Healthy City Strategy

Community for All

Kelowna's All Ages & Abilities Action Plan







City of Kelowna

Community For All

Acknowledgements

The development of the Community for All: Kelowna's All Ages & Abilities Action Plan was led by City of Kelowna's Policy & Planning Department and was supported by City staff, Interior Health and numerous other community organizations.

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- Community stakeholders that participated in the Stakeholder Workshops (Boys & Girls Clubs, BC Transit, Canadian Mental Health Association, CNIB, CATCH, Community Connections Support Services, Community Living Council, FortisBC, Karis Support Society, Kelowna Community Resources, Kelowna Family Centre, Pathways Abilities Society, People in Motion, Regional Library, School District #23, Seniors Outreach Services Society, Society of Hope, Starbright Children's Development Centre, UBC and YMCA);
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Healthy City Strategy Steering Committee

City of Kelowna

Interior Health
Every person matters

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- Doug Gilchrist
- Jim Gabriel
- Danielle Noble-Brandt
- Michelle Kam
- Rafael Villarreal
- Brian Beach

Interior Health

- Dr. Sue Pollock
- Bryan Redford
- Deborah Preston
- Pam Moore
- Julie Steffler
- Brent Harris
- Jason McCarty

Community for All Stakeholder Advisory Committee

- **Dr. Michael Koss,** *Central Okanagan Division of Family Practice*
- **Michelle Dickie,** *CATCH*
- **Pam Moore and Julie Steffler,** *Interior Health*
- **Charisse Daley,** *Pathways Abilities Society*
- **Louise Abbott,** *People in Motion*
- **Vianne Kintzinger and Tricia Penny,** *School District #23*
- **Vi Sorenson,** *Seniors Outreach Services Society*
- **Dr. Gordon Binsted,** *UBC*

Healthy City Strategy

Community for All Executive Summary

City of Kelowna

Community For All

Executive Summary

Introduction

The City of Kelowna has partnered with Interior Health to develop a Healthy City Strategy, which is a long-term integrative plan that focuses on healthy places and spaces, community health, and quality of life for Kelowna residents. How communities are planned and built, and the services and resources provided within them, directly impact people's physical and social health.

Community for All is the first theme area to be developed in the Healthy City Strategy. The vision for Community for All is "a city that is healthy, safe, active and inclusive for seniors, children and those with diverse abilities". The purpose of the Plan is to identify areas to adapt policies, plans and programs to respond to the current and evolving needs of our community.

The goal of the Community for All Action Plan is to reduce chronic diseases and social isolation through increasing health, physical activity, social connections, accessibility and equity. To achieve this goal, the recommendations focus on the following:

- **Inclusive Community – increase opportunities for social connections, physical activity and intergenerational activities;**
- **Healthy Neighbourhood Design & Healthy Natural Environments – enhance City parks and buildings to ensure they are age and ability friendly;**
- **Healthy Housing – enhance housing policies to increase the diversity and affordability of housing;**
- **Healthy Transportation Networks – prioritize active transportation and encourage mobility for all residents; and;**
- **Healthy Food Systems – promote healthy eating through education, providing social opportunities and through connecting local farmers and residents.**

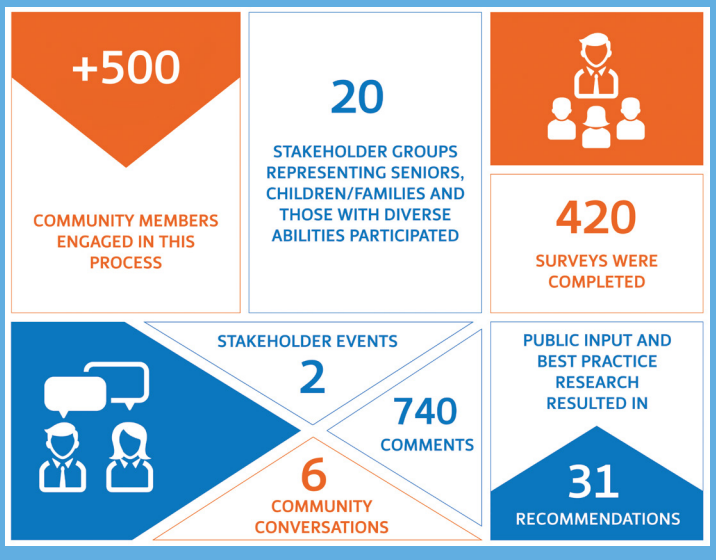
This plan's actions will benefit a combination of ages and abilities, enabling them to be active and engaged within our community. Designing for all ages and abilities and emphasizing enablement rather than disablement is a prime characteristic of an age and ability friendly community.

Public Engagement

The City offered a variety of opportunities throughout the project to engage the public and stakeholders to gather their feedback and ideas.

The initial community consultation primarily involved a public survey, four community conversation events, and a stakeholder workshop to gather input regarding successes, gaps and barriers. More than 500 community members were engaged and several key findings emerged including the desire for respondents to remain in their neighbourhood as they grow older and the importance of walking routes and parks to increase physical activity.

Final consultation ensured the recommended actions met the community's desires and identified the actions that will have the most positive impact. The final consultation consisted of three public engagement events including a community conversation with seniors, parents and those with diverse abilities, a stakeholder workshop and a public open house. The majority of participants were appreciative that a plan to address issues for seniors, children and people with diverse abilities will be implemented.



Executive Summary

Recommendations

The objectives that are included in this plan were derived from community conversations or from best practices and helped inform the development of 31 actions.

Many of the actions are linked across several theme areas *(i.e. an action could create an inclusive community as well as a healthy neighbourhood)*. Additionally, many of the actions are linked across the target groups *(i.e. an action may benefit seniors, children and those with diverse abilities)*.

There are significant connections between health and where people live, what type of transportation they use, what kinds of food they eat, how much physical activity they get and the social connections they have.

The Community for All Action Plan recommends 31 actions (see below table) to be either explored or implemented in the next two years. The City of Kelowna will lead 21 of these actions and key community stakeholders will lead the remaining 10 actions. Additional details on each action are provided within the report and in Appendix D.

Inclusive Community

OBJECTIVE	ACTION
Enhance communication of health service and community support information	Explore opportunities to enhance the communication of health services and health messaging
Expand programs that identify and connect with isolated and vulnerable residents	Expand the Seniors Contact program
Promote physical literacy and activity to reduce chronic diseases such as obesity	Integrate "Sport for Life" principles into policies, procedures and programs and work towards becoming a "Canadian Sport for Life" Community
Foster intergenerational opportunities	Connect seniors and youth through after-school work programs
	Develop a network of parents and community members to lead extracurricular clubs in schools
Expand on programs and services to strengthen neighbourhoods	Create Neighbour Awards to foster neighbourliness and inspire connections between neighbours
	Continue to foster the social connection of neighbours and build capacity within neighbourhood based organizations
	Create a Neighbourhood Champion volunteer program
Provide accessibility opportunities	Review and enhance the accessibility requirements in the Outdoor Event Permit application to improve accessibility at community events
	Expand the online Accessibility Inventory to increase awareness of accessible opportunities
Showcase entrepreneurial skills for people with diverse abilities	Provide opportunities for people with diverse abilities to showcase products and skills at community markets or events
Enhance information and resources available to the public	Explore the opportunity to enhance the information provided to residents, including new residents
	Explore the opportunity to enhance the information and resources provided to new parents

Healthy Neighbourhood Design & Healthy Natural Environments

Focus on accessibility and safety in parks and public facilities	Conduct a Community for All Assessment in City parks with a focus on accessibility and safety
	Conduct a Community for All Assessment in City buildings with a focus on accessibility and safety
	Promote all ages and abilities assessments to other organizations and businesses

Community For All
Executive Summary

Healthy Housing

OBJECTIVE	ACTION
Build on City policies that address housing needs	Support the development of diverse housing types to meet the variety of housing needs in the community
Promote energy efficiencies for lower income housing	Promote and encourage residents to apply for the Energy Conservation Assistance Program to help save energy and money

Healthy Transportation Networks

Support pedestrian and cycling programs and policies	Expand the student-led walking school bus program
	Expand the Bike Recycle program in schools
	Enhance cycling safety program through infrastructure improvements
	Enhance communication and awareness for the pedestrian and bicycle network and roadway safety for all users
	Expand wayfinding signage network
Support accessibility and mobility	Review and update infrastructure policies, bylaws and guidelines to ensure accessibility features are incorporated
	Conduct an accessible parking program review
	Provide real-time GPS bus location and schedules
	Redevelop a travel training program to encourage people to use transit as an alternative to accessible transportation
	Implement a program specifically for accessibility infrastructure retrofits

Healthy Food Systems

Provide opportunities for healthy food, nutrition and healthy cooking	Connect local farmers with the community
	Develop a Community Kitchen that facilitates eating, cooking classes and shared meals
	Promote a nutritional focus in City recreational programs and concession and vending machines in City-owned facilities

Next Steps

The strength of the Community for All Action Plan includes the collaboration and partnerships with, and commitment from, key community stakeholders to explore or implement the 31 recommended actions over the next two years. The City of Kelowna will lead 21 of these actions. The implementation of the remaining 10 actions will require the combined efforts of our community. Interior Health, School District #23, Pathways Abilities Society, People in Motion and Seniors Outreach Services Society have agreed to lead one or more of the recommended action(s). Additionally, numerous other community stakeholders have expressed interest in supporting the recommended actions.

Local government, health authority, stakeholders and residents collectively need to develop a culture of all ages and abilities. In order to foster this culture, it will be important to include an all ages and abilities lens to community issues.

This Plan will be a living document that is revisited twice annually in 2017 and 2018 to establish priorities, monitor completed and ongoing actions, evaluate outcomes, access further opportunities and adapt to new information.

Community For All

Table of Contents

- **Introduction** 04
- **Planning Process** 06
- **Public Engagement** 07
- **Recommendations** 12
  - a. Inclusive Community 13
  - b. Healthy Neighbourhood Design & Healthy Natural Environments 16
  - c. Healthy Housing 18
  - d. Healthy Transportation Systems 19
  - e. Healthy Food Systems 21
- **Next Steps** 22
- **Appendices** A-I
  - a. Appendix A: Resources and Best Practices A-I
  - b. Appendix B: Community Inventory B-I
  - c. Appendix C: Public Engagement C-I
  - d. Appendix D: Recommendations Summary D-I
  - e. Appendix E: Definitions E-I

Community For All

Introduction

Evidence shows that health starts in our communities which include homes, neighbourhoods, schools, streets, workplaces and parks. When strategically designed, this built environment can reduce obesity and chronic diseases by affecting air quality, activity levels of residents and access to healthy food. The built environment can also improve the well-being and social connection of residents.

Kelowna, like much of the world, is preparing for a demographic shift towards an older population. This shift will have significant impacts on communities. The number of seniors in Kelowna is predicted to rise from the current level of 20 per cent to 24 per cent by 2040 (see Figure 1 below). As Kelowna's population aged 65 years or older continues to grow, new approaches to the physical environment (e.g. parks, streets), programs and services (e.g. recreation, transit) are required to ensure that community supports these residents.

As residents age, their health needs can become more complex. Chronic diseases including obesity are on the rise as people as spend more time sitting than moving. The current statistics regarding individual health confirm the seriousness of the situation:

- 1 in 3 people in B.C. are living with one or more diagnosed chronic diseases, which consume approximately 80 per cent of the provincial health care budget[1];
- 50 per cent of adults and 91 per cent of children and youth do not get the recommended levels of physical activity[2]; and
- At 26 per cent, Canada's childhood obesity rates are among the highest in the world – almost doubling in the last 25 years[3].

[1] *Province of B.C. Promote, Protect, Prevent: Our health begins here*
[2] *Heart and Stroke Foundation, Shaping Active, Healthy Communities*
[3] *Government of Canada Healthy Weights for Healthy Kids.*

Like many cities around the world, Kelowna is grappling with how to build a vibrant, healthy and sustainable city in the face of challenges including climate change, a growing prevalence of chronic health conditions, and an aging population. These challenges are thrusting local governments to the forefront of leadership in creative, innovative, and integrated city building.

Over the last few decades, many cities have been planned, designed and managed in ways that have separated out the activities of daily life. Low density, use-segregated, vehicle-based development that is dependent on high levels of fossil fuel use has led to people spending more time in their vehicles than on their feet, and more time apart than together. Inactivity, separation and a lack of sustainability have been designed into the fabric of many cities, affecting not only individual health and well-being but also that of neighbourhoods and of the planet.

The City of Kelowna has partnered with Interior Health to develop a Healthy City Strategy, which is a long-term integrative plan that focuses on healthy places and spaces, community health, and quality of life for Kelowna residents. How communities are planned and built, and the services and resources provided within them, directly impact people's physical and social health.

The Healthy City Strategy is a multi-year initiative that will promote integrated decision-making and will be a companion document to the Official Community Plan with implementable actions in six theme areas.

Healthy City Strategy

- Community for All
- Healthy Neighbourhood Design
- Healthy Housing
- Healthy Natural Environments
- Healthy Food Systems
- Healthy Transportation Networks

Introduction

The vision for Community for All is "a city that is healthy, safe, active and inclusive for seniors, children and those with diverse abilities."

Community for All, a cross-cutting theme that will inform the other theme areas, is the first theme area tackled during the development of the Healthy City Strategy.

The vision for Community for All is "a city that is healthy, safe, active and inclusive for seniors, children and those with diverse abilities". The purpose of the Plan is to identify areas to adapt policies, plans and programs to respond to the current and evolving needs of our community.

The goal of the Community for All Action Plan is to reduce chronic diseases and social isolation through increasing health, physical activity, social connections, accessibility and equity. To achieve this goal, the recommendations focus on the following:

- **Inclusive Community – increase opportunities for social connections, physical activity and intergenerational activities;**
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- **Healthy Housing – enhance housing policies to increase the diversity and affordability of housing;**
- **Healthy Transportation Networks – prioritize active transportation and encourage mobility for all residents; and**
- **Healthy Food Systems – promote healthy eating through education, providing social opportunities and through connecting local farmers and residents.**

Actions within the plan are often targeted towards a combination of ages and abilities, as many actions will often provide co-benefits for seniors, children or those with diverse abilities, enabling them to be active and engaged within our community. Designing for all ages and abilities and emphasizing enablement rather than disablement is a prime characteristic of an age and ability friendly community. By planning and designing a city that incorporates the needs of seniors, children and those with diverse abilities, will create a healthy and vibrant city for all ages and abilities.

Planning with a lens that incorporates the needs of seniors, children and those with diverse abilities increases the equity of planning so that residents can have access to the same opportunities.

Many of the objectives and recommendations in this Action Plan align with several City Plans and programs that also have the goal of creating a future with stronger, connected and compact neighbourhoods with active, healthy citizens, including:

- Official Community Plan
- Community Climate Action Plan
- Pedestrian and Bicycle Master Plan
- Urban Centres Roadmap
- Strong Neighbourhood Program

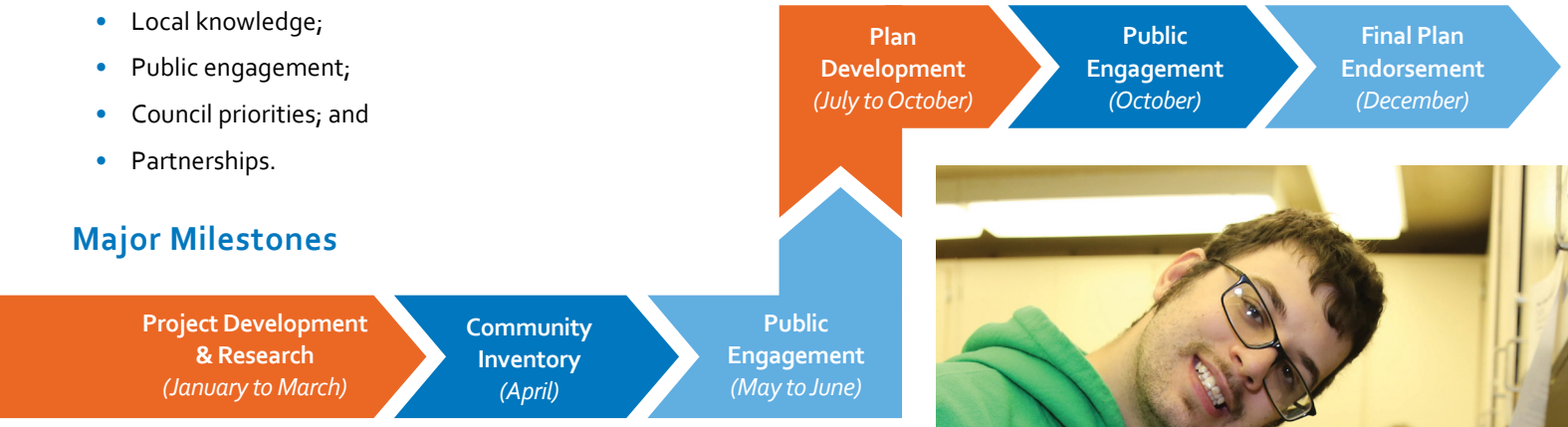
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Planning Process

The Community for All Action Plan used numerous inputs to ensure the development of a comprehensive action plan including:

- Health-related research;
- Best practices *(refer to Appendix A)*;
- Building on current policies, programs and services;
- Community successes *(refer to Appendix B)*;
- Local knowledge;
- Public engagement;
- Council priorities; and
- Partnerships.

Major Milestones





Community Inventory

In Kelowna, numerous valuable programs and services are available for seniors, children and those with diverse abilities. To capture collectively the existing strengths and assets that contribute towards the vision, a series of workshops were held with the Healthy City Strategy Steering Committee, City and Interior Health Technical Teams, the Stakeholder Advisory Committee as well as other community stakeholders.

Throughout this process, an extensive number of existing strengths and assets were captured. To view the snapshot of strengths and assets identified in the Community Inventory, refer to *Appendix B.*

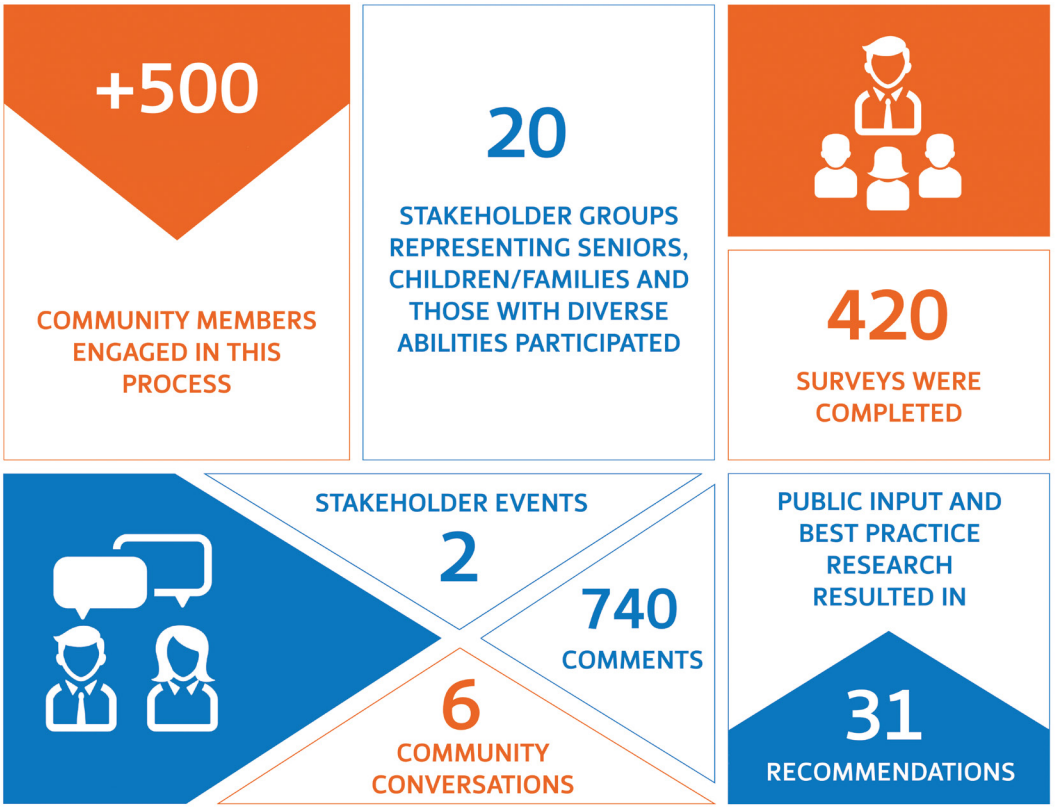
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Public Engagement

The City offered a variety of opportunities throughout the project to engage the public and stakeholders to gather their feedback. This feedback was used in conjunction with best practices to inform and shape the Community for All Action Plan.

Initial consultation occurred in May 2016 to gather input regarding successes, gaps and barriers and final engagement occurred at the end of the project to ensure the recommendations met the community's desires.

The initial community consultation primarily involved a public survey, four community conversation events, and a stakeholder workshop. Through these events, the project team engaged more than 500 community members.



Five versions of the survey were developed with questions tailored to seniors, caregivers of seniors, parents of children under 12, those with diverse abilities, and caregivers of those with diverse abilities.

Participants of the community conversations were directed to give feedback through a survey. More than 420 surveys were completed by respondents. The respondents were as follows:

- 44% were seniors and caregivers of seniors;
- 22% were parents or caregivers of children;
- 10% were people with diverse abilities and caregivers; and
- 24% "other" respondents (e.g., residents 50-64, parents of teens, those that work with seniors).

The community consultation included key questions to:

- Provide a snapshot of the community from an all ages perspective;
- Identify issues for improvement; and
- Generate ideas to make Kelowna a more age and ability friendly community.

Some key findings that emerged from the survey included:

- More than 80% of seniors, families with children and people with diverse abilities plan to continue to live in their current neighbourhood as they grow older:
  - 85% of all respondents said that walking routes in their neighbourhood help them be active;
  - 83% of parents of children under 12 said that nearby parks and public spaces help their children be physically active; and
  - 67% of caregivers of those with diverse abilities said that nearby parks and public spaces help the person in their care be physically active.
- Transportation and cost are key challenges to participation in community/social activities:
  - 42% of caregivers of those with diverse abilities identified transportation as a challenge to participating in more activities that connect them with others; and
  - 62% of parents of children under 12 identified cost as a barrier to their children participating in more activities that connect them with others.
- The top factors identified that will help residents be physically active are linked to amenities and services located within their neighbourhood. These factors include: walking and cycling routes, nearby parks, public spaces, amenities and services as well as access to healthy food, social connections and extracurricular activities.

The consultation questions asked all target groups to share ideas, big and small, that would improve their daily lives. The top priorities that emerged included: improving walking routes and bike paths, enhancing public transit, improvements to downtown, affordable housing and enhancing affordable activities.

Feedback was gathered regarding an inclusive community as well as each of the theme areas. In order to link the community conversations with the recommendations, the specific information gathered as well as best practices have been incorporated into each section of the recommendations.

Big Ideas from Public Engagement



The below table is a snapshot of the survey topics and the responses from each of the target groups.

SURVEY TOPICS	AGE & ABILITY FOCUS				
	Seniors	**Caregivers responding on behalf of seniors**	**Diverse abilities**	**Caregivers responding on behalf of people with diverse abilities**	**Parents of children**
Physically active 6+ times per week	55%	0%	64%	44%	66%
Good to Excellent overall health	89%	57%	86%	78%	96%
Access to healthy food choices	96%	71%	89%	100%	92%
Reasons for access to healthy food	Live in close proximity to grocery stories, access to farmers' markets and/or a desire to buy local	N/A	Live in close proximity to a grocery store and/ or have access to farmers' markets	Access to grocery store, gardens and/ or provided by caregiver	Live in close proximity to a grocery store and/ or have access to farmers' markets
Barriers to accessing healthy food	Cost	Low income	Cost barriers	Personal choice	Cost and lack of time
No barriers to being healthier	61%	43%	50%	44%	58%
Top barriers to being healthier	Health issues, limited mobility, cost, air pollution and/or living alone	Chronic disease and limited cognitive and/or physical ability	Mental, emotional and physical health issues and/or cost	Cost, physical ability and/or personal reasons	Cost, time and not enough access to safe activity corridors
Aspects of neighbourhood that help them be physically active	Walking routes, nearby parks and public spaces, nearby amenities/services/ shops, access to healthy food and neighbours	Health care, extracurricular activities, access to healthy food, nearby amenities/ services/ shops and family	Walking routes, nearby parks and public spaces, cycling routes, nearby amenities/ shops/ services and access to healthy food	Nearby parks and public spaces, walking routes, family and friends	Walking routes, nearby parks and public spaces, cycling routes, access to healthy food and family

Table continued ▶

SURVEY TOPICS	AGE & ABILITY FOCUS				
	Seniors	**Caregivers responding on behalf of seniors**	**Diverse abilities**	**Caregivers responding on behalf of people with diverse abilities**	**Parents of children**
Aspects of neighbourhood that could be improved to help them be more physically active	Better road and sidewalk maintenance, cycling routes, safe intersections, better transit service and health care	Nearby parks and public spaces, walking routes and family	Walking routes, cycling routes and nearby amenities/ services and shops	Sidewalks and walking routes, cycling routes, nearby parks and public spaces and nearby amenities, shops and services	Cycling routes, walking routes and nearby parks and public spaces
Plan to continue to live in current neighbourhood	88%	86%	82%	86%	82%
Plan to continue to live in current home	85%	86%	78%	83%	69%
Daily or more than once daily participation in an activity that connects them to others	67%	57%	31%	43%	46%
Programs or activities they would like to see offered (more)	Pickleball, community centres and cultural events and activities	N/A	Programs geared specifically for people with limited ability, including sports and events that bring people together	Social activities that are geared toward specific levels of diverse abilities	Free or low-cost activities geared toward children with special needs or physical limitations
Face challenges to participating in more activities	70%	86%	80%	100%	88%
Top barriers to participating in more activities	Cost and physical ability	Physical abilities, transportation and location of programs	Cost and not enough time	Cost, type of programs offered, not enough time and/or transportation	Cost and not enough time
Satisfied with current level of participation	78%	43%	65%	100%	71%

Public Engagement

Final consultation occurred in October, 2016 to review the recommended actions and determine the actions that will have the most positive impact, and to discuss the final name of the Plan. The final consultation consisted of three public engagement events including a community conversation with seniors, parents and those with diverse abilities, a stakeholder workshop and a public open house. Attendees included a number of residents specifically targeted to benefit from the plan including seniors, parents and people with diverse abilities. The majority of participants were interested and appreciative that a plan to address issues for seniors, children and people with diverse abilities will be implemented.



At each engagement event, participants indicated actions that will have the most positive impact on either themselves, their family or their organization's members. All of the actions were identified as being valuable. The top recommended actions that were identified throughout this process were:

1. Build on City policies that address housing needs (Healthy Housing);
2. Develop a Community Kitchen that facilitates eating, cooking classes and shared meals (Healthy Food Systems);
3. Enhance Communications and health service and community support information (Inclusive Community);
4. Expand the Seniors Contact program (Inclusive Community);
5. Integrate "Sport for Life" principles into policies, procedures and programs and work towards becoming a "Canadian Sport for Life" Community (Inclusive Community); and
6. Showcase entrepreneurial skills for people with diverse abilities (Inclusive Community).

The name of the Plan, Community for All Ages, was also discussed, as the name only addressed the ages of people, and did not include the abilities elements of the plan. The name most often highlighted in the community conversations was Community for All, as it is more accessible and inclusive of both age and ability. Therefore, the final plan name was decided to be *Community for All: Kelowna's All Ages & Abilities Action Plan.*

For a summary of the public engagement results, refer to Appendix C.



Community For All

Recommendations

The consultation and public engagement that occurred during the development of the Community for All Action Plan resulted in over 740 comments and/or ideas. Some of the ideas are already underway or identified in other City plans; some are slated to be reviewed during specific theme areas as the Healthy City Strategy is built out; and others are outside the scope of the actions in this plan as they are the responsibility of senior levels of government or are large vision ideas for future consideration. The remaining ideas were reviewed and grouped into themes.

The objectives that are included in this plan were derived from community conversations or from best practices and helped inform the development of 31 actions. These actions are categorized into themes inspired from the World Health Organization Age-friendly Guidelines *(Inclusive Community)* and from the Healthy Built Environment Provincial Toolkit *(Healthy Neighbourhoods/Natural Areas, Healthy Housing, Healthy Transportation Networks and Healthy Food Systems).*

Many of the actions are linked across several theme areas *(i.e. an action could create an inclusive community as well as a healthy neighbourhood)*. Additionally, many of the actions are linked across the target groups *(i.e. an action may benefit seniors, children and those with diverse abilities).*

There are significant connections between health and where people live, what type of transportation they use, what kinds of food they eat, how much physical activity they get and the social connections they have. Therefore, each section includes health information which provides some examples of the links between planning principles and health outcomes.



Community For All

Recommendations

Inclusive Community

Feeling included in our community and having social connections is essential to people's well-being. An inclusive community promotes social connections and values and promotes respect and social participation.

Kelowna's Mayor and Council strongly believe that Kelowna should be a community that is welcoming to all people. Council champions inclusiveness as a priority for Kelowna, as shown through Council's focus area: "ensuring a healthy, safe, active & inclusive community".

A healthy inclusive community supports people to maintain or to establish supportive and caring relationships through providing activities that promote physical and social well-being. Additionally, encouraging strong neighbourhoods creates attachment and increases involvement in our community.

Loneliness and social isolation in older adults has been shown to increase the risk of poor health outcomes and mortality compared to people who don't identify as lonely. The lack of social relationships in older adults has been shown as strong a risk factor for mortality as smoking, obesity or a lack of physical activity.[5]

Children's social connections, including parents, peers, teachers and neighbours, play a central role in their development. These connections promote mental health and can increase their well-being. Research shows that even one caring adult, can make a powerful difference in a child's life.[6]

[5] Perissinotto CM, Stijacic C, I, Covinsky KE. Loneliness in older persons: a predictor of functional decline and death. Arch Intern Med 2012 Jul 23;172(14):1078-83.
[6] UBC Human Early Learning Partnership, Middle Development Instrument, 2016.

Already Underway

Kelowna has numerous community organizations that offer recreational, educational, health and support services for residents. For example, the Seniors Outreach Services Society hosts weekly Coffee Breaks to provide a social opportunity for seniors to meet other seniors in their own neighbourhoods, and make connections.

People in Motion has a comprehensive online accessibility guide which helps users find accessible resources in the community, such as restaurants and things to do.



Recommendations:

The goal of the Inclusive Community recommendations is to increase opportunities for social connections, physical activity and intergenerational activities.

OBJECTIVE	ACTION	LEAD	DETAILS
Enhance communication of health service and community support information	Explore opportunities to enhance the communication of health services and health messaging	Interior Health	Find ways to promote health services across the community including linking Interior Health's information on the City's website.
Expand programs that identify and connect with isolated and vulnerable residents	Expand the Seniors Contact program	City of Kelowna (Community Policing)	Explore ways to expand on the Seniors Contact program, including on-going social connections and exploring ways to expand the program to include people with chronic illnesses and diverse abilities.
Promote physical literacy and activity to reduce chronic diseases such as obesity	Integrate "Sport for Life" principles into policies, procedures and programs and work towards becoming a "Canadian Sport for Life" Community	City of Kelowna (Active Living & Culture)	Physical literacy refers to the mastering of fundamental movement and sport skills. Sport for life increases motivation to be physical active from infancy through all phases of adulthood.
Foster intergenerational opportunities	Connect seniors and youth through after-school work programs	School District #23 and Seniors Outreach Services Society	Program to increase intergenerational opportunities.
	Develop a network of parents and community members to lead extracurricular clubs in schools	School District #23	Work with Central Okanagan Parent Advisory Council to connect parents and community members with schools.
Expand on programs and services to strengthen neighbourhoods	Create Neighbour Awards to foster neighbourliness and inspire connections between neighbours	City of Kelowna (Active Living & Culture)	Create through the Strong Neighbourhood Program.
	Continue to foster the social connection of neighbours and build capacity within neighbourhood based organizations	City of Kelowna (Active Living & Culture)	Create through the Strong Neighbourhood Program.
	Create a Neighbourhood Champion volunteer program	City of Kelowna (Active Living & Culture)	Create through the Strong Neighbourhood Program.

Table continued ▸

OBJECTIVE	ACTION	LEAD	DETAILS
Provide accessibility opportunities	Review and enhance the accessibility requirements in the Outdoor Event Permit application to improve accessibility at community events	City of Kelowna (Active Living & Culture)	Review parking and accessible features such as washrooms and parking.
	Expand the online Accessibility Inventory to increase awareness of accessible opportunities	People in Motion	Contingent on external funding.
Showcase entrepreneurial skills for people with diverse abilities	Provide opportunities for people with diverse abilities to showcase products and skills at community markets or events	People in Motion	People in Motion to survey their members to determine if there is interest.
Enhance information and resources available to the public	Explore the opportunity to enhance the information provided to residents, including new residents	Interior Health	Determine if additional health and community services information should be made available.
	Explore the opportunity to enhance the information and resources provided to new parents	Interior Health	Determine if additional health and community services information should be made available.



Community For All

Recommendations

Healthy Neighbourhood Design & Healthy Natural Environments

Neighbourhoods are places where people live, work, play and learn. How neighbourhoods are designed can influence transportation and food choices as well as social connections. Including safe and accessible parks and public spaces within neighbourhoods allows social connection with neighbours to develop and provides an opportunity to connect with the natural environment which is valuable to both physical and social well-being.

Seniors, children and those with diverse abilities benefit from age and ability friendly public spaces, including parks and City buildings. As the City moves towards creating an age and ability friendly community, it is important to assess the status of our existing City parks and buildings to create an inventory of prioritized changes to those spaces.

A healthy neighbourhood is compact and walkable, has a variety of land uses, enhances connectivity with transportation networks and prioritizes new developments within or beside existing developed areas.

A healthy natural environment includes connected open spaces and environmentally sensitive areas, opportunities to access and engage with the natural environment, reduced urban air pollution and mitigation of the urban heat island effect.

There is strong evidence that maximizing opportunities to access and engage with the natural environment can increase physical activity. Further, it has been demonstrated that parks and natural spaces can mitigate urban heat island effects, which can decrease heat related mortality and morbidity.

There is strong evidence that a neighbourhood that is walkable and has cycling infrastructure can increase physical activity levels, which can result in a reduction in obesity and an increase in social cohesion. New research also shows how walking and cycling friendly neighbourhoods are linked to a reduction in chronic diseases and lowered crime rates.



Already Underway

The City's Infill Challenge, the addition of new housing units to existing neighbourhoods, represents an important part of the City's overall strategy to combat the impacts of urban sprawl. By focussing growth in areas with existing infrastructure (e.g. roads, transit, parks), stronger neighbourhoods will be built, as these neighbourhoods will have access to daily services and a wider range of housing types.

The City of Kelowna has an inventory and maps of environmentally sensitive areas including 27 creeks, 278 wetlands, Okanagan Lake foreshore, grasslands and old growth forests.

The City of Kelowna recently implemented an accessible beach wheelchair program at two of Kelowna's beaches.

Recommendations:

The goal of the Healthy Neighbourhood Design and Healthy Natural Environments recommendations is to enhance City parks and buildings to ensure they are age and ability friendly.

OBJECTIVE	ACTION	LEAD	DETAILS
Focus on accessibility and safety in parks and public facilities	Conduct a Community for All Assessment in City parks with a focus on accessibility and safety	City of Kelowna (Infrastructure)	Assessments to consider safety and accessible features such as surfacing, seating, shade, lighting, washrooms and amenities. Contingent on funding.
	Conduct a Community for All Assessment in City buildings with a focus on accessibility and safety	City of Kelowna (Infrastructure)	Assessments to consider safety and accessible features such as washrooms, ramps, Hearing Loops. Contingent on funding.
	Promote all ages and abilities assessments to other organizations and businesses	City of Kelowna (Policy & Planning)	To encourage assessments beyond City parks and buildings.



Community For All

Recommendations

Healthy Housing

Homes are critically important to resident's health. Differences in housing, including location, quality, accessibility and affordability, can impact people's health either positively or negatively.

Healthy housing includes having affordable housing through various housing types, appropriate housing quality, and housing options for populations that may be vulnerable including the homeless, elderly, low income groups and people with diverse abilities.

Increasing access to affordable housing through various housing types can be linked to an increase in general health, food security, mental health and even a reduction in obesity.

Healthy Housing will be the next theme area of the Healthy City Strategy and will include the development of a Healthy Housing Strategy. This strategy will identify and prioritize housing needs and determine the most effective strategies to address those needs. Affordability and supply of housing, rental housing options and supporting housing needs related to the changing demographics, such as aging in place, will be included.

Already Underway

The City of Kelowna partners with BC Housing on a range of housing and support options for seniors, families and those with diverse abilities.

The City's Rental Housing Grant program, available to developers, encourages the construction of rental housing units. In 2016, the grant program was refined to more accurately reflect the cost of developing larger units and support the creation of more three-bedroom, family-oriented rental units.

Recommendations:

The goal of the Healthy Housing recommendations is to enhance housing policies to increase the diversity and affordability of housing.

OBJECTIVE	ACTION	LEAD	DETAILS
Build on City policies that address housing needs	Support the development of diverse housing types to meet the variety of housing needs in the community	City of Kelowna (Policy & Planning)	Healthy Housing will be the next theme area of the Healthy City Strategy. This will include the development of a Healthy Housing Strategy.
Promote energy efficiencies for lower income housing	Promote and encourage residents to apply for the Energy Conservation Assistance Program to help save energy and money	City of Kelowna	City of Kelowna to partner with FortisBC to promote this energy and economic savings program to the community.

Community For All

Recommendations

Healthy Transportation Networks

Transportation options allow residents to move around Kelowna as residents go about their daily lives. Transportation that is accessible, safe and available is a key issue for seniors, children and those with diverse abilities. Being able to get around is linked to social participation and access to community and health services.

A healthy transportation network has mobility options for all ages and abilities, has convenient and safe active transportation, prioritizes safety and encourages the use of public transit.

Safe, accessible sidewalks activate streets socially and economically and can increase residents' health. People who live in neighbourhoods with sidewalks are 47% more likely than residents without sidewalks to be active at almost 40 minutes a day.[7]

[7] *Sallis J., et al. "Neighborhood Environments and Physical Activity among Adults in 11 countries." American Journal of Preventive Medicine, Vol. 36, No.2*



Transportation choices can have an important impact on our health. Prioritizing active transportation and encouraging the mobility of all ages and abilities can help increase physical activity, which can lead to better physical health and well-being.

Making active transportation convenient and safe can lead to positive health-related outcomes such as an increase in social connectivity and a decrease in unintentional injury and obesity.

Already Underway

Kelowna currently has a walking and cycling network that includes 400 km of sidewalks, 300 km of bike lanes and 40 km of shared-use pathways.

There are numerous other healthy transportation actions underway including the Pedestrian and Bicycle Master Plan, the annual sidewalk program, conducting a handyDART review to determine current and future demands and the Safe Routes 4 Schools.

Recommendations:

The goal of the Healthy Transportation recommendations is to prioritize active transportation and encourage mobility for all residents.

OBJECTIVE	ACTION	LEAD	DETAILS
Support pedestrian and cycling programs and policies	Expand the student-led walking school bus program	School District #23	Work with individual schools to expand program to promote physical activity and reduce vehicle pollution.
	Expand the Bike Recycle program in schools	School District #23	Bikes are provided from the landfill and refurbished by students for students to use as transportation.
	Enhance cycling safety program through infrastructure improvements	City of Kelowna (Integrated Transportation)	As part of the Pedestrian and Bicycle Master Plan implementation.
	Enhance communication and awareness for the pedestrian and bicycle network and roadway safety for all users	City of Kelowna (Communications & Integrated Transportation)	As part of the Pedestrian and Bicycle Master Plan implementation.
	Expand wayfinding signage network	City of Kelowna (Integrated Transportation)	To increase users' knowledge and confidence of cycling routes. Contingent on funding.
Support accessibility and mobility	Review and update infrastructure policies, bylaws and guidelines to ensure accessibility features are incorporated	City of Kelowna (Infrastructure Delivery)	Review will include current practices related to lighting, traffic signals (countdown timers, crossing times, audible pedestrian crossings), sidewalks and crosswalk conditions, street furniture and amenities.
	Conduct an accessible parking program review	City of Kelowna (Parking)	Review the permit exemptions to improve availability of accessible parking stalls.
	Provide real-time GPS bus location and schedules	City of Kelowna (Integrated Transportation) and BC Transit	To increase transit users' knowledge and confidence of transit. Contingent on funding.
	Redevelop a travel training program to encourage people to use transit as an alternative to accessible transportation	City of Kelowna (Integrated Transportation)	Training for seniors and people with diverse abilities to encourage increased use of conventional transit.
	Implement a program specifically for accessibility infrastructure retrofits	City of Kelowna (Roadways)	Retrofit opportunities may include sidewalks enhancements and curb cuts. Contingent on funding.

Community For All

Recommendations

Healthy Food Systems

Food systems determine what food residents have access to and how people choose their food, both of which are critical to health. Planning can influence local food production which can impact the accessibility, quality and variety of food available.

A healthy food system includes enhanced agricultural capacity, increasing access to healthy foods in all neighbourhoods and improved community-scale food services.



Increasing access to healthy foods is aligned with an improved quality of diet and a reduction of obesity. Improving community-scale food infrastructure and services such as community kitchens is linked to an increase in social skills, social supports, community empowerment, healthy behaviours and coping skills. New research shows that school gardens increase food skills and the quality of children's diets.

Already Underway

The City is currently updating its Agricultural Plan to provide direction for protecting and promoting the over fifty-five per cent of land zoned agricultural in Kelowna.

Kelowna has an active Farmer's and Crafter's Market as well as numerous community gardens, both which promote healthy, local food.

The City, Interior Health and UBC have agreed to work together in 2017 to research 'food desert' areas in Kelowna to determine locations that have vulnerable food access.

Recommendations:

The goal of the Healthy Food Systems recommendations is to promote healthy eating through education, providing social opportunities and through connecting local farmers and residents.

OBJECTIVE	ACTION	LEAD	DETAILS
Provide opportunities for healthy food, nutrition and healthy cooking	Connect local farmers with the community	City of Kelowna (Community Planning)	Explore opportunities to connect farmers with community events.
	Develop a Community Kitchen that facilitates eating, cooking classes and shared meals	Pathways Abilities Society	To increase healthy food choices, nutrition and social connections. Contingent on funding.
	Promote a nutritional focus in City recreational programs and concession and vending machines in City-owned facilities	City of Kelowna (Active Living & Culture)	Incorporate into existing fitness programs and ensure guidelines for healthy food choices are followed within concession and vending machines in City-owned facilities.

Community For All

Next Steps

The next steps for the Community for All Action Plan include:

- Implement the Plan
- Monitor and report
- Foster an All Ages and Abilities culture

Implement the Plan

The Community for All: Action Plan recommends 31 actions to be either explored or implemented in the next two years. Some of the recommendations within this Plan are contingent on additional funding through grants or budget submissions. Funding for projects can exist through a variety of opportunities and will be explored as the actions move forward.

The City of Kelowna will lead 21 these actions and service requests will be created to ensure implementation.

The strength of the Community for All Action Plan includes the collaboration and partnerships with, and commitment from, key community stakeholders. The implementation of the remaining 10 actions will require the combined efforts of our community. Interior Health, School District #23, Pathways Abilities Society, People in Motion and Seniors Outreach Services Society have agreed to lead one or more of the recommended action(s). Additionally, numerous other community stakeholders have expressed interest in supporting the recommended actions.

The City of Kelowna will support the implementation of all the actions with continued support and commitment from the Healthy City Strategy Steering Committee and the Community for All Stakeholder Advisory Committee. Cooperation and dedication will be required by all the partners and the community throughout the implementation phase.

Some of the action items identified in this Plan are short-term and will lead to new long-term commitments. For instance, the City parks and buildings assessments will be completed in the short-term. These assessments will create long-term actions that are required to ensure that the City parks and buildings are suitable to meet the needs of seniors, children and those with diverse abilities.



Monitor and report

This Plan will be a living document that is revisited twice a year to establish priorities, monitor completed and ongoing actions, evaluate outcomes, access further opportunities and adapt to new information.

In 2017 and 2018 there will be annual reporting to Council and the public on the progress and status of the recommendations.

Foster an All Ages and Abilities Culture

Local government, health authority, stakeholders and residents collectively need to develop a culture of all ages and abilities. In order to foster this culture, it will be important to include an all ages and abilities lens to community issues, outside of the Community for All Action Plan.

The City of Kelowna will continue to foster relationships with seniors, parents and those with diverse abilities to incorporate their needs into the recommended actions and future projects.

Community For All

Appendix A: Resources & Best Practice

This section identifies and provides a brief summary of key Community for All resources and best practices.

Healthy Built Environment Linkages Toolkit (2014)

- The Provincial Health Services Authority created the Healthy Built Environment Linkages Toolkit to link design, planning and health. Kelowna's Healthy City Strategy is being built in alignment with the theme areas, research and evidence in the Toolkit.

Global Age-Friendly Cities: A Guide (2007)

- World Health Organization (WHO) developed a Global Age-Friendly Cities Guide that identifies eight key features of an age-friendly society. This guide provides a high-level framework that has been adopted by the international age-friendly community to respond to the needs of an aging population.

Becoming an Age-Friendly Community (2011)

- The Province of British Columbia developed a local government guide to provide a step-by-step process to help communities carry out successful age-friendly initiatives, from carrying out assessments to developing actions plans. The recommendations within the guide are based on lessons from previous successful age-friendly projects in BC.

Planning for the Future: Age-Friendly and Disability-Friendly Official Community Plan (2010)

- Official Community Plans (OCPs) outline goals and policies that provide the framework for decisions and shape the way communities are built. Considering the experiences of people with disabilities and seniors when developing or updating OCP's is an important way to improve accessibility and inclusion in a community. Planning for the Future: Age-Friendly and Disability-Friendly Official Community Plans was developed by Smart Growth, Union of BC Municipalities, BC Ministry of Healthy Living and Sport, Measuring Up the North Initiative.

Measuring the Age-Friendliness of Cities: A Guide to Using Core Indicators (2015)

- Public Health Agency of Canada created the Age-Friendly Communities Evaluation Guide which provides communities with practical information on how to use indicators to measure progress and evaluate their age-friendly initiatives. The guide offers a list of specific, measurable indicators that are applicable to the eight pillars of age-friendly communities, as well as four other indicators that reflect longer-term health and social outcomes for seniors as a result of age-friendly programming.

Age-friendly Community Evaluation Guide: Using indicators to measure progress (2015)

- World Health Organization Centre for Health Development developed Measuring the Age-Friendliness of Cities. This guide sets forth a framework and a set of core and supplementary indicators to inform the selection of indicators to monitor and evaluate progress in improving the age-friendliness of urban environments. The guide also includes references and additional resources, such as examples of local initiatives to develop indicators for measuring the age-friendliness of communities.

Community For All

Appendix B: Community Inventory

The Community Inventory is a snapshot of current City and community services that are strengths and assets for a Community for All. This inventory includes policies, programs and services that contribute towards the vision of "a city that is healthy, safe, active and inclusive for seniors, children and those with diverse abilities".

This is a snapshot summary of program and services and is not meant to be an all-encompassing document.

Inclusive Community

- Navigator Service – The City of Kelowna and Interior Health have partnered together on the Move for Your Health Programs and Navigator Service. The intent of these initiatives are to encourage individuals to self-manage their health condition(s) and provide them with the support needed to bridge the gap between acute care and community services. Programs such as chronic pain, caregiver support, diabetes awareness, stroke, heart and kidney sessions are offered.
- Recreation programming - The City of Kelowna and community partners offer strong recreational programming for residents of all ages and abilities at multiple locations throughout the city, including recreation centres (e.g. Parkinson Recreation Centre, H2O Adventure + Fitness Centre, Kelowna Family YMCA) and partner locations. The City provides free access to caregivers of diverse abilities at Parkinson Recreation Centre.
- Physical literacy - The City's Active Living & Culture Division incorporates physical literacy into its program delivery. The City of Kelowna is also working towards integrating Sport for Life principles into procedures and plans and is working towards becoming a Sport for Life Community.
- A GP for Me – This program is a province-wide initiative, locally managed through the Central Okanagan Division of Family Practice, that aims to strengthen the primary care system, particularly for those 65+ (with a focus on the frail, complex, and marginalized). Their approach includes improving physician/patient relationships, expanding community services, developing a physician matching registry for unattached patients over 65, and establishing a Mobile Assessment Unit to direct them to local physicians or services.
- Central Okanagan Family Hub – The Family Hub is a one-stop-shop centered around meeting the needs of children and their families and caregivers through access and referrals to services, supports, information, and resources in the community or online. The intent of the Family Hub concept is to create a place for social connection for families and to meet their needs of integrated service delivery and access.



- Drop-in and day programs – programs for seniors and those with diverse abilities are offered through Interior Health, Seniors Centres, Salvation Army, Seniors Outreach Society and recreation centres.
- Mental Health programs - The Canadian Mental Health Association (CMHA) provides a wide range of innovative services and supports to people who are experiencing

mental illness and their families. CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.

- Childminding Services – H2o, Parkinson Recreation Centre, and YMCA recreation centres offer on-site childminding for parents to utilize while participating in programs. Time of childminding varies per centre.
- United Way – This non-profit works to advance the common good by focusing on vulnerable children, adults, and seniors. The United Way works on the premise of building blocks for a good life: quality support for children leads to confident adults; help for vulnerable adults and families makes your community stable; and healthy seniors are happy, more independent and enjoy a better quality of life.
- Karis Support Society – For people struggling with life altering addictions and mental health conditions, Karis provides a safe home, support throughout recovery, and life skills development.



- School District 23 "Financial Hardship Clause" – This policy states "that a student will not be excluded from any educational program due to financial hardship". This clause in the School District Regulations provides for the private and confidential consideration of financial circumstances of individual students and families, while preserving the dignity of families who may be unable to pay.
- StrongStart – Children aged 0-5 years can participate in this free drop-in early learning program). Developed in partnership with the BC Ministry of Education and local school districts, the program's goals include starting an education partnership between families and schools, providing developmentally appropriate activities that can transfer from StrongStart to home, educating parents and caregivers about children's development milestones, and providing recognition that learning happens through play.
- MEND (Mind, Exercise, Nutrition, Do it!) – This non-profit organization's mission is to inspire children, families, and adults to lead and sustain fitter, healthier, and happier lives. MEND is focused on changing the behaviors that cause overweight persons and obesity and empowering 7-13 year olds, with the support their families, to reach and maintain a healthy weight.
- Healthy Together© (HT) – Hosted locally by The Bridge Youth & Family Services, this national initiative engages children and youth and their caregivers, to promote healthier weights and build relationships among the families. HT is a culturally sensitive, asset based family centered program that is offered through weekly group sessions. Each session provides hands-on learning opportunities for participants to gain information, skills and experiences, to support them in making healthy food choices and engaging in fun physical activities.
- Meals on Wheels – This non-profit organization provides hot meal delivery service up to 3 times each week in Kelowna, Rutland and the Westside to shut-ins due to physical or mental disabilities and seniors.
- Hands in Service – This non-profit organization provides simple food preparation at no cost for those in our community under the age of 65 who have health concerns or disabilities that limit basic activities and partners with local food banks to deliver regular food hampers.

Appendix B: Community Inventory

- Kelowna Community Resources (KCR) – This not for profit agency fosters diversity, collaboration and resourcefulness by tailoring services to meet community, family and individual needs. KCR provides an online tool to search, including the Seniors' Health Online Search Tool, for community programs and services, volunteer opportunities, publications, and workshops that encourage participation, self-reliance, and independence. Also available is the Seniors Health Guide, Children and Youth with Special Needs Resource Guide, and information on community services, family services, adoption services, immigrant services, and employment services.

- FETCH Central Okanagan – The Central Okanagan Division of Family Practice and Kelowna Community Resource have on an online search tool called "For Everything That's Community Health". Information such as health services, mental health and community services are also available online.

- Health Link BC – this online resource provides information on healthy eating, mental health, wellness and connects residents to nurses, dieticians and pharmacists.

- Interior Health Home & Community Care Services – Interior Health's Home and Community Services offers a variety of at-home and community services to people with acute, chronic, palliative or rehabilitative health care needs.

- City of Kelowna Financial Assistance for Recreation – The City of Kelowna reduces financial barriers for families and individuals by providing three financial assistance options:
  - Recreation Opportunity Funding
  - Recreation Opportunity Coupons - distributed through wellness and social agencies
  - Access Passes for persons with a permanent cognitive or physical disability.

- The City of Kelowna Recreation and Cultural Services – Philosophy/Fees & Charges Policy and Conditions of Use & Allocations Policy and Fees & Charges Bylaw guide the overall system of fees, charges and facility allocations for recreation and cultural services.

- Everybody Gets to Play – This initiative was launched through the Canadian Parks and Recreation Association to make recreation more accessible to low-income families. Everybody Gets to Play Okanagan is an extension of that initiative, with an expanded focus to include every member of the community. The website is a resource for individuals, families, and the organizations that support them, to search for information on free and low-cost activities available in the community.

- Park & Play program – During the summer months, this City run program encourages families with children to be active with a focus on connecting neighbourhoods to each other and their surroundings.



- The City has an Accessibility Measures for Hotels and Motels Policy to provide guidelines for hotels and motels to better accommodate people with disabilities.

- Hearing loops – The City has installed a Hearing Loop in Council Chambers and plans to install another at Parkinson Activity Centre to improve the experience and participation for those with hearing aids.

- Social connectedness and participation – Opportunities exist through numerous organizations including, but not limited to, the City of Kelowna's recreational programming, Kelowna Families Clubhouse, School District #23 Wheels program, Hands in Service, Pathways Abilities Society, People in Motion, Seniors Outreach Centre and places of worship.

- Parks Alive – Festivals Kelowna presents live concerts and

other arts-based activities throughout July and August. Entertainment is family-friendly and suitable for people of all ages and taste.

- Pathways Kelowna – This Society provides a range of social, recreational, residential, and career programs and opportunities for people with developmental disabilities.
- Cool Arts Society – This Society offers arts programs for adults with disabilities.
- People in Motion – provides access to adaptive sports programs and adaptive sports equipment to people with disabilities.
- CRIS Adaptive Adventures – The Community Recreational Initiatives Society (CRIS) is a non-profit and charitable organization that uses adaptive equipment, enabling people of all abilities to interact with the outdoors.
- Accessible Okanagan – This group of people with physical disabilities creates community for people with physical disabilities. They coordinate a variety of social gatherings and encourage the involvement with the programs already available within the Okanagan.
- Seniors Outreach Society – The Society hosts Senior Coffee Breaks to provide a social opportunity for seniors to meet other seniors in their own neighbourhoods, and make connections.
- Children's programming – the Okanagan Boys and Girls Club and Big Brothers Big Sisters of the Okanagan support children in the Okanagan through programming and events.
- Immigration support – Kelowna Community Resources has Settlement Workers who assist immigrants and refugees to identify and assess needs and barriers and provide information, options and referrals to relevant services and resources within the community.
- Website Accessibility – The City of Kelowna's website has been revised to make include Web Content Accessibility Guidelines to make it more accessible for users.
- People in Motion's Accessibility Guide – This comprehensive online accessibility inventory for the Central Okanagan helps users find accessible resources in the community including hotels, restaurants and things to do.
- Senior Contact Program – Offered by Community Policing, this free 'check-in' service is for isolated and vulnerable seniors. The RCMP contacts each registrant briefly by telephone each day, in order to verify their safety status.
- Technology sessions – Seniors Outreach Society host weekly technology sessions where seniors can learn about technology.
- Seniors Safety Fair – Seniors Outreach Society hosts an annual Seniors Safety Fair during World Elder Abuse Awareness Week in June. This free event facilitates many different community organizations and businesses to come together in one space to inform, educate, and protect seniors.
- Society for Learning in Retirement (SLR) – SLR is a voluntary non-profit, equal opportunity organization meeting the educational interests and needs of retired persons in the Central Okanagan. SLR is open to all 50+ retired and semi-retired persons who share a love of the camaraderie of learning regardless of their formal education and offers peer teaching and learning.
- CATCH (Community Action Towards Children's Health) – CATCH is a Community Collaborative working together for the healthy development of children in their early years in the Central Okanagan. CATCH is involved in community education, awareness and advocacy.
- Directory of Community Services – Kelowna Community Resources has an online Calendar of Community Events that is color coded for educational, free/low cost, kid friendly, and fundraising.
- BC Seniors Guide – The Province of BC produces a BC Seniors' Guide which is a compilation of information and resources to help seniors plan for and live a healthy lifestyle. It includes information on provincial and federal programs, with sections on benefits, health, lifestyle, housing, transportation, finances, safety and security, and other services. This guide is available in English, French, Punjabi and Chinese.
- Engage Policy – The City's *Public Engagement Guiding*

Principles includes inclusiveness where public dialogue and decision-making processes, reach out to, and encourage participation of the community. There is an effort to accommodate diverse needs, background, values and challenges within the engagement process.

- Strong Neighbourhood Youth Development & Engagement Grant – The City offers a matching grant of up to $1,000.00 designed to empower youth (aged 13-19) to participate in civic engagement, receive mentorship, and shape their neighbourhoods by leading neighbourhood enhancement projects.
- Volunteer Opportunities – Citizens can volunteer at a variety of community organizations such as KCR, Seniors Outreach Society, Pathways Abilities Society, and the City of Kelowna. An annual Okanagan Volunteer Opportunities Fair is held every September.
- Snow Busters and Snow Buddies – The City's Snow Busters program and Seniors Outreach Society Snow Buddies program encourage and recognize residents that help others, including seniors, to clear snow in their area.
- Pathways Abilities Society and Neil Squire Society – These organizations provide opportunities for persons with disabilities to deliver services with a focus on assisting individuals to secure employment as well as entrepreneurial skill development.
- Kelowna Community Resources (KCR) Employment Services – KCR has two no-cost-to-participant programs dedicated to helping those who are unemployed explore and move forward with their career options. This department helps connect people to other community services including, but not limited to, Community Living British Columbia (CLBC), Ki-Low-Na Friendship Society, TIER Support Services Ltd., Skilled Trades Employment Program and Community Futures Development Corporation of Central Okanagan
- REnEW Employment Training Program – The John Howard Society partners with Fortis BC to offer Residential Energy and Efficiency Works. REnEW is an innovative employment training program that specializes in energy efficiency and prepares individuals with barriers to employment for entry-level construction, building maintenance, or use as a basis for further education.
- Project Literacy Kelowna Society – this Society provides free of charge one-to-one tutoring for adults seeking to improve their language and math skills.

Healthy Neighbourhood Design & Healthy Natural Environments

- Strong Neighbourhood Program – The City is focused on increasing citizen level of attachment to the community by being a catalyst in inspiring neighbourhoods and fostering a culture of connection and engagement.
- Senior's Societies – The City has three service delivery agreements with senior's societies (Parkinson, Rutland, and Mission) who deliver programs, social engagements, and events for seniors in their respective activity centres throughout Kelowna.
- Neighbourhood programming – City and School District 23 partner together to utilize schools for community and recreational programming through four joint-use agreements (Watson Road Elementary, Bankhead Elementary, OKM, and South Kelowna Elementary) as well as programming in over 12 other schools. For example, Family Active Nights encourages parents and students to participate in an evening of games in the school gymnasium through the Fall and Winter.
- Family Events – The City's Active Living & Culture Division has numerous programs and events that engage the entire family in physical activity and social connection, including Active by Nature, Family Active Nights, Dancing in the Park, Park & Play, BC Family Day events, and other parent/child participation programs.
- Active by Nature – This City program highlights and provides resources to explore its extensive network of pathways, shared trails, roadways, parks, and beaches.
- Neighbourhood parks – The City has a strong network of neighbourhood parks, protected green spaces, and trails and has a Linear Parks Master Plan to guide development of linear parks. Kelowna parks provide a wide variety of activities for participants of all ages including pickleball, tennis, sports fields, hiking, trails and a seasonal ice rink at Stuart Park to name a few.
- Nature walks and hikes – Regional District of the Central

Okanagan Parks and Central Okanagan Naturalists Club offer free guided nature walks and hikes.

- Parks and Public Spaces Bylaw – Effective since 2011, this bylaw prohibits smoking and vapour products including electronic cigarettes in all Kelowna parks, including beaches, trails, playgrounds, sports fields and stadiums.
- Outdoor Fitness Circuits – Kelowna has two community outdoor fitness circuits, one at Parkinson Recreation Centre (City of Kelowna) and one at Dr. Knox Middle School (School District #23).
- Universal Playgrounds – Kelowna has three universal playgrounds which are accessible and inclusive. The playgrounds are located at Parkinson Recreation Centre, Rutland Centennial, and Ben Lee Park.
- Accessible beach wheelchair program – City Parks has implemented an accessible beach wheelchair program at Rotary and Gyro Beaches for people to be able to go down to the water. A beach wheelchair ramps is also available at Strathcona Park.
- NeighbourWood Program – The City's NeighbourWoods Program encourages residents to enhance Kelowna's tree canopy to enhance the natural environment and community health.
- Block Watch Program – This program is a partnership between police and citizens that draws on members of the community for help in preventing and reducing neighbourhood crime.

Healthy Housing

- Rental Housing Grant – The City's Rental Housing Grant program is available to developers to encourage the construction of rental housing units. In 2016, the grant program was refined to more accurately reflect the cost of developing larger units and support the creation of more three-bedroom, family-oriented rental units.
- Housing Strategy – Kelowna's Housing Strategy identifies twenty-five policies, zoning and procedural recommendations regarding the City's approach to housing supply.
- Housing support – A range of housing and support options for seniors, families and those with disabilities is offered through BC Housing. The City of Kelowna has an Affordable Housing Resources Bulletin that connects residents with the appropriate resources and local organizations that specialize in housing.



- Energy Conservation Assistance Program – This FortisBC program provides lower income residential customers with a free home energy evaluation, energy-saving products and advice.

Healthy Transportation Networks

- Pedestrian and Bicycle Master Plan – This plan's goal is to create a balanced transportation network where walking and cycling are established as alternative to driving. This plan builds on the City's network of bike lanes, sidewalks, cycle tracks, multi-use paths and off road trails.
- Accessible Parking Stalls – Accessible parking stalls are located in a variety of locations in the urban core. A map showing these locations is available at kelowna.ca.
- smartTRIPS – The City and its regional partners offer a number of smartTRIPS programs to promote and facilitate use of active transportation, transit and carpooling. Examples include subscribing to Carpool.ca ride matching service, the Transit Class Rides Free Program, Companion

Pass Program, Pro Pass and U-Pass, a Cost Shared Bicycle Rack Program, public Bicycle Locker Program to name a few. Additionally, community based programming is delivered annually to support citizens who choose to, or are interested in travelling by active modes – eg. Bike to Work and School Week.

Kelowna Regional Transit – This partnership between BC Transit and municipal governments operates a fully accessible fleet and provides conventional transit service throughout the Central Okanagan. There are 27 routes, 100 buses and over 190,000 hours of service annually. The Transit Riders Guide provides a summary of the fees and routes.

- handyDART – The Kelowna Regional Transit System also operates handyDART, a specialized transit service, that has accessible, door-to-door shared transit service for people with permanent or temporary disabilities that prevent them from using fixed-route transit without assistance from another person. The service is provided throughout the Central Okanagan, approximately 36,000 hours of handyDART service are provided annually.
- Sustainable Transportation Partnership of the Central Okanagan (STPCO) - A formal partnership of the City of Kelowna, City of West Kelowna, Districts of Lake Country and Peachland, Westbank First Nation and the Regional District of Central Okanagan. The partnership coordinates the regional delivery of sustainable transportation programs, planning and projects in support of common regional policy, plans and interests.

Healthy Food Systems

- Community Gardens - The Central Okanagan Community Gardens Society partners with the City and other organizations to provide numerous community gardens within Kelowna including some that have accessible garden plots
- Healthy Food and Beverage Program – This program was developed and followed provincial guidelines to support healthy food and beverage choices in food concessions and vending machines in City facilities. Since first implementing the program in 2005, numerous improvements have been made.
- Central Okanagan Community Food Bank – The Food Bank is dedicated to providing much needed food and support to those living in Kelowna and West Kelowna.
- Kelowna Farmers' and Crafters' Market – The market provides residents with access to local food and crafts year round through their outside location for spring, summer & early fall and inside at Parkinson Recreation Centre over the winter months.
- Central Okanagan Food Policy Council – This group of citizens are working towards a food secure Central Okanagan by implementing programs such as the Food Forest.
- Okanagan Fruit Tree Project – The project is aimed at building community through harvesting local food, whereby volunteers work with community members and landowners to harvest fruit and distribute to receiving organizations.
- Health Promoting Schools Policy –This School District #23 policy emphasizes students becoming health literate and schools to be healthy and safe places for students. Through a partnership between the School District and Interior Health, there are two Health Promoting School Coordinators that actively promote this policy through programming.
- Guidelines for Food and Beverage Sales – School District #23 has implemented Guidelines for Food and Beverage Sales in all local schools to create a culture of healthy eating throughout the school community.
- BC School Fruit and Vegetable Nutritional Program – This program provides fresh fruit and vegetable snacks to public and First Nations schools throughout BC.

Community For All

Appendix C: Public Engagement Summary

The City offered a variety of opportunities throughout the project to engage the public and stakeholders to gather their feedback. This feedback was used in conjunction with best practices to inform and shape the Community for All Action Plan.



Initial consultation occurred near the onset of the project to gather input regarding successes, gaps and barriers and final engagement occurred at the end of the project to ensure the recommendations met the community's desires.

The initial community consultation primarily involved a public survey, four community conversation events, and a stakeholder workshop. Through these events, the project team engaged more than 500 community members.

Five versions of the survey were developed with questions tailored to seniors, caregivers of seniors, parents of children under 12, those with diverse abilities, and caregivers of those with diverse abilities.

Participants of the community conversations were directed to give feedback through a survey. More than 420 surveys were completed by respondents. The respondents were as follows:

44% were seniors and caregivers of seniors

22% were parents or caregivers of children

10% were people with diverse abilities and caregivers

24% "other" respondents (e.g., residents 50-64, parents of teens, those that work with seniors)

The community consultation included key questions to:

- provide a snapshot of the community from an all ages perspective,
- identify issues for improvement, and
- generate ideas to make Kelowna a more age and ability friendly community.

Appendix C: Public Engagement Summary

Identifying opportunities to ensure healthier seniors provides co-benefits to children and residents with diverse abilities enabling them to be active and engaged within our community.

The results of the survey gathered online and in-person were based on self-selected participants and are not considered statistically valid.

In addition to the responses shown in the chart on page 14 of the report, all target groups were asked to share ideas – big and small – that would improve their daily lives.

Residents were asked which small changes could be made in Kelowna today and 199 responses were received. The top five small ideas included: improving walking routes, enhancing activities for seniors, increasing affordable programs for seniors and children, adding more bike paths and augmenting bus service.

What small changes could be made in Kelowna today to improve your daily life tomorrow?

SMALL IDEA RESPONSES
Off leash dog parks in my nieghbourhood
Clean up City Park, maintain better. Homelessness issue: visual and social issue, for entrance to City
Free parking for the downtown library
Improve connection between disabled people, groups, Directory of accessible business: , award system for businesses with accessibility, part of business license
Improved access to produce at food bank, Transportation options
Irregular sidewalks, sidewalk maintenance, Potholes at corners a hazard for walkers, Longer crossing times, More community policing - particularly in downtown
Left turn advanced light at Union and Snowsell for NGE school safety, Improved safety for public transportation
No cycling on the sidewalk! Better cycling infrastructure
Painted lines for Pedestrian & Cycling lanes created on waterfront path, Wait times too long in emergency
Sidewalk cut-aways - great where they are but need more, Parking for side - same (wide)
Take care of homeless and panhandlers, create fear and anxiety, Step up Community Policing of drug-related activity
More extracurricular teams for not fully disabled
A public playground / park in residential downtown. Play structures added to Martin Street Park or Knowles Park.
Accessible parking for driver to access ramp, esp Bernard where I have to get out into traffic as a wheelchair user and driver, got sprayed with snow in winter
Affordable activities
Affordable housing
BUS ROUTE
Being outside in nature
Better & more cycle routes
Better acoustics in restaurants and at SLR.
Better cycling paths!
Better public transit. Ride sharing co-ops in every neighborhood. Bike sharing. Immediate action to establish community food forests in every neighborhood.
Better traffic flow, noise barriers, safe locations for activities
Bicycle safety - car awareness
Bike rider education
Can not really think of anything... seems pretty good at this point!
Cheaper utilities. Cheaper rent. More activities/sports nearby and lower prices. Cheaper transportation.
Clean, safe parks and beaches
Closer library
Community gardens, more on-leash parks, enhance public spaces
Complete a fully functional Eye Care Centre at the Hospital - specialists; testing; surgeries. Growing population of over 50s who need all types of eye care options instead of always traveling to Kamloops or Vancouver. Long waits to see specialists. Some eye procedures prevent travel for a day or so & sometimes a week - so why not have it available here in the Valley
Doctors needed.
Drop-in centres for elders to go for connection with others.
Electric small, double length "tram"
Enforce traffic laws on Abbott Street south of the hospital. People drive dangerously and endanger those using this popular "activity corridor."

Table continued ▸

Appendix C: Public Engagement Summary

SMALL IDEA RESPONSES
Ensuring ALR is protected to keep farming close to residential areas. The connection for kids between the food they eat and where it comes from is very important for healthy living.
Establish a permanent farms market.
Extremely happy with everything!
Farmers market in the South Pandosy, Lower Mission area. Inexpensive access to fitness centre
Fenced in parks
Group activities for learning to ride bikes
Have a place to call home
Healthier food at free events; ie: fruit and water not juice and hot dogs
I suppose if a bus were to come up and down Poplar Point Drive it would be great, but I don't think there is enough "bus space".....
Improve Mission bus system.
Allow more distribution of shops and pubs so we don't always need to drive.
Improve bus service, more childcare options and preschool
Improve road access so that we don't have to have cars constantly drive by our home
Improve the quality of sidewalks in the core area of the city. Too often the sidewalks are broken down and the area between the sidewalk and the paved street is just a mess of dirt and gravel and weeds. You just don't see this in other serious big cities - the population wouldn't stand for it. What is happening on Ethel (and previously on Cawston) is an excellent example of the kind of improvements that can be made. Please continue this kind of good work.
Improve transit
Improving walk-ability. Further expanding on the great multi-use corridors would be fantastic. Our family uses these almost every weekend and often during the week for recreation and commuting.
Inspect all buildings for handicapped doors and ramps etc and parking. Even City buildings -try the Community theatre!!
Legal safe bike access to UBC!
Less construction and more parking spaces.
Less smoking and more enforcement of bylaws on beaches and parks
Less traffic
Let anyone play music publicly
Maintain and/or reduce my taxes so that I had more money left over at the end of the day to spend on my loved one to whom I provide care.
Make bike helmets optional. Those who grew up biking everyday around town, did so in a "respect cars" kind of environment, at slow speeds and people were not harmed. The new culture of riding your bike at fast speeds, especially downhill, around corners is the reason helmets have been implemented. A careful bike rider doesn't need a helmet, and it takes away from the enjoyment familiar from many past years use.
Make tomorrow a holiday lol
More activities in the summertime for disabilities
More activities, particularly downtown
More affordable kids activities.
More after school activities
More closer parks-less traffic-quiet
More connection for newcomers - Welcome Wagon
More events like Family Fun Day
More green space and cleaning up downtown area full of transients
More handy dart buses.
More recreation in Glenmore
More separated bike routes and clear indicators to drivers at street crossings to watch for bikes.
More shops closer to home (coffee shops, etc)
More small scale commercial zoning encouragement within "pocket" single family communities. This push on zoning (OCP) will allow for a reductions in traffic congestion. I don't live in McKinley nor Kettle Valley but people will drive less if boutique groceries, liquor store, pizza place, ATM/small bank are at their community cores. If I lived in McKinley and forgot to pick up a jug of milk....There goes 45 min, kids are drinking water today...oh hold on... I live in GEID (I don't thank goodness)...
More space for community gardens and available garden plots.
More support from the City of the Rutland Centres. This could possibly be street beautification, sidewalks or paved shoulders along Rutland Road. Support to developers to create interesting and appealing residential development. Example/ recent developments resemble low cost row housing (corner of Hartman). Support to small business to open in more accessible locations other than primarily Midtown, downtown and the Mission.

Table continued ▶

Appendix C: Public Engagement Summary

SMALL IDEA RESPONSES
More waterfront park
Move off-street cycle paths or physically-separated lanes
Need advice and help to dispose of the large house, large lot, and collectibles.
One day a week, free access to pools, exercise rooms.....etc. For those with disabilities
Opening of the south Boundary Road to diminish traffic on Gordon Drive and Lakeshore. Cyclists riding on the correct side of the road.
Priority parking for vehicles that typically transport 2 or more people to work (assignment of parking stalls), shopping, hospital, etc. Public awareness about driving practices to respect cyclists and emergency vehicles.
Put a sidewalk down one side of our street.
Reduce the car traffic...noisy; polluting and vehicles are dangerous.
Regular police presence along Abbott St - from downtown to Giro.
Road & sidewalk safety. ie: isolate bikes from vehicle roads - continue this direction
Safe and active transportation around Raymer, Richter and Tutt
Safer crosswalks at Birch & Lawrence - not safe.
Saturday play group at park (drop-in)
Sidewalk cut-aways, Automatic doors, Accessibility
Sidewalk maintenance
This is a pretty awesome city
To have more free activities. Or even free/cheap classes, sports, etc. Or to have some sort of little "bursary" or something like that, that can be used anywhere to help with the cost of an activity of your choice for your child.
Traffic
We motorists are losing more & more road space making driving much more challenging.
Wide paved paths. Support to find health care providers.
Would like to see more community league solidarity. Have council members on city council to have a better understanding of their duties to general governance under the municipal charter.
Add more bicycle lanes - put tennis court in Quail Ridge
Attitude I suppose
Better sidewalks and pathways
Better transit / non car options, better destination facilities for cyclist, expanded bike routes, additional small scale neighborhood commercial - encourage/incentivize local shops over chains
Don't know
Free parking in downtown
More Handy dart buses for traveling to and from appointments and shopping
More bicycling lanes
More sidewalks downtown
Motivation to do it - it's all there
Parking available close to shopping and services
Pleased with my daily life right now
Quieter street...very very noisy on Clement Ave and high speed.
Stop this insane population explosion
Things which promote people getting together and connecting as a community
Upgrade PRC
Better bus customer service #11 (shuts door and leaves)
Better bus routes and frequency
Better bus routes in Rutland
Better bus service
Better bus service crack down on bicycles on sidewalks and riding across intersections
Better parking downtown. Or maybe it's not parking but making downtown more accessible (maybe that's parking elsewhere with dedicated bus or shuttle service). I would also love to see us close down Bernard to traffic in the summer months and make it pedestrian only.
Better bus routes
Better sidewalks & bike paths, or trails away from roads.
More 4 lane roads. More separated paths for biking. Sufficient parking mandated for new condo buildings or dense neighborhoods so residents and visitors of those buildings don't have need for street parking. 1 or 1/2 a parking stall per unit doesn't cut it. 2 stalls per unit total (includes a lot more visitor parking) would be more reasonable.
More bike paths, Early Spring cleaning for roads
More bike paths. I like to bike for exercise.
More bike paths, linear paths along the entire Lakeshore

Appendix C: Public Engagement Summary

SMALL IDEA RESPONSES
More and wider sidewalks. More off street cycling paths. Better bike parking at businesses throughout Kelowna. More public art. More affordable housing for those in need, and more rental housing availability for those who cannot afford current housing market.
More bike paths. Love the Strong Neighbourhoods program! Love the new interactive physical health map? Cant remember what it is called, but you can pick a distance and mode of transport and the map pops up with a route for you in the City. Fabulous, just a few bugs still, we will use that tool. Love the Superstore click and collect program, really helpful for families with young children who are the largest user (I talked to the staff) still need a car for it but so much better than dragging the kids through the store at nap time.
Use the power of white paint to repaint the bike lines on roads. Drivers generally obey the painted lines if they can see them. All too often however, the paint is worn off. When doing road upgrades, rather than trying for the Taj Mahal of Sidewalks (e.g. Anne Mcclaymot School), just do simple but effective upgrades. Widen the paved portion and put in bike lanes, add a simple walking path and move on. Spending funds which are limited on short sections of opulent upgrades and nothing for the rest is maybe award winning, but useless in the big picture.
None really, I am able to walk and cycle in my neighborhood. Maybe more bike paths
Allow more public use of PB courts in Kelowna
Fix Leon avenue. Kelowna does not have like a Hastings ave like Vancouver. Let's nip it in the bud and do whatever it takes. Maybe even build a floor on a building. Just let's not have a grubby street downtown. That kind of thing when it expands will become impossible to do anything about. It will be too late
Increase availability of transit to suburban areas of Kelowna. Creation of park and ride opportunities to downtown.
Kelowna is too clicky
Make transit more family friendly. Busing in Kelowna you are treated poorly by drivers and service is defiantly not designed to be convenient a frequent to be viable alternative to driving. Mindset needs to change.
More Public transport times from Ellison to Kelowna. Currently buses only come 2x per day (sometimes) and they are awkward times.
More parking in downtown Kelowna.
Pay more attention into the drug use in Kelowna which contributes to crime. This has become more prevalent in the last little while.
Safer cycling routes from East Kelowna to town.
Make areas feeding into downtown Kelowna more pedestrian friendly. Closing certain retail blocks to vehicle traffic seems to have worked in some other cities, I'm not sure if practical but perhaps a pedestrian network along mill creek and some of the other creeks could be used for pedestrian egress. I have walked portions of Brant's creek in Glenmore and have found it to be very pleasant,quiet and well used by pedestrians of all ages.
Bus route through neighbourhood
Clean up the debris in our neighbourhood.
Install sidewalks on Valley Road N and Sexsmith Roads to give better separation from traffic which is traveling at excessive speed. We need traffic calming. We need bylaw enforcement to target trucks off truck route which is a cancer in our neighbourhood.
More child-friendly parks, neighbourhoods, and culture
More free activities, minimizing drug use, more safe and child-friendly neighbourhoods, educational activities - spelling contests
Ongoing traffic calming in our neighbourhood is simple, low cost, and effective, is one consideration. I would like our neighbourhood to be emulate the plan like Mt. Pleasant or parts of Kitsilano, in Vancouver. One way car exits, bikes only entrances, traffic circle slow downs or bumps. More tree planting in our neighbourhood to fill existing gaps in coverage. Greater non-local traffic bylaw enforcement. We pay for a neighbourhood parking pass, but rarely see by-law officers. The two hour time limit is frequently busted, and very few cars display either a neighbourhood pass or guest pass. We struggle to find parking in near our house, which is a challenge when off-loading groceries, and 2 kids aged 3 and 4.
More cultural and art programs/festivals
Dog parks in area. Programs to start younger than 5 years old
Eliminate bikes on sidewalks (make it a Community Policing program)
More ideas for preschooler programs
More programs
Suitable concerts in the parks programs

Table continued ▶

Appendix C: Public Engagement Summary

SMALL IDEA RESPONSES
Programs that don't cost so much and have more help. More programs for care-givers so we don't burn out so fast. More handicap parking at the hospital and other places. More electric buggies in shopping centre's (Orchard Park has 4 for the entire centre), grocery stores (Super Store has 2), Walmart has the most at 8 of them (when they all work) and you often cannot get one so much go home without doing your shopping. Lower prices for house-cleaning, food services such as MayBennett cost 7.50/person/meal, which is too much. I am no longer able to wash our floors, clean bathrooms, etc. for my husband and myself, yet Interior Health nor the community provide help. We have no family in BC., and they do not assist us with finances. We are completely on our own. It would be nice to be able to attend free events downtown, but there is never any available parking or shuttles, or seating around the venues where there are free concerts, etc. Parking is always too far away, no golf cart shuttles available. That would help us to be able to get out in the fresh air and socialize, enjoy our city, etc. I realize all of these are not provided by the City, however, they do impact living in Kelowna.
Closer senior programs
Increased self-motivation. Local senior's drop-in downtown
Activities, etc. for seniors over 75. Parkinson's more geared to younger generation.
Cross time for street crossing needs to be increased for seniors
Help for struggling seniors with no families & no money! Senior care seems all about MONEY.
Offer senior fitness deals, 55 - 60 years old, to get them into activities before they turn 65.
Raised housing taxes are hard on seniors
We need transit buses to drive into the senior centres to drop off and pick up
Improved transportation;educating seniors about what's out there
Less gas stations,more clean air. Less sirens. More activities organized by young seniors .
More food market options downtown - grocery stores, farmer markets, deli, etc. I like to walk to as many places as I can. More seniors activities downtown. A movie theatre downtown. I really miss the Paramount.
Ethel Street corridor will be a big bonus - walking the dog
If the City developed offered free parking passes for commuters to Park & Ride this might cut down on the number of vehicles on Lakeshore & Gordon. I do not walk on Gordon in the mornings as I am breathing exhaust fumes. The transit has been improved in the Mission area but more could be done to encourage commuters to not drive to work.
More walking paths by water & lakes.
Walking clubs (later morning)
Better walking and cycling routes - separate cycling routes from vehicles
More trees to provide shade. side walks
More walking and or cycling paths away form city streets
Better bus service, sidewalks on busy streets better street lights I think we really need a lot more shade trees planted along the streets. I do mean shade trees not trees that just grow straight up and provide no shade.
More designated bike routes from our neighbourhood to the water front that aren't along busy roads like Clifton. Traffic calming along Clifton could also help as some drivers and motor bikes use it as a raceway. The stretch of Clifton that is below the Traditions subdivision is very stark. It would be nice to have more trees and vegetation planted so it's not so hot in the summer to walk.

Appendix C: Public Engagement Summary

When asked what big change could be made in Kelowna to improve daily life, 212 respondents shared their ideas. Big changes that were top of mind for respondents included: improvements to downtown, affordable housing throughout the city, more bike lanes and pathways, better public transportation and support and programs for families and seniors.

What big changes could be made in Kelowna today to improve your daily life tomorrow?

BIG IDEA RESPONSES
Another outdoor rink, outdoor hockey in winter, subsidized college transit passes
Less money on tourism, more on lower income areas, more on homeless issues
PRC upgrade
Pedestrian overpass over highway - more of them near Capri, Gordon & Harvey crossing
Reduce lanes and put in electric "trams" (trackless) ie, large length golf carts, Stop development of malls - too many (change mall to park) retrofit, Build vertical malls like in Montreal and in Cabo San Lucas, Mexico
Walkable shops / village in my neighbourhood, nice Art Theatre/space in my area
A Recreation Centre that was near to me (YMCA / PRC)
Access to affordable fitness centres
Addressing transients issue, Safer / cleaner public spaces
Again over crowded roads
Allow Uber.
Allow cars drive only every other day.
Build Glenmore Rec Park!
Bypass for highway traffic
Closer grocery store
Create village centre in Ponds area with more access to services.
Crosswalk lights at Birch & Lawrence Ave.
Cycling lanes
Develop a community centre, library, pool, & other active sports & park areas in North Glenmore sooner, rather than later.
Drop-in centres for elders to go for connection with others.
Enforce the Truck Bylaw to get illegal truck traffic off Valley Road.
Enforcement of dogs and smoking bylaws
Eye care centre developed, staffed, and funded here at our Hospital
Finishing the rails with trails route out to UBCO
Frequency of buses
Get police involved in real awareness promotion of our covenant on Economic Social and Cultural Rights - so they actually have a role on stopping fraudulent business practices.
Glenmore Pool
Grow the economy
Healthy food stands to offer local produce
I love nature . Where are the places where a handicapped person can drive and park and look at the lake or take out their walker for a short walk . Go down to Peachland or Penticton and see how it could have been
Improve bus service
Improve our beaches. Raking over them does not clean sand. Sand is very filthy.
Improved public transit / less traffic
Keep the Willow Park Walk-in Medical Clinic open.
LESS RED TAPE & MORE AVAILABLE ASSISTANCE WHEN SOMETHING GOES WRONG.
Legal safe bike access to UBC!
Less cars. Emphasis on telecommuting to work, 4 day work week for everyone. Minimum basic income (you did ask for a big change)
Library in Glenmore, Library - computer lab - Maker space
Lower costs
Lower the cost of living!!!!!
Medical Access - GP especially - keep drop-in clinics even if subsidy support needs to be enhanced.
More accessible transit (Handy Dart) more buses so they can be reliable and consistent
More community gardens and garden plots in neighbourhood's.
More doctors and specialists and less wait time
More farmers market days.

Table continued ▸

Appendix C: Public Engagement Summary

BIG IDEA RESPONSES
More inclusivity
More lanes on existing roads and more roads. Extending the 4 lanes of Benvoulin, a second bridge across the lake, extending HWY 33 to meet up with Clement, making Glenmore Rd 4 lanes further north, changing traffic control plans to enable traffic flow instead of inhibit it.
More separated bike routes and clear indicators to drivers at street crossings to watch for bikes.
More street lights - safety and play
No Tourism offices on lakefront. Kiosks only...offices elsewhere
Open up new road to Kettle Valley
Parking
Protect green space
RATIONAL Traffic management
Recreation centre in Glenmore
Reduce the vehicular traffic.
Removal of electronic parking meter stations: For someone who cannot read, they are unable to access parking (pay for it), because they cannot read the instructions on the electronic parking meter stations in order to purchase a ticket.
Swimming pool within walking distance
Take some of the traffic light and make overpass or underpass than will be much easy to walk
The improvements of traffic along Rutland Rd to the Sexsmith corner and hwy97. Priority of completion. Plus a general commercial (provincial/federal) overpass to reroute non-sustainable traffic flows. Second crossing or bypass across the mountains toward the N.Okanagan through the Westside.
Traffic
Traffic - more cars with population growth, Parking - care aides designated parking out front (safety), Lights on Street - Hwy 33 and Gertsmar, Bus stop lighting safety
Traffic calming in our neighbourhood
Traffic routes improved
Traffic volume, especially in summer
Transit
Urban sprawl
Volunteer - arts/recreation hubs - less expensive, easier to get to
built one-level townhouses with attached garages closer in (something other than apartments)
Curb the loud car/truck/motorcycle noises in the late evenings throughout the night.
Get cracking on the new recreation centre for the Glenmore area
Less traffic
More bike routes
More w/c accessible parking
Stop this insane population explosion
Traffic is horrible in the summer so the commute from lake country is not ideal during this time
Upgrade PRC
More options for affordable housing! Paved road to Myra Canyon Trestles
Affordable housing
Affordable housing
More affordable housing for young people
Sound management. More roundabouts. Affordable housing
Less homeless and transient individuals downtown. Affordable housing spread throughout the city.
More affordable housing for families and seniors.
Better bus service- Taxi saver not enough- Cannot get to morning classes because of infrequent service / less routes
Tree preservation and improved tree bylaw; Ethel south of Sutherland; set precedent bypreserving beautiful old trees (eg, Magnolia)- Stop inappropriate development (highrises)- No Tourism building on Lakeshore- No wider roads- Better transit
Better bus service, especially Sundays / weekends
Better public transit
Better transit
Better transit
Less traffic - better transit
Traffic! Better public transit
Better bus service
Better transit - put $ towards making it less expensive and more wide ranging. Invest less in car travel.
Real time bus location app. Change attitude of drivers. If you had better accessibility to transit tickets people would use it more. Promote actively cycling and transit so that the improvements actually can get maximum use and justify further improvements. City and bc transit not doing enough to do this and really get people out of their cars. Target incomplete neighborhoods with new amenities and targeted economic development to enable more active lifestyle.

Table continued ▸

Appendix C: Public Engagement Summary

BIG IDEA RESPONSES
Better public transportation 7 days a week
Bike lane on highway. Lower taxes. Need dental care - too costly
More bike lanes with safer access
Separate bike lanes from traffic
I would like to see increased density versus urban sprawl. I would love better transit. I rode my bike during Bike to work week (which I normally don't do) but I probably would do it more if we had dedicated bike lanes.
Deal with the ongoing expansion and resulting traffic from Upper Mission. The city happily accepts the property taxes from these residences, but does nothing to plan for and deal with the traffic on Lakeshore and Gordon. These are both single lane roads which are always congested. The much heralded ring road will be, in my opinion, of limited utility. Also, repaint the bike lane lines so motorists can actually see them.
By far, even more bicycle lanes and to fix/change the bridge on KLO. It is super dangerous with it not being wide enough for cyclists and cars at the same time. Also, there is only one walkway on the one side for pedestrians. They should have one on both sides (especially since it connects to the greenway. There is a crossing light, but only on one side of the road so if you are on the other side of the bridge, you still have to cross to get to the other side for the walkway, it's terrible. But it definitely should be wider and have walkways on both sides. More bike lanes: Gordon for example… you have a bike lane most of the way and then it stops! It should definitely continue. There needs to be bike lanes in East Kelowna as cyclists train the hills a lot in those areas and the roads are so narrow. There's also a lot of areas with no street lights up around there. There should have been bike lanes put in downtown, there's a little symbol for bikers but it's really not that wide and it's scary to bike down Bernard, etc. A bike lane was added on Guisachan Rd beside Cottonwoods and that was excellent, but just past the 4-way stop towards the hospital, there's none! And no sidewalk! So many people bike/walk to the hospital that it should be finished.
Enforce the bike regulations and do a Safe Bike Riding education campaign. The biggest complaint pedestrians have is that cyclists don't always use the bike lanes; the bikes speed; and the bicyclists don't obey the Walk signals and sometimes even the traffic signals. On the Lakeshore shared path very few warn pedestrians they are approaching and some ride way too fast for a Shared Path
Clean up City Park (water park)
Homeless - safety, cleanliness. Big fountain in lake. Gondola up Knox Mountain. It's a beautiful place and The City does a great job! More tourist attractions. Boat trips to Penticton, Vernon
More bus routes & not to have to walk a few city blocks after getting off bus.
Nice dog swimming beach at north end of bridge in city park
Stop the growth of our city…..
While outside the authority of City Council, I would say the prohibitive cost of virtually everything
Improve traffic flow. A small gesture would improve city morale exponentially
The City needs to be more accessible
Continue with the investment in cycling and pedestrian infrastructure! It can't come soon enough - though we love the current efforts. Move the Tolko sawmill so that the waters at Sutherland beach can be cleaned up and improve air quality downtown and in the North End. Make Sutherland park and beach useful and accessible to all. Stop allowing use of the park as a boat launch.
Fruit trees downtown - food forest
Greater walk-ability downtown
Make downtown more kid friendly
Pedestrian overpasses across the highway downtown
More free services, closer parking for handicap people at the hospital and downtown, closer to venues, more seating. To even go to a park, you have to drive only to park at least a block away, then try and get to the park, only to find you have to sit on the lawn! Not possible for someone who is 79, or someone who has limited mobility.
Better traffic "roads" routes downtown
More families downtown
More parking in downtown Kelowna.
Intensify your focus on addressing the vagrancy and homeless in downtown through to a successful conclusion. Its really disgraceful what we have to put up with. Take a walk down Leon and see what I mean. Disgraceful. I understand that many cities are trying to come to grips with this kind of problem. But the city of Kelowna is notably passive and really seems out of its depth or perhaps is just putting its head in the sand. The police chief is part of the problem in trying to persuade us that the problem has been solved. It hasn't been, and it is plainly so. I think we are one or two steps away from a tent city in City Park. If that happens, then we have a real mess on our hands a la Victoria.

Table continued ▸

Appendix C: Public Engagement Summary

BIG IDEA RESPONSES
Infrastructure and transit hubs in satellite communities, large scale mini urban cores. The downtown revite is amazing, but it will only draw increased congestion and pull people away from living a healthy life in their own communities
Appropriate elder care and family support
Attract more good paying jobs for younger families, so that they can afford to live here.
More family friendly bathrooms. My son is 11 but I still have to go in to the bathroom with him. I'm starting to get looks when there is no family/handicap bathroom and I go in to the women's washroom with him.
More movie nights, family events
Improved transit for wheelchairs- House calls from doctors are wonderful!
Creating "co-housing" - called intentional housing
Increase in WelfareIncrease in Low Income housing
Having a park closer to my house
Make housing more affordable- it's getting out of control
Improve cost of housing (too expensive)Over-populated schools - needs improvement
Bike/Walking access from Ellison area to inner Kelowna. Currently no safe route.
More doctors in Kelowna
Prefer to stay in Lake Country but if I go to Kelowna I think that the traffic congestion especially in the summer could be cleared up somehow (maybe it is impossible). I dislike the road rages due to the excessive heat in the summer and large number of tourists visiting.
Traffic between West Kelowna and Kelowna
Making Kelowna accessible for all.
Our job opportunities are very skewed. Our tech companies have all been bought out. To an extent. And we just have healthcare and old people. We might as well invest in our tech sector and really change an idea. We are "the silicon valley of the north". SIlicon valley should be the Kelowna of the south! A few viral moves and publicity events will really help us all out. And I'm not a university student... But UBC Okanagan is way far away. We should really find out how to better connect UBCO. Which is way out there by the airport. With the rest of Kelowna. Not like necessarily a light rail line or something. But we could all benefit from even more students at the university and colleges. We should make that a major focus of our public relations and view in the world. Build on what is already pretty strong and get a viral thing or two and we are all set to benefit.
Better city planning with people at the centre. Cars and developers seem to win every time, with the result that we've gradually been losing what is good about Kelowna. This includes personal safety
Kelowna not aware of those with disabilities- Accessibility committee- Handy Dart insufficient- Infrastructure not accessible; eg, no curb cuts with accessible stalls and in front of City Hall (lack of curb cuts)
No - Kelowna is growing and keeps adding programs so lots for children and adults
Traffic is insane and makes life stressful.
We have a good life.
As mentioned previously, more separated bike paths.
Extend Mill Creek path to lake
Making sure all new build, bike paths etc ate accessible such as Paramount conversion with roof garden hope they have to install elevator
Linear path along the whole of the Lakeshore
The Abbott Street activity corridor has WAY too much traffic. Vehicles use Abbott as an alternative to Pandosy and tend to drive over the speed limit and distracted (looking for their street, using electronic devices). Abbott Street should be cut off to through traffic by turning it into one way (northbound) from Morrison up to the hospital and one way (southbound) from Morrison to Wardlaw. The city should consider a barrier to through traffic located at Kinsmen park. This would have the added benefit of allowing more parking for this busy park. Also, the proper bike path which ends abruptly (and rather dangerously) at Abbott and Rose Ave should be extended to connect with Gyro beach park. The cycle route should at this point connect with the current separated multipurpose pathway that extends south to Rotary/Manteo.
More designated bike paths. Connectivitiy for cycling routes. Hearing loops installed in senior buildings in City facilities. Noise pollution
More cost-effective programs
Park at Casorso - Parking (apartments, church, school)
School district busing has increased 250% over a 2 year period, a decrease would help greatly and a gradual increase each year would be easier on the budget.
Breakfast program at all schools
Nutritionist in elementary school to teach program about nutrition and healthy food. Advertising about healthy bodies in elementary school

Table continued ▸

Appendix C: Public Engagement Summary

BIG IDEA RESPONSES
Transportation between school and after school activities
Activities, etc. for seniors over 75. Parkinson's more geared to younger generation.
Bring seniors together for socialization, to break isolation
Care about what seniors think. What would make them happy as they get older. What motivations help them with everyday needs
Decrease traffic speed and volume; makes it unsafe for seniors and children to cross
Improved bus system - safer, More smaller transit service (Handy Dart)Connect with seniors/rec centres
Help that doesn't cost as I can't afford over $20 & appreciate the Food Bank! A shame to treat a senior worked all her life this way!
More senior programs
Signs warning cars of scooter crossings- Open discussion about use of mobility devices on sidewalks
In the winter, it would be nice if the sidewalks were cleaned so I could walk without risk of falling. The sidewalks are bad in winter.
Sidewalks that are even
Clean up down town needles and more safer parks or water park
More affordable housing- town homes with yards
More shops, variety of amenities in town and my neighbourhood

TRAFFIC HWY 97 TO GO AROUND TOWN
Bus system. The bus doesn't announce what the next stop is. I don't know how a blind person will figure this out. Also when you are new to this town, it is hard navigate; ie roads are not in grid and road name changes half way through. I found so many "not in service" buses on the road. it is hard to tell which line drive where. Better feedback system with BC transit would be great. Instead of just reporting, I'd like to see more riders community site on the web.
Implement best practices for urban planning and lifestyle quality that have proven successful in various cities throughout the world. Some of these best practices have been known at least since the publication of "A Pattern Language" from 1979? and from Jane Jacobs work. We don't need more: strip malls, gated communities with stratified demographics, or big box stores. We do need more: farmers' markets, green spaces, safe places for kids to frolic and public spaces that people of all ages and incomes can socialize in. Is it too late to set aside an area for a European-style town square.
Having some of the events in the city held in different parts of the city not all down town
Better cycling paths throughout town; paved, off-road paths
Improved, child-friendly public transportation
More choices for transportation of various kinds.
Transportation for the mentally challenged
Transportation improvements



Community For All

Appendix D: Recommendations Summary

THEME AREA	OBJECTIVE	ACTION	LEAD	AGE & ABILITY FOCUS	DETAILS	PROPOSED YEAR
Inclusive Community	Expand programs that identify and connect with isolated and vulnerable residents	Explore opportunities to enhance the communication of health services and health messaging	Interior Health	All	Find ways to promote health services across the community including linking Interior Health's information on the City's website.	2017
	Expand programs that identify and connect with isolated and vulnerable residents	Expand the Seniors Contact program	City of Kelowna (Community Policing)	Seniors and people with diverse abilities	Explore ways to expand on the Seniors Contact program, including on-going social connections and exploring ways to expand the program to include people with chronic illnesses and diverse abilities.	2017
	Promote physical literacy and activity to reduce chronic diseases such as obesity	Integrate "Sport for Life" principles into policies, procedures and programs and work towards becoming a "Canadian Sport for Life" Community	City of Kelowna (Active Living & Culture)	All	Physical literacy refers to the mastering of fundamental movement and sport skills. Sport for life increases motivation to be physical active from infancy through all phases of adulthood.	2017
	Foster intergener-ational opportu-nities	Connect seniors and youth through after-school work programs	School District #23 and Seniors Outreach Society	Seniors and children	Program to increase intergenerational opportunities.	2017
		Develop a network of parents and community members to lead extracurricular clubs in schools	School District #23	Seniors and children	Work with Central Okanagan Parent Advisory Council to connect parents and community members with schools.	2017

Table continued ▶

Appendix D: Recommendations Summary

THEME AREA	OBJECTIVE	ACTION	LEAD	AGE & ABILITY FOCUS	DETAILS	PROPOSED YEAR
Inclusive Community	Expand on programs and services to strengthen neighbourhoods	Create Neighbour Awards to foster neighbourliness and inspire connections between neighbours	City of Kelowna (Active Living & Culture)	All	Create through the Strong Neighbourhood Program.	2017
		Continue to foster the social connection of neighbours and build capacity within neighbourhood based organizations	City of Kelowna (Active Living & Culture)	All	Create through the Strong Neighbourhood Program.	2017
		Create a Neighbourhood Champion volunteer program	City of Kelowna (Active Living & Culture)	All	Create through the Strong Neighbourhood Program.	2018
	Provide accessibility opportunities	Review and enhance the accessibility requirements in the Outdoor Event Permit application to improve accessibility at community events	City of Kelowna (Active Living & Culture)	People with diverse abilities and seniors	Review parking and accessible features such as washrooms and parking.	2017
		Expand the online Accessibility Inventory to increase awareness of accessible opportunities	People in Motion	People with diverse abilities and seniors	Contingent on external funding.	2017
	Showcase entrepreneurial skills for people with diverse abilities	Provide opportunities for people with diverse abilities to showcase products and skills at community markets or events	People in Motion	People with diverse abilities	People in Motion to survey their members to determine if there is interest.	2017

Table continued ▶

Appendix D: Recommendations Summary

THEME AREA	OBJECTIVE	ACTION	LEAD	AGE & ABILITY FOCUS	DETAILS	PROPOSED YEAR
Inclusive Community	Enhance information and resources available to the public	Explore the opportunity to enhance the information provided to residents, including new residents	Interior Health	All	Determine if additional health and community services information should be made available.	2017
		Explore the opportunity to enhance the information and resources provided to new parents	Interior Health	Children	Determine if additional information or resources should be made available.	2017
Healthy Neighbourhood Design & Healthy Natural Environments	Focus on accessibility and safety in parks and public facilities	Conduct a Community for All Assessment in City parks with a focus on accessibility and safety	City of Kelowna (Infrastructure)	All	Assessments to consider safety and accessible features such as surfacing, seating, shade, lighting, washrooms and amenities. Contingent on funding.	2017
		Conduct a Community for All Assessment in City buildings with a focus on accessibility and safety	City of Kelowna (Infrastructure)	All	Assessments to consider safety and accessible features such as washrooms, ramps, Hearing Loops. Contingent on funding.	2017
		Promote all ages and abilities assessments to other organizations and businesses	City of Kelowna (Policy & Planning)	All	To encourage assessments beyond City parks and buildings.	2018
Healthy Housing	Build on City policies that address housing needs	Support the development of diverse housing types to meet the variety of housing needs in the community	City of Kelowna (Policy & Planning)	All	Healthy Housing will be the next theme area of the Healthy City Strategy. This will include the development of a Healthy Housing Strategy.	2017
	Promote energy efficiencies for lower income housing	Promote and encourage residents to apply for the Energy Conservation Assistance Program to help save energy and money	City of Kelowna (Policy & Planning)	All	City of Kelowna to partner with FortisBC to promote this energy and economic savings program to the community.	2017

Table continued ▶

Appendix D: Recommendations Summary

THEME AREA	OBJECTIVE	ACTION	LEAD	AGE & ABILITY FOCUS	DETAILS	PROPOSED YEAR
Healthy Transportation Networks	Support pedestrian and cycling programs and policies	Expand the student-led walking school bus program	School District #23	Children	Work with individual schools to expand program to promote physical activity and reduce vehicle pollution.	2017
		Expand the Bike Recycle program in schools	School District #23	Children	Bikes are provided from the landfill and refurbished by students for students to use as transportation.	2017
		Enhance cycling safety program through infrastructure improvements	City of Kelowna (Integrated Transportation)	Children and seniors	As part of the Pedestrian and Bicycle Master Plan implementation.	2018
		Enhance communication and awareness for the pedestrian and bicycle network and roadway safety for all users	City of Kelowna (Communications & Integrated Transportation)	All	As part of the Pedestrian and Bicycle Master Plan implementation.	2018
		Expand wayfinding signage network	City of Kelowna (Integrated Transportation)	All	To increase users' knowledge and confidence of cycling routes. Contingent on funding.	2018
	Support accessibility and mobility	Review and update infrastructure policies, bylaws and guidelines to ensure accessibility features are incorporated	City of Kelowna (Infrastructure Delivery)	All	Review will include current practices related to lighting, traffic signals (countdown timers, crossing times, audible pedestrian crossings), sidewalks and crosswalk conditions, street furniture and amenities.	2017
		Conduct an accessible parking program review	City of Kelowna (Parking Services)	People with diverse abilities and seniors	Review the permit exemptions to improve availability of accessible parking stalls.	2017
		Provide real-time GPS bus location and schedules	City of Kelowna (Integrated Transportation) and BC Transit	All	To increase transit users' knowledge and confidence of transit. Contingent on funding.	2018

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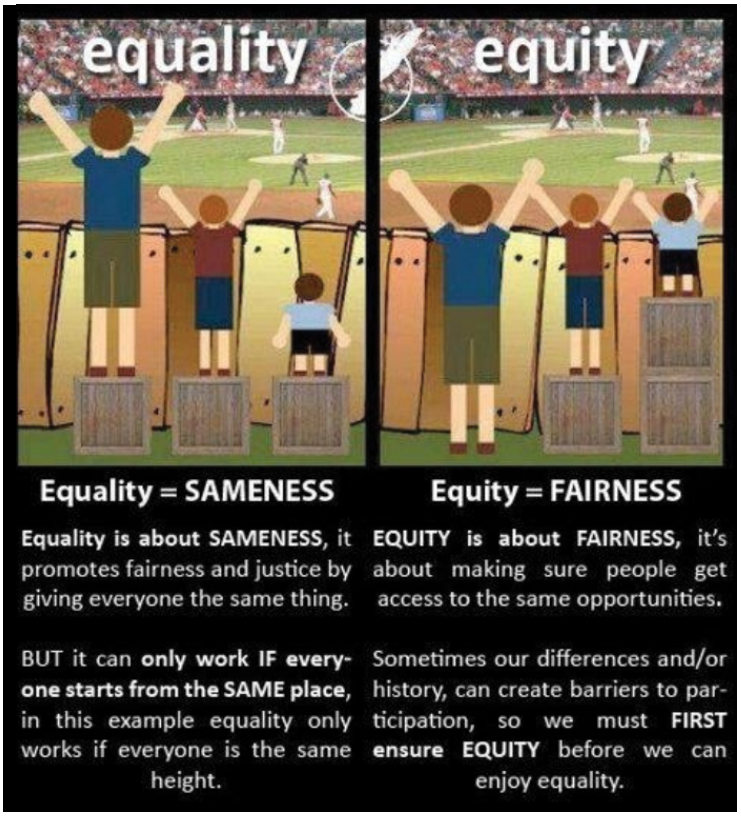
Appendix D: Recommendations Summary

THEME AREA	OBJECTIVE	ACTION	LEAD	AGE & ABILITY FOCUS	DETAILS	PROPOSED YEAR
Healthy Transportation Networks	Support accessibility and mobility	Redevelop a travel training program to encourage people to use transit as an alternative to accessible transportation	City of Kelowna (Integrated Transportation)	Seniors and people with diverse abilities	Training for seniors and people with diverse abilities to encourage increased use of conventional transit.	2017
		Implement a program specifically for accessibility infrastructure retrofits	City of Kelowna (Roadways)	People with diverse abilities	Retrofit opportunities may include sidewalks enhancements and curb cuts. Contingent on funding.	2017
Healthy Food Systems	Provide opportunities for healthy food, nutrition and healthy cooking	Connect local farmers with the community	City of Kelowna (Community Planning)	All	Explore opportunities to connect farmers with community events.	2017
		Develop a Community Kitchen that facilitates eating, cooking classes and shared meals	Pathways Abilities Society	All	To increase healthy food choices, nutrition and social connections. Contingent on funding.	2017
		Promote a nutritional focus in City recreational programs and concession and vending machines in City-owned facilities	City of Kelowna (Active Living & Culture)	All	Incorporate into existing fitness programs and ensure guidelines for healthy food choices are followed within concession and vending machines in City-owned facilities.	2017

Community For All

Appendix E: Definitions

- **Children:** 12 years and younger.
- **Chronic disease:** diseases that are of long duration and generally slow progression. Chronic diseases include: cardiovascular diseases (e.g. heart attacks and stroke), cancers, chronic respiratory diseases (e.g. chronic obstructed pulmonary disease and asthma), diabetes and obesity.
- **Diverse abilities:** people with diverse abilities and includes, but is not limited to, persons with disabilities, persons with mobility challenges, and persons with cognitive and/or developmental challenges. This term was chosen through a recommendation from key community stakeholders and because it emphasizes enablement, rather than disablement, which is a key characteristic of an age and ability friendly plan.
- **Equity:** is making sure that all ages and abilities have access to the same opportunities. Equity (fairness) should be addressed so that residents can enjoy equality (The Becoming Radical Scholarship: Radical Scholarship Word Press, Standards May Achieve Equality, But Not Equality, April 12, 2014.).
- **Morbidity:** the incidence of illness in a population.
- **Mortality:** the incidence of death in a population.
- **Physical literacy:** is the mastering of fundamental movement sport skills. These skills teach people to read their environment and make appropriate decisions, allowing them to move confidently and with control in a wide range of physical activity situations.
- **Obesity:** the condition of being grossly overweight.
- **Seniors:** 65 years and older.
- **Sport for Life:** includes teaching physical literacy to increase motivation, confidence, and physical competence to be active from infancy throughout all phases of adulthood.



The Radical Scholarship Wordpress, Standards May Achieve Equality, but Not Equity, April 23, 2014.