

- learning opportunities for employment and volunteer services and other such similar activities;
- (iii) offering counselling and advisory services and other types of assistance peculiar to our individual agencies.
- B. To encourage the development of similar dietary, social and community health services where they do not exist.
- C. To operate such enabling services for the aged as are provided for under the Elderly Persons Centres Act, 1966 and Regulations, as amended from time to time, and to cooperate with others who provide services provided under such acts of the Provincial and Federal Governments as are compatible with the objectives of the organization.

In 1971 a Health Research grant was given to Deer Lodge Hospital, Winnipeg,⁽¹⁾ to determine the feasibility of having a voluntary agency, such as the VON, supervise a hospital-based activity and therapeutic program in a Day Hospital for the elderly.

The Annual Report of the Department of Social Services, Government of Saskatchewan,⁽²⁾ 1971-72 lists an expenditure of some \$60,000 in grants to community services for the aged; these include two Day Centres and two Senior Care Centres. A Day Care Hospital was recently approved for Edmonton. Ottawa has just opened a day care centre for the elderly. The main deterrent to the operation of such centres is the lack of transportation.

The Victorian Order of Nurses,⁽³⁾ working with municipal health departments, provides health counselling to Senior Citizens Organizations on a group and individual basis. Good nutrition is an important element of a health program and has always been a concern of VON branches. Six branches now coordinate and administer Meals on Wheels programs, providing meals to some 3,000 recipients. An evaluation of this service is being made in the Richmond-Vancouver Branch to determine if the function should be broadened. Meals on Wheels programs are, for the most part, operated by voluntary organizations which leads to fragmentation and lack of continuity, depending on the voluntary help. The Annual Report for 1971-72 mentions counselling service for senior citizens only in connection with the Windsor-Essex County and Peel Branches.

The Ontario Ministry of Community and Social Services⁽⁴⁾ is particularly interested in sponsoring pre-retirement courses and in 1972 issued a brochure "Retirement and Preparation for Retirement"—a Selected Bibliography and Sourcebook. An Ontario Government survey showed that those between 45-65 are not interested in concrete plans for retirement. Slightly more than

half of those surveyed had plans for the use of leisure; fewer than half had considered health or exercise programs, although 89 per cent had financial plans. The survey also showed that only 10 per cent of workers from 15 urban areas in Ontario intended to enrol in retirement planning courses and 43 per cent did not know that such courses existed. Pre-retirement courses are offered in most large urban areas as night-school options.

Recommendation 16

That research be undertaken into the effects of regular exercise, various types of organized recreation, and other forms of group and individual activity on the physical and mental health of older people, and that grants under the Fitness and Amateur Sports Act be made available for this purpose.

ACTION TAKEN

In 1971 the Fitness and Amateur Sports Branch convened a conference in Ottawa to state national goals, to define clear objectives and to enumerate priorities for research in recreation. On this basis research grants-in-aid programs are structured. Programs are aimed at the Canadian people as a whole rather than any specific age group. Again in December 1972 the National Conference on Fitness and Health recommended:

Recommendation 21⁽¹⁾

It is recommended that the Federal Government make available funds to support pilot training programs in physical recreation for the aged and handicapped.

The conference recommends more specifically that:

- television exercise programs for the aged be established;
- the Federal Government explore the possibility of establishing scholarships in cooperation with the provinces to provide the opportunity for study of physical recreation programs for the aged and disabled.

The National Advisory Council on Fitness and Amateur Sport will issue a publication in the near future describing to what extent each recommendation has been implemented. As of April 1, 1974 the Research and Planning section of the Fitness and Amateur Sport Branch provides grants for research in the area of physical fitness. Individuals or groups who wish to conduct research in the area of fitness and aging can submit proposals to this section.

(1) Health and Welfare Canada Research Projects and Investigations into Economic and Social Aspects of Health Care in Canada, 1971, p. 123.
 (2) Saskatchewan. Department of Social Services, *Annual Report, 1971-72*, Regina.
 (3) Victorian Order of Nurses *Annual Report, 1972*, p. 23.
 (4) Ministry of Community and Social Services, November 28, 1973. Letter plus enclosures.

(1) Canada. Health and Welfare Canada. *Recommendations of the National Conference on Fitness and Health*, Ottawa, 1972, p. 16.