

David Harrison, MCIP

## **Age Friendly Community Planning**

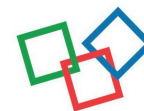
**API Conference 2019**

**October 3, 2019**

**St. Johns, NL**

# My Experience

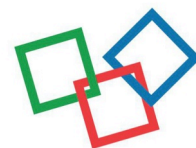
- Member, CIP, since 1986
  - Chair, CIP Healthy Communities Program, 2009-2014
- Seniors / Affordable Housing
  - 32 seniors / supportive / affordable housing projects since 2001
- Including 5 Age Friendly Community Plans
  - New Glasgow / Pictou County, NS
  - District of Chester, NS
  - Victoria County, NS
  - Main Street, Dartmouth, NS
  - Richmond County, NS



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# Our Communities are Changing

- Demographic change
  - Significant planning challenges
- Impacts (urban, suburban, rural communities):
  - Housing affordability & for vulnerable populations
  - Social isolation
  - Transportation / mobility issues
  - Built environment challenges
  - Access to care and healthcare costs



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# AFC Resources

- World Health Organization (2007)

  - Age Friendly “domains”

    - Natural and built environments
    - Transportation
    - Housing
    - Social inclusion
    - Civic engagement
    - Health and community supports
    - Community economic development / silver economy
    - Awareness and communications

- Public Health Agency of Canada

- NS, NB, NL, PEI (Age Friendly Network)

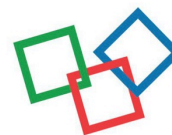
# The Baby Boom - Then & Now

- **Creating the suburbs**
  - Demand for single “family” homes
  - Car dependency
  - Highways connecting us to places of employment
  - Shopping malls
- **Transforming the suburbs (and downtowns)**
  - Smaller family sizes, demand for smaller homes
  - Densification (suburbs and downtowns)
  - Live / work
  - Aspire for age friendly / healthier communities

# How Is Your Community Doing?

“Canadian communities are generally not prepared to meet the needs of an aging population”

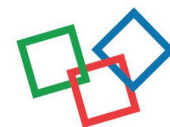
*CMHC, 2008*



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# Aging Well In Place

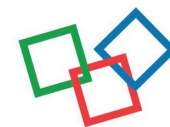
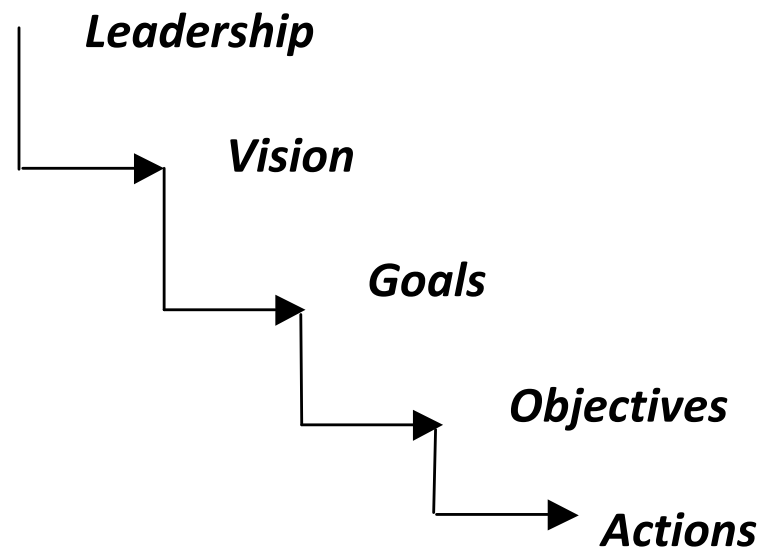
- Plan for the elderly, plan for everyone (“8 to 88”)
- Continuity of relationships, socialization
  - Family, friends, neighbours, community
- Need flexible support options
  - Health, housing, transportation
- Positive vision for aging / social inclusion
  - Celebrating elder experiences and contributions



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# (1) Plan to Take Action

- When we take action, we exercise leadership
- Actions are measurable



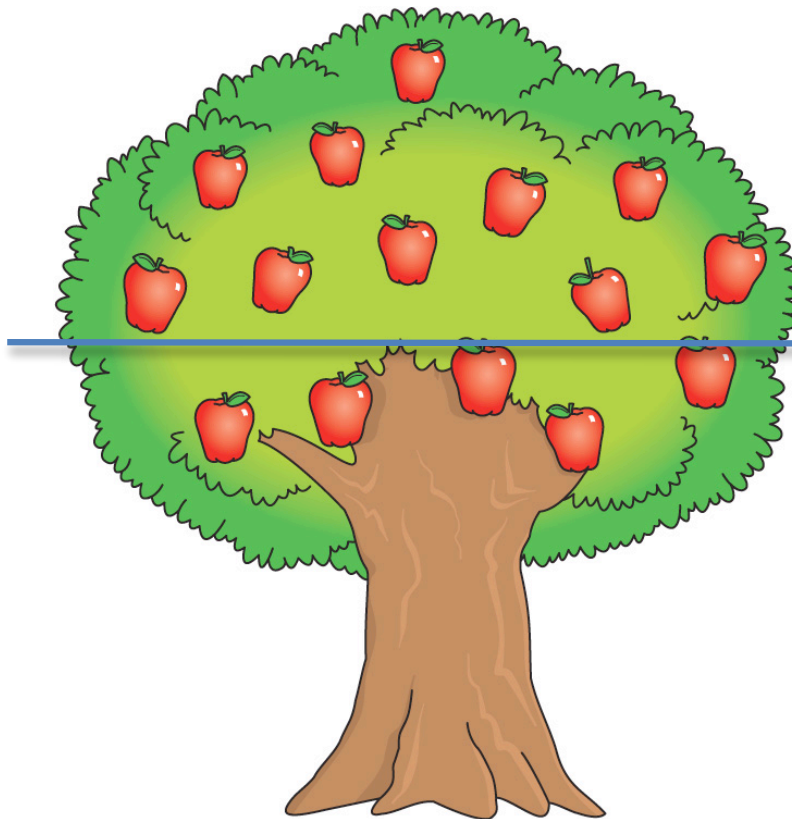
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## (2) Go for the Low Hanging Fruit

- 24 month timeframe and use an “Idea Bank”

### The Low Hanging and High Hanging Fruit Tree



#### *Actions that are like **high hanging fruit**:*

- Take more time, effort and resources
- They are longer term
- Take longer than 24 months

#### *Actions that are like **low hanging fruit**:*

- Are easy to do
- Are short term
- Give us time to think about the high hanging fruit
- Can be accomplished within 24 months

*Source: Annapolis Valley First Nation*

# (3) Use an Implementable Format

## Goal 3: Housing

Housing is available and responds to changing needs with respect to mobility, safety, sustainability, affordability and security. Graduated levels of care are available and integrated with age friendly housing options.

### Objective 1

Identify the Municipality's role(s) in promoting age friendly / affordable housing.

#### Action 3.1.3

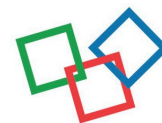
Consider waiving permit fees and potential of surplus properties (i.e. schools) for leveraging funding support.

Champion

Municipality of Richmond County

Time frame

Within 1 year of plan adoption



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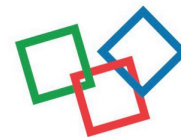
# Seniors Housing / Care “Snapshot”

## Town of New Glasgow / Pictou County

- 555 LTC units, 40 assisted living units and 300+ seniors apartment units
- 888 employees

## Municipality of the District of Chester

- 15,000 people
- 171 seniors apartment units, 89 long term care units and 1 respite care unit (no independent or assisted living)
- 300 FT, PT, and casual staff



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# Richmond County Seniors Housing Profile (1)

- 8,964 people (2016)
- 3.5% population decline (since 2011)
- 245 housing units for older adults

Type and Number of Units					
			<i>Long Term Care</i>		
Seniors Apts.	Ind. Living	Assisted Living	Nursing Home	RCF	Respite
123	20	6	88	8	1
50%	8%	2%	36%	3%	.04%

## Richmond County Seniors Housing Profile (2)

Primary Services				
Nursing	CCAs	Dining / Food Prep	Admin & Maint.	Rec
35	34	21	19	3

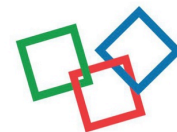
At least 113 jobs in the housing / care sector

# Housing = Economic Development

- Housing = 24% of Canada's GDP
- Attracting equity or mortgage financing = investment
- Affordable / seniors housing can help reduce government expenditures on high-cost programs
- A focus on health prevention and affordable housing means
  - building better communities
  - re-directing tax dollars to more effective programs that have true long- term resonance in the community, and
  - Improving business and residential environment for everyone
  - *(Building Safe and Affordable Housing in Kings County, NS 2018)*

# Stories from the Road (1)

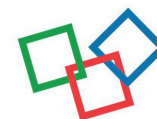
- New Glasgow / Pictou County
  - 55+ Games (2015)
  - Silver Economy Summit (2016)
  - Maritime Oddfellows Nursing Home (Pictou)
  - MacLeod Group Nursing Home (Trenton)
- District of Chester (South Shore)
  - MPS Review / seniors housing research & best practices
  - Planning Dept. mandated to champion seniors housing
  - 4 “Opportunity Projects” (1 going forward)



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# Stories from the Road (2)

- Main Street BID (Dartmouth)
  - 185 businesses, catchment area @35,000 people
  - Health “hub” @ 50 health and wellness organizations
  - AFC Plan now adopted as BID Strategic Plan
  - Mixed income housing strategy for redevelopment
  - Community “SWAT” team
- Victoria County (Cape Breton)
  - Small business age friendly checklist (awards)
  - Cabot Trail infrastructure capability for older adults and disabled tourism
  - Reserved clinic appointments @ CB Regional Hospital

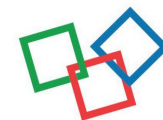


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# Some Final Thoughts

- We need community-based solutions
- Issues are the same between urban, suburban, town and rural communities
- Economic development, innovation and new partnerships
- ‘Holistic’ – elevates the role of social planning
- Opportunity to build community capacity and community leadership

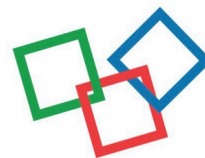


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# Thank You!

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