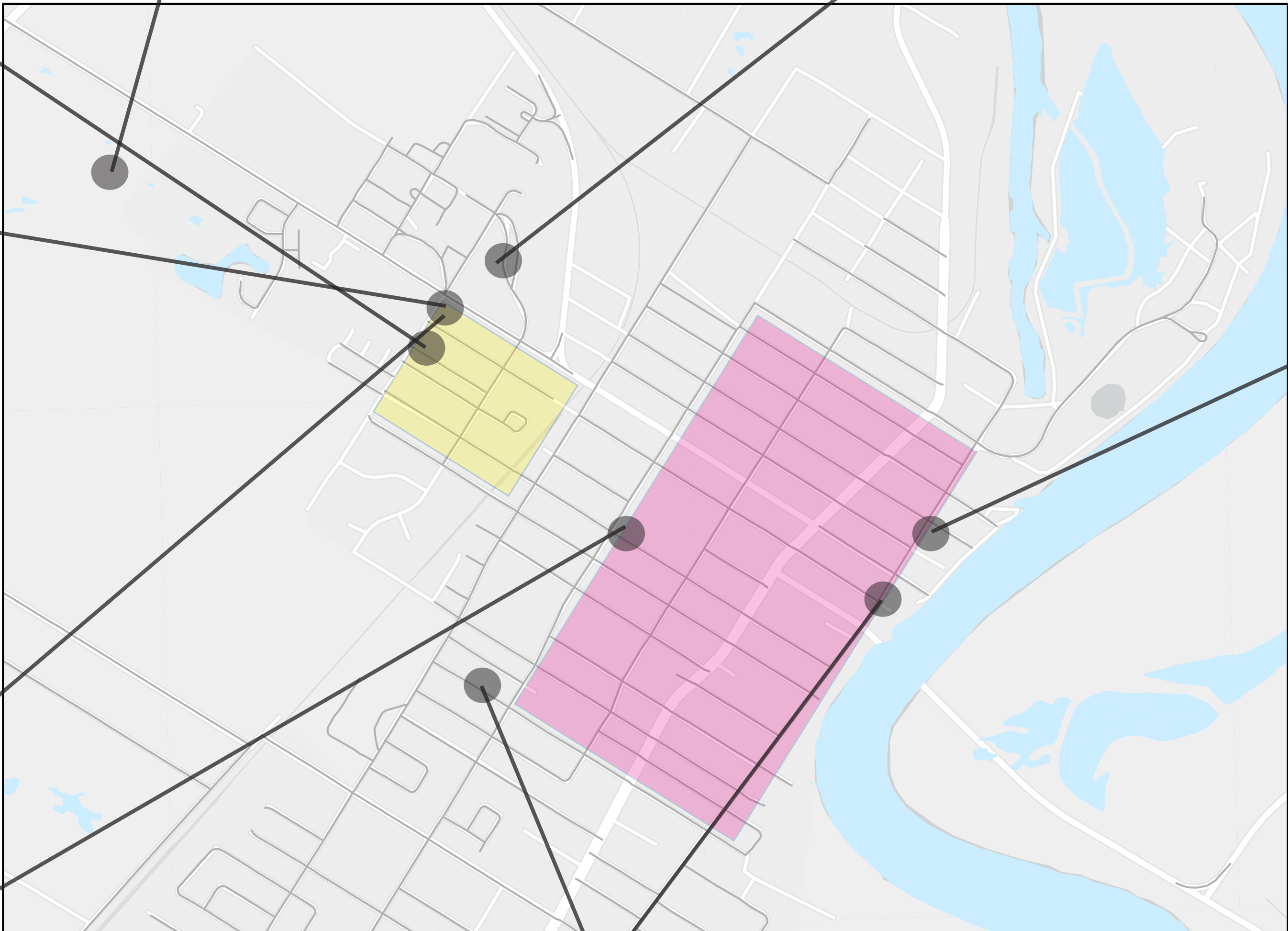
Sidewalks downtown are both wide and well-maintained in pedestrian heavy areas. The city has taken tile design approach in some areas.



Parking lot bays are located near box stores including Walmart, Canadian Tire, and the Dollar Store.



Manitoba Avenue's new walking and cycling path is the predominant pedestrian mode of transportation heading North.



City of Selkirk
Source: Government of Manitoba
Date: October 15, 2018



Crossing lacking road markings located kitty corner to the Gordan Howard Centre.



Example of clearly marked crosswalk with curbs located near Selkirk Junior High



An abundance of parking stalls and lots are available in Selkirk around amenities, services, and throughout the downtown, and priority parking is also available.

SAFE SIDEWALKS IN SELKIRK



Figure: Retrieved from the City of Selkirk

The City of Selkirk's Strategic Plan aims to improve all sidewalks within the city. 138 repairs took place amounting to \$17, 000 in 2018 on both assessments and repairs to sidewalks. A revision of all sidewalks will take place on a 5 year basis to ensure sidewalk conditions are up to standard.

AGE-FRIENDLY CHECKLIST

- Things we are looking for:
- Is there room to improve safe crossings at busy intersections throughout the city?
 - Is Selkirk a walkable city?
 - Are road markings adequate for older adults to cross the street safely?
 - Is there enough sidewalk connectivity in Selkirk for residents?
 - Have residents seen improvements in the condition of the pavement or sidewalks in general?

Summary Points

Selkirk has an actively program to improve sidewalks and has inserted a well-marked crosswalk at Manitoba Avenue and Annie Street. Selkirk may have an opportunity to improve crosswalks throughout the city and insert sidewalks where needed by residents.

TRANSPORTATION | PUBLIC TRANSIT

Selkirk has implemented a conventional transit system and a specialized transit option. These provide opportunities for residents to access the services and amenities offered by the city. Options also exist to transport residents to additional amenities in Winnipeg.

FREQUENCY



Monday to Friday 6 a.m. to 6 p.m.
Saturday 8 a.m. to 6 p.m.
No service on Sundays and/or Holidays.
Selkirk Transit operates hourly; servicing each stop at the minute after the hour that corresponds to that stop number.

AFFORDABILITY



Monthly Passes for 45\$/month (Adult).
Discounted Passes for 20\$/month (Senior/Youth).
Single Trip 2\$/way.
Pilot project to increase ridership offering six-months of transit service at no charge for participation in pre and post ridership surveys.

AGE-FRIENDLY BUSES



Kneeling buses equipped with fold down wheelchair ramps.
Marked priority seating that easily folds up and down.
Stop request buttons placed beneath seats for accessibility.
Wheelchair straps for securing devices.

SAFETY & SECURITY



High safety due to day-time operating hours.
Curb side service prevents customers from entering the roadway.
A lack of concrete pads at stops can create a hazard to persons with mobility issues. Transport stops lack lighting.

TRANSPORT STOPS



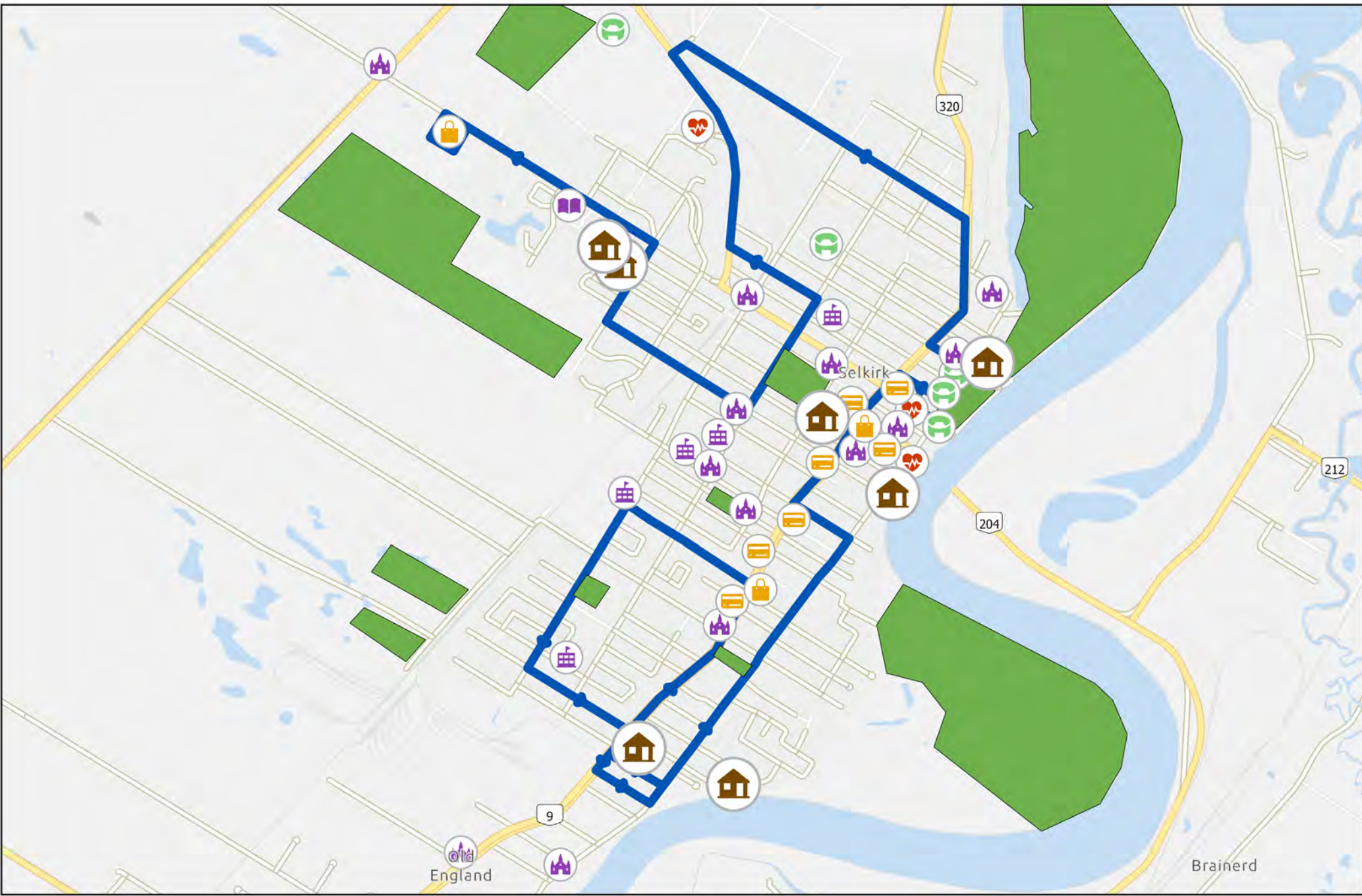
Bus stops are defined clearly with signs and information regarding the stop.
Stops identified as serving a high number of persons with mobility issues have had benches and cement pads placed on the boulevard.
Transport stops are lacking shelter to provide protection from weather and climate conditions.

SPECIALIZED TRANSIT



Selkirk Mobility is operated by the same non-profit company as Selkirk Transit. Provides door to door service to persons 65 years of age and older, and to anybody who has a temporary or permanent disability or impairment. Costs 9.50\$/way for Selkirk residents. Services St. Andrews and St. Clements for additional base and mileage fees.

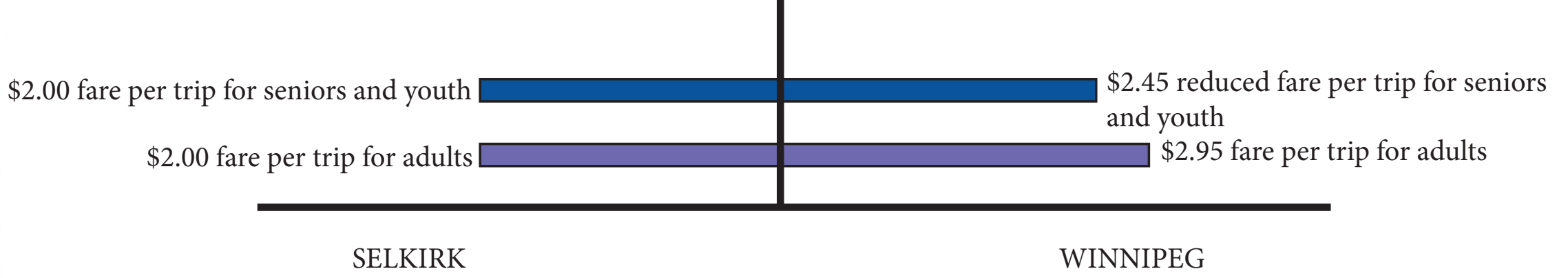
The Selkirk Transit Authority is a non-profit company contracted by the City of Selkirk. One transit route services 57 stops, amenities, and services throughout Selkirk.



City of Selkirk
Transit Route
and Amenities

A map showing some of the services and amenities accessed by the conventional transit route.

AFFORDABILITY OF PUBLIC TRANSIT



AGE-FRIENDLY CHECKLIST

Things we are looking for:

- Is public transportation affordable to all older people?
- Are sufficient specialized services available for people with disabilities?
- Are designated transport stops located in close proximity to where older people live, provided with seating and shelter from the weather, clean and safe?

Summary Points

Selkirk offers both a conventional and specialized transit option that accommodates residents of the community in accessing many amenities and services. The transit route effectively reaches many areas of the city and information is widely available. Options exist to help individuals travel to and from Winnipeg. There is room for improvement in the infrastructure of transport stops to increase comfort and safety.

ALTERNATIVE MODES OF TRANSPORTATION

GO Manitoba offers carpooling options to Winnipeg

Will's Taxi is available to transport residents within the city

Walkability is improving in Selkirk

Kasper Transportation is available to transport residents to Winnipeg weekdays

The Gordon Howard Centre has a volunteer driver program

Priority parking is available to assist in accessing services

HOUSING

HOUSING TYPES IN SELKIRK'S NEIGHBOURHOODS

There is a range of housing types in Selkirk ranging from single-detached housing units to multi-unit housing units. Single-detached housing refers to a housing unit which is not physically connected to other housing units (a typical family house on its own lot). Multi-unit housing refers to housing units that are physically connected (duplexes, row houses,



Single-detached housing unit

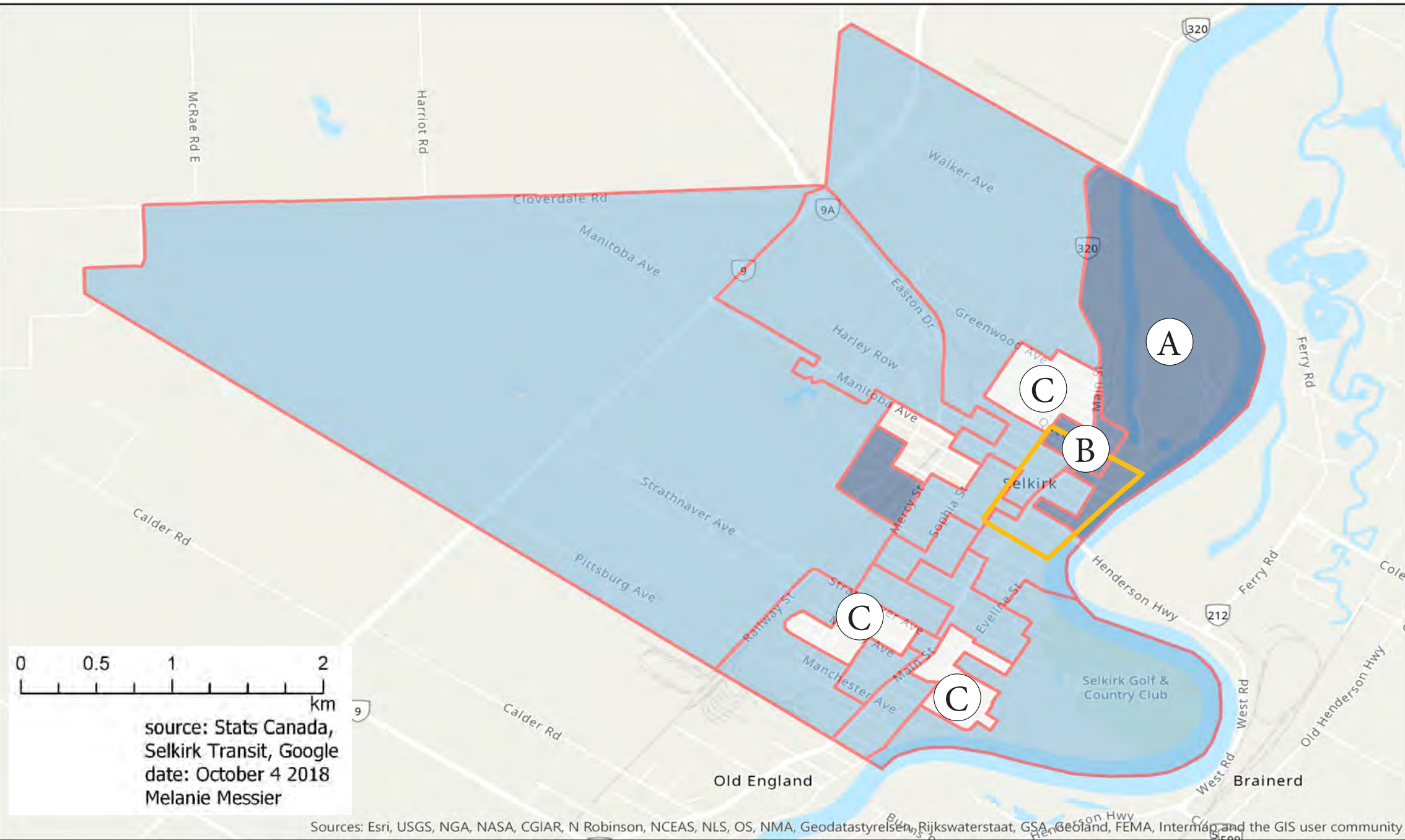


A four storey multi-unit housing complex

Multi-unit housing tends to be popular with seniors. This might be because the housing type often has no stairs inside units, has smaller floor spaces, is often more affordable, and usually features level entrances to enter units.



Multi-unit housing for seniors in Selkirk



City of Selkirk
Housing Type
by Area

>90% Single-Detached Housing

45-90% Single-Detached Housing

<45% Single-Detached Housing

Downtown Boundary

A

B

C

Only 11% of the housing units in this area are single-detached homes. This also means that 89% of the housing in this area is multi-unit housing.

Only 38% of the housing units in this area are single-detached homes. This also means that 62% of the housing in this area is multi-unit housing.

More than 90% of the housing units in these areas are single-detached homes. This also means that less than 10% of the housing units in these areas are multi-unit housing.

HOUSING TYPES IN THE CITY OF SELKIRK

Housing Type	Percentage
Multi-unit housing with less than 5 storeys	64%
Multi-unit housing with more than 5 storeys	30%
Single-detached housing	6%

Multi-unit housing with more than 5 storeys

Multi-unit housing with less than 5 storeys

Single-detached housing

A typical single-detached housing unit

A multi-unit housing complex with less than 5 storeys outside the downtown area

A multi-unit housing complex with less than 5 storeys in the downtown area

HOUSING ADAPTATIONS FOR SENIORS

This house only has one level. This makes it a great fit for seniors that might get tired when they climb stairs. Also, the entrance ramp provides easy access to the home for people in wheelchairs and people using walkers or canes. Homes like these are common in Selkirk and demonstrate that the government and community encourage residents to adapt their housing to age in place.

AGE-FRIENDLY CHECKLIST

Things we are looking for:

- Is housing available and affordable for all adults?
- Is housing adapted for elder and disabled individuals?
- Do seniors feel that their housing is integrated in the community?

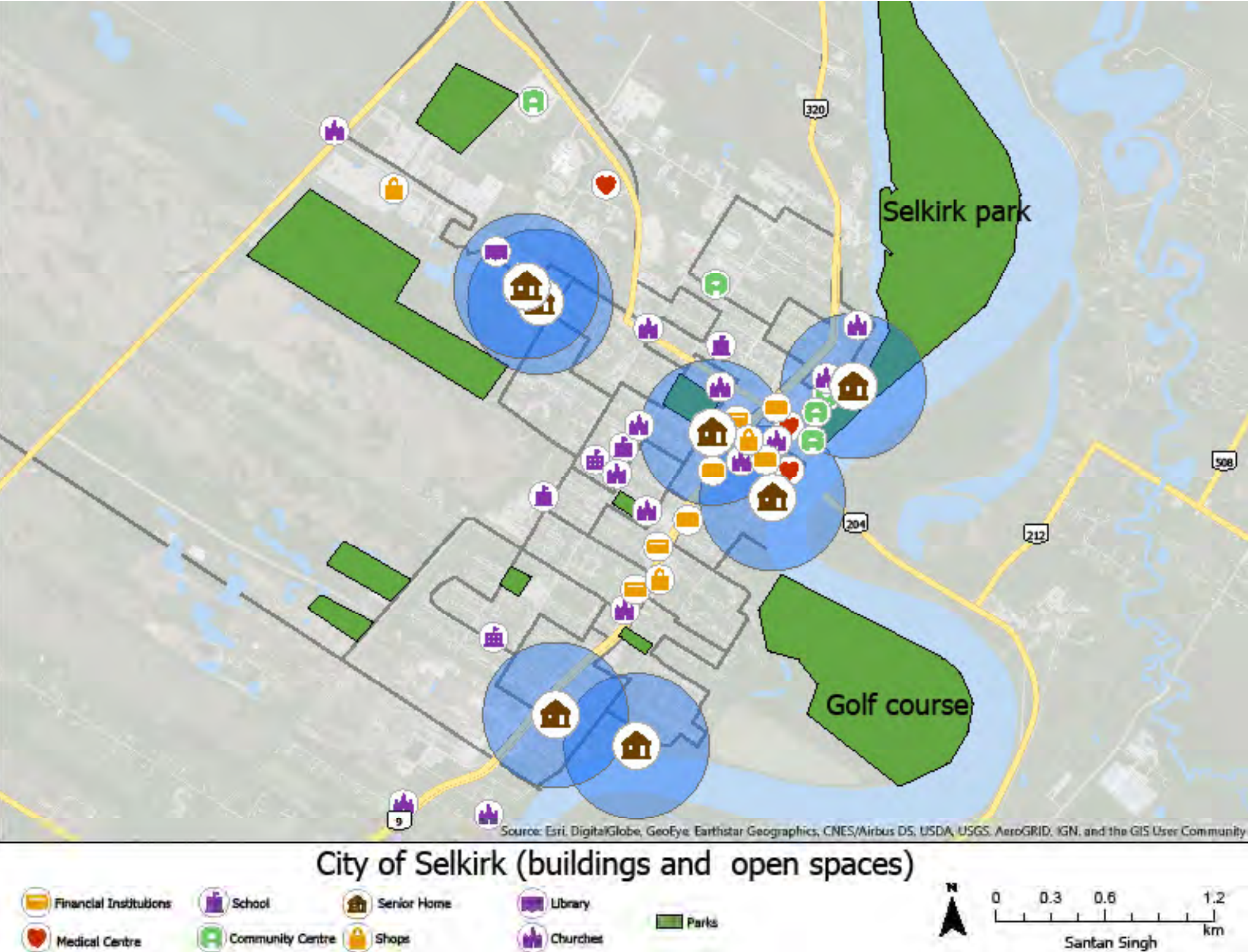
Summary Points

- Different types of housing seem to be available for seniors and other residents of Selkirk
- Different types of housing are located in different neighbourhoods in Selkirk, which should allow residents to live where they want
- Housing adaptations suggest that older adults can age in place in their neighbourhoods

University of Manitoba | Age-Friendly Selkirk | Brennan Johnson | Simon Lacoste | Mélanie Messier | Santan Singh

BUILDINGS AND OPEN SPACES

LOCATION AND BUFFER



The Location and buffer map shows the location of senior housing with respect to amenities such as churches, community centres, retail stores, banks, the Gaynor Family Regional Library and several parks. A buffer of 400 metres from senior housing shows that buildings and amenities are at 15 minutes walk away.



Recreational Centre on Easton Drive photo credit: Selkirk.ca

The Selkirk recreation centre is an important amenity which serves the community with an over 2700 person seating capacity and a banquet hall for 500. In 2009, Selkirk hosted the Telus Cup which attracts a regional level crowd to the city.



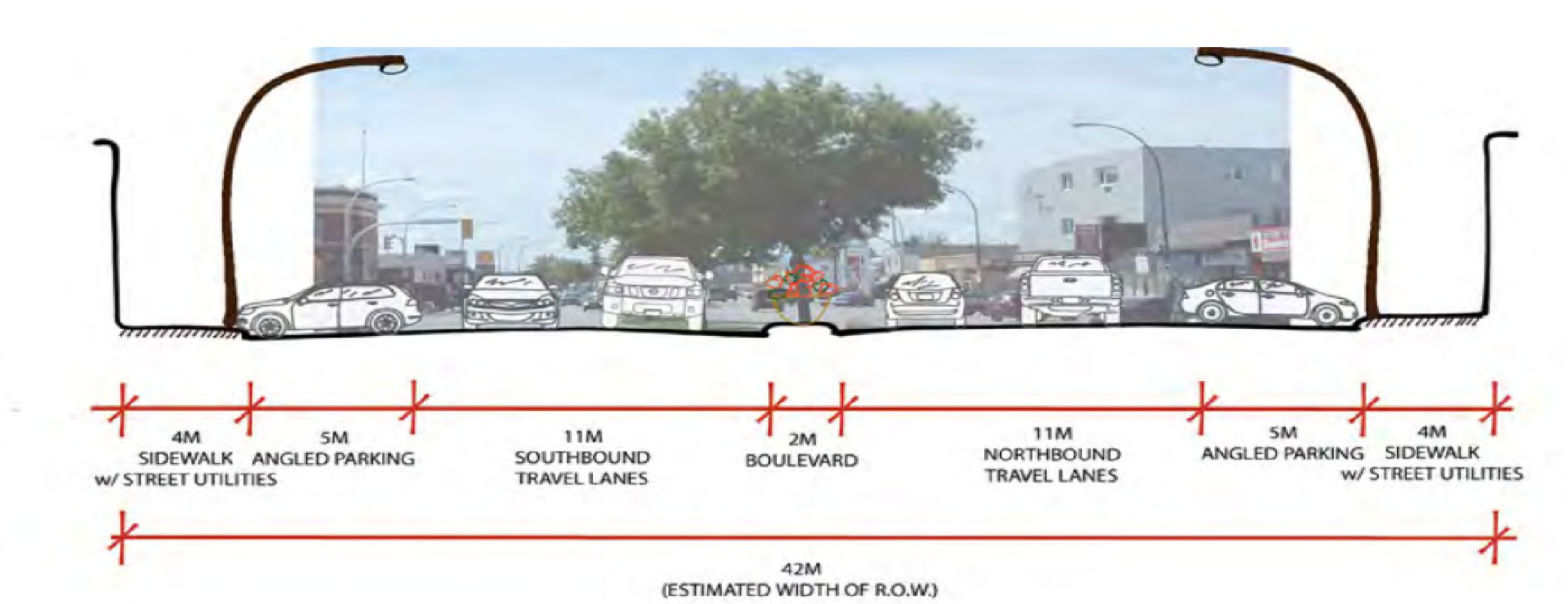
Knox Presbyterian Church on Eveline Street

In 1880, Presbyterians in Selkirk built a church and in 1903, architect Samuel Hooper drew up plans for a new church building which incorporated the original structure. The church has a ramp at the entrance allowing access for anyone with a mobility impairment and is within walkable distance from downtown Selkirk.

MAIN STREET CROSS SECTION



Typical residential Sophia street photo credit:Google.ca



Cross section of Main street
Total estimated right of way of Main Street is 42 metres wide with travel lanes 11 metres wide each. There is 5 metres width allocated for angled parking on both sides and 4 metres width for sidewalks and utilities (lamp posts, benches, trees, and an underground water supply and sewer system) . The cross section shows that Main Street is wide with proper infrastructure which strengthen the pedestrian environment.

PARKING DOWNTOWN



Parking map Downtown Selkirk
The Parking downtown map shows that downtown area is characterized by a grey and concrete visual appearance, vacant and underutilized spaces, and surface parking lots. Streets with angled parking and parallel parking are highlighted in the map.

SELKIRK PARK AND WATERFRONT



Public toilets and benches in Selkirk Park



Selkirk Park



Selkirk waterfront

Selkirk Park is located next to the Marine Museum on Eveline Street. The park has public washrooms, proper benches, camping grounds, picnic areas, a public pool, splash pad and Selkirk community trail. Even though the park offers many services, it does not have sidewalks.

The Red River is the community’s most important physical feature. Relationship with the Red River began based upon trade, has evolved into a relationship based upon recreation. The development of the waterfront in 2002 established the riverfront as a focus for major community use.

AGE-FRIENDLY CHECKLIST

Things we are looking for:

- Are buildings within walkable distance from amenities?
- Are parks serving the older population of Selkirk?
- Are there sufficient public toilets in parks?
- Do public spaces have outdoor seating?

Summary Points
Most of the amenities such as the library, community centre, medical centres and churches are within 400 metres (15 minute walk) of senior housing.
The recreation centre is a regional level asset for the City of Selkirk. Downtown Selkirk has many underutilized parking spaces as per the parking map.
Selkirk park and the waterfront serve the older population well as they are within walkable distance from senior housing.

SOCIAL PARTICIPATION



GORDON HOWARD SENIORS' CENTRE



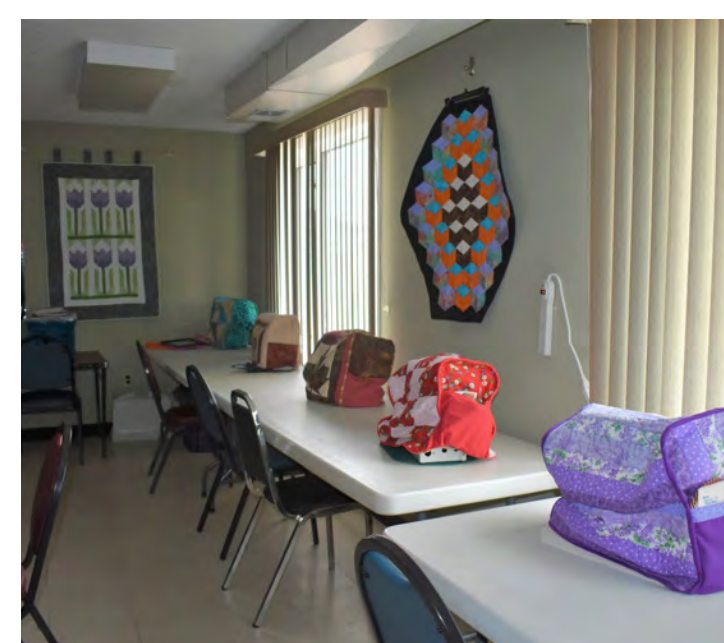
The Gordon Howard Seniors' Centre is a membership based, multi-purpose building committed to providing a space for inclusion and diversity to individuals aged 45+.



The building itself is accessible for able-bodied and the disabled with a ground level entrance and elevator located in the facility.



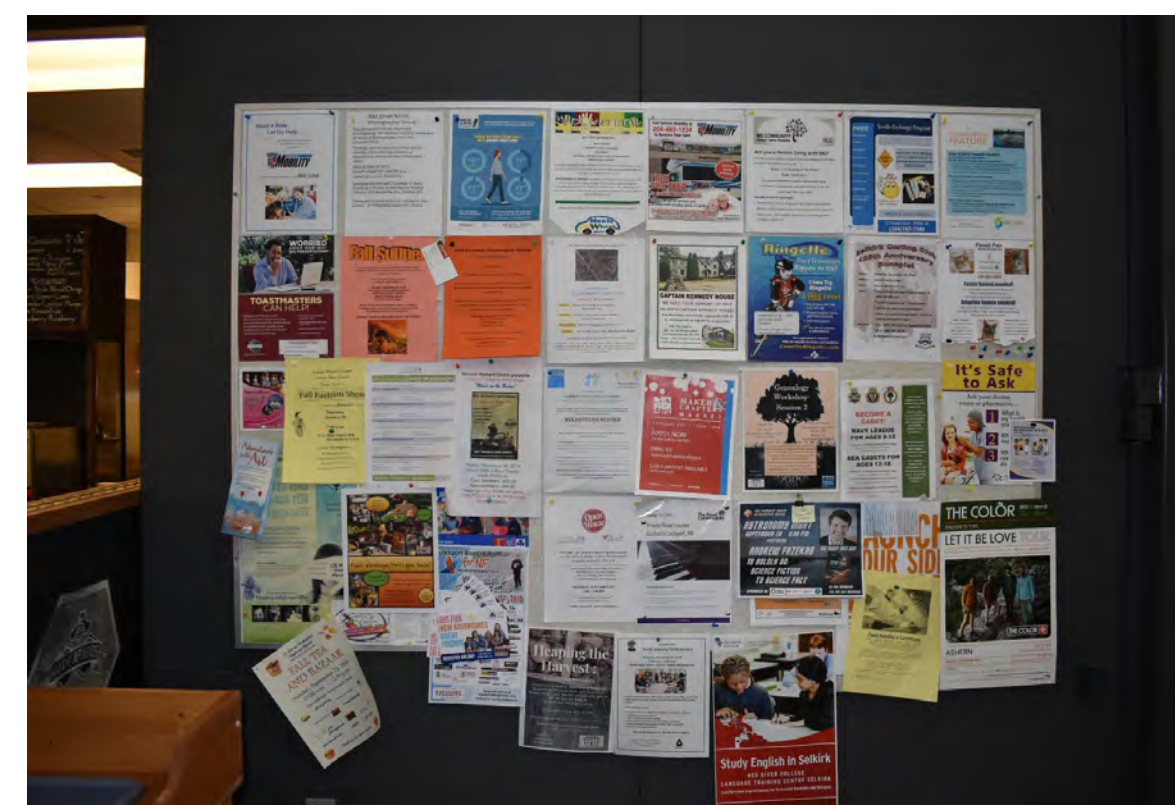
"The Place for Active Living"



The Gordon Howard Centre provides recreational activities, special events, birthday parties, dinners and dances for both members and non-members.



GAYNOR FAMILY REGIONAL LIBRARY



The Gaynor Regional Library is funded through the municipalities of the city of Selkirk, R.M. of St. Andrews, the R.M. of St. Clements, the Village of Dunnottar and the Province of Manitoba

LIBRARY SERVICES AND ACCESSIBILITY

Services at the library include public computers, free library cards for residents, as well as access to events and programs



The Gaynor Family Library is accessible by bus and car. At the front 3 priority handicap parking is provided as well as a drop off area in the parking bay.



SERVICES PROVIDED

The Gaynor Library provides the 'Circle of Friends' program that offers different activities organized by the library's Senior Coordinator including:

- Musical Performances
- Art Exhibitions
- Public Health Information Sessions
 - Flu Shot Information
 - Heart Health
- Estate Planning for Seniors
- and more

The Gordon Howard Senior Centre offers a vast array of programs including:

- Floor curling
- Woodcarving
- Painting
- Card games
- Pickleball
- Quilting
- Line dancing
- Snooker/Pool
- Writing for fun
- Knitting/Crochet

WELCOMING SPACES



AGE-FRIENDLY CHECKLIST

Things we are looking for:

- Do older adults have an adequate amount of places to volunteer?
- Is programming for older adults available at various venues?
- Do residents feel included within their community?
- Are residents aware of the opportunities available?
- Are programs available year-round?
- Do residents wish there were programs available to them that are not currently?

Summary Points

Selkirk has spaces that are inclusive and diverse for older adults and there is changing programming available. Information about the variety of programs available and their accessibility would provide an opportunity to improve social participation in Selkirk.