Transportation and Healthy Aging: Issues and Ideas for an Aging Society

Transportation is an essential part of daily life and is fundamental to healthy aging. As Canada's population ages, it is critical that we address the issues that relate to aging and transportation such as age-friendly transportation systems, roads and vehicle design, as well as licensure issues. This meeting will examine these issues and explore current thinking on how we will adapt to the future transportation needs in an aging society.

Meeting Objectives:

- Explore the relationship between healthy aging and transportation for individuals and their families;
- Understand the implications of an aging population for Canadian cities and towns and their transportation infrastructure;
- Examine the issues, opportunities and challenges associated with aging and driving, including current approaches to licensure renewal;
- Hear about innovative ideas to address transportation issues for older Canadians;
- Motivate new and strengthen existing collaborations and networking opportunities to facilitate knowledge exchange, and help leaders perform exceptionally in their roles.

Thursday - April 30, 2015

Meeting Location:
The Old Mill Hotel – Victoria Room
21 Old Mill Road
Toronto, ON. M8X 1G5
Welcome and Networking Reception

Dinner and Presentation

Preserving Mobility for Seniors: Start with the People, Follow Up with the Places

Mr. Glenn Miller will discuss how viewing senior mobility through a transportation lens is a logical place to start looking for solutions; however the real challenge begins with land use - fixing the way we build and retrofit our neighbourhoods - so that the term “aging in place” has true meaning.

In less than 25 years, a quarter of Canada's population will be 65+. The impact of this unprecedented demographic shift will be felt in every community across the nation. This is due in large part to decades of rapid post-war suburban growth that has created thousands of low-density, unwalkable neighbourhoods that lack amenities and which are hard to serve with transit. The scale of the demographic shift is such that mobility challenges faced by individual seniors will soon become a problem for society as a whole.

Glenn will also share how development patterns where personal mobility is dependent on access to a car will have a disproportionately significant impact on older adults when driving is no longer an option. Ontario’s Ministry of Transportation projects that by 2036 as many as 42% of 75 year olds living in car-dependent communities surrounding Toronto will no longer have driving licenses. The solution will not be found just by improving public transit and we also cannot afford to postpone preparing for a world where personal mobility is defined by the car in your driveway.

Glenn Miller
Vice President, Education and Research
Canadian Urban Institute

Friday - May 1, 2015

Meeting Location:
The Old Mill Hotel – Humber Room
21 Old Mill Road
Toronto, ON. M8X 1G5

8:30 - 8:45 am
Welcome and Breakfast
Humber Room

8:45 – 9:00 am
Opening Remarks
Humber Room

This session will provide a brief summary of the Council’s overall objectives and will place the meeting within the context of the objectives. It will also outline the value of the Conference Board’s involvement in the issues and the program ahead.

Vaughan Campbell
Director, Organizational Excellence
The Conference Board of Canada

9:00 – 9:45 am
Driving and Older Adults with Dementia – A Physician’s Perspective

More than a quarter of community-dwelling patients with dementia retain an active driver's license and almost three-quarters of these individuals drive at least monthly. Moderate and severe dementia pose unequivocal road traffic risks, but the situation is less clear with mild dementia, in which many patients may retain the necessary driving skills at least for short periods of time.
Furthermore, empirical research in this area is confounded by driving restrictions for older adults, particularly those with dementia. Detection rates of dementia are low in primary care, and efforts to detect dementia at points of licensure can pose problems striking the appropriate balance between false positives and false negatives. Mandatory reporting legislation for physicians pertaining to patients with medical conditions affecting driving has an impact on decision-making, but many patient-related and physician-related factors do as well.

Dr. Mark Rapoport will discuss the literature on the accurate detection of dementia, the magnitude of driving risks with dementia and detecting these risks, balanced with the literature on the negative effects of driving cessation in this population, and factors pertaining to physicians’ decision-making about reporting patients with mild dementia to transportation authorities.

Mark Rapoport
Associate Professor, Department of Psychiatry;
Sunnybrook Health Sciences Centre, University of Toronto;
President, Canadian Academy of Geriatric Psychiatry;
Fellow, Canadian Psychiatric Association

9:45 – 10:45 am
Approach to Developing Evidence Based Risk Stratification Tool for Assessing Older Driver Medical Fitness to Drive: The Candrive/Ozcandrive Older Driver Prospective Cohort Study

Dr. Shawn Marshall will present the Candrive/Ozcandrive project and research to date which includes data and results up to 4 years in this 5 year prospective study. Changes in the cohort health and driving patterns will be highlighted as well as our planned approach to derivation of a driving risk stratification tool.

Candrive is a Canadian research program aimed at improving the safety and quality-of-life of older drivers which is now into its sixth year of activity. Candrive is an established network of diverse Canadian researchers interested in older driver issues. Research members of Candrive include occupational therapists, physiotherapists, psychologists, kinesiologists, epidemiologists, and a number of medical specialists in geriatric medicine, physical medicine and rehabilitation, rheumatology and geriatric psychiatry.

The vision of Candrive is to use a national interdisciplinary approach to improve the safety and health-related quality-of-life of older drivers. Collaboration with key stakeholders including seniors’ organizations, provincial ministries of transportation and professional organizations is imperative in ensuring that CanDRIVE research products translate into improved older driver public policy and clinical practice.

Shawn will also discuss how the Older Driver Prospective Cohort Study will allow for the comprehensive, longitudinal study of older drivers and key factors that impact their driving safety.

Shawn Marshall
Co-Principal Investigator, Candrive;
Researcher, Ottawa Hospital Research Institute;
Professor, University of Ottawa

10:45 – 11:00 am
Break

11:00 – 11:45 am
Mobility in Later Life: Addressing Safety Concerns and the Needs of Older Canadians

Safety concerns (motor vehicle accidents, pedestrian accidents and falls) must be balanced with the needs of older adults. The paramount questions are: Is what we are currently doing to protect individual and public safety (e.g., age-based licensing regulations; roadway, vehicle and crosswalk design) working? Can we do better? For instance, it has been argued that there may not be a need for restricted licenses if many seniors regulate their own driving.
Dr. Anita Myers will address these questions by presenting findings from a national study on licensing policies and procedures for determining fitness-to-drive, including options for restricted licenses, procedures being used in driver assessment centres, as well as costs for drivers. She will then discuss the research evidence pertaining to self-regulation by older drivers including the accuracy of self-reports. Studies using in-vehicle devices with GPS have been conducted not only with community dwelling seniors, but more recently with those living in retirement complexes. The latter study suggested a temporal association between relocation and transition to non-driving.

Throughout the presentation, challenges for various stakeholders (e.g., licensing authorities, policy makers, transportation planners) will be raised to stimulate further discussion and opportunities to work together with researchers and evaluators.

**Anita Myers**  
Professor, School of Public Health and Health Systems  
University of Waterloo and Fellow,  
Canadian Evaluation Society and Gerontological Society of America

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**11:45 am – 12:00 pm**  
**Group Discussion**

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**12:00 – 1:00 pm**  
**Lunch**  
**Kingsbrook Room**

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**1:00 – 1:45 pm**  
**Responding to Transportation Needs in a Changing Population**  
**Humber Room**

This two-part session outlines the Ministry of Transportation’s efforts to respond to emerging transportation and road safety needs in the context of a changing population.

Within the next 25 years, the population of seniors in North America is expected to double. At the same time, the Ministry recognizes that seniors are living longer and driving later into their lives than ever before. A central challenge for policy-makers resides in research showing that older drivers are at a higher risk of suffering from physical and cognitive impairments, which may affect driving ability. Recognizing the need to balance the independence and mobility needs of seniors with public safety, the Ministry of Transportation has adopted an innovative new approach to senior driver licensing in the form of their enhanced 80 and Above Senior Licence Renewal Program. In the first portion of this presentation, Mr. Erik Thomsen will discuss the development and implementation of this landmark initiative.

In the second part of this presentation, Ms. Jeannie Lee will discuss the recently launched Community Transportation Pilot Grant Program. This Program will provide financial assistance to 22 municipalities in Ontario to partner with community organizations in order to coordinate existing transportation services to provide more options, to more people and to more destinations. The discussion will include the different models of coordination that communities will implement to tackle the mobility needs of their residents, many of whom are seniors who can no longer drive, or do not have access to a vehicle, and live too far from services.

**Erik Thomsen**  
Team Leader, Road Safety Policy Office  
Ministry of Transportation Ontario

and

**Jeannie Lee**  
Senior Policy Advisor, Municipal Transit Policy Office  
Ministry of Transportation Ontario

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**1:45 – 2:00 pm**  
**Break**
Transportation is the movement of people and goods from one location to another by private vehicle, transit, cycling and walking. However, the way we allocate space for the various modes of travel and the quality and amenity of our streets makes them far more important than simple routes to get from one place to the other. They make up over 25% of the land area of Toronto and have an enormous impact on the quality of our everyday lives and our mobility at every stage of our lives.

Ms. Elyse Parker will discuss specific actions and programs that Transportation Services - the City of Toronto division responsible for the operation of the city's street network - has implemented over the past few years to ensure that our streets increasingly respond to the needs of an aging population and to the World Health Organization's (WHO) framework for age-friendly cities, which is defined as maximizing "opportunities for health, participation and security in order to enhance quality of life as people age".

Elyse will also reference the Toronto Seniors Strategy and the objectives and actions it identified as ways to make the city more age-friendly, targeted to improve the accessibility of the transportation network and sidewalks and crossings as well as improving the safety of pedestrians.

Elyse Parker  
Director, Public Realm Section  
Transportation Services  
City of Toronto