

Re: Item No. 12.2

Opportunity Site B

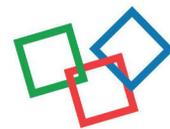
River Lakes Secondary Planning Strategy

Plan Amendment

Case # 20594

GFC Management Ltd.

Northwood 



David Harrison, MCIP

Project Vision

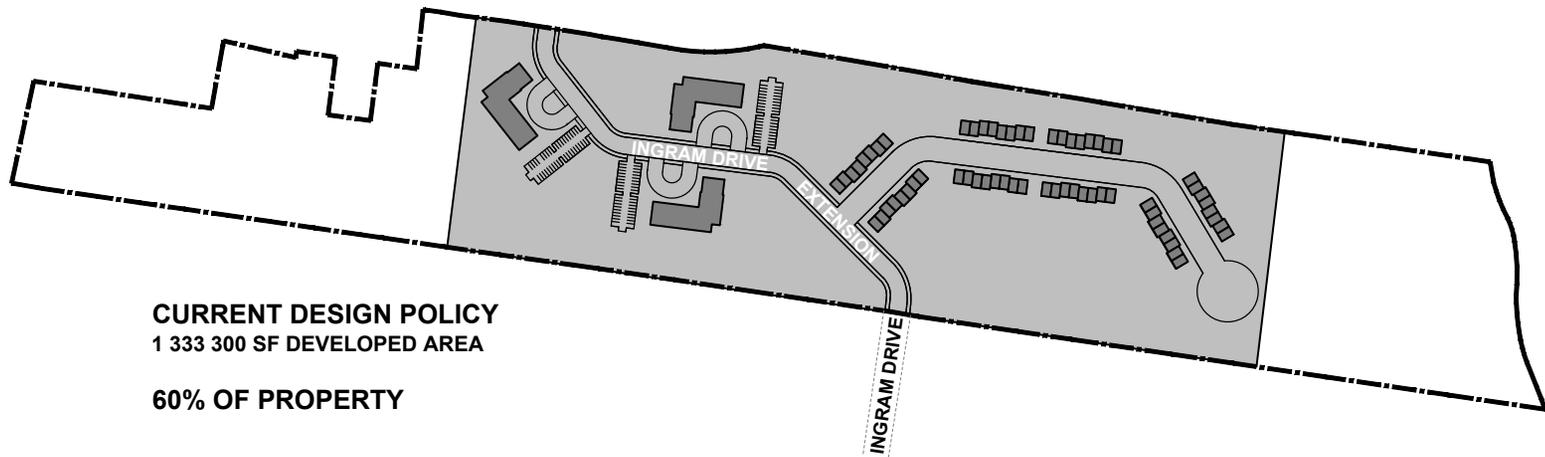
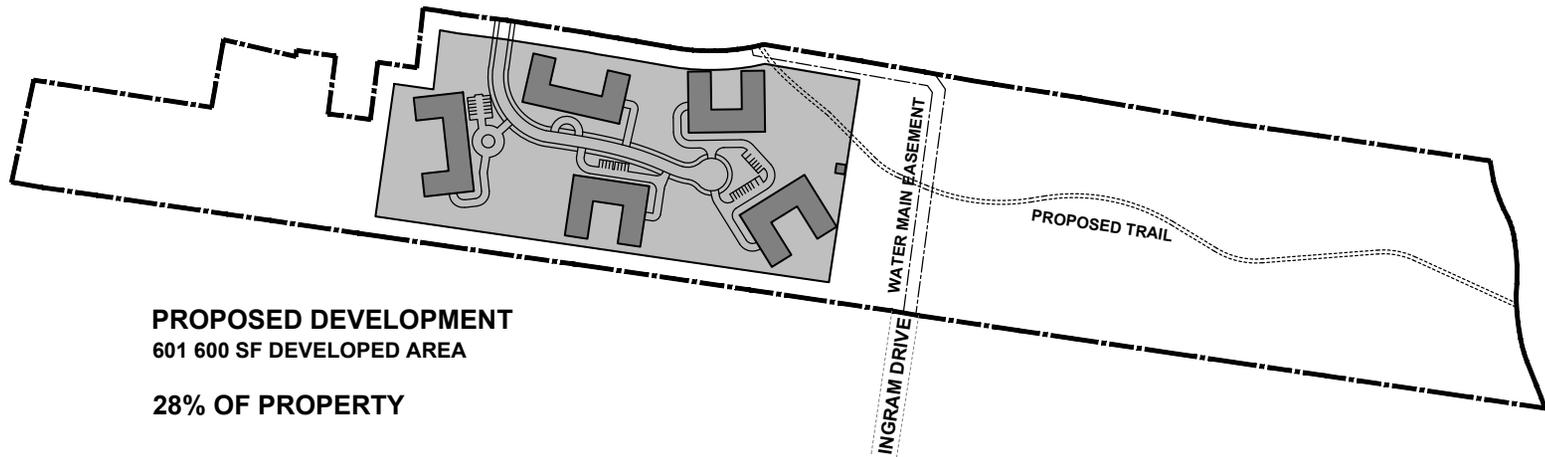
To build a vibrant and sustainable community that helps residents access the services, supports and connections they need so that they may age-well-in-place.



Secondary Plan Vision

- “A senior citizen complex that provides **housing for graduated levels of assisted living should be developed** in the River Lakes Village Centre Designation **and on selected sites** within the River Lakes Secondary Planning Strategy Area to enable residents to remain in their community through all stages of their life” (River Lakes SPS, Page 102)
- There is an “....**urgent need** of seniors who wish to remain in the community” (River Lakes SPS, Page 112)

Why Amend the Plan?



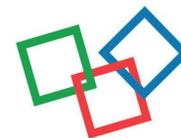
LEGEND

-  GENERAL AREA OF DEVELOPMENT

Market Area

Waverley	Fall River
Windsor Junction	Wellington
Oakfield	Grand Lake
Fletchers Lake	Lakeview
Miller Lake	

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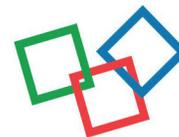


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Seniors Housing Demand

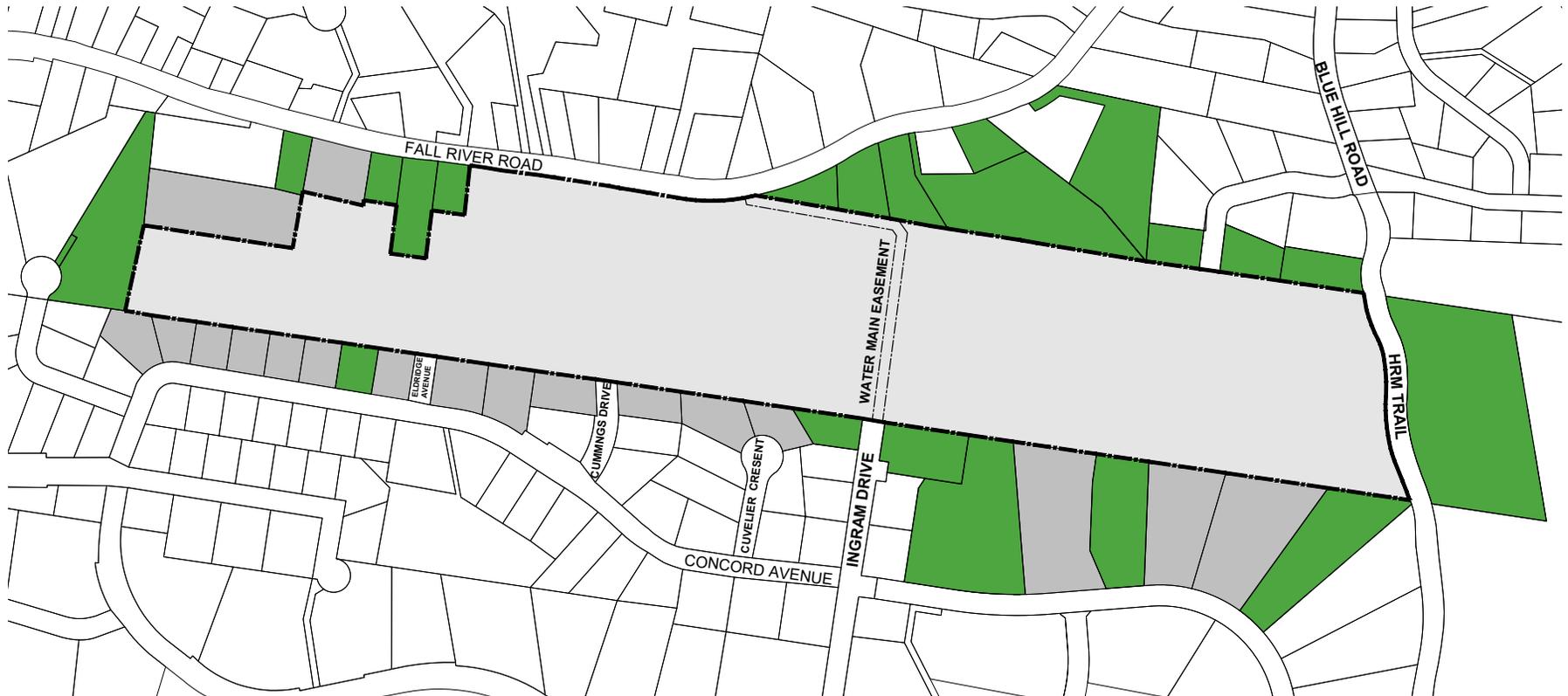
- HRM's seniors population grew by 24% (2011-16)
- Fall River Family Practice has 15,000 patients:
4,000 over age 56
- 2,050 people signed petition in support of seniors housing project
- 200+ on waiting list
 - 100+ from the catchment area
 - Plus 100 who want to return

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Map of Abutting Supporters



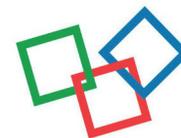
LEGEND

-  ABUTTING PROPERTIES IN FAVOUR OF DEVELOPMENT (20)
-  ABUTTING PROPERTIES NOT IN FAVOUR OR UNDECIDED (18)
-  SUBJECT PROPERTY

Seniors-Only Buildings?

- Human Rights Commission has confirmed that GFC Management Ltd. can restrict tenancy to older adults (Section 6, NS Human Rights Act)
- The tests of a seniors-only building are:
 - 1) Age friendly unit design
 - 2) Supportive amenity spaces
 - 3) Provision of care services via Northwood

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AGING IN PLACE
REPRESENTS
SOCIAL JUSTICE



WHY NORTHWOOD IS INVOLVED

OUR MANDATE: Since 1962, we have used our influence to advocate for seniors and to reduce the impact of low income on health.

Our founders legacy lives on: our strategic plan calls for us to continue to be progressive, innovative & future thinking

Northwood & GCF Management Inc have a shared vision for this development: **Aging in Place** allows individuals to *LIVE MORE*

...**BECAUSE** everyone has a right to a life of dignity & respect...

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SOCIALLY ISOLATED SENIORS

- at risk from negative health behaviours (drinking, smoking, being sedentary & not eating well)
- a higher likelihood of falls
- 4-5 times greater risk of hospitalization
- a predictor of mortality from coronary heart disease/stroke
- 60% increased risk of dementia & cognitive decline
- higher levels of depression, anxiety & suicide.
- increased risk of psychological, emotional, physical & financial abuse - *National Seniors Council, 2014*

AGING-IN-PLACE

Overwhelmingly, our elders want to continue to live as long as possible in their current homes. If they must move, they want to stay in the communities where they have a network of friends and neighbours so that these connections are not lost. *Atlantic Seniors Housing Research Alliance, 2010.*

Northwood's mandate:

- ♥ Create communities where individuals remain integrated with community they lived in for most of their lives
- ♥ Invite external community to take advantage of the amenities improving the health of the overall community
- ♥ Support individuals to attain/remain as healthy & independent as possible-strong both physically & psychologically
- ♥ Northwood's mandate is to keep programs and services financially accessible

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RETIREMENT LIVING AT NORTHWOOD

Currently 235 Seniors Rental Spaces

- ♥ Independent tenants w/wo homecare
- ♥ Access to high quality amenities for older adults
- ♥ Clean, professionally maintained, below market rents
- ♥ 18 Full Service Units: Assisted Living
- ♥ 54 Assisted/Supportive Living tenants (<1.5 hrs care/day - array of services dependent on need)

Costs

- ♥ 2018 - Avg cost 1 bedroom seniors rental incl. rent & full services in NS was \$3,265 (CMHC Seniors Housing Report). Many rent for up to \$5,000+/month
- ♥ We strive to keep service & rental costs on the lower side of the provincial average



WHAT DOES AGING IN PLACE LOOK LIKE?

- ♥ Outdoor spaces and buildings
- ♥ Transportation
- ♥ Housing
- ♥ Social participation
- ♥ Respect and social inclusion
- ♥ Civic participation and employment
- ♥ Communication and information
- ♥ Community support and health services

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AGING WELL IN PLACE



PROJECT VISION

- ♥ **Live More:** Keep people as healthy as possible & max independence. In Age-Friendly community, older adults may not require as much service support!!!!
- ♥ **Economies of Scale:** Share resources & specialist expertise across Northwood. Collaborate with health/social partners.
- ♥ **High Quality Amenities:** Brain/physical health & socialization optimize well-being & independence
- ♥ **Services:** Service variety depends on need, max independence/safety/security
- ♥ **Innovation:** Optimize service efficiency, tech & quality, while enhancing citizenship

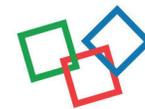
Northwood ♥

Thank You



GFC Management Ltd.

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LIVE MORE



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