

ZEVAI Project Webinar #1

Opportunities for Battery-Powered Micro-Mobility in Health Care



**The Canadian Coalition
for Green Health Care**

**Coalition canadienne pour
un système de santé écologique**

Land Acknowledgement:
Kwanlin Dün First Nation
Ta'an Kwach'an Council

Released November 2023
The Canadian Coalition for
Green Health Care

E-Bike Case Study in Home Care

Completed jointly with Yukon Home
Care program and the Canadian
Coalition for Green Health Care.



What did we do?

Research (Initial Data) (Pedal Pole)

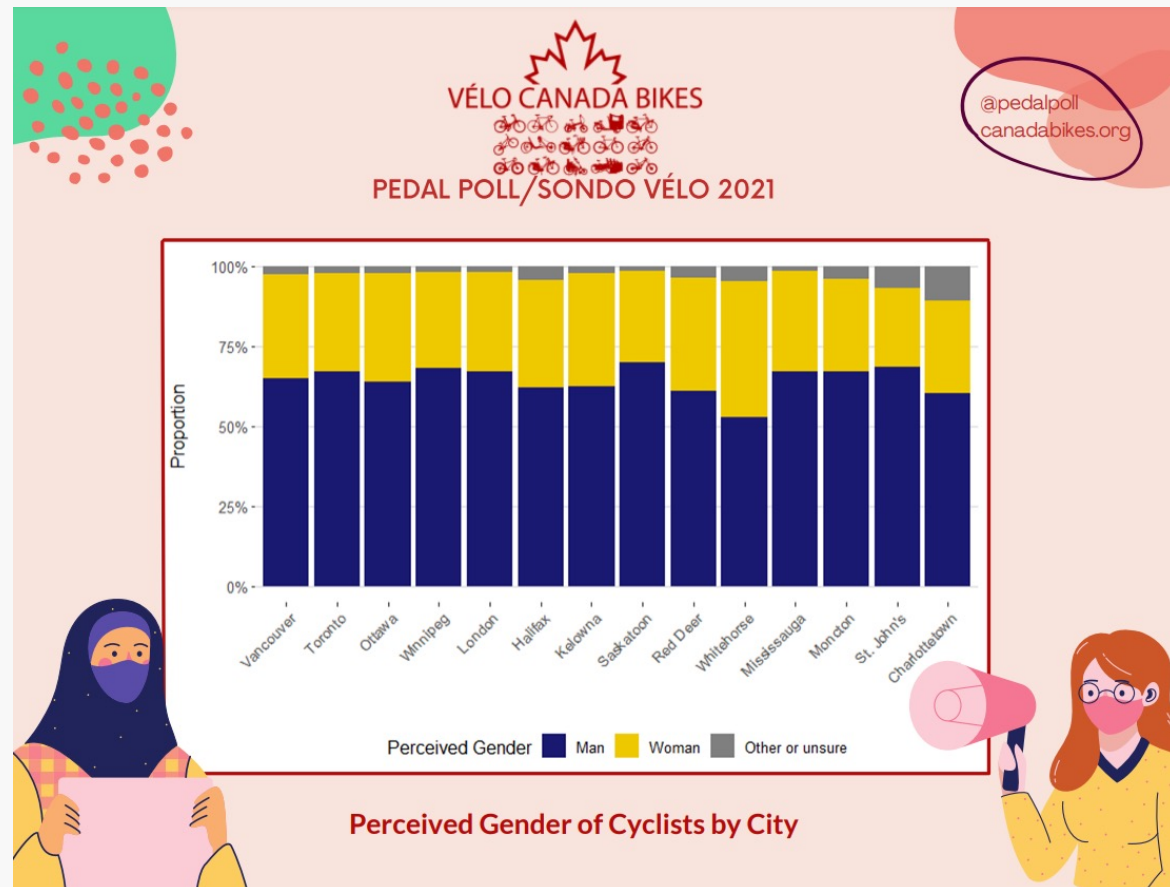
Bike to work weeks challenge (2021)

Yukon Goals (Our Clean Future Goals)

Local Incentives & funding options

Political & Strong Citizen Support

Local Bike Experts



Next steps:

February 2022:

- Later stages of COVID
- Spring in the North
- End of Fiscal Budget

April Roll Out:

- Safe Work Practice Document
- In Person Theory & Practical Training
- Staff Engagement





Risk

The more bikes on the road = More money towards infrastructure = safer roads for the public for all forms of transport

- » Theory & Physical education (Local Bylaws)
- » Safety Gear
- » Safe Work Practices Document

Home Care has now traveled 845 kms in the past 2 years via E-bike

Saving 210 kg of Co2 emissions

Increased our fleet from 1 – 4 bikes

Spanned our bikes from Whitehorse to two other communities across the Yukon

Helped persuade other health departments to advocate for e-bikes!!

Lead by
example as
health care
workers



Health Benefits exceed any cost for even
the smallest amount of use of the E-bikes

- Employee Retention & Productivity
- Employee Mental & Physical Health
- Reduction of illness-related absenteeism

References

Slide 1 yellow bike picture. https://www.cjperformancecycles.com/bikes/electric-bikes/2024-momentum-pakyak-e--cargo-ebike--bumblebee_133319


Blue Rambo Bike picture in Slide 1. <https://rambobikes.ca/electric-bikes/the-rooster-750w/>


Velo Canada Bikes – Pedal Pole. 2021. <https://velocanadabikes.org/wp-content/uploads/2022/Summary%20Results%20Canva.pdf>


Canadian MAP slide 2. <https://www.learningtreecanada.com/copy-of-learning-mat-map-of-canada.html>

Thank You

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 Yukon Home Care Program



Cycling Without Age

Hillside Pines Chapter





How it Started

- Trishaws first seen at a regional conference in 2019
- Program idea was translated into a funding request to the provincial government's Department of Health & Wellness
- Received two trishaws in 2020
- Officially launched June 2022

Goals



1. To experience their community and nature up close on a bicycle
2. Opportunity to tell their story in the environment where they have lived their lives
3. Elders to feel the wind in their hair
4. Reduce the 3 plagues in LTC (loneliness, helplessness, boredom)

The Trishaws



Bike 1:CHAT

bench style able to seat
two passengers

Bike 2:VeloPlus3
designed to hold a
wheelchair



Features

- Electric pedal assist
- Seatbelt
- CHAT canopy



Passengers



- Assessed by regulated Life Enrichment care partners (CTRS & OTA/PTA, OT, PT)
- Elders are re-assessed when change in mobility
- 50% of our elders participate in our program

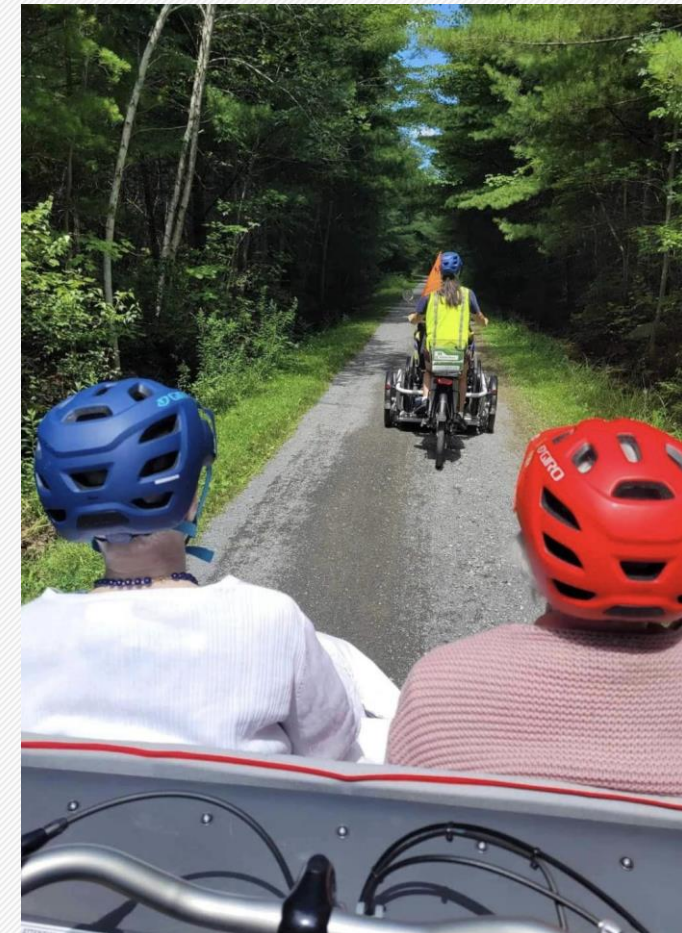
Pilots

- Complete application and waiver
- In-person theory training (pilot handbook, trishaw manuals, rules of the road etc.)
- Road Evaluation (pre-trip, trip and post-trip)



Rides

- Length between 15 mins - 3hrs
- Various routes



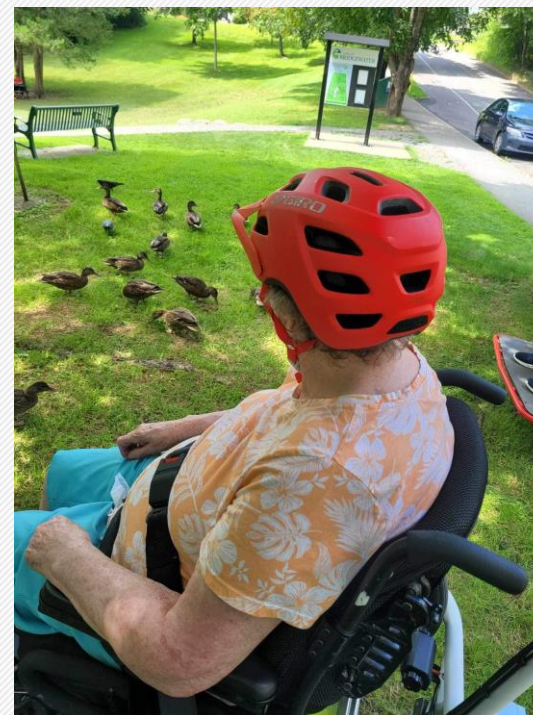
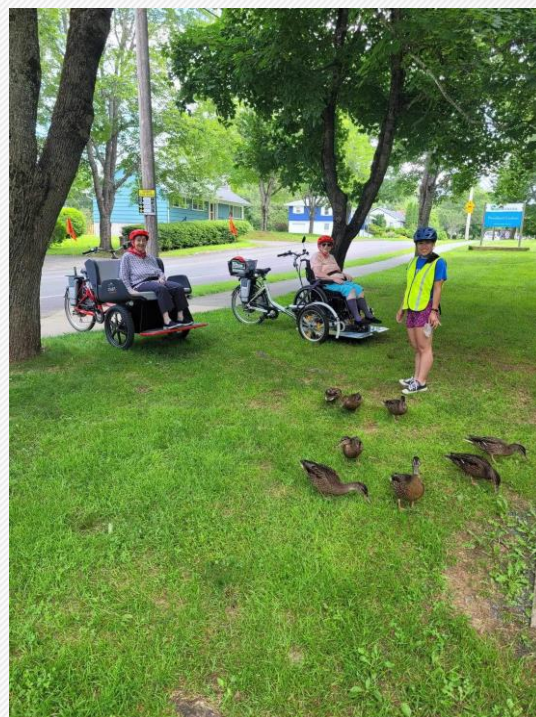
Bullrun Trail



Centennial Trail



Duck Pond



Memorial Park



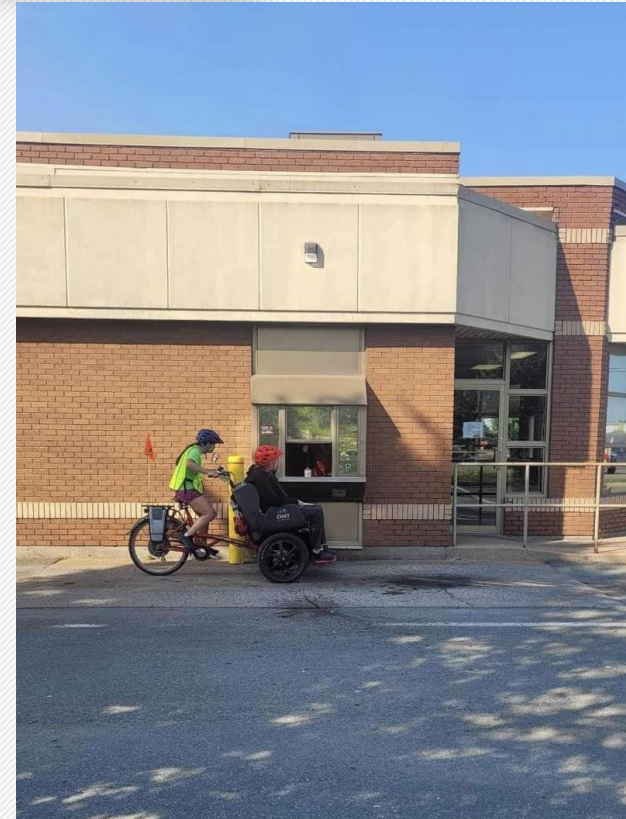
Kinsmen Field



The Tastee Freeze



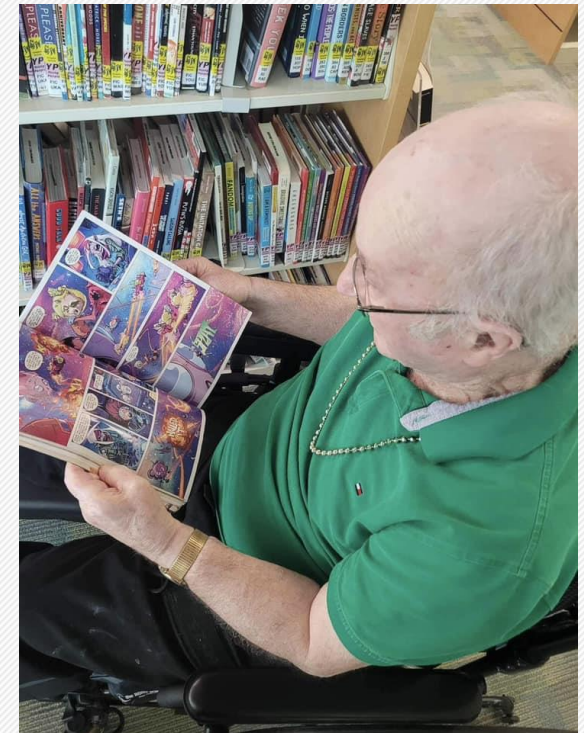
Tim Hortons



Local Neighborhood



Public Library



Lunenburg County Lifestyle Centre



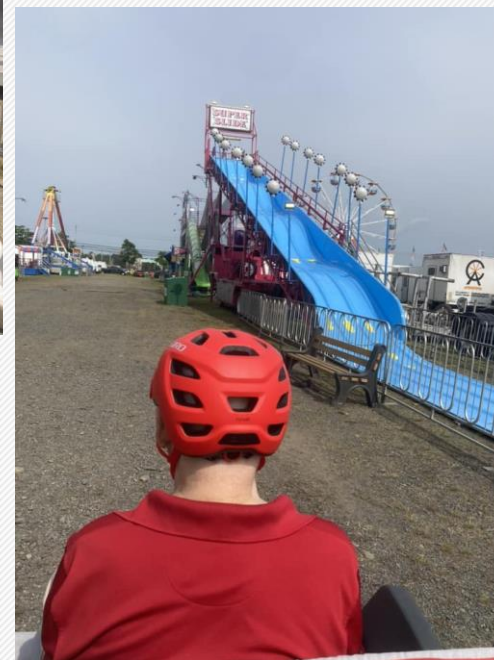
Father's Day Car Show



South Shore Exhibition







Exhibition Parade 2022



2023 South Shore Exhibition Parade

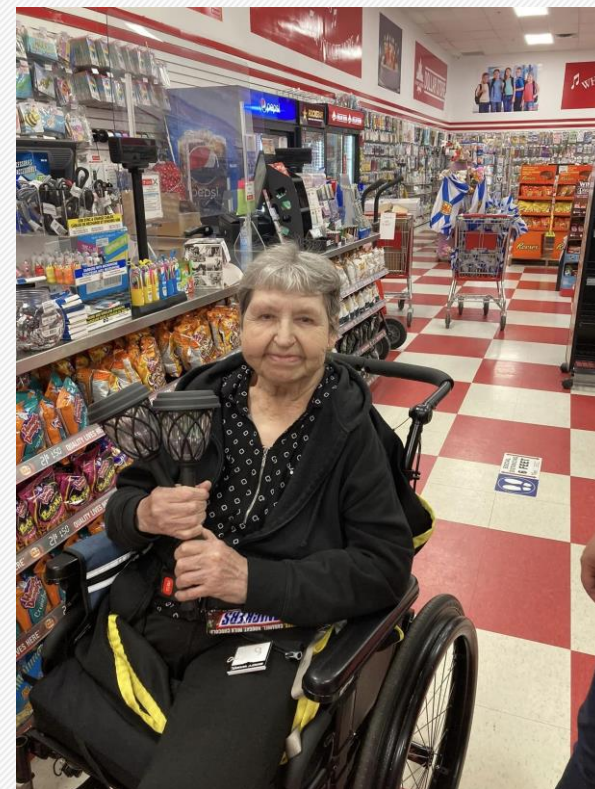
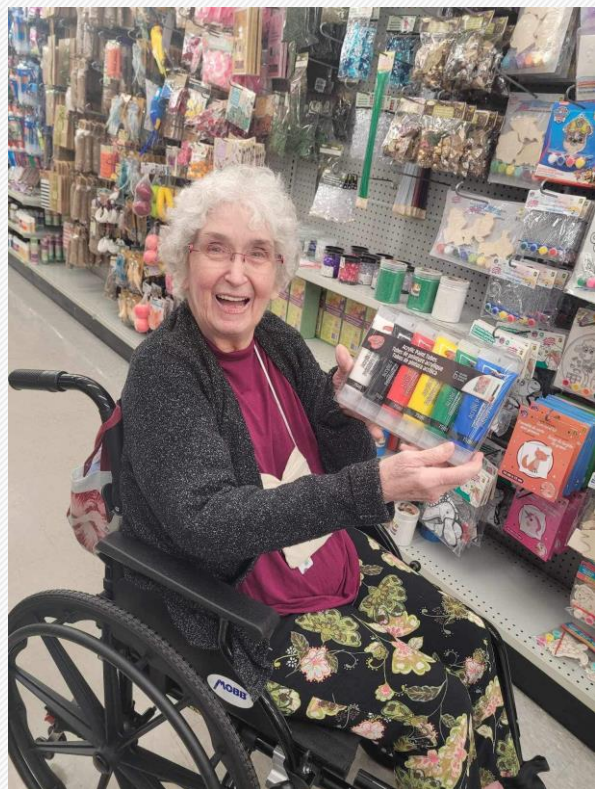




2023 Lunenburg County PRIDE Parade



Shopping Trips



Quotes from our Elders



"I love it, I would go again anytime!"



"It makes me feel young again and I like the wind in my face".



"It's nice to get out and get some fresh air".



“I like everything about the bikes”.



“The bikes makes me feel alive!”



“It reminds me of my motorcycling days”.



Number of rides

- June to August 2022 - 29
- June to August 2023 - 49



Mileage

The bikes travelled a combined total of:

- June to August 2022 ~380km
- June to August 2023 ~700km

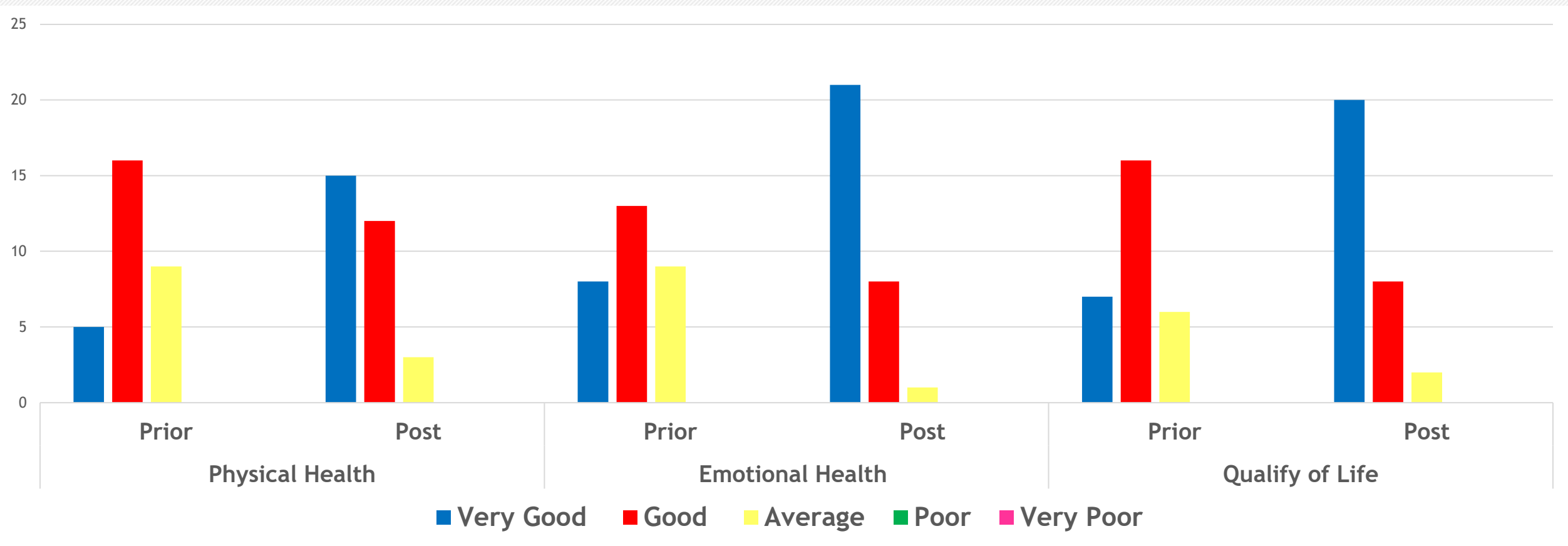
2023 Season

1,370km

Elder Satisfaction Scale

- Elders completed pre and post ride satisfaction scales during our first season June - August 2022
- Questions related to how elders feel physically, emotionally, quality of life and satisfaction with program





Data: Improvement of Well-being

Sharing our Program

- Long-term Care home -Queen's Manor & Tideview Terrace
- Visit from the Premier Tim Houston & MLA Becky Druhan



Goals for the Future

- Recruit more pilots
- Involve family and friends to join rides as companions
- Explore new routes
- Secure transportation





Questions?

Healthier & Greener Aging

À VÉLO
SANS ÂGE
CANADA



CYCLING
WITHOUT AGE
CANADA

by Jane Hu

“SOCIAL ISOLATION is commonly defined as a low quantity and quality of contact with others.

A situation of social isolation involves few social contacts and few social roles, as well as the absence of mutually rewarding relationships”.

Social isolation can lead to poor health, loneliness, emotional distress and other negative effects.





We envision a Canada where everyone can connect with the community in which they live and with others to enrich their quality of life.

We believe everyone has the right to experience wind in their hair!



Worldwide

Founded in Copenhagen DK, 2012

Grew to 20 countries in 4 years

Active in 39 countries

5000+ bikes

3 million+ rides

650,000+ people served

Oldest pilot is 90 Jørgen Hass, Denmark

Oldest passenger 110 Pauline Angleman California





Target 3.4

By 2030, reduce by one-third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being.



Target 10.2

By 2030, empower and promote the social, economic and political inclusion of all, irrespective of age, sex, disability, race, ethnicity, origin, religion or economic or other status.



Target 11.2

By 2030, provide access to safe, affordable, accessible and sustainable transport systems for all, improving road safety, notably by expanding public transport, with special attention to the needs of those in vulnerable situations, women, children, persons with disabilities and older persons

Target 11.6

By 2030, reduce the adverse per capita environmental impact of cities, including by paying special attention to air quality and municipal and other waste management

PHYSIOTHERAPY



HOSPITAL PARKING

A



B





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CYCLING
WITHOUT AGE
CANADA

First chapter 2015
Delivered 500,000 smiles
Engaged 2000 volunteers



OPERATING MODELS

Care Homes



50%

Community Groups



38%

1st Nation/Town



12%



JOIN THE FUN!

1

Become an Affiliate

2

Purchase a Bike

3

Train Pilots

4

Deliver Pure Joy!

EVOLUTION OF AGING THROUGH MICRO MOBILITY



HE KNEW HER TODAY



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References

Join Cycling Without Age <https://cyclingwithoutage.org/affiliate/>

Social isolation of seniors - Volume 1: Understanding the issue and finding solutions <https://www.canada.ca/en/employment-social-development/corporate/partners/seniors-forum/social-isolation-toolkit-vol1.html>

Cycling Without Age Sustainable Development Goals
<https://cyclingwithoutage.org/sustainable-development-goals/>