

THE UNIVERSITY OF MANITOBA

THE RECREATIONAL NEEDS AND WISHES OF RESIDENTS OF
HOUSING PROJECTS IN METROPOLITAN WINNIPEG

A study of the recreational needs and wishes of elderly
people resident in the Canadian Legion Memorial Housing
Foundation (Manitoba Branch), in the Cosmopolitan Club
Homes, in Anatole Park Development and in St. Andrews
United Church Senior Citizens Housing Project.

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ABSTRACT

THE RECREATIONAL NEEDS AND WISHES OF RESIDENTS OF HOUSING PROJECTS FOR SENIOR CITIZENS

This study took place in Winnipeg, Manitoba, between October, 1961 and May, 1962. It was focussed on the recreational needs and wishes of older people living in housing projects for senior citizens. The residents of four housing projects served as the population from which a sample of 111 people was chosen and interviewed in order to collect the necessary data.

The objective of the study was to determine if the residents needed additional facilities and services to meet more adequately their leisure time needs and wishes. To ascertain this, the areas pertaining to personal characteristics, use of time including present participation in recreational activities, use of recreational facilities and problems restricting such use, and wishes for more or different types of recreational facilities and services, were studied.

It was concluded that the residents of the housing projects did have a desire and a need for additional recreational facilities and services, particularly for those that would permit them to associate with other people to a greater extent.

CHAPTER I

INTRODUCTION

This is the report of a research study which dealt with the recreational needs and wishes of old people living in selected housing projects in Metropolitan Winnipeg. The School of Social Work of the University of Manitoba saw the field of the aged as one in which there were problems in need of study, and decided that the students registered in the second year of the Social Work program study one of these as a partial requirement for the degree of Master of Social Work. The general question to be studied, one aspect of which is covered in this report, was worded as follows: "What kind of staffing, and additional or supporting services and projects would make housing and services for old people more adequate to meet their wishes and needs?" It should be noted that the focus was to be on the old people's wishes and feelings about what they needed.

The basic problem which stimulated this study on recreational needs and wishes of old people is that in an urban, industrialized community they are required to retire from work at a definite age. They are then faced with the necessity of developing meaningful activities to fill the time that becomes available to them. Society has failed to provide them with meaningful roles, resulting in old age becoming merely a waiting period when potentially productive

years must be spent in idleness and stagnation.

That there is an increasing concern and recognition of these problems on the part of the community is indicated by the rapid developments in facilities such as day centres, "golden-age" clubs, special housing projects, nursing homes, geriatric centres in hospitals, and the like. If these new facilities and services are to meet the needs of old people there must be an awareness of what the old people themselves feel would contribute to their greater enjoyment of life. Research is necessary to determine what kinds of facilities, staffing and additional services would serve to meet the personal needs and wishes of old people more adequately.

It is apparent that technological improvements, such as household appliances, have made it possible for old people to maintain an independent living status for a longer period of time. At the same time the number of household tasks which must be performed have been reduced. This in turn further increases the amount of leisure time available. Whereas in a rural culture use can be made of an older person's knowledge and experience, this is no longer the case where a family lives in an urban centre where the job of the family head takes him away from his home. This means that the aging parent has no responsibilities or duties which he can perform for the larger family, adding up to a problem of what to do with an increased amount of leisure time. Furthermore, few have the formal education which might otherwise provide them with satisfying interests and hobbies.

All of these factors combine to create a serious problem for the older person. Lack of satisfying activity can produce frustration or apathy. Carried to extremes, it can lead to premature physical and mental deterioration and to such personality changes as withdrawal, irritability, submission or paranoid tendencies. Social work is concerned with preventing such deterioration from taking place and in helping the aging individual to establish an integrity of personality that will enable him to combat the despair, disgust and fear of death that so frequently is the companion of old age.¹

A number of writers in the field of the social sciences have emphasized the value of leisure time activity as a means of preventing mental and physical deterioration. Levine states emphatically that, "In various studies made of older people it was always found that those who were active and had enough to do to fill their leisure hours were happier and better adjusted than those who did not."² Barron corroborates this statement by saying, "Lack of something to do, especially with others, is one of the most serious problems the aged face in urban communities, . . . many still want to lead

¹Erik H. Erikson, Identity and the Life Cycle. New York: International Universities Press, Inc., 1959, p. 98.

²Harry A. Levine, "Community Programs for the Elderly", Annals of the American Academy of Political and Social Sciences. Vol. 279, January, 1952, p. 168.

constructive, meaningful lives. They want their activity to be stimulating, informative, even creative."¹

The Committee on Services for the Aged of the Community Planning Council of Winnipeg studied the problems of Winnipeg's older citizens in 1956. Their report, "Age and Opportunity", suggests that the particular needs of the aged in regard to recreation be studied. The present project was an attempt to study one aspect of those needs, namely the recreational needs of those old people who reside in housing projects.

Leisure time activities, as used in this report, will include any activity which can not be described as work. It is the intention of this research to examine only those needs and wishes of old people which fall within the area of recreation, which will be understood to exclude all activity not pleasurable to the participant.

The object of the study was to discover in which activities the residents of the housing projects participated with the view to finding out which activities were most popular and thus most suitable to the particular age or the particular physical or mental ability of the people studied. A further important part of the study was to look at the desires of the old people in the area of recreation, as

¹Milton F. Barron, The Aging American. New York: Thomas Y. Crowell Co., 1961, p. 50.

determined from the answers they gave to questions around this matter. No value judgment was to be placed on the various types of activities, with the emphasis being on what they did, rather than on why they did certain things and on what they would like to do, rather than on why they would like to engage in certain other activities.

In order to narrow the field still further, the study was restricted to old people living in special housing projects, designed and created for the use of old people. There have been a number of these built in Greater Winnipeg in the past few years, and more are being planned. It was felt that they seemed to present certain peculiar problems around the provision of adequate recreation facilities, and it was hoped that the findings of this study would have useful application to existing and future housing projects. Our main concern was whether old people in these housing projects felt a need for additional facilities and services for recreation.

One of the recommendations of the White House Conference on Aging states:

It is recommended that: Existing public and private facilities be made more available for the leisure activities of the aged and that, where necessary and practicable, these facilities be adapted for the special needs of senior citizens.

Communities be encouraged to provide wherever necessary and feasible, special facilities for exclusive use of older citizens.

Special needs of the aged be considered in the planning and construction of all future private and public facilities for recreation.

Suitable legislation be enacted to insure that licensing requirements for multiple living arrangements for older people provide indoor and outdoor recreation facilities.¹

From the above we developed the hypothesis that old people living in housing projects needed additional recreational services and facilities to meet adequately their leisure time needs and wishes. There were certain questions that had to be answered to test this hypothesis. These were:

1. What are the personal characteristics of the residents of the four housing projects?
2. What do the residents do in their leisure time?
3. What facilities do they now use?
4. What are the problems which affect the use of these facilities?
5. What are their needs and wishes concerning use of leisure time?
6. Do respondents wish to have further recreational facilities provided?

There are several terms used frequently throughout this report, which, for purposes of clarification will be defined here.

¹The Nation and Its Older People: Report of the White House Conference on Aging. U.S. Department of Health, Education and Welfare, Washington 25, D.C., January, 1961, p. 232.

Old People: for the purposes of this study will refer to male and female residents of one of the four housing projects. In almost all cases, they are ambulatory and self-reliant, since the very nature of the housing in which they live requires this.

Housing Projects: are housing developments containing low rental self-contained housing units designed specifically to meet the needs of independent old people in the low income bracket.

Services: are facilities or commodities required or demanded for use of leisure time.

Leisure: is a condition of having one's time free from the demands of work or duty.

Recreation: is any wholesome free time activity chosen voluntarily, that provides satisfaction through participation. An interested spectator is considered to be a participant. Excluded from the study is any activity engaged in for pay or any activity which is not in itself pleasurable to the participant.

Needs: those things which are basically necessary for the physical, emotional, and mental well-being of an individual.

Wishes: distinct conscious mental inclination towards the doing, obtaining, attaining, of something.

The testing of the hypothesis required that information be obtained directly from residents of housing projects. Therefore, an interview schedule, or questionnaire, composed of questions designed to provide the needed information, was drawn up and presented to residents of the following four projects: Anatole Park Development, Canadian

Legion Memorial Gardens (Manitoba Branch), St. Andrews United Church Senior Citizens Housing Project and Cosmopolitan Club Homes. To facilitate the interviewing, a sample of the residents was chosen, and interviewed between January 7th, 1962 and March 7th, 1962.

The following kinds of data were collected: personal characteristics including age, sex, marital status, income, physical disability, amount of time spent in employment and household tasks, use of leisure time facilities, transportation problems, kind and degree of recreational participation, and wishes concerning recreation. All this information represented factors which were felt to have a direct influence upon what use was made of leisure time, what recreational needs and wishes existed, and what additional services and facilities were required to meet those needs and wishes.

The method adopted, and the nature of the material collected, imposed certain limitations upon the research. The time at which it was conducted, winter, meant that the information would likely tend to be more applicable to that season than to any other. Winter for old people is usually a time of greater hardship, enforced inactivity, and increased sickness, and the depression resulting from this situation may have affected the responses. The time available for the completion of the study prohibited taking into consideration many factors that might influence recreational needs and wishes, such as: cultural background, occupation prior to retirement, income prior to retirement, and state of health other than existing physical disabilities. It was found difficult to frame questions on needs and

wishes that would elicit meaningful responses. Needs and wishes are difficult to determine in any case, because people are frequently not consciously aware of them or of ways in which they can be satisfied. Further, response to questions about needs and wishes required the time for forethought that could not be provided in a single interview. This might have allayed some of their suspicion and allowed them some time to reflect on their needs and wishes. In addition, in some cases, there seemed to be a reluctance to respond in any way that could be construed as being critical of the housing project or its management.

The data collected was tabulated in a way calculated to facilitate relating the recreational activities of old people and the facilities they used to the time they had available, to problems preventing their use of facilities, and to their wishes concerning recreational use of leisure time. Testing of the hypothesis depended upon how well the recreational needs and wishes of the residents were being met. Because of differences between the various housing projects, data was recorded separately for each one.

CHAPTER II

BACKGROUND LITERATURE

In this chapter an effort is made to develop a deeper understanding of leisure time problems of old people.

Their problems do not stem only from being too old to work and having nothing to do, but also from beliefs and attitudes in the community regarding old age, which affect the lives of old people.

The importance of leisure time and recreation, especially for old people, has been more and more recognized. As will be seen, the literature on old age sheds light on these factors and helps to show the problems in a wider and more meaningful context.

Two American research studies on old age are also mentioned in this chapter because they offer material with which the present study can be compared in a meaningful way.

Aging may be defined briefly as that element in life pertaining to the passage of time. Aging is part of living. It can never be arrested without ending life. Aging is a continuing process which, beginning with the onset of a new organism, proceeds throughout the lifespan at a varying rate of change. As aging begins with conception, it involves two essentially antagonistic processes: growth or evolution, and atrophy or involution. These two phenomena take place simultaneously throughout life. An ultimate understanding of aging must wait upon such time as we comprehend fully the forces which

accelerate and/or retard growth in contrast to atrophy.¹

The nature of aging is difficult to describe or measure with any degree of confidence. It is a process involving numerous inter-related elements: biological, psychological and sociological in nature. It is complicated by diseases on the one hand, and by cultural restrictions on the other. Situationally it has its onset during the forties or fifties when offspring begin to fend for themselves and more leisure time becomes available. Sociological and psychological aging advances further with retirement from work and when infirmity reduces mobility. At this time needs for useful activity and social participation assert themselves along with problems of financial security, medical care and suitable living arrangements.

The concept of aging has changed. Previously, aging was assumed to be a physical, psychological and functional deterioration beginning in middle life. Consistent with this belief, little or nothing was expected of older people, and many of them did little or nothing. The origin of this attitude was the industrialization of society, which needed young, strong bodies made available by an increasing birth rate, and urbanization leading to the two-generation

¹A. J. Carlson and E. J. Stieglitz, "Physiological Changes in Aging", Annals of the American Academy of Political and Social Science, CCLXXIX (January, 1952), pp. 18-19.

conjugal group in which grandparents had no positive role. This again led to the separation of the adult generation and an accent on children and their care, while the grandparents' care was left to the community. Old people were set aside as no longer useful. To a degree, old people accepted the concept of limited usefulness, but they were not satisfied. There was, in fact, evidence of a good deal of dissatisfaction, bewilderment, and a feeling of insecurity in a fast-moving world that failed to provide assurance of income and opportunity for obtaining normal satisfactions and for making continuing contributions to community life.

Now the validity of earlier assumptions, and the attitudes and practices into which they led, are beginning to be questioned. A new concept which gives recognition to the positive as well as the negative aspects of maturation is more and more accepted. The positive aspect is that middle and old age can be viewed as bringing one to a new phase of life than can represent growth, maturity and social contribution. Another positive aspect is that sociological aging can be slowed down, as can biological and psychological aging. The challenge presented by the new concept of aging is to make functional citizens of the aging and place responsibility for provision of appropriate environment and services on the entire community. Acceptance of the new approach to aging means that the existing attitudes and culture are in a stage of transition.¹

¹C. Tibbits, and H. D. Sheldon, "A Philosophy of Aging", Annals of the American Academy of Political and Social Science, CCLXXIX (January, 1952), p. 10.

The social and psychological needs of aging may be considered in the light of this new concept of aging. Old people have needs which are common to all people. These needs are not only for adequate food, clothing, shelter and health, but also emotional security, social recognition (status), sense of worth and self respect. It is well, too, to realize that old age insults the person and that this leads to special needs. There is loss of physical attractiveness, lessening of physical health and vigor, loss of supporting persons and loss of useful and respected roles. These losses create special developmental needs for old people, such as adjustment to death of spouse, to loss of employment and reduced income, and to decrease of physical vigor; combined with a need for making satisfactory physical living arrangements and a need for affiliation with the age group of elders.

Old people have group needs which ask for social recognition, self respect and satisfactory social roles. Other group needs are the chance to earn a living, health services and social and recreational facilities, the latter being in the focus of our research project. Just as the community provides recreational facilities and leadership to meet the needs of youth, so it should meet the needs of old people with analogous facilities through municipal recreation departments, churches, schools and clubs. At a minimum, old people require meeting places, equipment for games, leadership for group recreation and instruction in arts and crafts.

Besides the group needs, old people have personal needs which should be met. These are: new friends, interests in civic and community affairs, new leisure time activities and hobbies such as travel, arts, crafts, gardening, reading, collecting and other pursuits, meeting children on a grown-up basis, and avoidance of reminiscence.

In conclusion we can say that the individual, if he wants to be happy, must find rational and practical ways of meeting his needs. No one else can do it for him. One's old age is what one makes it. But the community must carry responsibility for creating conditions that make it possible for the great majority of older people to lead an independent and emotionally satisfying life. Recreation is one aspect of the activity needs of the old person.¹

Leisure

"The best test of the quality of civilization is the quality of its leisure. Not what the citizens of a commonwealth do when they are obliged to do something by necessity, but what they do when they can do anything by choice, is the criterion of a people's life."² Leisure is such an important part of life that it is claimed

¹R. J. Havighurst, "Social and Psychological Needs of Aging", Annals of the American Academy of Political and Social Science, CCLXXIX (January, 1952), p. 17.

²I. Edman, "On American Leisure," Aging in Today's Society, eds. C. Tibbits and W. Donahue, (Englewood Cliffs, N.J.: Prentice-Hall, Inc., 1960), p. 208.

that the worth of a nation can be determined by its leisure activities. In our society the amount of time needed for earning a livelihood has shrunk to such a small proportion of the total week that use of time free from duty or obligation has become a serious problem about which much is being written. For those in retirement the problem is much greater, because the time formerly spent in work becomes part of bulk time, interrupted only by eating and sleeping, that must be spent in some way. Success or failure in old age is mainly determined by how this time is used.¹

The use of leisure time is determined by three factors: the group of which we are members and whose values we adopt, the culture into which we are born and which gives us our beliefs and attitudes, particularly toward leisure time, and the capabilities of our body and mind.² Within these limitations, use of leisure time is decided. But, whatever is chosen, it is the common consensus of all authorities that herein lies the key to successful adjustment in old age. No longer able to play the roles to which they have been accustomed, old people must find new ones in which they can give vent to self expression, ". . . and from which they can derive self-respect,

¹A. Williams, Recreation for the Aging, (New York: Association Press, 1953), p. 5.

²M. Kaplan, Leisure in America, (New York: John Wiley and Sons, Inc., 1960), p. 5.

recognition and a sense of contribution."¹

In search of these new roles, old people are turning to senior citizens' clubs, adult day centres, community centres, church clubs, and other forms of organized recreational activity. Through these means they are seeking out and learning new ways to satisfy their need for social interaction and physical and mental activity. The official statement of policy of the 1961 White House Conference on Aging states that recreation, along with work, education and religion, is one of the basic human needs.² Recreation is so important for old people because activities which formerly were peripheral now become the principal part of life. Whereas leisure constituted an escape from the demands of work or duty, it must now replace work as a stimulating and motivating force. In a successful adjustment, leisure time activities become a substitute for work.³ Recreation becomes the major part of the framework upon which a meaningful life can be built. It ". . . is an extremely important aid to growing old

¹J. W. Doorn, "A Sense of Contribution", Recreation, (May, 1960), p. 197.

²U. S. Department of Health, Education and Welfare, The Nation and Its Older People, Report on the White House Conference on Aging, (Washington, D.C., January, 1961), section 12.

³L. C. Michelson, "Value Changes in Leisure in Old Age", American Journal of Sociology, LIX, 1953-4, p. 374.

gracefully. People who do stay young despite their years do so because of an active interest that provides satisfaction through participation."¹

The theory behind the importance of recreation in the life of all people, and particularly in old people for whom it is the major part of life, is well developed by S. R. Slavson in his book, "Recreation and the Total Personality".² Recreation provides a means of compensation for the loss of a meaningful place in the working world and the resultant feelings of uselessness, inadequacy, inferiority and despair. It also provides compensation for the experiences and stimuli that are denied old people to a greater degree than for younger members of the community. Through recreational activity there is a discharge of aggressive drives such as the hostility toward youth and toward the world that has passed them by, that is often experienced by old people. Any games of rivalry and competition provide an outlet for such feelings. Recreation provides an outlet for the infantile needs, expressed in collecting hobbies, that most people retain from childhood. Fiction, television, travel and other

¹F. E. Schulman, "Spotlight on Seniors", Recreation, LII, No. 5, (May, 1959), p. 181.

²S. R. Slavson, Recreation and the Total Personality, (New York: Association Press, 1948).

activities allow people to escape from the frustration, anxieties, and monotony of real life.

Association with other people satisfies social hunger and gives a feeling of belonging. Recreation is a medium through which people can relate to each other with ease and pleasure, thus contributing to the well-being and pleasure of the individual. In order to meet all these needs, recreation must be designed to include activities and skills in which the old person can succeed.¹ Recreational activity that is going to meet the needs of old people must have certain characteristics. It must be meaningful so that it is not a mere putting-in of time. To sustain status, self respect and energy, some of the activity must result in real contribution to the community. Since needs and skills vary greatly, activity must allow for such differences if the individual is to have a continuing interest and is going to be able to succeed well enough to win recognition from persons whose opinions he values.²

Relevant Studies

Two prior studies seem to have pertinence to the present study.

Personal Adjustment in Old Age.³ - The authors of this research

¹Ibid., p. 9-15.

²M. L. Barron, The Aging American, (New York: Thomas Y. Crowell Co., 1961), p. 201.

³R. S. Cavan, E. W. Burgess, R. J. Havighurst and H. Goldhamer, Personal Adjustment in Old Age, (Chicago: Science Research Associates, 1949).

study have set forth their purpose as being:

- "1. to define and to analyse the nature, patterns and problems of personal adjustment to aging;
2. to present the available facts about old age derived from census data and from a survey of 2,988 older persons made by the authors;
3. to describe two instruments for measuring adjustment in later maturity, one an Inventory of Activities and the other an Index of Attitudes."

Thus they take as their field all of the problems of aging which are in any way related to adjustment. The instruments were created to measure ". . . the degree to which a person's attitudes express satisfaction or dissatisfaction with his life situations, and the degree of participation in daily activities common to most people."¹

This study differs from the present one in that the authors were using the instruments to measure degrees of adjustment rather than the need for recreational facilities and services. Their criteria of adjustment were remarkably similar to those used in the present study to determine the need and wish for additional recreational facilities and services. These were: 1) participation in activities, 2) satisfaction with activities, 3) happiness, 4) absence of non-adjustive behaviour, and 5) degree of wish fulfillment.²

¹Ibid., p. 102.

²Ibid., p. 103.

On the first point they caution that participation in activities must be considered as factors in adjustment rather than as a general criterion of adjustment. A person may place a different meaning on a particular activity than does another person. For example, two people may attend a Senior Citizens' Group. The first may consider it to be the most important thing in his life, while the second could get along fairly well without it. The same principle applies to this study. In measuring the amount of activity in which a person participates, no attempt is made to determine the relative value which he places upon it.

Both the Chicago study and the present study attempt to measure participation in activities. It is assumed "that the greater the person's degree of participation in an activity, the greater his satisfaction in it."¹ Their purpose is to use degree of participation as an indication of adjustment. Our purpose, however, is not directly concerned with satisfaction derived, but rather with the total amount of activity. This measurement in turn should provide an indication of whether or not recreation needs are being met. Thus, while the questions "how often?" and "how much time do you spend?" appear in both studies, they do so for different purposes.

Similarly, the measurement of wish-fulfillment achieves a different purpose in this study. In the Chicago study it is used

¹Ibid., p. 108.

as a criterion of personal adjustment. The researchers assume that if wishes are being met, this indicates that the person is well-adjusted. In our study, however, questions around wishes are used to determine whether respondents have a particular wish or wishes in the area of recreation. This is a direct measurement of wishes, whereas the Chicago group used the measurements of wishes indirectly to measure total adjustment.

The greatest similarity that the Chicago study bears to the present one is in the methods used and the type of questions asked. As has been noted, the purposes of the questions differ in each case. Although this is so, the indication is that the measuring instrument of the present study can be considered a useful one.

The North Carolina Study. - A more recent study was conducted in North Carolina in 1956.¹ While this study was much wider in its scope than the present study, the focus was quite similar. The purpose was given as "to provide information concerning the attitudes and habits of the aged in North Carolina regarding leisure and recreation."² Many of the questions asked by the study could apply equally well to the present study - such as the following one: "How much leisure time do older people have?"³ Other questions asked in

¹The Institute for Research in Social Science, Recreation for the Aging in North Carolina, (Chapel Hill: The University of North Carolina, 1956).

²Ibid., p. 70.

³Ibid., p. 70-71.

the study had a different focus than those of the present study. They were concerned with recreational interests developed in earlier years and the extent to which they were carried over into later years. They were also concerned with the desire to develop new activities of a particular kind. This information was necessary to give an indication of program needs for recreation leaders in old age clubs.

The findings of this study are pertinent to the present study in several areas. They indicate the following facts: "Five out of nine older people feel that they do not stay at home too much. Over eight out of ten feel that they have enough to think about and keep their minds busy. Over four out of five older people feel that they have enough opportunity for physical exercise."¹ These findings would seem to show that older people are, or feel themselves to be well occupied, not confined to the house and not lacking in opportunities for physical exercise. While the questions might be considered to be value oriented, this too would support the thesis that the average older person has an image of himself as active, physically and mentally, and in sound physical health.

When asked if they would like to participate in organized groups and clubs, three out of four replied in the affirmative. This again emphasizes the desire of the people studied to participate

¹Ibid., p. 151.

in an organized recreation program. When asked what plans or ambitions they had that would alter their lives, 23% answered "none" and 44% did not answer the question. On the other hand, a similar question "What are your main concerns about the future?"¹ uncovered the fact that the majority did have concern about the future in such areas as financial security, health, doing service for others, religious consideration and others. Lack of recreation was not mentioned as a factor. However, "Over six out of ten have five or more hours free during the day. Four out of ten older people are free from eight to twelve a.m. Six to ten are free for the remainder of the day."² These findings indicate that the majority of older people do have the leisure time available to participate in recreational activities.

Another finding was: "Older people are interested in developing the following activities: arts and crafts, travel, nature and outing, service and community work, music, social activity, sports and games, work for pay, dramatics, dancing."³ While all these activities are not necessarily valid in the present study, they do indicate that an interest exists among old people in a wide variety of activities. This finding also suggests that old people are not content to remain at home engaged in household chores or merely sitting. In response to the question, "What, if anything, is lacking in your life?"⁴

¹Ibid., p. 153.

²Ibid., p. 149.

³Ibid., pp. 149-50.

⁴Ibid., p. 153.

"association with people" was mentioned by 8% of the respondents, and time for recreation and education by 4%. While the numbers who mentioned these items do not appear to have been significantly high, they are out-ranked only by those mentioning lack of finances, goods, home, etc.¹ The expressed need for recreation and association with other people is considered to be significant.

In summary, the study affirms that there is a significant number of old people who are lacking recreational outlets. It also affirms a genuine desire for recreational activities as such and for the social contact which such activity would provide.

¹Ibid.

CHAPTER III

STUDY METHODS

General Method

The reader will remember that in Chapter I attention was drawn to the fact that the purpose of the study was to examine what the residents of the special housing projects felt they lacked in the area of recreation. The emphasis of the study was to be on what the old people themselves felt would help them to make better use of their leisure time. The testing of the hypothesis therefore required that the information be obtained directly from a sample of residents of the housing projects, since information of such a subjective nature could not be provided by anyone else.

The Sample

There were five housing projects for the aged in Metropolitan Winnipeg at the time the study was undertaken in October 1961. It was originally planned to include the residents of each of these in the total population from which a random sample would be drawn. The sponsoring group of one of the projects, St. James Kiwanis Courts, did not wish to participate in the study. The withdrawal of this group decreased the total population by a substantial number leaving us with approximately 344 individuals upon which to base the study.

The total population was composed of the residents of the following four projects: (1) Anatole Park Development, located in

West Kildonan; (2) St. Andrews United Church Senior Citizens Housing Project, located in the Elgin-Sherbrook area; (3) Cosmopolitan Club Homes, and (4) Canadian Legion Memorial Housing Foundation (Manitoba Branch) both of which are located in the Elmwood district. With only 344 residents available for study it would have been advisable to use the whole population. The selection of a sample from such a small population is often less likely to be statistically representative of the whole group. The short time available for the compilation of the total study, and especially for completion of the interviewing, meant that only a portion of the residents could be interviewed, and therefore a sample had to be chosen.

To facilitate the selection of a representative sample, we requested and received lists of all the occupants of each of the projects. The method used to arrive at the sample was to select the first address and every second address thereafter from each list. This resulted in a total sample of 150 people to be interviewed, consisting of the occupants of seventy-one double units (designed for couples) and of eight single units.

The research group was able to complete 111 interviews or 74% of the original sample. Of the thirty-nine remaining names on the list, ten were deceased, six were caretakers, fourteen refused to be interviewed, five were not in due to illness and four residents had moved. The final sample on which the analysis was based was, therefore, approximately one third of the total population of 344.

The Schedule

An interview schedule was designed to obtain standardized information that would answer the questions posed by the hypothesis (as outlined in Chapter I). The questionnaire (see Appendix A) was composed of questions that would give us several major kinds of information. First, it was felt that personal characteristics had to be considered, since such factors as age, sex, marital status, physical disability, and level of income were all significant since participation in a recreational activity could be affected by these factors. It was felt, for example, that the desire and ability to participate in a particular recreational activity might decrease with increasing age. Similarly, it was felt that the type of activity in which people engaged, or the type in which they would like to engage, could vary according to the person's sex and marital status.

It was thought that physical condition or the degree of physical disability, if any, would affect the types of recreational activities in which a person could take part and would influence, too, the use of facilities located some distance from the housing project. Further, some attempt was to be made to classify a particular person's disability into whether it was "moderate" or "severe", based on the idea that the degree of disability would influence recreational activity. It was found, however, that it was difficult in some cases to determine whether a disability was moderate or severe. Even when some judgment had been made on this, it was not possible to decide whether the person's disability prevented him from participating in

an activity in which he could otherwise have taken part. There was a relatively low response to this question of disability, since the nature of the housing required that the person be able to look after himself, and in fact, the policies around admittance require that a person be ambulatory. No analysis was done around this question, since the results did not really contribute any information pertinent to our study.

Income was felt to be an important determining factor where commercial recreation was preferred, or else where transportation costs were involved. All of these questions were related to the ability to participate in recreational activities, and required factual answers.

The research group was interested in establishing the amount of leisure time that the old people had available. To help determine this, the respondents were questioned about their use of time, both that time spent in employment and that spent in the performance of household tasks. An attempt was made to estimate this time in terms of the number of hours each day spent on employment or household tasks. It was found that the residents had a difficult time in answering this question, since their household tasks were usually spread throughout the day. Although the accuracy of their answers seemed somewhat doubtful, some idea was, nevertheless, gained about the amount of time available for recreation.

An important section of the interview schedule was concerned with determining what activities the residents actually engaged in

and the frequency of this participation. The information obtained here again was to serve as an indication of the types of activities in which they were interested, and of the extent to which they took part in the various activities. To facilitate this part of the interviewing, the activities were listed so as to serve as a reminder to the interviewer, and also to speed the recording of the responses.

Section C of the questionnaire asked about the use of various community facilities in leisure time. The list of facilities used by the interviewer included all those facilities which it was thought might be used by old people. The purpose of this question was to give an indication of what was now available to the residents, and hence an indication of whether more facilities were needed on the project, etc.

Section D of the questionnaire was concerned about practical problems that would prevent the residents from using the facilities in the community. It was known that transportation was often a problem for old people and that there could be various reasons for this as, for example, cost, distance to bus stop, etc. It was felt that if there ~~was~~ a large proportion of people with transportation problems, then it was important to consider this fact in the provision of services for older people. To get an idea of other reasons why people did not use facilities, a question was framed around this.

The last section of the questionnaire was made up of questions which were designed to allow the residents to express their wishes

in several areas as they saw them. The questions in this section were open-ended, so as to allow complete freedom of expression. It was found, however, that the residents were not all equally vociferous, and therefore the interviewer had to make suggestions before any answer could be obtained.

It should be mentioned that before the schedule reached the form in which it was finally used, a preliminary form was drafted and tested by using it in about twenty-four interviews. Following this "trial run" the schedule was revised. The only major changes were in the order of the questions, which ~~were~~ rearranged so as to give a more logical sequence.

The schedule was applied by six different interviewers, each of whom had worked on the setting-up of the instrument and therefore were equally familiar with the kind of information that was desired. There may have been differences in evaluation of responses obtained by different interviewers, particularly in regard to the questions about wishes that required some thought by the respondents. While one interviewer may have interpreted no response as meaning the person had no wishes, another may have attempted to elicit some response. Apart from this, the schedule may be considered to have been applied in a uniform manner although it is possible that there may have been differences in the understanding gained by each interviewer.

Analysis of the Data

The data available for analysis consisted of responses made by those interviewed. These were analyzed according to various classifications set out in the schedule. The categories of information collected were as follows:

1. Personal Characteristics: This category included responses related to age, sex, marital status, income and physical disability. These were used only to describe and to compare the residents of the different housing projects.
2. Use of Time: Responses in this category were used to determine the amount of time spent in employment and household tasks. Employment was defined as "work done for pay". Household tasks were defined as shopping, fixing house, cleaning, cooking, laundry, etc. Data were analyzed in terms of hours showing the range of time spent and the average amount of time spent by men and women for comparative purposes.
3. Facilities Used: Responses in this category were used to show which available facilities were presently being used. Day Centres are facilities specially organized to serve old people five days or more a week and which provide a program, including lunch, from 9:00 a.m. until 5:00 p.m. A community centre is designed to provide program for all age groups. Where a community centre does have a program for older people it is usually presented only once a week. Similarly, settlement houses are expected to serve all age groups in a particular community. They may provide a specialized program

for older people either on a weekly basis or every afternoon. When the term "church" was used to describe a facility it meant either attendance at regular services or at programs sponsored by the church for older people. Use of the housing project as a facility referred to specific facilities, such as club rooms, provided within the housing project for recreational purposes and not to activities within the person's own home.

The data for analysis in this category was the number of times a particular facility was mentioned, bearing in mind that a respondent might mention more than one facility. Comparisons were then made to show which facilities were most often used by residents of a particular housing project and for the entire sample.

Problems Regarding Use of Facilities

This category was divided into two sub-categories. The first of these was "transportation problems" and the second was "other problems". Responses in these sub-categories were used to show the extent to which the particular problems limited or prevented the use of existing facilities by older people. In each case the data for analysis were classified according to the particular problem to determine which problems were most important in each housing project, and which were most important for the sample as a whole. Comparisons were made between housing projects to show the variation of problems from one project to another. As in the previous category, the number of responses were used as the data for analysis as a respondent might mention more than one type of problem.

Recreational Use of Leisure Time

The category was sub-divided into twenty-six specific kinds of recreation with provision for other types not mentioned. Data for analysis were the number of responses made in each of these. These were used to show which kinds of recreation were most frequently mentioned by respondents. Provision was also made for respondents to indicate the frequency of participation in an activity. Comparisons were made among the four housing projects to show which activities were most preferred in each of them.

Wishes

In this category the data for analysis consisted of responses made in the area of wishes. The category was divided into five sub-categories as follows:

1. Non-specific wishes regarding leisure time.
2. Preference for recreational activity within or outside the housing project.
3. Specific facilities wished for within housing project.
4. Feeling of being cut off from other people in the community.
5. Suggestions regarding help to enjoy life more fully.

Statistical Operations

In most cases the number of responses were added to give a basis for comparison within a particular category. The variance of the number interviewed in each housing project necessitated the use

of percentages in those categories where comparisons were made between housing projects. Percentages were rounded off to the nearest tenth.

Presentation of Data

An analysis of the findings will be found in Chapter IV.

CHAPTER IV

ANALYSIS OF DATA

The data are analyzed in the order found on the questionnaire as follows: population characteristics; use of time; facilities used in leisure time; transportation problems; and wishes. Recreational use of leisure time has been included under "use of time".

POPULATION CHARACTERISTICS

Age

Table 1 deals with age characteristics.

TABLE 1

MEAN AGE OF MEN AND WOMEN BY HOUSING PROJECTS

	All Projects	Anatole	St. Andrews	Cosmo- politan	Legion
Women	71.4	71.2	81.2	64.6	68.8
Men	75.7	76	77.7	73.4	75.8
Total Population	73.5	73.1	80.5	68.6	72.0

There is a wide variation in age among the various projects. Cosmopolitan Homes, the newest project, has the youngest population. St. Andrews, the oldest project, has the oldest population.

Sex and Marital Status

The total number of women was 62, of men 49. There were 44 married couples and one mother and daughter living together. Of the 21 people living alone, nine in Anatole and one in St. Andrews were living in double suites because the spouse had died after they became residents. The rest of the single people, in Legion, St. Andrews and Cosmopolitan, lived in single units.

Income

The data on income were analyzed to show median income, as in Table 2.

TABLE 2

MEDIAN PER CAPITA INCOME AND INCOME RANGE BY PROJECT

Project	Median Income	Lowest Income	Highest Income
Anatole	\$ 855.00	\$ 660.00	\$ 1620.00
St. Andrews	660.00	660.00	660.00
Cosmopolitan	880.00	714.00	1122.00
Legion	1090.00	816.00	1296.00

Since the interviews were conducted, the O.A.S. and O.A.A. have been raised from \$55.00 to \$65.00 per month. Thus the findings do not indicate the current picture.

The difference in per capita income is meaningful in that it indicates a difference in the amount of money available for recreation. This last is also affected by rents, which are the largest fixed expenditure and which are shown in Table 3.

TABLE 3
MONTHLY RENTAL BY PROJECT

Project	Monthly Rentals	
	Single	Double
Anatole ¹		\$ 48.00
St. Andrews	\$ 14.00	20.00
Cosmopolitan ¹		49.00
Legion	35.00	43.00

¹There are no single units in Anatole and Cosmopolitan.

After rent has been deducted from median income, the money available for other purposes is as follows: \$1134.00 at Anatole for a married couple; \$1080.00 at St. Andrews for a married couple and \$492.00 for a single person; \$1172.00 at Cosmopolitan for a married couple; \$1664.00 at Legion for a married couple and \$670.00 for a single person.

The much lower rent at St. Andrews improves the financial position of married couples to the extent that their income after rent is deducted, compares favorably with that of married couples at Anatole and Cosmopolitan.

USE OF TIME

Employment

Only one person, a woman, was employed full time. All other employment amounted to no more than occasional baby-sitting.

Household Tasks

Time spent by women at household tasks ranged from one to seven hours daily, and the average was 3.7 hours. Time spent by men at household tasks ranged from zero to five hours daily, and the average was 1.8 hours. It would seem that men have more time available than women because, on the average, they spend only half as much time on household chores.

Present Recreational Activities

In Table 4 only those activities are included in which 50% or more of the population participated. It was felt that consideration of activities, in which participation was less than 50%, would involve analysis of data in which numbers were so small as to have little meaning. The activities studied are shown by project and, in each case, are ranked from the highest to the lowest shown according to degree of participation by respondents.

TABLE 4

ACTIVITIES IN WHICH 50% OR MORE OF THE RESIDENTS PARTICIPATE¹

Project	Activity	Participation ^a	Frequency of Participation ^b					
			Daily	M.O.W. ^c	Weekly	Fortnightly	Monthly	Occasionally
Anatole	T.V.	85	100	0	0	0	0	0
	Reading	84	90	5	0	0	0	5
	Radio	73	98	0	2	0	0	0
	Letter writing	64	14	12	29	15	15	15
	Visiting	64	6	12	40	17	11	14
	Walking	58	75	22	0	10	0	3
	Indoor games (passive)	51	21	41	21	10	0	7
St. Andrews	Walking	90	34	11	22	11	0	22
	Church	90	0	0	89	0	0	11
	Indoor games (passive)	90	22	22	11	0	0	45
	Entertaining	90	0	22	11	22	11	34
	Visiting	80	0	13	13	25	13	36
	Radio	80	88	12	0	0	0	0
	Reading	80	50	13	13	0	0	24
	Letter writing	70	0	14	14	14	15	43
	Out-trip	50	0	0	0	20	40	40

¹See Appendix B.

Table 4
(cont'd)

Project	Activity	Parti- cipation	Daily	Frequency of Participation				
				M.O.W.	Week- ly	Fort- nightly	Mon- thly	Occasio- nally
Cosmopolitan Church		85	0	0	71	6	12	11
	T.V.	85	94	6	0	0	0	0
	Reading	85	94	0	0	0	6	0
	Visiting	80	0	6	25	32	13	25
	Radio	75	93	0	0	0	0	7
	Entertaining	65	0	0	54	23	15	8
	Clubs	60	0	8	50	17	0	25
	Indoor games (passive)	60	8	17	50	25	0	0
	Letter writing	55	9	46	0	27	9	0
	Walking	50	80	10	0	0	0	10
Legion	Radio	92	100	0	0	0	0	0
	T. V.	92	100	0	0	0	0	0
	Reading	92	79	4	13	4	0	0
	Visiting	81	0	24	48	19	4	5
	Entertaining	81	0	5	43	43	5	44
	Out-trip	69	0	0	0	0	28	72
	Indoor games (passive)	69	6	22	56	5	5	6

Table 4
(cont'd.)

Project	Activity	Parti- cipation	Daily	Frequency of Participation				Occasion- ally
				M.O.W.	Week- ly	Fort- nightly	Mon- thly	
Legion (continued)	Sit and think	62	88	6	0	0	0	0
	Letter writing	58	7	27	47	13	0	6
	Walking	50	69	15	16	0	0	0
	Clubs	50	0	46	39	0	8	7

^aParticipation is given in percent and refers to the percent of the population taking part in the activity.

^bFrequency of participation is given in percent and refers to the percent of those engaging in the activity at various intervals of time.

^cM.O.W. - more than once a week.

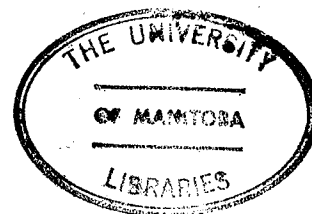
The following activities were common to all projects: reading, radio, letter writing, visiting and walking. Extensive use of television was common to all projects except St. Andrews, where the television set was located in a common lounge, which was part of the superintendent's suite. The set had been out of order for some time when the interviews were conducted.

Of the types of game activities: passive indoor games, active indoor games, and outdoor games, only the first has 50% participation or more. Even then, daily participation does not go above 22% of the population in any project (St. Andrews) and falls as low as 6% (Legion).

Those activities having a highly daily participation (over 50%) are: radio, television, (except in St. Andrews), reading, and walking (except in St. Andrews). Walking may have less participation in St. Andrews because the average age is seven or more years above that in any of the other projects.

Certain activities had very little participation. Those with 10% or less participation in all projects are: outdoor games, dancing, collecting (hobbies), arts and crafts, music, spectator sports, volunteer work, active indoor games, concerts, movies and adult education. It might be expected that there would be low participation in volunteer work, active games, dancing and attendance at sports events, concerts and movies. However it was unexpected to find such little activity in arts and crafts in particular. This may be due to lack of leadership in this area within the project or to factors such as cultural background, which were not studied.

Weekly church attendance is high in St. Andrews (89%) and Cosmopolitan (71%) among those who go to church (90% in St. Andrews, 85% in Cosmopolitan). The fact that St. Andrews is a church-sponsored project may be the reason for the high rate of church attendance. The reason for the similar situation at Cosmopolitan may be that it is the newest project; has the lowest average age; thus the residents may still have closer ties to their former community and physically may be more able to attend church regularly.



FACILITIES USED IN LEISURE TIME

Table 5 indicates the proportions of the population that use various recreational facilities.

The percent given in each case represents that part of the population which makes use of the facility. The facility "In Housing Project", refers to a small room at Anatole set aside for the use of the residents of the project.

Churches are the most frequently used facilities when the whole population is considered. - Even so, only about one half the total attend church. Again, there is a wide variation in attendance from 90% at St. Andrews to 34% at Anatole.

TABLE 5

PROPORTION OF POPULATION IN EACH PROJECT USING RECREATIONAL FACILITIES

Facility	Total ^a	Anatole ^b	St. Andrews ^b	Cosmo- politan ^b	Legion ^b
Church	49	34	90	75	46
Clubs	23	25	10	40	12
Community Centres	23	16	30	15	42
In Housing Project	8	16	0	0	0
Library	6	7	30	0	4
Show	6	2	10	10	12
Day Centre	2	0	20	0	0
Neighborhood House	0	0	0	0	0
Other	1	2	0	0	0

^aFigures in this column show percent of the total population using various facilities.

^bThese figures show percent use by project.

As mentioned under "present recreational activities", this may be due partly to the fact that St. Andrews is church-sponsored and therefore a certain sense of obligation is felt by the residents. However, the small numbers involved do not make this finding conclusive. The low use at Anatole may be due partly to the relative isolation of the project from facilities of any kind other than those provided within the project.

Anatole is the only one of the projects studied which has its own recreation facilities. Failure of the residents to make extensive use of it may be because it is a very small room in which activities are limited to cards, bingos and small social or religious gatherings.

The least used facilities were libraries and motion picture theatres. Library service is provided to Cosmopolitan and Legion by a bookmobile. St. Andrews is within nine blocks of the main public library. Anatole did not have any library service at the time that the study was made. It would seem that library and shows are relatively unimportant recreational outlets. Costs of shows may be a factor but its influence is not known.

Only St. Andrews is within easy walking distance of a Day Centre for elderly people, but is used only by two out of ten respondents which does not seem to be a significant proportion in such a small number of people. Age may be a factor preventing greater use.

TRANSPORTATION PROBLEMS

Here we attempted to determine factors which inhibited the use of community leisure time facilities.

Only one transportation problem, its cost, was common to all the projects. Of the total population, 24%, or 27 persons, considered cost of transportation to be a problem. By projects, 52% of these people were from Anatole, 26% from St. Andrews, 15% from Cosmopolitan and 7% from Legion. Anatole, which is the project farthest from the city centre, registered over half of the complaints about cost. In addition, 13% of the people at Anatole felt that the distance to the bus stop constituted a problem. They have to walk the equivalent of two city blocks, on the average, to reach a bus stop.

For people with a limited income and a declining ability to walk, transportation can be a major problem.

TABLE 6

REASONS, BY PROJECT, WHY FACILITIES ARE NOT USED

Reasons	Total	Anatole	St. Andrews	Cosmo- politan	Legion
Financial	7	1	0	4	2
Health	18	6	3	2	7
Not interested	31	22	2	3	4
Financial and health	8	4	0	3	1
Financial and not interested	3	2	1	0	0
Health and not interested	7	5	0	2	0
No other reason	25	11	3	2	9
Other	2	4	1	4	3
Total	111	55	10	20	26

There were other problems besides transportation that hindered or prevented the use of outside facilities.

From Table 6 it can be seen that a total of 43 persons feel restricted in the use of facilities outside the project because of financial and health reasons. These factors are relatively stable. Therefore it is likely that the only way these people will make more use of recreational facilities is if these facilities are brought to the residents. The not interested group overlaps financial and health reasons somewhat, but amounts to a total of 41 persons. This group may be composed of persons whose recreational needs are being adequately met, and of those who are apathetic, indifferent, resigned, etc.

WISHES

Leisure time wishes

Sixty-nine, or 62% of the respondents expressed one or more wishes. Travel was the activity for which the largest number of respondents expressed a wish: 27, or 24%, of the respondents expressed a wish for this activity. However, when all wishes which involve some activity with other people (for example: helping people, visiting, social gatherings, active recreation, etc.) are grouped together, then 31% (34) of the respondents express a wish for some form of social contact.

It cannot be assumed that because 62% of those interviewed expressed a wish for some kind of recreational activity, that 38%

are satisfied with the present conditions, nor that all of the 62% are dissatisfied. However, there does seem to be a widely felt unmet need for travel and social recreation.

Recreational wishes

A question was designed to discover if residents would prefer to go outside the project for recreational activity or remain in the project. This would give some indication of the desire for additional facilities.

TABLE 7

PREFERENCE, BY PROJECT, OF RESIDENTS FOR RECREATIONAL
ACTIVITY WITHIN OR AWAY FROM THE PROJECT

Project	Total	Inside Project ^a		Outside Project ^b		No Choice ^c	
		No.	%	No.	%	No.	%
Anatole	55	29	53	10	18	16	29
St. Andrews	10	5	50	2	20	3	30
Cosmopolitan	20	11	55	1	5	8	40
Legion	26	14	54	6	23	6	23
Totals	111	59	53%	19	17%	33	30%

^a"Inside project" refers to all those recreational facilities and services which are or might be supplied within the housing project.

^b"Outside project" refers to those facilities and services that are usually part of community resources.

^c"No choice" includes everyone who did not make a specific choice.

In each project 50% or more of the respondents indicated a preference for remaining within the housing project for recreation. Although one project, Anatole, does have recreation facilities, there is no appreciable difference from other projects in the number of residents preferring to remain at the project for recreation. The facility at Anatole is very small, restricting the use to only a few residents at a time in such activities as cards, bingo and church services.

Wish for recreational facilities

Table 8 shows that in three projects, Anatole, St. Andrews, and Legion, one half or more of the population did not express a wish for additional recreational facilities.

TABLE 8
FACILITIES DESIRED BY RESIDENTS OF EACH PROJECT

Facilities wished for	Total	Anatole	St. Andrews	Cosmo- politan	Legion
Cards, T.V., handicrafts, movies, etc., in recreation hall	31	8	4	12	7
Bowling, shuffle board	4	3	1	0	0
Lawnbowling, horseshoes	2	1	0	1	0
Library, bookmobile	3	2	1	0	0
Gardening, planting trees	5	4	1	0	0
Concerts, singing	4	0	0	1	3
More leadership	<u>5</u>	0	1	2	2
Total number of wishes	54				
Not interested		35 (64%)	5 (50%)	8 (40%)	18 (69%)

The apparent lack of interest may be due to the nature of the situation in each case. Anatole has a recreation room which might preclude the need for further facilities. The residents of Legion were awaiting the building of a promised recreation hall and so tended to regard this in the light of existing facilities. St. Andrews residents have the highest average age and age range of all projects. The reason for the relatively high interest at Cosmopolitan seems to be that the residents are younger and it is the newest project.

The wish most often expressed was for a recreation room or hall which could be used for cards, movies, television, handicrafts and group activities. This facility was seen not only as an activity centre but as a place where people could get together. It was expressed by 31 people and represents 57% of all the wishes for additional facilities.

With only four wishes for inside facilities for active games (bowling and shuffleboard) and two wishes for outside games (lawn-bowling and horseshoes) there does not appear to be a great deal of desire for facilities for active recreation. The same is true for gardening and library facilities. Only five out of the total population of 111 mentioned a need for leadership. The general conclusion is that additional facilities are wanted primarily to provide increased opportunity for socializing with others. Leadership would probably be acceptable and helpful but not considered important because the residents' main interest is not in organized activity or in learning new skills. The type of leadership needed seems to be that which would

facilitate getting together.

A comparison between wish for in-project recreation and wish
for additional recreational facilities

It would seem logical that a person who preferred to engage in recreational activities in the project would also like to see recreational facilities made available in the project. The figures in Table 9 do not seem to support this statement.

TABLE 9

COMPARISON OF PREFERENCE FOR PLACE OF ACTIVITY
WITH DESIRE FOR ADDITIONAL FACILITIES

Wish	Anatole	St. Andrews	Cosmo- politan	Legion
Preferred recreation in project plus additional facilities	8	4	11	7
Preferred recreation in project but no wish for added facilities	24	1	0	7
Preferred recreation outside project plus added facilities	2	1	0	2
Preferred recreation outside project but no wish for added facilities	9	1	0	3
No interest indicated	12	3	9	9
Totals	55	10	20	26

In both Legion and Anatole a significant number of respondents preferred recreation in the project, but did not desire to have additional facilities provided. The apparent discrepancy may be explained in the following way:

1. At the Legion project plans are being made for the provision of a recreation hall. Consequently, those who responded in the affirmative to the question (Table 7) did not feel the need to ask for recreational facilities.
2. At St. Andrews there are no facilities available to the residents. Four out of ten respondents indicated a preference for recreation in the project and also expressed a desire that such facilities should be provided. One respondent showed a preference for in-project recreation without corresponding desire for facilities. This person preferred entertaining at home but felt that there were enough facilities available in the community for those who wished to use them.
3. At Anatole 24 respondents preferred recreation in the housing project but did not indicate a desire for recreational facilities. The reason for this was that this was the only project with a recreation room available for the use of residents.
4. At Cosmopolitan there is a one-to-one relationship between the answers given in Tables 7 and 8: This is a new project having no recreational facilities. (Reference was made by some interviewees to a small room, but the intention seemed to be to use this room as a laundry room). Residents would like to remain in

the project for recreation and would like to see facilities provided that would make this possible.

Do you feel cut off from other people in the community?

A total of 14 persons, or 13% of the population answered "yes" to this question. There were eight at Anatole, none at St. Andrews, one at Cosmopolitan and five at the Legion. The greatest lack of integration with the community seems to be at the Legion when it involves 18% of the population. Of the five persons answering "yes", three expressed preference for their former neighborhood, and two expressed a dissatisfaction with the project. In the latter group only one of them actually criticized the project because it was too far from everything.

At Anatole, where the largest number of "yes" answers was given, three felt cut off because of the distance from facilities. The other answers involved a desire to associate more with other people and dissatisfaction with transportation. Therefore only three persons felt cut off from the community because of distance. The single "yes" response at Cosmopolitan was from an 80 year old man who was very inactive.

From the above analysis it seems as though very few people feel cut off because of the physical location of any of the housing projects.

Do you have any suggestions as to what could be done to help you get more enjoyment out of life?

The overall response to this question was poor. This may be

partly due to its nature. It required some thought on the part of the respondents before they could answer. There was a tendency on their part to be resigned to their present way of life.

TABLE 10
SUGGESTIONS, BY PROJECT, OF THINGS THAT WOULD HELP
TO MAKE BETTER USE OF LEISURE TIME

Suggestions	Anatole	St. Andrews	Cosmopolitan	Legion
Volunteer visitor to look after husband while wife away	0	1	0	1
Lower bus fares	8	1	1	0
More income	10	0	2	1
Outtrips, bus trips, picnics, sight-seeing, etc.	1	1	1	1
Canteen	5	0	0	0
Club, organized activities	0	0	5	0
No suggestions	31 (56%)	7 (70%)	13 (65%)	22 (85%)

The only suggestions having any apparent significance are those about lower bus fares and more income. This lends support to the conclusion reached from data given in Table 6 that financial considerations are a major deterrent to use of outside facilities.

CHAPTER V

CONCLUSIONS

This research project was planned to test the hypothesis that old people living in housing projects need additional recreational services and facilities to meet adequately their leisure time needs and wishes. A sample of 111 elderly people was interviewed to determine whether further recreational services and facilities were required. In order to test the hypothesis answers were sought to the following questions:

1. What are the personal characteristics of the residents of the four projects?
2. What do the residents do in their leisure time?
3. What facilities do they now use?
4. What are the problems which affect the use of these facilities?
5. What are their needs and wishes concerning use of leisure time?
6. Do respondents wish to have further recreational facilities provided?

The preceding chapter has been devoted to an analysis of the findings of this study. In this concluding chapter these findings will be summarized to assess their relevance to planning for recreational facilities and services in existing and future housing projects.

Personal Characteristics

Age: It should be noted that age may have a bearing on the need for recreation in that there is likely to be a decrease in the desire for recreation as age increases. The age range extends from 80.5 years, the mean age at St. Andrews, to 68.6, the mean age at Cosmopolitan. As St. Andrews is the oldest project and Cosmopolitan is the newest it seems that the age of the population of a particular project increases in proportion to the length of time the project has been in existence. This fact has bearing for those concerned with the planning of new housing projects for the elderly. In this regard it should be remembered that the concept of aging is also changing. It can be expected that people coming into housing projects in the future will have considerably different attitudes towards old age than those studied in this research project. Flexibility will be required in the planning of facilities and services in order to meet changing recreational needs.

Income: As many forms of recreation require the expenditure of money, the incomes of the residents were studied. It was found that when rentals were subtracted from the mean income for each housing project, no significant difference existed among the four projects in money available for other purposes, including recreation.

In most cases the amount left was just sufficient to meet basic needs which would receive priority over recreation. This indicates a need to provide recreational facilities at a modest cost for those who desire to use them.

Time Spent on Household Tasks: A third factor influencing the ability to make use of leisure time is the amount of time spent on household tasks. The fact that the men interviewed spent an average of 1.8 hours on these tasks is in sharp contrast with their previous pattern of life which may make the use of leisure time more of a problem for men. Women spent an average of 3.7 hours daily on household tasks. Thus their pattern of life is not changed in the same way as that of the men. While this may indicate that men have more time available for recreational activities it can also be said that both men and women have ample time available for such activities.

Use of Leisure Time for Recreational Activities

It was also clear that the respondents were using some part of their leisure time for recreational activities. The data secured on this question indicated that the activities most frequently mentioned were those which could be done alone such as watching television, reading, listening to the radio and walking. None of these necessarily involve participation with other people. This may be due to the fact that in most cases they do not presently have facilities available which would allow for participation with others. The popularity of walking as an activity suggests that old age does not prevent participation in physical activity. When this is considered in conjunction with the high degree of present participation in indoor games it can be seen that recreational facilities should be designed to allow for both active and passive activities.

The relatively low participation in outdoor games, dancing, arts and crafts, music and educational activities may indicate a lack of familiarity with them or that these activities are not readily available. It does not necessarily show that if they were available they would not be used. The large number of responses to this question indicated a real interest in recreational pursuits which might be broadened if opportunities were available.

Present Use of Existing Facilities

The findings with regard to present use of existing facilities indicated that where such facilities are available within reasonable distance they will be used by a significant number of people. This would suggest that distance from existing facilities should be given careful consideration when planning the location of housing projects. The need for day centres as a means of meeting this need has not been established by this research because the only existing day centre is at too great a distance from three of the four housing projects. The St. Andrews project is within reach of this day centre but the age of the residents prevents them from making maximum use of it. The need for such centres in other areas of the city can only be determined by further research.

Respondents showed that they use the kind of facilities which allow for social participation such as clubs or community centres. This fact should be considered when planning for facilities or programs. On an over-all basis the responses showed a definite interest in using recreational facilities when they are available.

Problems Affecting Use of Existing Facilities

Cost was the most frequently mentioned problem with regard to transportation. This suggests that efforts to provide more economical transportation should be continued. The cost involved in using outside facilities is also a factor which limits their use by the residents. Some possible ways of alleviating this problem are: providing facilities and services at a lower cost; locating facilities within easy distance of the project; and providing facilities and services within the housing project.

Needs and Wishes

Desired Activities: With respect to desired activities respondents as a total group showed a preference for activities of a social nature and for travel over all other types of wishes. If this is a true indication of the need for social recreation, provision should be made for its satisfaction whether this is within the housing project or not. Similarly the wish for travel might indicate a need for such programs as picnics and out-trips. Such programs have been developed and have met with enthusiastic response. Perhaps these programs could be expanded.

Location of Facilities

The findings also provided an indication that the largest number of respondents would prefer recreational facilities to be located within the housing project.

Type of Recreational Facilities Desired: When asked what type of recreational facilities they would like the majority of those who did respond suggested a recreation hall which would be suitable for cards, television, handicrafts and other activities which would bring people together. On this question respondents specifically mentioned activities which could be enjoyed as a group in contrast with the solitary activities in which they are presently engaged. Although they did not show a great interest in such activities as bowling and shuffleboard, these should be kept in mind for those who are interested and for those who might become interested.

The residents of Cosmopolitan were the most vocal in expressing wishes for specific kinds of recreational facilities such as cards, television, handicrafts, movies, bowling alleys and gardens. This again indicates that residents of newer projects, who are also younger, will have a greater interest in the provision of recreational facilities.

Leadership was not seen as a need possibly because the respondents were not familiar with organized recreational programs. It is also possible that they feel that they can organize such programs for themselves.

Feeling Cut Off: There was little evidence that respondents felt cut off from the community, friends or family by reason of living in a housing project or because of old age. Apparently they are able to maintain such ties as they wish with relatives or friends.

Although no general needs were revealed by answers to this question the specific requirements of the minority deserve attention. In those cases where the wife or husband requires constant care the other partner is in fact prevented from participating in the life of the community. A possible solution to this situation might be the provision of visiting home-maker or nursing service by appropriate community agencies. Even if this were to be provided only one day a week it would help to relieve the burden of the more active spouse. Again there are a few who really do feel cut off and without friends. For them occasional visits or outings with friendly visitors might serve to alleviate loneliness. As such services are already in existence it might be possible to expand them to include those residents of housing projects who need them.

Suggestions for Help in Getting More Enjoyment Out of Life:

The responses to the final question which was "Do you have any suggestions as to what could be done to help you get more enjoyment out of life?" also suggested that respondents were quite satisfied with life as it is. It would be tempting to conclude that nothing further is needed in the form of recreational facilities. This conclusion, however, would not be justified in the light of what has been revealed by the responses to other questions. It is altogether probable that the question "Do you have any suggestions as to what could be done to help you get more enjoyment out of life?" was interpreted to mean general well-being rather than the provision of specific recreational services.

General Conclusions Regarding the Provision of Facilities and Services

In summary, the findings revealed that residents of the housing projects studied have a desire for additional recreational facilities and services and will make use of them when they are available. In addition they showed a distinct preference for location within the housing project. Such services or facilities were seen as a means of satisfying social needs rather than for enjoyment of an activity for its own sake. The hypothesis was corroborated in a direct way by responses to questions associated with wishes which showed a general desire for activities which would allow for social participation in a recreation hall located within the housing project. The hypothesis was corroborated in an indirect way by responses to other questions which indicated that residents have ample time available for recreation but this time is now occupied with pursuits which do not bring them into contact with others.

However, it would be most imprudent to assume that, because the need exists and the values of recreation have been demonstrated, all that remains is to organize a recreation program. This caution is particularly important when one considers the advisability of establishing a program or providing facilities within a housing project. If residents both need and desire facilities and program for recreation does it therefore follow that the provision of these within a housing project would serve their best interests? It could be argued that such a plan would tend to weaken ties with the general community. The present study did not attempt to answer this question directly but it

deserves careful thought before investment of time and money is made in organizing a recreation program within a housing project.

The question of professional leadership also deserves attention. It was not recognized as important by many of the respondents. However, most authorities agree that professional help is essential for the kinds of recreation which bring people together. For example, Williams states "Older people need recreational leadership, and this leadership should consist of employed professionally trained leaders. . ."¹ Such leadership is readily available in cases where the program is sponsored by a social agency or community centre. Such may not be the case where the sponsoring body is a church or a service club. Where finances are not available to employ a full time, professionally trained recreation person, the sponsoring body may find that dedicated and well-trained volunteers can operate a successful program. This should receive consideration if a recreation program is to be established in a housing project.

There are also a number of questions concerned with the provision of facilities. While it is true that respondents showed a preference for a recreation hall this may not be all that is needed. Planning for supervision and repair must also be taken into consideration before the decision is taken to invest in facilities.

¹A. Williams, Recreation for the Aging. (New York: Association Press, 1953), p. 31.

It was found that older people are receptive to being interviewed and are therefore a source of direct information about their own needs and wishes. This makes it unnecessary to depend entirely upon the impressions of professionals to determine the needs and wishes of old people. In this way the theory developed by professionals can be substantiated and strengthened.

To the extent that the sample was representative of persons living in housing projects for the elderly, the findings may apply to residents of other projects. Some of the variations in data among projects, as for example, the variation in use of library and church facilities, may be due to cultural and other factors which were not considered. Also, the difficulty in eliciting responses to questions on needs and wishes, and in measuring them, possibly contributes to inconsistencies between measurement of recreational activity, use of facilities and the desire for additional recreational facilities and services. As mentioned in Chapter I, the season of the year in which the study was conducted tended to inhibit responses. The findings of this study, therefore, do not give any specific directions for program planning for residents of housing projects.

This study has shown that facilities for recreation in the four projects studied have not received the attention in planning which has been accorded to other factors which contribute to the well-being and happiness of the residents. In most cases the physical surroundings

are comfortable and pleasant, a fact which was deeply appreciated by the residents. However, they seem to feel the need for a place to meet with others. The conduct of this research project has given them an opportunity to express this need and perhaps will lead to its fulfillment.

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APPENDIX

APPENDIX A

SCHEDULE FOR DETERMINING NEEDS AND WISHES OF
RESIDENTS OF HOUSING PROJECTS FOR ELDERLY PEOPLE

A. Personal

1. Age as of last birthday _____
2. Male () Female ()
3. Marital status:
Married (living with spouse) ()
Single (living alone) ()
4. Income of person or person and spouse _____

Specify _____

5. Physical disability

Moderate

Severe

- (a) none
- (b) sight loss
- (c) hearing loss
- (d) arthritis
- (e) heart
- (f) other - specify

B. Use of Time

1. Employment

(a) Are you employed
for pay?

No. of hrs. per day ()
Days per week ()
Only occasionally ()

(b) Work done other than for
pay

No. of hrs. per day ()
Days per week ()
Only occasionally ()

2. Household tasks

How long does it take you each day to do household duties?
(e.g., shopping, fixing house, cleaning, cooking, laundry,
etc.)

No. of hours

- (a) morning
- (b) afternoon
- (c) evening

C. Facilities Used in Leisure Time

	<u>Facility Used by Interviewee</u>	<u>Distance from Project</u>
(a) Library		
(b) Show (movies)		
(c) Clubs		
(d) Day Centres		
(e) Community Centres		
(f) Settlement or Neighborhood house		
(g) Church		
(h) Housing project		
(i) Other		

D. 1. Do you have any transportation problems?

- | | |
|-------------------------|--------------------|
| 1. Cost | 4. Require special |
| 2. Confined to house | transportation |
| 3. Distance to bus stop | 5. Other |

2. Are there any other reasons why you do not use outside facilities?

- | | |
|--|---------------------------------------|
| 1. Financial | 4. Do not know where facility located |
| 2. Lack of skill or knowledge about activity | 5. Not interested in using facility |
| 3. Health | 6. Other |

#

E. Recreational Use of Leisure Time

	<u>Daily</u>	<u>M.O.W.</u>	<u>Weekly</u>	<u>Fort-Nightly</u>	<u>Monthly</u>	<u>Seldom</u>
1. Gardening						
2. Walking						
3. Outdoor games, lawn bowling, horseshoes						
4. Dancing						
5. Concerts, ballet, lectures, theatre						
6. Movies						
7. Visiting						
8. Spectator sports						
9. Clubs, social, ethnic interest & church						

Fort-

Daily M.O.W. Weekly nightly Monthly Seldom

10. Volunteer work, church, civic, political					
11. Church attendance					
12. Adult education, museums, library					
13. Out trips, drive in car, tour of buildings, etc.					
14. Indoor games, passive, chess, bingo, card playing					
15. Indoor games, active, shuffleboard, bowling					
16. Collecting					
17. Arts & crafts, woodwork, leatherwork					
18. Sewing, knitting, crocheting					
19. Music					
20. Entertaining					
21. Radio					
22. T.V.					
23. Reading, books, newspapers, magazines					
24. Letter writing					
25. Sit & think					
26. Other					

F. Wishes

1. If you had your wish, what would you like to do with your leisure time?

2. Where would you prefer to go for recreational activity?

(a) within the housing project ()

(b) outside the housing project
(day centres, community
centres) ()

(c) in a recreational unit built
especially for use by the
residents ()

(d) other _____

F. Wishes (cont'd.)

3. What recreational facilities would you like to see made available to residents of this housing project? _____

4. Do you feel cut off from other people in the community? If yes, specify in what way. (e.g. other age groups) _____

5. Do you have any suggestions as to what could be done to help you get more enjoyment out of life? _____

APPENDIX B

GRAPH SHOWING PARTICIPATION OF THE RESPONDENTS
IN RECREATIONAL ACTIVITIES, GROUPED BY PROJECT

