The meaning of home, of a protected refuge, is very often connected with comfort, relationships, family, relatives, friends and those traditional rituals that give meaning to our lives.
What features would YOU like in your next home that would make it work for the rest of your life?
What do Seniors Fear Most?

- 26% loss of independence
- 13% going to a nursing home
- 11% not being able to drive
- 11% loss of family & friends
- 3% DEATH!
Our Perception

*Never get sick*
*Never grow old*
This

Or This?
This

Or This?
Why do seniors leave their homes?

- Death of partner: 15
- Difficulty getting around: 22
- Decline in partner health: 23
- Access to health services: 24
- Decline in personal health: 36
- Difficulty maintaining home/garden: 39
- Better/suitable housing: 41
- Downsizing: 50

Health Related

Atlantic Seniors Housing Research Alliance
Review of ASHRA’s 11 Key Messages

- Seniors Want to Age at Home and in their Communities
- Seniors are not Thinking about Housing Alternatives
- Many Seniors Prefer Seniors-Only Housing
- Seniors have Home Repair Needs
- Seniors not Aware of Available Housing Programs
- Seniors Spend Disproportionate Amount of Income on Housing
- Seniors Health Impacts Housing
- Some Seniors do not have Social Support
- Many Seniors Participate in Volunteer Organizations
- Most Seniors do not Participate in Seniors Programs
- Most Seniors live in Rural Areas

Atlantic Seniors Housing Research Alliance
What is important?

• Being able to stay in your home for as long as possible
• Having a community of support and companionship
What can we do? Stop Acting Like Peter Pan!

You WILL get sick
You WILL grow old

But at least try and be prepared!
Further Information

- [http://www.jrht.org.uk/New+projects/Lifetime+Homes/](http://www.jrht.org.uk/New+projects/Lifetime+Homes/)
- [www.ashra.ca](http://www.ashra.ca)
- [Donald.shiner@msvu.ca](mailto:Donald.shiner@msvu.ca)
- [www.msvu.ca/ashra](http://www.msvu.ca/ashra)
- [www.shinerconsulting.ca](http://www.shinerconsulting.ca)