

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 where seniors want to live. For more information about the ASHRA project and its research activities, visit www.ashra.ca.

Seniors Want to Age at Home and in their Communities

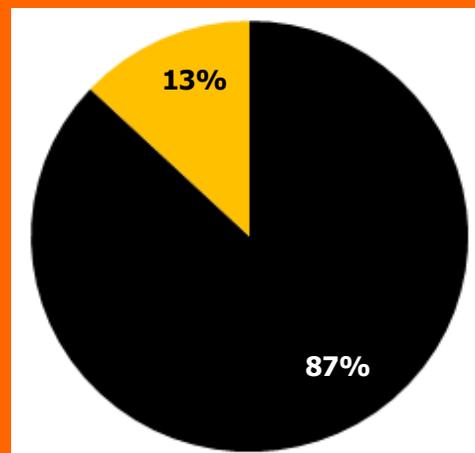
Facts about Aging at Home and in Communities



Results from ASHRA's survey of more than 1700 Atlantic Canadian seniors overwhelmingly indicate that seniors want to age in place. Seniors across all four Atlantic provinces indicate that they want to remain in their own homes and stay connected with their family, friends, and community, and are willing to modify both their homes and lives to do so.

- Very few seniors have made plans for a future move.
- Seniors are willing to pay for services that will help them age in place.
- 1/3 of seniors have made modifications to their home to make it more accessible.
- 53% of Atlantic Canadian seniors have lived in the same community for over 35 years.
- 13% of seniors plan to move in the next 12 months.

Future Housing Plans



- Seniors with no plans to move
- Seniors with plans to move

Aging at Home and in Communities Requires Support

Family members are the number one source of assistance to Atlantic Canadian seniors for tasks that require the greatest physical exertion. In addition to receiving help from family members, Atlantic Canadian seniors are willing to pay for a range of services that will help them age in place, including assistance with:

- Repairs around their dwelling
- Heavy/spring cleaning
- Seasonal yard work/outdoor maintenance
- Drives when needed
- Everyday cleaning
- Grocery shopping and errands



Voices of Specific Populations

In 2007, ASHRA researchers conducted 15 focus groups with specific populations, including Francophone, Rural/Remote, Aboriginal, Disabled, and Multicultural seniors. Many participants discussed the desire to remain in their current homes and communities.

"I live in a house that was built by my father in 1932. I always lived there, and intend to stay there as long as possible."

Francophone Senior

Disabled Senior

"I don't want to move out of my house. I fell in love with that house years and years ago, and it was a small little house modified to meet my needs...I'm not too crazy about leaving here."

"One of the things that makes me want to stay here, every time I think about moving away, going someplace else, I think that my heart is here."

Rural/Remote Senior

Aboriginal Senior

"It's important to me to have your own space, your own piece of land ... I'm going to stay here until they drag me out. I don't want to go anywhere else."

"I enjoy to be by my window and spend the day, but I know that if I go to a condo or go to an apartment building, I will not have that."

Multicultural Senior



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