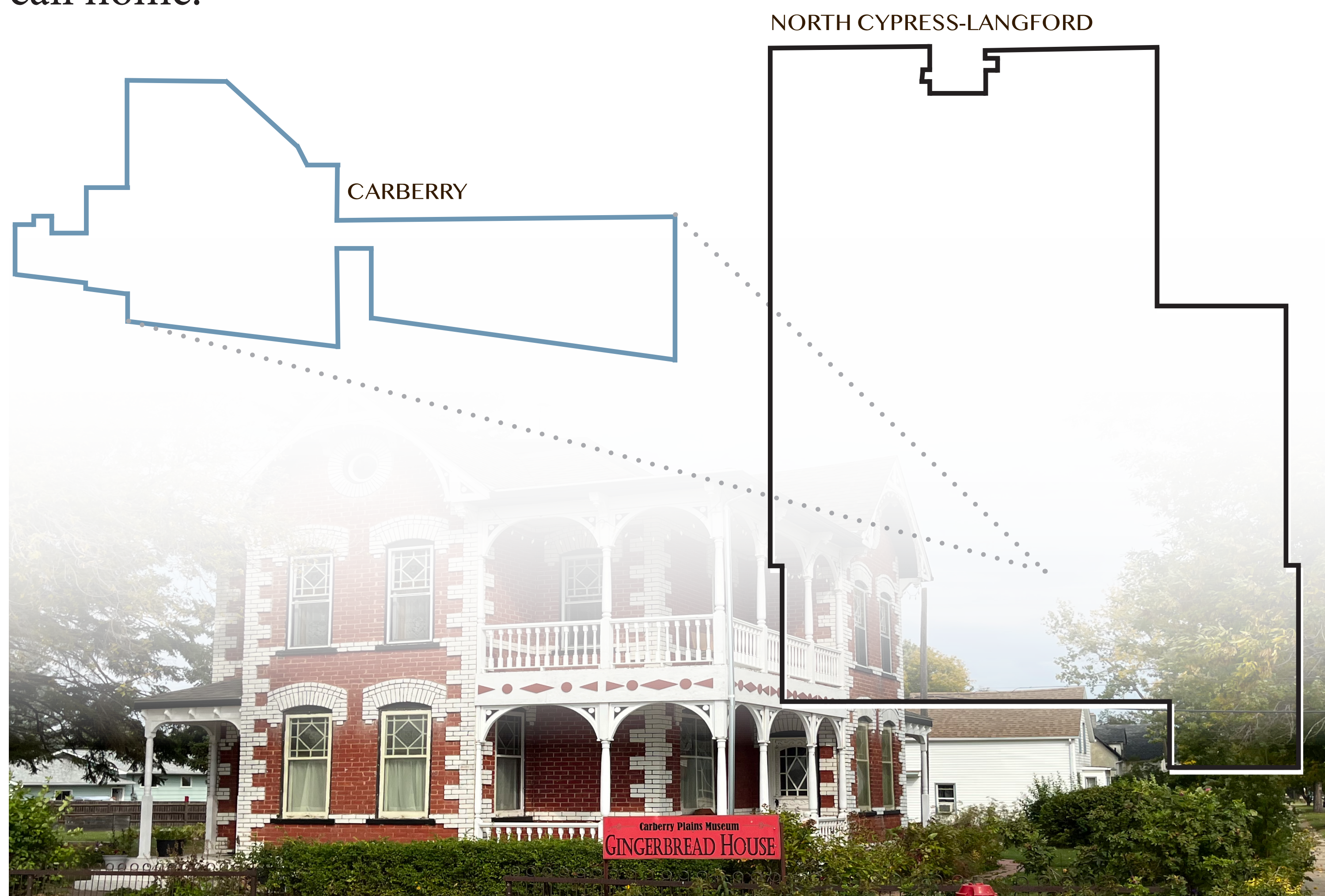


Age-Friendly Carberry & North Cypress-Langford

BACKGROUND

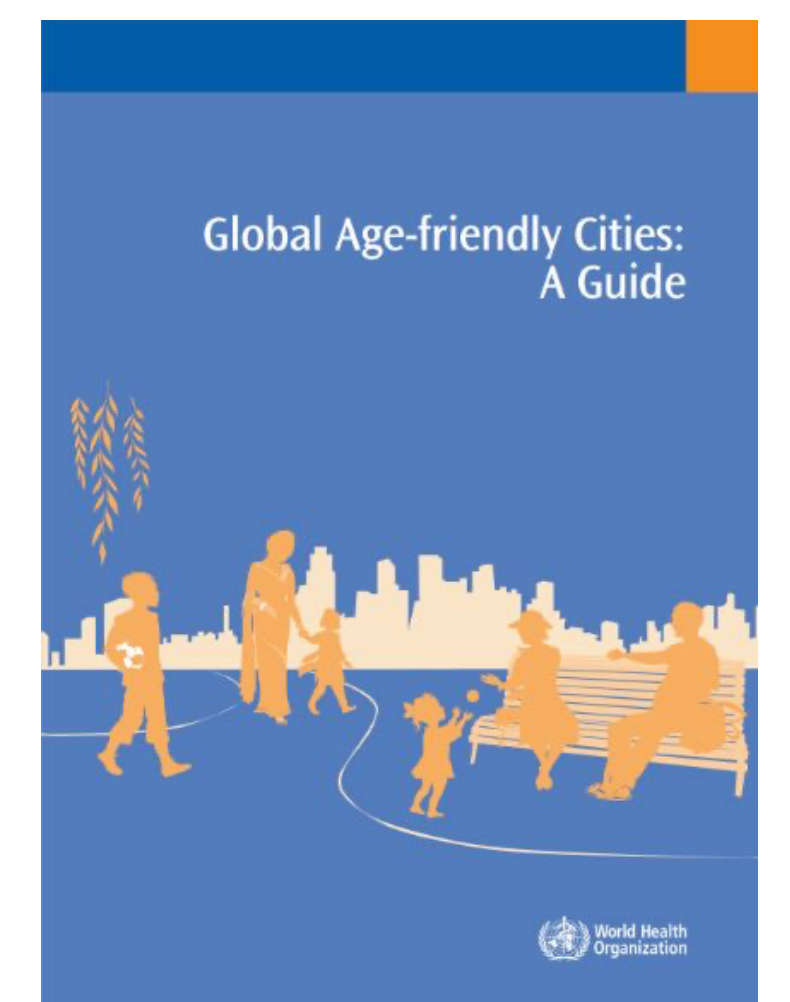
Since the 1870s, Carberry has been a center of agricultural development and community. Carberry is a well-loved town that is home to over 1,800 people. It is located within the Rural Municipality of North Cypress-Langford, which has a population of over 3,000 people. Carberry has become a great place for seniors to live and to call home.



GUIDING DOCUMENTS

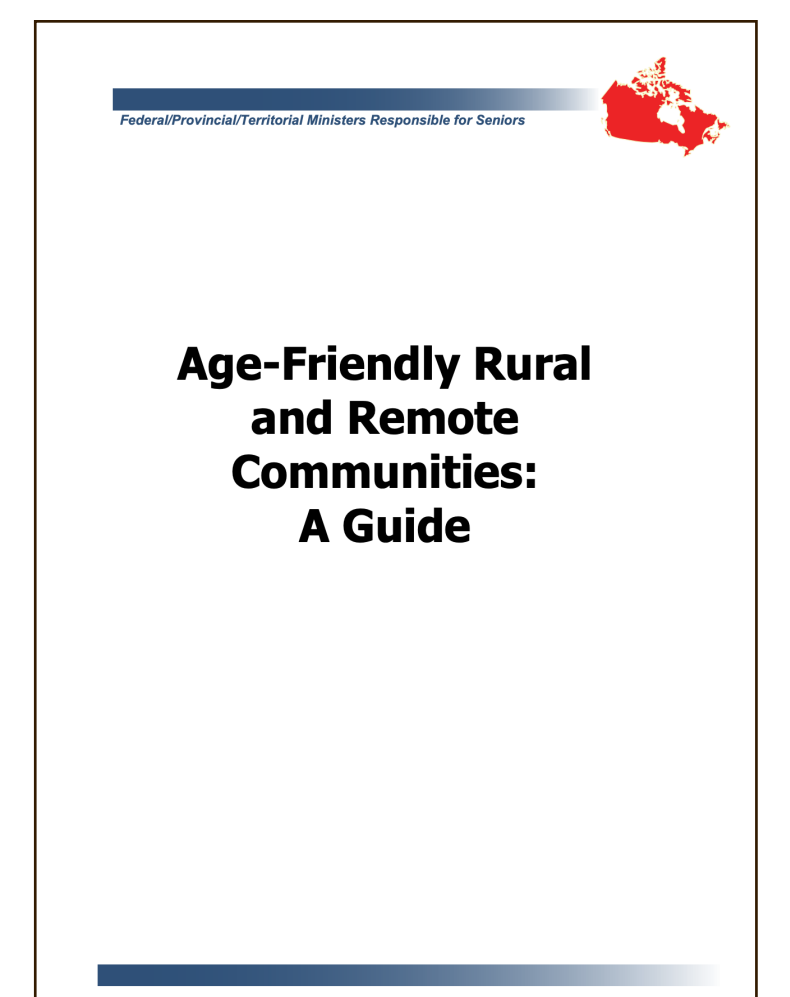
Age-Friendly Cities

The WHO developed this document to guide cities to promote and support active aging. The guide provides information on checklists needed to create an age-friendly city. These checklists include outdoor spaces and buildings, transportation, social participation, housing, respect and social inclusion, civic participation and employment, communication and information, community support and health services.



Age-Friendly Rural & Remote Communities

This document specifically focuses on rural Canadian communities, providing a framework for the support of age-friendly planning for seniors. It builds off of the WHO's "Global Age-friendly Cities: A Guide" by emphasizing the specific needs of Canadian seniors. It provides checklists that focus on the improvement of many aspects of the ageing individual's life and well-being.



Population Demographics

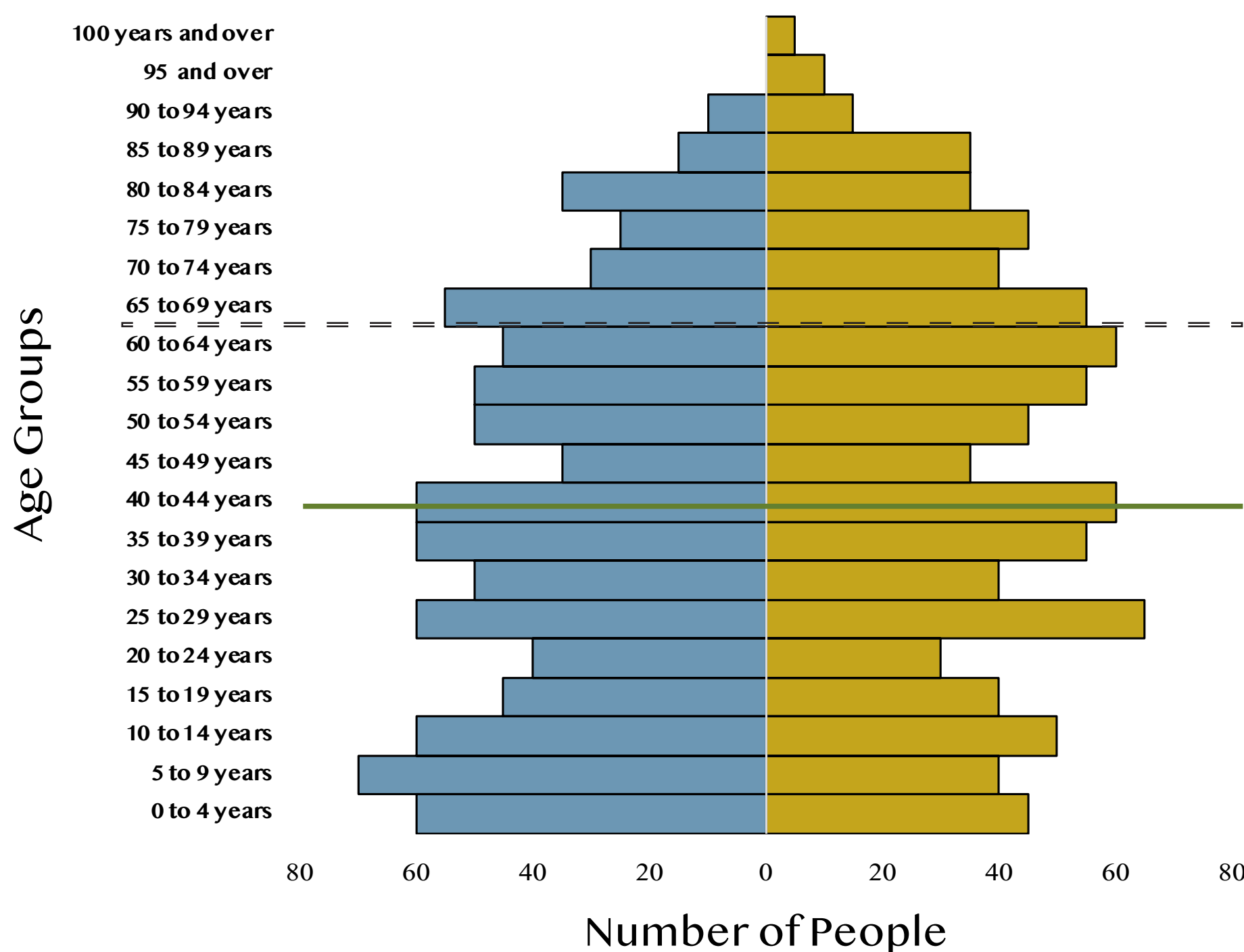
Carberry

2016 Median Age: 42.1
2021 Median Age: 43.3

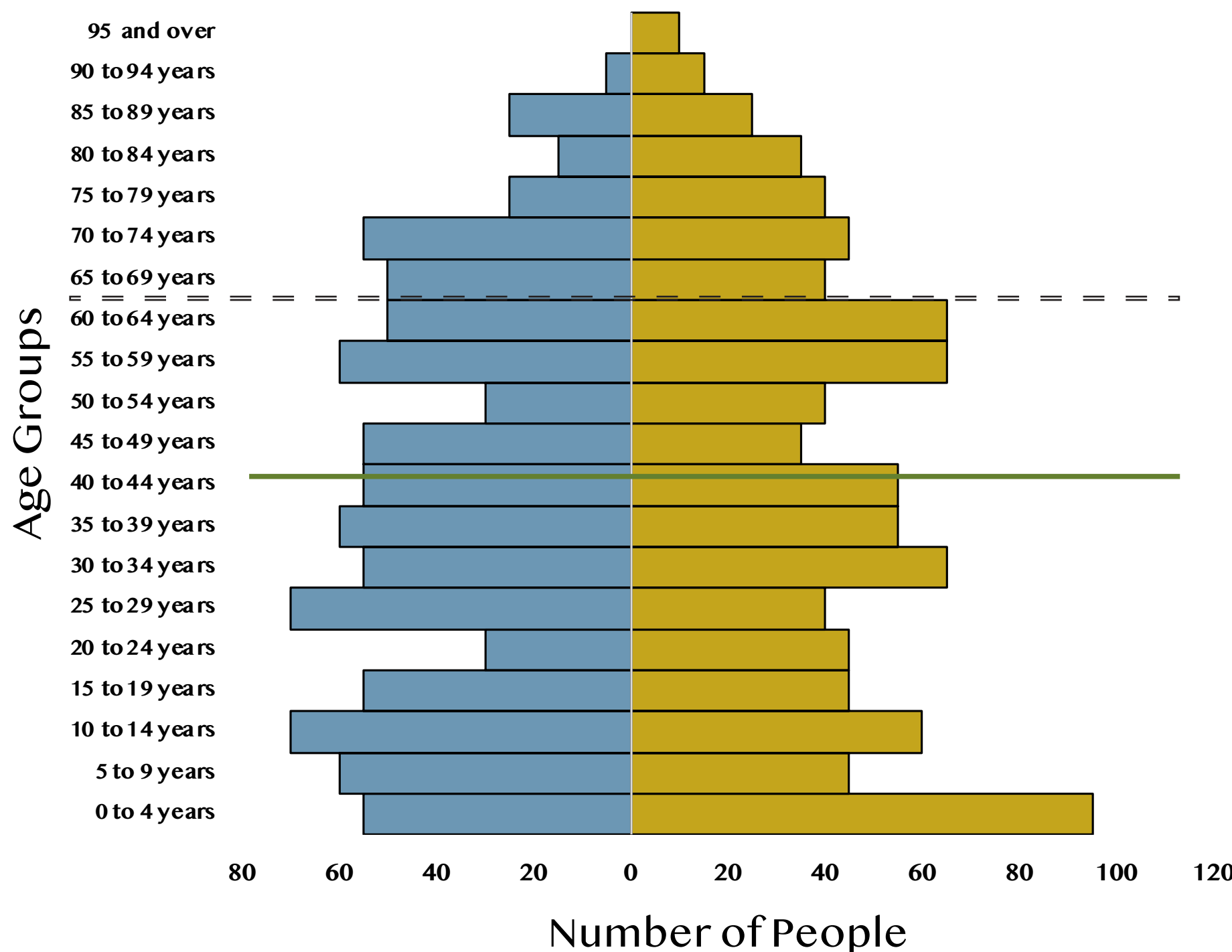
- Median Age
- Male
- Female

Between the year 2011 to 2016, the number of seniors aged 65 and over increased by 1.7%. However, there has been a decline of 9.8% from 2016 to 2021.

2016 CARBERRY POPULATION STRUCTURE



2021 CARBERRY POPULATION STRUCTURE



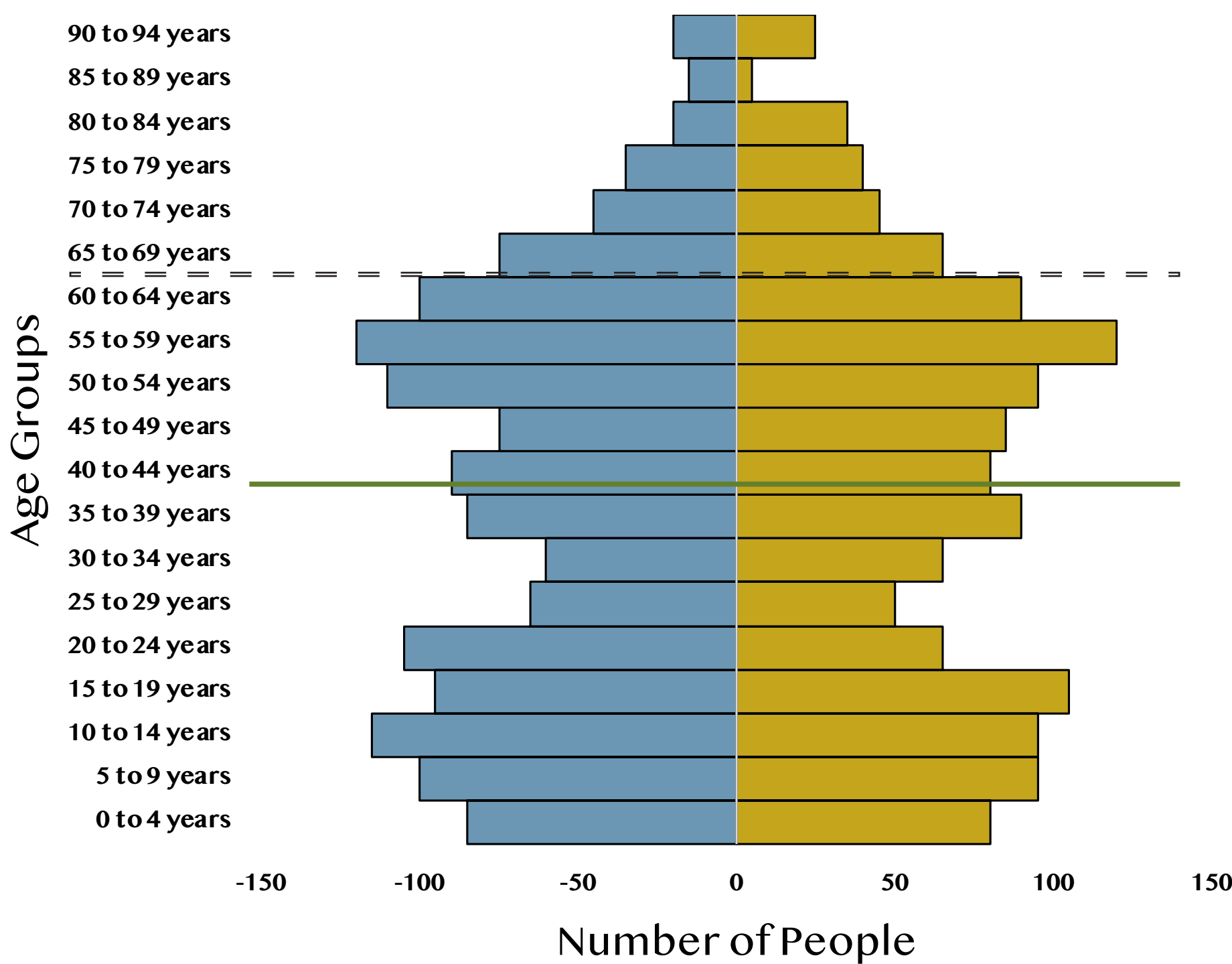
Rural Municipality of North Cypress-Langford

2016 Median Age: 40.8
2021 Median Age: 40

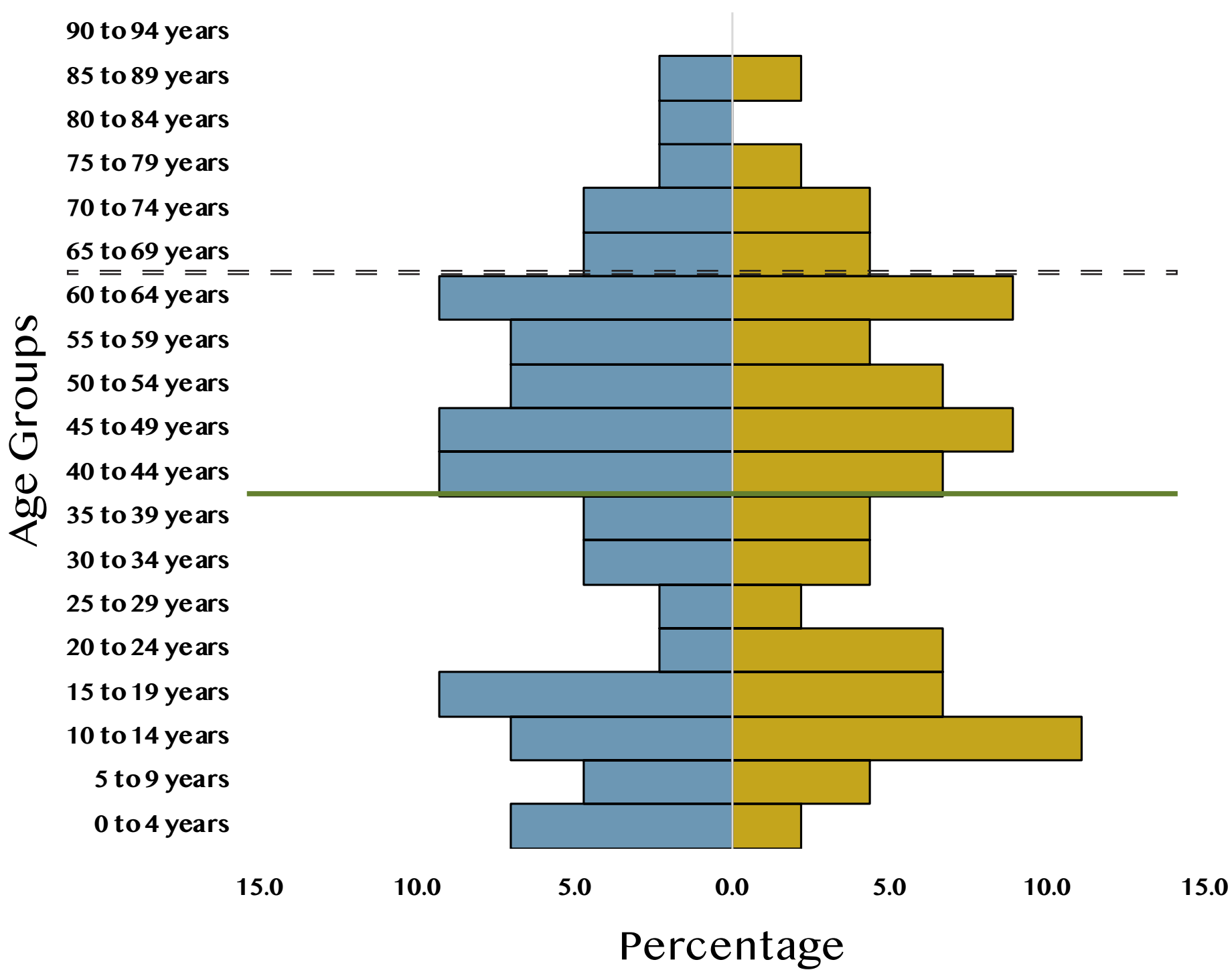
- Median Age
- Male
- Female

Since 2011, the number of older adults aged 65 and over has decline by 8.8%

2016 MUNICIPALITY POPULATION STRUCTURE



2021 MUNICIPALITY POPULATION STRUCTURE



Our Project



Phase One:

Today we present an overview of both the strengths of Carberry and areas that we believe could be improved upon. This research is a combination of the observations we have made and the information we have sourced from meeting with members of the community.

Phase Two:

After today's presentation, we will read through your feedback and determine specific areas to focus on. We will conduct numerous indepth research analyses of how these issues could be addressed in Carberry.

Phase Three:

We will combine everything we learned and observed over the course of the project to create our final recommendations. These findings will presented to the local community in December.

FOCUS AREAS

Buildings & Outdoor Spaces:

Access to quality indoor and outdoor areas can enhance physical well-being and foster social connections. Spaces should be built to be inclusive for all ages, abilities, and be safe for all people. Supports and universal design can help achieve this.

Housing:

Housing is essential for the safety and well-being of seniors. To encourage active ageing, there must be a variety of housing options with designs that make accessibility easy. Senior housing should be affordable, easy to maintain, and walkable to essential amenities.

Social Participation:

Feelings of belonging and social inclusion are important factors for living healthy lives. Social participation fosters connectedness which prevents isolation and builds stronger communities.

Transportation:

Good transportation and infrastructure allows seniors to continue participation in social and recreational activities as well as complete daily tasks. Transportation options can vary from driving a personal vehicle, walking, cycling or taking transit.

Interactive Survey

AGE-FRIENDLY CARBERRY

14 years ago, the Centre on Aging (2009) led a survey as part of a larger age-friendly initiative. Their aim was to identify primary issues. The following is an adapted version of the 2009 survey. Please indicate Yes ● No ● or Unsure ●

Housing is available and affordable in my community.

Sufficient transportation is available for disabled people.

The Handi-Van in my community is affordable for seniors.

Isolated seniors are contacted, visited, or taken to activities.

There are well-maintained, walkable sidewalks connecting most or all areas of my community.

There are enough recreation programs specifically for seniors.

There are enough programs in my community that bring seniors and children together.

There are enough volunteer opportunities for seniors, and those who volunteer are recognized.

Town planning processes specifically consider the needs of seniors.

Official and clear information about community events is readily available to seniors.

The health care services provided in my community meet the needs of seniors (e.g., hospitals, physicians, eye care).

Inventory of Amenities

LEGEND

- 55+ Housing
- Recreational Buildings
- Green Spaces
- Health Services
- Grocery Stores
- Restaurants
- Post Office
- Banks
- Hotel
- Gas Stations
- 5-Minute Walking Distance (400m)

Strengths

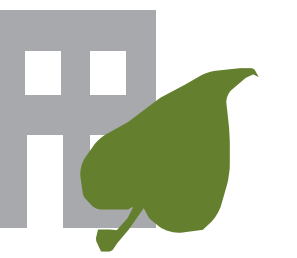
- There is a variety of amenities clustered around the intersection of Main Street and 3rd Avenue.

Needs Improvement

- Lack of clothing stores for essentials.
- No 24 hour Emergency Room.
- 55+ Housing is outside of a five-minute walk from Main and 3rd intersection.
- Lack of places to stay for visitors

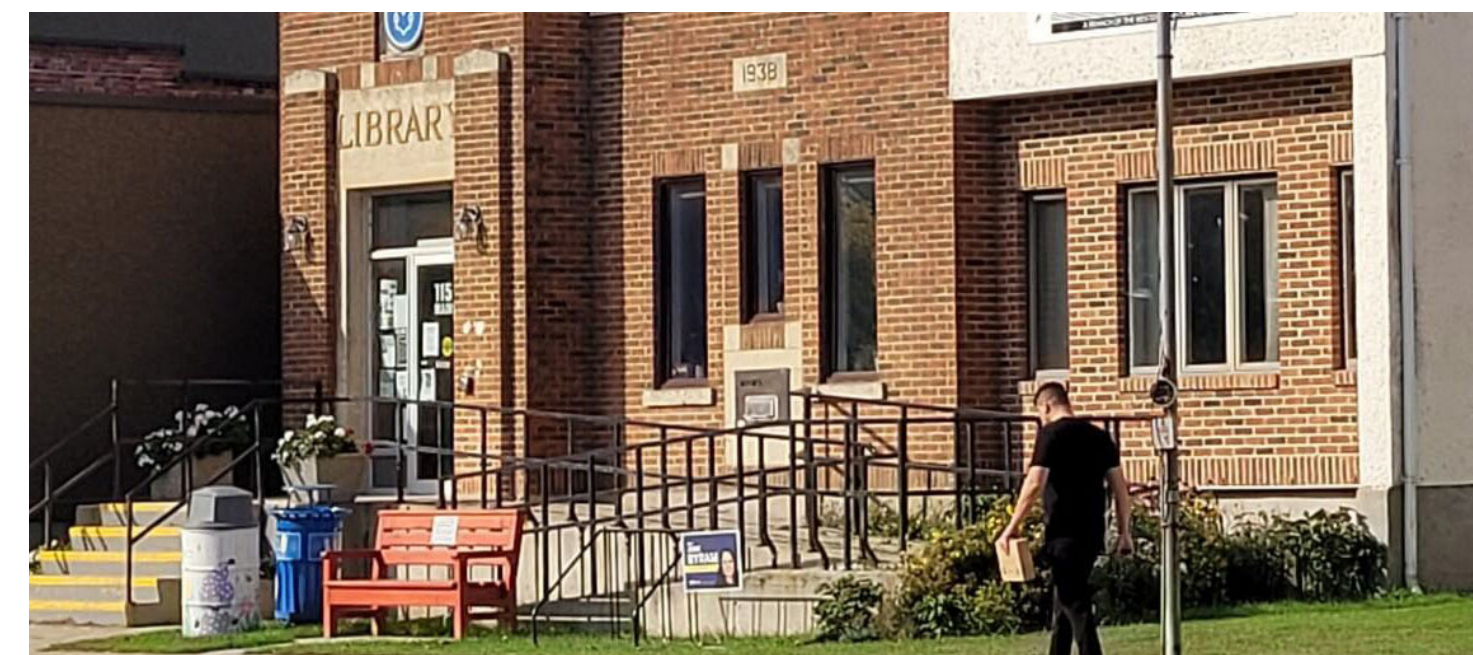
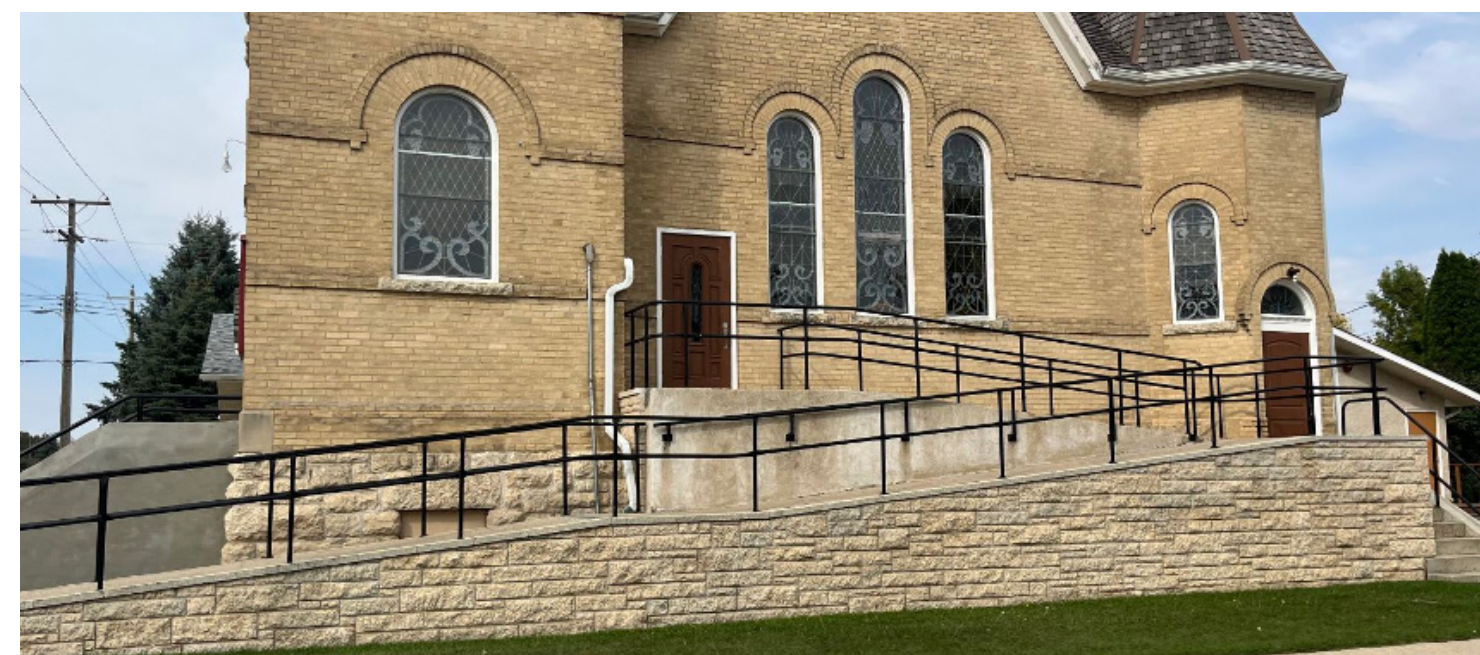


Buildings & Outdoor Spaces



BUILDINGS

To ensure that building entryways are accessible for all, ramps and push buttons should be installed to facilitate scooters and wheelchairs. Washrooms should be placed on the main floors, or have elevators to be more accessible.



OUTDOOR SPACES

Green spaces are important factors in supporting physical and mental health. Outdoor spaces should support diverse abilities by including benches for individuals to rest and clear sidewalks and paths to reduce tripping hazards. Curbs and sidewalks should be well maintained (e.g., free of cracks, cleared after snowfall).



Strengths

- Lots of green spaces dispersed throughout town.
- Ample benches and seating areas.
- Most buildings have accessible ramps and no-step entryways.
- Sidewalks are well maintained and cleared frequently in the winter.
- Drop-in Centre has an accessible public bathroom.

Needs Improvement

- Lack of clearly marked crosswalks along Main Street.
- Spaces on Main Street provide opportunity for new businesses or greenspaces that could enhance the built environment.
- There are some gaps in the sidewalk network in the periphery.



Housing

TYPES OF HOUSING

Carberry and North Cypress-Langford has a range of housing types present: single detached units, duplexes, movable homes, apartments and a handful of senior's housing. Unfortunately, the large majority present is single detached units, resulting in a lack of diverse options.

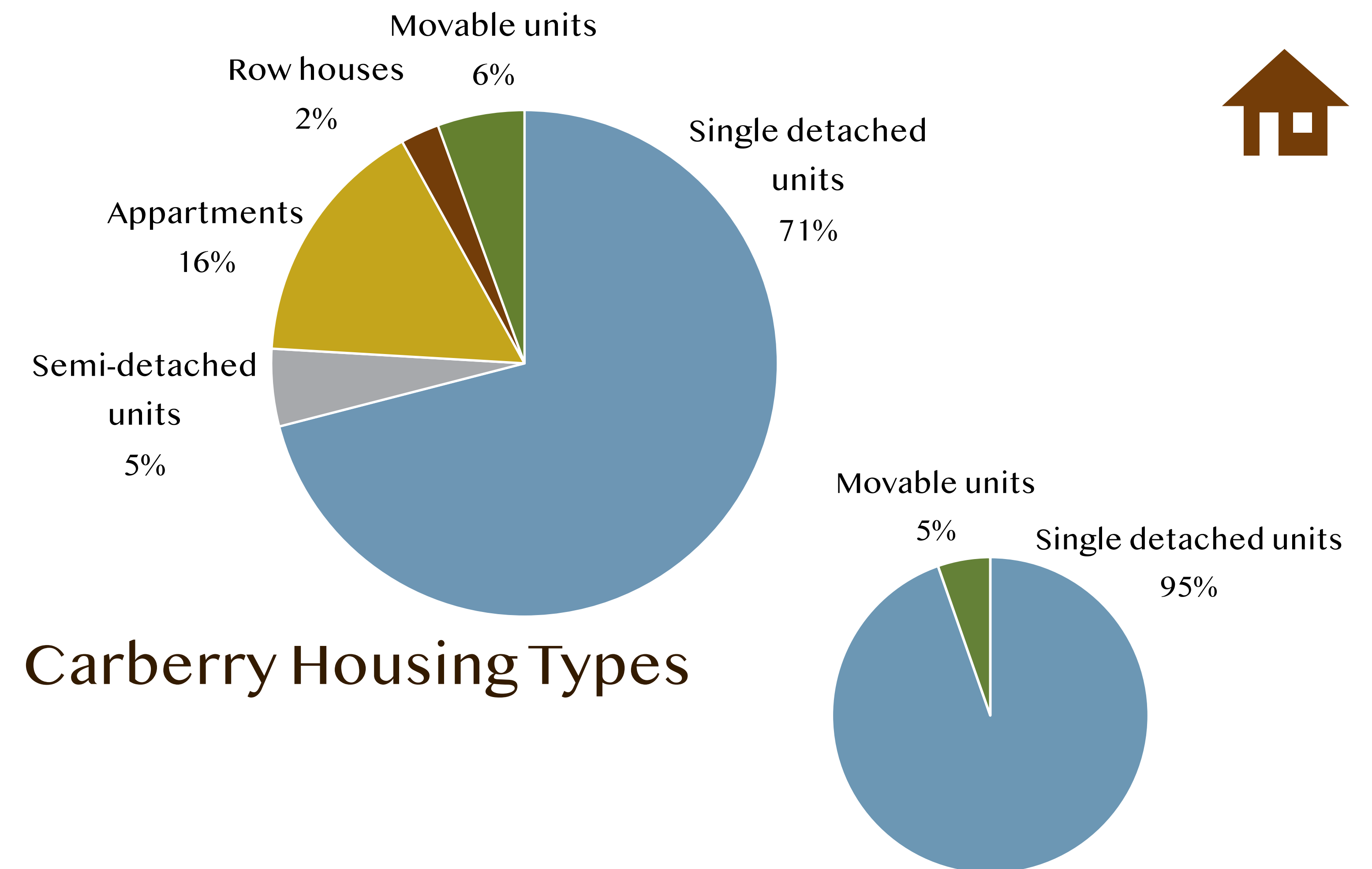


Senior's Housing

There are variety of senior housing available in Carberry. There are a total of 113 suites of senior housing in Carberry as against 395 number of seniors aged 65 and over.

Affordability

Housing is relatively affordable in the town of Carberry. Housing cost is one of the major reasons most people move back to Carberry for retirement.



Strengths

- Housing is relatively affordable.
- Most houses of seniors are located close to essential services.
- Housing is not overcrowded.
- Some houses have ramps and flat surfaces making accessibility easy.

Needs Improvement

- Lack of availability and diversity of housing options.
- Senior long term care facility is very expensive.
- Senior housing is not within a five-minute walking distance to essential services (indicated by Map of Amenities).

Social Participation



COMMUNITY EVENTS

Currently, the Carberry Plains Service for Seniors organizes weekly meals year round, and monthly community meals from fall to spring. Other activities include letter writing, shopping, and daily hellos. The Carberry Drop In Centre also offers shuffleboard, pool, and community game times. Additional community events include summer barbeques and the Carberry Agricultural Fair and Races.

65+ COORDINATION STRATEGY

The Carberry Plains Service for Seniors is operated primarily by Debra Steen, as she organizes events, the handivan operations, and other senior services in the town of Carberry. It has been made clear to us as researchers that Debra is a very valuable asset to the community, and is intentional, involved, and has a high capacity to lead.

VOLUNTEER OPPORTUNITES

Our observations have led to us understand that there are numerous opportunities for ageing individuals to volunteer within Carberry. Opportunities include helping out at the Carberry Plain Community Centre, or at the Drop In Centre. Local churches also provide spaces for volunteering.



Strengths

- There is a strong and lively ageing community present.
- Carberry Plain Service for Seniors has proven successful in leading community events and improving the physical environment through government grants.
- There are adequate spaces to acomodate events.

Needs Improvement

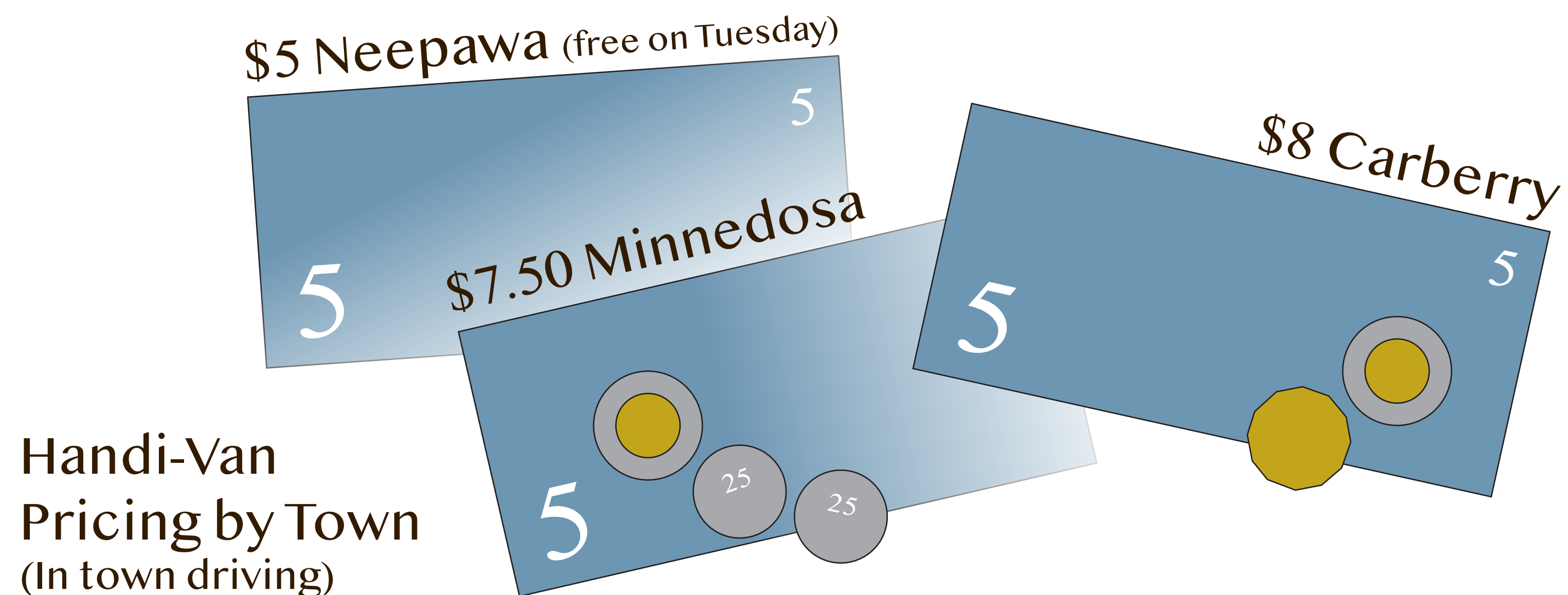
- There are still individuals in Carberry and the municipality who are isolated or unaware of social amenities available.
- Service of Seniors must remain adaptable and be set up for proper succession to be ready for the future.
- The loss of the Carberry News Express results in a lack of available information about community events.

Transportation



HANDI-VAN

The handi-van is a way for seniors to make short trips around Carberry, as well as longer ones to Winnipeg, Brandon, and Neepawa. Individuals are screened and priority is given to those with higher physical or cognitive needs. Below is price comparison for in-town driving of nearby towns.



WALKING & BIKING

Many streets are lined with well maintained sidewalks, however, roads tend to be wide and therefore car dominated. There is no designated space for cyclists and there are few crosswalks.

Strengths

- Seniors have a way to get around town as well as travel to Brandon, Neepawa and Winnipeg for medical appointments and other needs.
- Lots of accessible parking spaces, especially near shops.
- There are slow speed limits in town, increasing safety.
- Many curbs and ramps are provided to get from the road onto the sidewalk.

Needs Improvement

- Trips outside the city are unaffordable. (e.g., \$50 to Brandon & Neepawa, \$200 to Winnipeg).
- The number of volunteer drivers has been declining.
- Wide roads that are car dominated.
- Inconsistent separation for pedestrians and cyclists from cars.
- Other than the Handi-van, there are no other forms of public transportation.
- The Handi-Van is not available to all residents.



Local Pathways

Use the map below to draw where you walk in your community!



Are there areas that feel disconnected?

Opportunities for new paths?

Things you wished you saw when you were walking around?



Department of
City Planning

CONTEXT

ANALYSIS

SUMMARY

Jennifer Asaim
Jaclyn Gavas

Max Neustaedter

Regional Connections

Where do you get your services and amenities?
Is there transportation that gets you to where you need to go?

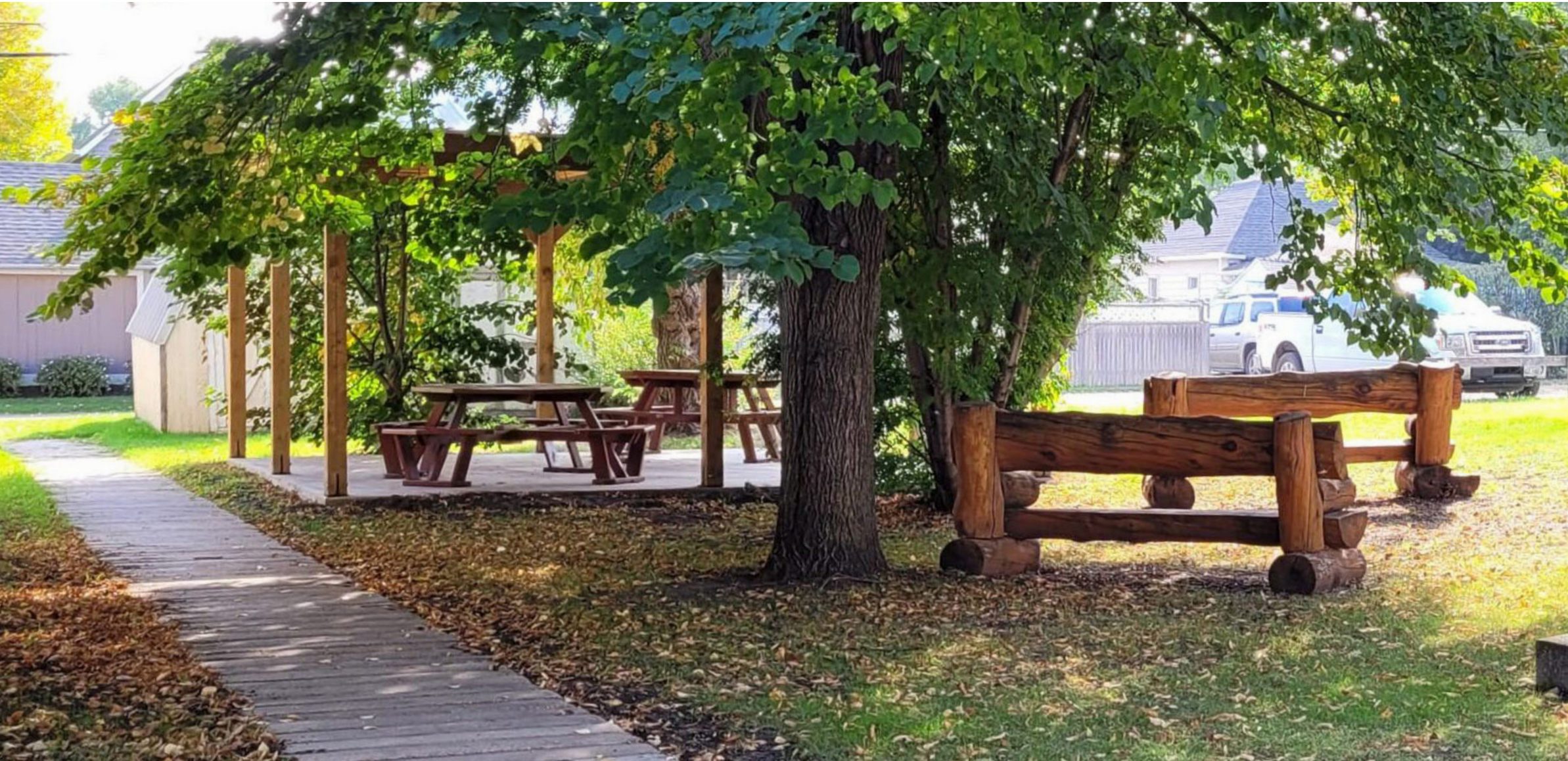


Summary

NEXT STEPS

Thank you for joining us and participating today!

We would love to hear your thoughts. Feel free to write on a sticky note and post it to the right. Your knowledge is greatly valued and is critical information for us as we move into the next phases of our research. We hope to see you again as we return in the coming weeks.



Citations

Federal/Provincial/Territorial Ministers Responsible for Seniors. (2009). Age-Friendly Rural and Remote Communities: A Guide. Government of Canada.

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The Age-Friendly Communities Community-University Research Alliance. (2009). Community Age-Friendly Priorities. Winnipeg: Centre on Aging, University of Manitoba.

Town of Carberry & Municipality of North Cypress Langford. (2023). History. Retrieved from Town of Carberry: <https://www.townofcarberry.ca/p/history>

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YOUR FEEDBACK