

Seniors and Daily Outings



The Transportation Tomorrow Survey (TTS) is a comprehensive travel survey conducted in the Greater Toronto and Hamilton Area (GTHA) and surrounding areas once every five years. Unlike the Census or the National Household Survey (NHS) which collects travel data to work only, the TTS covers all trips (e.g. work, school, shopping) made within a 24 hour period. Community Lens # 33 examines the daily travel characteristics of seniors in Halton Region using the data from the 2006 TTS. With the recent release of the 2011 TTS results, this Lens continues our learning of the changing daily

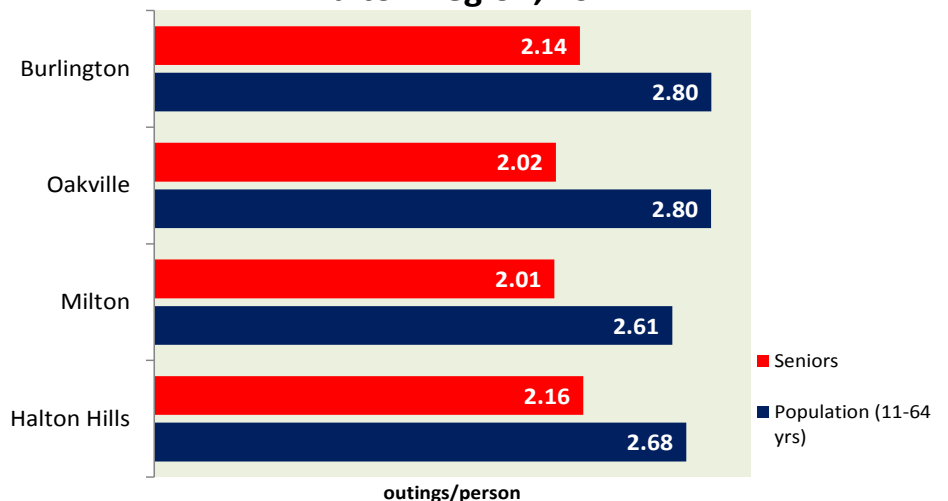
travel patterns of this growing population.

The amount of travel can be measured by the number of trips made. A trip is defined as a one way journey from one location to another. For example, going to visit a medical professional and returning home constitutes two trips. For the purpose of this analysis, the terms "trip" and "outing" are interchangeable.

Between 2006 and 2011, the total number of outings made by seniors in Halton increased by about 10%. Although work trips account for about 5 to 6 % of all outings made by seniors, they experienced the greatest percentage increase (26%) compared to 10% for other outings (non-work). More seniors are staying in the workforce.

In 2011, on average, Halton's seniors made about 2 daily outings compared to an average of 2.75 daily outings made by their younger cohorts (11 to 64 years old). This is a slight increase in senior's outing rate (outings/person) from 1.99 in 2006 to 2.08 in 2011. Halton Hills has the highest outing rate at 2.16 outings/person. On the other hand, Milton has the lowest outing rate in both 2006 and 2011.

**Daily Outings per Person by Age Group
Halton Region, 2011**



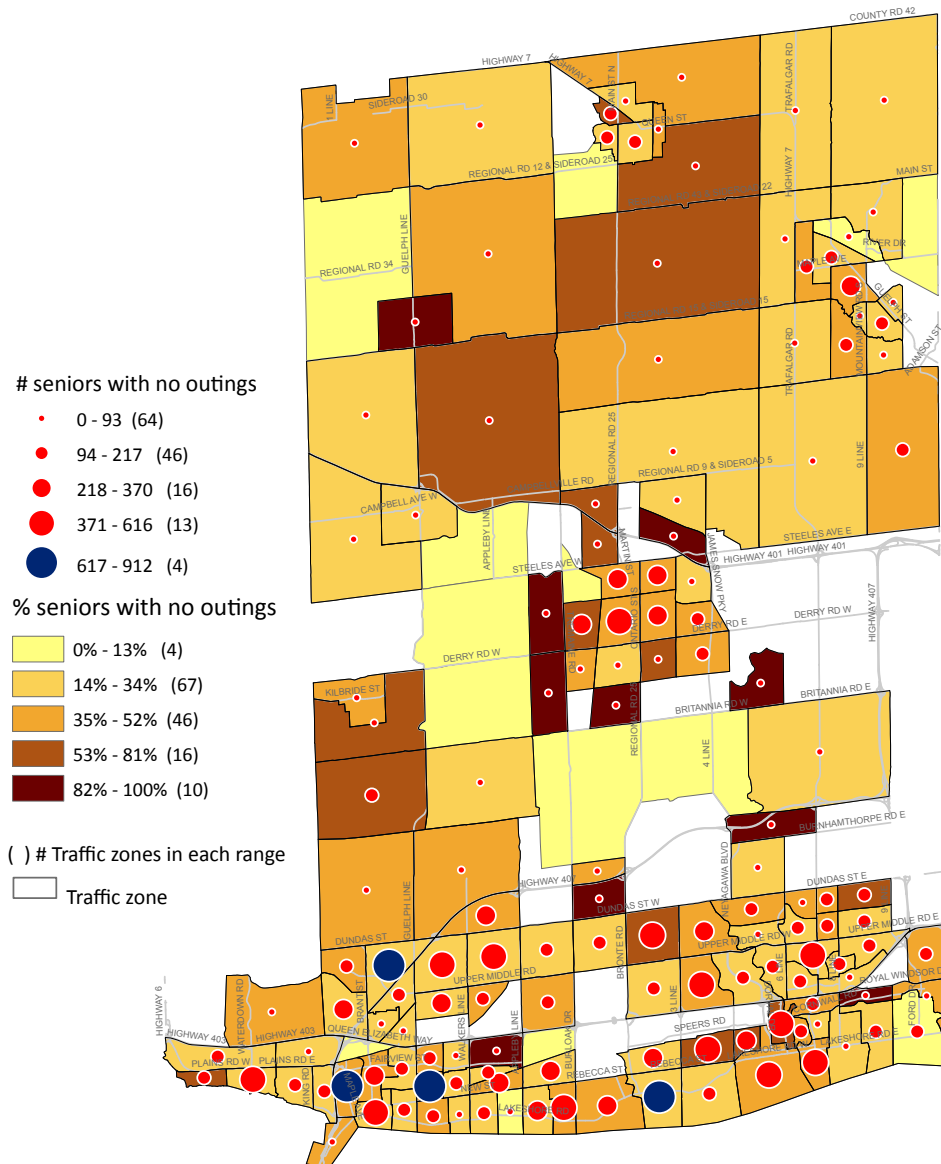
Source: 2011 Transportation Tomorrow Survey

While an average senior completed two daily outings, over one-third of them did not make any outings at all. They did not leave their homes. This average is about three times higher than the non-senior population. Older seniors are more likely of not completing any outings than their younger counterparts. Although this statistic does not necessarily translate into social

isolation and loneliness, it does suggest this group of seniors may face the potential challenge of being disconnected from the community and a reduction of the number of social interactions.

As shown on the map, there are significant geographic differences in the senior population who did not complete any outings – did not leave their homes. About 80% of the seniors with no outings lived in Oakville and Burlington. Three out of the four traffic zones (blue circles) with the highest number of seniors with no outings are located in Burlington. Most of the traffic zones (shaded in dark brown) with the highest percentage of seniors with no outings are located in rural communities.

Seniors with No Outings by Traffic Zone Halton Region, 2011



Source: Transportation Tomorrow Survey, 2011

© 2014 Community Development Halton, all rights reserved

United Way Funded Agency



Community Development Halton would like to acknowledge the ongoing financial support of the Regional Municipality of Halton.



Community Development Halton
860 Harrington Court
Burlington, ON L7N 3N4
905-632-1975

www.cdhalton.ca