



Working towards a
community in balance.

BURLINGTON
VitalSigns 2014
UPDATE



RESEARCH

The opinions and statistics contained in this update were compiled by Sage Research Corporation from several sources, including a series of interviews with local community organizations, updated statistics for certain measures reported in the 2013 Vital Signs report, selected content from the 2013 Vital Signs report, and several other studies containing local information. The community organizations interviewed and the other sources used can be found in the Bibliography.



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WELCOME MESSAGE

A city we can all feel at home in.

In this Vital Signs update, independent research continues to confirm that Burlington is truly unique among mid-size Canadian cities. Our employment rates, new community gardens, improved waste management programs and dropping crime rates are among the many great livability highlights of this year's report.

As we revisited 11 key areas of community life, a few areas with emerging issues were also uncovered. For instance, as our city becomes more built up, we're experiencing more traffic, vehicle collisions and related property damage. There's also a shortage of housing options. Our current rental vacancy rate of 1.9% is well below the 3% benchmark that is considered necessary for adequate competition and supply.

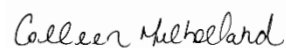
The path to ongoing success isn't always direct and growing pains are to be expected. This document is a snapshot in time – a unique tool that people, agencies and corporations can use to assess the present as well as shape the future.

Established in 1999 as a centre for philanthropy, Burlington Community Foundation exists today because local people had a clear vision for our city's future. As we celebrate our 15th anniversary and look 15 years into the future, we see the Foundation continuing to strengthen Burlington with gifts that give forever.

With the Vital Signs update, the Foundation celebrates the past, present and future potential of our city. Throughout this document, local leaders share their thoughts on where our city might be in the near future and the opportunities they see for enhancement.

Supporting us in bringing this report to you is the entire family of Paletta companies – Paletta International, Penta Properties, Princess Gates Entertainment and Tender Choice Foods. As Proud Supporters of Vital Signs, Paletta companies are deeply committed to community initiatives that contribute to our city's vitality. Special thanks also to Sage Research Corporation and PLAY Advertising for their continued support of this initiative.

Vital Signs connects individual experiences with emerging community trends. It also opens the door for connecting those with the capacity to give with those who are most in need of support. Our city is healthy, thriving and evolving. Knowing where we are today can help us all shape an even brighter tomorrow for all Burlingtonians.



Colleen Mulholland
President and CEO
Burlington Community Foundation



Angelo Paletta
President
Paletta International



ARTS AND CULTURE

VISION FOR THE FUTURE

Strong and diverse arts and culture scene

- The community will be engaged in the arts as a valued part of Burlington's quality of life. Our rich variety of cultural attractions will engage people as "go to" places, accessible and affordable to all.
- Burlington will be home to and will showcase a wide variety of multicultural artists, spanning many types of art: from "traditional" art forms to emerging art forms.
- Burlington will be seen as a city that attracts, inspires, encourages and is home to creative thinkers.
- Burlington will be an arts and culture travel destination: people will come to visit Burlington because of the quality and variety of its arts and cultural experiences within a context of recreational, retail, and culinary options.
- The arts will be valued for their contributions to economic development and for the creative thinking and skills that they teach. The community will understand how the arts improve students' grades and future opportunities regardless of socio-economic background.

– *Contributed by Anne Swarbrick
Interim Executive Director, Art Gallery of Burlington*



Quality of life

Arts and culture contribute to quality of life and well-being.

Research has shown that those involved in cultural activities are:

- more socially active
- have better health, physically and mentally
- generally tend to be more satisfied with their lot in life

In a survey of Burlington residents, 76% said culture is “essential” or “highly important” in their daily lives. There are many types of cultural experiences. For Burlington residents, the top 6 are festivals (86%), museums and local history (81%), art galleries (78%), going to the theatre (75%), public art (69%) and family heritage and traditions (69%).

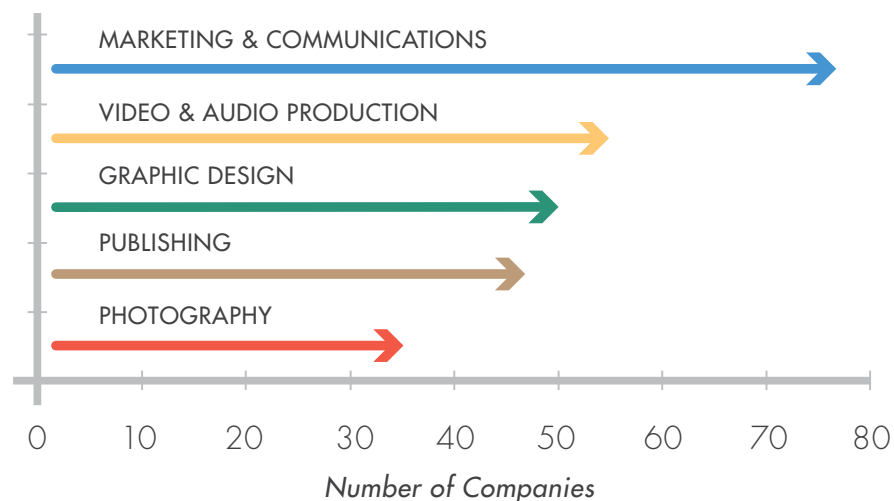
Arts and culture organizations in Burlington

Burlington is home to 33 community cultural organizations, which together support:

- 624,000 visits to local festivals, events, productions and exhibitions, of which 535,000 visits are free to the public
- 89,000+ hours of cultural programming offered to all ages
- 650+ workshops
- 1,400+ residents engaging as volunteers

There are approximately 430 companies in the creative cultural industry sector.

Creative Cultural Industries: Top 5 Sectors in Burlington



Library usage in Burlington continues to grow: from 2010 to 2012, the number of books circulated per capita each year increased by 8%.

Burlington has great cultural institutions, and for a city this size that is a very good thing. To be able to show that this is a creative community attracts young, innovative people to the city.

– From an interview with Keith Hoey, President, Burlington Chamber of Commerce

WORK AND CAREERS

VISION FOR THE FUTURE

The right mix of businesses. Burlington has not attracted many new large companies in the past 10 years. There have been some areas of employment growth, but there needs to be growth in other types of jobs as well.

Retail employment has grown, and that's great because these businesses employ a lot of people. However, retail jobs don't always 'pay the best' so we also need growth in other, higher-skilled jobs.

Going forward, important decisions and work needs to be undertaken, particularly with respect to the development of the approximately 300 acres of employment lands remaining in Burlington. How this land gets developed is crucial for employment and for the tax revenue available to fund the services and infrastructure that make this city a great place to live.

Burlington has a vibrant business community. The goal for the future is a healthy mix of employment including more well-paying jobs so more people can work and live right here in Burlington.

– From an interview with Keith Hoey
President, Burlington Chamber of Commerce

“Creating a high performance economy depends on the right blend of businesses, a highly qualified workforce, and motivated business investment. The Burlington Economic Development Corporation is taking a more direct, proactive and strategic approach for a short and long-term development strategy to retain and attract business. This strategy will be focused on creating a dynamic ecosystem conducive to business growth for Burlington’s long-term fiscal capacity, now and in the future.”

– From an interview with Rick Goldring, Mayor, City of Burlington

ADDENDUM TO VITAL SIGNS UPDATE REPORT, NOVEMBER 25, 2014

Based on input from the Burlington Economic Development Corporation, we have made changes to the Work and Careers section of the report. The following replaces the section “Burlington is Working!” originally published on November 25, 2014, in its entirety.

Burlington is working!

Burlington has historically had stronger employment levels than Ontario as a whole.

Based on the 2013 Halton Region Employment Survey:

- Burlington had 79,419 jobs, most of which are full-time (72.8%) or part-time (24.3%) positions. Only a small percentage are seasonal jobs (2.9%).

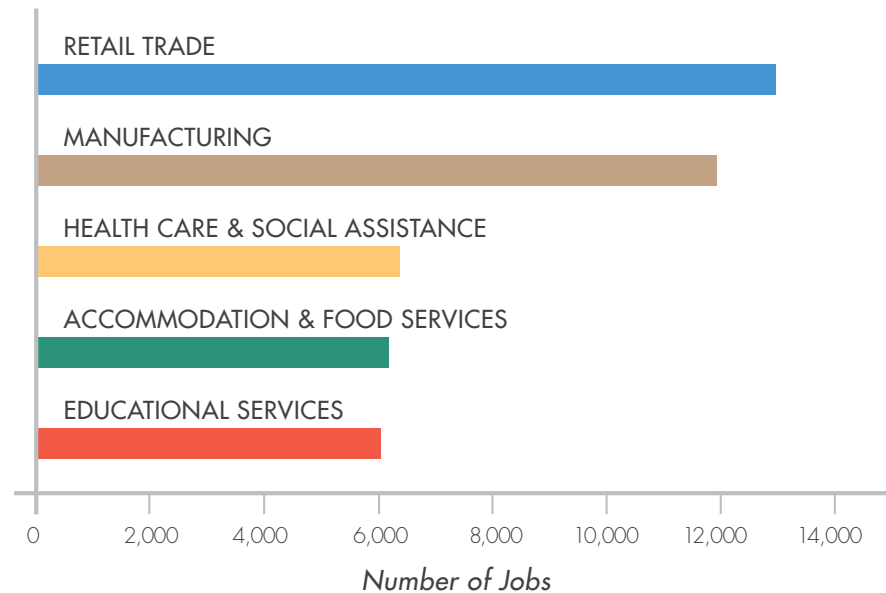
Among the local municipalities in Halton Region, Burlington had the highest share of full-time employment.

- The majority of jobs in Burlington, 81.2%, are in the service-based sector. The remainder, 18.8% are in the goods-producing sector.



TOP 5 JOB SECTORS IN BURLINGTON IN 2013

(Halton Region Employment Survey)



Over the next twenty years, a number of the conditions which underpinned the City's past economic successes are expected to change. Ontario's manufacturing-based economy has entered another period of transition, as manufacturers come to grips with increased global competition, changing patterns of foreign investment and an aging labour force. Fuel costs are rising and congestion on the 400 series highway network is increasing. Locally, the availability of land for new greenfield development is expected to become more scarce as Burlington approaches its build-out.

– Burlington Employment Lands Study – Phase 2 Final Report, City of Burlington

TRANSPORTATION

VISIONS FOR THE FUTURE

More use of alternate modes of transit

The challenge of easing traffic congestion will increase due to population and employment.

Possible solutions:

- **Build more roads – but options are limited:** Widening existing roads or building new ones, in most circumstances, will encroach on private property, impact mature trees and green space or compromise the existing public spaces (e.g., sidewalks, boulevards). A more sustainable transportation strategy is to move more people per kilometre by walking, cycling, via transit or these modes in combination with high occupancy vehicles.
 - **Expand the urban boundary – but prefer to protect rural lands:** The rural lands and the Niagara Escarpment in the northern portion of the city are features that make Burlington unique. The Transportation Master Plan will focus transportation solution within the existing urban fabric and by doing so, help maintain the integrity of the rural lands.
 - **Invest in alternative modes of transportation:** The future targets for use of transit when “mature-state” urban development is reached:
 - 15% of all trips within Burlington by transit
 - 30% of all eastbound trips leaving the city by transit
 - 10% of all westbound trips leaving the city by transit
- From Burlington’s Transportation Master Plan, Discussion Paper 1, June 2014, “Current State of Transportation in Burlington”

An effective transit system for Burlington that is affordable, convenient and sustainable

- The transportation system will be designed to reduce reliance on cars, with the creation of community hubs and integrated infrastructure more conducive to alternate modes of transportation such as walking, cycling and public transit.
 - Safe, active transportation (walking and cycling) will be supported and enhanced in transportation infrastructure design and investment.
 - People will have convenient and affordable access to public transit to many of the places they want to go including easy connections to neighbouring regional transit systems.
- From an interview with Michelle Bennett,
Grow To Give Garden Coordinator,
BurlingtonGreen Environmental Association

Use “smart” technology

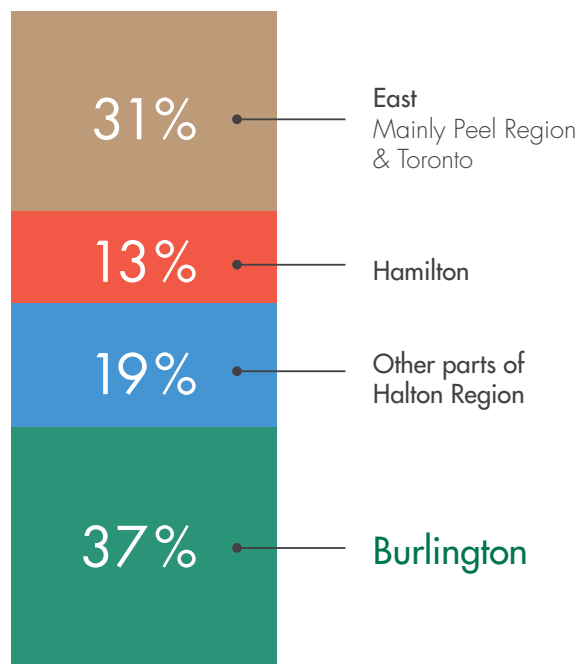
Use of “smart” technology will improve the design and operation of public transit. This technology will provide real-time information on the location and status of buses. The result will be improved design of transit routes. Transit users will be able to know when a bus will arrive, and will be able to use a smartphone or computer app to map out how to use transit to get to where they want to go.

- From an interview with Mike Spicer
Director of Operations, Burlington Transit

Where do Burlington residents go when travelling to work?

Just over half of Burlington residents – 55% – work in Burlington or other parts of Halton Region, while 45% work elsewhere.

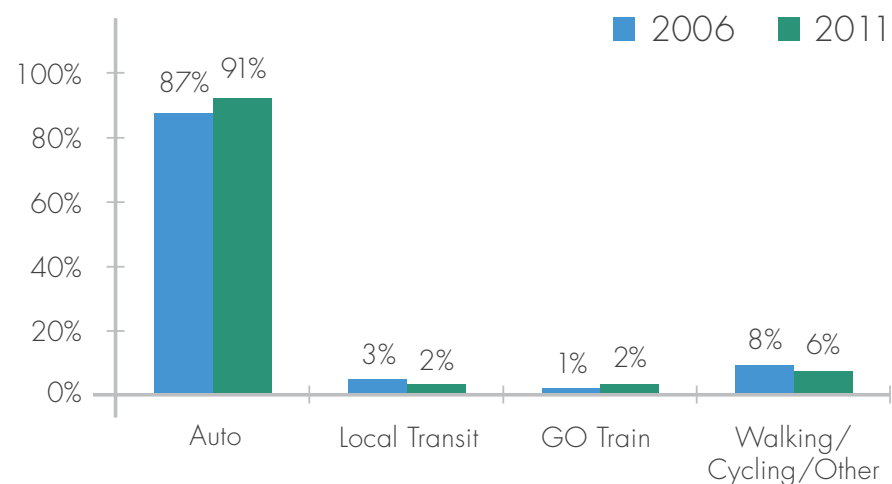
Destination of Trips to Work by Burlington Residents



Burlington continues to travel primarily by car

Most travel by Burlington residents is by car, and use of car increased from 2006 (87% of trips) to 2011 (91%). Use of local transit is low and shows little change.

Modes of Travel by Burlington Residents – % of trips in an average day



ENVIRONMENT

VISION FOR THE FUTURE

Sustainable local environmental practices

- Burlington will have strong local food security and a strong local food economy. There will be significant local food production and processing. Residents will have ready access to local food through farms, community gardens, farmers' markets, grocery stores, and restaurants.
 - Burlington and Halton Region will have protected its urban and rural green spaces, agricultural lands and woodlots. The Niagara Escarpment lands, flora, and wildlife will remain preserved from greenfield development, expanded aggregate extraction and highway expansion. Residents will be engaged and have as much say as developers, business and city planners in how land is used and developed in Burlington.
 - Burlington's drinking water from Lake Ontario and groundwater aquifer sources will be clean and healthy for all.
 - Burlington will have a community energy strategy that effectively conserves energy use, emits less greenhouse gases, and is increasingly reliant on renewable sources.
- From an interview with Michelle Bennett,
Grow To Give Garden Coordinator,
BurlingtonGreen Environmental Association

BurlingtonGreen is a non-profit environmental organization that works to mobilize individuals, groups, business and governments to make Burlington a leader in creating a healthy, environmentally responsible city.

A city where people enjoy the outdoors

Burlington has 1,472 acres of city-owned parkland, and the city each year takes care of 60,000 trees, plants 600 new trees, and maintains 796 acres of grass. Most residents are within a 10-minute or less walk from green space. And these close connections to green spaces are valued by residents: 92% say being within walking distance of parks, trails and open green spaces would be very or somewhat important to them when making a decision about where to live.

Community gardens

Burlington operates three community gardens, two of which opened in 2014. "Community Gardens are shared spaces where people gather together to grow fruit, vegetables, and/or flowers collectively. Community Gardens provide health, economic, educational, social, and environmental benefits to participants and the community at large." (Halton Food Council)

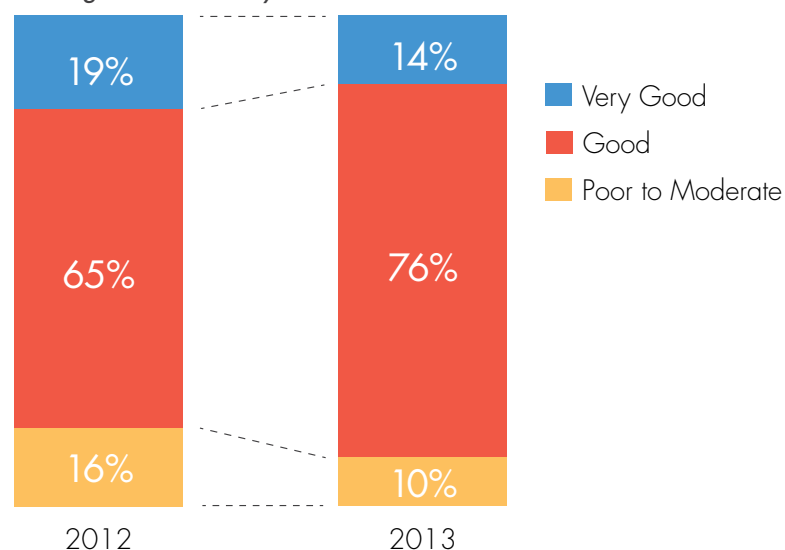
The Grow to Give Garden is a collective effort to grow food for donation. In 2013 approximately 1,450 lbs. was donated to local food banks and community dinners from these gardens.



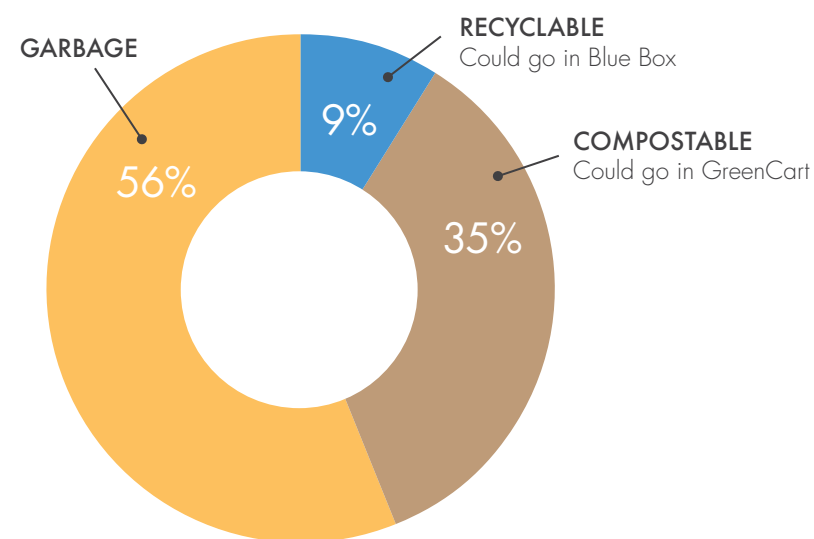
Air quality is good, but can still be better

From 2012 to 2013, the number of “good” air quality days in Burlington increased. This in part resulted from a decline in poor to moderate air quality days. But there was also a decline in “very good” air quality days, so the news is not entirely positive.

Burlington Air Quality



Composition of what is put in the garbage



Waste management is good, but can still be better

Burlington, together with neighbouring communities, is a recognized leader in responsible waste management, and in 2012 Halton Region received several awards for its waste management programs.

In April 2013, Halton Region added new materials to its Blue Box program, made larger blue boxes available, reduced the garbage limit, and introduced garbage tags. The result: a lot more recycling and composting, and a lot less garbage. From April to December 2013, 6.9% more Blue Box and GreenCart materials were collected compared to the same time period a year ago.

However, some material that can be recycled or composted is still ending up in the garbage. As of Spring 2014, 44% of the material put in garbage could have been recycled or composted.

INCOME AND POVERTY

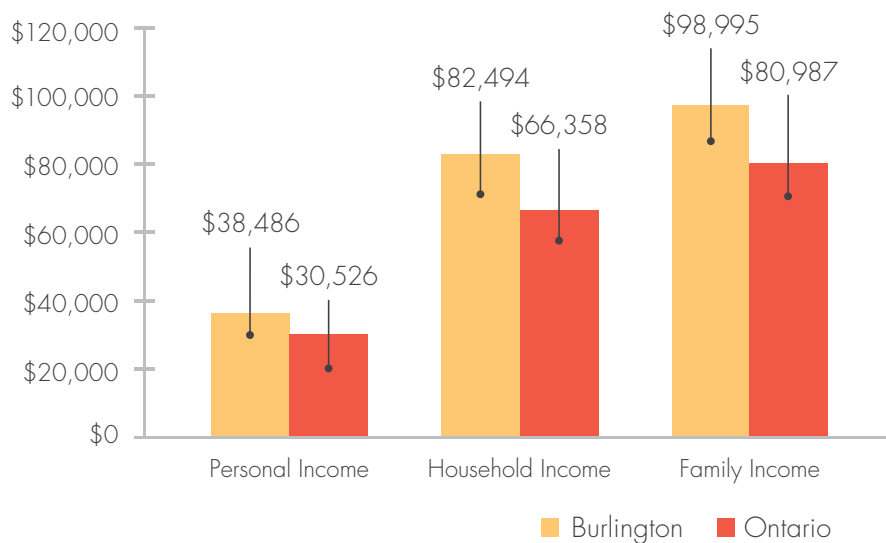
VISION FOR THE FUTURE

We already have so many agencies and faith communities that reach out to those who are more vulnerable and marginalized. These efforts will continue to grow so that fewer and fewer people will feel isolated and more and more people will feel connected to their neighbours, friends and broad community.

– From an interview with Rick Goldring, Mayor, City of Burlington

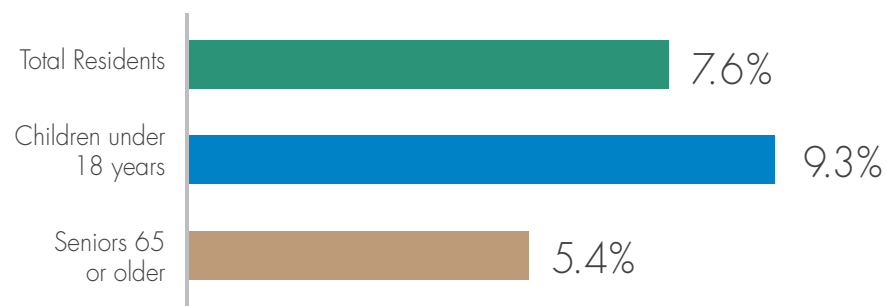
Burlington is a prosperous and affluent community where its individual, household and family median income is higher than Ontario.

Median Income Levels



However, some people and families in Burlington are struggling to make ends meet.

% of Burlington Residents Living in Low Income Households



Statistics Canada provides a low income measure based on after-tax income, with adjustments for household size. For example, a household of four with after-tax income below \$38,920 would be considered low income, and for a person living alone, the threshold is \$19,460.

In Burlington, 7.6% of people are low income. The prevalence of living in a low-income household is higher among children: there are over 3,400 children under 18 years of age in Burlington living in low income households.

In 2010, 30% of Burlington taxfilers reported charitable donations, which is higher than for Ontario as a whole (24.5%). Collectively, Burlington tax filers donated \$63 million to charities. (Community Development Halton, Charitable Donations in Halton, Community Lens Bulletin #91)

Many renters experience financial difficulty

When compared to other Regional Municipalities in the Greater Toronto Area, Halton's average monthly rent is the highest.

According to the Canada Mortgage and Housing Corporation, housing is considered affordable if shelter costs account for less than 30% of before-tax household income. If shelter costs exceed this threshold, it can become more difficult to afford other essentials such as food, clothing, transportation, etc.

In Halton Region, over 41% of renters are spending more than 30% of their income on housing. The problem is even more severe among recent newcomers to Canada living in Halton, with 48.5% spending more than 30% on shelter.



% of Renters in Halton Spending Over 30% of Income on Housing

Total Renters

41.3%

Immigrants in Canada over 5 years

47.9%

Newcomers in Canada 5 years or less

48.5%

*A scarcity of rental housing stock and rising rental costs in Halton have contributed to nearly half of immigrant renter households spending more on housing than what is considered affordable.
(Halton Newcomer Strategy: 2013 Community Indicators Report)*

HOUSING

VISION FOR THE FUTURE

Shortage of affordable housing

In the future, new single family homes will become the past because of reduced land availability. Affordability will decline because eventually mortgage rates will rise, and more families will move into high density structures. With increased mortgage costs, more families may find themselves seeking rental opportunities. The cycle of housing will continue – those with higher incomes will continue to pick up the available inventory and those that find themselves at the lower end of the scale will potentially relocate to other cities with more inventory of affordable housing including rentals.

– From an interview with John Gerrard
Executive Director, Habitat for Humanity Halton

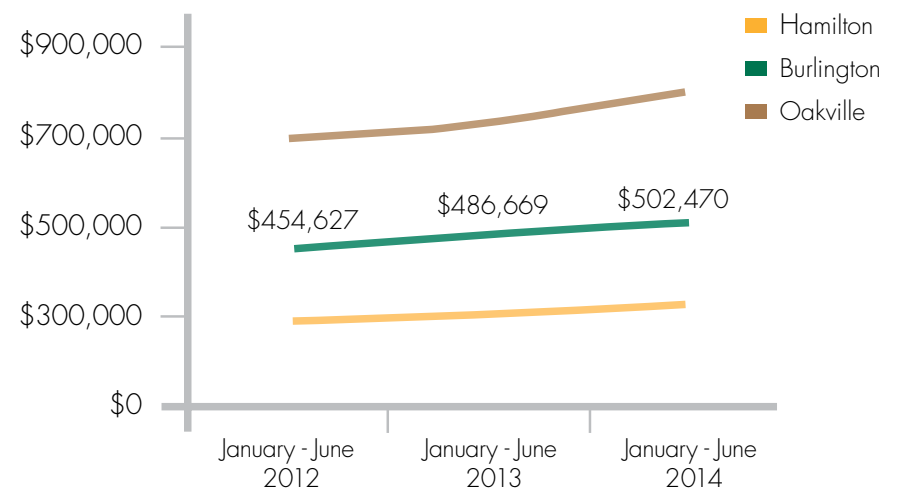


Burlington housing prices up 3.2%

Housing mix targets from the Halton Region Official Plan

- At least 50% of new housing units produced annually in Halton to be in the form of townhouses or multi-storey buildings
- At least 30% of new housing units produced annually in Halton to be Affordable or Assisted Housing

Average Residential Home Price



Shortage of rental housing

Burlington's rental vacancy rate improved a bit from 1.3% in 2012 to 1.9% in 2013. However, it is still well below the benchmark vacancy rate of 3% considered necessary for adequate competition and supply. It is also well below neighbouring Hamilton's 3.9% vacancy rate.

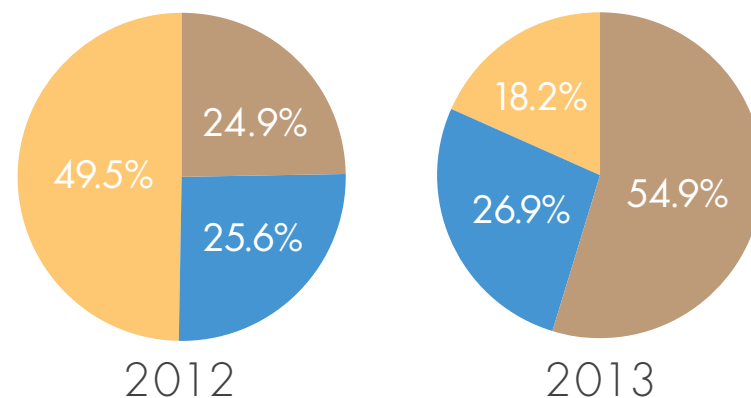
Shortage of affordable housing

Affordable housing supports low and moderate income households in Burlington, and as noted by John Gerrard of Habitat for Humanity Halton it also benefits the entire community:

ECONOMIC VITALITY	A full range of housing, including affordable housing, is important for attracting and retaining employees and businesses.
HEALTHY COMMUNITY	Affordable housing allows households to better meet other needs such as food, clothing and transportation, which in turn leads to better health outcomes.
HELPS CHILDREN SUCCEED	Safe, affordable housing helps provide children with a good environment for achieving educational success.
INCLUSIVE COMMUNITY	Helps seniors remain in the city, allows people with low or moderate income working in Burlington to live here, and it provides vulnerable people with adequate and appropriate housing and services.

✓ New residential construction in Burlington increasingly favours higher density

Burlington - Housing completions by type



● APARTMENTS ● TOWNHOUSES ● SINGLE & SEMIS

For an average size household in Halton Region earning **\$98,410 or more**, there is an oversupply of available housing for purchase or rent. But average size households below this income level face a shortage of affordable housing:

- For a household earning \$43,000 or less, some form of government assistance is needed to meet their housing needs. There is an estimated shortage of 400 to 900 suitable housing units for this segment.
- For a household earning between \$43,000 and \$98,410, there is an estimated shortfall of 1,200 to 2,000 affordable units to buy or rent.

SAFETY

VISION FOR THE FUTURE

Enhanced safety through community mobilization

An important trend in policing is community mobilization, where there is a major focus on proactive and preventive policing, not just reactive policing when a person calls in to report something that has already happened.

An essential feature of community mobilization is partnerships between the police service and other community organizations that work with people who may be at risk of committing crimes.

Halton Regional Police Service is committed to implementing community mobilization. "Through community mobilization, we hope to rescue people who are on the edge and could go either way." There has already been a successful pilot project in Milton, and the initiative will be rolled out in Burlington and Oakville starting in 2015.

"We are going to see Burlington become even safer because of the type of community it is and because of the implementation of the community mobilization approach to community safety and well-being."

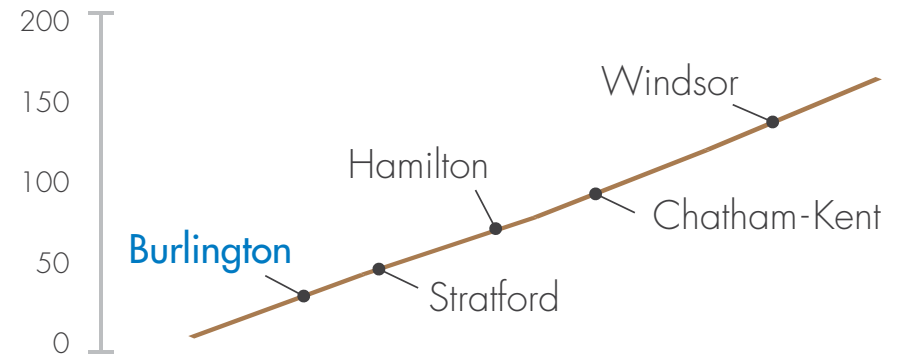
– From an interview with Chief S.J. Tanner,
Halton Regional Police Service

✓ **Burlington – one of the safest cities in Canada**

According to 2013 MoneySense Magazine, Burlington was one of the safest cities in Canada among the 200 cities analyzed, and repeats as one of the safest in 2014 MoneySense magazine.

MoneySense Magazine 2014:

Crime Severity Index for 200 Canadian Cities (Lower is better)



Crime levels in Burlington are dropping ▼

"Overall, we are in a very positive situation. Between the end of 2011 and 2013, reported crime dropped by 25% across all of Halton, and it is fair to say that also happened in Burlington. And there was been another 12% drop so far this year. That is a 37% reduction in crime in 3 years."

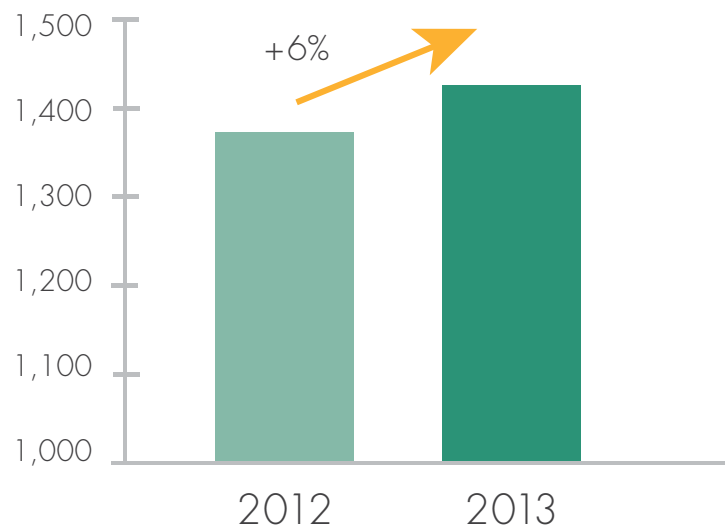
– From an interview with Chief S.J. Tanner,
Halton Regional Police Service

Increasing traffic congestion is taking a toll.

Vehicle collisions resulting in property damage are increasing in Halton Region.



Vehicle Collisions in Halton Region Resulting in Property Damage
(Annual rate per 100,000 people)



An application of community mobilization to policing – mental health:

“A lot of mental health issues have become policing issues because either there is no one else to call or they don’t know who else to call.” In the community mobilization approach, partnership with mental health organizations is critical: “We will always be the emergency response for mental health where someone may be violent or when someone is suicidal. We will always have the intervention, but then we should very quickly be able to hand it over to people who can deal with it better on a long-term basis.”

– From an interview with Chief S.J. Tanner,
Halton Regional Police Service



HEALTH AND WELLNESS OF THE COMMUNITY

VISION FOR THE FUTURE

A city that supports healthy lifestyles

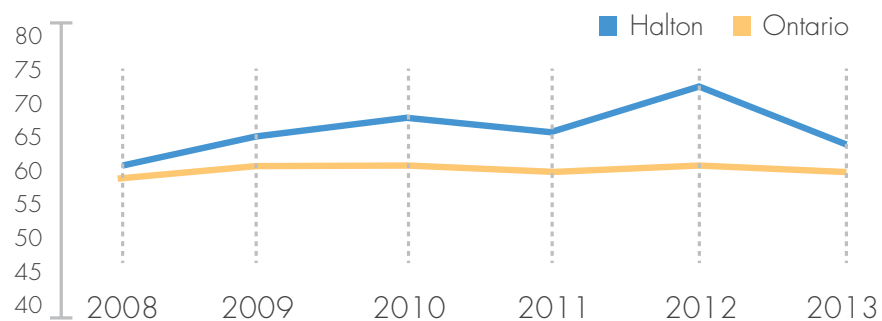
Burlington is a "Growing in Place" city and within 10-15 years more and more of our city will be transformed into compact, mixed use and walkable neighbourhoods resulting in a healthier population because of people being more active and more connected. A higher percentage of our work force will work in Burlington resulting in a much improved quality of life with more time for "play" resulting in improved health.

– From an interview with Rick Goldring
Mayor, City of Burlington

General Health

Residents of Halton are more likely to rate their overall health as "very good" or "excellent" (63%) compared with Ontario residents as a whole (60%). Positive health ratings decreased from 2012 (72%) to 2013 (63%).

% Rating General Health as "Very Good" or "Excellent"



Many Halton residents have preventable health risks.

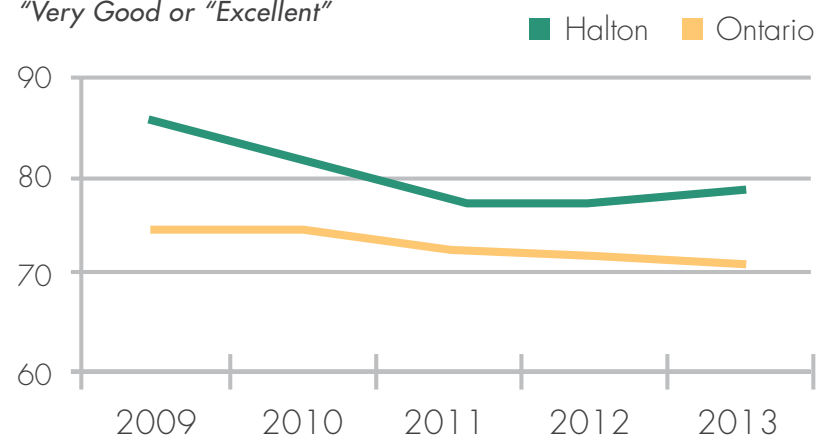
Being overweight or obese	54% of the adult population and 23% of youth 12-17 years of age
Participation in physical activity during leisure time	38% of the population 12 and over do not participate in physical activity
Consume 5 or more fruits and vegetables per day	53% of the adult population do not consume minimum requirements
Smoking	17% of the population 12 and over smoke
Heavy drinking	17% of the population 12 and over classified themselves as heavy drinkers
Not have a regular doctor	6% of the population 12 and over

✓ Halton residents are similar to Ontarians on the risk indicators associated with being overweight or obese, smoking, and drinking. However, Halton residents are more likely to participate in some physical activity, eat 5 or more servings of vegetables and fruit per day, and have a regular doctor.

Mental Health

Residents of Halton are more likely to rate their mental health as "very good" or "excellent" (78%) compared with Ontario residents as a whole (71%).

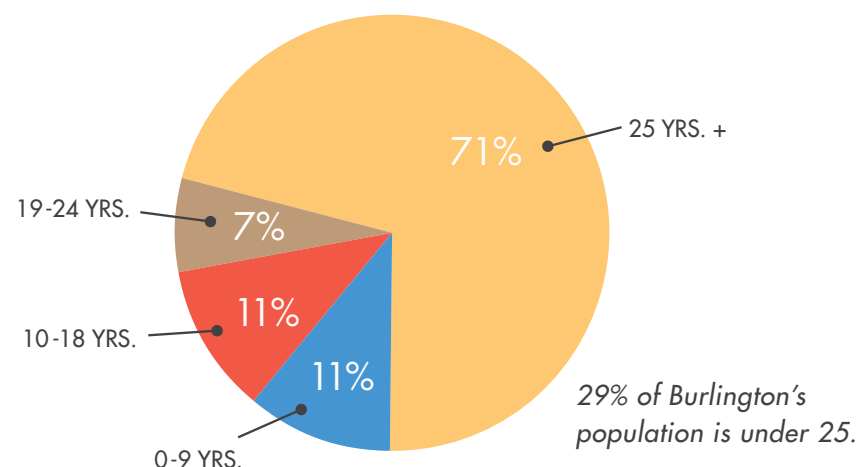
% Rating Mental Health as
"Very Good or "Excellent"



YOUTH HEALTH AND WELLNESS

Status report on progress made by our youth and opportunities to make a difference in their lives

Based on the Halton Youth Survey 2012-13 conducted with Grades 7 and 10 students in Halton, there has been some progress made from 2009-10 when the last survey was conducted, but more needs to be done to improve the conditions and outcomes for youth.



PROGRESS SINCE 2009/10

- More engaged in and connected to their schools
- Substance use has dropped: smoking, binge drinking, cannabis and illegal opioid use
- Rates of being overweight and obesity are down slightly
- Health living has improved: eating breakfast, having a family meal together, fruit and vegetable intake, and walking, riding or rollerblading to school
- More have friends with positive behaviours and criminal activity has declined

OPPORTUNITIES

Continue the focus on transition years:

- Grade 10s report lower levels of school engagement than Grade 7s

Work together to empower youth to avoid risk-taking behaviour:

- 18% of Grade 10s have used cannabis in past year and 11% have used illegal opioid pills
- 34% of Grade 10s have had at least one episode of binge drinking in the past year

More collaboration between partners and communities to support and promote positive health and well-being:

- 20% remain overweight or obese
- Decline from Grade 7 to 10 for: eating breakfast, having a family meal together, and fruit and vegetable intake
- 50% of Grade 10s and 33% of Grade 7s are not meeting physical activity guidelines of 60 minutes per day at least 5 days per week
- No decrease in percent of students reporting suicidal thoughts or being at risk of depression

SENIOR HEALTH AND WELLNESS

VISION FOR THE FUTURE

- **Enhancing Home and Community Care Services:** There will be greater emphasis on shifting care to the community and supporting aging in place. Home Care and Community Support Service agencies will support more elderly people with complex and often inter-related health and social care needs to remain in or return to their homes, especially after a hospitalization.
- **Volunteerism:** The importance of volunteer based services will continue to grow in general and particularly for seniors with dementia: "We see this as a growing area with an increase in the population of those with cognitive impairment and dementia."
- **Coordinated Care:** The model for patient care will bring together patients, teams of health professionals including specialists, community partners, CCAC and social workers to ensure not only a positive health outcome but also a quality of life outcome for patients.
- **Access to long-term care homes:** If current trends persist, there will continue to be a shortage of long-term care beds and this will result in more seniors staying in their homes out of necessity rather than personal choice and need. The hope is that substantially more spaces in long-term care homes will be created so that waiting lists and wait durations get smaller rather than larger.
- **Caregivers/Families:** More resources will be provided to caregivers and family members of those dealing with an individual with dementia. The support and services will look holistically at all those affected not just the person diagnosed with dementia.

- **Age Friendly:** Neighbourhood planning and building design will take into account the accessibility needs of seniors both in terms of mobility and to reduce the isolation of seniors. This will continue as part of the movement to develop age-friendly communities.

– From an interview with Nancy Fazzalari
Director, Alzheimer Services, Acclaim Health

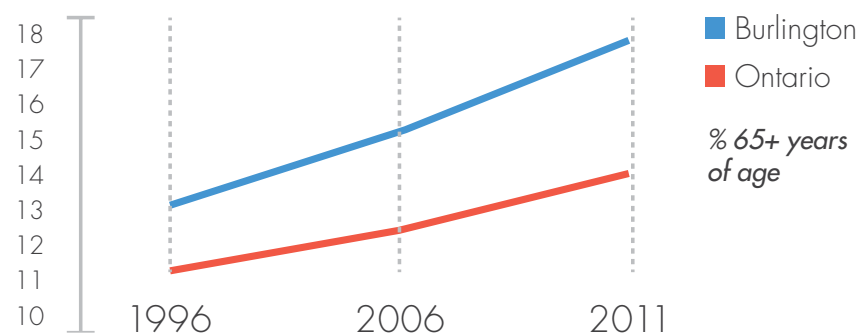
Acclaim Health is a non-profit charitable organization that in the last fiscal year, provided care and support to over 18,500 people in Halton both through its own staff of 400 and with the help of 600 volunteers.



Canada's age profile is getting older

This trend will continue for several decades into the future. For example, the proportion of people 65+ years of age in Ontario is expected to grow from 14.6% of the population in 2011 to over 23% by the year 2036.

Burlington's age profile has historically been older than that of Ontario as a whole, and the difference has been increasing over time. As of 2011, 16.9% of Burlington's population was 65 years of age or older, compared to 14.6% of Ontario's population.



Availability and Cost of "Standard Housing" for Seniors

The Canada Mortgage and Housing Corporation monitors vacancy and rental rates for "standard" seniors housing spaces: these refer to housing spaces "where the resident does not receive high-level care (i.e., the resident receives less than 1.5 hours of care per day) or is not required to pay an extra amount to receive high-level care."

Compared to Ontario as a whole, Halton has slightly lower vacancy rates but considerably higher rents, raising a question of whether there might be a shortage of affordable seniors housing in Halton.

STANDARD HOUSING FOR SENIORS	HALTON	ONTARIO
Vacancy Rate	12.1%	13.9%
Average Rent	\$3,961	\$3,236



Availability and Cost of "Heavy Care Spaces"

"Heavy care spaces" refer to housing spaces "where the resident is paying an extra amount to receive high-level care (1.5 hours or more of care per day). Examples of conditions that could require high-level care include Alzheimer's, dementia and reduced mobility." Vacancy rates in Halton are very low, and spaces cost more than the Ontario average.

HEAVY CARE SPACE HOUSING FOR SENIORS	HALTON/PEEL	ONTARIO
Vacancy Rate	0.3%	7.9%
Average Rent	\$5,353	\$4,640

(Note: excludes (a) subsidized units, (b) rent below market rent)

Availability of Long-Term Care Homes in Burlington

A long-term care home provides residential accommodation and care to people who require assistance with activities of daily living at frequent intervals throughout the day and/or 24/7 nursing care.

In Burlington there are 10 long-term care homes with approximately 1,215 long-term care spaces. On average, people in "basic" rooms waited over a year and a half before getting admitted. Waiting this long is challenging given the care and health needs of these individuals.

MENTAL HEALTH AND WELLNESS

Mental health issues affect everyone

Mental health issues have no boundaries – they affect people of all ages, cultures and income levels equally. And, it seems that mental health issues are growing, for example:

- 1 in 5 of Ontario residents will experience mental health challenges in their lifetime.
- Joseph Brant Hospital's Child and Adolescent Psychiatry Clinic statistics from 2010-11 to 2011-12 have experienced:
 - A 16% increase in case load
 - A 31% increase for the average wait time for assessment, to 47 days
- 3 in 10 Halton seniors have a negative view of their current mental health status.
- Reach Out Centre for Kids indicate wait times for services now range from months up to 2 years.

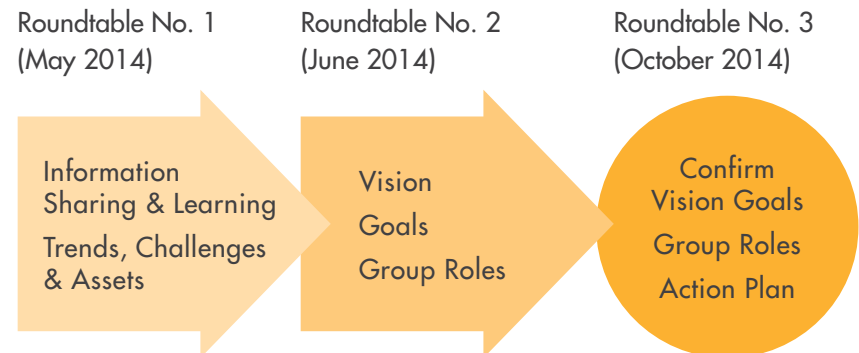
Burlington Community Foundation's Mental Health Roundtable Series

In response to growing mental health issues facing our community, Burlington Community Foundation (BCF) has organized a Mental Health Roundtable Series.

The Mental Health Roundtable is dedicated to the promotion and support of mental wellness across our community. Burlington has a breadth of expertise and experience within existing organizations that are doing critical work to serve our community members living with, and affected by mental health issues. However, the statistics indicated that there is more work to be done.

BCF has invited leaders from various mental health organizations, corporations and institutions, civic leaders, practitioners, and community members, as well as donors and fundholders, to participate and work together to address mental health issues affecting our community. Additionally, individuals with personal experience with mental health challenges have shared their lived experience.

Three Mental Health Roundtables have taken place in 2014.



✓ By the end of 2014, our desired outcome is to have a multi-year Action Plan that will move the Mental Health Agenda forward, based upon collaboration and partnerships within the community. These Roundtables provide a forum for us to join together with a common goal: improved mental wellness and mental health care in Burlington.

CONCLUSION

Envisioning the future: An even better city in which to live, work and play.

Potential is a word that sums up our city's future. As a prosperous and affluent community, individual, household and family median incomes in Burlington are higher than the Ontario average. We are in a very fortunate situation. We have the capacity to help people across our city experience similar opportunities and community experiences. Looking ahead, a broad mix of employment opportunities – including more highly-skilled, well-paying jobs – will enable even more people to work and live here.

It is anticipated that the growing local food movement and urban gardening will both have a very positive impact on sustainable local environmental practices. Our close connection to nature will only increase with more urban and rural green spaces being protected from greenfield development, aggregate extraction and highway expansion. Increased recycling and reuse initiatives have already helped to reduce garbage. However, we still have a way to go as 44% of materials currently being put in household garbage bins could have been recycled or composted.

With less land available, more families will move into high density structures – the Halton Region Official Plan calls for half of all new housing units to be townhouses or multi-storey buildings and 30% to be affordable or assisted housing. Moving away from traditional single family homes will require new solutions and ideas to help us maintain the sense of community and scale that we all enjoy.

The demographics of our community have and will continue to change. With many boomers choosing to retire, a strategy to build stronger connections with millennials will be important. Young workers who establish work and family roots in our community are critical to ensuring a healthy and sustainable workforce. At the same time, a greater emphasis on community-based health care and supporting aging in place will assist our older residents who already face a shortage of long-term beds.

The 2013 Vital Signs identified an opportunity to improve mental wellness. In 2014, the Foundation has organized three Roundtables to start conversations about mental wellness across our community. Leaders from mental health organizations, corporations and institutions, civic leaders, practitioners and community members, donors and fundholders as well as individuals who have experienced mental health challenges are all involved. These forums will lead to an action plan – supported by collaboration and community partnerships – that will improve future mental wellness and mental health care in Burlington.

Collaborating with individual donors, public and private organizations to build endowments, give grants and connect leadership, we are Burlington's centre for philanthropy. This Vital Signs report demonstrates the many opportunities Burlington has to continue to be a city that we can all feel at home in.

The next 15 years holds much potential for all residents. With your support, Burlington will continue to grow and prosper as one of Canada's most vital mid-size cities.



A city we can all feel at home in.



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3380 South Service Road, Unit 107
Burlington, ON L7N 3J5
905 639 0744

info@burlingtonfoundation.org
burlingtonfoundation.org



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