

OUTDOOR RECREATION FOR RURAL SENIOR CITIZENS

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## ABSTRACT

Public planning agencies and private organizations appear to have few guidelines for the planning and provision of recreational opportunities for Senior Citizens. There has been little attempt to determine what Seniors themselves want and need for recreation. This study provides information on the outdoor recreation needs and desires of rural Senior Citizens to persons working with and for Senior Citizens, and for Senior Citizens themselves. Specifically, the objectives of the study are to identify the current outdoor recreation activities in which the Senior Citizens of two rural communities (Souris and Carberry) in the Westman region of Manitoba participate, to identify the outdoor recreation activities in which Senior Citizens are not participating to the extent desired, to identify the problems encountered in participation in outdoor recreation activities, and to provide suggestions and recommendations regarding the provision of outdoor recreation for Senior Citizens.

Data were collected from a structured interview schedule administered by the researcher to 80 non-institutionalized persons in Carberry and Souris from July to September 1978. An additional ten persons were interviewed in Carberry in

January 1979. Results of the study show that there are activities in which Senior Citizens participate currently. High participation is found in walking/hiking, visiting a park/picnicking, gardening, spectator sports, and birdwatching. Although Senior Citizens did think that facilities and programs were adequate in the communities, many respondents indicated participating less than they desired in certain activities. Lawn bowling was desired by a large number of the respondents. Reasons for participating less than desired varied from activity to activity and included lack of facilities, lack of time, lack of companionship, health problems and transportation. Recommendations in the areas of facilities, recreation programs, education/information, and transportation/companionship are presented.

## ACKNOWLEDGEMENTS

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A special, warm thank you is extended to the Senior Citizens of Carberry and Souris. It is my hope that this study will help you as you have helped me. Remember - Age is Opportunity!

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## CHAPTER I

### INTRODUCTION

#### Background Information

The number of Senior Citizens, those persons aged 65 and over, is increasing throughout the world. In Canada in 1971 this age group represented eight percent of the total population. This is expected to increase to 10% by 1986. In absolute numbers, there were 1.7 million persons aged 65 and older in 1971. The projections indicate an increase of 48% to 2.6 million by 1986. Provincial statistics are similar. In 1971, in Manitoba, Senior Citizens accounted for 9.7% of the total population and this is projected to increase to 12.2% by 1986 (Statistics Canada, 1974:76). This change in the demographic structure has important implications for policy makers and program directors providing services to Senior Citizens.

Both present Senior Citizens and future Senior Citizens can benefit from examination of the needs of the age group. Today's Senior Citizens are considered "pioneers in the field" and have been told:

You are a member of the largest and most swiftly moving minority group in Canada - 2,000,000 today, 3,500,000 by the turn of the century. Better yet, those who do not belong to your group someday will. And they're keeping that in mind as they consider your causes.

(National Health and Welfare, Age and Opportunity Centre, 1978)

Agencies and organizations are faced with the challenge of providing programs and facilities necessary to make this period of life meaningful. A person, regardless of age, has a right to "freedom, equality, and adequate conditions of life and this right must be exercised in an environment which permits a life of dignity and wellbeing" (Environment Canada, 1975:39). Senior Citizens have the same basic human needs as all individuals. These needs include recognition, social inter-relationships, physical activity, new experience, and change (Hayes, 1974:138-144).

Providing recreational opportunities is one means of meeting some of the needs of Senior Citizens. Yet public planning agencies charged with the responsibility of planning and providing recreation for Seniors appear to have few guidelines (McAvoy, 1976:3). Private organizations have indicated a need for information regarding recreation for Senior Citizens. The leaders of the Senior Citizens organizations

want to know what the Seniors in the community want for recreation. Unless such information is available, leaders have little ground upon which to base decisions.<sup>1</sup>

Indeed, the stereotype of what Senior Citizens 'ought' to do has often dictated the recreational programs and facilities offered. Skating, skiing, bicycling, tennis and other outdoor activities are rarely part of the programs offered to Seniors despite the suggestions of numerous physicians (See Chapter 2 for discussion). Instead, the traditional activities of playing cards, handicrafts and bingo are provided. It has been suggested by Schwenger that:

A much more sophisticated and better educated elderly population will no longer be willing to accept the stereotyped and limited activities and programs now offered them. They will be less tolerant of crafts, cards, picnics, and square dancing. They are more and more interested in such things as travel, meditation, creativity and higher education.

(1977:12)

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<sup>1</sup> Personal communications with Mr. John Svenson, Regional Aged Specialist, Westman Region, Department of Health and Social Development, Brandon, Manitoba, May 1978; Ms. Chris Moore and Mr. Barry Gooden, Recreation Branch, Westman Region, Department of Tourism, Recreation and Cultural Affairs, Brandon, Manitoba, May 1978; Mr. Jim Evanchuk, Recreation Branch, Central Region, Department of Tourism, Recreation and Cultural Affairs, Portage la Prairie, Manitoba May 1978; Ms. Louise Hunter and Ms. Donna Thompson, Brandon Drop-In Centre, Brandon, Manitoba, May 1978; Mr. Charlie Brown, President Souris Fellowship Club, Souris, Manitoba, June 1978; Mrs. E. Watterson, Carberry Golden Age Club, Carberry, Manitoba, July 1978.

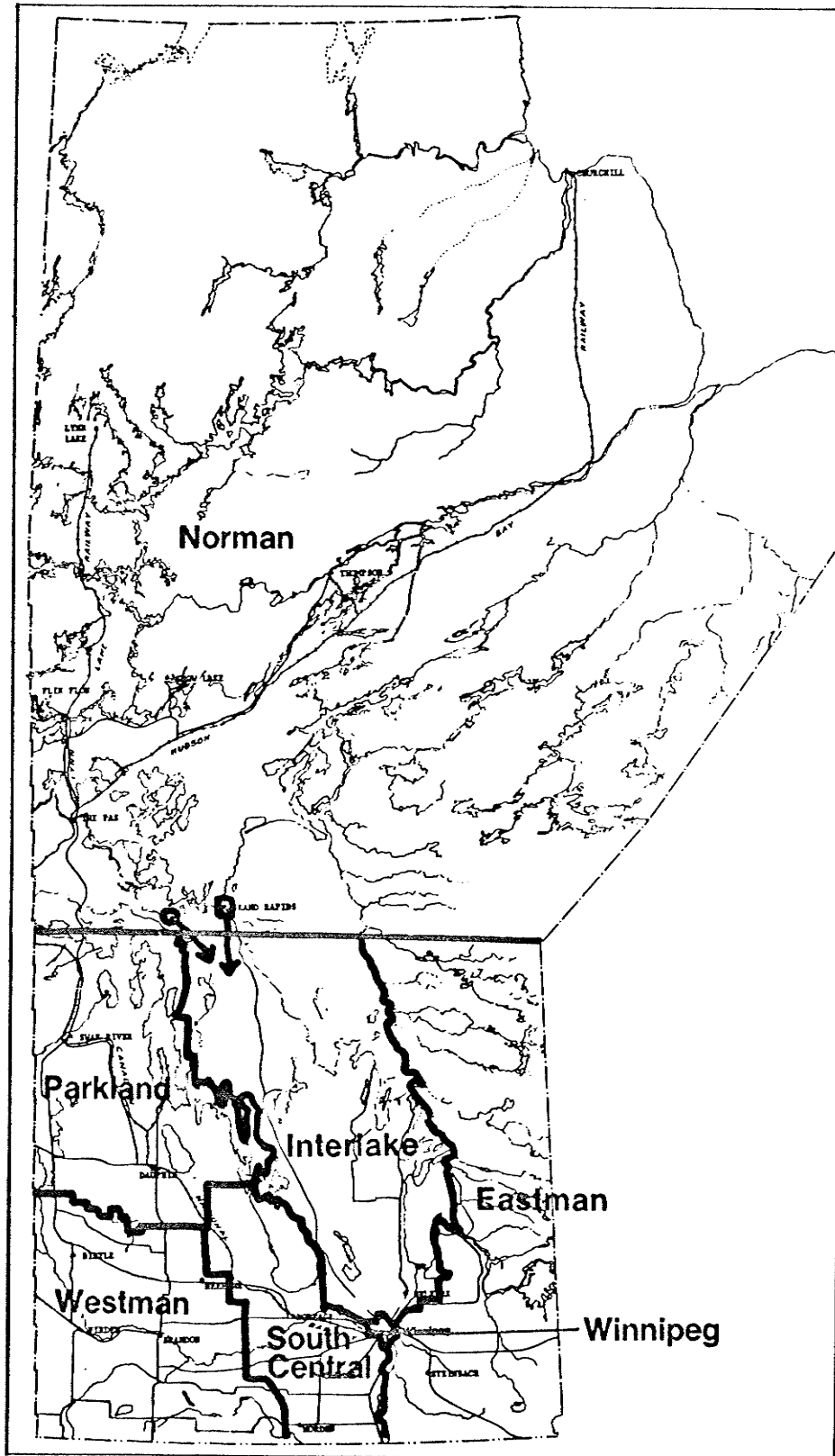
Relatively few attempts have been made to determine what Senior Citizens themselves want and need for recreation. Before any recreation planning can have a positive effect, there must be complete and accurate assessment of the needs and desires of the group. Identification of these needs and desires is a necessary first step in an attempt to provide outdoor recreational activities to Senior Citizens.

#### The Problem and Its Setting

This study examines the outdoor recreational needs and desires of the Senior Citizens of two rural communities in the Westman region of Manitoba (Figures 1 and 2). The purpose of the study is to determine the outdoor recreation activities in which Senior Citizens participate, the outdoor recreation activities in which they would like to participate, and the problems encountered in participation. This study attempts to provide suggestions and recommendations to public agencies, private organizations and Senior Citizens' groups to aid in the provision of outdoor recreation programs and facilities for Senior Citizens.

Figure 1

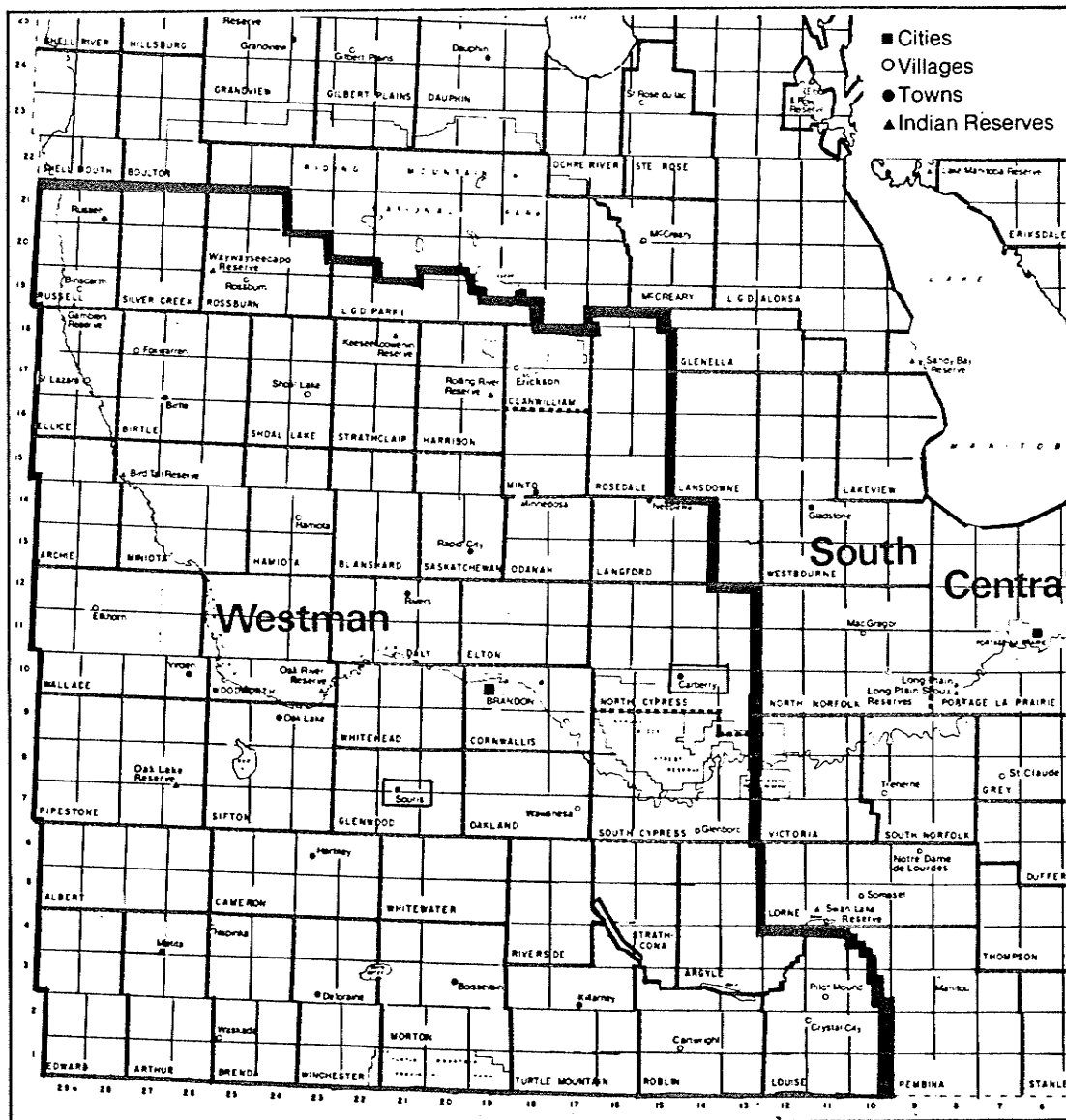
LOCATION OF WESTMAN REGION



Source: Manitoba Department of Health and Social Development  
Division of Research, Planning and Program Development. 1973. Aging in Manitoba: Needs and Resource  
1971. Volume VIII, p. xxiii.

Figure 2

WESTMAN REGION



Source: Manitoba Department of Health and Social Development  
 Division of Research, Planning and Program Development, 1973. Aging in Manitoba: Needs and Resources  
 1971. Volume VIII, p. xv.



## Objectives

The objectives of this study are:

1. To identify the current outdoor recreational activities in which the Senior Citizens of two rural communities in the Westman region of Manitoba participate;
2. To identify the outdoor recreational activities in which Senior Citizens are not participating to the extent desired;
3. To identify problems encountered in participation in outdoor recreational activities;
4. To provide suggestions and recommendations regarding the provision of outdoor recreation for Senior Citizens.

## Methodology

To achieve these objectives, various methods were employed. A review of the literature on recreation and Senior Citizens was compiled and personnel from various agencies working with and for Senior Citizens were contacted. Two rural communities, Souris and Carberry (Figure 2), were selected for the study. An inventory of existing facilities in each community was made by contacting local government officials and through observations by the researcher. Data were collected from a structured interview schedule

administered by the researcher to 40 non-institutionalized persons aged 60 years and over in each community from July to September 1978. The total number of summer interviews was 80. An additional 10 persons were interviewed in January 1979 in Carberry with a shortened version of the interview schedule being used. This was done to determine if a seasonal variation in responses to participation questions existed. Data were analyzed by use of the Statistical Package for the Social Sciences (Nie, Hull, Jenkins, Steinbrenner, Bent, 1975).<sup>2</sup>

<sup>2</sup> For a detailed discussion of methodology see Chapter 3 pp 29.

## CHAPTER 2

### REVIEW OF LITERATURE

#### Introduction

Before recreation planning can be effective, certain information regarding the target group is required. This information includes knowing and understanding the social, psychological and physical needs, capabilities, and limitations of the group. As well, it is useful to know what activities similar groups in other geographic areas enjoy and desire.

This chapter reviews the literature concerning these aspects as they relate to Senior Citizens. Specifically, the chapter includes sections on (1) a view of aging in terms of needs, limitations, and myths, (2) the relationship between physical activity and aging, and (3) research dealing specifically with activities in which Senior Citizens participate, want to participate, and the problems encountered in participation.

### A View of Aging

In planning recreation, it is advantageous to have an understanding of the needs and limitations of the age group as they relate to recreation. Senior Citizens have the same basic human needs as all human beings. These needs include recognition, social interrelationship, physical activity, security, new experience, and change (Hayes, 1974:142). Recreation is one means of meeting these needs and, for many Senior Citizens, recreation may be "the only channel open to a better quality of life" (MacLean, 1975:41). To meet these needs through recreation, certain limitations must be overcome.

Perhaps the most severe limitations placed on Senior Citizens are the numerous myths surrounding aging. Examples of this and the realities of aging are outlined in Table 1. One myth suggests that older people become unproductive and disinterested in the world in which they live. In reality, older people remain as interested and concerned as when they were younger. A second myth leads one to believe that older people are set in their ways and unwilling to change, yet older people are more open to change than is generally acknowledged. Senility is commonly associated with Senior Citizens but older people are subject

TABLE 1  
MYTHS CONCERNING THE AGED

Myth	Reality
<p>1) <u>Tranquility Myth</u></p> <p>Old age is a time of relative peace and tranquility when people can relax and enjoy the fruit of their labor after the storms of active life are over.</p>	<p>Old age is a time of substantial stresses, especially those related to poverty, physical disease and isolation. Often these are the stresses, not those related to the process of aging, that produce the depression, anxiety, paranoia and psychosomatic illnesses commonly associated with older clients.</p>
<p>2) <u>Myth of Unproductivity</u></p> <p>At an arbitrary age, older people become unproductive, decline, disengage themselves from life and prefer to live alone in a state of segregation.</p>	<p>Assuming the absence of disease and social adversity, older people remain actively concerned about their personal and community relationships.</p>
<p>3) <u>Myth of Resistance to Change</u></p> <p>Older people are set in their ways and resist change. Their alleged political conservatism is an illustration of their lack of flexibility.</p>	<p>Older people are more open to change than is generally acknowledged. Their alleged conservatism is exaggerated and misinterpreted.</p>
<p>4) <u>Brain Damage Myth</u></p> <p>All old people have damage to the brain as a consequence of aging.</p>	<p>Senility is not inevitable. Two conditions: cerebral arteriosclerosis and senile brain disease create brain damage. Older people are subject to the same range of mental conditions as younger people.</p>
<p>5) <u>Unresponsive to Therapy Myth</u></p> <p>Older people are not "treatable" because their mental conditions are irreversible. Their mental disorders are primarily physical and, therefore, beyond the scope of psychiatric treatment.</p>	<p>Many mental and emotional disorders affecting older people can be treated. To a notable extent, they are reversible.</p>
<p>6) <u>Myth of Institutionalization</u></p> <p>Older people lose their capacity to care for themselves and must be placed in institutions permanently.</p>	<p>Only five percent of older people live in institutions and 95% live in their own homes or with others.</p>

Source: Marjorie Bloomberg Tiven, Older Americans: Special Handling Required, Department of Health, Education and Welfare, National Council on Aging, Washington, D.C., 1971, pp. 34-35.

to the same range of mental conditions as younger people. Another myth is that older people are unable to take care of themselves and must be placed in institutions. In Manitoba, only about five percent of the people over 65 are sick, dependent and in need of institutionalization.<sup>1</sup> These are only a few of the many myths surrounding aging. The recreation worker has an important role to play as one of the leading exponents of a positive approach to aging by changing attitudes, by dispelling myths, by supporting a continuum of activities from childhood to old age, and by promoting community integration for all people (MacCullum, 1978:16).

#### Physical Activity and Senior Citizens

One of the myths which concerns the recreation programmers deals with physical activity. Simply stated, it appears that old people cannot and should not exercise. As most recreational activities, particularly outdoor activities, involve some form of exercise or physical activity, it is necessary to determine what activities Senior Citizens can

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<sup>1</sup> Personal communication with Ms. Betty Havens, Research Director, Manitoba Department of Health and Community Services, March 1979.

participate in without harming their health.

Numerous physicians<sup>2</sup> have expressed the opinion that Senior Citizens can and should exercise. Demonstration projects provide support for this opinion. It has been found that the mental and/or physical deterioration commonly seen in older people is often a consequence of disuse of mental and physical faculties rather than aging. In other words, 'if you don't use it, you lose it' (Klumpp, 1975; Lamb, 1975; Elrick, 1975; Keelor, 1976; Troy, 1976). Demonstration projects which have introduced physical activities to Senior Citizens report that seniors feel better after the exercise and become aware of the alternate to poor health (Troy, 1976). There is also a social and emotional benefit. Leviton (1976) found that depression was often reduced, the self-concept and body image was improved, and the opportunity for social interaction was available as a result of the physical education programs.

There is no age limit as to when a person can learn to participate in physical activities. deVries (1975) reports that an older person can learn physical activities and benefit from these activities. He suggests that physical

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<sup>2</sup> Testimony on Physical Fitness for Older Persons from the Select Hearings before the Subcommittee on Aging of the Committee on Labor and Public Welfare, U. S. Senate, April 23, 1975 provides numerous references.

fitness for old age should ideally begin at an 'earlier' age so maximum benefits can be accrued; however, data are also available to support the concept of the ability of older adults to learn physical activities. Thus, if a person does not currently participate in activities of a physical nature, he or she can learn to do so and will likely benefit from such participation.

There appears to be sufficient evidence to indicate that the belief that old people cannot and should not exercise is a myth. Old people can participate and need to participate in activities involving physical exercise. Outdoor recreation has an important role to play. Dr. Allan Ryan (1975) feels that outdoor programs should be available for Senior Citizens throughout the year. These outdoor programs may include bicycling, tennis, squash, badminton, canoeing, skiing, skating, swimming, useful yard work, gardening, brisk walking, climbing hills or mountains, or horseback riding (Fox, 1975; Stiles, 1975; Wilson, 1972; Butler, 1972; Emes, 1977; Time, May 7, 1973). Virtually all outdoor activities are suitable for Senior Citizens. This does not mean that all Senior Citizens should immediately start activities in which they have not participated in the recent past. Medical monitoring is important and necessary. Yet there should be an attempt to provide the opportunities



for participation in any of these activities and Senior Citizens should be encouraged to participate in a wide range of physical activities.

### Review of Research on Participation

The previous section has dealt specifically with the beneficial effects of physical activity. This section examines the research to determine if Senior Citizens do participate in these activities. Attention will focus on the activities in which Seniors participate, the desired activities, the reasons for participation, and the problems encountered in participation.

### Activities in Which Seniors Participate

Numerous recreation and gerontological studies have been conducted to determine the recreation patterns of Senior Citizens. Certain activities are identified time and time again. Visiting friends, watching television, performing odd jobs at home, travelling and touring, and reading are the activities often mentioned (Cowgill and Baulch, 1962:48-49; Pfeiffer and Glenn, 1971:190; Manitoba Department of Health and Social Development, 1973:50-51; Peterson, 1973:24; Nystrom, 1974:341; McAvoy, 1976;

Pepper, 1976:444; Health and Welfare Canada, 1977:32; Davidson and Chetybrok, 1978:25).

Outdoor and physical activities receive less attention. McAvoy (1976:72-73) in his study in Minnesota found participation in the following activities: gardening, walking, picnicking, sightseeing, bird watching, enjoying a park, fishing, boating, attending sports, outdoor games, hunting, swimming, bicycling, camping, golf, rock collecting, snowmobiling. These are listed from highest to lowest in participation; however, gardening (69%) and walking (59%) are the only activities in which at least half of the respondents participated. Less than 10% of the 564 respondents participated in outdoor games, hunting, swimming, bicycling, camping, golf, rock collecting, snowmobiling, and helping others farm. The relatively high participation rates in walking and gardening have also been found in other studies (U.S. Bureau of Outdoor Recreation Department of the Interior, 1965; Pepper, 1976; Gray, 1977; Davidson et al., 1978).

Generally there are certain activities in which Senior Citizens participate. These activities tend to be indoors and close to home, less physically demanding, and passive/sedentary in nature. Watching television and reading have the highest participation rates while the most frequently

mentioned outdoor activities are walking and gardening. The activities which were suggested in the previous section as being beneficial to Senior Citizens' health such as bicycling, tennis, skating and so on, have extremely low participation rates. The literature suggests that a gap exists between what seniors can and should do and what seniors are doing for outdoor recreation.

#### Regional Participation Rates

The recreational resources vary between regions and appear to have an effect on participation rates. McAvoy (1976) found that the elderly of rural regions in Minnesota participate more in driving for pleasure, gardening, picnicking, fishing and caring for animals than metropolitan respondents. The interest of the rural elderly in the activities of hunting, fishing and gardening was also noted by Loeb et al. (1965). These are activities in which the rural population tend to have more opportunities to participate.

Differences also exist between rural regions. McAvoy (1976) divided the rural areas of Minnesota into recreation resource rich and recreation resource poor regions. The distinction was based on the number of outdoor recreation

facilities and the amount of public land available for recreational use within each region. Those respondents in the resource poor area tended to watch television more than the resource rich area. The outdoor recreation resource specific activities of snowmobiling, fishing, hunting, boating, picnicking and camping had higher participation rates in the resource rich areas.

The differences between retail centers in recreation resource rich regions and recreation resource poor regions were also noted by McAvoy (1976). In the retail centers of both regions, watching television had a very high participation rate. The respondents from the recreation resource rich retail centre participated more in driving for pleasure, boating, picnicking, birdwatching and hunting, and participated less in gardening, reading, indoor hobbies, and enjoying a park than those from the resource poor retail center. There was little difference with regard to other outdoor activities.

Generally, it appears that the rural elderly are more likely to participate in outdoor recreation activities than urban elderly. Within the rural sector, Seniors who reside in a recreation resource rich area tend to have higher participation rates in the outdoor recreation resource specific activities of snowmobiling, fishing, hunting,

boating, picnicking and camping. Comparison of the residents of retail trade centres in rural resource rich and resource poor areas indicate slight differences in the participation in some of the outdoor activities. The literature suggests that place of residence does have an effect on the activities in which an individual participates.

#### Participation Rates According to Age

The literature presents opposing views of the effect of age on participation rates. Some studies suggest that as age increases, participation decreases, while other studies have found no association between participation and age. Nystrom (1974) questioned the persons aged 60 years and over in a low income urban housing area in Northeastern United States. No significant association was found between frequency of participation, variety of activity chosen and age.

A comparison between respondents aged 55 and less and those over 55 in the Central Missouri area indicated that the older group participated in fewer types of activities (Scott and Zoerink, 1977). Gordon et al. (1976:310) studying respondents in Houston, found that the older the respondent, the lower the level of general leisure activity.

This finding is supported by Gray (1977), Davidson et al. (1978) and Manitoba Department of Health and Social Development (1975). This present study is concerned with the effect of age on participation in outdoor recreation activities.

#### Activities Desired by Senior Citizens

Often Senior Citizens indicate satisfaction with leisure time activity (Cowgill and Baulch, 1962). This leisure satisfaction can be interpreted as an individual being satisfied with present activities or believing that she/he is no longer able to participate in certain activities. Regardless of the interpretation, certain activities have been identified as activities desired by Senior Citizens.

The most frequently mentioned activities in which the men wish to participate include sports, fishing, and hunting. Other activities identified by Senior Citizens include some type of organized programs, to be visited or to visit, to travel, and attending movies, concerts (Cowgill and Baulch, 1962:50; Nystrom, 1974:342; Manitoba Department of Health and Social Development, 1975).

McAvoy (1976) compared participation rates and preference rates for respondents of Minnesota. Differences between the two rates were found. Activities of watching

television, indoor games, visiting friends and relatives, and reading all had substantially higher participation rates than preference rates. This suggests that some respondents are participating but do not prefer the activities. The activities of walking for pleasure, sightseeing, and fishing were all preferred by a disproportionately high percentage of the sample compared to participation rates. This suggests that some respondents prefer to participate in these activities but are currently not participating. A similar analysis (Scott and Zoerink, 1977) also suggests that the interest expressed in activities is not as great as the actual participation rates.

Generally, there are activities in which Senior Citizens desire to participate. The outdoor activities mentioned include walking, sightseeing, fishing, and hunting. These activities, with the exception of hunting, tend to already have high participation rates compared to other outdoor activities. There appears to be little desire for those activities such as bicycling, tennis, squash, canoeing, and so on previously suggested as being beneficial to the health of Senior Citizens.

### Problems Encountered in Participation

As Senior Citizens are not participating to the extent desired in some activities, there must be barriers that need to be overcome. The problems encountered in participation in recreation activities have been identified as lack of physical ability, lack of companionship, lack of time, lack of transportation, lack of finances, lack of specialized facilities for older people (Cowgill and Baulch, 1962; Ryan, 1975:61; U. S. Bureau of Outdoor Recreation, 1965). McAvoy (1976) found that lack of physical ability was the predominant problem encountered while the factors seldom identified by the subjects were physical architectural barriers in recreation facilities, lack of skills, and perceived social pressure. Health was the most prohibitive factor found by Scott and Zoerink (1977) although the question must be raised as to whether this is due to actual physical disabilities or perceived physical disabilities as a result of emphasis on caution by friends, family and society in general, or in other words, as a result of the myths of aging.

Specific problems identified in the use of outdoor areas in the state of Illinois (Peterson, 1977) are likely occurring elsewhere. The elderly individuals indicated a



general lack of adequate seating and rest areas in outdoor areas. Inaccessibility also deterred the elderly with mobility limitations from participating in outdoor recreation. Other specific problems reported include lack of level, hard surfaced paths and nature trails preventing the use of outdoor areas; difficulty walking long distances without frequent and adequate rest and seating areas provided; a need for more ramps and gradual sloping of paths or trails or the provision of alternate accessible paths and trails to rustic and rough surfaced trails. Problems in the use of outdoor programs and activities included a lack of desired program availability, lack of program accessibility, and a general lack of information surrounding such programs and activities. One complaint relating to staff assistance was that the staff assumed the elderly are too weak or too sick to handle outdoor recreation participation and often treat them like children. This illustrates the effects that myths of aging have on the recreation staff. (Peterson, 1977).

The problems encountered by Senior Citizens in participating in recreation are numerous and it is erroneous to assume that the age group have an entirely free choice as to whether they will remain active or not. The major barriers to be overcome include perceived or real health

problems, lack of companionship, inadequate transportation, lack of funds, and indeed, the myths of aging as outlined previously.

### Reasons for Participation

No study of activity is sufficient unless its meaning to the participant is considered (Nystrom, 1974:338). The same activity can provide different meanings for individuals or different activities can have the same meaning. The most frequently mentioned meanings included "I like it for the sheer pleasure of it" and "I like it because it brings me into contact with my friends". In other words, there was enjoyment and social interaction derived from participation in activities. Findings of McAvoy (1976) and Woodsworth (1978) support the importance of enjoyment and social interaction as reasons for participation in activities. McAvoy (1976) also found that physical exercise was an important motivation for participation in activities. Outdoor recreation activities can provide enjoyment, social interaction and physical exercise. As mentioned previously, there are social, mental and physical benefits to participation in outdoor and physical activities.

Summary

The review of literature illustrates what Senior Citizens can do, are doing, and want to do for outdoor recreation, the problems encountered in participation and the reasons for participating in outdoor activities. Contrary to the popular belief that old people cannot and should not exercise, it appears that physical activity is socially, mentally, and physically beneficial to Senior Citizens. Outdoor programs in which Senior Citizens can and should participate involve a wide range of activities including bicycling, tennis, squash, badminton, canoeing, skating, swimming, gardening and useful yard work. Indeed, there is little restriction on the activities in which a Senior Citizen could participate.

Despite this, participation rates tend to be low in these activities. The activities in which Senior Citizens do participate tend to be indoors, less physically demanding and passive/sedentary in nature. Watching television and reading have the highest participation rates while the most frequently mentioned outdoor activities are walking and gardening. Rural Senior Citizens are more likely to participate in outdoor recreation activities than urban Senior Citizens. Within the rural sector, Seniors who reside in

recreation resource rich areas tend to have higher participation rates in the outdoor resource specific activities of snowmobiling, fishing, hunting, boating, picnicking and camping. A comparison of rural retail centers in the resource rich and resource poor areas indicate slightly higher rates in driving for pleasure, boating, picnicking, birdwatching, and hunting, and slightly lower rates in gardening and enjoying a park for the Seniors in the resource rich retail centers. Other outdoor activity participation rates did not vary between the Senior Citizens of a resource rich retail center and a resource poor retail center.

There are activities in which Senior Citizens desire to participate to a greater extent. The outdoor activities include walking, sightseeing, fishing, and hunting. These activities, with the exception of hunting, currently have high participation rates compared to other outdoor activities. There appears to be little desire expressed by Senior Citizens for those activities that are suggested as being beneficial to their health.

As Senior Citizens desire greater participation in some activities, there must be barriers prohibiting this participation. The problems encountered by Senior Citizens in participation in recreation include perceived or real health problems, lack of companionship, lack of transportation,

financial problems and, indeed, the myths of aging. The reasons for participation in activities include enjoyment, social interaction and physical exercise. Outdoor recreation can be meaningful activity for Senior Citizens.

This literature review illustrates the gap between what Seniors 'ought to do' and what Senior Citizens 'are doing' for recreation. This study attempts to determine what Senior Citizens 'want' to do.

## CHAPTER 3

### METHODS AND PROCEDURES

#### Introduction

This study was conducted in two rural communities, Souris and Carberry, in the Westman Region of Manitoba. The information was collected from a structured interview schedule administered by the researcher. Eighty non-institutionalized persons aged 60 years and over were interviewed from July 1978 to September 1978. Ten persons were interviewed in Carberry in January 1979 to determine if seasonal variation in the responses to the participation questions existed. The interviewing research procedure involved (1) community selection, (2) construction and pre-testing of an interview schedule, (3) selection of respondents, (4) data collection, and (5) statistical techniques. This chapter explains each of these steps.

Certain terms used in this study require definition before proceeding with the explanation of the methods and procedure used. For the purposes of this study, the term Senior Citizen refers to any individual aged 60 years and over. Age 60 was selected as in the rural areas individuals who farm have often retired by this age.<sup>1</sup> There also appears to be a tendency towards early retirement in other sectors. As well, the age 60 was used in previous research as a means of identifying Senior Citizens for a study on activity patterns and leisure concepts of the elderly (Nystrom, 1974). Rural Senior Citizens refers to those Senior Citizens who reside on farms or in centres of population under 2500 persons. The term non-institutionalized Senior Citizens refers to Senior Citizens who do not reside in nursing homes, hospitals, or other institutionalized health settings. Other terms used in this study will be explained in the appropriate sections.

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<sup>1</sup> In rural areas, it is difficult to determine a specific retirement age. Farm family members may semi-retire or retire before the age of 65, leaving the farm operation to their offspring. Although age 65 is used to identify those persons retired in the urban sectors, it may not be appropriate in the rural sector. The use of age 60 provides a possible alternative.

### Community Selection

This study involved the Senior Citizens from two rural communities in the Westman region of Manitoba. This section briefly outlines the reasoning for the choice of rural Manitoba, the Westman region, and the communities of Souris and Carberry.

In Manitoba, and throughout the rest of Canada, there is a need for community studies of rural Senior Citizens since relatively little survey information exists on this segment of our population (Adams, 1972:45). Most of the attention has focused on the urban elderly. A comprehensive province wide study of the aging in Manitoba was conducted in 1971. Although the study involved both urban and rural elderly, little attention is given to outdoor recreation. In some rural areas, a high proportion of the population is 60 years of age and over, and many rural centres are experiencing an increasing proportion in this age group (Winnipeg Free Press, 1978). Seminars conducted by the Manitoba Department of Industry and Commerce have been aimed at creating awareness of the implications of this population trend. In the past, there had been a tendency for Senior Citizens in rural areas to move to urban areas upon retire-



ment but there now appears to be a trend towards these individuals retiring in small rural communities.<sup>2</sup> This raises concern for the Senior Citizens in the rural areas. Outdoor recreation is only one of the areas which needs to be examined.

The Westman region of Manitoba as designated by the Manitoba Department of Health and Community Services was selected as the geographical area for study. The region is mainly a rural region with one large urban centre and many smaller centres (Manitoba Department of Health and Social Development, 1975:30). The total population in 1977 was 123,338 persons of which 23,404 persons or 19% were aged 60 years and over. The age dependency ratio calculated as the proportion that the population aged 60 years and over is of the adult population aged 20-59 was 41 (Manitoba Department of Health and Social Development, Westman Region, 1977). Concern for the Senior Citizens of the Westman region has been expressed by various individuals and groups.<sup>3</sup> The Senior Citizens' organizations in the region have formed the Westman

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<sup>2</sup> Personal communication with Dr. E. Monu, Department of Sociology, Brandon University, October, 1978.

<sup>3</sup> Personal communication with Mr. John Svenson, Regional Aged Specialist, Westman Region, Department of Health and Social Development; Ms. Chris Moore and Mr. Barry Gooden, Westman Region, Recreation Branch, Department of Tourism, Recreation and Cultural Affairs, Brandon, Ms. Loise Hunter and Ms. Donna Thompson, Brandon Drop-In Centre, Brandon, May 1978.

Senior Citizens Council with its purposes being:

- (a) to meet and keep up to date with new grants, special events, and programs in the recreation field available to Senior Citizens;
- (b) to disseminate information of importance in recreation to Senior Citizens;
- (c) to investigate existing needs of Senior Citizens in recreation and make recommendations regarding gaps in services to the proper authority;
- (d) to co-ordinate regional recreational events in which all Senior Citizens can participate.

(Westman Senior Citizens Council, 1976)

It appears that persons working with and for Senior Citizens as well as the Senior Citizens of the region are concerned with the recreational needs of this segment of the population.

Time and financial restrictions prohibited the study of all rural Senior Citizens of the Westman region. Two communities, Souris and Carberry, were chosen for several reasons. Both communities are approximately 48 km. from Brandon, the urban centre of the Westman region. The total population size of the communities differs only slightly with Souris having a 1977 population of 1824 persons and Carberry having a 1977 population of 1477 persons. The percentages of the population aged 60 years and over in Souris and Carberry were 29% and 28% respectively. Forty-eight percent of Souris Senior Citizens are male compared to 49% of Carberry

Seniors. In terms of age and sex composition of the population of the two communities, there appears to be little difference.

The Senior Citizens of both communities have organized Senior Citizens' organizations. In Souris, the Souris Fellowship Club has been established. With the aid of a New Horizons grant from National Health and Welfare, the post office has been renovated by Senior Citizens to provide a Drop-In Centre. The purpose of the organization is primarily social with recreational opportunities such as shuffleboard, cards and games being available. A summer trip to the Black Hills was organized in 1978. The Drop-In Centre has a membership of approximately 120 persons and is open all year round. In Carberry, two Senior Citizens' organizations exist. These are the Carberry Shuffleboard Club and the Golden Age Club. Both clubs provide social and recreational opportunities. The Carberry Shuffleboard Club meets weekly for shuffleboard. There is also bowling and curling twice a week. This club operates from October to April each year and caters to the 'younger' senior citizen. The Golden Age Club meets once a week from September to June. Activities include singing, cards, shuffleboard, and lunch. An annual trip is organized each summer. Most members are over the age of 80. In both communities, the executive of

these organizations were contacted and gave support for this study.<sup>4</sup>

The selection of communities was based to some extent on the number of outdoor recreational resources available to the residents. For the purposes of this study, outdoor recreation has been defined as "those leisure activities that occur out of doors in either natural settings or man-made environments (McAvoy, 1976:9). An outdoor recreational resource rich community is defined as a community with a wide range of outdoor recreational resources and activities available to residents in comparison to an outdoor recreational resource poor community which has a limited range of outdoor recreational resources and activities. Souris is considered an outdoor recreational resource rich community while Carberry is considered an outdoor recreational resource poor community.

In a natural setting, Souris has a 292 hectares park (Victoria Park) with picnic and camping facilities and a bird sanctuary. Water-based recreation such as fishing, canoeing, swimming are provided by the Souris River which

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<sup>4</sup> Personal communications with Mr. Charles Brown, President Souris Fellowship Club, Souris, Manitoba, June 1978; the late Mrs. E. Watterson, Carberry Golden Age Club, Carberry, Manitoba, July 1978; Mr. M. Olmstead and Mrs. W. H. Switzer, Carberry Shuffleboard Club, Carberry, Manitoba, July, 1978.

runs through the town. An outdoor unheated pool with a lifeguard is also located in the park. Other outdoor recreational resources within the town of Souris include horseshoe pits located behind the Senior Citizens Drop-In Centre, tennis courts, miniature golf facilities (although available, are not well kept and did not appear to be in use), and streets, sidewalks and the swinging bridge for walking and bicycling. Spectator events include baseball. A 9 hole golf course currently being renovated is located 2.5 km. from the town. Souris is one of the better rock collecting areas in the province with the gravel pits located outside the town. No lawn bowling facilities have been established. A curling rink and skating rink provide winter activities.

Carberry has no natural park within the town boundaries. A very small wayside picnic area for travellers is located in the town, but it is generally not used by local residents for picnics. There is no water-based recreation as no river or lake is located within the town. A semi-enclosed swimming pool with a lifeguard is available and lessons are provided in the summer for Senior Citizens. Other outdoor recreational facilities include horseshoe pits, spectator events (baseball), and streets and sidewalks available for walking and bicycling. A recreation complex provides curling, shooting

range, skating and bowling. Old Timers hockey has been established. A 9 hole golf course is located on the agricultural grounds. No lawn bowling or miniature golf facilities have been established in the town. Although Carberry is lacking outdoor recreational facilities and resources within its town boundaries, it must be noted that Spruce Woods Provincial Natural Park is located 16 km. south of Carberry. This park has camping and swimming areas, interpretative trails, fishing and canoeing facilities, picnic sites, and horseback riding. These facilities and resources are available to those Senior Citizens who have or can arrange transportation.

Souris does have more outdoor recreational opportunities to offer its residents than Carberry. The Senior Citizens from Souris can participate in the activities of picnicking, visiting a park, camping, birdwatching at the bird sanctuary, fishing, canoeing, swimming in the river or the swimming pool, horseshoes, tennis, miniature golf, bicycling, spectator sports, and skating within the town boundaries and have only a short distance (less than 3 km) to travel for golfing and rock collecting. Carberry Senior Citizens do not have as many outdoor recreational opportunities. Within the town boundaries, the outdoor activities include horseshoes, spectator sports, bicycling, swimming in a pool and golfing.

To participate in other activities, Senior Citizens must travel at least 16 km to other locations.

For the above reasons, the rural communities of Souris and Carberry of the Westman Region of Manitoba were selected for this study.

### Construction and Pre-Testing of The Interview Schedule

Personal interviews were chosen as the 'best' method of obtaining the information required. Certain disadvantages are inherent in this method such as the reliance on memory and viewpoint biases, the desire of the respondents to 'please' the interviewer and thus give the answers he or she thinks the interviewer wants to hear, and the heavy dependence on the subject's motivation and ability to respond (Smith, 1975). The advantages of this method are the high completion rates, the decrease in the number of "no answers" or "don't know", the probing for answers, and the clarifying of matters which the interviewer can do but which are impossible with a mailed questionnaire (Babbie, 1973). Gerontological researchers have found that mailed questionnaires to Senior Citizens receive low response rates.<sup>5</sup> The

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<sup>5</sup> Personal communication with Dr. Neena Chappell, Department of Sociology, University of Manitoba, March 1978.

personal interview format is more congruent with the sensory and cognitive capabilities of older people (Central Mortgage and Housing, 1971:69).

A review of the literature indicated that no instrument existed that was suitable for this study. Various existent studies have examined only single aspects of this research. The items used in the interview schedule are based on McAvoy (1976) and Woodsworth (1978). Items relating to the aspects not included in the previous research were developed by the researcher. A preliminary interview schedule was critically reviewed by professionals in the fields of research methods, gerontology, recreation and community development. Adjustments were made to the schedule to incorporate the suggestions made by these individuals.

A pre-test of the interview schedule was conducted to determine if the interview schedule was understandable to the age group and to determine ways of reducing the interview if it was longer than the desired time of 30 minutes. It was felt that 30 minutes was sufficient time to obtain the information required and was the maximum time the researcher wanted to infringe on the time of Senior Citizens. The pre-test sample was limited to four non-institutionalized persons aged 60 years and over. Three of the respondents were female and one respondent was male. The respondents



were not randomly selected and cannot be considered as representative as this number is too small. The interviews ranged from one and one-half to two hours. At the close of the interview, each respondent was asked to make suggestions for improving the interview schedule. These suggestions and the researcher's perceptions of the situation resulted in slight alterations to the interview schedule.

The final interview instrument used in the study (Appendix A) contained sections on (1) outdoor activities, participation rates, desire for participation, problems encountered, and suitability; (2) other recreational activities participated in and desired; (3) definition of recreation; (4) time spent on recreation; (5) specific problems encountered in participating in recreational activities; (6) typology of recreational activities for Seniors; and (7) demographic information.

A list of outdoor recreational activities (Table 2) was used to identify the outdoor recreational activities in which Senior Citizens presently participate and the frequency of this participation. It also served to identify the outdoor recreational activities in which Senior Citizens would like to participate more, the reasons for not participating to the extent desired, and the respondent's rating of the suitability of the activity for Senior Citizens. Respondents

TABLE 2

OUTDOOR RECREATIONAL ACTIVITIES  
LISTED ON INTERVIEW SCHEDULE

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Walking/hiking	Visiting a park/picnicking
Rock Collecting	Camping
Spectator at outdoor events	Bicycling
Lawn Bowling	Birdwatching
Swimming in a lake	Horseshoes/lawndarts/ringtoss
Swimming in a pool	Tennis/badminton
Fishing	Croquet
Boating/canoeing/sailing	Skating
Golfing	Snowshoeing/skiing
Gardening	Sleigh rides
	Ice fishing

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were asked to identify other outdoor recreational activities in which they participated. Combinations of some activities into one category such as horseshoes/lawndarts/ringtoss were done due to the similarity of the activities and at the suggestions of the Senior Citizens interviewed in the pre-test. Frequency of participation was categorized as not at all, yearly, monthly, weekly and daily. Respondents were asked to identify the reasons for not participating to the extent desired or, in other words, the problems encountered in participation. These were not prelisted and at the beginning of each interview, examples such as lack of facilities, lack of time, companionship, and so on were given. Later in the interview the respondent was asked specific questions regarding the problems encountered in participation. These questions were "Do you have any transportation problems to get to recreational resources? If so, what?" "Do inadequate finances keep you from participating in outdoor recreational activities? If yes, any particular activity?" and "Do physical barriers such as steep steps, no handrails, etc. keep you from participating in outdoor recreational activities?" To determine if the respondent thought an activity was suitable for Senior Citizens he/she was asked to indicate if the activity was definitely suitable, somewhat suitable, or definitely not suitable for Senior Citizens.

An open-ended question "What other recreational activities do you participate in?" was used to determine the indoor recreational activities of Senior Citizens. Often it was necessary for the researcher to ask about participation in specific activities as the respondents were unable to list all activities in which they participated. Respondents were asked "Are there other recreational activities in which you would like to participate?" in order to identify the desired indoor activities of Senior Citizens.

The reasons for participating in recreation activities or the meaning derived from participation was obtained by asking respondents the open-ended question "Why do you participate in these activities?" To complement this, respondents were asked to provide their definition of the word 'recreation'.

The time aspect of recreation was investigated by asking respondents "During a typical day, how many hours do you have for recreation?" "Of the total amount of time you have for recreation, how many hours are spent on outdoor recreational activities?" and "Do you spend more, less or the same amount of time on outdoor activities as when you were middle-aged?" The perceived effect of outdoor recreation on the health of Senior Citizens was obtained by asking the respondents "Do you think outdoor recreational activities

affect your health? If not, why not? If yes, in which ways?"

Membership in organizations was determined by asking respondents "Do you belong to any formal organization?" If a membership was indicated, respondents were asked "Is one a Senior Citizens Club?" To ascertain whether the Senior Citizens clubs offered outdoor recreational activities and if the respondent participated or desired to participate in these activities, the questions "Are there any outdoor activities you take part in as a club?" and "Are there activities you would like to take part in as a club?" were used.

An attempt was made to identify the type of recreational activities Senior Citizens enjoy the most. Respondents were asked "What type of recreational activities do you think Senior Citizens enjoy the most?" Six aspects of activities were included and on each aspect, respondents were asked to choose between two adjectives with opposite meaning. The adjective pairs were age-segregated (only with Seniors) and age-integrated (with all age groups); passive (watching others participate) and active (actual physical participation); solitary (alone) and group (with others); physical (such as walking, bicycling, shuffleboard) and less physical (such as knitting, woodwork, fishing); indoor and outdoor; and

non-resource specific (can do anywhere) and resource specific (requires facilities).

Demographic information was collected from each respondent. The age of a respondent was obtained by asking the month and year of birth. Respondents were asked to indicate if their marital status was 'single, married, widowed, divorced, separated, or common law', and if the level of education they completed was 'grade school, high school, some college, college graduate, other'. The previous occupation of the respondent was obtained by asking "What has been your main occupation during your life?" and responses to the question "Do you now work at a job from which you obtain pay or income?" indicated whether a Senior Citizen was still employed. The living arrangement of the respondents was acquired by asking "Do you live alone, with spouse, with children, with other related persons, or with unrelated persons?" The general income categories of below \$5,000 per year, between \$5,000 and \$8,000, and above \$8,000 were used to determine the income levels of respondents. The question "Would you generally describe your physical health as being excellent, good, fair, poor, very bad?" provided information on the perceived health of the respondents.

The final section of the interview schedule allowed

respondents to comment generally on the facilities and programs available in their community. Respondents were asked "What do you think about the recreational facilities for Seniors in your community? Are any improvements needed any additions, etc.? What about programs for Seniors? Any innovative ideas?" Any additional comments were also noted.

### Selection of Respondents

The respondents for the study were randomly selected from a voters list for each community. A Town of Souris List of Electors 1977 and a Town of Carberry List of Electors 1977 were used. The population was limited to those individuals on the voters list. Newcomers to the towns since compilation of the lists were not included. It was limited to those persons whose occupation was listed as retired, wife of retired, widow, or spinster. Those persons residing in personal care homes were not included.

From the Souris list, 501 persons were identified as potential respondents. Each person was assigned a number. Sixty-five random numbers were selected from a random numbers table. The first 40 numbers corresponded to the individuals selected to be interviewed in the summer and the remaining 25 numbers corresponded to individuals to act

as alternates. Alternates were to be used if the first 40 individuals had moved, were deceased, refused to be interviewed and so on. A similar procedure was carried out with the 312 persons identified from the Carberry list.

An informal meeting was held with the president of the Souris Fellowship Club (the Seniors organization) to determine if individuals in the sample still resided in Souris. From this meeting, two potential respondents were eliminated due to death. A similar meeting was held with representatives of the Carberry Shuffleboard Club and the Carberry Golden Age Club. Eleven individuals were eliminated; death (3), moved (2), critically ill (3), known to be under age 60 (3); therefore, the alternates were used.

The desired sample size was 80 summer interviews with 40 interviews completed in each community. At least 40 observations from each community were required for data analysis. This minimum was determined in consultation with a sociologist at the University of Manitoba.<sup>6</sup>

An additional 10 persons from Carberry were selected by the same process to participate in the winter interviews conducted in January 1979. The interview schedule was shortened with only the first two pages which dealt specifically with outdoor recreation activity participation, frequency of participation, desired participation, problems

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<sup>6</sup> personal communication with Dr. Neena Chappell, Department of Sociology, University of Manitoba, March 1978.



encountered, and suitability included. The literature does not specify if the season of the interview has an effect on the responses to participation questions. Most research has found that the participation rates are very low in the winter outdoor activities such as skating, skiing, snowshoeing, sleigh rides, etc. However, most of this research has been conducted in the summer, thus relying on recall for responses to winter participation. In this study, the respondents questioned in winter were asked to identify by recall the summer activities in which they participated and to identify the winter activities in which they currently participate, and vice versa for the summer respondents.

#### Data Collection

Each individual selected was sent a letter of introduction (Appendix B). This served to explain the purpose and objectives of the study, to indicate at least one individual in the community who was aware of the study and was willing to answer any questions, and to ask for their assistance and support. A time requirement of 20 minutes was also indicated.

At the suggestion of a Senior Citizen, the researcher did not make appointments with individuals but went to the door and asked if the individual had time to answer the questions. The reasoning of the Senior Citizen was that

individuals would be more willing to be interviewed and more relaxed than if a formal appointment was made. Generally respondents recalled the letter and were willing to be interviewed at that time. Each individual was invited to participate in the study and had the opportunity to refuse the interview or to refuse to respond to any portion of the interview. This invitational technique used in the study, Aging in Manitoba "was originally conceived to minimize stress on the older person" (Manitoba Department of Health and Social Development, 1973:40). All interviews were conducted by the same researcher between 9:00 a.m. and 5:00 p.m. Monday to Saturday. Mornings were the best time to contact individuals as people were at home and had not gone out for the day. Interviews varied in length from 15 minutes to 2 hours with an average length of 30 minutes. The interview commenced with a brief explanation of the purpose and the objectives of the study, followed by the questions on the interview schedule.

In both communities, approaches were made to those in the sample until 40 summer interviews were completed. If an individual was not home after three calls, an alternate name was selected. A similar procedure was used if any individual refused to participate. Six individuals in Souris and three individuals in Carberry were not home after three calls.

In Souris, the refusal rate was 17% with eight of the 48 individuals approached refusing to participate. One person (13%) refused giving the reason "I'm too old", two people (25%) were ill, and five individuals (62%) indicated that they were not interested. The refusal rate in Carberry was lower at 7% with three of the 43 people approached refusing to participate due to lack of interest. An explanation for the difference in refusal rates may be due to the listing of names of Carberry people aware of the study in the letter of introduction to Carberry respondents. In the letter to Souris respondents, reference is made to the president of the Souris Fellowship Club but no name is given. The overall refusal rate for the combined sample is 12%.

In January, 1979, sample respondents were approached until 10 interviews were completed. No respondent approached refused to be interviewed. Three individuals were not home after three calls and alternative names were used.

#### Statistical Techniques

The raw data from the interviews were transferred to computer coding sheets. After verification, the data were keypunched and final verification took place. The data

were analysed by use of the Statistical Package for the Social Sciences (SPSS) (Nie et al., 1975). SPSS is "an integrated system of computer programs designed for the analysis of social science data (Nie et al., 1975:1). Frequency distributions and cross tabulations are used in the data analysis.

## CHAPTER 4

### SAMPLE CHARACTERISTICS

Demographic characteristics are examined in this chapter to determine the representativeness of the study sample and, therefore, the generalizability of the results of the study.<sup>1</sup> Wherever possible, comparisons to population data for the communities and the region have been made. Characteristics examined include age, sex, education, occupation, marital status, income levels, living arrangement, self rated physical health, and membership in organizations.

#### Age

Table 3 shows the age composition of the sample, the two communities, and the region. The age figures differ slightly from the actual population figures. Persons in the sample were 60 years and older and listed as retired, wife of retired, widow, or spinster on the voters lists. The age group 60-64 from the actual population will contain people who are currently employed and thus will represent

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<sup>1</sup> The demographic characteristics for the sample are from the 80 interviews completed in the summer. The age and sex compositions of respondents from winter interviews are noted in the appropriate sections.

a greater portion of the population aged 60 years and older than the sample does. The age category 65-69 accounted for 31% of the total respondents followed by 26% from the 70-74 year age category. The average age of the combined sample was 72 years. The Carberry respondents had an average age of 73 years while the average age for Souris respondents was 71 years.

Ten percent of the ten respondents from the winter interviews were aged 60-64, 30% were aged 65-69, 30% were aged 75-79, and 30% were in the category 80-84 years. The average age of the respondents from the winter interviews was 74 years which is similar to the average age of summer respondents.

### Sex

The sex composition of the study sample is compared to the Senior Citizen population of the communities and the region in Table 3. In the Carberry sample, males represented only 30% of the total summer respondents and this is slightly lower than the actual population. Souris figures are similar to the actual figures with 48% of the respondents being male. Sixty percent of winter respondents were male.

TABLE 3

AGE AND SEX COMPOSITION OF THE SAMPLE  
GROUPS COMPARED WITH THE TOWN  
AND REGIONAL COMPOSITION

Sample				Actual *		
	Carberry	Souris	Total	Carberry	Souris	Westman Region
A) <u>Age</u>						
60-64	13%	13%	13%	25%	22%	27%
65-69	25	38	31	20	26	24
70-74	25	27	26	} 56	51	49
75-79	15	13	14			
80-84	13	2	8			
85 +	<u>10</u>	<u>7</u>	<u>9</u>			
Totals	101	100	101	101	99	101
N =	(40)	(40)	(80)	(413)	(528)	(23,404)
B) <u>Sex</u>						
Male	30%	48%	39%	49%	48%	48%
Female	<u>70</u>	<u>54</u>	<u>61</u>	<u>51</u>	<u>52</u>	<u>52</u>
Totals	100	101	100	100	100	100
N =	(40)	(40)	(80)	(413)	(528)	(23,404)

\* Actual figures are unpublished statistics from the Department of Health and Social Development, Westman Region, June 1, 1977.

Note: Some percentages do not add to 100% due to rounding.

### Education

Table 4 compares the education of sample respondents to the education of Senior Citizens in the region. The regional figures are from the Department of Health and Social Development Aging in Manitoba study conducted in 1971. These figures represent the general population (those living in a community as opposed to residential facility dwellings) surveyed in the study. The general population was selected for comparisons as the sample population resided in the community. Souris respondents tended to be more educated than Carberry respondents with 75% of the respondents having high school education or more. In comparison to the regional figures, Carberry respondents are similar in their educational background while Souris respondents tend to be more educated than the regional group. It must be noted that the regional figures are based on individuals aged 65 and over and does not include those 60-64 years old. The difference between the total sample and the regional figures may reflect this age difference between the two samples.

### Occupation

The previous occupations of the sample respondents are compared to regional figures in Table 4. In both communities



TABLE 4

SELECTED SAMPLE CHARACTERISTICS OF THE  
SAMPLE GROUP COMPARED WITH THE  
REGIONAL CHARACTERISTICS

	Sample			Actual *
	Carberry	Souris	Total	Aging in Manitoba Westman Region
<b>A) Education**</b>				
Grade school or less	58%	25%	41%	66%
High school	30	60	45	31
Some college	-	3	1	} 3
College Graduate	13	8	10	
Other	-	5	3	-
Totals	101	101	100	100

\*\* Categories have been slightly modified for the Westman Region figures. No formal, formal, 1-4 years, 5-8 years combined into Grade school or less; 9-10 years, 11-12 years combined into High school; 13-16 years, 16 and over years into the combined category of Some College and College Graduate.

<b>B) Occupation***</b>				
Professional	12%	10%	11%	} 11%
Business/managerial	3	10	6	
Clerical/Sales	10	8	9	
Skilled blue-collar	13	10	11	} 9
Unskilled manual	3	5	4	
Farmer	15	23	19	38
Homemaker	45	35	40	33
No Response	-	-	-	1
Totals	101	101	100	101

\*\*\* Categories have been slightly modified for the Westman Region figures. Transportation, communication and Recreation have been placed in a combined business/managerial and clerical/sales category.

<b>C) Marital Status</b>				
Single	10%	-	5%	10%
Married	48	70	59	58
Widowed	38	30	34	31
Divorced/Separated	5	-	3	1
Totals	101	100	101	100
N =	(40)	(40)	(80)	(764)

\* These figures apply to those persons aged 65 and over only. No persons aged 60-64 years were surveyed.

Note: Some percentages do not add to 100% due to rounding

Source: The Westman Region figures are from: Manitoba Department of Health and Social Development, Division of Research, Planning and Program Development, Aging in Manitoba Needs and Resources 1971, Volume VIII - Westman Region, October 1973, Winnipeg. Table XVI - Percent of Westman respondents by Sample Categories by School Years Completed, p. 57. Table XVIII - Percent of Westman Respondents by Sample Categories by Major Occupations, p. 58. Table XIX - Percent of Westman Respondents by Marital Status by Study Areas and Sample Characteristics, p. 61.

the majority of respondents were housewives and farmers although some respondents were employed in most major occupational categories. This is similar to the regional trend.

In Carberry, two persons aged 60 years or over were still employed while one person in Souris was currently in the labor force. A number of the respondents indicated helping on a farm although not receiving wages.

#### Marital Status

Table 4 shows that 59% of the combined sample were married (i.e. with a living spouse) and 34% were widowed. These figures are very close to the regional figures. In Souris, a relatively high percentage (70%) were married. This may be attributed to the slightly lower age of Souris respondents which would increase the likelihood of a spouse being alive.

#### Income Levels

Almost half of the respondents (45%) reported an income of below \$5,000 per year (Table 5). The only noticeable difference between the Carberry and Souris respondents is in the above \$8,000 category. Eighteen percent of Souris

TABLE 5

## INCOME LEVELS OF SAMPLE GROUPS

Income Level	Sample		
	Carberry	Souris	Combined
Below \$5,000	48%	43%	45%
\$5,000 - \$8,000	33	30	31
Above \$8,000	5	18	11
No response	<u>15</u>	<u>10</u>	<u>13</u>
Total	101	101	100
N =	(40)	(40)	(80)

Note: Some percentages do not add to 100% due to rounding

respondents reported an income of above \$8,000 compared to only 5% of the Carberry respondents; however, the 'no response' category is higher for Carberry and individuals who had an income above \$8,000 may have chosen not to disclose their income figures.

No comparison with regional figures has been made. Comparisons of 1971 and 1978 income figures are not appropriate due to the differences in spending power of the 1971 and 1978 dollar.

#### Living Arrangements

Table 6 shows that 58% of the respondents lived with their spouse and 30% of the respondents lived alone. This reflects the marital status of the sample and varies between communities as did the marital status. The figures for the combined sample are similar to the regional figures.

#### Self-Rated Physical Health

Respondents were asked to rate their physical health compared to others of their own age. Table 6 shows that over half of the respondents (56%) felt their health was good compared to others of their own age, while 30% of the respondents indicated their health was fair. The responses

TABLE 6

SELECTED CHARACTERISTICS OF THE SAMPLE  
GROUP COMPARED WITH THE  
REGIONAL CHARACTERISTICS

	Sample			Actual
	Carberry	Souris	Total	Aging in Manitoba Westman Region
<b>A) <u>Living Arrangement*</u></b>				
Alone	35%	25%	30%	22%
With Spouse	48	68	58	50
With Children	8	5	6	19
With other related persons	10	3	6	9
With unrelated persons	-	-	-	-
Totals	101	101	100	100
<b>B) <u>Self-Rated Physical Health</u></b>				
Excellent	10%	8%	9%	11%
Good	53	60	56	50
Fair	30	30	30	26
Poor	8	3	5	8
Very Poor (bad)	-	-	-	1
No response	-	-	-	5
Totals	101	101	100	101
N =	(40)	(40)	(80)	(764)

Note: Some percentages do not add to 100% due to rounding.

Source: Westman Regions figures are from Manitoba Department of Health and Social Development, Division of Research, Planning and Program Development, Aging in Manitoba Needs and Resources 1971. Volume VIII - Westman Region, October 1973, Winnipeg, Manitoba.

Table XX - Percent of Westman Respondents by Relationship of Adults in Household by Relationship of Adults in Household, by Study Areas and Sample Categories, p. 63.

Table XXVIII - Percent of Westman Respondents, by Sample Categories, by Self-Rated Health Status, p. 72.

are similar for both Carberry and Souris as well as the regional figures.

#### Membership in Organizations

Respondents were asked if they belonged to any formal organizations and, if so, if one of these organizations was a Senior Citizens organization. Table 7 shows the responses. The respondents from Souris tended to belong to an organization more than the Carberry respondents. Yet, there were more Carberry respondents who belonged to the Seniors organizations than Souris respondents. It should be noted that while 65% of the combined sample indicated membership in an organization only 30% of the combined sample indicated membership in a Senior Citizens organization.

#### Summary of Demographic Characteristics

To summarize, sixty-one percent of the respondents were females. The average age of respondents was 72 years. Almost half of the respondents (45%) had high school education while 41% had grade school education or less. The most frequently mentioned occupations were homemaker (40%) and farmer (19%). Over half of the respondents (59%) were married and living with their spouse (58%) while one-third

TABLE 7

## MEMBERSHIP IN ORGANIZATIONS OF SAMPLE GROUP

Membership in any Organization			
Membership	Sample		
	Carberry	Souris	Combined
Member	58%	73%	65%
Not a member	<u>42</u>	<u>26</u>	<u>35</u>
Totals	100	99	100
N =	(40)	(40)	(80)

Membership in Seniors Organization			
Membership	Sample		
	Carberry	Souris	Combined
Member	35%	25%	30%
Not a member	<u>65</u>	<u>75</u>	<u>70</u>
Totals	100	100	100
N =	(40)	(40)	(80)

Note: Some percentages do not add to 100% due to rounding.

(34%) of the respondents were widows. The income level of almost half of the respondents (43%) was below \$5,000 per year. Fifty-six percent of the respondents reported good health compared to others of their own age. Although 65% of the respondents indicated membership in an organization, only 30% were members of a Senior Citizens organization.

It appears that the sample is representative of the Senior Citizens of Carberry and Souris. There is slight under-representation of the 60-64 years age group. This is due to the definition of 'Senior Citizen' used in this study. Females are over-represented in the Carberry sample, resulting in slight over-representation of females in the combined sample compared to the regional figures. The education of the sample is slightly higher than the regional characteristics, but this may be due to the regional data being from 1971. The possibility exists that the respondents who have become Senior Citizens since 1971 have had more educational opportunities. The occupation trend is similar to the regional figures as are the marital status and living arrangement data. The regional and sample results on the self-rated physical health are also similar. The only major differences in the sample and the region is the sex of individuals. Although the sample cannot be considered as representative of the entire Westman region, the results of



this study can be usefully applied to the planning of recreation as the recreational trends are suggested. However, the findings in the following chapters can be generalized to the Senior Citizens of Souris and Carberry.

## CHAPTER 5

### PRESENTATION AND DISCUSSION OF RESULTS

#### Introduction

The results of the data analyses are presented and discussed in this chapter as follows: (1) participation in activities, (2) outdoor activities in which participation is desired, (3) reasons for participating less than desired, (4) suitability of outdoor activities, (5) other recreational activities, (6) time spent on recreation, (7) reasons for participation in recreation, and (8) type of recreational activity. The data results are given in percentages and are illustrated in tabular form. As the sample size is small for each community, the results are often given only for the combined sample.

#### Participation in Outdoor Activities

Certain outdoor recreation activities have higher participation rates than other outdoor activities. Table 8 illustrates the participation rates in the 22 outdoor activities in order of highest to lowest participation according to summer interview responses. The results of the winter interviews are included separately in the table.

TABLE 8

## PARTICIPATION RATES IN OUTDOOR ACTIVITIES

Activity	Participation Rates*	
	Summer Interviews (N=80)	Winter Interviews (N=10)
Walking/Hiking	94%	80%
Visiting a park/picnicking	75	75
Gardening	73	90
Spectator at Outdoor Events	43	80
Birdwatching	30	50
Horseshoes/lawndarts/ringtoss	29	30
Fishing	26	20
Boating/canoeing/sailing	19	10
Croquet	19	10
Miniature golf	14	-
Golfing	13	10
Camping	11	-
Swimming - Lake	9	10
Swimming - Pool	6	-
Ice Fishing	6	-
Rock Collecting	6	-
Bicycling	6	-
Snowshoeing/skiing	4	-
Lawn bowling	3	10
Skating	1	-
Sleigh Rides	-	-
Tennis/badminton	-	-

\* Participation means participation at least once a year. Rates are expressed as a percent of the total respondents who participate in an activity.

In addition to noting whether the respondents participated in the various activities, the frequency of participation was also recorded. Table 9 summarizes the frequency of participation for the activities in which at least 10% of the summer respondents indicated participation.

Walking had the highest participation rate for the summer respondents (94%) and was the second highest for the winter respondents (80%). This high participation rate is consistent with the literature (McAvoy, 1976; Peppers, 1976; and others). In terms of the frequency, walking was the activity in which the respondents participated most frequently with 56% of the summer respondents and 80% of the winter respondents indicating daily participation. During the winter interviews, the respondents were asked to indicate the frequency of walking in both summer and winter. Of the eight persons who participate in the activity, 75% indicated walking daily in both the winter and the summer while the remaining 25% participated daily in the summer but reduced participation to twice a week during the winter months. It should be noted that the respondents who did participate daily in the winter added the phrase 'if weather permits'. This means that the actual participation in the winter may be less than once a day.

The popularity of gardening with a participation rate

TABLE 9

## FREQUENCY OF PARTICIPATION IN OUTDOOR ACTIVITIES

Activity	Daily	Weekly	Monthly	Yearly	Not at all
Walking/Hiking	56% (80%)	34% ( - )	3% ( - )	1% ( - )	6% (20%)
Visiting a park/ picnicking	-	10	40 (40)	25 (50)	25 (10)
Gardening	56 (80)	14 (10)	3	-	28 (10)
Spectator at outdoor events	-	11 (20)	20 (20)	11 (40)	58 (20)
Birdwatching	15 (40)	11 (10)	4	-	70 (50)
Horseshoes/lawndarts/ ringtoss	-	10	11 (20)	8 (10)	71 (70)
Fishing	1	3	10 (10)	13 (10)	74 (80)
Boating/canoeing/ sailing	1	4	8	6 (10)	81 (90)
Croquet	-	1	11	6 (10)	81 (90)
Minature Golf	-	-	1	13	86 (100)
Golfing	3	5 (10)	4	1	87 (90)
Camping	-	1	4	6	89 (100)

\* Bracketed numbers are results of the winter interviews (N = 10).  
Summer interviews (N = 80).

of 73% of the summer respondents and 90% of the winter respondents reflects the agricultural background of the respondents and may reflect the persistent work ethic. Gardening is an activity in which rural people have participated all their lives. According to Loeb et al. (1965), the rural elderly who seem to enjoy their retirement the most are those who are able to continue working on a modified basis by planting a garden or by helping a son or daughter on the farm. Often a respondent's garden would produce enough food for himself and the neighbours. One respondent explained that Senior Citizens find a delight in watching something grow from a seed. The Senior Citizen Lodge in Carberry (an apartment-like one floor complex) has small plots outside each door and the residents enjoy planting flowers and watching the growth. Many homes had plants indoors, suggesting that the gardening of summer months is moved indoors during the winter months. The importance of gardening suggests that facilities for gardening even on a small scale should be available in apartment blocks and Senior Citizens homes. As one Senior Citizen explained, "I would love to garden, but I do not have any place in this apartment block to garden." A window box would have satisfied her needs.

Although visiting a park/picnicking has a relatively

high participation rate (75% of both summer and winter respondents), the frequency of participation is low. Almost half of the summer respondents (40%) indicate visiting a park once a month and 25% of these respondents participate only once a year. The winter results are similar with 40% of respondents participating monthly and 50% of respondents visiting a park/picnicking once a year. This highlights the problem with looking at basic participation rates (participation at least once a year), rather than the frequency of participation itself. In comparison to the frequency of participation in visiting a park/picnicking, respondents interviewed in the summer participate more often in spectator sports and birdwatching, and participate at the same frequency in horseshoes/lawndarts/ringtoss.

The low participation rates in water-based activities such as fishing (26% and 20% summer and winter respectively), boating/canoeing/sailing (19% summer, 10% winter) and swimming (lake - 9% summer, 10% winter, pool - 6% summer) seem to reflect the lack of opportunities available when the respondents were younger. Ten summer respondents mentioned that they had never learned to swim as there was no water nearby. Another Senior Citizen mentioned that many older people have a fear of the water. Although a swimming pool with lifeguards is available in each community,

only 6% of the summer respondents use the facilities. One respondent in Carberry was taking lessons at the swimming pool. Respondents who did swim mentioned a lack of desire to go to the swimming pool. The reasons given for this included "There is no time separate for Seniors' (3), "I would feel out of place' (1) and "there are too many people there' (1). Swimming in the lake was preferable, likely due to the privacy it offers.

Camping had a low participation rate (11% summer) although it was often viewed as an activity that would be fun. One respondent suggested that Senior Citizens were 'past the age' of sleeping on the ground and preferred their comfortable warm homes. Another respondent explained that Senior Citizens had eaten enough meals with the flies during the depression and did not want to do so now.

Bicycling also had a low participation rate (6% summer), although it was viewed as a fun activity. Three respondents indicated that they had never learned to ride a bicycle and were too old to learn now. Three respondents did have exercise bicycles in their homes and used them occasionally.

Croquet (19% summer, 10% winter), miniature golf (14% summer), golfing (13% summer, 10% winter), rock collecting (6% summer) and lawn bowling (3% summer, 10% winter) also had low participation rates. One respondent mentioned that



generally Senior Citizens did not have the opportunity to participate in these activities when they were younger. Tennis and badminton had no participants and were viewed as being too strenuous for Senior Citizens.

The winter activities of ice fishing (6% summer), snowshoeing/skiing (4% summer) and skating (1% summer) had very few participants. No respondents had been on a sleigh ride. Even those respondents questioned in the winter did not participate in these activities. One respondent explained that it was too cold in the winter to participate in outdoor activities while another respondent suggested that Senior Citizens were too old for these activities.

The activities mentioned when respondents were asked if there were any other outdoor activities in which they participated included hunting (5% summer), outdoor shuffleboard (3% summer), farming (3% summer) belgian bowling (1% summer), and skidooing (1% summer). Although curling is not considered an outdoor activity in this study, 11% of the summer respondents and 30% of the winter respondents did mention it as an activity in which they participated.

A comparison of the participation rates of summer respondents and winter respondents shows that generally the season of interview has no effect on the responses to the question of participation. The activity 'Spectator at

Outdoor Events' had the greatest difference in participation rates with 43% of summer respondents participating compared to 80% of winter respondents. When one examines the frequency of participation for this activity, however, 40% of winter respondents indicated participating once a year. Thus the difference is not as great as it appears when examining the basic participation rates. As mentioned, the winter activities of snowshoeing/skiing, skating and sleigh rides had no participants from the winter interviews.

Generally the Senior Citizens of Carberry and Souris walk, visit parks, picnic and garden for outdoor recreation. There is a tendency to not participate in the activities of bicycling, tennis/badminton, golfing, swimming, snowshoeing/skiing, and other activities that require greater physical exertion and are recommended by physicians as being beneficial to the health of Senior Citizens.

#### Community Participation Rates

Participation rates were expected to differ between the Souris and Carberry respondents as Souris was considered an outdoor recreation resource rich community, while Carberry was considered an outdoor recreation resource poor community. The results presented in Table 10 are based on the summer

TABLE 10  
 PARTICIPATION RATES IN OUTDOOR ACTIVITIES  
 BY COMMUNITY

Activity	Participation Rate *	
	Souris (N=40)	Carberry (N=40)
Walking/hiking	92%	95%
Visiting a park/picnicking	72	77
Gardening	62	82
Spectator at Outdoor Events	50	35
Birdwatching	30	30
Horseshoes/lawndarts/ringtoss	35	22
Fishing	25	27
Boating/canoeing/sailing	22	15
Croquet	22	15
Miniature Golf	22	5
Golfing	15	10
Camping	7	15

\* Participation rates are expressed as percent of total respondents who participate. Participation means at least once a year.

interviews. Only the participation rates for the 11 discriminating activities are used for comparison.<sup>1</sup>

The participation rates for both communities are similar. The subprogram crosstabs was used to determine if there was any association between the participation in an activity and the community of residence. Chi-square tests indicated that a significant difference at the .05 level existed in participation in miniature golf and the community ( $X^2 = 3.79$ ) with more Souris Senior Citizens participating in miniature golf than Carberry Senior Citizens. No associations at the .05 level of significance were found between the remaining activities and the community. The gamma tests indicated that there was a moderate positive association between participation in gardening and community (.477), and moderate negative associations between participation in spectator at outdoor events and community (-.30) and between participation in horseshoes/lawn darts/ringtoss and community (-.30).

This suggests that the number of resources available in a community has little effect on participation. McAvoy (1976)

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<sup>1</sup> Discriminating activities have been defined as those activities in which no more than 90% of the respondents fall into one category.

found that there were differences in participation rates of some activities for residents of retail centres in outdoor recreation resource rich and resource poor regions. This study used community differences in outdoor recreational resources rather than regional differences to distinguish between communities. The similarity in participation rates in Souris and Carberry may be due to location of two communities in the same region of Manitoba. The Westman Region of Manitoba would likely be considered a recreation resource rich region in comparison to some other parts of the province. Further study is necessary to determine if there are regional variations in participation rates.

This lack of difference may also be due partly to the activities in which Senior Citizens participate. Walking, gardening, birdwatching, horseshoes/lawndarts/ringtoss, croquet, and spectator sports do not require resources that one community has and the other community does not have. The moderate association between the community and gardening may reflect the existence of a strong horticulture club in Carberry. The association between community and spectator sports may reflect the quantity and the calibre of the sports available. For example, the Souris baseball team is in a higher calibre league than the Carberry team. With the exception of miniature golf, there is no difference in

participation rates even when there is a difference in the resources available. Souris respondents have a park within the town while Carberry respondents must travel from the town to reach a park/picnic site. Yet almost the same number of respondents from Souris and Carberry visit a park/picnic. It should be noted that Souris respondents used the town park occasionally but also travelled to other sites.

Regardless of the resources available in a community, the Senior Citizens of Carberry and Souris tend to participate in the same activities. This suggests that participation rates will be low in outdoor recreation regardless of the outdoor facilities available. This would support the findings of the Aging in Manitoba study which reported that many resources were available but not accessible for the elderly.

#### Activity Index

To determine the number of outdoor recreational activities in which each summer respondent participated, an activity index was constructed. This index was computed by adding all the activities in which a respondent indicated participation and then dividing by the total possible number of outdoor activities (22). The index is expressed as a percentage. For example, suppose an individual participated in 10 of the 22 outdoor activities. The activity index

score for this respondent would be 45% . The scores ranged from 0 to 55. Table 11 indicates the range and frequencies of the activity index.

Twenty-one percent of the respondents had activity scores of 14 which means participation in 3 of the 22 outdoor activities, while 22% of the respondents participated in 4 of the 22 activities with activity scores of 18. These results, coupled with the results on actual activities, suggests that most Senior Citizens participate in a limited type of outdoor activity and this participation is restricted to a few activities.

These low scores may reflect the philosophy of the age group. One respondent explained that when Senior Citizens were younger, they were too busy working to participate in any recreation activity. It appears that this work ethic has carried over into their retirement years. Although formally retired, many Senior Citizens are still involved in some form of work as it brings satisfaction and independence. It is not that they view recreation as a waste of time, but rather seem to look upon it as something that they were not able to do before and are too old to do it now. The notion of being "too old to participate" was mentioned by at least five respondents and reflects the societal stereotyping of Senior Citizens. deVries (1975)

TABLE 11

## PERCENTAGE DISTRIBUTION OF ACTIVITY INDEX SCORES

Activity Index Score	Percentage Distribution *
0	3%
5	4
9	3
14	21
18	22
23	11
27	15
32	11
36	6
45	4
55	<u>1</u>
Total	101
N =	(80)

\* The percentage does not add up to 100% due to rounding.



found that age does not mean a person is unable to learn and has data to support the suggestion that old people can and do learn new skills. Thus, although it is preferable to begin participation at an earlier stage in life, there is little reason for an individual to suggest she/he is too old to learn. The recreation programmer has an important role to play in overcoming this notion and can do so by providing a patient and encouraging attitude towards attempts to learn new activities and by increasing the variety of activities.

The activity scores were grouped and cross tabulated with the demographic characteristics. The results are presented in Table 12. Education was the only variable which had a significant relationship ( $p < .05$ ) with the activity scores. Generally, the higher the respondent's education, the higher the activity score. In other words, the Senior Citizens with higher education tend to participate in more activities than those with less education. This may reflect an educated person's philosophy of recreation and a greater awareness of the benefits of participation.

The sex of the respondent had a moderate association with the activity score as men tended to participate in more activities than females. This difference illustrates the sex stereotyping of many outdoor activities as the

TABLE 12

ACTIVITY INDEX SCORES ACCORDING TO  
DEMOGRAPHIC CHARACTERISTICS

Demographic Characteristic	Activity Index Score			
	0-14	18-23	27-32	36-55
<u>Sex</u>				
Male (N=31)	7%	29%	52%	13%
Female (N=49)	10	51	29	10
Gamma = -.35				
<u>Age</u>				
60 - 66 (N=18)	-	33%	44%	22%
67 - 70 (N=23)	13	35	35	17
71 - 73 (N=15)	13	40	40	7
75 - 91 (N=24)	8	58	33	-
Gamma = -.34				
<u>Marital Status</u>				
Single (N=4)	-	100%	-	-
Married (N=47)	-	30	49	13
Widowed, Separated Divorced (N=29)	10	55	24	10
Gamma = -.17				
<u>Education</u>				
Grade school or less (N=33)	15%	46%	39%	-
High School or more (N=47)	4	40	36	19
Gamma = .41				
$\chi^2 = 9.12, p = .03$				
<u>Occupation</u>				
Professional, business managerial, clerical (N=29)	10%	38%	33%	19%
Skilled Blue-Collar, unskilled, farmer (N=26)	4	37	52	7
Homemaker (N=34)	13	50	28	9
Gamma = .21				
<u>Relationship to Other Adults in House</u>				
Lives Alone (N=24)	8%	54%	25%	13%
With Others (N=56)	9	38	43	11
Gamma = .17				
<u>Income Level</u>				
Below \$5,000 per year (N=36)	6%	67%	22%	6%
\$5,000-\$8,000 (N=25)	12	20	64	4
Above \$8,000 per year (N=9)	11	-	44	44
No response (N=10)	20	40	20	20
Gamma = .35				
<u>Physical Health</u>				
Excellent (N=7)	-	29%	43%	29%
Good (N=45)	4	42	44	9
Fair (N=24)	13	50	25	13
Poor (N=4)	50	25	25	-
Gamma = -.37				

activities of males. The women have been raised with this attitude and have been taught to participate in 'ladylike' activities such as handicrafts and church work. In terms of particular activities, fishing was the only activity which showed a significant difference based on the sex of respondent and participation ( $\chi^2 = 5.18, p < .05$ ) as more males participated in fishing than females.

The age of the respondent had a moderate negative association with the activity score. Generally, as the age of the respondent increased, the activity index score decreased. Or, in other words, the younger respondents tended to have higher activity scores and, thus, participated in more outdoor activities than the older respondents. This supports the findings of Gordon et al., (1976), Gray (1977) and Davidson and Chetybrok (1978). In terms of specific activities, persons who birdwatched had the highest mean age (73.9) while persons who boated/canoed/sailed had the lowest mean age (68.5). This suggests that the older respondents tend to participate in more passive forms of outdoor recreation than the younger respondents. There were no significant differences between participants and non-participants in any activity. This means that age is not a factor in determining if an individual does or does not

participate in a specific outdoor recreation activity.<sup>2</sup>

The income of the respondent was found to have a moderate association with the activity index score. The higher the income of the respondent, the higher the activity score was. This association must be interpreted with caution as ten of the respondents gave no indication of their income. In terms of specific activities, income had no significant association with participation rates. This means that the income of the respondents had no effect on participation in any specific activity and reflects to some extent the type of activities in which Senior Citizens participate. Walking, gardening, visiting a park/picnicking generally require little monetary input. Fishing and boating/canoeing/sailing do require financial support but in most cases, the respondents who participate have had the equipment for a long period of time or go with friends.

There was a moderate negative association with perceived physical health and activity score. The respondents with high self-ratings of health (excellent, good) tended to have higher activity scores. This means that the better a person perceives his/her health as being, the more activities in which he/she will participate. This raises the

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<sup>2</sup> Subprogram Breakdown was used to determine the mean age of participants and non-participants.

question of whether these respondents participate in more activities because of good health or whether good health is the result of participation in these activities. Based on the demonstration projects and research discussed previously, it appears that, to some extent, the good health may be the result of participation in a variety of activities.

It seems that Senior Citizens participate in relatively few outdoor activities. The factors which have some relationship to the number of activities in which an individual participates include education, sex, age, income, and physical health. The better educated Senior Citizens are likely to participate in a greater number of outdoor activities than the less educated. Males tend to participate in more outdoor activities than females. It appears that the older the Senior Citizen, the lower the number of activities in which he participates. Also, income is moderately associated with activity score. Physical health of the respondent seems to have some relationship to the number of activities as those Seniors with self-rated good or excellent health participate in more activities than those with poor health.

#### Desired Participation in Outdoor Activities

Previous research (Nystrom, 1974; McAvoy, 1976) has shown that although Senior Citizens are generally satisfied

with their leisure activities, differences between participation rates and preference rates do exist. The results of this study show that there are outdoor activities in which Senior Citizens would like to participate to a greater extent. Table 13 shows the total of the combined sample who desire greater participation and indicates whether respondents currently participate or do not participate currently. The winter results are listed separately.

Over half (60%) of the summer respondents would like to lawn bowl although only one person lawn bowls at present. A similar interest in lawn bowling was expressed by 70% of the winter respondents. Lawn bowling is currently not available in either community despite its popularity as an activity for Senior Citizens in other communities.

Visiting a park/picnicking (49%) and walking/hiking (41%) had relatively high desire participation rates but these activities also have high participation rates. In the winter interviews, only 20% of the respondents indicated a desire for walking/hiking while 60% of the respondents desired a visit to a park or a picnic. Of the 11 activities<sup>3</sup> in which at least 10% of the summer respondents participated,

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<sup>3</sup> Includes walking/hiking, visiting a park/picnicking, gardening, spectator at outdoor events, birdwatching, horse-shoes/lawndarts, ringtoss, fishing, boating/canoeing/sailing croquet, miniature golf, golfing and camping.

TABLE 13

DESIRED PARTICIPATION IN OUTDOOR ACTIVITIES  
ACCORDING TO CURRENT PARTICIPATION STATUS

Activity	Total		Desired Participation	
	Summer (N=80)	(Winter) (N=10)	Currently Participate (N=80)	Currently Do Not Participate. (N=80)
Lawn Bowling	60%	(70%)	3%	57%
Visiting a Park/ picnicking	49	(60)	40	9
Walking/hiking	41	(20)	39	3
Miniature Golf	40	(20)	11	29
Spectator at Outdoor Events	39	(30)	21	18
Croquet	35	(20)	10	25
Horseshoes/lawn darts/ringtoss	34	(30)	10	24
Fishing	34	(30)	18	16
Boating/sailing/ canoeing	26	(10)	13	13
Golfing	24	(20)	9	15
Camping	21	(30)	8	13
Sleigh rides	21	(10)	-	21
Bicycling	19	(20)	4	15
Swimming - pool	16	(30)	6	10
Gardening	16	(10)	6	10
Snowshoeing, skiing	14	(10)	4	10
Rock Collecting	14	(20)	3	11
Birdwatching	10	(20)	6	4
Skating	10	(20)	1	9
Swimming - lake	9	(20)	5	4
Ice Fishing	8	(20)	3	5
Tennis/badminton	4	( - )	-	4

Total is the number of respondents who desire participation expressed as a percentage of total respondents. Currently participate indicates the percentage of those who currently participate who desire more participation. Currently do not participate indicates the percentage of those who do not participate but desire participation.

only gardening and birdwatching had relatively low desire participation rates. This suggests that Senior Citizens would like to increase participation in most of the activities in which they currently participate.

Based on the summer respondents, camping (21%), bicycling (19%), swimming in a pool (16%), snowshoeing/skiing (14%) skating (10%), and rock collecting (14%) had slightly higher desire participation rates than actual participation rates. Similar results were found during the winter interviews. Sleigh rides which showed no current participation was desired by over a fifth (21%) of the summer respondents and 10% of the winter respondents. Thirteen of the 17 summer respondents who desired sleigh rides were from Carberry. The suggestion of sleigh rides brought back memories of days gone by when the only means of transportation was the horse and sleigh. This desire for sleigh rides should be viewed with caution. It suggests that, if available, some Senior Citizens would go on a sleigh ride but further study is required before such an activity is planned. The memories of good times may be the only reason why respondents thought they would like the activity. If the opportunity was presented, it is possible that no one would participate. Very few summer respondents desired swimming in a lake (9%), ice fishing (8%), tennis/badminton (4%). During the winter



interviews, 20% of the respondents expressed a desire to go ice-fishing.

Generally, Senior Citizens would like to participate to a greater extent in lawn bowling, visiting a park/picnicking, miniature golf, spectator sports, croquet, horseshoes/lawndarts/ringtoss, fishing, boating/canoeing/sailing, golfing, camping, and sleigh rides. The greatest desire to participate was expressed for those activities in which Senior Citizens generally participate. Relatively few Senior Citizens were interested in the active activities such as bicycling, swimming, tennis, skating in which physicians suggest Seniors can participate.

#### Reasons for Participating Less Than Desired

The reasons given for participating less than desired include lack of facilities, lack of time, lack of companionship, health problems, transportation and others. This is consistent with other research findings (Cowgill and Baulch, 1962; Ryan, 1975; McAvoy, 1976; Scott and Zoerink, 1977). Table 14 summarizes the number of times each reason was given and expresses it as a percentage of the total reasons given. Results from both the summer and winter interviews are presented. Lack of facilities was most frequently the

TABLE 14

REASONS GIVEN FOR PARTICIPATING LESS THAN  
DESIRED IN OUTDOOR ACTIVITIES

Reason Given	Number of Times Given	Percentage
Lack of facilities	153 (14)	36% (27%)
Lack of time	73 (5)	17 (10)
Lack of companionship	66 (7)	15 (13)
Health Problems	60 (12)	14 (23)
Transportation	19 (1)	4 (2)
Other *	<u>58 (13)</u>	<u>14 (25)</u>
Total	429 (52)	100 (100)

\* Other reasons and the number of times given include: weather (11 summer, 1 winter), too lazy, never get around to it, (11 summer, 4 winter), never learned, too old (4 summer, 3 winter), spouse ill (2 winter), not enough games (2 summer), finances (5 summer, 1 winter).

Note: Bracketed results are from winter interviews.

reason given by summer respondents (14%) and winter respondents (27%). The relatively high number of times lack of facilities was given is due to some extent to the high desire participation rates of lawn bowling and miniature golf. For the summer respondents, lack of time (17%), lack of companionship (15%), health problems (14%), and transportation (4%), followed in that order as reasons for not participating. The winter respondents gave health problems (23%), lack of companionship (13%), lack of time (10%), and transportation (2%), as their reasons.

To check these responses, summer respondents were asked general questions regarding the problems encountered in participation in recreation activities. Fourteen percent of the respondents indicated that they had transportation problems to get to recreational facilities. Yet when examining the reasons given for participating less than desired in outdoor activities, only 4% of the 429 reasons given were transportation. This suggests that although Senior Citizens do identify other reasons for not participating in specific outdoor activities more often, transportation is a problem encountered and is likely a greater problem than the reasons for specific activities indicate. About half (55%) of the 11 respondents who indicated transportation problems were from Souris, indicating that transportation was

not community specific. Ten respondents (13%) indicated that inadequate finances kept them from participating to the extent they desired in outdoor recreational activities. Yet when the respondents were asked to identify the specific activities, only two of the 10 respondents could do so. The two activities were band concerts (either indoor or outdoor) and travelling. Twenty-one percent of the respondents indicated that physical barriers such as steep steps and no handrails presented a problem in participation. This is consistent with Peterson (1977). Eleven of the 17 respondents who expressed this problem were from Souris. However, the problem of architectural barriers was not mentioned with regard to any specific activities. Although the lack of facilities was given most frequently as a reason for participating less than desired, the respondents were generally satisfied with the facilities offered in the communities. Seventy-eight percent of the 68 respondents who commented on the question "What do you think about the recreational facilities for Seniors in your community" thought that the facilities were adequate. Souris respondents tended to be more satisfied with facilities as 86% of the 37 respondents indicated that facilities were adequate. Only 68% of the 31 Carberry respondents felt that recreational facilities in Carberry were adequate. This difference may reflect

the facilities available in each community. As the question did not specify outdoor activities, it is possible that respondents felt both indoor and outdoor facilities were inadequate.

A somewhat surprising result was the percentage (17%) of respondents who cited lack of time as a reason for participating less than desired in many activities. Senior Citizens are supposed to have all their time as free time since they are retired from the labour force. Yet as one Senior Citizen explained, there are not enough hours in the day to do all the things they would like to do. This time aspect is discussed in a subsequent section.

The reasons vary from activity to activity and are listed in Table 15 for those activities in which at least 10% of the summer respondents indicated desiring participation. The winter respondents gave similar reasons and, therefore, the results have not been included. Lack of facilities was the major reason for participating less than desired in lawn bowling (88%), miniature golf (91%), croquet (71%), sleigh rides (88%) and bicycling (56%). Lack of time was the most frequent reason given for participating less than desired in spectator sports (29%) and horseshoes/lawndarts/ringtoss (30%). The reason most frequently mentioned for visiting a park/picnicking

TABLE 15

REASONS GIVEN FOR PARTICIPATING LESS THAN  
DESIRED IN OUTDOOR RECREATION ACTIVITIES

Activity	Total (N=)	Reason Given (%)					
		Lack of Facilities	Lack of Time	Lack of Companionship	Health Problem	Trans- portation	Other
Lawn bowling	48	88%	2%	%	8%	-%	2%
Visiting Park/ picnicking	38	24	24	29	5	18	-
Walking/hiking	33	-	24	15	42	-	18
Miniature Golf	32	91	9	-	-	-	-
Spectator at Outdoor Events	31	7	29	23	13	10	19
Croquet	28	71	11	11	4	-	4
Horseshoes/lawn darts/ringtoss	26	27	30	23	8	-	12
Fishing	26	12	19	38	-	15	15
Boating/canoeing/ sailing	20	20	20	35	10	5	10
Golfing	19	16	16	26	32	-	11
Camping	17	18	24	29	9	-	24
Sleigh Rides	17	88	-	-	-	-	12
Bicycling	16	56	19	-	13	-	13
Swimming - pool	12	17	25	-	42	8	8
Gardening	13	38	-	-	54	-	8
Snowshoeing/skiing	11	27	9	9	27	-	27
Rock Collecting	11	18	18	9	27	-	27

\* Some percentages do not add to 100 due to rounding

(29%), fishing (38%) and boating/canoeing/sailing (35%) less than desired was lack of companionship. Health problems was cited as the reason for participating less than desired in walking (42%), golfing (32%), gardening (54%), swimming in a pool (42%), rock collecting (42%), and snowshoeing/skiing (27%). Transportation was not the major reason for any activity although it was mentioned with regards to visiting a park/picnicking (18%), spectator sports (10%), fishing (15%), boating/canoeing/sailing (5%), and swimming in a pool (8%). The reasons given for participating less than desired can be examined to provide possible suggestions for improvements.

Lawn bowling (88%), miniature golf (91%), croquet (71%), and sleigh rides (88%) have only one problem - lack of facilities. This does not mean that the communities should immediately provide these facilities. In the case of lawn bowling, the problems other communities are facing with lack of interest should be examined. If all ages could be involved in the activity, the result may be more successful. However, attempts to involve young people in lawn bowling have tended to be unsuccessful.<sup>4</sup> After consultation with other groups in the communities, consideration could

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<sup>4</sup> Personal communication with Rivers Senior Citizen Club executive, May 1979.

be given to the construction of lawn bowling greens. A similar procedure should be undertaken regarding miniature golf. The croquet problem could be solved with little financial burden although it is rarely offered as an organized activity and tends to be played in individuals' back yards. Sleigh rides and the possibility of providing this activity have been discussed in the previous section. Further study is required to determine the feasibility of providing the facilities for these activities.

The reasons associated with visiting a park/picnicking include lack of facilities (24%), lack of companionship (29%), and transportation (18%). If transportation was provided, individuals who desire this activity would have the companionship, ie. have someone to go to the park with, and could travel to other areas or facilities. One comment made by respondents regarding transportation was that they did not like having to ask for rides all the time. One Senior Citizen explained that he wanted to pay for the rides or at least give the driver a small token amount. At the same time, a Senior Citizen who provided the transportation mentioned being tired of picking people up all the time. The provision of transportation for Senior Citizens should not be limited to other Senior Citizens. Many families go to the park/picnicking and have room for an extra person.



In some cases, these people are unaware that there are Senior Citizens who would like to go but need someone to go with. The problems associated with visiting a park should be a concern of the Provincial Parks branch. The Carberry Senior Citizens rarely use the Spruce Woods Park despite the relatively short distance. As financial difficulties were seldom mentioned as reasons for not participating to the extent desired, reduced rates for Senior Citizens may not be the way to attract this age group. Attitudes towards reduced rates were generally, "Yes, they are a good idea, but for myself, I don't need them." Examples of reduced rates had to be provided as it seemed that the Senior Citizens were unaware of the availability of these rates. The Parks Branch needs to examine other means of satisfying the needs of this age group.

Spectator sports has the same reasons for participating less than desired as visiting a park/picnicking. As mentioned, these include lack of facilities (7%), lack of companionship (23%), and transportation (10%). Again, if transportation could be arranged, these other problems could be overcome. Similarly, fishing, boating/canoeing/sailing and camping present the same problems. The problems associated with golfing could be overcome by providing companionship as 26% of the reasons given for participating

less than desired was companionship. Both communities have golf courses so the reason 'lack of facilities' (16%) is either a problem of lack of knowledge or accessibility.

Generally, the reasons given by the Senior Citizens for participating less than desired are similar to the problems encountered by Senior Citizens elsewhere (McAvoy, 1976; Peterson, 1977; Ryan, 1975 and others). Regardless of the season of the interview, these reasons include lack of facilities, lack of time, lack of companionship, health problems, and transportation. It appears that the reasons are relatively easy to overcome and require little financial input with the possible exception of facilities for lawn bowling and miniature golf.

#### Suitability of Outdoor Activities

The stereotype of what is suitable for Senior Citizens has an important role to play in the provision of recreational opportunities. There is little reason to provide an activity for Senior Citizens if there is agreement among Senior Citizens that it is not suitable for Senior Citizens. At the same time, the myth that older people should not participate in physical exercise must be dispelled. Respondents were asked to indicate if they thought each outdoor activity

was suitable for Senior Citizens. Table 16 shows the percentage of summer and winter respondents who viewed the activity as suitable.

Regardless of season of interview, many activities have a relatively high suitability score. This indicates that Senior Citizens view most of the outdoor activities as suitable for their age group. Although an activity has a high suitability score, it cannot be interpreted as an activity that would become a high participation activity. As one respondent explained, "Yes it is suitable for Senior Citizens but I wouldn't do it."

The activities viewed as suitable for Senior Citizens by most respondents are also those activities which have the highest participation rates. The only exception is lawn bowling which is viewed as suitable by 96% of the summer respondents and all the winter respondents, but has a low participation rate due to lack of facilities. Walking/hiking (99% summer, 100% winter), gardening (100% both summer and winter), visiting a park/picnicking (99% summer, 100% winter), spectator sports (99% summer, 100% winter) fishing (94% summer, 100% winter) and horseshoes/lawndart/ringtoss (93% summer, 90% winter) have high suitability scores. Swimming in a pool is viewed as being suitable by more respondents than swimming in a lake, 89% and 70% of

SUITABILITY OF OUTDOOR ACTIVITIES FOR SENIOR CITIZENS

Activity	Percentage of Respondents who view activity as suitable*	
	Summer (N=80)	Winter (N=10)
Gardening	100%	(100%)
Walking/hiking	99	(100)
Visiting a park/picnicking	99	(100)
Spectator at Outdoor Events	99	(100)
Birdwatching	96	(100)
Lawn bowling	96	(100)
Fishing	94	(100)
Horseshoes/lawndarts/ringtoss	93	(90)
Rock Collecting	93	(80)
Swimming - pool	89	(100)
Golfing	88	(100)
Bicycling	84	(80)
Miniature Golf**	83	(70)
Boating/canoeing/sailing	80	(80)
Croquet**	79	(60)
Swimming - lake	70	(100)
Camping	63	(50)
Sleigh Rides	61	(60)
Skating	59	(70)
Ice Fishing	56	(50)
Snowshoeing/skiing	53	(50)
Tennis/badminton**	34	(30)

\* Those respondents who indicated an activity as being definitely suitable or somewhat suitable are reported as viewing the activity as suitable.

\*\* Miniature golf - 16% of respondents indicated "Don't know"

Croquet - 15% of the respondents indicated "Don't know".

Tennis/badminton - 13% of the respondents indicated "Don't know".

summer respondents respectively. Participation rates in the two activities are similar. The difference is likely due to nonswimmers perceiving the pool as safer than a lake. As discussed previously, the swimmers tend to prefer swimming in the lake. Summer respondents disagree on the suitability of the winter activities of sleigh rides (61%), skating (59%), ice fishing (50%), and snowshoeing/skiing (50%). The group is divided relatively equally between those viewing these activities as suitable and those who see them as unsuitable for Senior Citizens. Similar results were obtained during the winter interviews. Tennis and badminton, the most strenuous of all activities mentioned, were viewed by about one third of both summer and winter respondents (34% summer, 30% winter) as suitable. The remaining respondents thought the activity was fine for younger people but was much too strenuous for Senior Citizens. Yet tennis is one activity suggested by physicians as good for Senior Citizens (Fox, 1975:2; Stiles, 1975).

Generally, outdoor activities are viewed as being suitable for Senior Citizens with the exception of tennis and badminton. As mentioned, this cannot be interpreted to mean that Senior Citizens would participate in these 'suitable' activities if given the opportunity. The activities in which Senior Citizens currently participate

are viewed as suitable by almost all respondents. Fewer Senior Citizens view those activities which have low participation rates as being suitable for Senior Citizens.

#### Other Recreational Activities

As it was anticipated that participation rates would be low in outdoor activities, an attempt was made to determine what Seniors do for recreation. Respondents were asked to list the other recreational activities in which they participated. Table 17 lists these activities and indicates the percentage of the respondents who participate in each of these activities. These results are based on the 80 summer interviews as no data was collected on this aspect during the winter interviews.

Watching television/listening to the radio (96%) was the most frequently mentioned activity followed by visiting/entertaining (71%) and cards/bingo (68%). Few respondents mentioned music (10%), dancing (6%), writing letters (4%), and going to the theatre, movies or concerts (4%). This is consistent with the findings of Cowgill and Baulch (1962) and others.<sup>5</sup>

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<sup>5</sup> Chapter 2 presents a brief review of the literature with regard to the activities in which Senior Citizens participate.

TABLE 17

## PARTICIPATION RATES IN OTHER RECREATION ACTIVITIES

Activity	Participation Rate * (N=80)
Watching Television/listening to radio	96%
Visiting/entertaining	71
Cards/bingo	68
Reading	66
Games **	54
Handicrafts	53
Volunteer Work	18
Woodwork, mechanical hobbies	16
Travelling	14
Church work	11
Music	10
Dancing	6
Writing letters	4
Theatre, movies, concerts	4
Others ***	17

\* Participation rates are expressed as percentage of total respondents who participate in activity.

\*\* Includes shuffleboard, crokinole.

\*\*\* Includes bowling (9%) (all were Carberry residents), sitting and thinking (5%), housecleaning (3%), caring for pets (3%), and drawing (1%).

Thirty-two percent of the respondents indicated various activities in which they would like to participate and currently do not participate. These included bowling (3), (Souris residents only), woodwork (3), dancing (3), exercise club (2), shuffleboard (2), weaving (2), sewing (2), upholstery course (1), citizens band (1), mechanical hobbies (1), painting (1), community development work (1), and visiting shut-ins (1).

Generally, Senior Citizens from Souris and Carberry participate in the same activities as Senior Citizens reported by researchers studying the elderly elsewhere.

#### Time for Recreation

Respondents were asked to indicate the amount of time spent on recreation in a typical day and the amount of time per day spent on outdoor recreation (Table 18). Outdoor recreation time is also expressed as a proportion of the total recreation time. Although it is difficult to estimate the time spent on recreation, the results indicate that almost half of the respondents (41%) have 3 to 6 hours for recreation. Yet 61% spent two hours or less outdoors. When outdoor recreation time was expressed as a proportion of total recreation time, over half of the respondents (54%) spent



TABLE 18

## TIME SPENT ON RECREATION ACTIVITIES

Time Spent (Hours/day)	Percentage of Respondents (N=80)
<b>All Recreation Activities</b>	
2 hours or less	28%
3 - 6 hours	41
7 hours or more	29
No response	<u>3</u>
Total	101
Median Time 4.7 hours	

<b>Outdoor Recreation Activities</b>	
2 hours or less	61% *
3 - 6 hours	19
7 hours or more	15
No response	<u>6</u>
Total	101
Median 2.1 hours	

\* This 61% can be broken down into: 4% - no time outdoors,  
28% - less than 1 hour, 30% - 1-2 hours.

Time Spent on Outdoor Recreation as a Proportion  
of Total Recreation Time \*\*

Proportion (%)	Percentage of total Respondents
0 - 33	27%
38 - 50	27
58 - 90	26
100	19

\*\* Proportion was calculated by taking hours for outdoor recreation divided by total hours for recreation and expressed as a percentage.

less than half their total recreation time outdoors. These are summer interview results and reflect summer rates as no data on this aspect were obtained in the winter interviews.

The predominance of time spent on indoor activities is not surprising when one examines the activities in which Senior Citizens participate. Attempts should be made by recreation personnel to encourage Seniors, particularly those who spent less than an hour outside each day to become involved in some form of outdoor activity. Sitting outside in the sun may even have a beneficial effect. The responses to the question of what activities are desired suggests that some respondents are interested in being outdoors.

About half of the respondents (49%) indicated they now spent less time on outdoor recreation activities than when they were middle-aged. Thirty-three percent indicated spending more time while the remainder (18%) reported spending about the same amount of time. Reasons for the changes in the time spent on outdoor recreation included occupation (49%), 'too old' (19%) and health (6%). The occupational reason was used by respondents in two ways. One group was now free to do the things they could not do when working, while the other group had been working outdoors and now spend less time outdoors.

Generally, Senior Citizens do have some time each day for recreation. Indeed, the complaint of 'not enough hours in the day to do everything I want to do' is often heard.

#### Reasons for Participating in Recreation Activities

To understand participation in activities, it is helpful to know the reasons why individuals participate in the activities. After discussing the activities in which the respondent participated, s/he was asked why s/he participated in the activities. Table 19 lists reasons given and the frequency of the response.

The literature has identified the reasons for participation in recreation as including social interaction, sheer pleasure and physical exercise (Nystrom, 1974; McAvoy, 1976; Woodsworth, 1978). Similar reasons were given by study respondents. Over half (56%) of the respondents indicated enjoyment as the reason they participated in activities. It is difficult to ascertain specifically what is meant by 'enjoyment' as it is a subjective feeling. Respondents who were more specific mentioned meeting others (14%) and exercise (9%).

The definition of recreation was also viewed as a means

TABLE 19

REASONS FOR PARTICIPATION  
IN RECREATION ACTIVITIES

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Reason Given	Percentage of Respondents who gave reason *
Enjoyment	56%
Pastime	20
Meeting Others	14
Exercise	9
Relaxation	3
N =	(80)

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\* This does not add to 100% as respondents could give more than one reason.

of determining why people participate in activities. Table 20 shows other aspects identified in the definition of the word 'recreation. Almost all respondents (93%) indicated recreation was doing something. Enjoyment (64%) was often mentioned and very few respondents (10%) thought recreation involved killing or passing time.

As exercise and fresh air are important components of most outdoor recreation activities, respondents were asked if they thought outdoor recreation activities affected their health. Ninety-one percent of the respondents felt that it did affect their health in a positive way.

It appears that Senior Citizens do have a positive attitude towards recreation, and understand its importance. Most Senior Citizens grew up when time was not available for recreation. As a result, many Senior Citizens have difficulty changing to a life of leisure and need some encouragement to believe that recreation is a worthwhile and beneficial use of their retired years.

Type of Recreation Activities  
Enjoyed by Senior Citizens

An attempt was made to determine the type of recreation activities enjoyed by Senior Citizens. Various categories were used and respondents were asked to choose between types. The results are shown in Table 21.

TABLE 20

## DEFINITION OF RECREATION

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Aspects Mentioned	Percentage of Respondents who mentioned aspect * (N=80)
Doing something	93%
Enjoyment	64
Exercise	24
Meet others	18
To benefit others	4
Killing or passing time	10

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\* This does not add to 100% as respondents could include various aspects in their definition.

TABLE 21

TYPE OF RECREATION ACTIVITIES  
ENJOYED BY SENIOR CITIZENS

Type of Activity	Percent of Respondents *
Age-Segregated	24%
Age-integrated	67
Both	<u>9</u>
Total	100
N =	(79)
Passive	40%
Active	35
Both	<u>25</u>
Total	100
N =	(80)
Solitary	11%
Group	76
Both	<u>13</u>
Total	100
N =	(80)
Physical	33%
Less physical	35
Both	<u>32</u>
Total	100
N =	(79)
Indoor	28%
Outdoor	29
Both	<u>44</u>
Total	101
N =	(80)
Non resource specific	63%
Resource specific	16
Both	<u>20</u>
Total	99
N =	(79)

\* Some percentages do not add to 100 due to rounding.

Age-integrated vs Age-segregated

Age-integrated activities, activities with all age groups, were selected by 67% of the respondents as the type of activity enjoyed the most by Senior Citizens. Only 24% of the respondents selected age-segregated, activities only with Seniors, with the remaining respondents favoring some combination of the two.

The interest in age-integrated activities runs counter to the type of activities that are generally being provided. Many programs in Souris and Carberry offer special activities/courses for Senior Citizens. This indication of a preference for age-integrated activities does not mean that all activities should include all ages. As mentioned earlier, one reason given by swimmers for not swimming in the pool was that there were too many young people around the pool. As well, many Senior Citizens indicated that they could not bear the 'blaring' music of the younger generation.

There are, however, certain activities, particularly outdoor activities, in which young and old can participate and learn from each other. These activities include walking, gardening, spectator sports, visiting a park/picnicking, camping, fishing, etc. - all activities in which Senior Citizens indicated a desire to participate



to a greater extent than they are currently participating. The provision of age-integrated activities could give Seniors a feeling of being needed, wanted and able to help someone else while the younger people would have an opportunity to find out the resourcefulness of Senior Citizens.

The Senior Citizens organizations and centres are often viewed as age-segregating. Yet only 30% of the Seniors interviewed belonged to these organizations. Two respondents suggested the reasons for not joining these organizations were 'those people are too old for me' and 'I don't want to spend my time with old people'. However, many Senior Citizen organizations are reaching out to the community and inviting the community to participate with them. Souris Drop-In Centre has opened its doors to the entire community. The Carberry Shuffleboard Club has no age restrictions. It is now up to the community to respond to this outreach. The Seniors have made the first move and the community at large must respond.

Generally, the Seniors would prefer age-integrated activities. It is up to the community to see that these activities are provided. Senior Citizens are too likely to sit back and think 'they don't want us - we're too old'.

### Passive vs Active

The respondents were divided somewhat between passive (watching others participate), active (actually participating themselves) or a combination of the two as the type of activity enjoyed the most by Senior Citizens. The participation rates also tend to reflect this. Watching television and spectator sports involve watching others participate while walking, gardening, visiting a park involve actual participation. The provision of both active and passive forms of recreational activities for Seniors was recommended by Nystrom (1974) as there is a need for alternative choices of activities to maintain an optimum level of activity for physical and psychological maintenance.

### Solitary vs Group

Over three-quarters (76%) of the respondents indicated that Senior Citizens enjoy group activities more than solitary activities. This attitude is further endorsed when one looks at the activities in which Senior Citizens want to participate and the reasons given for not participating to the extent desired, i.e., companionship was a reason frequently given. Provision of group activities help Senior Citizens. Peppers (1977) suggested that it would

be advantageous for a person to engage in social types of activities rather than isolated endeavours. Loneliness is often a problem of the elderly. There is a need to reach out to the Senior Citizens of the community and encourage involvement in group activities.

#### Physical vs Less Physical

Examples of physical and less physical activities were provided for the respondents. The physical activities included walking, bicycling, and shuffleboard, while the less physical activities included knitting, woodworking and fishing. Respondents were divided on the type of activity Senior Citizens enjoy the most. One third (33%) indicated physical activities, another third (35%) indicated less physical, while the remaining third (32%) suggested that Seniors enjoy a combination of both physical and less physical activities. This lack of agreement suggests that a variety of activities is required. Both physical and less physical activities should be provided.

Indoor vs Outdoor

Almost half (44%) of the respondents felt that Senior Citizens enjoy both indoor and outdoor activities. The remaining respondents were divided between indoor (28%) and outdoor (29%) activities. Again this suggests that Senior Citizens enjoy a variety of activities. Both indoor and outdoor activities should be provided. This has implications for recreation programmers who have tended to provide indoor activities only. This tendency may be based on the premise that it is not possible to organize outdoor activities or that individuals should be able to provide their own outdoor recreation.

There are, however, programs in existence that provide the outdoor recreation component. A walking program was successful in Calgary where Senior Citizens met and walked two times a week in different city parks. This provided not only the outdoor recreation but also some form of social interaction and exercise (Emes, 1977). In Alberta, the Department of Recreation, Parks and Wildlife provides a unique opportunity for Senior Citizens to learn outdoor activities at a beginners level, progress through intermediate and advanced stages, leading to an instructors training course. The older person becomes a resource to the community. Winter courses

include cross-country skiing from beginners to instructors levels and winter orientation which involves snowshoeing, winter hiking and interpretation, nature appreciation and nature crafts. Summer courses include a five day camping experience which involves map and compass orientation, bush survival, and wilderness camping, natural and wilderness crafts, canoeing, sailing and fly-fishing. The purpose of the program is to train leaders and is designed to expose the participant to a variety of outdoor activities and to provide an introduction to leadership skills (MacCullum, 1978:18). In Flint, Michigan (Cross, 1970:25), a Senior Citizens organization has organized a bicycle club. Overseas, the Senior Citizens of Grenoble, France (Time, May 7, 1973) are participating in skiing, bicycling, hiking, and swimming as a club. There is no reason why similar activities could not be organized in the rural towns of Manitoba.

Indeed, outdoor programs can go far beyond horseshoe tournaments. Many activities can, and should, be provided that occur out-of-doors. And if at all possible, these activities should involve both young and old alike.

#### Non-Resource Specific vs Resource Specific

Over half (63%) of the respondents indicated that Senior Citizens enjoy non-resource specific activities more than

resource specific activities (16%). Non-resource specific was defined as activities that can be done anywhere and examples included walking and birdwatching. Resource specific were those that required facilities and examples were visiting a park, fishing, and rock collecting. The choice of non-resource specific activities reflects the problems encountered in participation in activities. It appears that non-resource specific activities are those in which participation is the 'easiest'.

Generally, Senior Citizens tend to enjoy activities which are age-integrated, both passive and active, group-oriented, both physical and less physical, indoor and outdoor, and non-resource specific. This coupled with the knowledge of what Senior Citizens 'can' do provide a framework upon which the type of recreation programs can be planned for and with Senior Citizens.

### Summary of Results

This chapter has included presentation and discussion of the results on the various aspects of this study. The specific findings of this research included:

- 1) There are outdoor recreational activities in which Senior Citizens participate. The activities with the highest

participation rates (participation at least once a year) included walking, visiting a park/picnicking, and gardening.

2) Generally, the participation rates are low in outdoor recreation activities. Indoor activities are more popular with watching television/listening to the radio and visiting a friend being mentioned most often.

3) There exists a difference between basic participation rates and frequency of participation. For example, visiting a park/picnicking had a relatively high participation rate although the frequency of participation was low.

4) Gardening was an important recreation activity for Senior Citizens, reflecting the agricultural background of the people.

5) The low participation rates in water-based activities such as fishing, swimming, boating/canoeing/sailing may reflect the lack of resources and opportunities when Seniors were younger.

6) Regardless of the season of the interview, very few respondents participate in outdoor activities in the winter.

7) There was no difference in participation rates for the recreation resource rich community of Souris and the recreation resource poor community of Carberry.

8) Senior Citizens participate in a limited number of outdoor activities. This indicates lack of diversity in

the outdoor recreational experiences of Senior Citizens.

9) There was a tendency for the older respondents to participate in fewer outdoor activities than younger respondents.

10) The birdwatchers had the highest mean age while the boaters/canoers/sailors had the lowest mean age.

11) Age was not found to be a factor in determining if an individual was a participant or non-participant in any activity.

12) Income had a moderate association with the number of outdoor recreation activities in which an individual participated.

13) The better educated Senior Citizen was more likely to participate in a greater number of activities than the less educated.

14) Senior Citizens who perceive their health as being good or excellent tend to participate in more activities than others.

15) Males participate in more outdoor recreation activities than females.

16) Fishing was the only activity which had a significant difference according to sex of participant. Males were more likely to fish than females.

17) Senior Citizens identified activities in which



they did participate less than desired.

18) Lawn bowling was the most desired activity.

Facilities are currently unavailable in both communities.

19) Visiting a park/picnicking, walking/hiking, miniature golf, spectator sports, croquet, horseshoes/lawndarts/ringtoss, fishing, boating/canoeing/sailing, golfing, camping, and sleigh rides were all desired by at least 20% of the respondents.

20) The reasons for participating less than desired included lack of facilities, lack of time, lack of companionship, health problem, and transportation. The reasons vary from activity to activity.

21) Lack of facilities was the major reason given for participating less than desired in lawn bowling, miniature golf, croquet, and sleigh rides.

22) The reasons for participating less than desired in visiting a park/picnicking, spectator sports, fishing, boating/canoeing/sailing and camping are the same and include lack of companionship, lack of facilities, and transportation.

23) Golfing was participated in less than desired due to lack of companionship.

24) Health problems was the most frequent reason for participation less than desired in walking.

25) Lack of time was the most frequent reason for participating less than desired in horseshoes/lawndarts/ringtoss.

26) Many outdoor recreation activities are viewed by Senior Citizens as being suitable for Seniors. For example, gardening, walking/hiking, visiting a park/picnicking were all viewed as suitable.

27) Respondents disagree on the suitability of winter activities for Senior Citizens.

28) Generally, tennis and badminton are viewed as not suitable for Senior Citizens.

29) Most respondents have at least 3 hours per day for recreation.

30) Most respondents spend 2 hours or less on outdoor recreation in the summer.

31) The reasons for participation in recreational activities include enjoyment, meeting others and exercise.

32) Most respondents defined recreation as doing something.

33) Senior Citizens tend to enjoy age-integrated activities more than age-segregated activities.

34) Both passive and active recreation is enjoyed by Senior Citizens.

35) Senior Citizens tend to prefer group activities to solitary activities.

36) Both physical and less physical activities are enjoyed by Senior Citizens.

37) Indoor and outdoor activities are enjoyed by Senior Citizens.

38) There exists a preference for non-resource specific activities, i.e., those which can take place anywhere.

The conclusions and recommendations based on these findings are presented in the following chapter.

## CHAPTER 6

### CONCLUSIONS AND RECOMMENDATIONS

This chapter contains a brief summary of the study, conclusions, recommendations, suggestions for future research, and the limitations of the study.

#### Summary of the Study

This study was conducted from July to September, 1978 and January 1979 in two communities of the Westman region of Manitoba. The objectives of the study were:

- 1) To identify the current outdoor recreational activities in which the Senior Citizens of two rural communities in the Westman region of Manitoba participate;
- 2) To identify the outdoor recreational activities in which Senior Citizens are not participating to extent desired;
- 3) To identify problems encountered in participation in outdoor recreational activities;
- 4) To provide suggestions and recommendations regarding the provision of outdoor recreation for Senior Citizens.

Data were collected from a structured interview schedule administered by the researcher to 80 non-institutionalized persons in Carberry and Souris in the summer months and 10 non-institutionalized persons in Carberry in the winter.

### Conclusions

Based on the findings of this study and the review of the literature, the following conclusions were reached.

A gap exists between what physicians suggest Senior Citizens can do and what Senior Citizens are doing for outdoor and physical recreation. The activities in which the Senior Citizens participate tend to require little physical exertion and include walking, visiting a park/picnicking, gardening, spectator sports and birdwatching. Only two of these activities - gardening and walking - were mentioned by the various physicians as being excellent for the health of Senior Citizens. The other recommended activities such as bicycling, tennis, badminton, canoeing, skiing and swimming have low participation rates. This gap can also be noted when Senior Citizens indicate the activities in which they would like to participate to a greater extent. The desired activities include lawn bowling, visiting a park/picnicking, walking/hiking, miniature golf and spectator sports. All of these activities require little physical exertion. The delineation of this gap raises many questions. If Senior Citizens are 'capable' of participating in the more physically demanding activities and will likely receive

some benefit from doing so, why are they not participating in these activities? Do recreation programmers provide activities in which Senior Citizens currently participate and desire although there is evidence to support the need for and benefit of more physically demanding activities? Or do the programmers present new programs introducing the outdoor and physical activities and 'hope' that Senior Citizens will participate? Perhaps the basic question is, do we provide the activities in which we know Senior Citizens participate and enjoy or do we provide activities which we believe will improve the health of older people?

The answers to these questions are not simple nor straightforward. Certain 'clues' are revealed in this research. Senior Citizens tend to participate in those activities in which they participated when younger; however, many people of this age group did not have the opportunities to participate in recreational activities when they were younger due to time, financial, or facility restraints. Thus, the number and type of activity in which Seniors currently participate is small. There is an expressed reluctance on their part to begin participation in their later years. This reluctance may stem from the persistent work ethic of the age group. Walking was often done with a purpose in mind such as walking to the store or post office

and gardening usually had a work/production connotation to it. Participation in new activities also may be hindered by the myths of aging, such as 'Senior Citizens are too old to learn'. Data exist to show that older people have the ability to learn and can do so, thus eliminating 'too old' as a valid reason for not participating in activities.

Another myth which affects participation in outdoor activities is that Seniors cannot and should not participate in physical exercise. Although Senior Citizens view many outdoor activities as being suitable for the age group, those activities which involve relatively little physical exercise received the highest rates as 'suitable for Seniors'. Those activities which physicians recommended received varying support in terms of suitability. This may reflect that the myth, despite its being proven incorrect, still remains. Yet Senior Citizens do enjoy outdoor activities and see exercise as one of the benefits from participation.

The reasons given for participating less than desired in outdoor activities also give an indication of areas requiring attention. Lack of facilities, lack of companionship, and transportation problems were the common problems of Senior Citizens. For many older people, these problems could be removed through some form of communication flow with the community at large.

The type of activity Senior Citizens enjoy gives some indication as to the type of programs that should be provided. Seniors enjoy age-integrated activities although the tendency in the past has been to segregate this age group from the rest of society. Both indoor and outdoor activities are enjoyed by Senior Citizens which suggests that the present programs which involve primarily indoor activities could be successfully expanded to include outdoor activities. Active and passive activities are enjoyed by Seniors and both types appear to be needed for the physical and psychological maintenance of individuals. Social interaction is an important component of recreation participation, reflecting the tendency of Senior Citizens to enjoy group activities more than solitary activities.

In conclusion it should be noted that Senior Citizens are not a homogeneous group. Each Senior Citizen is an individual and has individual needs. To plan limited numbers and types of recreational activities for all persons aged 60 years and over is doing these persons an injustice. There is a need for a variety of recreational activities from which an individual can choose.



### Recommendations

In light of this study, recommendations regarding facilities, programs, education/information, and transportation are presented. One important recommendation is that all planning for Senior Citizens be done in consultation with Senior Citizens. It is the Seniors themselves who best know the needs and desires of the age group.

#### Facilities

Generally, facilities at present are adequate and few recommendations for changes can be made.

It is recommended that the possibility of providing lawn bowling and/or miniature golf should be studied due to the relatively high level of interest expressed in these activities. The success/failure of lawn bowling in other communities such as Rivers, Manitoba should be examined. It may be feasible to provide lawn bowling on a regional basis, i.e., to have more than one town using the facility. If a regional facility was established, organized transportation would be required.

### Recreation Programs

It is recommended that recreation programmers offer a greater variety of recreational opportunities for Senior Citizens. At present, the stereotype of what Seniors can do appears to define the type of activities offered. The variety should include both age-integrating and age-segregating activities. By providing age-integrating activities, members of the community will be brought together and this will allow the young and old to learn from each other. Both passive and active forms of recreation should be provided.

Indoor and outdoor activities are recommended as components of a recreation program offered to Senior Citizens. The outdoor activities could include walking, bicycling, visiting a park, spectator sports, fishing, swimming, and numerous other activities which are beneficial to the health of older persons. Opportunities for volunteer work should also be provided as Seniors can help others and help themselves by participating in this type of work.

### Education/Information

It is recommended that an education program be established to inform the general public of the need and benefit

of physical exercise for Senior Citizens. There is a greater need for the acknowledgement of the importance of physical and outdoor recreation than for more facilities. Senior Citizens appear to lack the self confidence to participate in many activities and the general public adds to this by believing and supporting the myths of aging. The aim of an education program would be to change the attitudes towards aging and dispel the myths about Senior Citizens. It would serve to educate all people on the process of aging.

The establishment of an information system is recommended within each community to inform the people of the community of the needs of Senior Citizens. In Souris, this system might operate out of the existing Drop-In Centre. A bulletin board would be sufficient to begin with. People of the community who are available to provide companionship and transportation for example, would be able to find out who is in need of such services. At present there appears to be a lack of communication between the Senior Citizens and the other residents of the communities. If an information system existed, many of the problems of Senior Citizens - recreational and other types - may be solved as some form of community outreach is required. It is also suggested that an information package regarding reduced rates and benefits for Senior Citizens be prepared and distributed to this age group. There

appears to be lack of knowledge on the benefits available.

### Transportation/Companionship

It is suggested that the residents of the communities be informed of the transportation problems of Senior Citizens and approached to provide transportation and companionship to Senior Citizens. This may operate through the information system discussed above.

Various service groups, such as the Kinsmen Club, should be approached to provide transportation and companionship. Special interest groups such as the Manitoba Fish and Game Association should be made aware of the potential service they could offer Senior Citizens by providing transportation and companionship for fishing, boating, canoeing, sailing and other activities.

### Further Research

The suggestions for further research are outlined below. The younger age group of 45-55 should be studied to determine their recreational needs and desires. People tend to participate in those activities in which they have participated most of their lives. As it is this age group who will require the facilities/programs in the future, plans should

be made now to meet their needs.

Nursing home residents should also be studied to determine their recreational needs and desires. The opportunity for outdoor experiences is rarely provided despite its therapeutic value.

A province-wide study should be undertaken to determine if there is regional variation in outdoor recreation participation. Rural-urban differences in participation should also be examined. Each community should be involved in some form of research to obtain information on the recreation needs of Seniors as it is a necessary part of any recreation planning. Relying solely on members of Senior Citizens groups to provide the information will result in numerous Senior Citizens not being included. As a result, the expressed needs and desires of the Senior Citizens of the community may not be reflected.

Research should be conducted to determine how to close the gap between what Senior Citizens are doing and what they can do. This may take the form of demonstration projects to illustrate how the physical and mental well-being of Senior Citizens can be improved. Often, if one person in the community has benefitted from such involvement, other members of the community will become involved.

### Limitations of the Study

This present study was limited to two rural communities, Souris and Carberry, in the Westman region. The entire region or communities in several regions could not be included due to lack of time and finances. This study must be considered as an exploratory study. The sample is representative of Senior Citizens of Souris and Carberry, but is not representative of the entire Westman region; therefore, results can be generalized only to the Seniors of these two communities but not to Seniors of the Westman region. Various regional recreational trends are suggested.

This study was limited to individuals currently 60 years of age and older who are listed as retired, wife of retired, widow or spinster on the voters list. It is limited to those individuals listed on the voters lists dated September, 1977. Newcomers to the communities were not included. The study is limited to the data obtained from structured interview schedules administered to a sample of 40 persons in each community from July to September 1978 and to a sample of 10 persons in Carberry in January 1979. Only non-institutionalized residents were included in the sample.

Interview time was kept short because of available manpower and because the respondents were elderly. The 30 minute

interview prevented in depth probing. A limited number of questions were used. Any questions that might have been received as threatening were not included. Individuals were told that the information provided was confidential and that their names would not be used. The income levels were grouped rather than forcing individuals to disclose their exact incomes.

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APPENDIX A

ACTIVITY	FREQUENCY OF PARTICIPATION 0-not at all 1-once a year 2-monthly 3-weekly 4-daily	WOULD LIKE TO PARTICIPATE (MORE) 1-Yes 2-No	REASON FOR NOT PARTICIPATING TO EXTENT DESIRED	SUITABILITY 1-Definitely not 2-Somewhat 3-Definitely
Walking/Hiking				
Rock Collecting				
Spectator at Outdoor Events				
Lawn Bowling				
Swimming - Pool				
Swimming - Lake				
Fishing				
Boating/Canoeing/Sailing				
Golfing				
Miniature Golf				
Gardening				

ACTIVITY	FREQUENCY OF PARTICIPATION 0-not at all 1-once a year 2-monthly 3-weekly 4-daily	WOULD LIKE TO PARTICIPATE (MORE) 1-Yes 2-No	REASON FOR NOT PARTICIPATING TO EXTENT DESIRED	SUITABILITY 1-Definitely not 2-Somewhat 3-Definitely
Visiting a Park/ Picnicking				
Camping				
Bicycling				
Birdwatching				
Horse Shoes, Lawn Darts, Ring Toss				
Tennis, Badminton				
Croquet				
Skating				
Snowshoeing, Skiing				
Sleigh Rides				
Ice Fishing				
Others - specify				



b) What other recreational activities do you participate in?  
(either indoor or outdoor)

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c) Are there other recreational activities in which you would like  
to participate?

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d) Why do you participate in these activities?

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2. What do you consider as recreation? How would you define the  
word?

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3. a) During a typical day, how many hours do you have for recreation?

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b) Of the total amount of time you have for recreation, how many  
hours are spent on outdoor recreational activities?

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4. Do you spend more, less or the same amount of time on outdoor activities as when you were middle-aged?

\_\_\_\_\_ Less \_\_\_\_\_ Same \_\_\_\_\_ More

If there is a change, why? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

5. Do you think outdoor recreational activities affect your health?

\_\_\_\_\_ Yes \_\_\_\_\_ No

If no, why not? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

If yes, in which way(s)? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

6. Do you have any transportation problems to get to recreational resources? \_\_\_\_\_ Yes \_\_\_\_\_ No

If so, what? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Any suggestions for improvement? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

7. Do inadequate finances keep you from participating in outdoor recreational activities? \_\_\_\_\_ Yes \_\_\_\_\_ No

If yes, any particular activity? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

8. Do physical barriers, such as steep steps, no handrails, etc. keep you from participating in outdoor recreational activities?

\_\_\_\_\_ Yes \_\_\_\_\_ No

9. Do you belong to any formal organizations? \_\_\_\_\_ Yes \_\_\_\_\_ No

10. If yes, is one a Senior Citizens club? \_\_\_\_\_ Yes \_\_\_\_\_ No

Are there any outdoor activities you take part in as a club?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

-5-

Are there activities you would like to take part in as a club?

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11. What type of recreational activities do you think Senior Citizens enjoy the most? (Circle)

Only with Seniors (Age-segregated)	v.	All age groups (Age-integrated)
Watching others participate (Passive)	v.	Actual physical participation (Active)
Alone (Solitary)	v.	With others (Group)
Physical (Walking, bicycling, shuffleboard)	v.	Less physical (Knitting, woodwork, fishing)
Indoor	v.	Outdoor
Can do anywhere (Non resource specific)	v.	Requires facilities (Resource specific)

12. Sex \_\_\_\_\_ Male \_\_\_\_\_ Female

13. Birthdate (Month/year) \_\_\_\_\_ or

Age 60-64 \_\_\_\_\_  
 65-69 \_\_\_\_\_  
 70-74 \_\_\_\_\_  
 75-79 \_\_\_\_\_  
 80-84 \_\_\_\_\_  
 85+ \_\_\_\_\_

14. Marital Status \_\_\_\_\_ Single  
 \_\_\_\_\_ Married  
 \_\_\_\_\_ Widowed  
 \_\_\_\_\_ Divorced  
 \_\_\_\_\_ Separated  
 \_\_\_\_\_ Common Law

15. Education \_\_\_\_\_ Grade School  
 \_\_\_\_\_ High School  
 \_\_\_\_\_ Some College  
 \_\_\_\_\_ College Graduate  
 \_\_\_\_\_ Other

16. What has been your main occupation during your life?

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17. Do you now work at a job from which you obtain pay or income?

\_\_\_\_ Yes      \_\_\_\_ No

18. Do you live \_\_\_\_ Alone?

\_\_\_\_ with spouse

\_\_\_\_ with children

\_\_\_\_ with other related persons

\_\_\_\_ with unrelated persons

19. Income level \_\_\_\_ Below \$5000 per year

\_\_\_\_ Between \$5000 and \$8000

\_\_\_\_ Above \$8000

20. Would you generally describe your physical health as being

\_\_\_\_ Excellent

\_\_\_\_ Good

\_\_\_\_ Fair

\_\_\_\_ Poor

\_\_\_\_ Very poor

21. What do you think about the recreational facilities for Seniors in your community? Are any improvements needed, any additions, etc.? What about programs for Seniors? Any innovative ideas?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

22. Any additional comments: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Interview No. \_\_\_\_\_

Date \_\_\_\_\_

Interview Started at \_\_\_\_\_ a.m.  
p.m.

Interview Finished at \_\_\_\_\_ a.m.  
p.m.

APPENDIX B



## RURAL COMMUNITY RESOURCE CENTRE

*affiliated with*  
BRANDON UNIVERSITY

BRANDON, MANITOBA  
R7A 6A9

(728-9520 Local 302)

*"Serving Rural Manitoba"*



Dear Senior Citizen

The Community Resource Centre at Brandon University is interested in recreational resource use/needs of Senior Citizens in the Westman region. For better understanding of these needs, we feel it is very important to have input from Senior Citizens themselves.

The purpose of the project is to gather information on outdoor recreational resource needs and desires of Seniors and to provide this information to Recreational Directors, Seniors' Organizations and other interested persons. The project has no connection with the Provincial Recreation Department, although these people have indicated an interest in the project. We want to find out what Senior Citizens are doing and what they would like to do.

More specifically, the objectives are:

1. To identify the current recreational activities in which Seniors participate;
2. To determine the recreational activities in which Seniors would like to participate;
3. To identify problems encountered in participation.

To accomplish these objectives, your assistance is required. You are one of approximately 50 Senior Citizens from your community who have been selected at random to participate in the project. All that is required is about 20 minutes of your time as I have a few questions I would like to ask. I will be contacting you shortly to arrange a convenient time.

If you have any questions, please do not hesitate to call me at 728-9520. Mr. Melvin Olmstead and Mrs. W. Switzer of the Carberry Shuffleboard Club and Mrs. Ella Watterson of the Golden Age Club are aware of the project and are willing to answer any questions you might have. As well, Mr. Barry Hood, Counsellor in the Carberry district and Vice-Chairperson of the Board of Directors of the Community Resource Centre, and Mr. Al McNiven, Recreation Director, will attempt to answer any queries you might have.

Thank you for your cooperation. I will be calling you shortly.

Yours truly

Laurel Strain,  
Research Assistant

*Larry* Clark,  
Executive Director

## RURAL COMMUNITY RESOURCE CENTRE

*affiliated with*  
BRANDON UNIVERSITY

BRANDON, MANITOBA  
R7A 6A9

(728-9520 Local 302)

*"Serving Rural Manitoba"*



June 29, 1978

Dear Senior Citizen:

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If you have any questions, please do not hesitate to call me at 728-9520, Extension 382. As well, the president of the Senior Citizens club in your community is aware of the project and is willing to answer any questions he can.

Thank you for your co-operation. I will be calling you soon.

Yours truly,

Larry Clark, Executive Director  
LS/jb

Laurel Strain, Research Assistant

## RURAL COMMUNITY RESOURCE CENTRE

*affiliated with*  
BRANDON UNIVERSITY

BRANDON, MANITOBA  
R7A 6A9  
(728-9520 Local 302)

*"Serving Rural Manitoba"*



January 23, 1979

Dear Senior Citizen:

You may have heard about the recreational survey conducted this past summer in Carberry by the Rural Community Resource Centre at Brandon University. The purpose of the survey was to gather information on recreational resource needs and desires of Senior Citizens in the Westman region and to provide this information to Recreation Directors, Seniors' Organizations, and other interested persons. Forty Senior Citizens from Carberry participated in the project this summer.

To further our understanding of these needs and desires, we are interested in talking to Carberry Senior Citizens this month. You are one of 10 Seniors who have been randomly selected to participate in the project. All that is required is 10 minutes of your time as there are a few questions to ask. I will be in Carberry January 27th, 1979 weather permitting and will be calling on you then.

Thank you for your co-operation. I am looking forward to talking with you.

Yours truly,

Laurel Strain  
Research Assistant

Larry Clark  
Executive Director

LS/sc