



# WORKING TOWARDS AGE-FRIENDLINESS

IDEAS FOR IMPROVING THE FORT GARRY CAMPUS AND INFLUENCING FUTURE DEVELOPMENT

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# INTRODUCTION

## WHO WE ARE

We are first year Master of City Planning students. We have been analyzing the existing Fort Garry campus and proposed development on the Southwood Lands for age-friendliness. This work has been part of a project based studio throughout the course of this term.

## AGE-FRIENDLY OVERVIEW

Older adults make up the fastest-growing age group, and this trend is expected to continue over the next several decades. In 2011, an estimated 5 million Canadians were 65 years of age or older, a number that is expected to double in the next 25 years.

This cohort of older adults is referred to as the baby boom generation, known to be a well-educated, vocal generation that has high expectations for the lives they lead. As they age they will look for opportunities to remain healthy and active, participate in social activities, and continue to be independent.

The World Health Organization (WHO) states that an age-friendly city encourages active aging by optimizing opportunities for health, participation and security in order to enhance quality of life as people age. In practical terms, an age-friendly community adapts its structures and services to be accessible to and inclusive of older people with varying needs and capacities.



**Figure 1:** From left to right: Brittany Curtis, Meleana Searle, Andrew Macaulay, James Cook, Philip Mikulec



**Figure 2:** Walking the campus, looking east down Curry Place



**Figure 3:** Exploring the Southwood Lands

## PROJECT OVERVIEW

- Initial exploration, observation and analysis of the core areas of the Fort Garry campus and Southwood Lands through the lens of our guiding documents
- Development of goals, objectives, and strategies based on our observed strengths and areas for improvement
- Collection of precedents from other universities and cities to visually express the strategies we outlined. This was followed by our community consultation with the University of Manitoba Retirees Association, and representatives from Campus Planning, and the Centre on Aging
- Development of proposed ideas and suggestions to address areas we felt had opportunity for improvement
- Final consultation, feedback and formal report



**Figure 4:** The Administration Building at the Fort Garry Campus

## GOALS

- 1) Ensure that existing and future transportation infrastructure is inclusive for all ages and abilities
- 2) Make the campus into a better destination for older adults
- 3) Create a more age-friendly educational facility

## OBJECTIVES

### **Buildings and Open Spaces**

- Plan for better accessibility of buildings and outdoor spaces
- Strengthen the gateways to campus
- Improve wayfinding
- Make green spaces and open spaces more inviting

### **Housing**

- Encourage a variety of housing options
- Promote intergenerational housing

### **Transportation**

- Strengthen walking and active transportation networks
- Improve existing bus stop infrastructure

### **Social Inclusion**

- Increase awareness of recreational services and activities on campus
- Enhance local transit coverage
- Expand intergenerational learning opportunities

### **Embracing Winter**

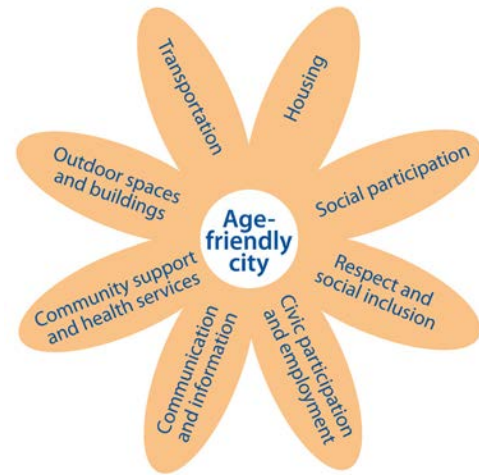
- Mitigate risks and challenges through the incorporation of urban design elements

## GUIDING DOCUMENTS

### **GLOBAL AGE-FRIENDLY CITIES: A GUIDE**

World Health Organization (WHO)

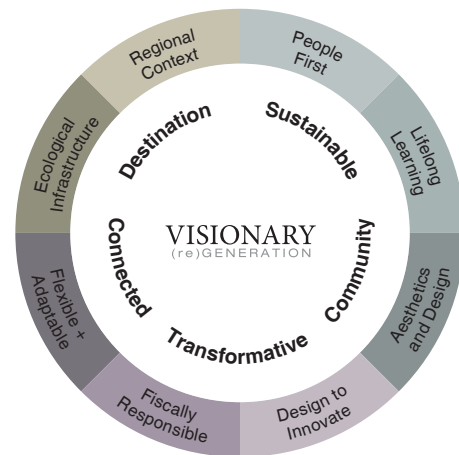
*Global Age-Friendly Cities: A Guide* is the result of collaboration between the World Health Organization and focus groups of older adults in 33 cities around the globe. The study asked older adults to describe the advantages and barriers they experience in eight areas of city living. The results from these focus groups led to the development of an age-friendly city checklist that we used to frame our analysis of the Fort Garry campus and Southwood development.



### **VISIONARY (re)GENERATION**

University of Manitoba

"*Visionary (re)Generation* refers to the process of planning, designing, and re-imagining the University of Manitoba's Fort Garry campus. This process began with the Open International Design Competition for the campus and the Southwood Lands. It is now continuing as the University works with the winning team, in collaboration with University and community stakeholders, to develop a new campus plan for the Fort Garry campus, including Southwood."



## WHY AGE-FRIENDLY AT U OF M?

Currently, 5% of support staff and 12.5% of academic faculty at the University of Manitoba are over the age of 65. In addition, 37% of support staff and 32.5% of academic faculty are between the ages of 50 and 64, and will be of retiring age over the next fifteen years. The University has potential to become a destination for older adults, and to better accommodate those already here.



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# SITE CONTEXT

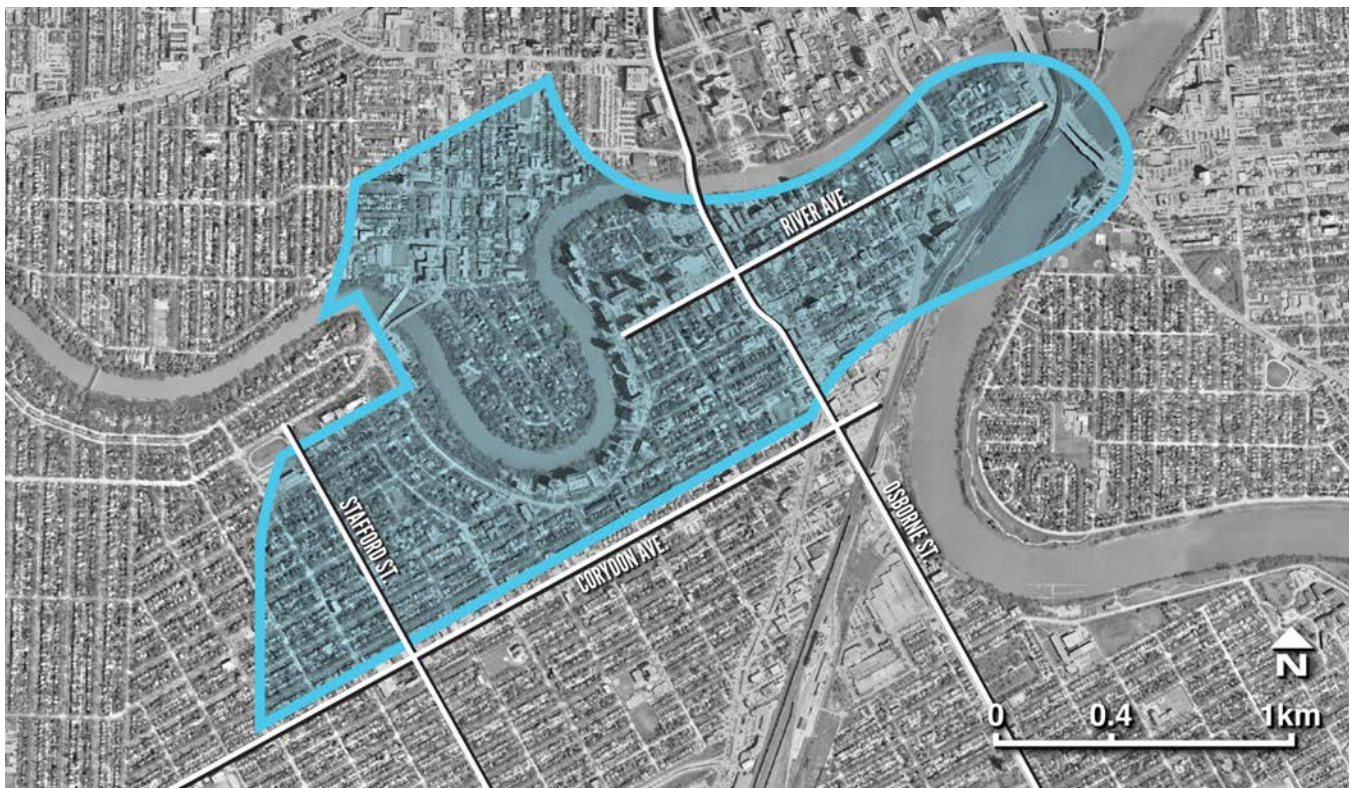
## THE PROJECT SITE

The University of Manitoba's Fort Garry campus is situated approximately 13 km south of the downtown intersection of Portage Avenue and Main Street. The borders of campus include the Pembina Highway commercial corridor to the west, the Red River to the east, and the residential neighbourhoods of Montcalm and Fort Richmond to the north and south, respectively. The two major transportation corridors intersecting the campus are Chancellor Matheson Road, running roughly east-west, and University Crescent running north-south.

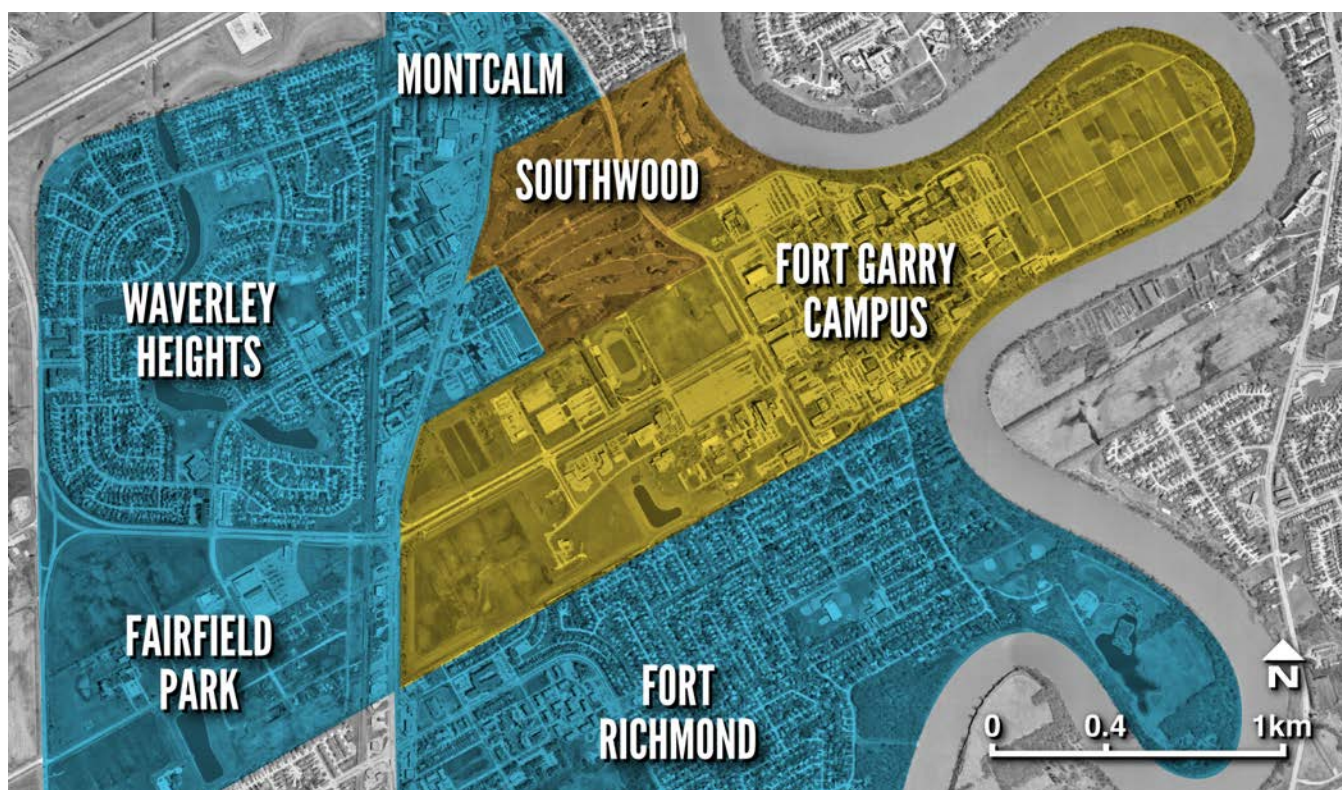


**Figure 5:** The Fort Garry campus and Southwood Lands lie approximately 13 km south of Downtown Winnipeg

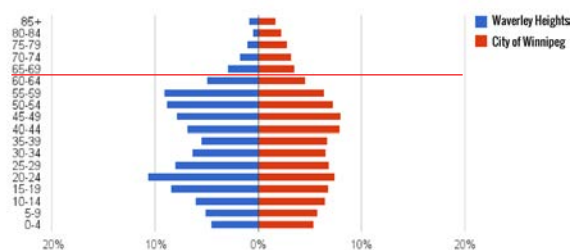
The campus has a total student population of 26 292, comprised of 3 006 graduate and 23 286 undergraduate students. The population of staff is 5 911.



**Figure 6:** The Fort Garry campus, overlayed on a more established area of Winnipeg, stretches from Stafford to the Norwood bridge and covers most of Corydon Village, Osborne Village, and West Broadway

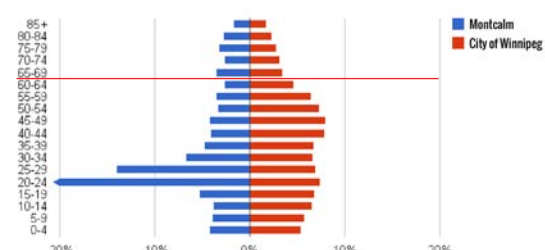


**Figure 7:** Fort Garry campus in relation to the Southwood Lands and surrounding neighbourhoods



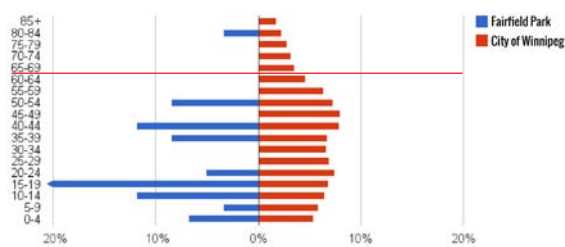
Source: Census Canada 2011

**Figure 8:** Waverley Heights age demographics



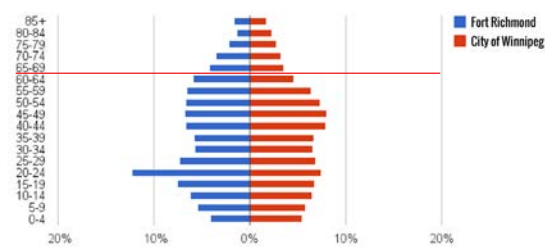
Source: Census Canada 2011

**Figure 9:** Montcalm age demographics



Source: Census Canada 2011

**Figure 10:** Fairfield Park age demographics



Source: Census Canada 2011

**Figure 11:** Fort Richmond age demographics

# FORT GARRY CAMPUS

## HISTORY

The University of Manitoba was established as a “Provincial University” in 1877. In 1890, when more space was required, rooms were rented in the McIntyre Block in downtown Winnipeg. In 1901, the University’s first building was completed on the land where Memorial Provincial Park is currently located.

The Manitoba Agricultural College was established in 1903. Three years later, several buildings were constructed in the Tuxedo neighbourhood. In 1907, the University and the Agricultural College amalgamated. In 1910, the Agricultural College’s need for more land saw construction begin at the site of the current Fort Garry campus. The first buildings on the current site were completed by 1912.

In the 1930s, the Tier (Faculty of Arts) and Buller (Faculty of Science) buildings were constructed on the Fort Garry campus. In the late 1940s, construction intensified around the quadrangle adjacent to the Administration building. Due to the growing economy and the relocation of the major colleges, the 1950s was a period of significant expansion for the Fort Garry campus. Notably the Elizabeth Dafoe Library, the Agricultural Research Building, and expansion of the Engineering Building were completed. In the 1970s, the compact form of the campus was transformed to accommodate student and faculty service demands, resulting in a more spread out campus.

Over the last decade, the University has grown with the completion of several new projects,

including the Investors Group Field, the ARTLab building, and renovations to Taché Hall (including the addition of a large auditorium).

In January of 2008, an agreement was made between the Southwood Golf and Country Club and the University of Manitoba that saw ownership of the Southwood Lands transferred to the University. Paid for with a 1970s trust fund that was established for land acquisitions, the University of Manitoba took possession in 2011.

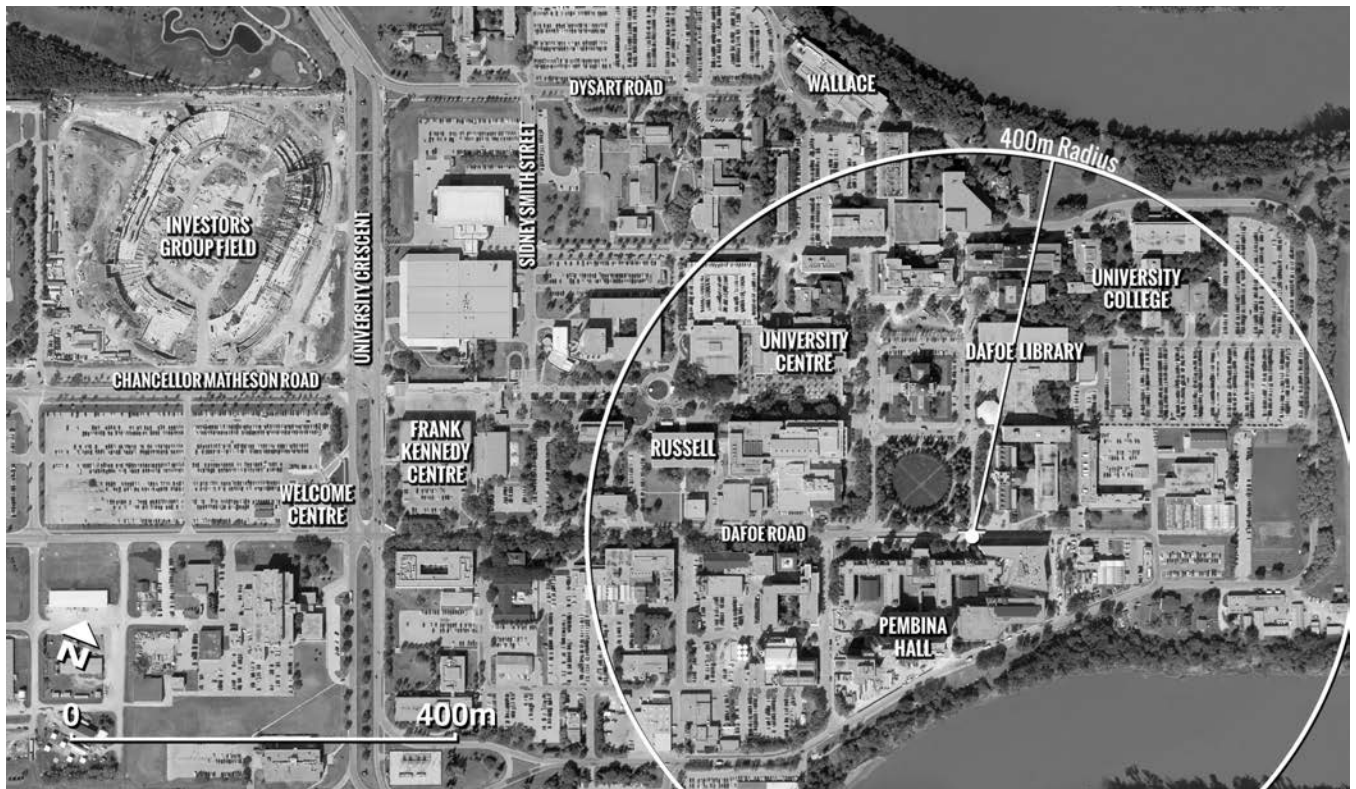
*Source: Visionary (re)Generation*



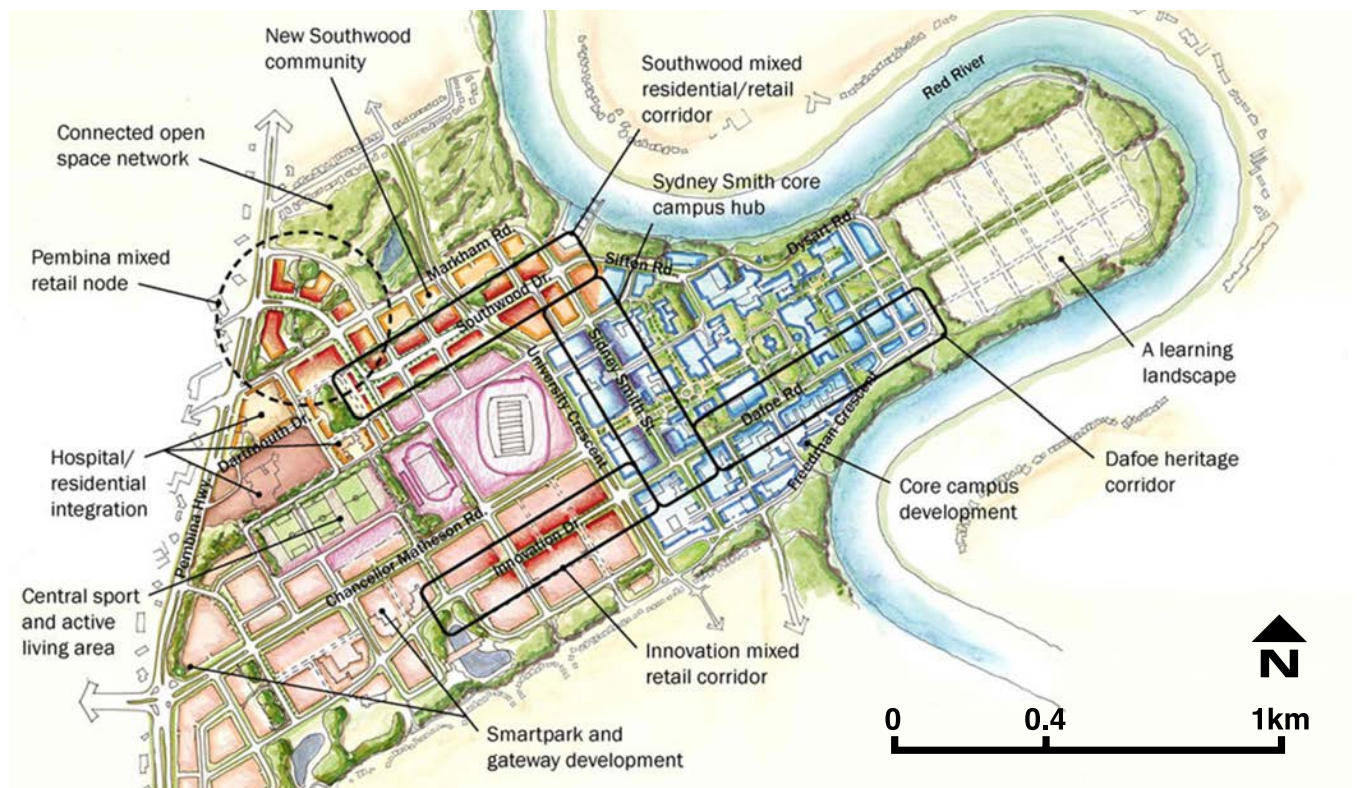
**Figure 12:** Aerial view of the Fort Garry campus, 1946



**Figure 13:** Aerial view of the current Fort Garry campus



**Figure 14:** Map of the core campus including 400m radius (5-minute walking distance) from the main transit terminal



**Figure 15:** The initial concept for the proposed *Visionary (re)Generation* campus plan

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# PHASE 1

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## OBSERVATIONS & ANALYSIS

Phase one of our project involved observation and analysis. Our observations were the result of exploration of core campus infrastructure through the lens of the WHO's age-friendly guidelines. We scrutinized key buildings such as the Administration Building, University Centre, Elizabeth Dafoe Library and the recreation facilities within Frank Kennedy Centre for their age-friendliness. In addition, we investigated services and programs offered by various faculties and departments at the university. The neighbourhoods bordering the University of Manitoba were also considered to help situate the campus within the surrounding context. To supplement our observational research, maps and other visual aids were used. Our findings were then organized into strengths and opportunities for improvement, which guided the subsequent phases of the project.



# BUILDINGS & OPEN SPACES

## OBSERVATIONS

Public buildings and the outdoor environment have a great influence on the mobility, independence and quality of life of older people. There are many elements of the built environment that can positively contribute to age-friendliness, affecting the ability to age in place.

### Strengths

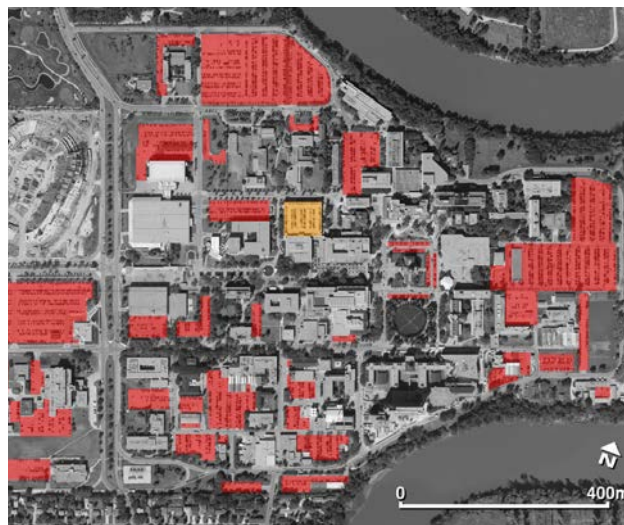
- Public areas are clean
- Green spaces are well-maintained
- *Minimum* standards of physical accessibility are met
- Core campus generally feels safe
- Drivers yield to pedestrians at crosswalks
- Pavements are wide enough to facilitate wheelchairs and other mobility aids

### Opportunities

- Better distribution of age-friendly seating around campus
- Areas with poor lighting decrease sense of security
- A more inclusive design is needed for the majority of existing buildings
- Age-friendly wayfinding strategies are lacking

*“Feeling secure in one’s living environment strongly affects people’s willingness to move about the local community”*

*- WHO Age-Friendly Cities: A Guide*



**Figure 16:** Existing parking lots on the Fort Garry campus; red highlights surface parking lots, orange highlights the parkade



**Figure 17:** Looking east down Curry Place, Fort Garry campus



**Figure 18:** Wayfinding challenges in the tunnels below Elizabeth Dafoe Library



**Figure 19:** Ramp integrated into staircase at the Royal Festival Hall, London, England



**Figure 20:** "Naked street," Laweiplein, the Netherlands



**Figure 21:** Age-friendly seating, Brighton, England



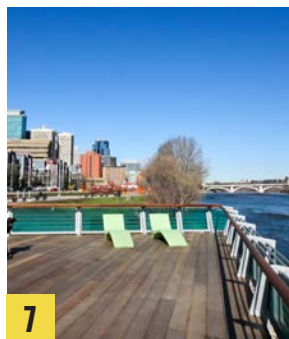
**Figure 22:** Path lighting, Vancouver, BC



**Figure 23:** Harvard School of Design, Cambridge, MA



**Figure 24:** Bison sculpture, Winnipeg, MB



**Figure 25:** RiverWalk, Calgary, AB

## PROPOSED IDEAS

### 1) Accessibility

New signage indicating the current accessible entrances is needed. Existing buildings should be retrofitted to improve accessibility, and new additions to buildings should also be clearly indicated with adequate, legible signage. In the future, buildings should be designed with accessibility in mind.

### 2) "Naked Streets"

This model suggests the removal of pedestrian-oriented navigation and safety features, such as curbs, road markings, railings and traffic lights, in order to encourage communication between pedestrians and drivers. Shared space may look chaotic, but it forces people to become more engaged with their environment. In order to make this model age-friendly, it will be important to incorporate tactile markers where the street meets the sidewalk to make it more accessible for those with visual impairments.

### 3) Age-Friendly Seating

Seating must be sufficient in numbers, and evenly distributed.

### 4) Lighting

Outdoor safety is promoted by ample street lighting.

### 5) Wayfinding

This process encompasses all of the techniques people use to orient themselves and navigate from place to place.

### 6) Entrances

Well-defined entrances onto campus will help provide a sense of arrival. However, entrances located between Southwood Lands and campus should be softer to help create a sense of unity between the two neighbourhoods.

### 7) River Walk

A multi-modal river walk will help tie the campus and Southwood Lands together, making better use of available green space, and promoting outdoor recreation.

# TRANSPORTATION

## OBSERVATIONS

Transportation is a key factor affecting active aging. Ability to move around a city or community determines social participation and access to services and amenities. Everyday, thousands of students, staff, and faculty travel to and from the Fort Garry campus via a variety of modes of transportation.

**Automobile:** The campus has 5 840 surface parking stalls on campus, spread throughout dozens of parking lots.

**Cycling:** There are 58 bike racks on campus. The office of campus sustainability has noted that the capacity of these racks has been exceeded by 66% on nice days.

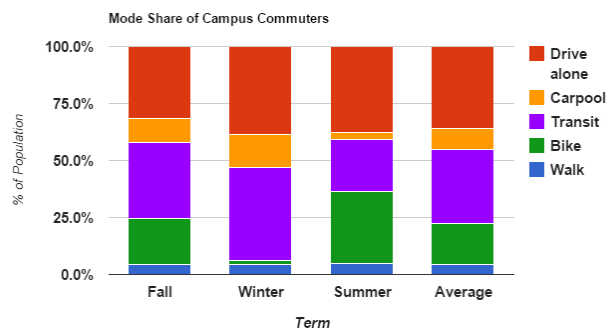
**Transit:** The campus is serviced by twelve public transit routes. Five of these routes are express and five of them use the new rapid transit corridor.

### Strengths

- Good basic transportation infrastructure that provides a variety of options for traveling to and from campus.
- Prominent physical presence for information on transportation services (Answers, Welcome Centre)
- Parking services are easy to find and navigate
- Good public transit service to certain parts of the city

### Opportunities

- Increase cycling infrastructure
- Improve existing transit stops
- Enhance pedestrian infrastructure, with a focus on continuity of sidewalks



**Figure 26:** Graph indicating method of commute for students, faculty, and staff



**Figure 27:** Overcrowded bike rack



**Figure 28:** Typical bus stop on campus periphery

*"...being able to move about the city determines social and civic participation and access to community and health services."*

*- WHO Age-Friendly Cities: A Guide*



**Figure 29:** Secure bike lockers



**Figure 30:** Well-lit at transit stop



**Figure 31:** Sidewalks with dropped curbs for increased mobility



**Figure 32:** Climate controlled bus shelter



**Figure 33:** Paved bike path

## PROPOSED IDEAS

### 1) Additional Bike Infrastructure

Campus sustainability has found that secure bicycle facilities are overcrowded during good weather. This results in bikes being locked to anything available, including trees and railings. Additional bike racks will reduce the risk of theft and damage.

### 2) Additional Lighting at Bus Stops

Most bus stops lack adequate lighting, instead using the light source from nearby street lamps. Additional lighting at bus stops will help by reducing shadows and enhancing the perception of safety.

### 3) More Sidewalks

Inconsistent and missing sidewalks can pose challenges for people with mobility issues. Increasing the amount of paved sidewalks will enhance accessibility and create a safer pedestrian environment.

### 4) Enhance Bus Stops

Major bus stops on campus have basic shelter and seating, however they are inadequate given the extent of transit use. Away from the main terminal, minimal shelter and seating can result in overcrowding. Heating within the shelters consists of radiator heated seats, which prove insufficient during the extreme winter weather characteristic of Winnipeg. Improved climate control using insulation and/or forced warm air will better heat transit shelters.

### 5) Improve Bike Paths

Based on observations, the bike path in the Southwood Lands is a major cycling route for people coming to and from the university. The bike path has inadequate infrastructure with uneven terrain and poor surfacing. Improving the path with a smooth surface will make for a more comfortable cycling experience.

# HOUSING

## OBSERVATIONS

Current campus housing is focused on undergraduate students. As universities begin to focus on age-friendliness, more attention is being given to developing a diverse housing stock that can accommodate a wider range of age demographics.

### Strengths

- Campus residences are moderately accessible for those with mobility issues
- Student residences are located close to existing campus amenities, such as recreation and entertainment facilities, health services and restaurants
- Surrounding neighbourhoods offer an array of housing types, tenure options, and affordability

### Opportunities

- Current student housing demand exceeds supply
- Campus housing does not accommodate students with families
- No current intergenerational or senior specific housing on campus
- Need for more affordable housing on campus

*“There is a link between appropriate housing and... the independence and quality of life of older people.”*

*- WHO Age-Friendly Cities: A Guide*



**Figure 34:** Pembina Hall Student Residence, Fort Garry campus



**Figure 35:** High density housing along Pembina Highway, Winnipeg, MB



**Figure 36:** Medium density housing in surrounding neighbourhood of Montcalm, Winnipeg, MB



**Figure 37:** University linked seniors' housing, University of British Columbia, Vancouver, BC



**Figure 38:** Affordable and sustainable housing, London, ENG



**Figure 39:** Co-housing project, Langley, BC



**Figure 40:** High density rendering, Winnipeg, MB



**Figure 41:** Student housing, UBC, Vancouver, BC

## PROPOSED IDEAS

### 1) Seniors' Housing

Recently, Canadian universities have taken an interest in seniors' housing. Universities are responding to changing demands in seniors' housing facilities, while looking for new revenue sources. Senior-linked housing draws on the existing amenities on campuses as a way to attract residents. These projects are often geared towards retaining connections with retired faculty and staff.

### 2) Affordable Housing

To ensure that the campus and the future Southwood Lands development is as inclusive and equitable as possible, housing should be affordable for a wide range of income earners. Building more sustainable communities is not only good for the environment but human health. Container housing is one innovative housing design that can reduce the cost of development while reusing materials.

### 3) Co-housing

Co-housing is a form of collective housing that allows residents to have private living units as well as large communal spaces. Residents collectively manage their communities and participate equally in decision making. Multi-generational co-housing was first introduced in Denmark to support aging-in-place through supportive community networks.

### 4) High-density Housing

High-density developments can substantially improve the livability of a neighbourhood by encouraging mixed-use development, supporting higher frequency transit services and improving walkability.

### 5) Student Housing

Increased student housing options are needed, specifically for graduate students and to accommodate students with families.

# SOCIAL INCLUSION

## OBSERVATIONS

The University of Manitoba already provides a wide range of social and recreational activities that are age friendly. However, given its importance, there is room for additional social infrastructure.

### Strengths

- Adults aged 65+ receive free tuition for degree courses
- The University of Manitoba provides discounts for seniors (+55) and super seniors (+70) at recreation facilities
- Wide variety of events and activities available on campus: Black Hole Theatre, sporting events, Visionary Lectures, alumni and retired faculty events, etc.

### Opportunities

- Increase opportunities for intergenerational learning programs
- The university website could be more accessible and easier to navigate
- The campus could be more of a destination for recreation for older adults

*"...older people report that they participate actively in their communities but feel there could be more possibilities for participation."*

*- WHO Age-Friendly Cities: A Guide*



**Figure 42:** Homecoming 2014 celebration draws alumni to celebrate their alma mater

**RECREATION SERVICES**  
Fall Programs

## Aging Actively

### Resistance Training

Mondays, Wednesdays & Fridays, 8:30-9:30am

### Aqua Fitness

Mondays, Wednesdays & Fridays, 9:45-10:45am

- » Sessions start the week of September 15.
- » Register by September 7 for a chance to WIN your program!

A smiling woman with short blonde hair and glasses is in a swimming pool. She is wearing a black swimsuit. In the background, another person is visible in the water. The pool has a diving board and some equipment visible.

Register today at:  
[uofmactiveliving.ca](http://uofmactiveliving.ca)

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Faculty of Kinesiology and Recreation Management

**Figure 43:** Aging Actively programs advertised at the Frank Kennedy Centre



**Figure 44:** Community curling rink, Banff, AB



**Figure 45:** Older adults using computers



**Figure 46:** Intergenerational Learning Centre, Eagan, MN



**Figure 47:** Mentorship programs

## PROPOSED IDEAS

### 1) Curling Rink

The university is a hub for recreation and supports a number of senior specific activities. A curling rink would build on the University of Manitoba's recreational assets and provide a new space and age-friendly activity that community members, students, faculty and staff could enjoy.

### 2) Improved Website Interface

The university website is a major barrier for access to information. Features such as larger font size, a prominent help button, and noticeable links for information specific to older adults would make navigation easier.

### 3) Intergenerational Learning Centre

While the University promotes active aging through recreational activities, more age-friendly programs could be developed. The addition of an intergenerational learning centre (3a) could support mentorship (3b) and volunteer programs, encouraging sharing of expertise between learners of all ages.

### 4) Farmers Market

Farmers markets provide an opportunity to shop, socialize, and engage in the community. With the abundance of parking lots on campus, a weekend market could easily be accommodated. This would benefit students, staff and residents of the surrounding neighbourhoods, fostering the image of the campus as a destination.



**Figure 48:** Farmers market

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# PHASE 2

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## PRECEDENTS & PROPOSED IDEAS

Phase two of our project involved setting goals, objectives and strategies for a more age-friendly campus. The formulation of goals and objectives was informed by our observations and analysis, reflecting our phase one findings in regards to the strengths and opportunities for improvement within each category. Based on this information, we created strategies to improve the campus. These were articulated in precedent boards, which were used in our community consultation with the University of Manitoba Retirees Association, the Centre on Aging, and the Campus Planning Office.

The consultation process was extremely valuable, providing us with further insight into the Fort Garry campus as a community. Several key considerations came out of our consultation, including the need for a greater focus on winter and multi-generational housing options, as well as the idea of an intergenerational learning centre on campus. Building on this feedback, as well as what we learned in phase one and throughout the development of our precedents boards, we created five focus areas where our strategies could be best implemented.



# FOCUS AREAS

## THE SITES

We selected four specific areas of focus to serve as example sites for highlighting proposed ideas, which were shaped by precedent research and community consultation. These sites provide opportunities for improvement that will enhance the Fort Garry campus as an age-friendly community. The ultimate goal is to improve upon the existing campus, incorporate age-friendly principles into new Southwood Lands development, and ensure a smooth transition between the two areas.

## WINTER

During our initial community consultation, winter was brought up by most of the participants as a major hindrance. In the 'Embracing Winter' focus area, we consider how aspects of design can improve safety and comfort for people of all ages, as well as promote winter recreation to further enjoyment of the season.



**Figure 49:** Southwood Lands



**Figure 50:** Q Parking Lot, Fort Garry campus



**Figure 51:** Sidney Smith Street, Fort Garry campus



**Figure 52:** Duckworth Quadrangle, Fort Garry campus



# SOUTHWOOD LANDS

## VISIONARY (re)GENERATION PLAN

In January of 2008, an agreement was made between the Southwood Golf and Country Club and the University of Manitoba that saw ownership of the golf course land transferred to the University. The University of Manitoba took possession in 2011, paying for the land with a trust fund that had been established in the 1970s. On December 6, 2012, the University of Manitoba launched the *Visionary (re)Generation* Open International Design Competition, initiating the creation of the new Fort Garry Campus Plan.

The competition closed on November 4, 2013, with the announcement of a winning concept by Janet Rosenberg and Studio. The main project site for the proposed mixed-use residential community is the 49 hectare (120 acre) Southwood Lands. Currently, the site is a large green space, complete with mature trees, ecological niches, and a layout that is reminiscent of its origins as a golf course.

Source: *Visionary (re)Generation*



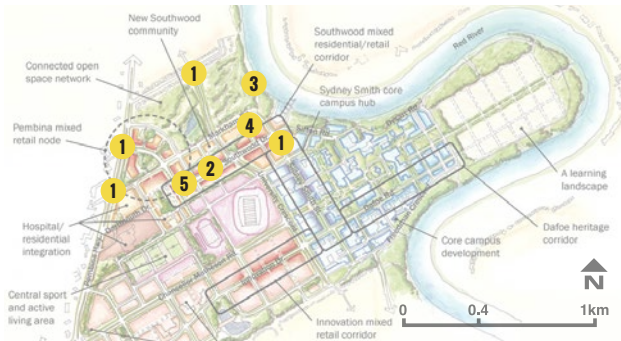
**Figure 53:** The Southwood Lands have remained largely unaltered since being acquired by the University



**Figure 54:** The riverfront is currently an underused asset on campus



**Figure 55:** The Southwood Lands contain well-used commuter and recreational paths for cyclists and pedestrians



**Figure 56:** The initial concept for the proposed *Visionary (re)Generation* campus plan



**Figure 57:** Bison sculptures at the Moray Bridge, Winnipeg, MB



**Figure 58:** Streetfront retail, Wesbrook Village, UBC



**Figure 59:** Multi-modal RiverWalk, Calgary, AB



**Figure 60:** Seniors' housing, University of Washington



**Figure 61:** "Complete Street", Stockholm, SE

## PROPOSED IDEAS

- 1) High-visibility gateway features could be located at a number of major entrances and incorporate elements of sculpture and signage. These would announce one's arrival on the Fort Garry campus, strengthen University presence, and help to foster a campus identity and sense of community.
- 2) We support the *Visionary (re)Regeneration* proposal for street-level retail incorporated into high-density forms of housing. Streetscaping with wide sidewalks, trees, and accessible street furniture would improve walkability and reduce the need to drive. Retail amenities such as cafés, pubs, and boutiques can provide neighbourhood meeting places, shopping convenience, and help establish a sense of community.
- 3) The Southwood Lands currently contain well-used cycling and pedestrian pathways. A river walk with defined multi-modal paths and more permanent materials would improve conditions for commuters and recreational users, while better integrating the Red River into the campus' open spaces.
- 4) The *Visionary (re)Generation* plan proposes intergenerational housing. We support the inclusion of senior-specific housing with a range of care options to give current university staff and area residents the opportunity to age-in-place while remaining involved in campus life. A high-density complex would reduce the need for seniors to walk or drive long distances to reach neighbourhood amenities.
- 5) We also support the *Visionary (re)Generation* proposal for "complete streets". These would provide a mixed-use corridor shared by pedestrians, cyclists, transit, and cars that incorporates pedestrian-friendly and safety-conscious features such as wide sidewalks, clearly demarcated crossings, and curb bump outs. This model could be incorporated throughout the Southwood development.

# Q PARKING LOT

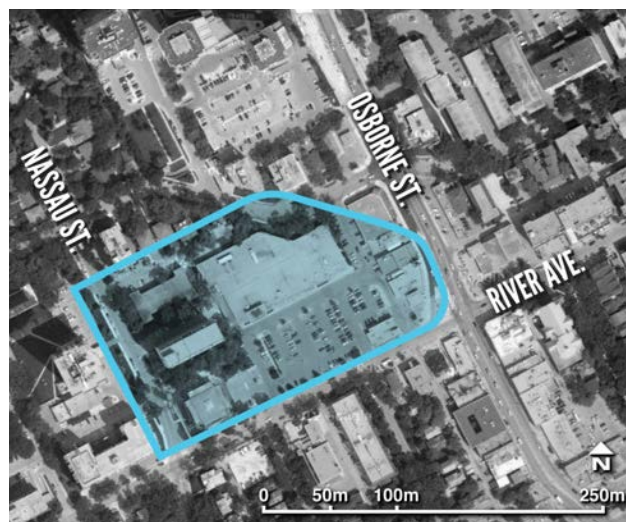
## WHY IS THIS AREA IMPORTANT?

Q Lot is a large 5.5 acre surface parking lot at the northern end of the campus. The lot is located between the existing campus and the proposed Southwood community.

This site was chosen as a potential site of improvement as it provides great potential for development that can act as a transitional space between the existing campus and the Southwood Lands.

We believe the University of Manitoba should consider building up before building out and focus on developing new high-quality spaces adjacent to existing buildings and infrastructure.

The lot is also adjacent to the future proposed rapid transit corridor along Markham Road and was designated for high-density uses by the Campus Planning Office.



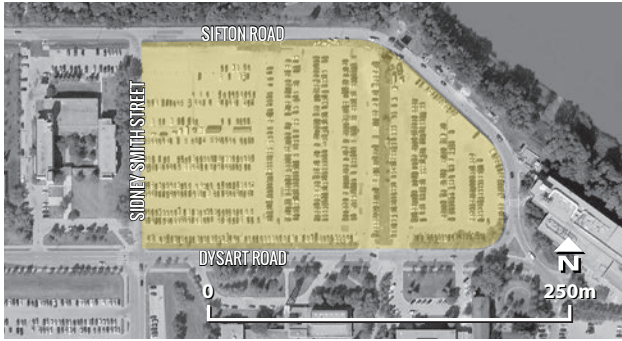
**Figure 62:** An overlay of Q Lot on Osborne Village encompasses Safeway, residential towers, retail and parking



**Figure 63:** The current Q Lot for student parking



**Figure 64:** Existing view of Sidney Smith Street, looking south from Sifton Road



**Figure 65:** Q Lot surface parking at the north end of the Fort Garry campus



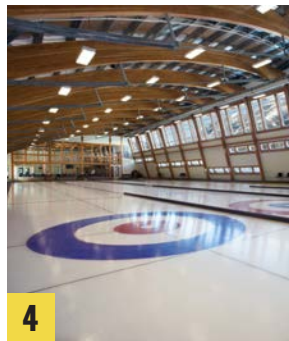
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**Figure 67:** Grocery store in mixed-use development, UBC



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**Figure 69:** Curling rink, Banff, AB



**Figure 70:** Sundance Square in Fort Worth, TX

## PROPOSED IDEAS

- 1) An intergenerational learning centre will bring together older adults, including retired faculty, to collaborate with students through educational and social programming. The centre could run activities such as lecture series, educational workshops, and mentorship programs.
- 2) A mixed-use development including a full-service grocery store would increase food options for campus students and staff, as well as serve future residents of the Southwood Lands. A grocery store would help to anchor development in the Q Lot area, creating a major hub of activity that would tie together the existing campus with the new Southwood community.
- 3) High-density student housing could be provided to expand options on campus to better serve the needs of graduate students, couples, families, and international students.
- 4) Existing recreational services could be expanded with the addition of a curling rink. Such a development would compliment existing facilities, provide a venue for the campus curling club, and allow recreational opportunities for community members of all ages.
- 5) A multi-use plaza would provide a venue where students, staff, and residents from the surrounding neighbourhoods could gather for socializing, people watching, and programmed events like farmers' markets. Surrounding mixed-use development, including retail and student housing, could keep the space lively throughout the day.

# SIDNEY SMITH STREET

## WHY IS THIS AREA IMPORTANT?

Named after the second president of the University of Manitoba (1934-1945), Sidney Smith Street is located within the core campus. It runs on a north-south axis between Curry Place and Sifton Road.

The street is well used by cyclists connecting from Pembina Highway, and is the primary through-way to the campus parkade.

This is an important area of focus because it provides a link between the existing core campus and the proposed development on the Southwood Lands. The *Visionary (re) Generation* document has proposed that Sidney Smith could become an additional transit corridor, changing the characteristics of the area and contributing to the vision of the campus becoming a more complete community.



**Figure 71:** Existing view of Sidney Smith Street, looking north from Curry Place



**Figure 72:** Existing view of Sidney Smith Street, looking south from Dysart Road



**Figure 73:** Sidney Smith Street between Sifton Road to the north and Curry Place to the south



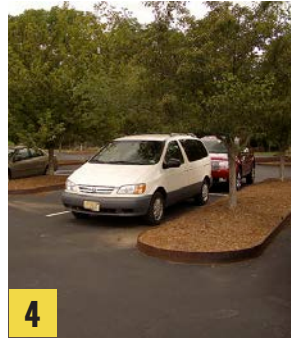
**Figure 74:** Sidewalks on both sides of the street



**Figure 75:** Streetfront retail, Wesbrook Village, UBC, Vancouver, BC



**Figure 76:** Separated bike lane



**Figure 77:** Trees integrated into a parking lot



## PROPOSED IDEAS

- 1) Currently the sidewalks on Sidney Smith Street lack continuity, particularly on the eastern side of the street. The addition of sidewalks on both sides of the street would increase the safety for pedestrians and promote walkability.
- 2) This area is underdeveloped and lacks definition. It is framed by the backside of several buildings and parking lots. Based on the *Visionary (re) Generation* documents, we support the development of the space for retail. This would encourage foot traffic, with the addition of retail storefronts making the street more appealing.
- 3) Active transportation would be promoted by installing a separated bike lane. Sidney Smith Street has been identified as a major route for cyclists coming to and from Southwood Lands. Separated bike lanes would enhance the perception of safety making cycling a more attractive option for people of all ages and cycling abilities.
- 4) The parking lots on Sidney Smith Street are large and exposed. By integrating landscaping into parking lots, trees can act as a windbreak, providing a more enjoyable experience for people in those areas. Trees would also conceal the parking lots making the street appear more complete.

# ADMIN/QUAD/BUS

## WHY IS THIS AREA IMPORTANT?

Constructed in 1911, the Administration Building has always been recognized as a central hub and landmark on the University of Manitoba's Fort Garry campus.

Located adjacent to the Administration Building, the Duckworth Quadrangle is currently used mainly for passage to and from the bus terminal. However, in the past it has been a main site for orientation activities during the first weeks of school. Surrounded by trees, it is also a unique green space in the central campus area. The campus' main bus terminal is located on the side of the Quad furthest from the Administration Building.

This entire central area is important as it is intricately linked with the identity of the University of Manitoba. Being a main point of arrival, the implementation of wayfinding strategies to help people find their way around campus should start in this area.

*"The entire area is intricately linked with the identity of the University of Manitoba."*



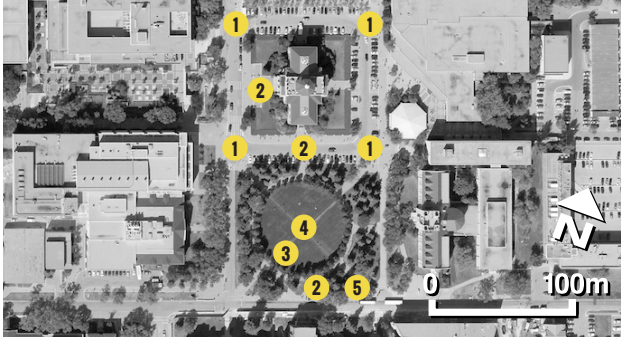
**Figure 78:** Administration Building, Fort Garry campus, University of Manitoba



**Figure 79:** Duckworth Quadrangle, Fort Garry campus



**Figure 80:** Main bus terminal, Fort Garry campus



**Figure 81:** Administration Building, Duckworth Quadrangle, and main bus terminal



**Figure 82:** "Naked street" concept, Laweiplein, NL



**Figure 83:** Clear signage, Frankston Waterfront, AUS



**Figure 84:** Bench seating, Green Furniture Sweden, SE



**Figure 85:** Bryant Park, New York, NY



**Figure 86:** Bus terminal, Hamburg, DE

## PROPOSED IDEAS

- 1) The area surrounding the Administration Building is an ideal location for the application of the "naked streets" model. Previous interventions have noted a reduction in accidents due to drivers lowering their speed and paying more attention to the goings-on around them. This would create a safer environment for the many pedestrians on campus.
- 2) A key component of campus renewal is the implementation of a wayfinding strategy. It will be important to include age-friendly signage that uses tactile attributes to help guide those with visual impairments. Location of signage should be clearly visible or accessible to touch when required. In addition, signs should contain text and pictographs that are clear in meaning, using legible fonts and colours that are in contrast with the background.
- 3) Despite its main use as a passage to and from the bus terminal, the central location of the Quad makes it an ideal place for public gatherings, and its atmosphere should be fostered as such. Improved lighting would help promote the area as a public space by fostering feelings of security. Furthermore, increasing the amount of age-friendly seating around the quad would help promote the area as public space. Design aspects such as added arm-rests will make benches more accessible.
- 4) The addition of a focal element, such as a fountain, may also encourage students and visitors to enjoy the Quad area.
- 5) Similar to the entrances onto campus, improvements to the main bus terminal would help provide people with a sense of arrival and increase the terminal's image as a navigational landmark.

# EMBRACING WINTER

## WHY IS WINTER IMPORTANT?

Winter can present many challenges for older adults, especially those with restricted mobility or cognitive disabilities. Risks and barriers can be mitigated through a variety of all-season designs.

The University should be incorporating elements and considerations of urban design for safety and comfort, but also for winter activities, aesthetics and interest. This can include covered resting areas, interior pathways, infrastructure for outdoor activities, and use of landscaping. Better design elements make getting around, and spending time outdoors safer and more enjoyable.

As a result of the feedback from the community consultation we decided to consider winter as a focus area of its own. Due to the significant role it plays in the lives of people living in Winnipeg, we feel it's important to foster an attitude of embracing the season.

*"The weather may compound the difficulties experienced by older people..."*

*- WHO Age-Friendly Cities: A Guide*



**Figure 87:** Looking east down Curry Place, Fort Garry campus



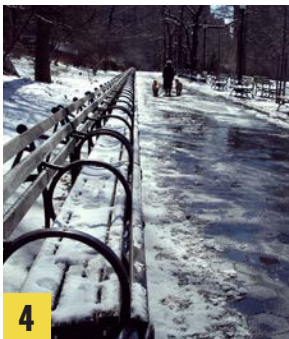
**Figure 88:** All-ages recreation such as cross-country skiing could be integrated into the Southwood Lands



**Figure 89:** Temporary shelters provide places to rest that are protected from the wind



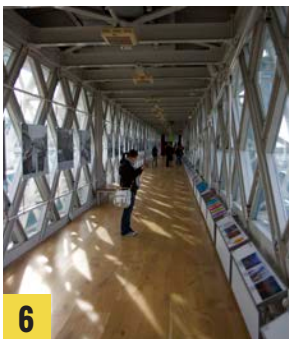
**Figure 90:** Public space that serves as a plaza in summer, and a skating rink in winter



**Figure 91:** Wooden benches with multiple arm-rests



**Figure 92:** Greenhouse interior



**Figure 93:** Above ground, enclosed corridor



**Figure 94:** Atrium between adjacent buildings



**Figure 95:** Installation of a snow-melt system, and snow-melt sidewalk during winter

## PROPOSED IDEAS

- 1) All-ages winter recreation opportunities, such as cross-country skiing trails would promote continuation of physical activity through the winter.
- 2) Temporary shelters along pedestrian networks would provide escape from the wind.
- 3) Multi-use spaces would provide opportunity for year-round social engagement.
- 4) Wooden benches would be warmer than metal to sit on in cold weather.
- 5) One of the campus greenhouses could be opened to the public as an indoor green space.
- 6) Enclosed ground level corridors between buildings could be used in lieu of tunnels where appropriate.
- 7) Atriums would allow for more natural light indoors.
- 8) Snow-melt sidewalks would keep walking surfaces free from snow and ice, reducing the risk of falls.

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# PHASE 3

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## CONSULTATION & FINAL THOUGHTS

Phase three of our project consisted of a final presentation to the University of Manitoba Retirees Association, Centre on Aging, Campus Planning Office and Government Community Engagement. Feedback from this final presentation were integrated into this final report. This report is the culmination of three months of work assessing the age-friendliness of the University of Manitoba, Fort Garry campus and proposed Southwood Lands development.



# FINAL THOUGHTS

## COMMUNITY FEEDBACK

We held our final presentation on December 10, 2014 at the Event Centre, in SmartPark. In attendance were members from the Centre on Aging, Campus Planning Office, the University of Manitoba Retirees Association, and Government Community Engagement. Overall the presentation was well received and feedback was positive, building on the ideas that were presented.

In regards to the focus on winter, it was suggested that the incorporation of more heating elements such as bonfire pits would help promote public gathering in outdoor spaces during winter months. All groups enjoyed our proposed ideas for active transportation. Comments were made highlighting the importance of communicating the existence of active transportation infrastructure to older adults and fostering a positive attitude around the concept. A campus bike share was also suggested as a novel way to encourage active living. The “naked streets” concept was well received for the area surrounding the Administration Building. Opinion was that this was a good compromise for an area that is predominantly used by pedestrians, but still requires vehicular access.



**Figure 96:** Discussing the project findings at the final consultation



**Figure 97:** James and Brittany presenting



**Figure 98:** Community members inspecting the project boards

## FINAL THOUGHTS

Throughout this project we examined the age-friendliness of the Fort Garry Campus, and the proposed Southwood Lands development. We found the campus to have many age-friendly assets; it has extensive age-friendly recreational activities and supports various cultural and educational events that could attract older people. However, current activities could be improved upon through better advertising and community relations. The University of Manitoba could also take the lead from other places and universities in Canada and worldwide that are building extensive intergenerational programming.

Existing infrastructure should be updated to be more universally accessible. While it is not feasible to expect the University to drastically change the physical design of existing buildings, there is potential for modifications to be made that would enable greater accessibility. Maintenance of walkways, ramps and other

pedestrian spaces would provide greater usability for people with mobility issues.

With the acquisition of and proposal for the Southwood Lands, the University of Manitoba has the opportunity to include age-friendly design considerations from the initial stages of development. The University should also consider densifying the current campus before expanding development to the Southwood Lands.

For the purposes of this project, we focused on the core campus and the Southwood Lands. Though the Smartpark and area surrounding the Investor's Group Field were not examined, we recognize that these areas should be considered for a more complete study of the Fort Garry campus. In addition, this project has not incorporated any aspects of indigenous planning, which we acknowledge to be an important consideration.

## ACKNOWLEDGMENTS

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- **Ian Hall & Roxanne Gratton**  
Office of Sustainability
- **Richard Milgrom & Molly Johnson**  
Department of City Planning

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