

The Potential for Naturally Occurring Retirement Community Programs in Rural Ontario

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The NIA defines **Ageing in the *Right Place*** as
“the process of enabling healthy ageing in the
most appropriate setting based on an older
person’s personal preferences, circumstances
and care needs.”

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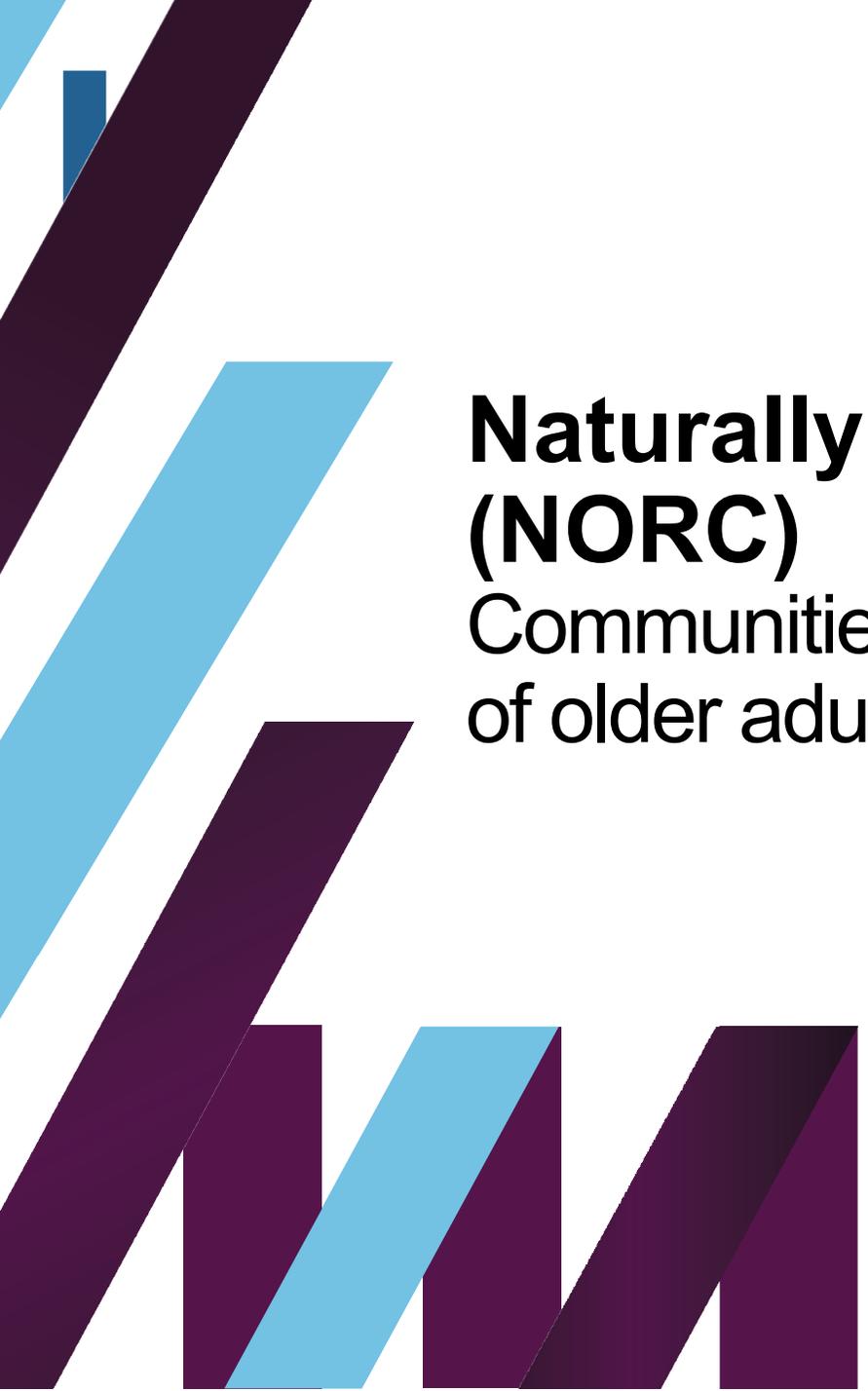


Four Pillars of Ageing in the Right Place



- 1** Promoting preventive health and better chronic disease management
- 2** Strengthening home and community-based care and supports for unpaid caregivers

- 3** Developing more accessible and safer living environments
- 4** Improving social connections to reduce loneliness and social isolation



Naturally Occurring Retirement Community (NORC)

Communities that over time come house a large density of older adults



Naturally Occurring Retirement Community (NORC) programs: integrate health, social and physical supports directly within the community to make it easier to enable ageing in the *right* place.

(Mahmood et al., 2022; Parniak et al., 2022)

In Ontario, there are more older adults living in Naturally Occurring Retirement Communities (NORCs) than in long-term care and retirement homes combined:



Older adults living in NORCs*: **217,000**

*NORC criteria: at least 30 per cent of residents aged 65 years and older, with at least 50 older people per building



LTC home residents: **75,500**

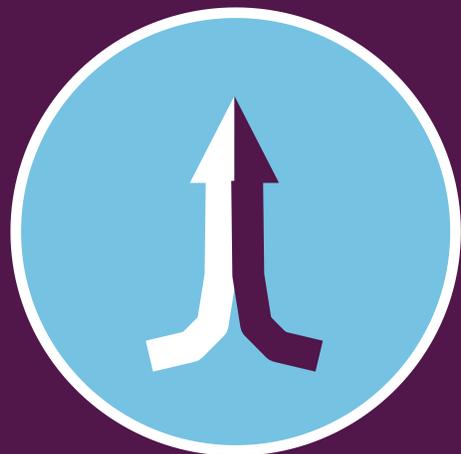
(Advantage Ontario, 2022)



Retirement home residents: **56,500**

(Costa et al, 2021)

Key Features of NORC Programs



**Participatory
Decision-making**



**Social
Wellbeing**



**Integrated
Health Care and
Supportive Services**



Common Spaces



NORC programs can efficiently provide **community-based, integrated services** and offer **better value** through economies of scale.



The Potential for NORC programs in Rural Ontario

1. Flexible Concept

- Density parameters
- Program design

Mobile home community, Oasis NORC site in rural Ontario

- 450 units, 50% of residents over 55
- low walkability in surrounding community
- common space available for programming

(DePaul et al, 2022)

The Potential for NORC programs in Rural Ontario

2. Builds upon local capacity and fosters relationships

COVID-19 Vaccination Programs

- Middlesex London and Oasis buildings in Kingston
- Used NORC density criteria

The Potential for NORC programs in Rural Ontario

3. Municipal government role in improving built environment

Cherryhill Healthy Ageing Program

- Residents advocated for stop signs at nearby intersection, moved mailbox closer to the community

(Kloseck et al, 2010)

The Potential for NORC programs in Rural Ontario

4. Knowledge sharing

- NY State, Oasis Expansion, NORC Innovation Centre at UHN, Cherryhill Healthy Ageing Program



Thank you!

<https://www.nia-ryerson.ca/ageing-in-the-right-place>
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