

Building a Connected & Inclusive Community Project



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Connected Rural Communities Collaborative

2015

Be Well Survey

2016

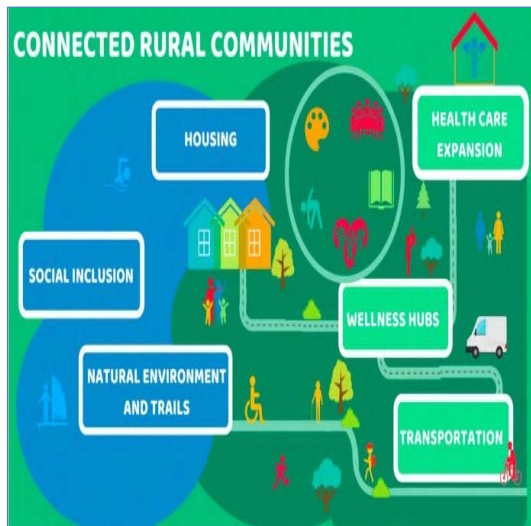
Formation of the
Connected Rural
Communities
Collaborative

2018

OTF Grant obtained

Today

Sharing Results,
Planning Together



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Why Address Social Inclusion?

Social Isolation is associated with multiple negative health outcomes:

- More frequent use of public services due to lack of support networks;
- Increased risk of developing certain health conditions (i.e. depression, dementia);
- Increased risk of death.

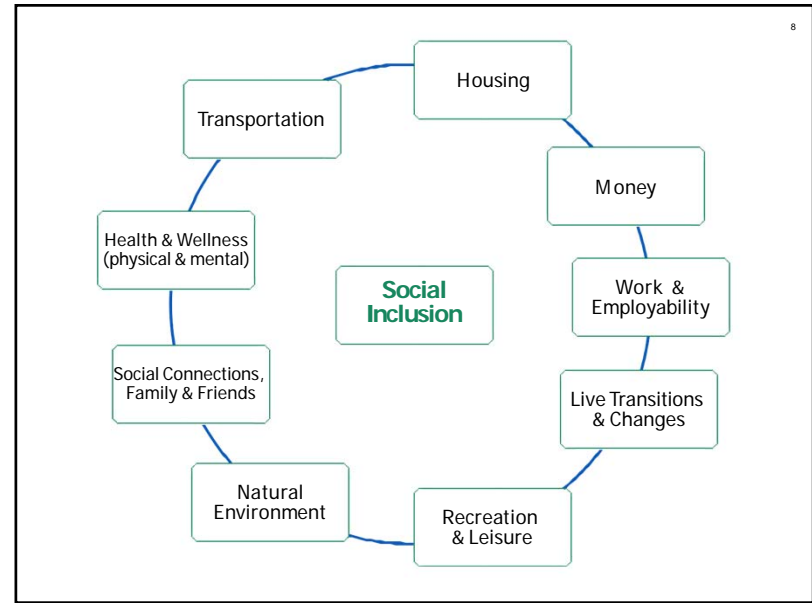
Adults with Strong Social Support are more likely to report the following:

- A strong sense of belonging to their local communities;
- Their mental health as “very good” or “excellent”; &
- Being happy!

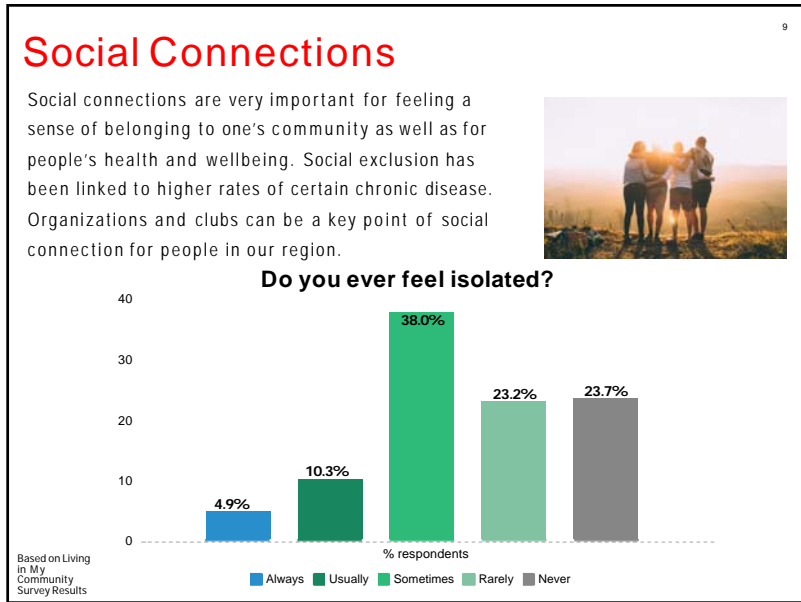
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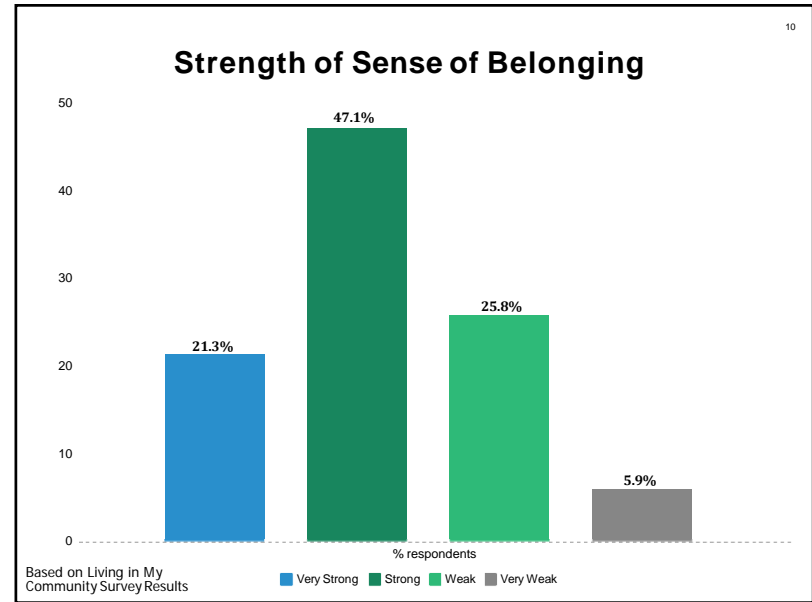
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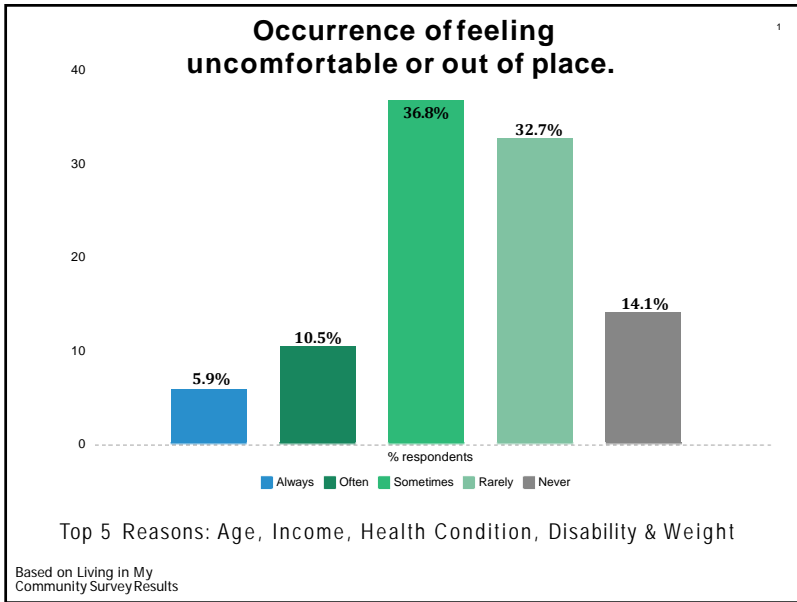
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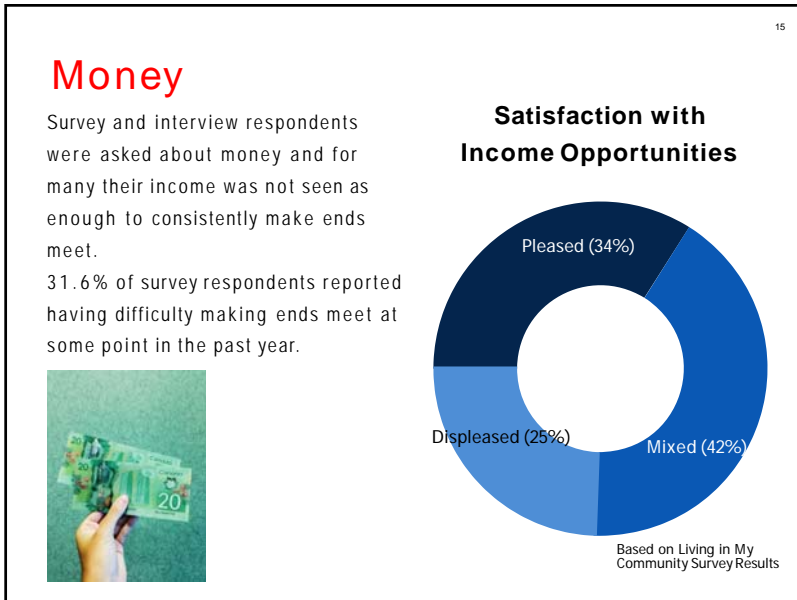
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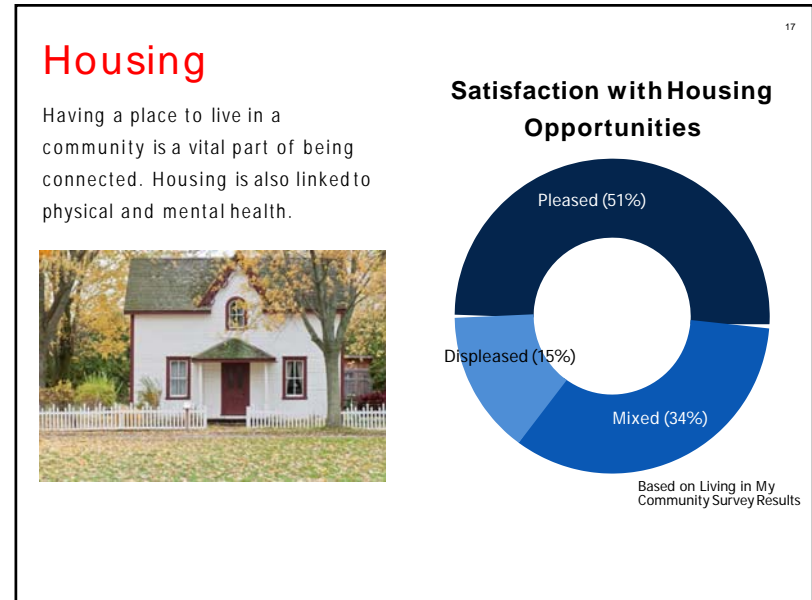
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Life Transitions & Changes

Life transitions and changes can make a big impact on social connectedness and a sense of belonging. Changes may include positive and negative events such as moving, losing a loved one, change in marital status, retirement or job loss, having a child, making new friends or being diagnosed with an illness or disease.

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Survey respondents had a major life change in the past 5 years.

Most Frequent Life Transitions

- Personal illness, injury, or diagnosis (38.1%)
- Death of a loved one or someone close to you (35.8%)
- Met new friends (34.7%)
- Moved (34.1%)
- Retired (30.7%)

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Health & Well-Being

Having secure access to care is important to staying physically and mentally healthy. There are many health supports in our communities and at the same time there are many health needs in our communities

Self-reported Health

Health Category	Excellent	Very Good	Good	Fair	Poor
Physical Health	7.6%	29.0%	38.0%	20.1%	5.4%
Mental Health	13.6%	27.3%	35.5%	20.9%	2.7%

Based on Living in My Community Survey Results

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Satisfaction with Physical Health Service Opportunities

Satisfaction with Mental Health Service Opportunities

Based on Living in My Community Survey Results

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Recreation & Leisure

Participating in recreation and leisure activities in the community is a great way to get connected and feel a sense of belonging. There are many recreation and leisure activities available in the communities in the West Coast Shores region. Getting connected to an activity or group that is well-suited can be a pathway to social connections.

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Transportation

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Many respondents reflected on the vital nature of transportation when living in rural communities. It is an important piece for inclusion and isolation in our communities.




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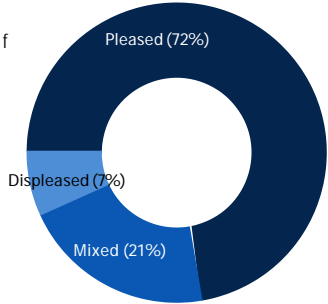
Nature

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The communities within the West Coast Shores region are known for their natural beauty. For a lot of locals, the landscape is why they settled here and for many tourists this is what draws them here. There is a lot of value in nature for physical, mental and spiritual health.



Satisfaction with Nature Opportunities



Based on Living in My Community Survey Results

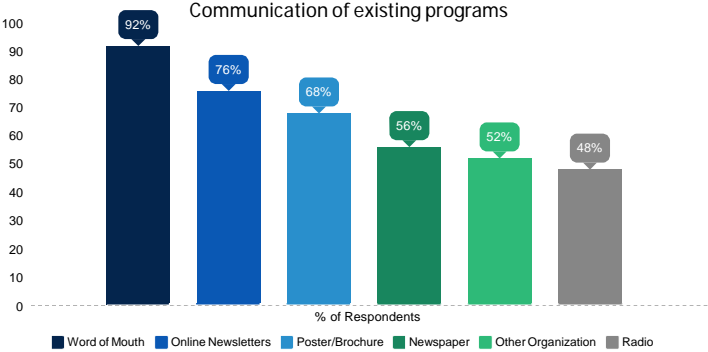
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Asset Mapping Survey

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• 28 organizations participated

Communication of existing programs



% of Respondents

■ Word of Mouth ■ Online Newsletters ■ Poster/Brochure ■ Newspaper ■ Other Organization ■ Radio

Survey Responses - Word of Mouth/Church, Social Media/Online & Newspaper were the most popular ways to find out about activities

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Asset Mapping Survey

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90%

Feel there are programs, services or events needed in the community

- Transportation
- Child care
- Support groups
- Physical activity
- Social groups
- Mental health care
- Respite
- Youth and senior programming
- Housing support
- Additional primary health care options

81%

Lacked the funding or resources to offer these

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Community Conversations


Conversations will be happening in participating communities. You are welcome to attend any of these meetings!


Thedford: Sept 16th @7:00pm - Knox Presbyterian Church, 182 Main St
Zurich: Sept 18th @12pm - West Huron Care Centre, 37792 Zurich-Hensall Rd
Port Franks: Sept 19th @10am - St Anne's Church, 10027 Port Franks Rd
Bayfield: Sept 25th @7:00pm - Bayfield Library, 18 Bayfield Main St
Forest: Sept 26th @9:30am - The Shores Recreation Centre, 7883 Amtelecom Pkwy
Exeter: Sept 30th @6:00pm - Exeter United Church, 42 James St
Grand Bend: Oct 1st @1:30pm - Grand Bend Area CHC, 69 Main St E
Hensall: Oct 3rd @6:00pm - Hensall Community Christian Church, 76 King St
Huron Park: Oct 20th @11:00am - Huron Park Fire Hall, Canada Ave

+ 3 Specialty Groups


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Community Conversations







HEALTH & WELL-BEING



SOCIAL CONNECTIONS



HOUSING



TRANSPORTATION

Important Factors

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Overall Themes

Basic Needs
Income, food, housing, transportation

Social & Health Care Navigation
Family doctors, system navigation, home care supports

Communication & Awareness
Knowing what's happening, informed community connectors & high speed internet

Space Needs
Shared meeting space, non-commercial, recreation

Compassion
Judgement free zones, 2SLGBTQ+ spaces, accommodations, welcoming and inclusive environments

Priority Groups
Men, youth & young retirees

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Short Term Strategies

- ✓ Arranged to have Social Research Planning Council present their findings at the community celebration event.
- ✓ Participated in "Chew On This" campaign to advocate for federal action to reduce poverty.
- ✓ Invited partners and provided input into transportation feasibility study at meeting in Oct 2019.
- ✓ Establish Street to Feet group in Exeter to address housing and homelessness.
- Establish and use communication mechanisms among partners to promote community services and activities.
- Expand neighbourhood gatherings (i.e. BBQs).
- Host Vital Conversations workshop in 2020.
- Host community information event on health care supports, long-term care and retirement options.
- Add inclusion and isolation to agenda and actions of Transdisciplinary Collaboration Committee.

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Long Term Strategies

- Continue to develop and disseminate asset mapping resource.
- Implement Social Prescribing.
- Increase navigation support for health, recreation and social activities and services.
- Train volunteers to establish buddy systems and “Ask Me: I’m a Connector”.
- Plan and implement a local poverty reduction strategy.
- Continue to advocate for provincial and federal action to end poverty.
- Support compassionate interactions and create welcoming, accessible spaces.

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What's Next?

- Final Report submitted
- Following through on strategies & partnerships
- Applying for a Grow Grant

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THANK YOU

Questions?

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