

## Planned University Initiatives

## Seniors Village

An university-integrated seniors community anchored by a long-term care home, retirement homes, and potential student housing will build Trent's global reputation as an age-friendly university and as an academic leader in interdisciplinary aging studies. It will interest students in geriatric care, offer a proving ground for innovations in seniors living, and will meet the growing need for aged care in Peterborough, the third oldest community in Canada. Integrated, community-based senior living will provide an opportunity for innovative research, education, student placements, and community engagement.

Diverse needs of a young-old population will require diverse design solutions and the coexistence of senior living and higher education will benefit from a community built not only through physical buildings, but also through investment in infrastructure, amenities, and meaningful opportunities for connections.

A university-affiliated retirement community should help the older population retain autonomy and health, and age safely in a suitable and inclusive environment while allowing opportunities to contribute to the community. An age-friendly community defined by the World Health Organization includes:

- Outdoor spaces and buildings;
- Transportation and physical linkages;
- Diverse housing types;
- Community support;
- Health services;
- Social participation and inclusion; and
- Civic participation and employment.

The engagement of senior citizens will enrich the lives of students, alumni, retirees, and the larger community through areas of collaboration such as, hands-on learning and applied research programs, or guest lecturers. The Seniors Village should address the diverse spectrum of goals of academia as well as support the aging population.



Trent Centre for Aging and Society, Trent University



University of Waterloo Long-Term Care Facility with Indoor "Main Street", University of Waterloo. Source: University Affairs




Retirement Housing Courtyard at Lasell Village for Lasell College. Source: Lasell Village



Valley View Senior Housing, American Canyon, California. Source: CoHousing Company

## Seniors Village Guidelines

- Facilitate collaboration between professionals, researchers, educators, students, and residents through a well-designed triangulation of programs such as: gardens and greenhouse for food production, labs with classroom spaces, residences and community spaces, medical clinics, and other suitable uses.
- Invite use and enjoyment of the landscape, including trail connections to the Total Loss Farm Nature Area, pollinator gardens to engage residents and support biodiversity, and pavilion buildings that are well integrated into the landscape.
- Consider a farm-to-senior initiative, pocket forests, and small-scale agriculture to engage seniors in farming as a way to stay physically active and remain mentally stimulated through enjoyable work in a supportive community.
- Encourage creative use of outdoor space that respects and recognizes the value of the landscape and adjacent Nature Areas, where appropriate.
- Integrate passive heating and cooling systems, and novel building technologies that are energy efficient.
- Plant native and drought-tolerant species throughout the site, ensuring that watering requirements are as low as possible. Permeable surfaces will also help replenish groundwater and aid in erosion and pollution control by allowing runoff to enter the underlying soil.
- Explore greywater irrigation systems that take wastewater from on-site uses (e.g., washing machines) and repurpose it for irrigation use.
- Future-proof by providing adaptable residential units that can accommodate a person with varying levels of mobility to build economic resilience.
- Implement an “aging at home” philosophy by including a broad range of diverse housing options and alternatives to support varied socio-economic and health care service needs.
-  Provide spaces to allow for ceremony and cultural purposes and provide support for the aging Indigenous community.
- Group seniors housing with compatible uses, including local retail, pharmacy, cafés, etc.

# DEMONSTRATION

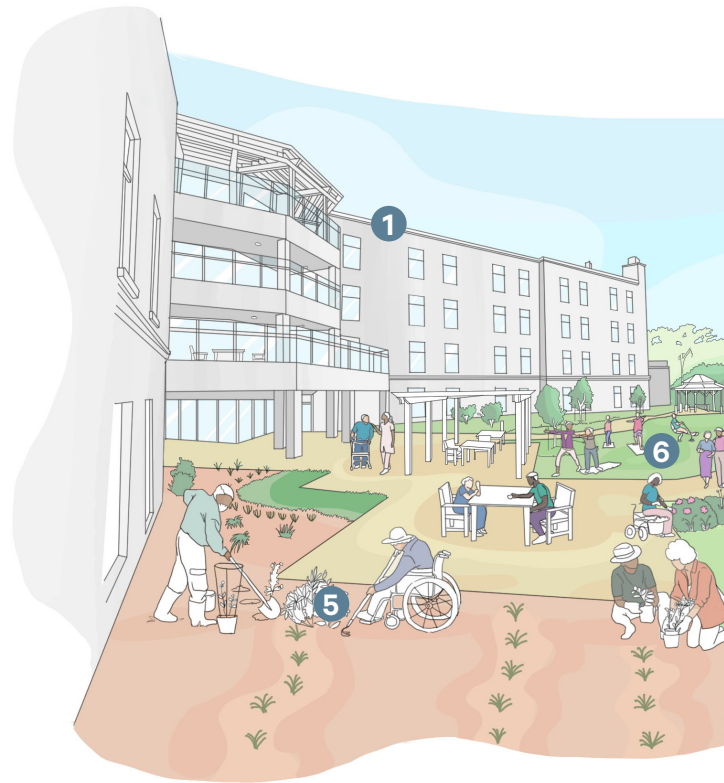
## SENIORS VILLAGE

The ageing of the Canadian population will be one of the defining megatrends of this century. For the first time in history, there are now more people aged over 65 than there are children under the age of five. It is up to us to ensure that we can all age well and enjoy the services that a place might offer for people of all ages, young and old. Informed by the UN SDG framework, Trent University's approach focuses on the goal of creating age-friendly places, in particular Goal 11 'Sustainable cities and communities'.

The Seniors Village will build Trent's reputation as an age-friendly University and an academic leader in aging studies. It will meet the growing need for aged care in Peterborough, the third oldest community in Canada, interest students in geriatric care, and be a proving ground for innovations in seniors living. Walkable communities, a robust healthcare system, access to food gardens and the natural environment are all assets of this ageing community. A purpose built co-housing environment allows members to participate in governance, volunteer work, and community living. Committed to neighbourly mutual support, the residents may share common garden tools, bikes, books, and other resources. Features such as 'buddy benches' encourage socializing, whilst the buildings' abundance of green space address the wellbeing of both the residents and the members of the public able to access it.

### A University-integrated Seniors Village

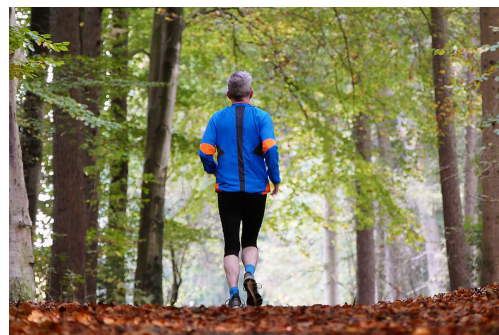
- 1 Learning and interaction with students
- 2 Accessibility and walkable environments
- 3 Exercise and recreation
- 4 Connections to nature
- 5 Food and sensory gardens
- 6 Inclusion and civic participation



### 1 Learning and interaction with students



### 4 Connections to nature



Source: Pxfuel



**Figure 19:** An Integrated Seniors Village with access to Rich Natural Assets

**2** | Accessibility and walkable environments



Source: Marion Brenner

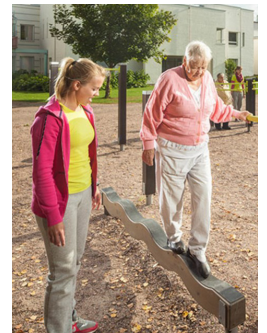


Source: Ashford Ring Road Project

**3** | Exercise and recreation



Source: Shutterstock



Source: Lappset

**5** | Food and sensory gardens



Source: Alexander Rath, Shutterstock

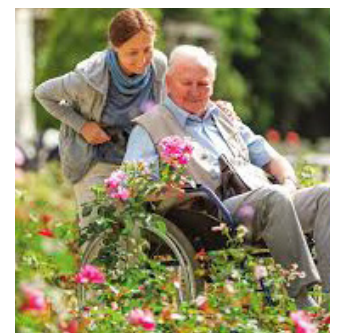


Source: Houzz

**6** | Inclusion and civic participation



Source: Era Living



Source: High Gate Senior Living