AGE-FRIENDLY TAY VALLEY TOWNSHIP

Tay Valley Township

- 500 km2 in size
- Population of 6,000 doubles in summer
- 32 lakes and 9 rivers
- 8 Hamlets
- Employment – Health Care, Contractors, Artisans, Farmers
- Algonquin territory

Why Create an Age Friendly Community?

- According to the 2021 census, Tay Valley Township had **1.64 times the provincial average** of people above 55 years of age. Residents 55 years and older made up 54% of Tay Valley's population in 2021, while that age group only represented 33% of the population province-wide.

- The Township recognizes that its population is aging and wants to plan for the challenges and opportunities this demographic represents.
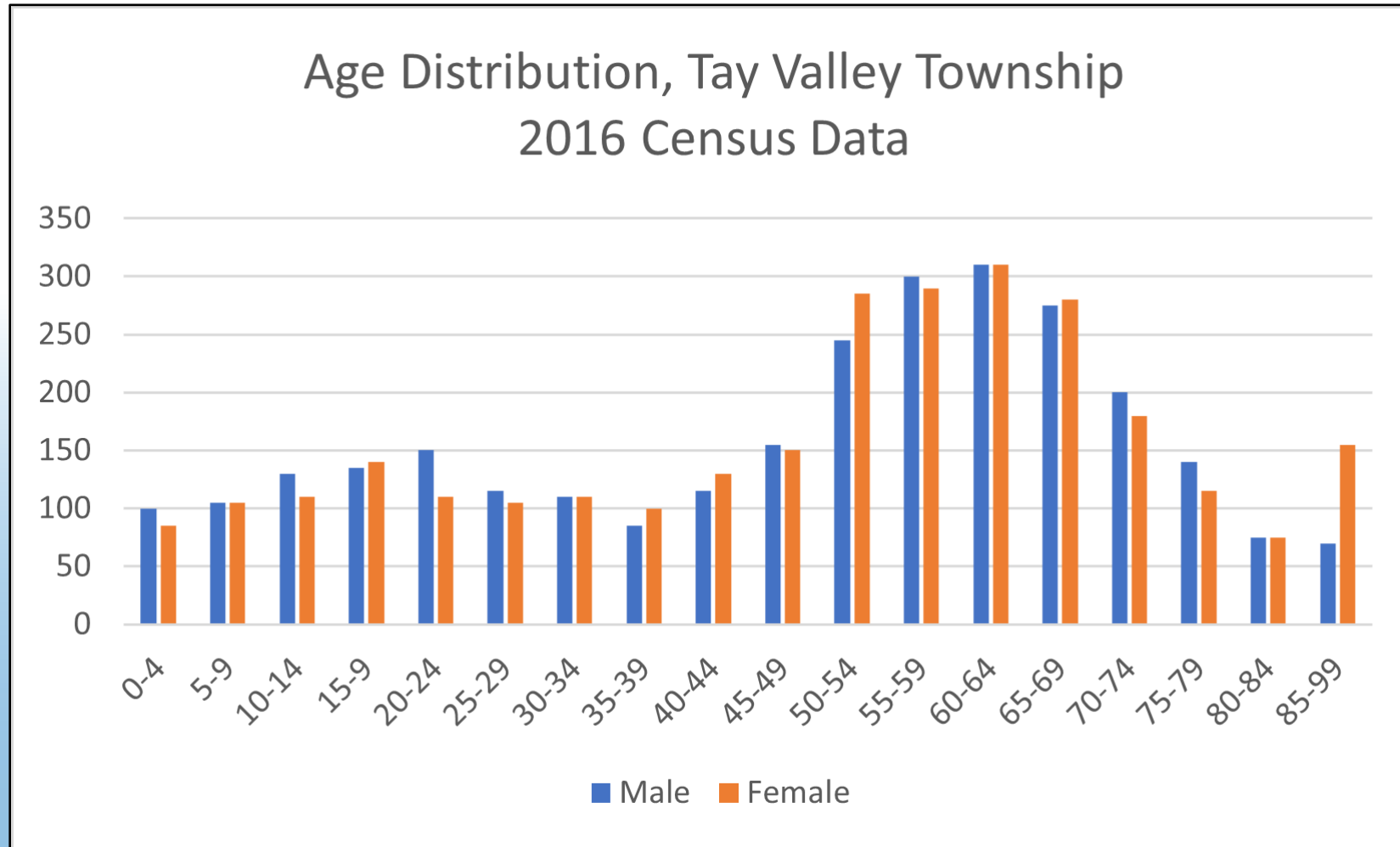
Tay Valley Township
25 years

Rural Challenges for an Aging Population

- The large geography of the Township

- No public transit

- No commercial centre

- Incomplete internet coverage

- Lack of specialized services to assist seniors (snow plowing, fire-wood cutting, foot care, meals on wheels, a Canadian Association of Retired People representative)

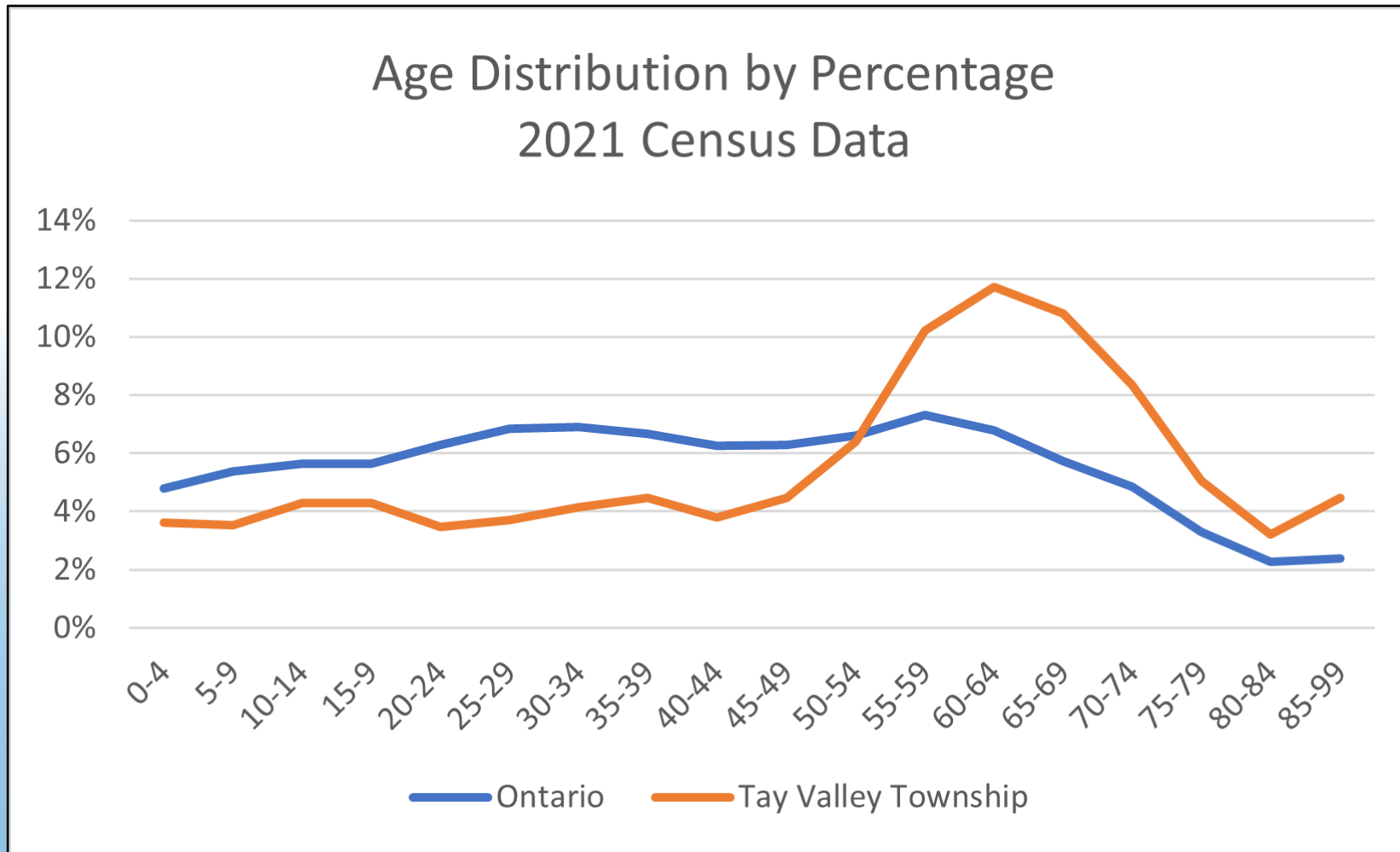# Ontario Age Profile

Age Distribution, Province of Ontario
2016 Census Data
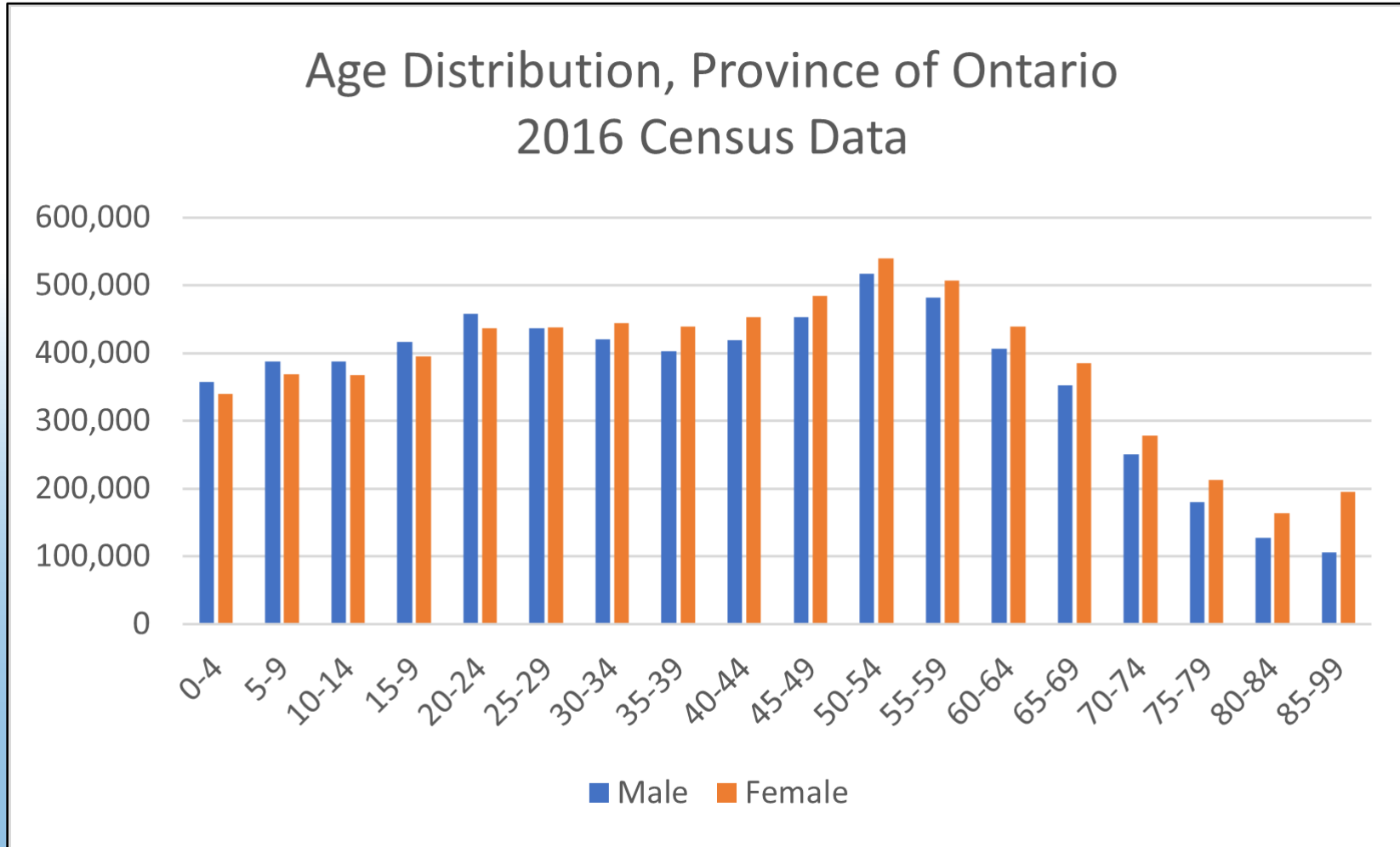
Tay Valley Township Age Profile

Age Distribution, Tay Valley Township
2016 Census Data

Age Profiles by Percentage

Age Distribution by Percentage
2021 Census Data

Age-Friendly Community Planning

■ In 2015 Tay Valley Township successfully applied for an Age-Friendly Communities Planning Grant (from the Ontario Seniors Secretariat) to begin planning for an Age-Friendly Community

■ In 2017 the Township Council adopted the plan – "Creating Rural Foundations for Elder Independence in Tay Valley Township: Age-Friendly Community Planning"

■ In 2020 Tay Valley successfully applied for an Inclusive Communities Grant (from the Ontario Ministry for Seniors and Accessibility) to implement three aspects of the Age-Friendly Plan:

• Cohousing

• Communication

• Inclusion

What is an Age-Friendly Community?

■ The World Health Organization (WHO) defines an Age-Friendly Community one with, "supportive physical and social environments that enable older people to live active and meaningful lives that continue to contribute on all areas of the community".

■ The Ontario Seniors Secretariat elaborates on the WHO definition and states it is, "one in which service providers, public officials, community leaders, faith leaders, business-people, and citizens:

  • recognize the great diversity among older persons,

  • promote their inclusion and contribution in community life,

  • respect their decisions and lifestyle choices, and

  • anticipate and respond flexibly to aging-related needs and preferences".

Eight Dimensions of an Age-Friendly Community
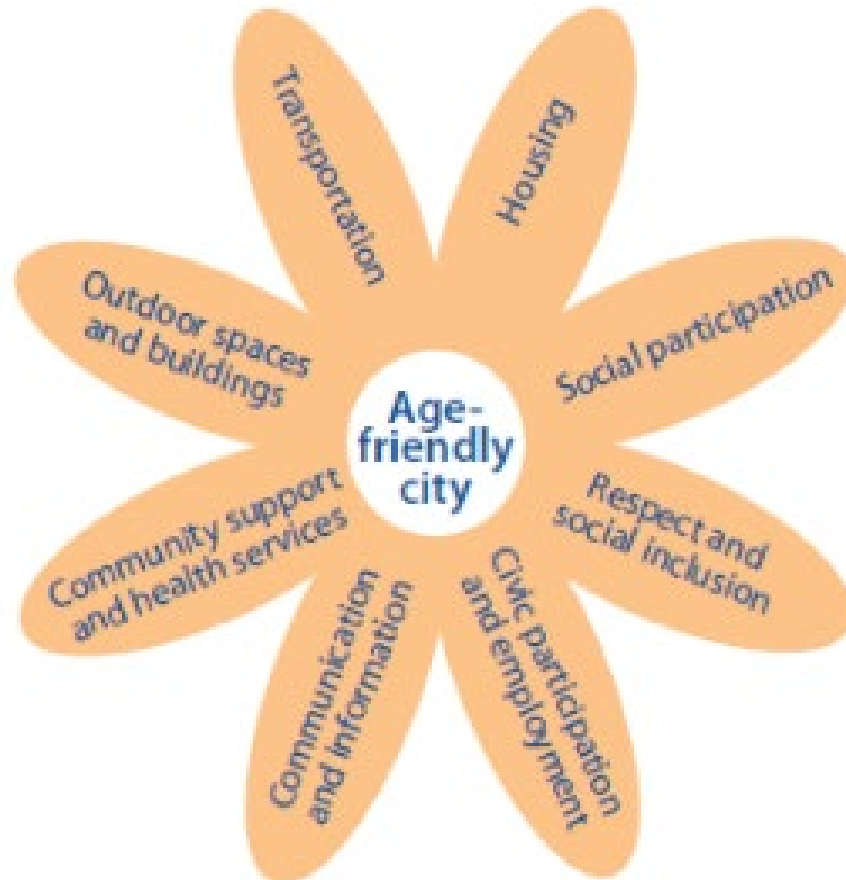
The World Health Organization (WHO) *Guide for Global Age-Friendly Cities* outlines eight topic areas to consider for Age-Friendly communities.

Age-Friendly Community Plan Timeline 2015-2017

December 2015	Age-Friendly Working Group Formed
March-April 2016	Survey
July 2016	Community Forum
Summer 2016	Prepared Draft Plan
October 2016	Community Forum
January 2017	**Final Plan Adopted**

What Our Residents Told Us: Housing, Transportation

- Eighty percent of the survey respondents were between the ages of 55 and 75.

- The top concern expressed by survey respondents was the lack of alternative housing arrangements in the Township (cohousing or other innovative options) to allow older adults to remain in their homes as they age.

- The lack of transportation options followed as a close second.

- Finally, residents identified gaps in community gathering spaces and in the availability of transportation to access them as a concern.

Tay Valley Township
25 years

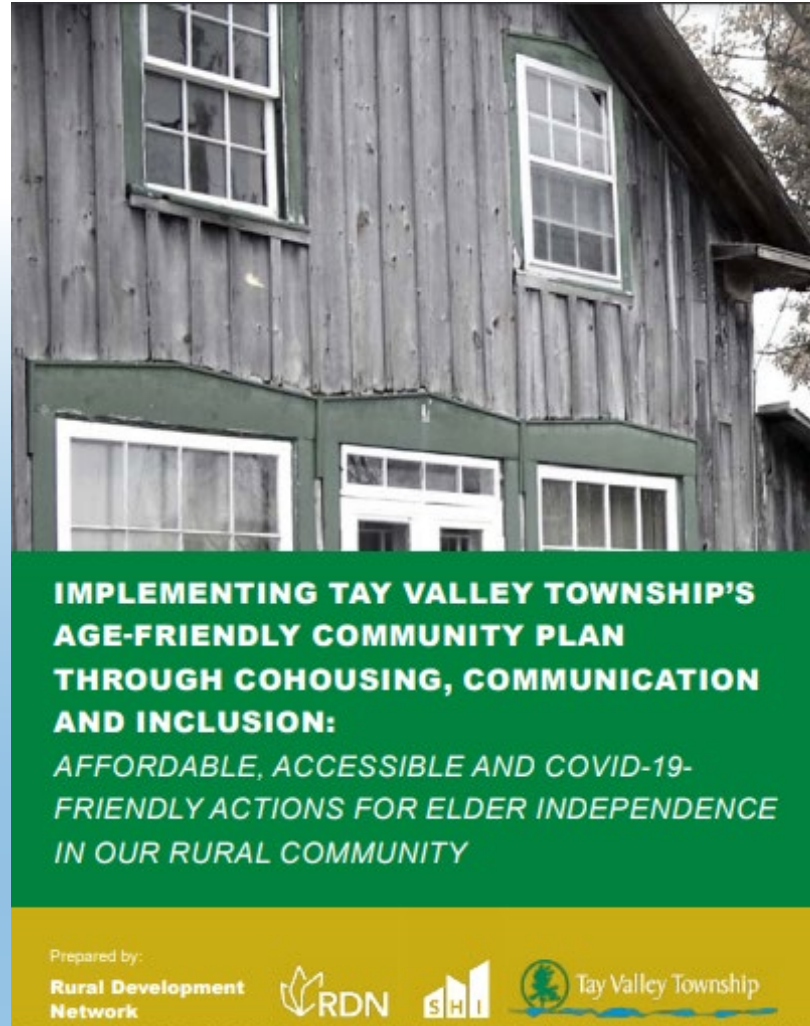# What Our Residents Told Us: Inclusion, Healthcare

- What we Need to Improve:
    - safety for pedestrians
    - time of meetings (during the day)
    - public transit, carpool, and volunteer options to attend events
    - affordable and accessible transportation for people with disabilities to grocery stores, appointments
    - mental health services, especially for older men
    - respite care
    - palliative care at home

What Our Residents Told Us: Social, Recreational

■ What we Need to Improve:

- educational opportunities

- employment opportunities

- short term financial relief

- garbage pick-up

- information on services

- accessible trails, parks

- lanes for scooters and bicycles

- variety of types of recreation activities

Implementing the Age-Friendly Plan: Cohousing, Communication, Inclusion

IMPLEMENTING TAY VALLEY TOWNSHIP'S AGE-FRIENDLY COMMUNITY PLAN THROUGH COHOUSING, COMMUNICATION AND INCLUSION:

AFFORDABLE, ACCESSIBLE AND COVID-19-FRIENDLY ACTIONS FOR ELDER INDEPENDENCE IN OUR RURAL COMMUNITY

Prepared by:

Rural Development Network   RDN   SHI   Tay Valley Township

What is Cohousing?

■ Cohousing is community focused and collaborative and it is important to establish its differences from standard multiunit housing.

■ Four ownership options: Co-ownership (tenants in common or joint tenants), Co-op, Condominium, shared ownership (own unit and share ownership of a "common house").
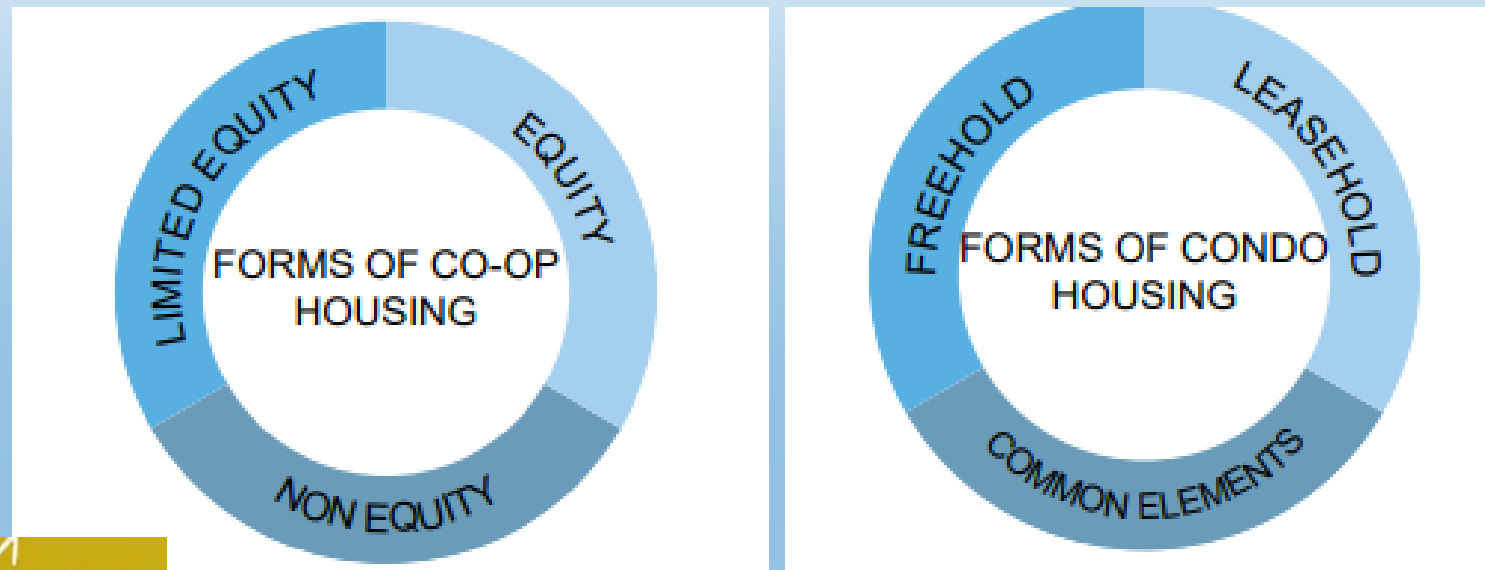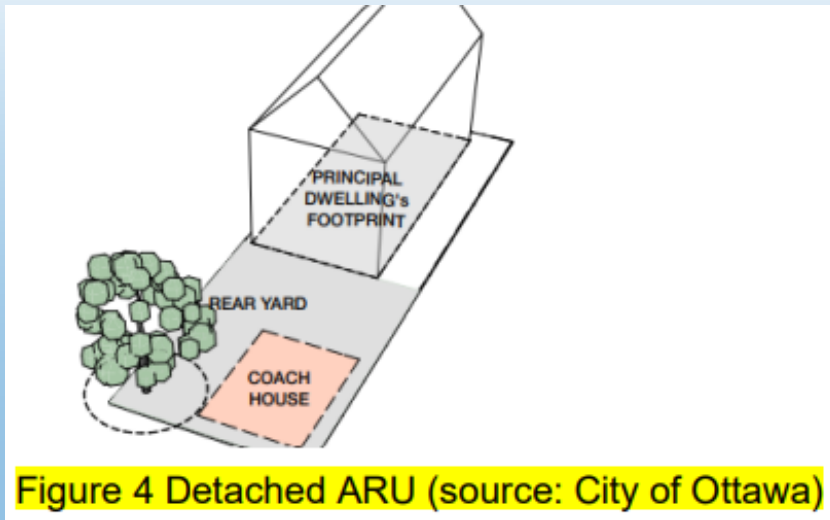
Cohousing Development Models

	RESIDENT LED MODEL	PARTNERSHIP MODEL	SPECULATIVE MODEL
Description of Model	Entire resident group involved with the development and design process, as well as community formation	Partnership approach—developers and residents work together at all stages of the process	Developer led. Developer deals with design, development and community formation
Community Visioning	All residents involved	All residents involved	Developer
Recruitment	All residents involved	All residents involved with professional help	Developer
Legal Structures and Financing	Resident led with professional help	Developer led	Developer
Design Process	Resident led with professional help	Developer led with resident input	Developer
Community Development	Resident led with professional help prior to living in community and throughout life of community	Resident led with professional help prior to living in community and throughout life of community	Resident led once living in community

Cohousing, Communication, Inclusion Timeline 2021-2023

April - August 2021	Rural Development Network contracted, begin research
August 2021	Age-Friendly Working Group Re-formed
October - Nov 2021	Survey
January 2022	Community Forums Online
Feb - March 2022	Prepared Draft Plan
January 2023	**Report Accepted by New Council**

Rural Development Network RDN

Tay Valley Township 25 years

Housing Options – Current Zoning By-Law

- **Additional Residential Units**
- **Tiny Homes**

Figure 4 Detached ARU (source: City of Ottawa)

Orange shading identifies location of example of Additional Residential Unit

Proposed Single Lot Cohousing Residential Zone

- Dwellings – 6 per lot maximum

Single Unit Cohousing

Proposed Cluster Lot Co-housing Residential Zone

■ Dwellings – maximum 4 (up to 6 units in each for a total of 24 units) spread over a minimum of 2 lots

Small scale multi-unit housing

Improving Age-Friendly Communications - Recommendations

- Work closely with Ontario 211 to ensure all information is up to date and relevant for the local area

- Township website should have a seniors directory with listings of relevant services and recreation opportunities on the front page

- Create large print refrigerator magnet directories that identify Ontario 211, Tay Valley Township contact information, and online resource guides

- Create a regular newsletter focused on seniors

- Use federal Age Friendly and "Plain Language" checklists

Rural Development Network RDN

Tay Valley Township 25 years

Improving Inclusion - Recommendations

- Evaluate Transportation Canada's Rural Transit Solutions Fund grants to determine if it is relevant funding for Tay Valley Township

- Look at developing programs similar to Ottawa's Para Transpo program - a door to door transportation service between rural and urban destinations in the city with a taxi coupon program for registered customers

- Use the Age Friendly Engagement Protocols Checklist (from the City of New Westminster)

Rural Development Network RDN

Tay Valley Township 25 years

Next Steps

- Zoning By-Law update – Present draft by-law for public consultation

- Inclusion – work with Lanark County on transportation options

- Communication – 211 is a priority for implementation

Questions?

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