

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 living in rural areas. For more information about the ASHRA project and its research activities, visit www.ashra.ca.

Most Seniors Live in Rural Areas

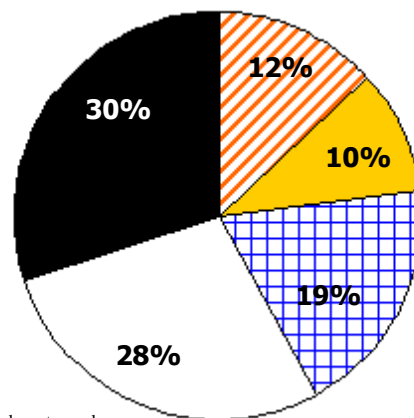
Facts about Seniors Living in Rural Areas



Results from ASHRA's survey of more than 1700 Atlantic Canadian seniors show that proportionately more seniors in Atlantic Canada, compared to the rest of Canada, live in rural areas. If rural is defined as villages having fewer than 1,000 residents, then 42% of Atlantic Canadian seniors live in rural communities.

- 83% of rural seniors live in single-family homes, compared to 60% of urban seniors.
- Only 7% of rural seniors live in apartment buildings, compared to 24% of urban seniors.
- Seniors living in rural areas more commonly live in older homes.

Where do Atlantic Canadian Seniors Live?



% s do not equal 100% due to rounding

- Cities
- Towns
- ▨ Villages
- ▤ Rural area >10km from town/city
- Rural area <10km from town/city

The Impact of Rural Living

Findings from ASHRA's survey show that most Atlantic Canadian seniors live in rural communities and these findings have important implications for seniors living in rural areas. Compared to seniors living in urban settings, rural seniors have considerably fewer options when it comes to...

- The range of housing options available to them (i.e., apartments or condominiums, assisted living facilities).
- Support from nearby family and friends.
- The services available to help them repair their homes.
- Public transportation services.
- Home care and supportive care services.



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 their experiences, both positive and negative, with rural living and how the physical location of their homes affects their daily lives.

"In our rural communities, if you haven't got a driver's license, then you're barred in. I mean, you're locked in and there's nothing you can do. No matter what goes on in the community or around it, you can't get there..."

Rural/Remote Senior

Disabled Senior

"I want to move into town so I'm closer to things. I can take the bus and go up to the university. And you know, if I can't drive I can take the bus out. So when I move into town, I have to make sure I go to a place that has a bus route."

"I'd like to have a little place to go where I haven't got to worry about the power going and no water and no communication."

Rural / Remote Senior

Aboriginal Senior

"I was living in the country, but I can't drive any more. My new place is close to the ferry and everything."

"There are two options. Living here, at least we have our own community here, a little network; or go into the strange city, up into the big cities because our children mainly are in big cities, and go stay near the children."

Multicultural Senior



Social Sciences and Humanities Research Council of Canada

Conseil de recherches en sciences humaines du Canada

