

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 planning for the future. For more information about the ASHRA project and its research activities, visit www.ashra.ca.

Seniors not Thinking about Housing Alternatives

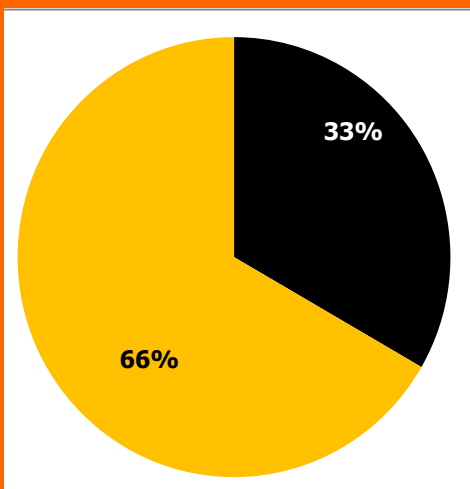
Facts about Seniors not Thinking about Housing Alternatives



Results from ASHRA's survey of more than 1700 Atlantic Canadian seniors suggest that most seniors are not thinking about alternatives to staying in their own homes. Seniors in Atlantic Canada want to age in place, in their own homes and current communities, but are not preparing for unexpected life changes in the future.

- Only 13% of Atlantic Canadian seniors have made plans for a future move.
- The most common reason identified for choosing a future move location is to be closer to family and friends.
- One third of seniors identified where they are now as their future ideal living arrangement.

Ideal Future Living Arrangements



- Not where they are now
- Where they are now

Aging in Place Requires Planning Ahead

The finding that seniors in Atlantic Canada are not thinking about alternatives to staying in their own homes is a concern - failing to plan ahead can make moving difficult for seniors and their families. Thinking about and planning for the future is important because it can help to preserve a sense of independence and control, and increases the likelihood that seniors will end up where they want to be.

What if I want to stay?

- Can I afford it?
- What if my health deteriorates?
- What changes will I have to make?
- What programs or services can help me?

What if I have to move?

- Where do I want to be?
- What are the options in my community?
- Are there alternative housing possibilities?
- What support services are available to assist me?

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 expressed their thoughts on being able to stay where they are as well as thoughts about possible moves.

"I don't plan to move until I have to, to go to a seniors' home..."

Francophone Senior

Disabled Senior

"We live in our own home and hope we always can, but...the future is unpredictable and I'm trying to...plan for the worst case scenario. Can we always live at home?..."

"We moved back, we built this house, I mean, we built it that it's really warm and it's economical...but, now I'm thinking, I've got those steps in it. I got different floors."

Rural/Remote Senior

Aboriginal Senior

"If you don't have your home you don't have much independence. So, I'm kind of hoping I get a home and then from there I'll see what happens."

"I would never want to change where I live. I always want to be independent and be free."

Disabled Senior



Social Sciences and Humanities
Research Council of Canada

Conseil de recherches en
sciences humaines du Canada

