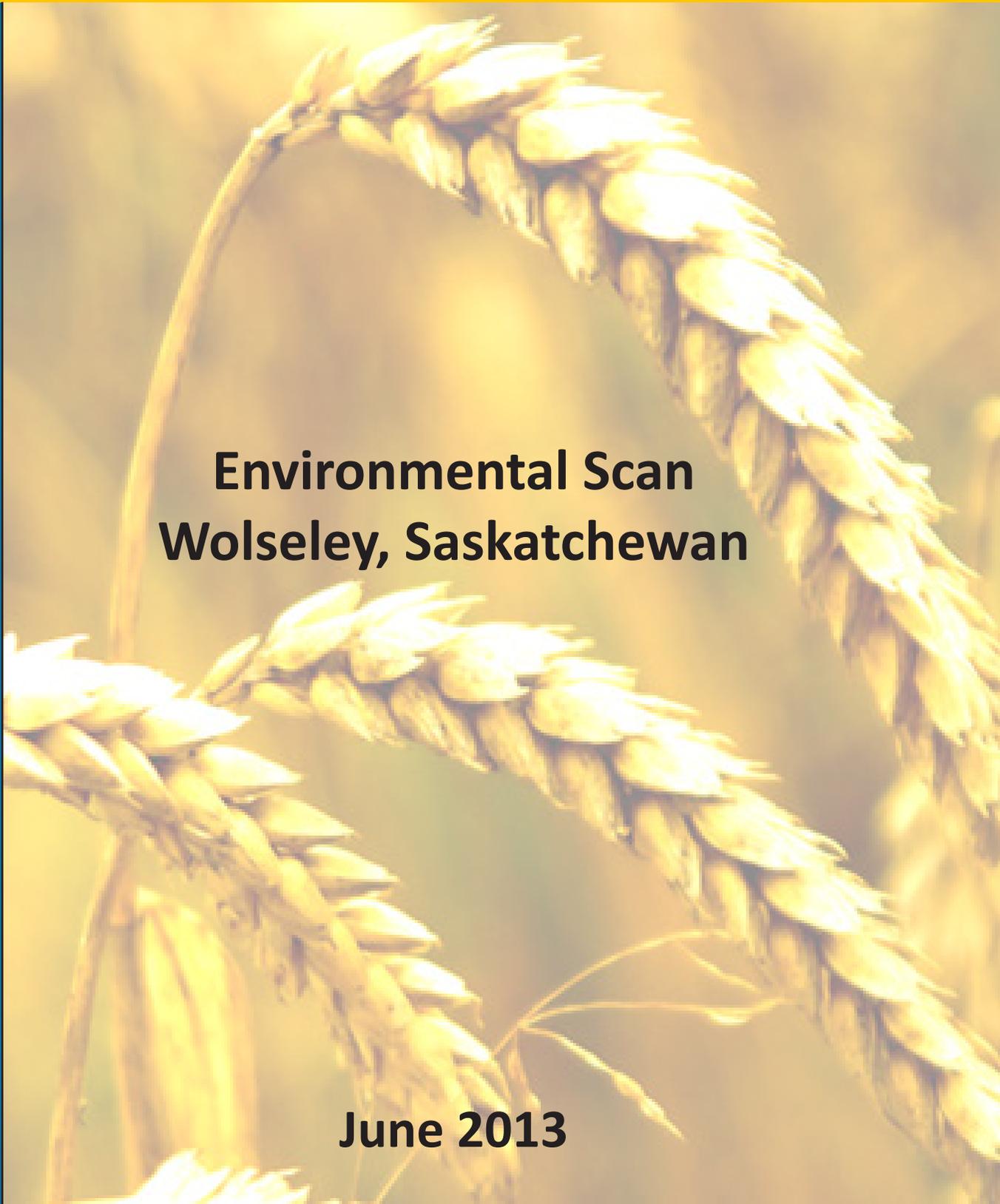


Healthy Aging in Place



Environmental Scan Wolseley, Saskatchewan

June 2013



SASKATCHEWAN POPULATION HEALTH AND EVALUATION RESEARCH UNIT

The Saskatchewan Population Health and Evaluation Research Unit (www.spheru.ca) is a multidisciplinary research unit affiliated with the University of Saskatchewan and the University of Regina. SPHERU engages in population health research, which is the study of social factors that contribute to the well-being of various groups within a population.

Utilizing the social determinants of health, SPHERU takes action to address social inequities. SPHERU's focus is on population health intervention research where we examine the influence of changes to policies, programs or other actions on the determinants of health. SPHERU is committed to conducting leading edge policy-relevant research, done in collaboration with policy makers and communities across Saskatchewan, Canada.

Our population health researchers come from a range of disciplines and have conducted research throughout Saskatchewan. Our research is conducted at our offices in Regina (University of Regina), Saskatoon (University of Saskatchewan) and at the Prince Albert Campus of University of Regina.



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Background to the Study

This research is part of the *Healthy Aging in Place* (Jeffery, et al., 2011) project, which was initiated in 2010 by the Saskatchewan Population Health and Evaluation Research Unit (SPHERU). *Healthy Aging in Place* is a longitudinal study that examines the supports and barriers of healthy aging for rural and northern Aboriginal and non-Aboriginal seniors. The research currently focuses on the rural communities of Watrous, Wolseley, and Young and the northern community of Île-à-la-Crosse, Saskatchewan.

Canada's population is aging rapidly, and the number of older adults is expected to increase exponentially over the next few decades. In the 1920s and 1930s, seniors accounted for only 5% of the Canadian population but by 2005 this proportion increased to 13.1% (Turcotte & Schellenberg, 2006). In 2036, the senior population of Canada is expected to reach 24.5% of the total population; currently 22.6% of seniors are living in rural areas (Turcotte & Schellenberg, 2006).

Aboriginal populations are also experiencing increasing trends towards aging as life expectancy has been increasing and as fertility rates have been decreasing (Statistics Canada, 2003a; Wilson, Rosenberg, & Abonyi, 2011). Between 2001 and 2006 there was a 43% increase in the number of Aboriginal adults aged 65 years and older (Statistics Canada, 2008). Aboriginal seniors aged 65 years and older are projected to more than double between 2001 and 2017 to almost 7% of the total Aboriginal population. Currently Aboriginal seniors make up less than 5% of the overall Aboriginal population (Statistics Canada, 2003b).

In Canada, Saskatchewan has the highest rate of centenarians born in 1911 or earlier compared to other provinces at 320 individuals or 0.03% of the total population (Statistics Canada, 2012a). It is important to note that older adults living in remote and northern communities experience unique health challenges compared to older adults residing in urban communities.

The information in this report is guided by a population health approach which recognizes that a range of factors influence healthy aging. These include, for example, socioeconomic status, social support, physical environment, access to services, health practices and coping skills, gender, and culture (PHAC, 2011).

Background to the Study

Gender plays a significant role in health outcomes in rural communities. Recent studies indicate that in comparison to urban seniors and rural senior women, rural senior men are often disadvantaged in terms of having shorter life expectancies (DesMeules & Pong, 2006) higher suicide rates (Alston, 2012; Australian Bureau of Statistics, 2001), higher injury rates (Amshoff & Reed, 2005), experience poorer health (Australian Institute of Health and Welfare, 2010), allow illness to progress longer, and take fewer preventative measures (Denner, 2009). Elderly rural women report an increased prevalence of arthritis/rheumatism, hypertension (Statistics Canada, 1999), diabetes (DesMeules & Pong, 2006), and skin cancer (Brown, Young, & Byles, 1999) compared to elderly urban women.

Women often play an important role in supporting the healthy aging of seniors, especially in terms of **caregiving**. In Canada, it is estimated that 70% of all caregivers are female (Bedard, Koivuranla, & Stuckey, 2004). In rural areas, it is estimated that informal caregivers provide 80-90% of care for seniors (Fast, Keating, Otfinowski, & Derksen, 2004). Even with a network of friends and family, the care of an elder is usually undertaken by one person, most often a female family

member (Armstrong, et al., 2003; Fast, et al., 2004) who is a daughter (Bedard, et al., 2004). Previous reports indicate that Aboriginal people aged 50 years or older have higher overall care requirements when compared to the general Canadian population and often rely more on informal care provisions to address their health concerns (Buchignani & Armstrong-Esther, 1994; Wilson, et al., 2011). Older Aboriginal women are more likely than Aboriginal men and non-Aboriginal older adults to provide care for another senior as well as for two or more children (Wilson, et al., 2011). Many of these Aboriginal caregivers spend more than 30 hours on unpaid childcare when compared with non-Aboriginal caregivers (Wilson, et al., 2011).

There are a number of social aspects of peoples' lives that can influence their health including housing and income (Halfon, Larson, & Russ, 2010). Rural seniors often experience challenges in terms of adequate **housing** in comparison to urban seniors (CMHC, 2003). In addition, Aboriginal people were much more likely to live in dwellings requiring major repair in comparison to non-Aboriginal populations (Statistics Canada, 2003b).

Background to the Study

Lower levels of **income** can impact healthy eating, it can influence access to uninsured health care and also play a role in self-reported health status (Statistics Canada, 1999). The Public Health Agency of Canada (2004) reported that seniors in the very poor income group are more likely to report fair or poor health compared to those in a high income group. Aboriginal people living in Canada experience lower employment rates and higher unemployment rates than non-Aboriginals (Smylie, 2008; Statistics Canada, 2003b) both of which further influence health and health outcomes.

Education is also an influence on health as it can affect subsequent levels of employment and income (National Rural Health Alliance, 2011) and further influence health and health outcomes across the lifespan and into older adulthood (Prus, 2007). Food security and access to affordable health promotion programming are all affected by education, employment and income (Halfon, et al., 2010).

Objectives

The objectives of the environmental scan include:

- 1) provide baseline information on service, resource and program availability for seniors;
- 2) assess current aging demographic trends;
- 3) contribute to understanding the healthy aging strengths, challenges and needs for rural and northern Aboriginal and non-Aboriginal seniors.

Executive Summary

The *Healthy Aging in Place: Wolseley Environmental Scan* provides an overview of the demographic profile, services and supports available to seniors living in the rural town of Wolseley, Saskatchewan, Canada. More specifically, the goal of this environmental scan is to help identify the existing supports and service gaps for older adults living within the community.

This environmental scan is part of a larger study being conducted by SPHERU entitled, *Healthy Aging in Place: Improving Rural and Northern Aboriginal and Non-Aboriginal Seniors' Health through Policy and Community-level Interventions*. The study looks at the family, community and policy supports that enable rural and northern seniors to remain within their homes and communities to age. Through interviews and consultations, this study is being conducted over three years to track the changing health needs of seniors over the aging process.

Data in this environmental scan was compiled from the Saskatchewan Ministry of Health, Statistics Canada Census information, and other available information sources such as the Town of Wolseley website. Where possible, information was included from the 2011 Statistics Canada census, however, not all community specific census data was available during the preparation of this report. Ministry of Health (2012) data was used in addition to census data as it provides population information about individuals who have registered health cards in the community of Wolseley.

Key Findings

- Since 2006, the Wolseley population has increased by 22% with most of the population growth in the 20-64 age category
- The percentage of seniors (23%) in Wolseley is considerably higher than the provincial percentage (14%)
- The percentage of homes in need of major repairs is higher than for the province
- The household income was considerably lower compared to provincial income
- Overall, men earn a higher income than women but the wage gap is less than for the province
- Almost one-third of Wolseley residents reported providing unpaid care for seniors
- Overall, Wolseley residents have completed a lower level of education than for the province
- A higher percentage of Wolseley residents have completed apprenticeship or trades education than for the province

Introduction to Wolseley

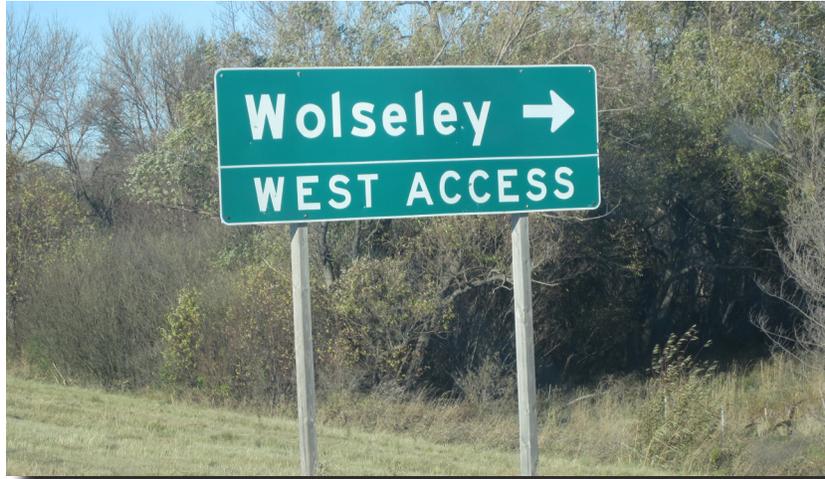


Town of Wolseley

Wolseley has a vibrant and rich history, which has been well preserved throughout the years. The Town of Wolseley was settled in 1882 and was named after British General Garnet Joseph Wolseley who had a significant role in the Red River Rebellion of 1870 (Town of Wolseley, 2010).

Wolseley is situated in south-eastern Saskatchewan and is located on the Trans Canada Highway (Town of Wolseley, 2010). In 2012, there were approximately 1,046 residents living in Wolseley (Ministry of Health, 2012).

Introduction to Wolseley



Location and Geography

Wolseley is located in the south eastern region of Saskatchewan and is 100 kilometers east of the city of Regina (Town of Wolseley, 2010). The town lies on the Trans Canada Highway and is situated between the communities of Indian Head and Grenfell (Town of Wolseley, 2010).

The rural municipality of Wolseley covers a land mass of 774.26 square kilometers (Statistics Canada, 2012b). The town of Wolseley covers 5.93 square kilometers of land (Statistics Canada, 2012c).

Distance to Travel from Wolseley to Other Centres

Regina	100 km
Indian Head	33.2 km
Grenfell	26.3 km
Yorkton	132 km
Weyburn	142 km
Saskatoon	356 km

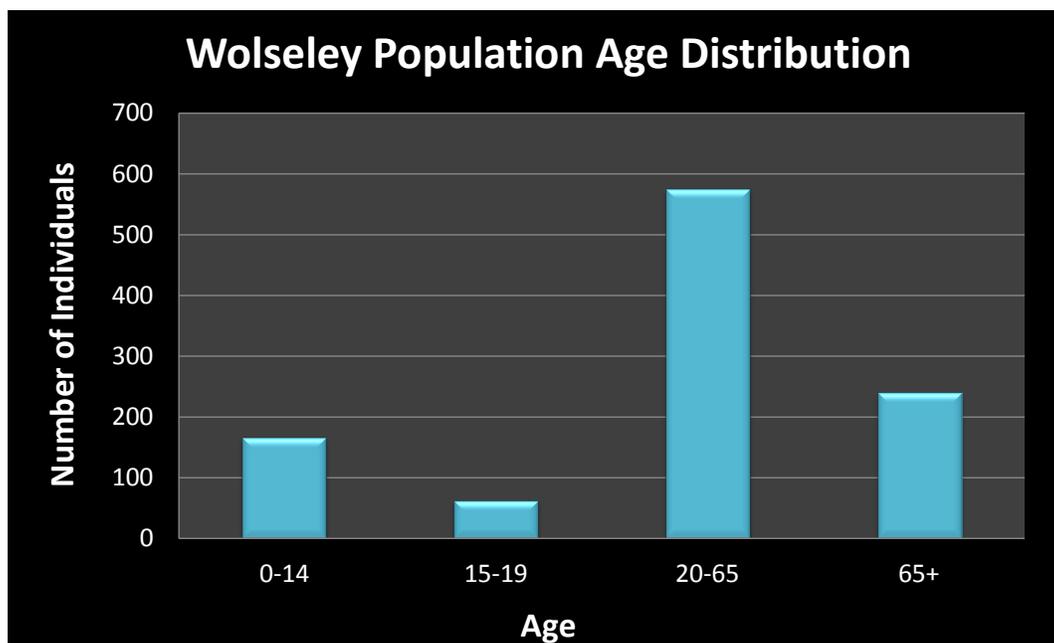
Demographic Overview

Population Overview

Wolseley has approximately 1,046 residents (Ministry of Health, 2012). The number of residents in Wolseley has increased by about 22% compared to the population in 2006, which was 858 (Ministry of Health, 2006). This growth is considerably more than the 8.7% increase in the overall Saskatchewan population from 2006 to 2012. The community's population density is 145.6 people per square kilometer (Statistics Canada, 2012c).

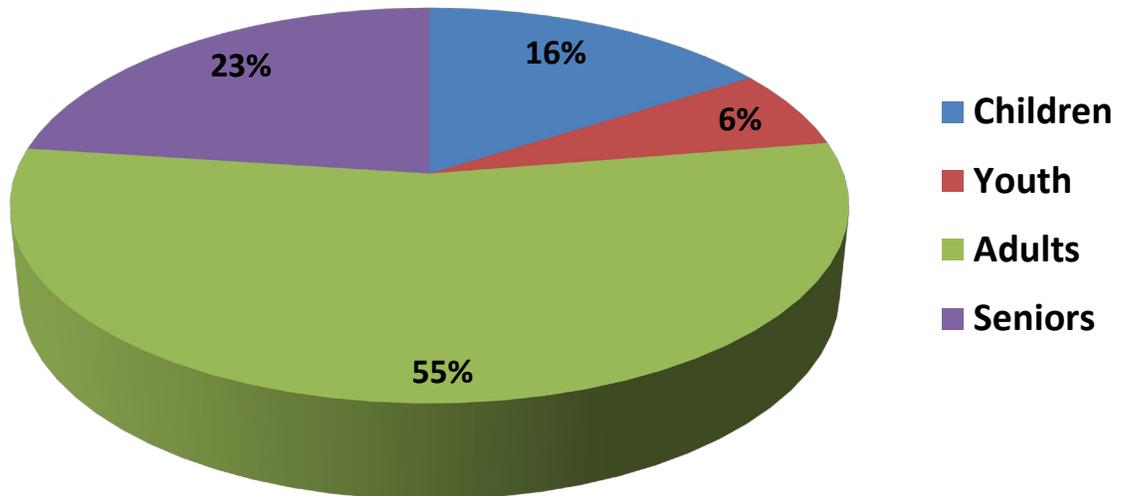
Age

Approximately 78% of the population in Wolseley are adults and seniors which is slightly higher than 74% for the provincial population (Ministry of Health, 2012). The median age in Wolseley is 47.9 years which is about 10 years higher than the provincial median age of 38.2 years (Statistics Canada, 2012c).



Demographic Overview

Residents of Wolseley



Children (0-14 years)

Almost one-fifth of the population are children age 0-14. Children make up 16% of the total population in Wolseley, which is the same as the proportion of children in 2006 (Ministry of Health, 2012, 2006). This is slightly lower than the population of Saskatchewan children age 0-14 (19%).

Youth (15-19 years)

Youth (age 15-19) represent 6.5% of the total community's population (Ministry of Health, 2012). This age group has remained the same from 2006 (Ministry of Health, 2006). This is comparable to the proportion of youth (7%) in the overall Saskatchewan population. When children and youth populations are combined, they account for approximately 22% of the total population in Wolseley (Ministry of Health, 2012).

Demographic Overview

Adults (20-65 years)

Over one half (55%) of the community's population is comprised of adults between the ages of 20 and 64; lower than the 60% of the Saskatchewan population in this age category. This is an increase from 2006 where adults made up 50% of the Wolseley population (Ministry of Health, 2012, 2006).

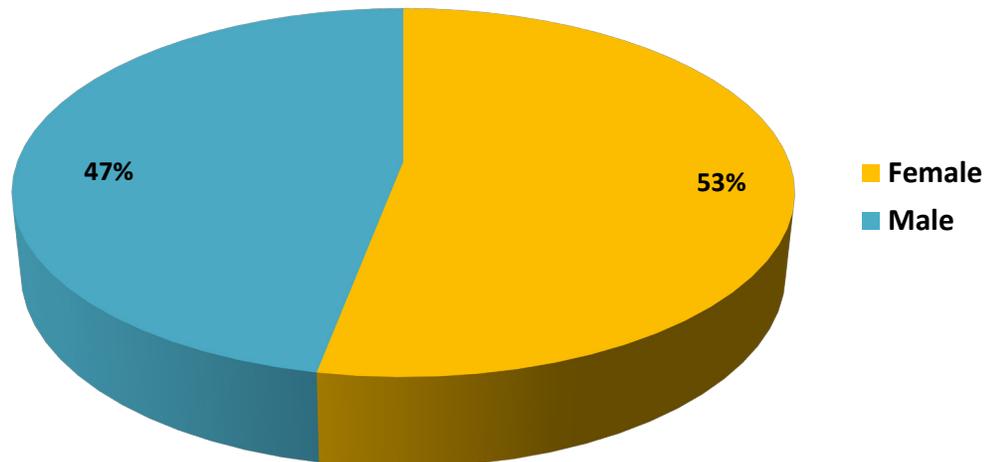
Seniors (65 years and over)

Seniors account for approximately 23% of the community's total population (Ministry of Health, 2012). This is a slight increase from 2006 when seniors represented 22% of the population of Wolseley (Ministry of Health, 2006). The percentage of seniors living in Wolseley is considerably higher than the provincial percentage for this age category (14%).

In 2012, the dependency ratio for Wolseley was 82% which is a considerable decline from the 98% dependency ratio in 2006. The 2012 ratio, however, is still considerably higher than the 67% dependency ratio for the province overall. This is a crude measure of the percentage of the child, youth and senior population that is most likely to be socially or economically dependent on the working age population (aged 20 to 64). A higher dependency ratio may put additional demands on the health and other support services in the community and therefore may influence availability and accessibility of these services (Irvine, Quinn, & Stockdale, 2011).

Demographic Overview

Wolseley Population by Gender



Gender

There are more females than males in Wolseley; females represent 53% of the total population and males make up 47% of the population (Ministry of Health, 2012). This has changed slightly from 2006 when approximately 54% of the total population was female and 46% of the total population was male (Ministry of Health, 2006).

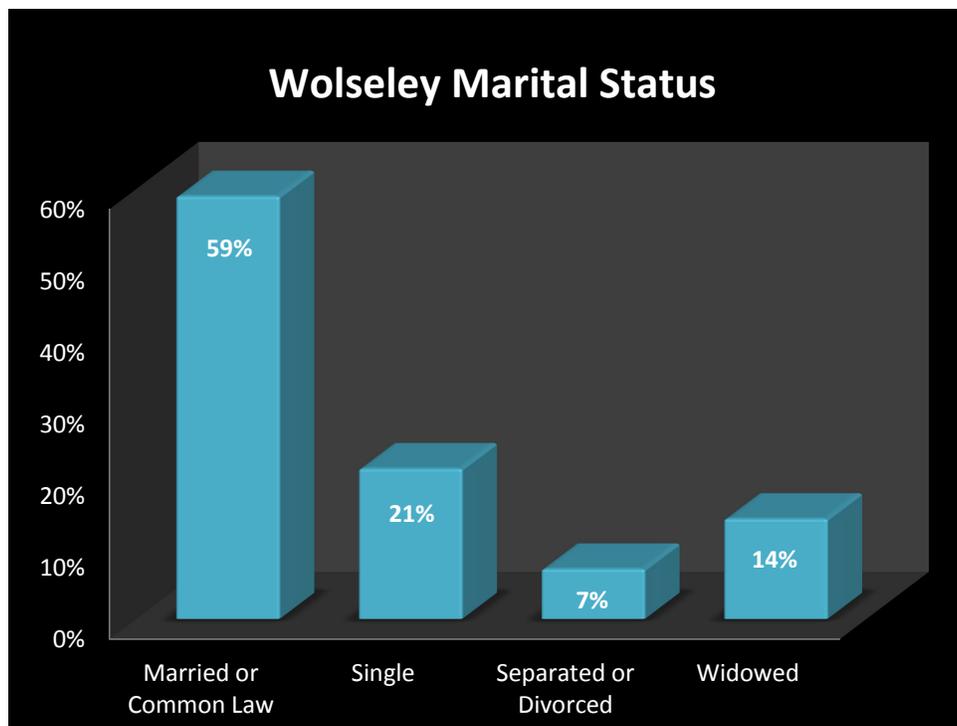
In Wolseley, the number of male and female children (ages 0-14) is about the same. There are slightly more female youth than male youth (ages 15-19) and more female seniors than male seniors as the population in Wolseley ages (Ministry of Health, 2012).

Overall, women in Wolseley are older than men; a situation similar to the provincial distribution. The median age for women living in Wolseley is about 53 years compared to the provincial median age of 39 years. For men in Wolseley the median age is about 43 years old compared to 37 years old for the province as a whole (Statistics Canada, 2012c).

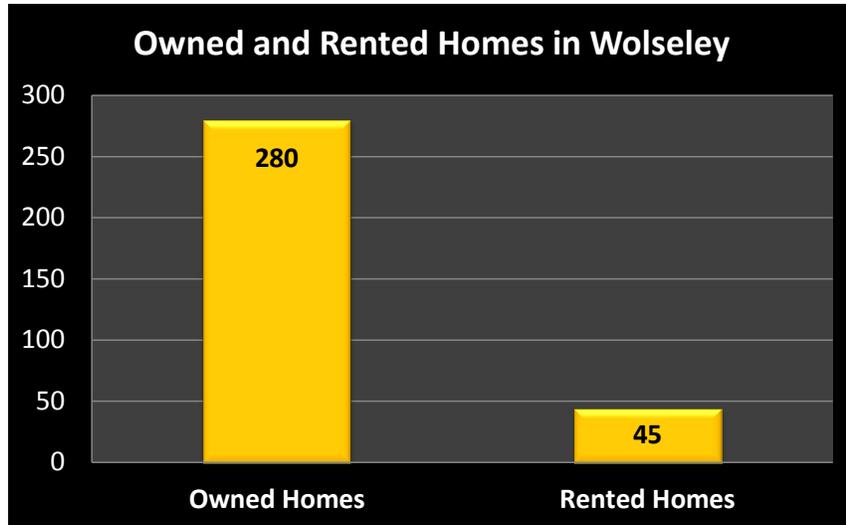
Demographic Overview

Marital Status

The majority (59%) of those 15 years and older in Welseley are married or living common law; a similar percentage to the 58% of the overall Saskatchewan population who are married or living common law (Statistics Canada, 2012c). Those who are single represent 21% of the population compared to the provincial percentage of 28% (Statistics Canada, 2012c). Approximately 7% of Welseley residents are separated or divorced and 14% are widowed (Statistics Canada, 2012c). The percentage of those who are separated or divorced is the same for the province; however, a much higher percentage of Welseley residents are widowed than in the overall Saskatchewan population (6%).



Housing



Owned and Rented Housing

In 2006, the majority (86%) of total private dwellings in Wolseley were owned (Statistics Canada, 2007). For example, 280 homes were owned and only 45 homes were rented in 2006 (Statistics Canada, 2007).

Housing Types

In 2011, single detached homes made up the vast majority of housing in Wolseley representing approximately 92% of occupied private dwellings (Statistics Canada, 2012c). Wolseley residents were less likely to live in the following types of housing: semi-detached house (1%), apartment buildings with less than five storeys (3%); and row housing (4%) (Statistics Canada, 2012c).

Housing Characteristics

A large portion of housing in Wolseley is at least a quarter century old (Statistics Canada, 2007). Approximately 305 houses in Wolseley were built before 1986 in contrast to the 20 houses built between 1986 and 2006 (Statistics Canada, 2007). In Wolseley, about 17% of dwellings required major repairs; a considerably higher percentage than the 10.5% of provincial homes in need of major repairs (Statistics Canada, 2007).

Employment

Industry

In 2006, approximately one-third (31%) of the Wolseley labour force 15 years and older worked in construction, manufacturing or wholesale trade. The next largest industry (22%) was other services which includes services related to: repair and maintenance of appliances and vehicles; personal care services; and organizational work that promotes social and political causes (Canadian Industry Statistics, 2011). The next largest industries in Wolseley were retail trade (17%), health care and social services (17%), followed by educational services (7%) and business services (6%) (Statistics Canada, 2007).



Employment

Unpaid Work

The proportion of Wolseley residents over the age of 15 who reported looking after children without pay was less than the Saskatchewan percentage (32% compared to 41%). Those reporting unpaid care or assistance to seniors, however, was higher for Wolseley residents than for Saskatchewan residents overall (29% compared to 22%). Women represent over one-half of those in Wolseley and Saskatchewan overall who reported these unpaid caregiving responsibilities for seniors (53% compared to 58%).

Income

In 2005, the median income for all Wolseley *households* was \$36,048 (Statistics Canada, 2007). This was considerably lower than the provincial median income for all households, which was \$46,705 (Statistics Canada, 2007).

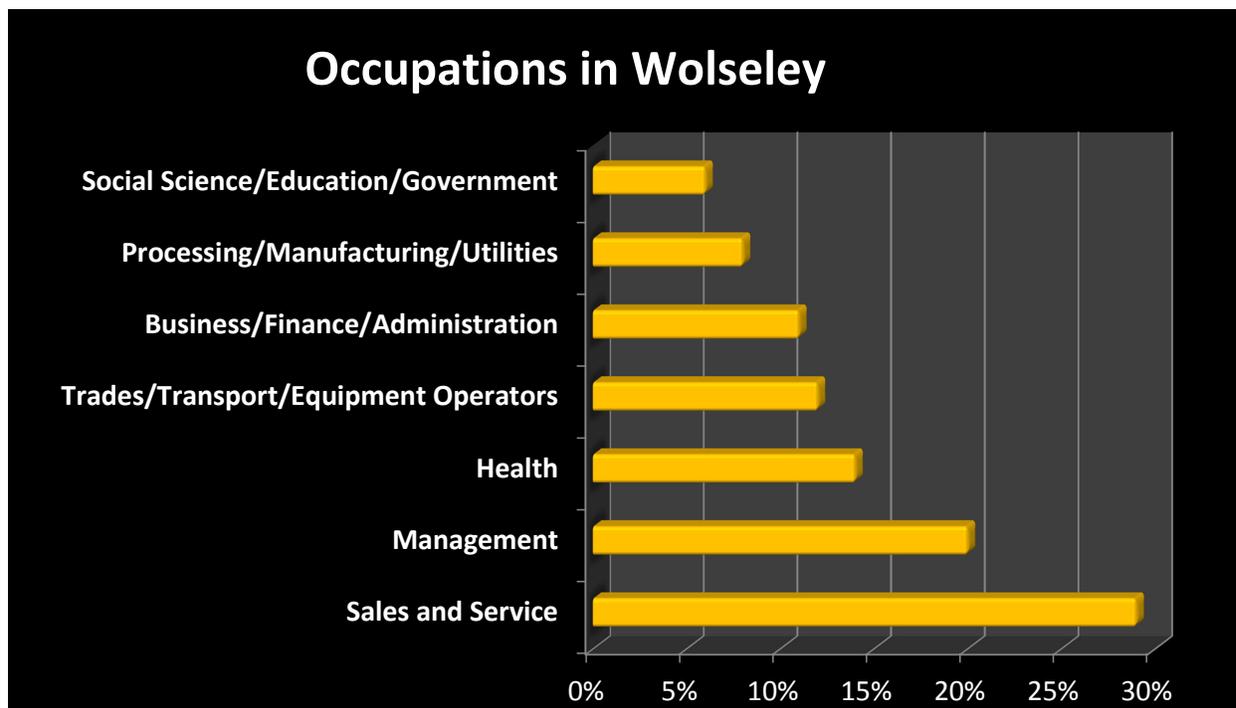
In 2005, couple households with children had the largest median income in Wolseley at \$56,057 and couple households without children had the second largest median income at \$44,286 (Statistics Canada, 2007). One person households had the lowest median income in Wolseley at \$23,394 (Statistics Canada, 2007); similar to the Saskatchewan median income of \$23,122. Median incomes for couple households with and without children in Wolseley were considerably lower than their comparable provincial median incomes (\$76,494 and \$57,994 for Saskatchewan respectively) (Statistics Canada, 2007).

The median income for all *persons* over the age of 15 in Wolseley is only slightly less than the provincial median income (\$23,134 compared to \$23,755). There are differences, however, in the median incomes for women and men. Men living in Wolseley earned a median income of \$27,790 which is about 36% higher than the \$20,412 median income earned by women. For Saskatchewan overall, the median income for men is \$29,589; approximately 49% higher than the \$19,873 median income for women (Statistics Canada, 2007).

Employment

Occupations

In 2006, the largest occupation in Wolseley was sales and service, which made up about 29% of all occupations in the town (Statistics Canada, 2007). The next largest occupations in the community included management (20%) and health occupations (14%). Other occupations included trades, transport and equipment operators (12%), business, finances and administration (11%), processing, manufacturing and utilities (8%), and social science, education and government services (6%) (Statistics Canada, 2007).



Education

Educational Attainment

In 2006, approximately 64% of Wolseley residents 15 years and older had completed some level of education which is lower than the provincial percentage of 70% (Statistics Canada, 2007). About one-quarter (27%) of Wolseley residents had completed high school or equivalent education, 13% had trades or apprenticeship education, and 12% had college or non-university diploma education (Statistics Canada, 2007). A smaller percentage of individuals had completed university level education: 2% had university education below a bachelor level and 9% had university level education at or above a bachelor level (Statistics Canada, 2007). Wolseley has a similar percentage of those with high school education but a slightly higher percentage with trades and apprenticeship education than the provincial population (27% and 11% for Saskatchewan respectively).

More than one-third of Wolseley residents between the ages of 35 and 64 had completed high school education (39%). Other educational levels included: apprenticeship, trade or diploma (14%),

college certificate or non-university diploma (14%), and university certificate or degree (13%). This is in comparison to those individuals age 25 to 34 years where 22% had completed high school education, and 33% had completed apprenticeship or trades education (Statistics Canada, 2007).

Overall, there were more females than males who had completed some level of education (Statistics Canada, 2007). A larger number of females than males had completed high school education, college certificate or non-university diploma, and university certificate of degree (Statistics Canada, 2007). Males slightly outnumbered females in apprenticeship or trades education and university or certificate below the bachelor level (Statistics Canada, 2007).

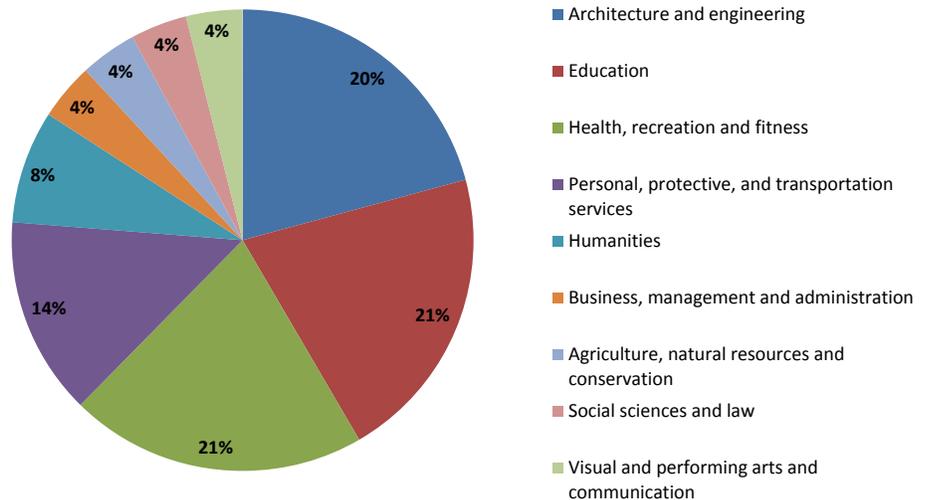
More females than males between the ages of 35 and 64 years had completed high school education, college certificate or non-university diploma, or university certificate or degree. A higher number of males age 25 to 34 years had completed trades and apprenticeship education than their female counterparts (Statistics Canada, 2007).

Education

Areas of Post Secondary Education

In 2006, slightly more than one-third (36%) of Wolseley residents had completed post-secondary education; in comparison to the Saskatchewan proportion of 43% (Statistics Canada, 2007). Of those who had completed this level of education the major area of studies included: architecture and engineering (21%), education (21%), and health, recreation and fitness (21%). This was followed by areas of study in personal, protective, and transportation services (14%), humanities (8%), business, management and administration (4%); agriculture, natural resources and conservation (4%); social sciences and law (4%); visual and performing arts and communication (4%) (Statistics Canada, 2007).

Areas of Education



Schools

Wolseley has both an elementary school and secondary school (Town of Wolseley, 2010). The Dr. Isman Elementary School and the Wolseley High School are a part of Prairie Valley School Division (Ministry of Education, 2012). The Dr. Isman Elementary School opened in 1964 and provides school for kindergarten to grade six (Town of Wolseley, 2010). Approximately 120 students annually attend the Dr. Isman Elementary School (Town of Wolseley, 2010). The Dr. Isman Elementary School was named after a local physician who practiced family medicine in the Wolseley community. Wolseley High School opened in 1961 and has grade seven through to grade 12. Approximately, 150 students attend the high school each year (Town of Wolseley, 2010).

Health Care

Health Services

Wolseley Memorial Hospital offers inpatient services, emergency and ambulatory care (RQHR, 2012). Services at the hospital include: lab and x-ray services, minor procedures, equipment and medical supplies, wellness clinics, and palliative care (RQHR, 2012). In addition to the hospital, other health services in Wolseley include a family medical practice and massage therapy.



Regina Qu'Appelle Health Region

Wolseley is a part of the Regina Qu'Appelle Health Region (RQHR) which covers a diverse geographic area including Regina, rural communities, and First Nations communities (RQHR Region, 2012). The region covers 26,663 square kilometers and serves more than 260,000 people (RQHR, 2012).

Regina is the largest center in this health region and is the home of two of Saskatchewan's provincial hospitals: Regina General Hospital and Pasqua Hospital (RQHR, 2012).

Seniors' Housing

Wolseley's Housing Authority manages ten seniors' housing units which provide independent living accommodations for older adults. No formal meals or check-in services are provided at these housing units. Lakeside Home is an 80-bed long term care facility which is connected to the Wolseley Memorial Hospital (RQHR, 2012). Lakeside Home is managed by the Regina Qu'Appelle Health Region.



Leisure Time



Recreation, Sports & Fitness

Wolseley has various sport facilities in the community. The Wolseley Sportplex is a multipurpose facility and is used for community events during the spring, summer, and fall as well as for winter sport activities such as hockey and skating (Town of Wolseley, 2010). There is also a curling rink, a nine hole golf course, and a gym (Town of Wolseley, 2010).

The community offers different sport clubs, including figure skating, minor hockey, golf, curling, soccer, and karate (Town of Wolseley, 2010). During the winter months, the town hall is opened in the mornings to provide residents with a safe space for walking away from the ice and snow.

Arts & Culture

Wolseley is a small community that offers various arts activities and cultural attractions. There are numerous arts related clubs such as the Horticultural Society, Photography Club, Dance Club, Ellisboro Artisans, Community Choir, and the Writer's Group (Town of Wolseley, 2010). Residents have access to the Twilite Drive-In, which has been operating for over 50 years and was the first drive-in built in Saskatchewan (Town of Wolseley, 2010). Fairy Lake and the Swinging Bridge are commonly accessed local attractions and the site of the annual Fishing Derby (Town of Wolseley, 2010).

Lifestyle



Community Organizations

There are a variety of community groups and organizations in Wolseley. Sports clubs include activities such as skating and hockey, and arts clubs include activities such as singing and photography (Town of Wolseley, 2010). Other community organizations in Wolseley include: Knights of Columbus, Lions Club, Royal Canadian Legion, 4-H, and the Red Hat Ladies Club (Town of Wolseley, 2010).

Community Services

Wolseley provides a number of services for its residents. Services in town include: Wolseley and District Medical First Responders, Churches, Wolseley Housing Authority, Fire Department, and municipal services through the Town Office (Town of Wolseley, 2010). R.C.M.P. services and intensive health services are offered in nearby locations (Town of Wolseley, 2010). Health services are provided by the local hospital and family medical clinic.

Seniors' Centre

Wolseley is home to the Wolfe Creek Friendship Centre which operates as the community's seniors' centre. The centre's current president is Richard Dow and the facility is well attended by many seniors within the community. The centre provides several activities for seniors including card games, monthly potlucks, exercise classes, entertainment, and informational nights.

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Appendices

Table 1a
Wolseley Population by Age Category
2006 & 2012

Age Category	2006	2012
0-14	166	164
15-19	67	68
20-64	433	573
65+	192	241
TOTAL	858	1,046

Source: Saskatchewan Ministry of Health (2012). *Covered population 2012*. Retrieved from <http://www.health.gov.sk.ca/covered-population-2012>; Saskatchewan Ministry of Health (2006). *Covered population 2006*. Retrieved from <http://www.health.gov.sk.ca/covered-population-2006>

Table 1b
Wolseley Population by Gender and Age Category
2006 & 2012

Age Category	2006		2012	
	Males	Females	Males	Females
0-14	84	82	81	83
15-19	36	31	31	37
20-64	205	228	278	295
65+	66	126	106	135
TOTAL	391	467	496	550

Source: Saskatchewan Ministry of Health (2012). *Covered population 2012*. Retrieved from <http://www.health.gov.sk.ca/covered-population-2012>; Saskatchewan Ministry of Health (2006). *Covered population 2006*. Retrieved from <http://www.health.gov.sk.ca/covered-population-2006>

Table 2a
Saskatchewan Population by Age Category
2006 & 2012

Age Category	2006	2012
0-14	192,365	207,098
15-19	77,716	72,803
20-64	585,490	653,810
65+	147,660	157,239
TOTAL	1,003,231	1,090,950

Source: Saskatchewan Ministry of Health (2012). *Covered population 2012*. Retrieved from <http://www.health.gov.sk.ca/covered-population-2012>; Saskatchewan Ministry of Health (2006). *Covered population 2006*. Retrieved from <http://www.health.gov.sk.ca/covered-population-2006>

Table 2b
Saskatchewan Population by Gender and Age Category
2006 & 2012

Age Category	2006		2012	
	Males	Females	Males	Females
0-14	98,332	94,033	105,712	101,386
15-19	39,849	37,867	37,331	35,472
20-64	294,852	290,638	331,671	322,139
65+	64,341	83,319	70,477	86,762
TOTAL	497,374	505,857	545,191	545,759

Source: Saskatchewan Ministry of Health (2012). *Covered population 2012*. Retrieved from <http://www.health.gov.sk.ca/covered-population-2012>; Saskatchewan Ministry of Health (2006). *Covered population 2006*. Retrieved from <http://www.health.gov.sk.ca/covered-population-2006>