

Atlantic Seniors Housing Research Alliance

Projecting the Housing Needs of Aging Atlantic Canadians

About ASHRA



The Atlantic Seniors Housing Research Alliance (ASHRA) is an alliance with representatives from universities, seniors' organizations, government departments, housing developers and service providers from the Atlantic Provinces, including Nova Scotia, New Brunswick, Prince Edward Island, and Newfoundland and Labrador. The project was designed to build a detailed picture of aging Atlantic Canadians and their potential living arrangement needs over the next 20 years, and examine emerging options in housing choices, support services, and policies that can effectively meet them. Three key research products have emerged from the ASHRA project, including the **Report on the Atlantic Seniors' Housing and Support Services Survey (2007)**; **Focus Group Report (2008)**; and **Case Studies (2008)**. This information sheet is one in a series providing information on the key messages that have been extracted from the project results. The focus of this fact sheet is to highlight the ASHRA Survey and Focus Group findings in relation to seniors' community involvement. For more information about the ASHRA project and its research activities, visit www.ashra.ca.

Many Seniors Participate in Volunteer Organizations

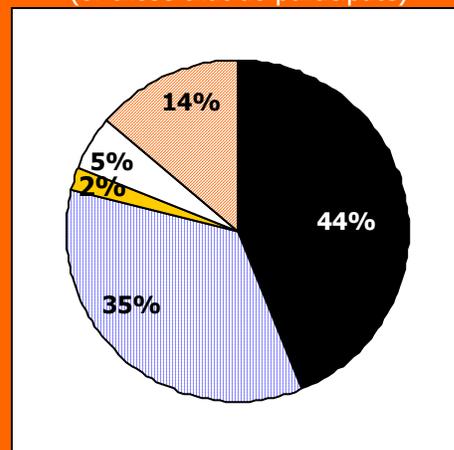
Facts about Seniors' Participation



Results from ASHRA's survey of more than 1700 Atlantic Canadian seniors show that seniors are actively involved in their community. Almost half (47%) participated in activities of community organizations in the past year and those that participated, did so on a regular basis. This involvement can increase seniors' attachment to the community in which they live and want to remain.

- Almost half (44%) participated in community activities at least once a month.
- More than one-third (35%) participated in community activities at least weekly.

Frequency of Seniors' Participation (of those that do participate)



- At least once a month
- At least once a year
- At least once a week
- Not in past year
- At least 3-4 times a year

Importance of Seniors' Community Engagement

To the Individual:

Seniors derive satisfaction from remaining involved in their community and helping others. This can contribute to maintaining and enhancing their own emotional and physical health.

To the Community:

Many seniors contribute valuable services through their involvement with volunteer organizations (e.g. transportation, meals). These supportive services can help seniors remain in their homes and their communities especially in areas where formal services are limited.



Voices of Specific Populations

In 2007, ASHRA researchers conducted 15 focus groups with specific populations, including Francophone, Rural/Remote, Aboriginal, Disabled, and Multicultural seniors. Participants discussed the importance and benefit of staying involved with their community.

"I have good neighbours and lots of friends, and I'm involved in lots of things in the community. So I don't see any reason, not right now, to move."

Rural/Remote Senior

Rural/Remote Senior

"One of the things that makes me want to stay here,...I think [that] my heart is here. I'm a volunteer in a lot of aspects of our community, and I would like to continue that while I can."

"Because we are a small community, we know each other to get drives. I have done that all my life."

Francophone Senior

Francophone Senior

"My friend was doing Meals on Wheels. In many places, they went into homes...and they would open the [fridge] door and there was one quart of milk. That's all there was."



Social Sciences and Humanities
Research Council of Canada

Conseil de recherches en
sciences humaines du Canada

Canada