

WHO WE ARE

- We are first year students in the Master of City Planning program at the University of Manitoba
- This studio course is focused on planning for age-friendly communities in Manitoba

AGE-FRIENDLY PLANNING

- The number of Manitobans age 65 and over is growing.
- Age-friendly planning is how communities support older adults as they age to continue leading active lives.

FOCUS AREAS

Our project focuses on four major areas for age-friendly planning:

- Housing
- Transportation
- Outdoor spaces & buildings
- Social Infrastructure

These areas are a condensed version of the topic areas outlined by the World Health Organization's guidance on

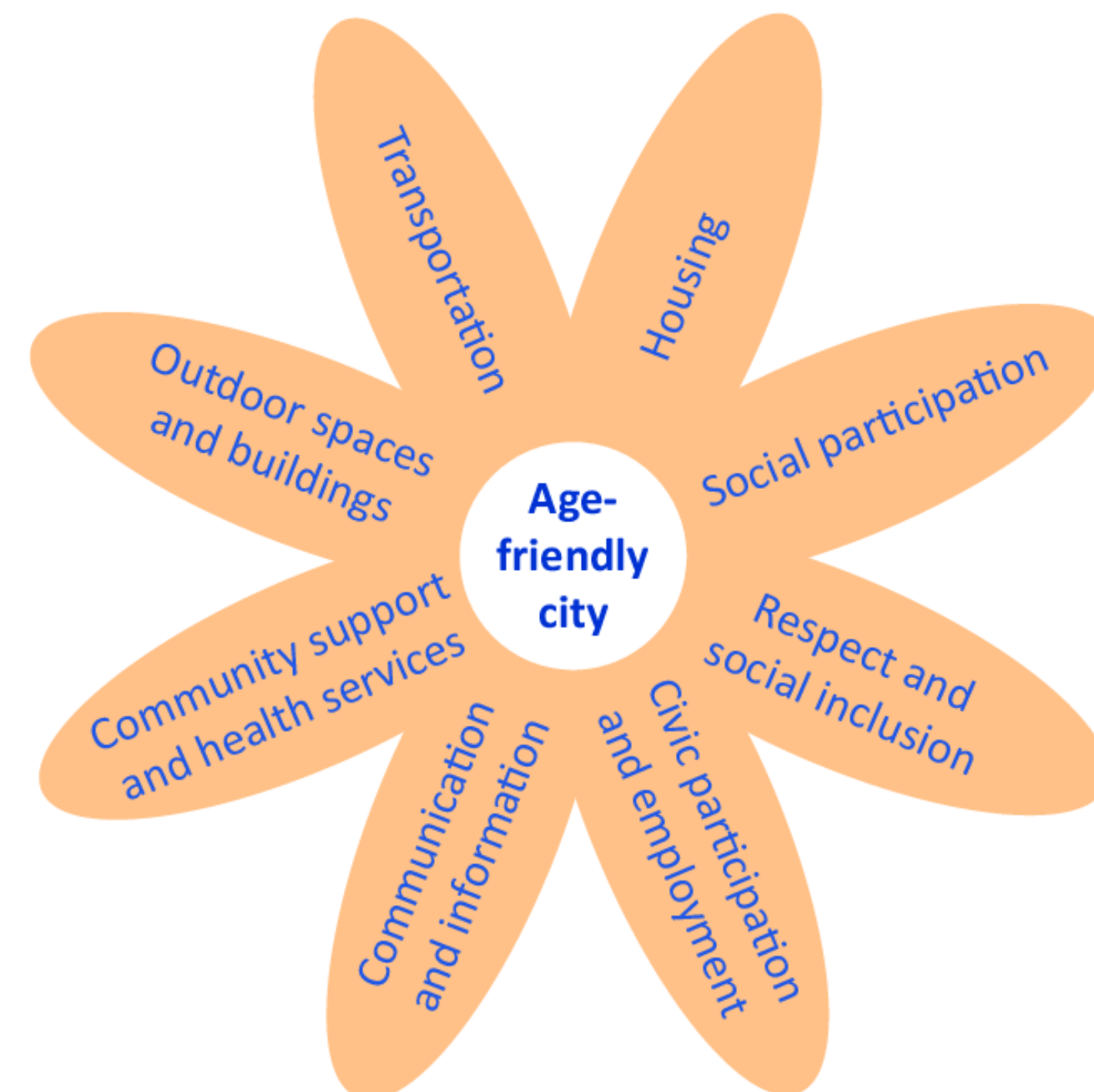


Figure 1 - Age-friendly city topic areas from Global Age-friendly Cities: A Guide

INVESTMENT & TIMELINE

The options set out in this project are divided into three categories:

Short term

- Minimal up-front investment
- Timeline of 12 months or less

Medium term

- Integrated into existing budget
- Timeline typically 12 - 36 months

Long term

- Additional investment required
- Timeline longer than 36 months

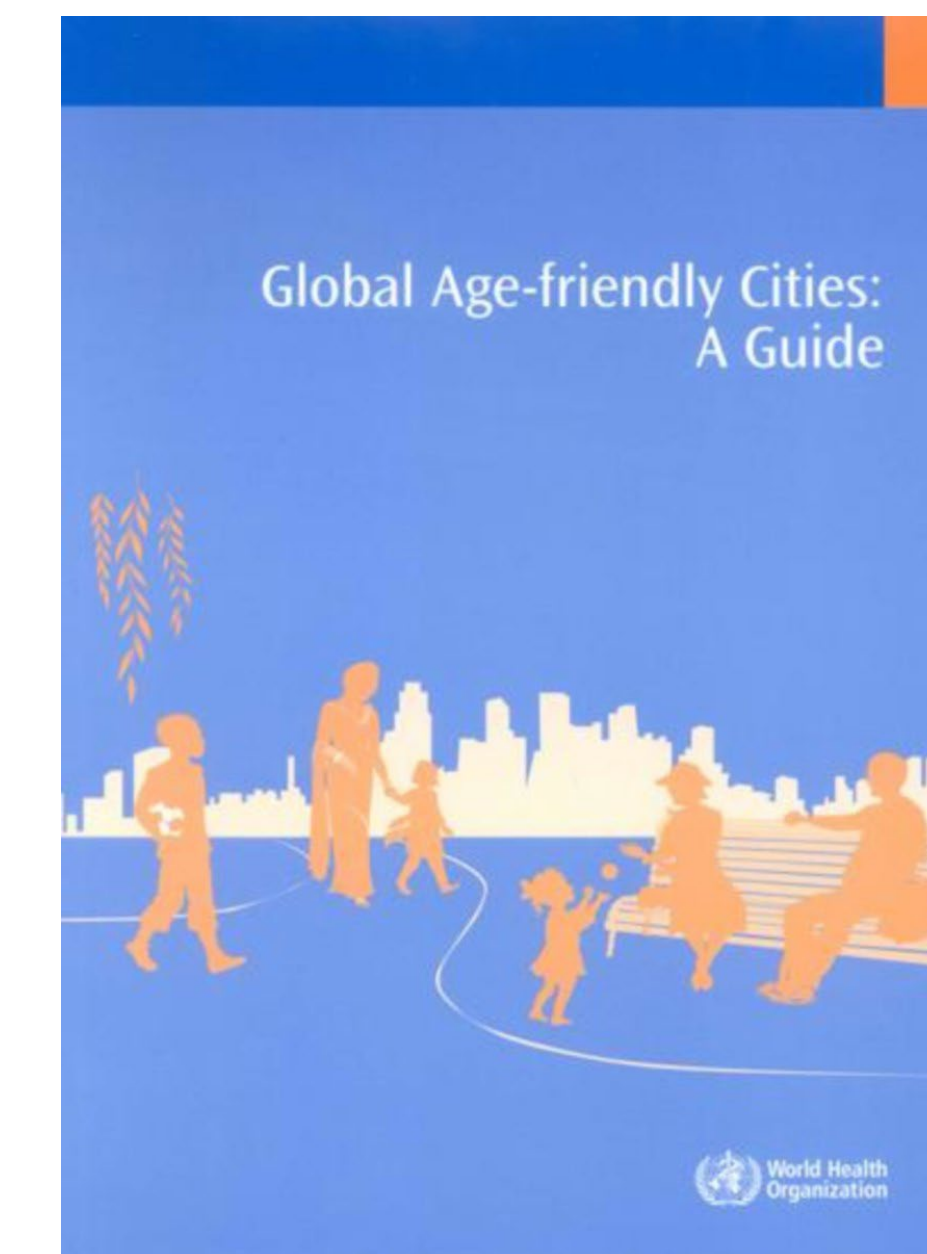
age-friendly planning (Figure 1). Together, these represent a comprehensive approach to meeting the diverse needs of Minnedosa's older adults.

These options are intended to inspire the community to continue thinking about planning for older adults. Projects are subject to available resources.

GUIDING DOCUMENTS

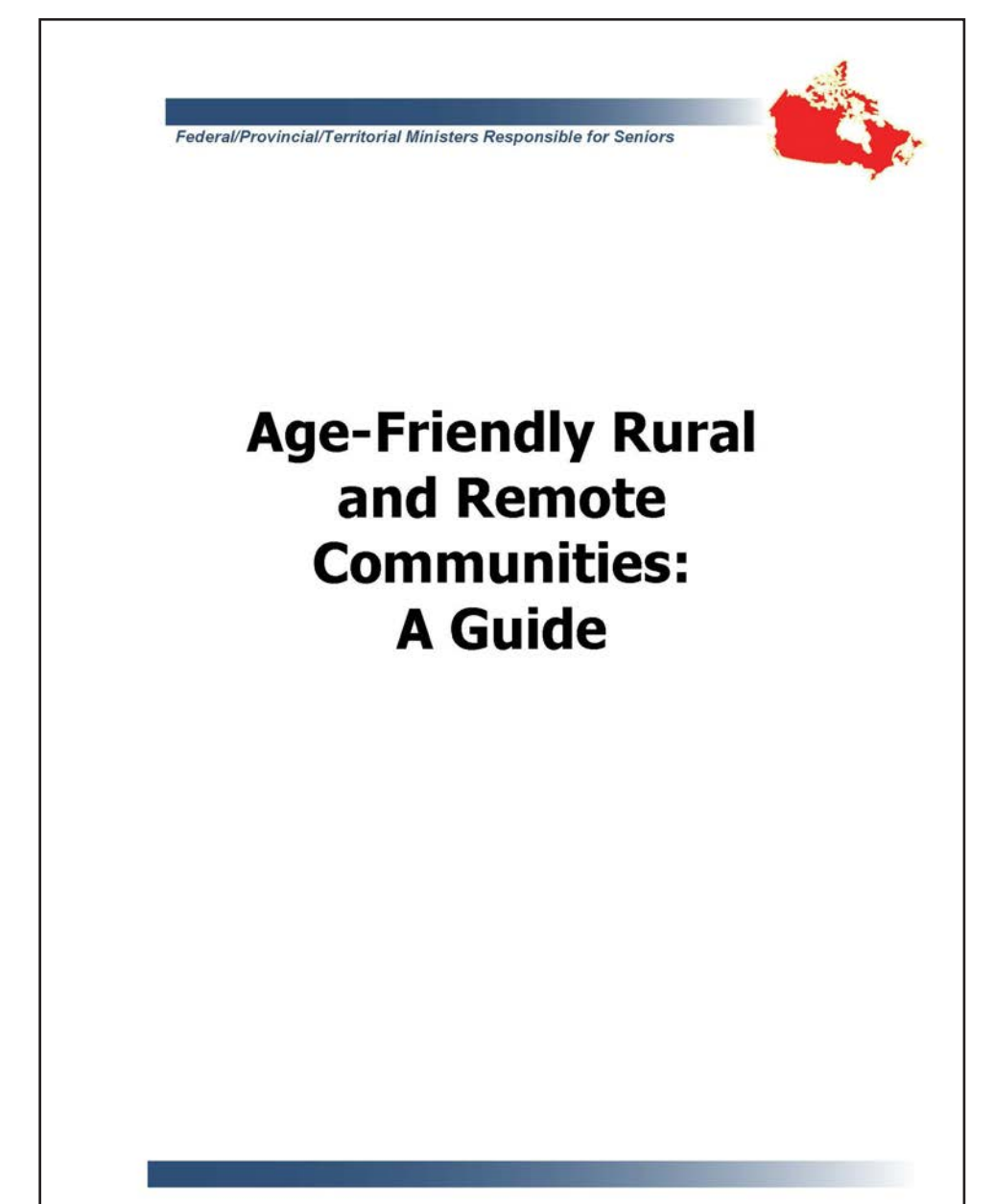
Our understanding of age-friendly planning is drawn from:

- The World Health Organization (WHO)'s *Global Age-Friendly Cities: A Guide*
- *Age-Friendly Rural and Remote Communities: A Guide*, developed by the Canadian Federal, Provincial, and Territorial governments.



- The World Health Organization developed this document to help communities around the world plan for increasing numbers of older adults.

- This document supports rural Canadian communities in understanding what their seniors need to maintain active, healthy, and productive lives.



SITE CONTEXT

Minnedosa is located in southwestern Manitoba and is situated 50 km north of Brandon and 50 km south of Riding Mountain National Park. The town is serviced by Highway 16A which is a part of the Yellowhead Highway which runs from Winnipeg to the west coast of BC.



Fig. 2. Aerial photo of Minnedosa
Credit: Brandon Sun

The Little Saskatchewan River flows through the town centre and the Minnedosa Dam forms Minnedosa Lake in the northeast. The town's name means "flowing water" in the Dakota language. The population of Minnedosa reported in 2021 Statistics Canada Census was 2,407. The town is adjacent to the Rural Municipality of Minto-Odanah.

SCALE OF GOALS

- Age-Friendly Main Street:** Primarily focuses on Main St.
- Age-Friendly Neighbourhoods:** Primarily focuses on surrounding neighbourhoods and areas close to where seniors live
- Age-Friendly Community:** Considers holistic view of Minnedosa and how options may affect Minnedosa as a whole



Map of Minnedosa with some key spaces highlighted



New Events Centre
Credit: Brandon Sun



Fig.3. Bison Park
Credit: Brandon Sun

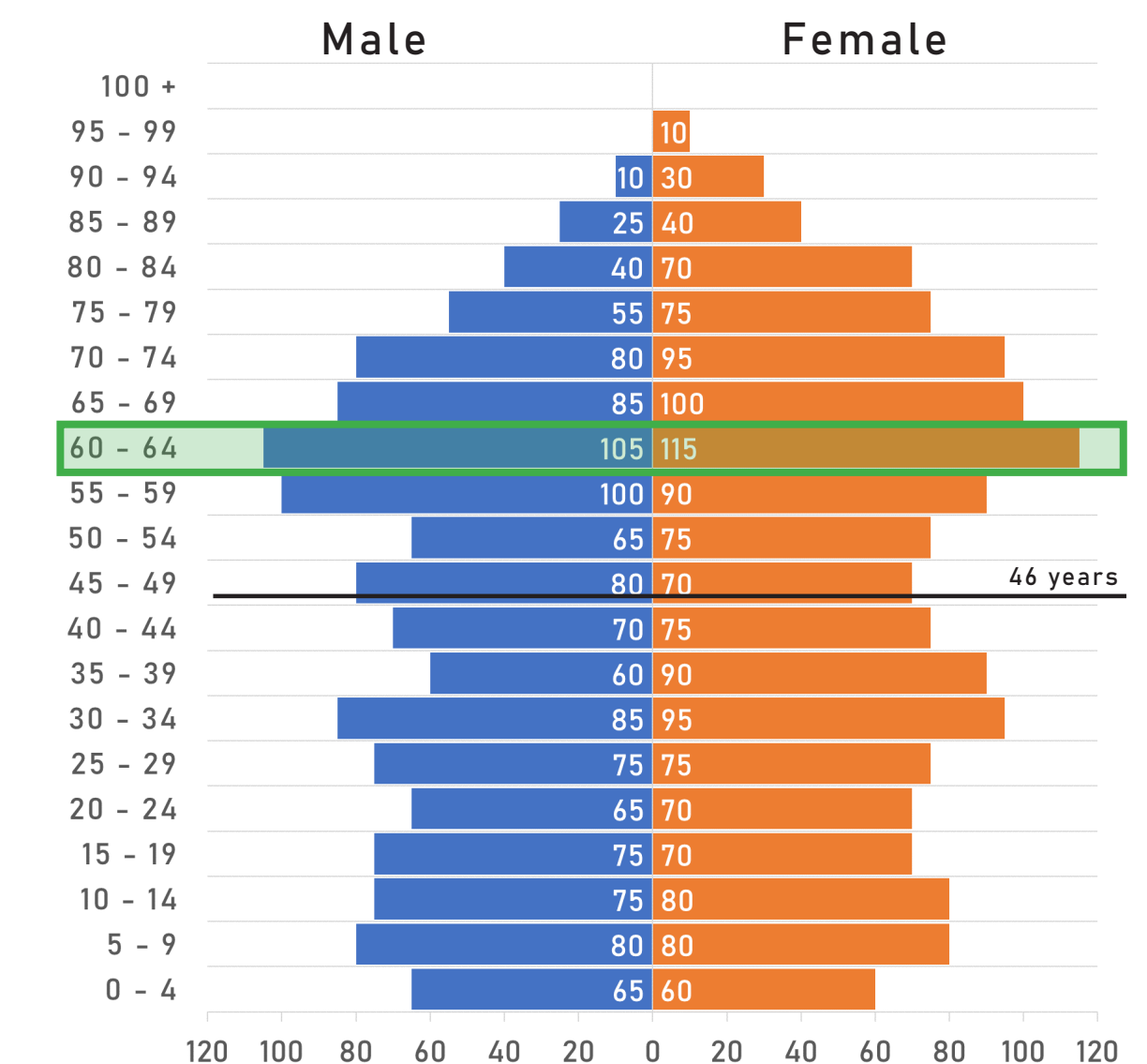


Fig. 4. Senior Centre
Credit: Manitoba Seniors Association

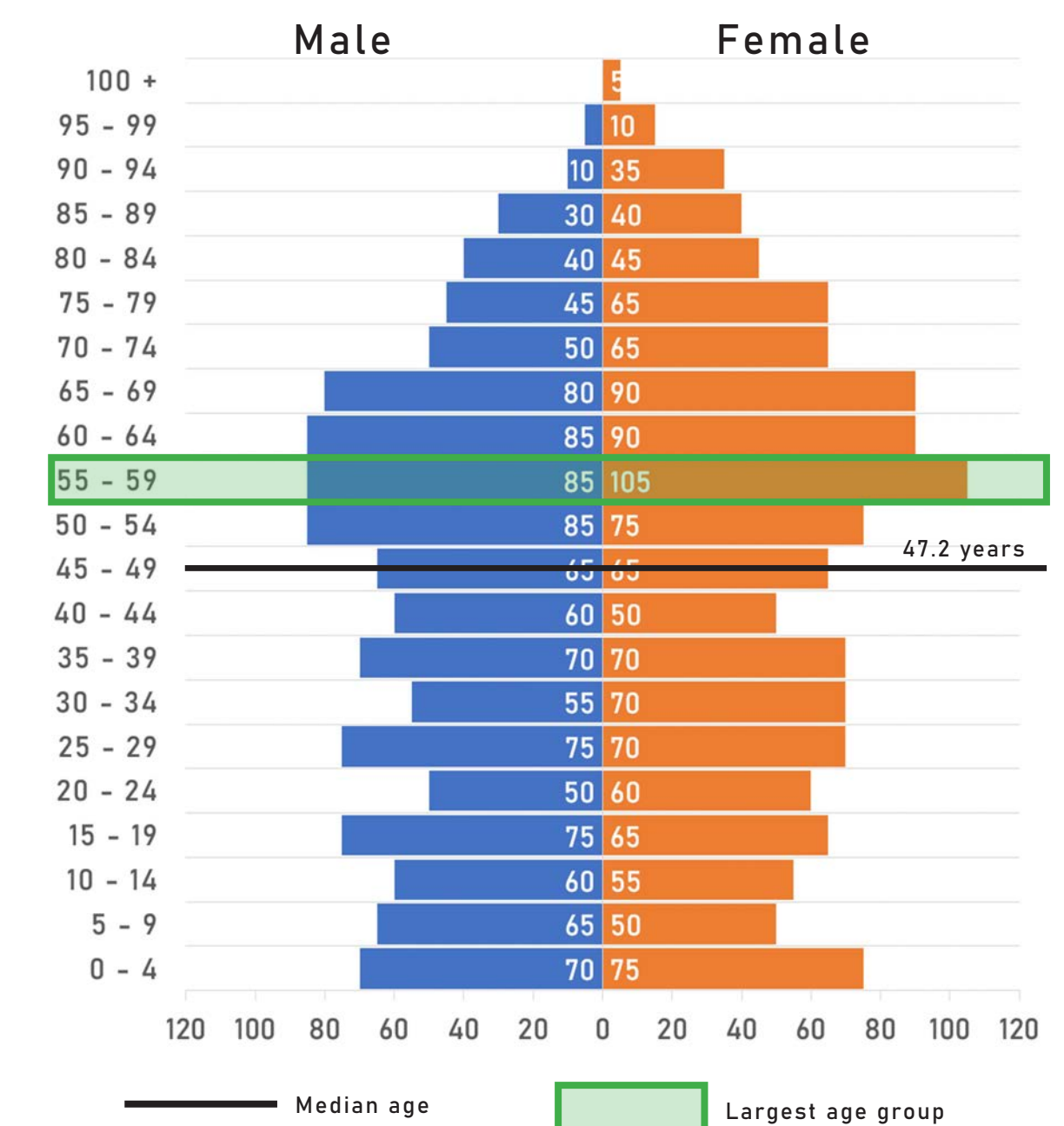


Fig. 5. Health Centre
Photograph by Rudolph Nsoh

2021 Census of Population - Minnedosa



2016 Census of Population - Minnedosa

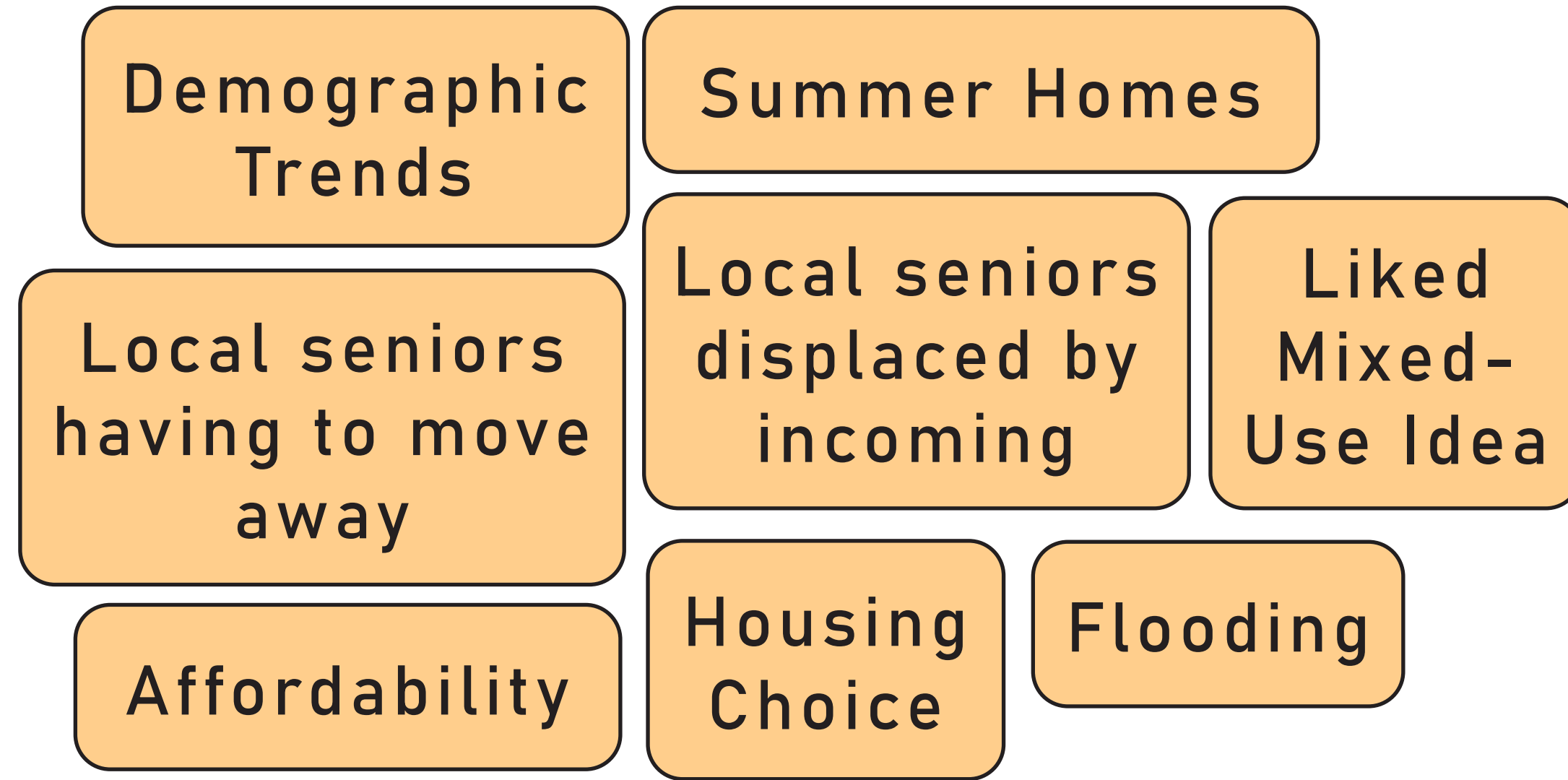


2021 Census of Population

- Overall population increased by 11.9% between 2016 and 2021
- The largest age group was ages 60-64 (220 people)
- 26.1% of the population (715 people) was age 65 and over compared to 25.6% (625 people) in 2016
- 35.1% of people live in 1-person households in Minnedosa

WHAT WE HEARD

During meetings, residents identified a number of concerns regarding housing. Issues included:



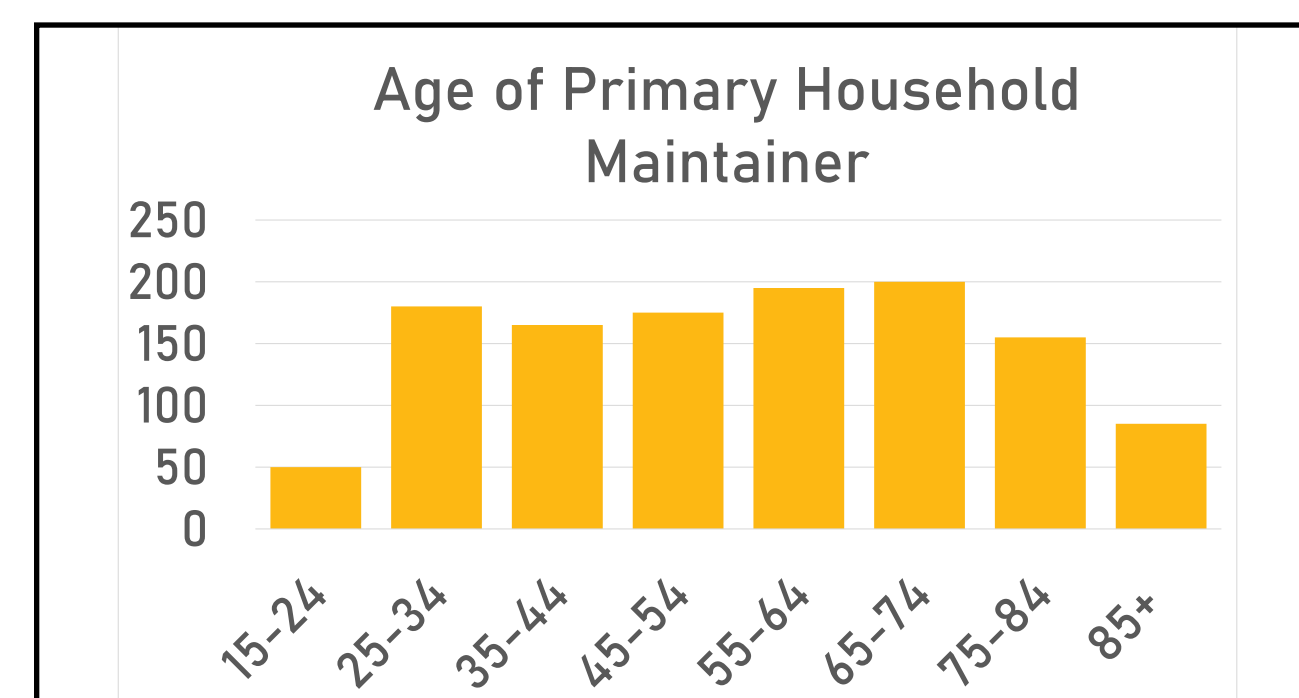
CONCERNS

- Walkability of services from residential areas.
- Potential for flooding in areas near river.
- Current zoning regulations related to mixed and multi-unit residential uses.
- Access to sidewalk network from existing residential areas.



Fig. 6. Minnedosa flooding, 2022.

Credit: CBC News



- Minnedosa has a significant population in both the 65+ and 55-65 age ranges who are the primary maintainer of their household. Housing options which are less burdensome can lessen the workload for older adults who are primary household maintainers.

- Data retrieved from Statistics Canada 2021 Census.

HOUSING LOCATIONS

Happy with current housing located close to amenities, unsure where future housing will be developed that is close to amenities. Future Active Living Facility to be located away from amenities on Main Street.

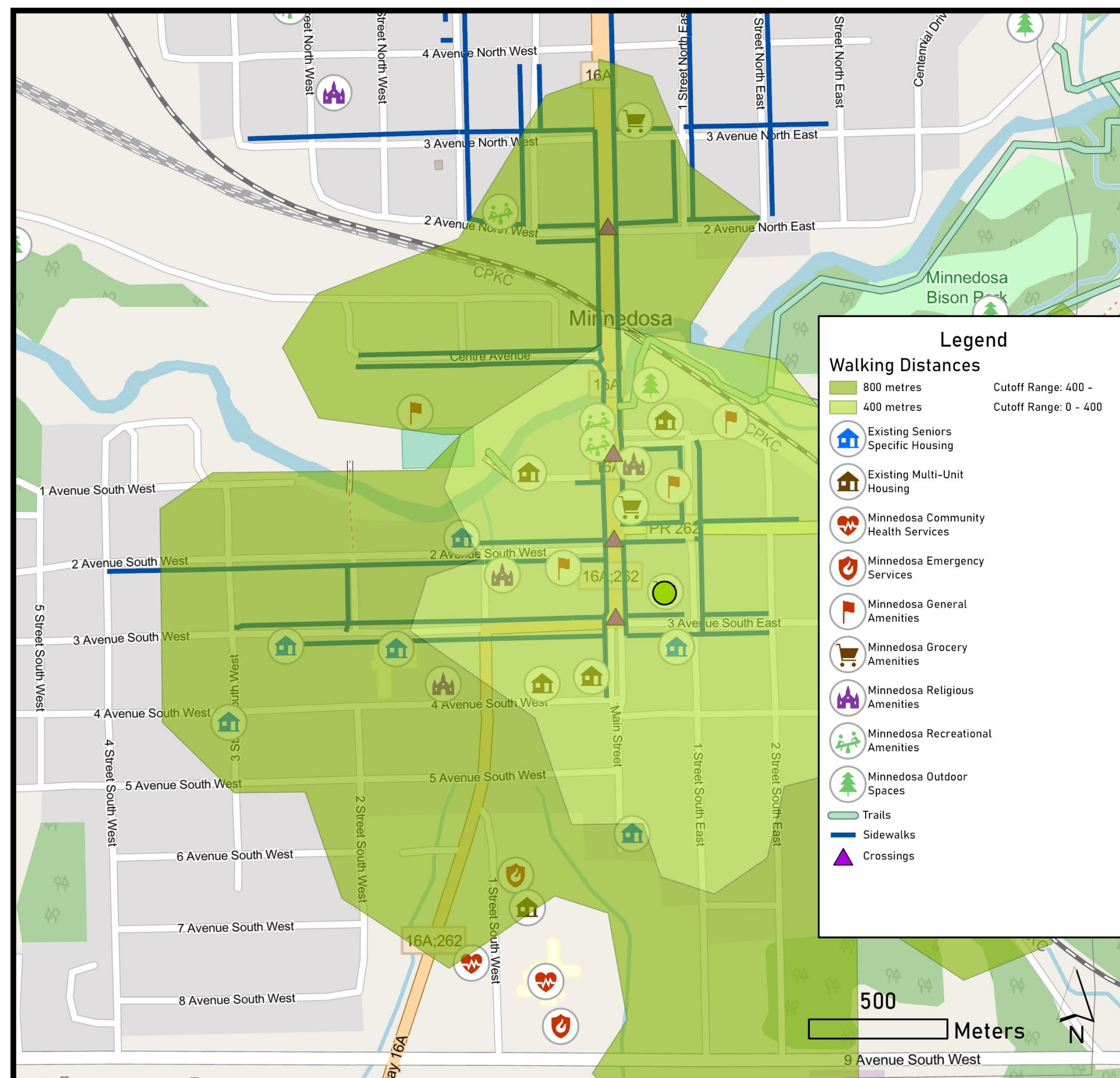
Housing dedicated to seniors, includes:

- Personal care home
- Legion Gardens
- Kinsman Court
- Townview Manor
- Stewart House

All are located in close proximity to Main Street and associated amenities.



Fig. 7. Assisted Living Facility in Boissevain. Inspiration for Active Living Facility. Credit: Cherry Creek Place



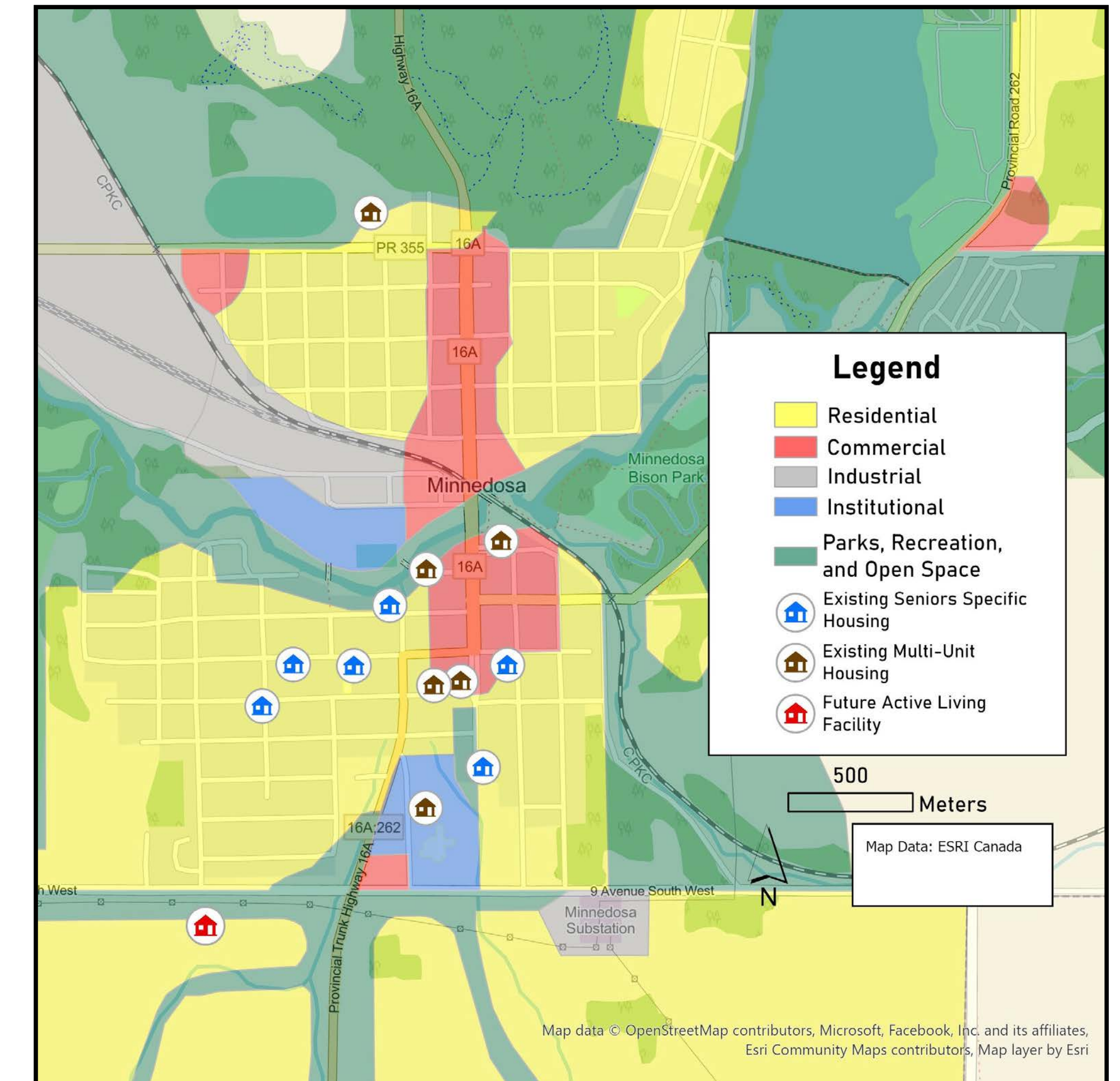
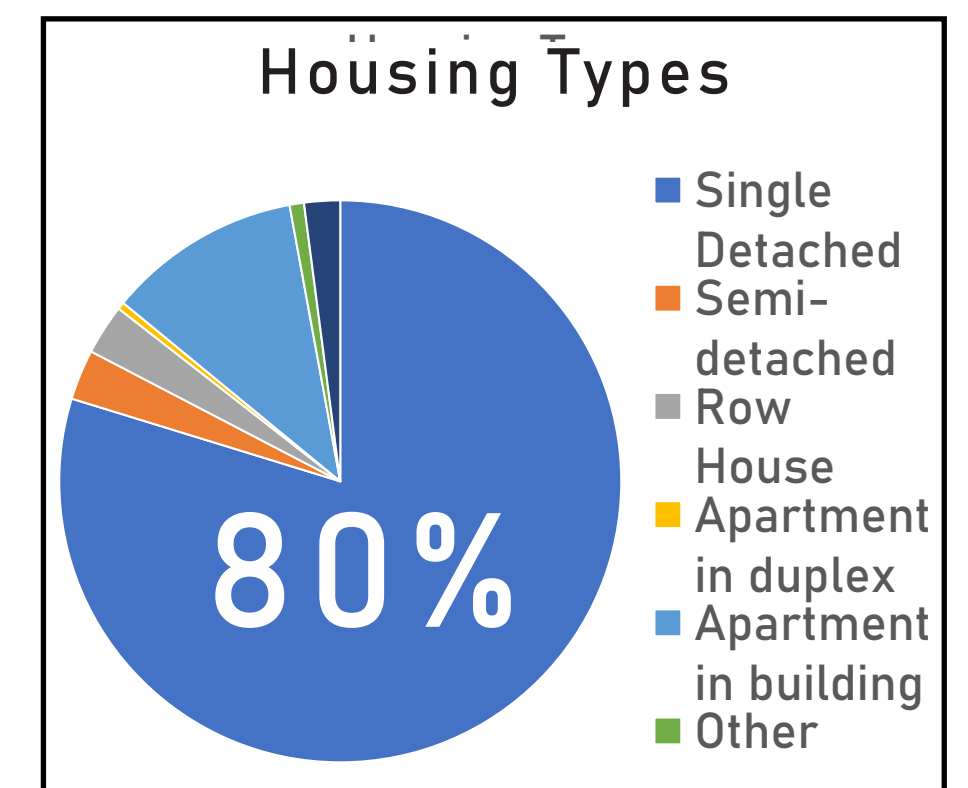
HOUSING OPTIONS

- Housing is currently primarily single detached.
- Residents agreed that it is necessary to diversify housing mix and that the foundations for more diverse housing exist to build off of.
- Discussed potential for downtown redevelopment incorporating housing.



Fig. 8. Townview Manor in Minnedosa.

Credit: The Brandon Sun



WHAT WE HEARD

Older adults move around Minnedosa in a variety of ways, including driving private vehicles, getting rides from family or friends, taking community transportation like the Handivan or taxi, or using active transportation such as walking or cycling. While there are many good options today, there are a few key areas that could be strengthened to ensure support for all older adults.



Fig. 9. Older people biking
Credit: The Heritage



Fig. 10. Minnedosa Flag Walk
Photo by Alexis Stockford

COMMUNITY TRANSPORTATION

- The **Handivan** and **taxi** service are valuable assets to the community, but neither are being used to their full potential.



Fig. 11. Older people by handivan
Credit: Stock - Kali9

ACTIVE TRANSPORTATION

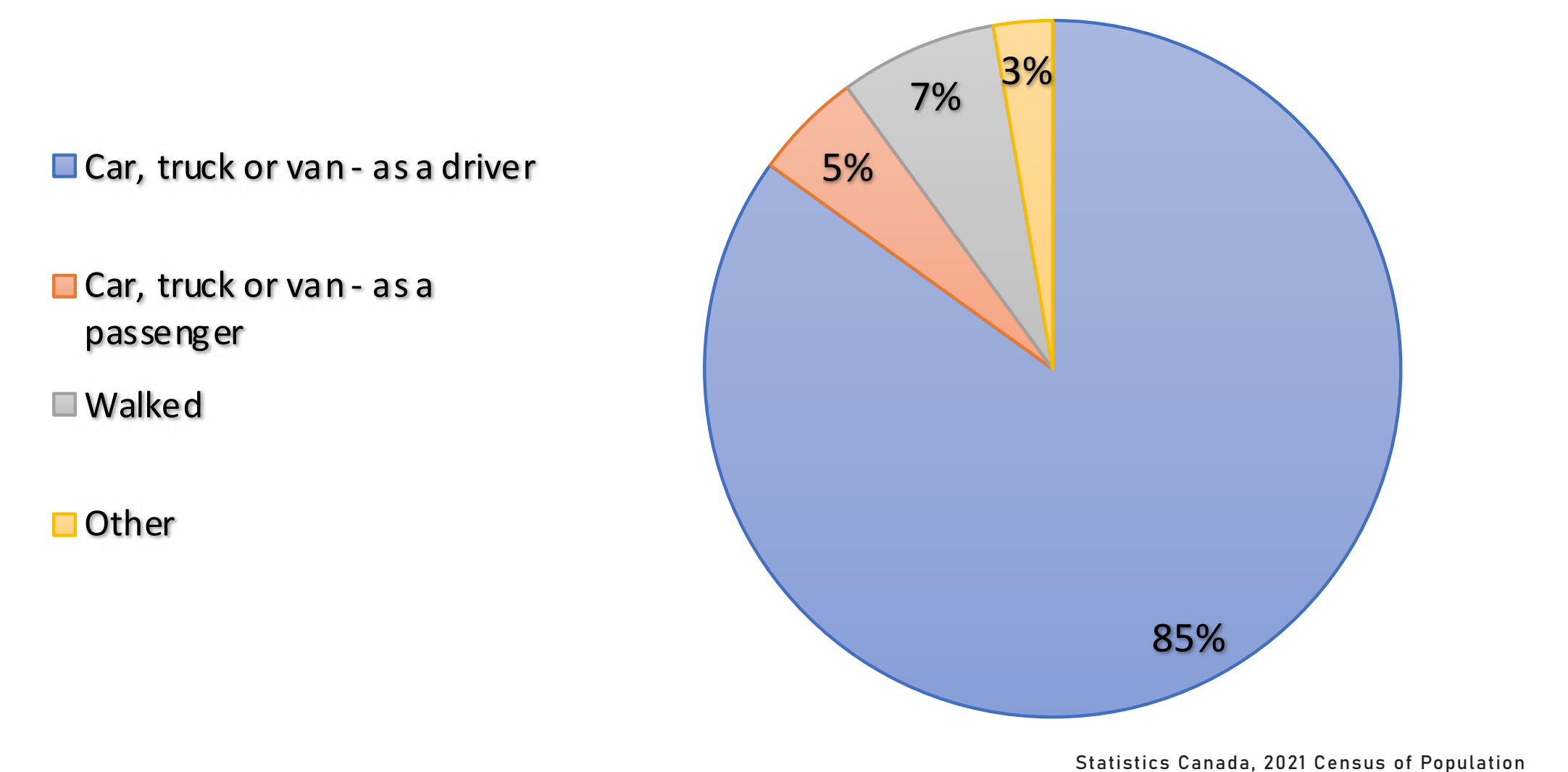
- Many older adults choose to **walk or bike** for both pleasure trips and day-to-day transportation needs.
- The recreational **trails** are a valuable and well used community asset.
- Supporting active transportation needs requires key **infrastructure investments**.

- **Affordability** is a key concern for older adults wanting to use these services.
- Traveling to larger centres like **Brandon** or **Winnipeg** can be challenging for those who are unable to drive their own vehicle since there is no scheduled bus service.
- No **community transportation plan** has been developed to ensure that all types of transportation are evaluated strategically.

PRIVATE VEHICLES

- For many of Minnedosa's older adults **driving** a personal vehicle is their primary way of getting around.

Minnedosa Commuting



- 930 people in Minnedosa (85%) commute in cars, trucks, or vans as a driver
- 80 people (7%) walk as their main mode of commuting
- **Parking** is relatively easy to find, but for some locations priority parking should be located closer to the destination.



Fig. 12. Older people by handivan
Credit: Global News

HOUSING

Explore opportunities for mixed-use development along Main Street.

SHORT TERM

- Determine potential uses of identified redevelopment sites.
- Site-specific zoning for mixed-use opportunities



Fig. 13. Mixed-use infill development.

Credit: Park Central. St. Louis, MO

MEDIUM TERM

- Develop and adopt a set of mixed use plans and policies.
- Work to attract desired potential uses to new / redevelopment sites.



Fig. 14. Hotel with both nightly and rental.

Credit: Super 8 St. John's

LONG TERM

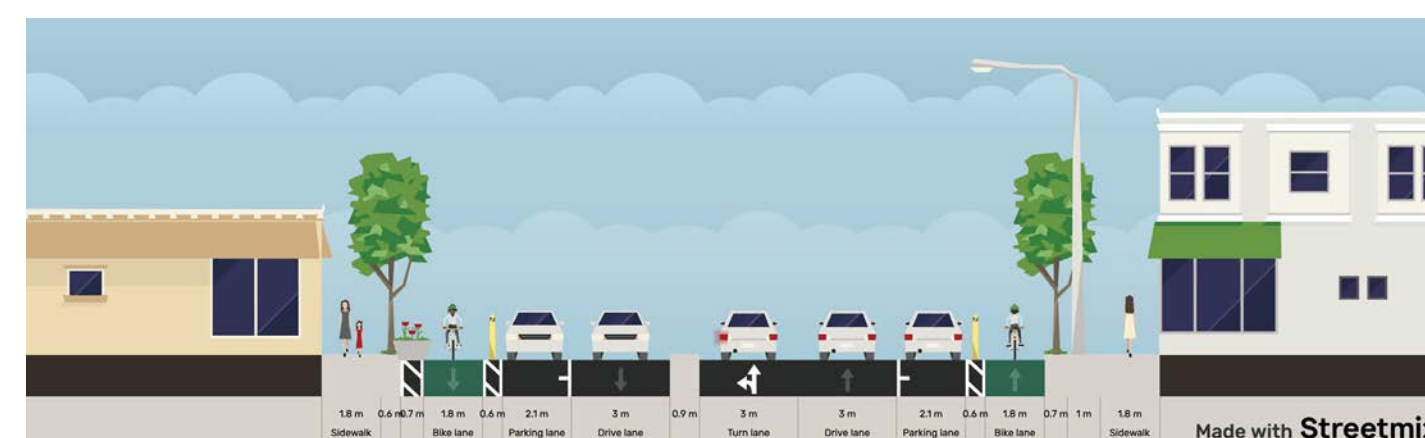
- Create a 'Mixed-use' zone to encourage more mixed-use development.
- Redevelop other spaces along Main Street into mixed use



Fig. 15. Mixed-use redevelopment

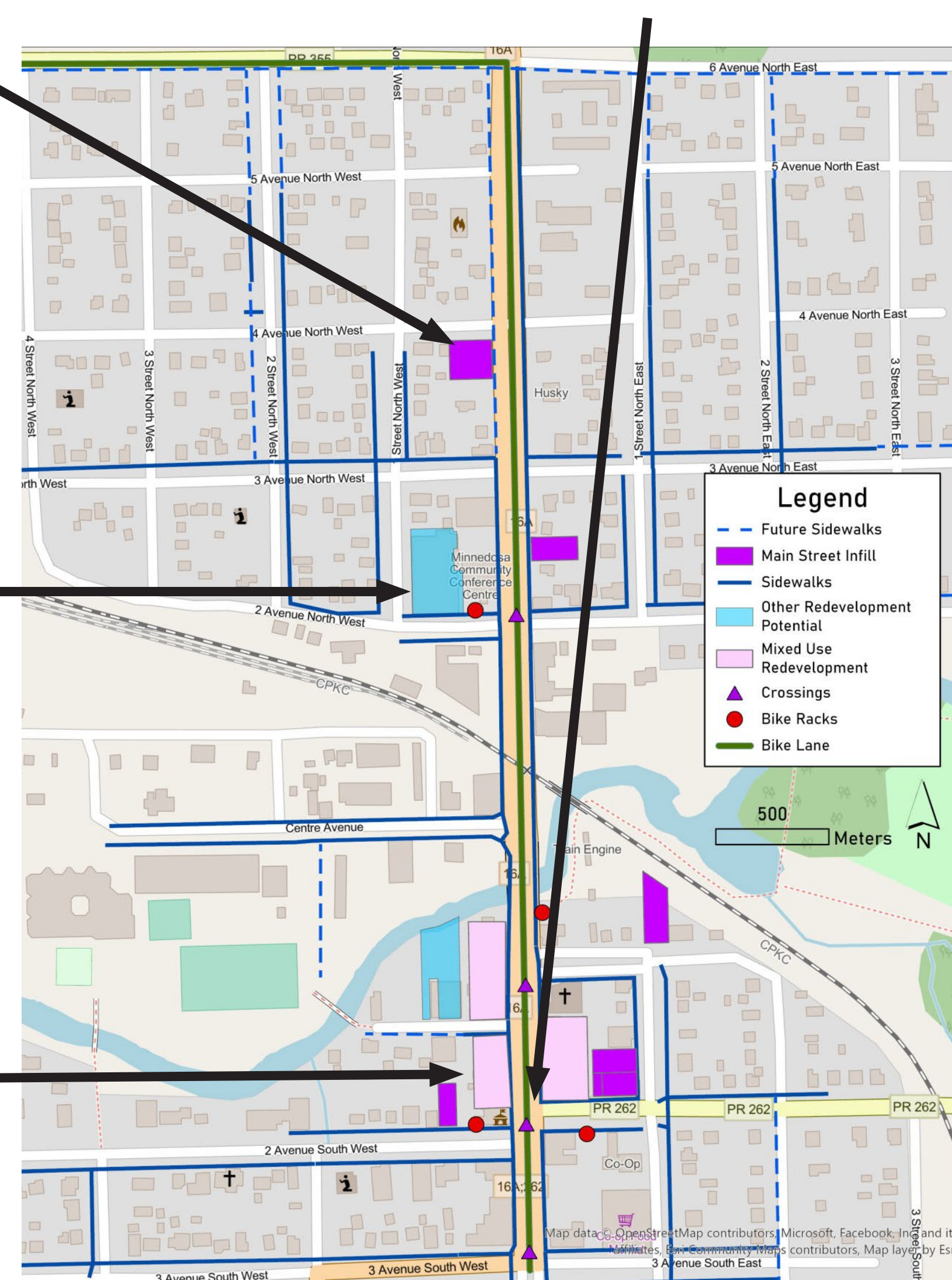
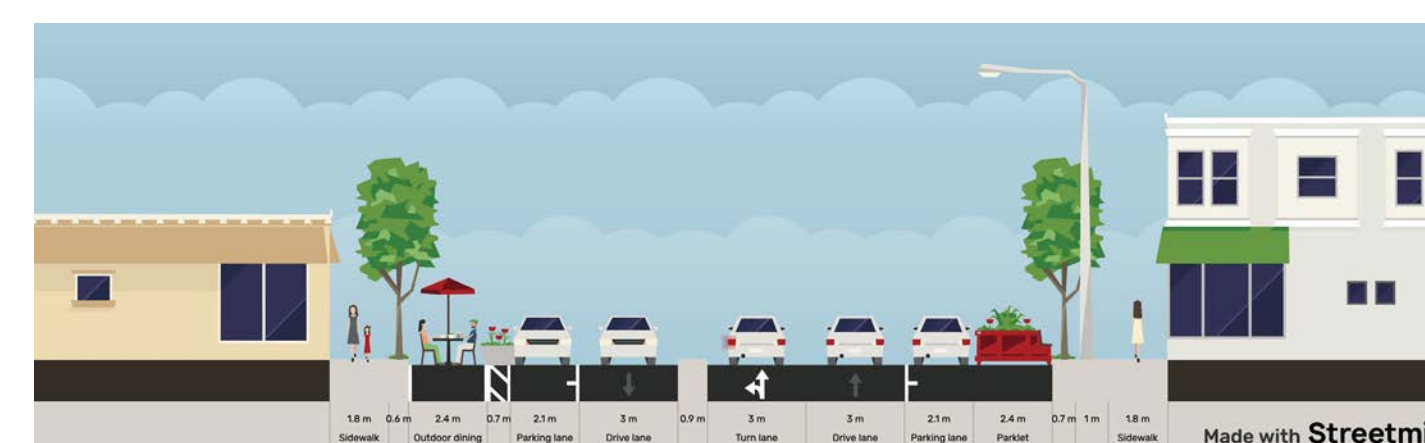
Credit: Wes Surdyka

MAIN STREET MINNEDOSA



Above: Main Street at 2nd Ave SE with protected bike lanes

Below: Main Street at 2nd Ave SE with outdoor dining and parklet



TRANSPORTATION

Enhanced active transportation options on Main Street can support active lifestyles for older adults that include walking and cycling.

Short Term



Fig. 16. Wayfinding signs in Winnipeg

Credit: Jaison Empson/CBC News

- Wayfinding signs are an easy way to help people move around town
- Tourists will also be able to find local attractions more easily

MEDIUM TERM



Fig. 17. Bike racks

Credit: City of Pasadena

- Bike racks are important for cyclists doing errands on Main Street
- Main Street bike racks signal that cycling is a welcome activity

LONG TERM



Fig. 18. Protected bike lane

Credit: New York City DOT

- Protected bike lanes can help older adults continue cycling later in life
- Separated bike lanes are good for cyclists and drivers

HOUSING

Develop additional housing through the promotion of subsidiary and accessory dwelling units.

SHORT TERM

- Capitalize on existing zoning allows accessory dwelling units.

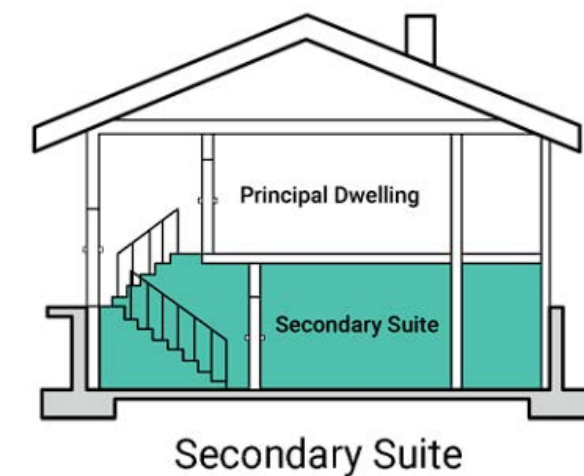


Fig. 19. Example of secondary suite. Credit: City of Quesnel

- Align with other projects, such as sidewalk buildout, to improve walkability.

MEDIUM TERM

- Develop and implement subsidiary unit guidelines & strategy.

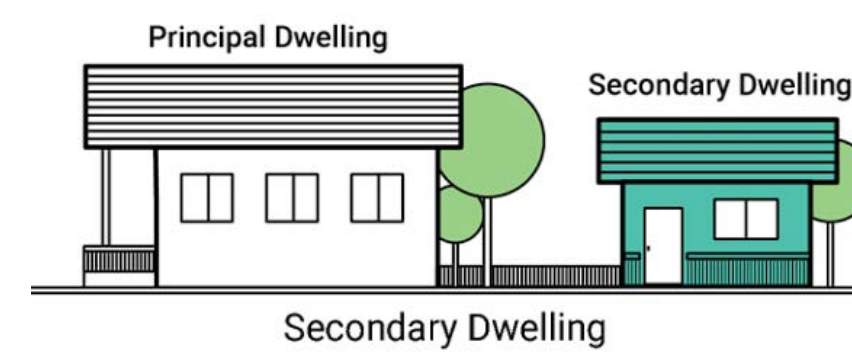


Fig. 20. Example of secondary dwelling. Credit: City of Quesnel

- Make considerations for flooding when determining optimal infill locations.

LONG TERM

- Adapt zoning to allow for permitted subsidiary unit development.



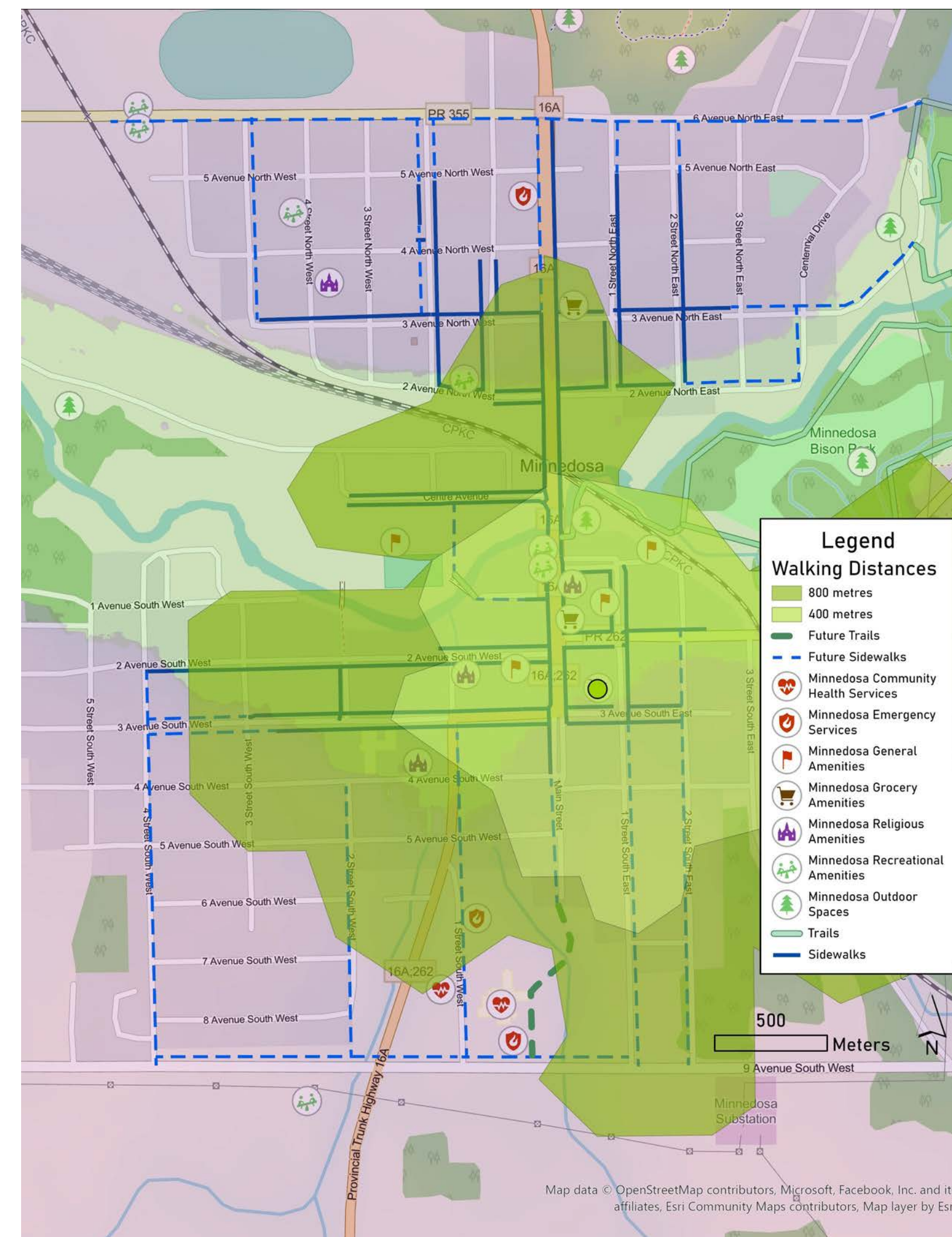
Fig. 21. Backyard secondary dwelling. Credit: Poweredbypros

- Remove other barriers to this type of development



Fig. 22. Types of Accessory Dwelling Units
Credit: Municipality of Port Hope

MAP / OTHER GRAPHIC



TRANSPORTATION

During meetings, residents identified a number of concerns regarding housing. Issues included:

SHORT TERM



Fig. 23. Pedestrian/cycling streets
Winnipeg

Credit: Jaison Empson/CBC News

- Closing selected streets to motor vehicle traffic at certain times creates space for pedestrians and cyclists

MEDIUM TERM



Fig. 24. Neighbourhood sidewalk

Credit: Kevin Kastner

- Expand neighbourhood sidewalk network

- A complete sidewalk network connects all areas of town together

LONG TERM



Fig. 25. Example of a handivan

Credit: Crestline Buses

- Regularly scheduled Handivan routes to various locations

- Well-used routes lower operating costs and increase affordability

HOUSING

Pursue infill development throughout town in optimal locations based on flooding and walkability.

SHORT TERM

- Capitalize on existing zoning allows accessory dwelling units.
- Ensure development aligns with need for a more diverse housing mix.



Fig. 26. Example of multi-unit infill. Credit: Trevor Brine - CBC

MEDIUM TERM

- Develop and implement infill unit guidelines & strategy.
- Develop guidelines to ensure existing and new development is accessible.



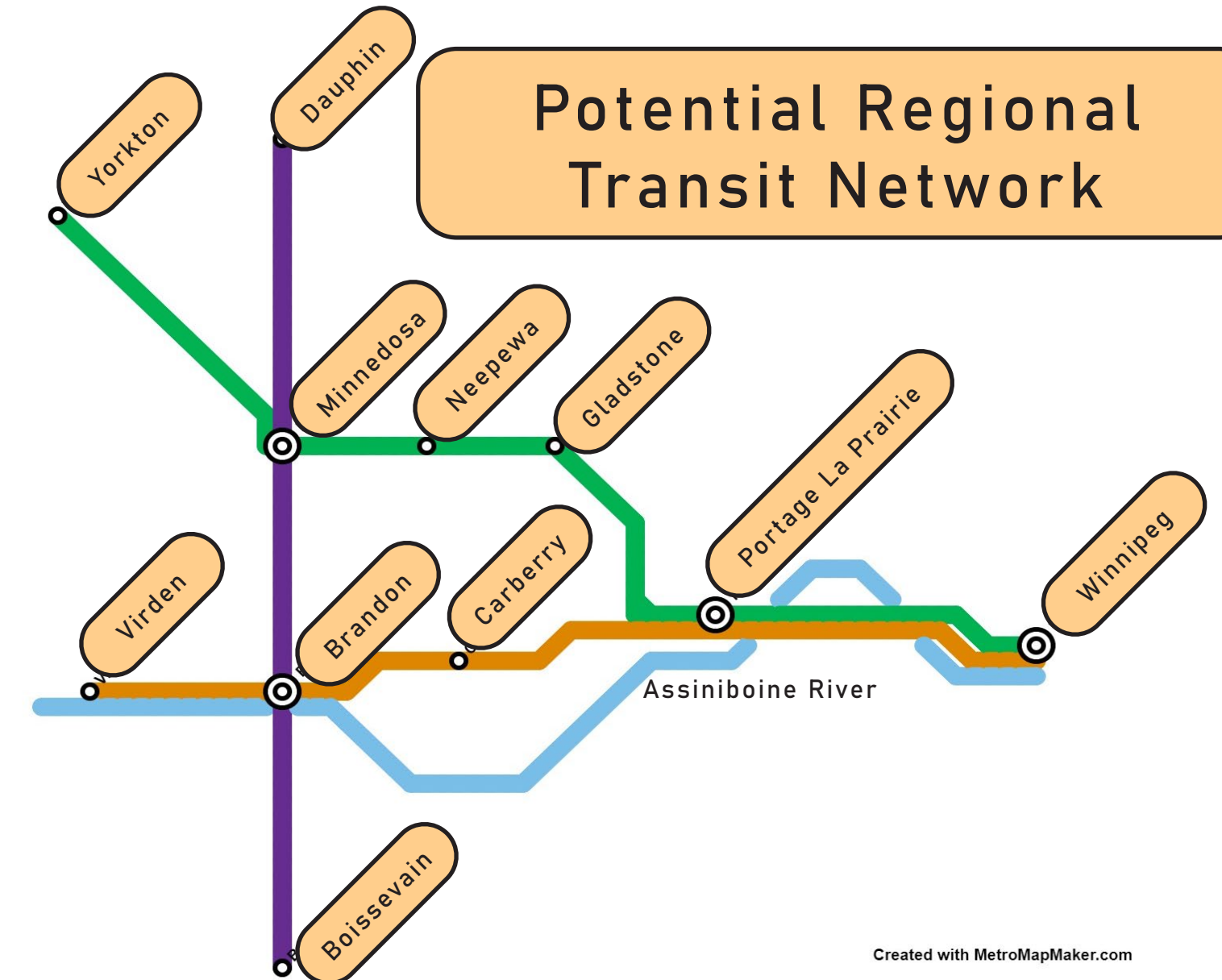
Fig. 27 Infill development on various lot sizes.
Credit: Portland Bureau of Planning and Sustainability

LONG TERM

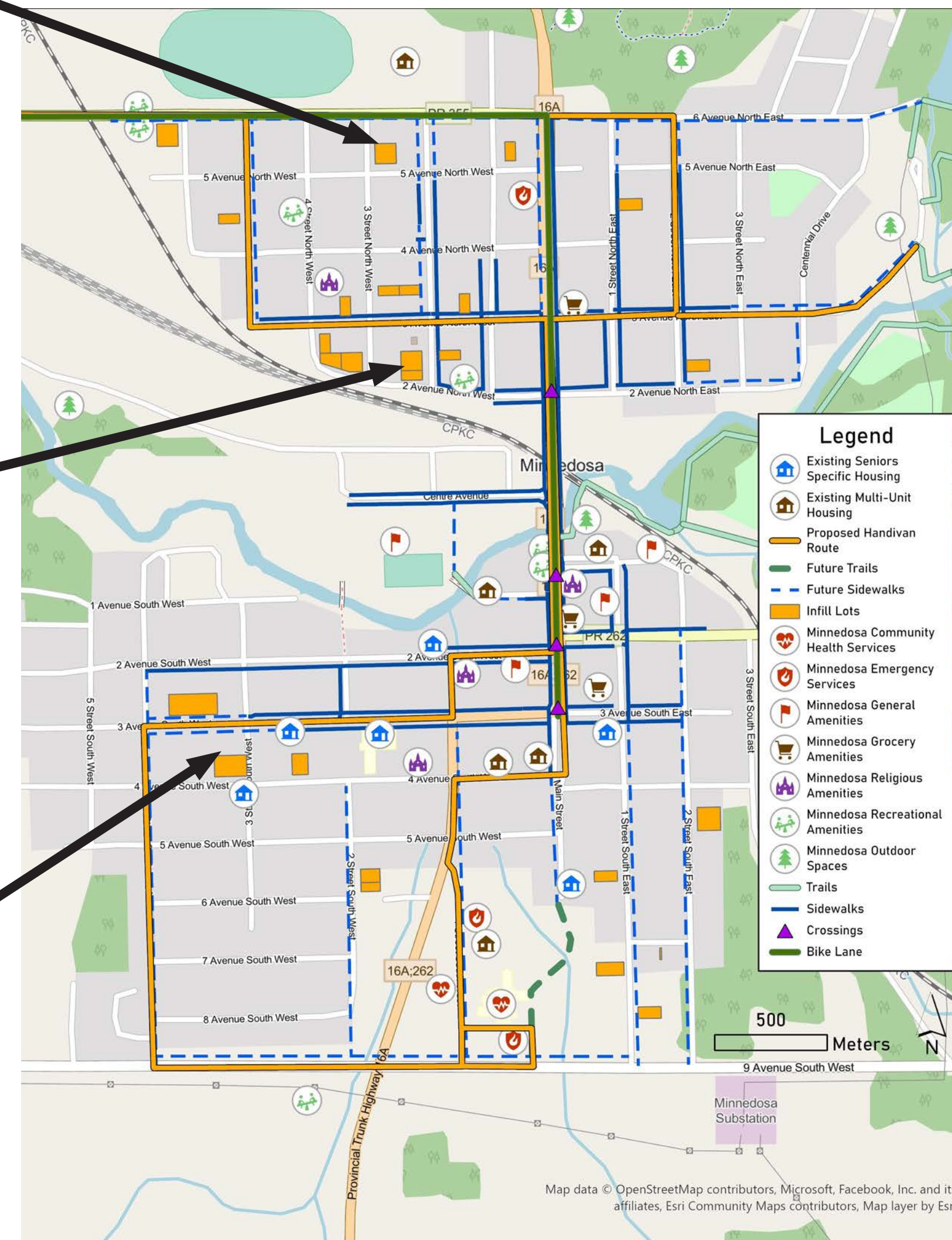
- Adapt zoning to allow for permitted multi-unit infill development.
- Remove other barriers to this type of development



Fig. 28. Infill seniors apartments among single unit dwellings.
Credit: Google Earth



HOUSING AND TRANSPORTATION MAP



Map showing housing and transportation
Credit: Noah Penney

TRANSPORTATION

During meetings, residents identified a number of concerns regarding housing. Issues included:

SHORT TERM

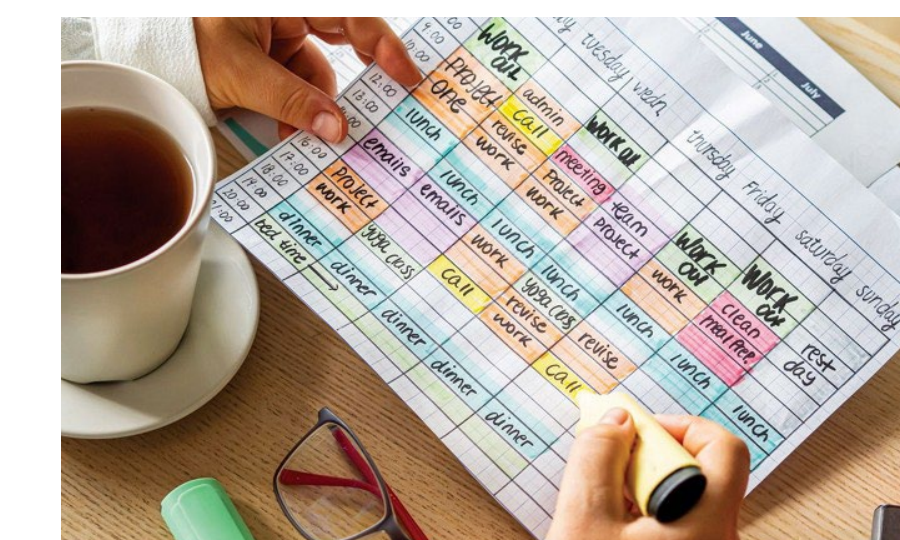


Fig. 29 Schedule
Credit: Shutterstock

- Schedule regular handivan trips to Brandon and Winnipeg
- Regular schedules give people the ability to plan their trips to the city

MEDIUM TERM



Fig. 30. Saskatoon Transportation Master Plan
Credit: City of Saskatoon

- Develop a transportation plan for Minnedosa
- A plan coordinates efficient use of limited resources

LONG TERM



Fig. 31. Minnedosa sign
Credit: Manitoba Cooperator

- Implement regular bus service between major centres
- Work together with neighbouring communities

WHAT WE HEARD

Safe, clean and walkable outdoor spaces are an important resource for older adults. Being able to go on frequent walks of suitable distance (approximately a mile) helps to keep older adults healthy in several important ways. Frequent walkers tend to have better cognitive capacity; taking frequent walks outside can help older adults with things like verbal memory, fluently categorizing information, and better attention.

ACCESSIBILITY

- Sidewalks, pathways, and trails are considered to be relatively accessible.
- Public washrooms and rest areas were not inaccessible with a common concern being that they available one was not well maintained.
- Private washrooms and rest areas were accessible during working hours.
- Public buildings were noted to be inaccessible with many of them lacking ramps, railings, and button-operated doors.
- Some private business buildings were not accessible

REST AREAS

- Accessible benches located along sidewalks and recreational centers, but very few outside of Main St.
- No shelters

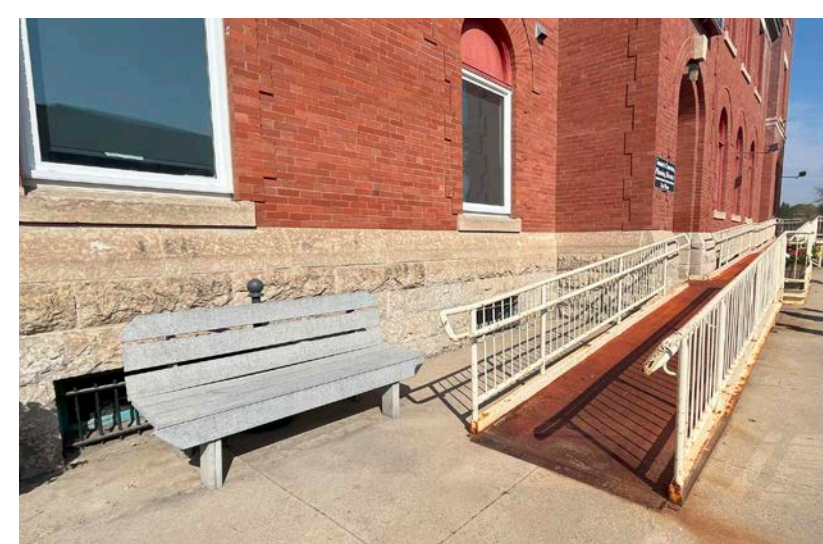
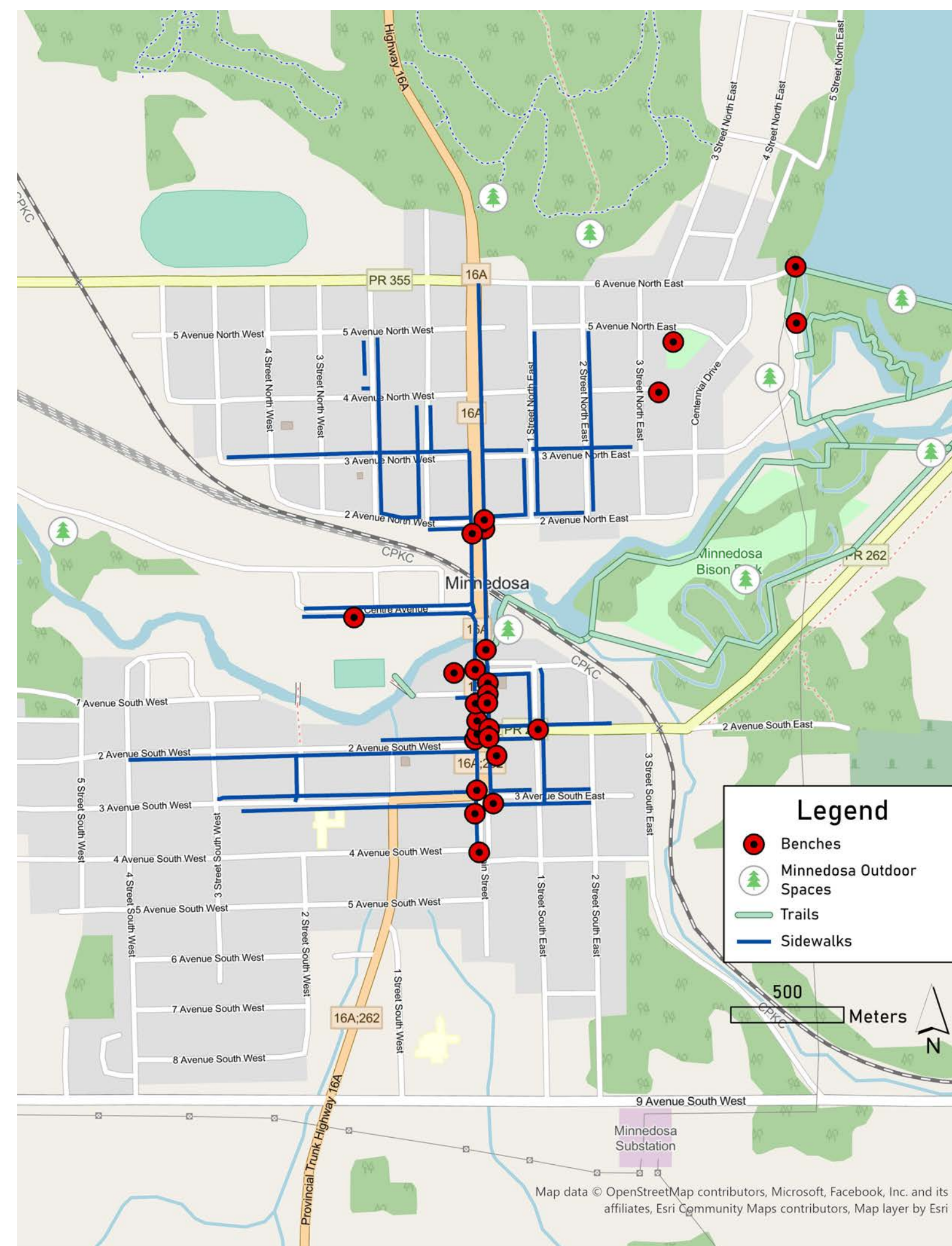


Fig. 32. Bench and ramp outside Town Hall
Photograph by Alandra Barairo



The map above shows the existing outdoor spaces, benches and sidewalks in Minnedosa

SIDEWALKS

- Some sidewalks had uneven section
- Missing curb cuts on some sidewalks
- Most suburban streets had no sidewalks
- Some sidewalks had non-slip and were accessible



Fig. 33. Uneven sidewalk
Photograph by Alandra Barairo



Fig. 34. Cracked sidewalk
Photograph by Rudolph Nsoh



Fig. 35. Residential street with no sidewalk
Photograph by Alandra Barairo



Fig. 36. Unpaved sidewalk
Photograph by Alandra Barairo

STRENGTHS

- Trails systems well maintained year-round
- Good recreation facilities
- Street lighting along many roads
- Feels relatively clean
- Town takes care of snow plowing of sidewalks and street

WHAT WE HEARD

Minnedosa appears to have many opportunities for seniors to participate in their community, both indoors and outdoors. However, due to the focus of communication being done through digital media, individuals who do not use social media or technology to communicate may have difficulty finding information or accessing events.

COMMUNICATION

- Majority of communication is done **digitally through social media**
- Other methods of communication include: word of mouth, newsletters, posters, bulletin boards & electric billboards
- Information can be **difficult to access for those who do not use social media**

SOCIAL PARTICIPATION

- Many events and social opportunities held in town
- Volunteering spots mostly held by seniors
- Lack of attendance by youth at events
- Many newcomers to town **feel averse to participating socially due to flood issues and the COVID-19 pandemic**

The map shows where people are likely to meet and socialize in town. Data is taken from our first meeting where we had the group map out where they go in town as part of their daily routine and based off research done by the group.



Fig. 37. Farmhouse 50
Photograph by Alandra Barairo



Fig. 38. Minnedosa 50+ Activity Centre
Credit: Facebook



Fig. 39. Co-Op Grocery Store
Credit: Google

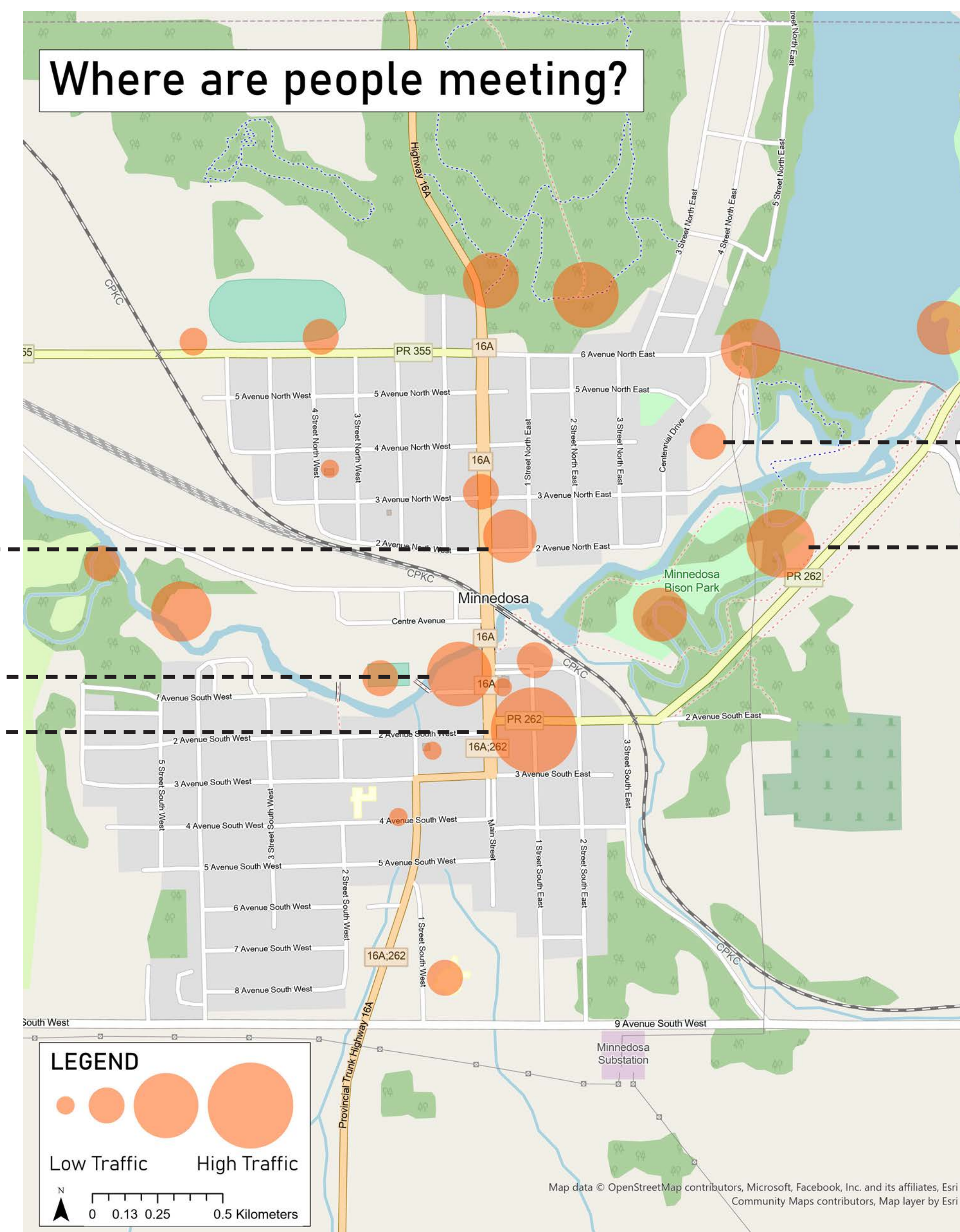


Fig. 40. Minnedosa Beach
Credit: Travel Manitoba



Fig. 41. Heritage Village
Credit: Travel Manitoba



Fig. 42. Oxbow Nature Trail
Credit: Manitoba Cooperator

ACCESSIBILITY & SHELTERS

Improving accessibility of outdoor spaces, buildings, and services can help **remove barriers** and promote seniors to **actively participate in their community**.

SHORT TERM

By partnering with businesses to implement an **umbrella sharing service**, **snow shoe service**, or **community toilet service (CTS)** where residents are allowed to use washrooms for free, it would **increase access to public washrooms**, **temporary shelters**, and **potentially trade and traffic in partnered businesses**



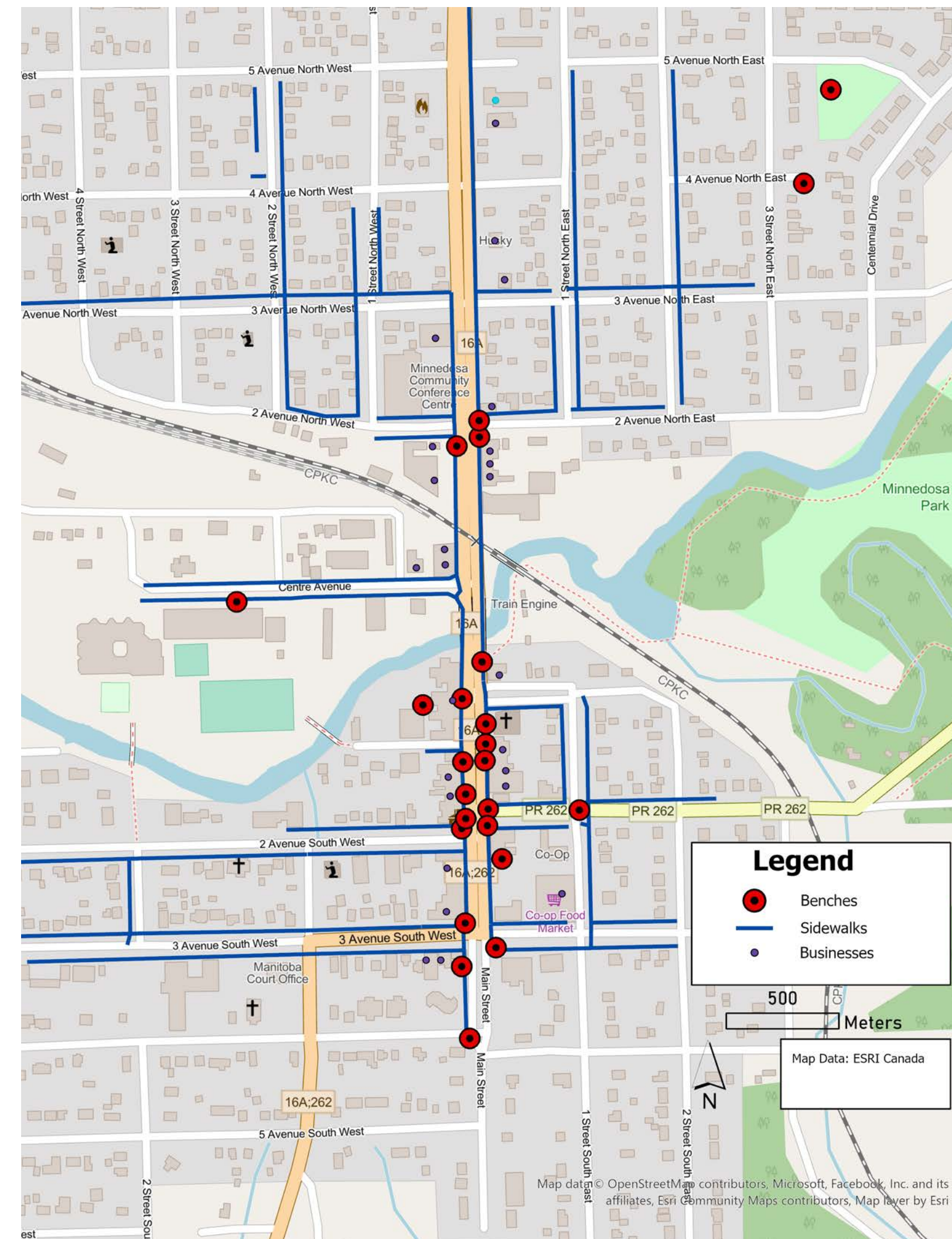
Fig.43. Example of a CTS sign in a business
Credit: Wikimedia



Fig. 44. Umbrella sharing service
Credit: BuzzFeed

MEDIUM TERM

By **repairing and improving existing benches and sidewalks** that are in poor condition on and near Main St., it can **increase the accessibility of Main St.** and encourage seniors to **safely travel and socialize within the street**.



MAIN ST. MAP

The map showcases the existing sidewalks and benches along Main St. to help identify a **starting point on where to focus on implementing the options** in the town. It also shows private businesses along Main St. that can potentially partner as part of the short term shelter options.

WAYFINDING

Temporary, seasonal and permanent wayfinding tools can increase the **accessibility of navigating Main St.**, **beautify the space** and the development of options may **increase volunteering and employment opportunities**

SHORT TERM



Fig.45. Wayfinding sidewalk mural
Credit: Mamam



Fig. 46. Wall murals
Credit: Athenamogdam

LONG TERM

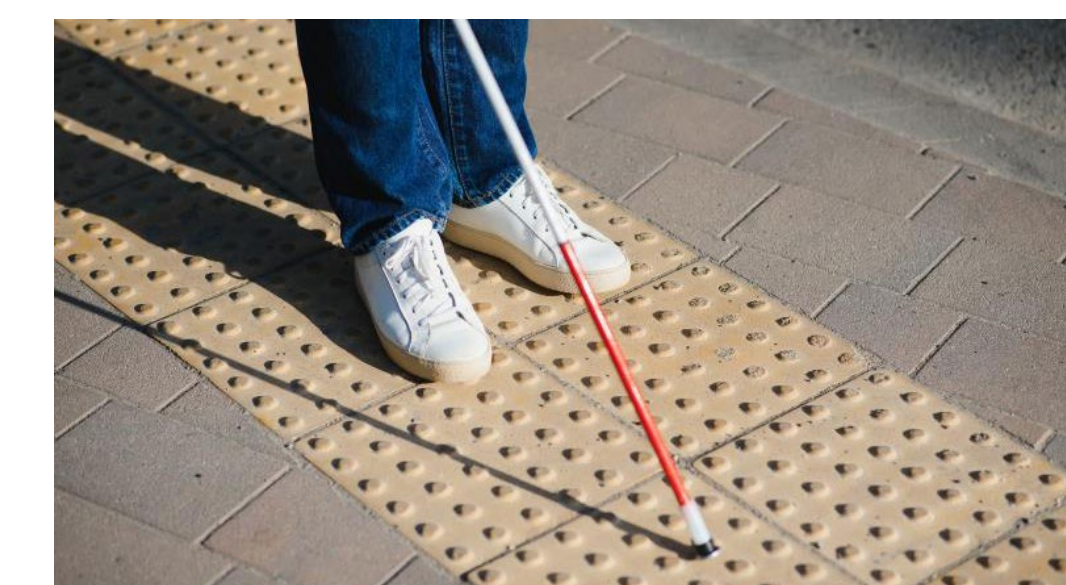


Fig. 47. Tactile pavement for visually impaired
Credit: Mims



Fig. 48. Landmark as a wayfinding tool
Credit: Las Vegas Sun



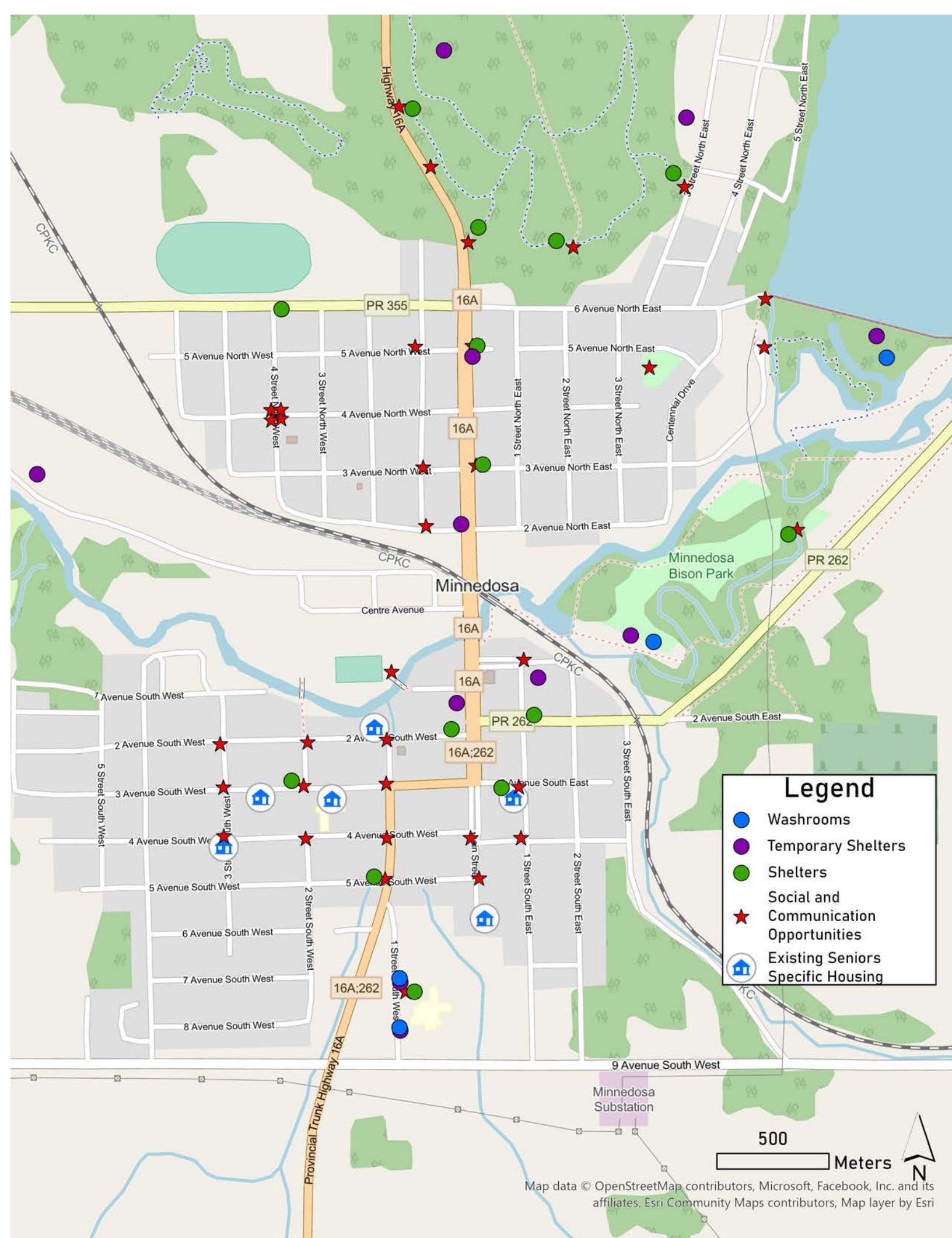
Fig. 49. Info signs incorporated into benches
Credit: Mamam



Fig. 50. Audible pedestrian signals
Credit: SFMA

STREETSCAPING & SHELTERS

The surrounding neighbourhoods of Minnedosa could benefit from more **shelters and washrooms** — **temporary and permanent** — as it can help seniors feel **more safe and comfortable going outside of their homes to participate in the community**. Additionally, these shelters can also be developed to provide opportunities to build **new social and communication hubs outside of Main St.** The map shows possible opportunities to build new shelters and street near housing and amenities.



MEDIUM TERM



Figure 51. Outdoor Patio
Credit: City of Brandon



Figure 52. Pop-up Public Toilet
Credit: Downtown Winnipeg Biz



Fig. 53. Pop-up tent shelters
Credit: Muta

The above options demonstrate possible options of shelters that can be placed in town either **temporarily or seasonally**. These options can also act as tests to see if a more permanent option would be beneficial in the area.

LONG TERM

The following options are more permanent options that are would ideally be **usable throughout all seasons and most weather conditions**. Some options may not be as functional in the winter months without maintenance, but they will require **new infrastructure**

• Pop up outdoor patios

• Pop up washrooms

• Tent shelters

• Bench with shelter and public art

• Shelter overhang attached to existing building

• Public washroom



Fig. 54 Bench with art
Credit: SJSHIRE



Fig. 55. Shelter Overhang
Credit: Nobutts



Fig. 56. Public Washroom
Credit: ArchDaily

FACE-TO-FACE COMMUNICATION

Face-to-face communication is a very important aspect to **reducing barriers** for seniors as it allows for residents to access to information that is needed to **actively participate in the town without relying on social media or digital communication** only.

SHORT TERM

Partnering with private business to include the town's newsletters or other forms of physical communication in shopping bags, receipts or water bills can help seniors **access information in their daily routine**

Working with TV and radio stations from Neepawa or Brandon is another option that can help reach more seniors who may have access to these devices or are visually impaired

OUTDOOR PARKS & TRAILS

The outdoor parks and trails in Minnedosa promote **community wellness** and also act as a **social hub** for residents. Improving upon these spaces in the town can help **strengthen the social ties of the community**, but also making these spaces **accessible for everyone**.

MEDIUM TERM

Building communication hubs on existing infrastructure such as benches and in outdoor parks and trails can help **increase face-to-face communication opportunities and create another space for individuals to meet and socialize**



Fig. 57. Bench with community message board
Credit: Independent Co.



Fig. 58. Community bulletin board by existing bench and building
Credit: Wordpress



Fig. 59. Locked information board with roof over a bench
Credit: ShelleysignsLtd/Twitter

LONG TERM



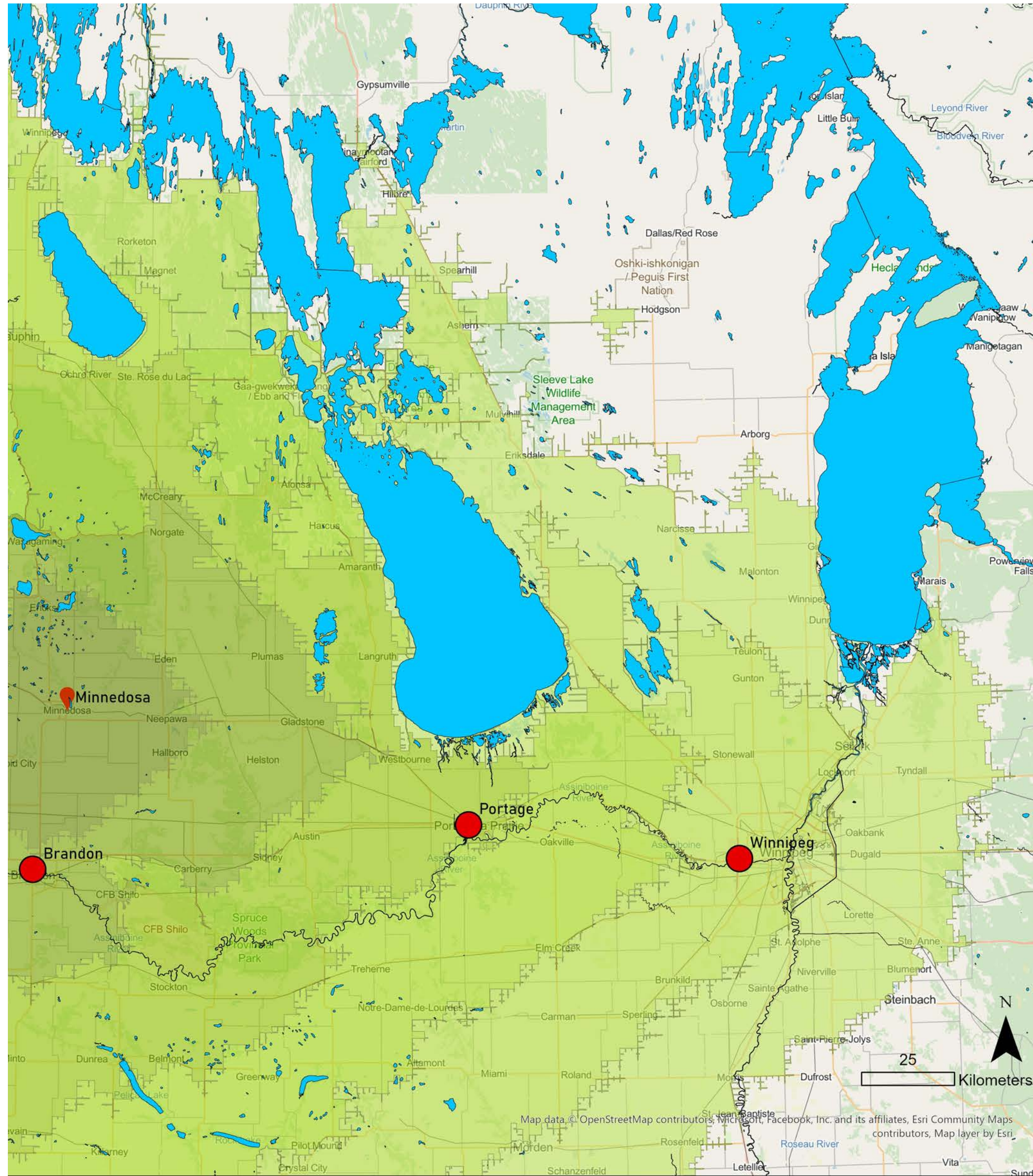
Fig. 59. Warming hut on ice
Credit: Canadian Architect



Fig. 60. Warming hut in park
Credit: Urbanink

Warming huts may be a good option to implement in the parks as it can provide **shelter for various weather conditions** and create a new social hub where **people can socialize and meet**. This can also act as a form of public art that helps **strengthen the community's identity and act as a wayfinding tool**

REGIONAL CONTEXT

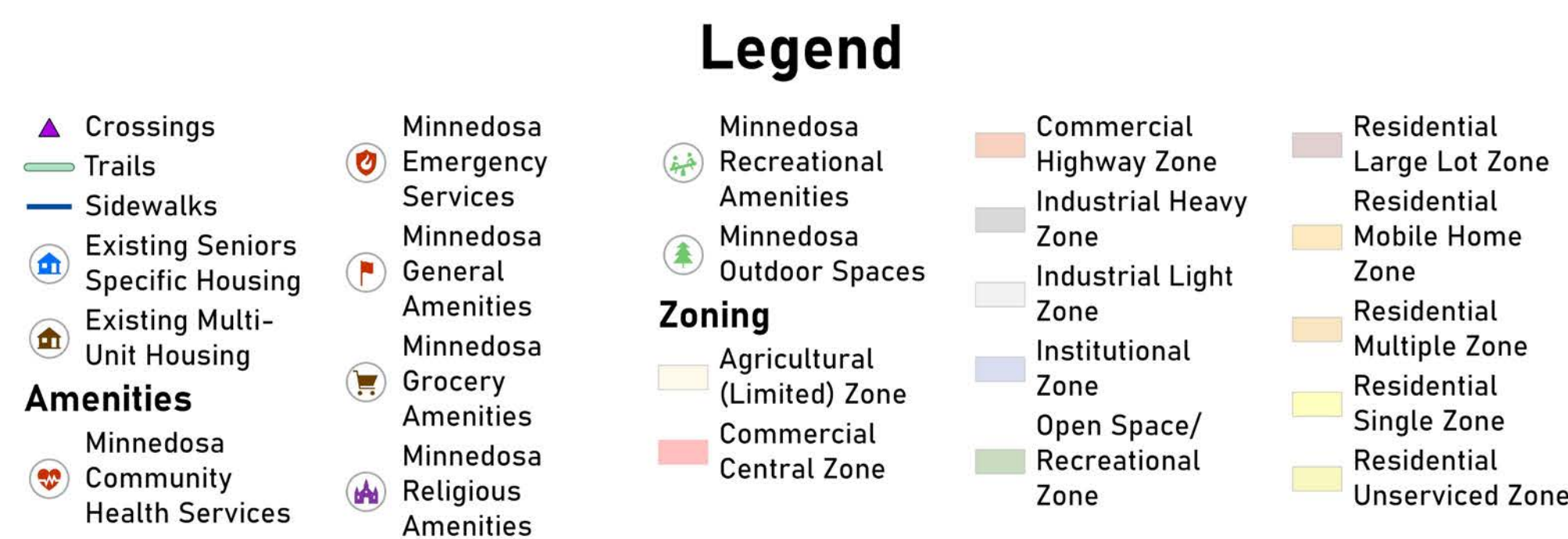
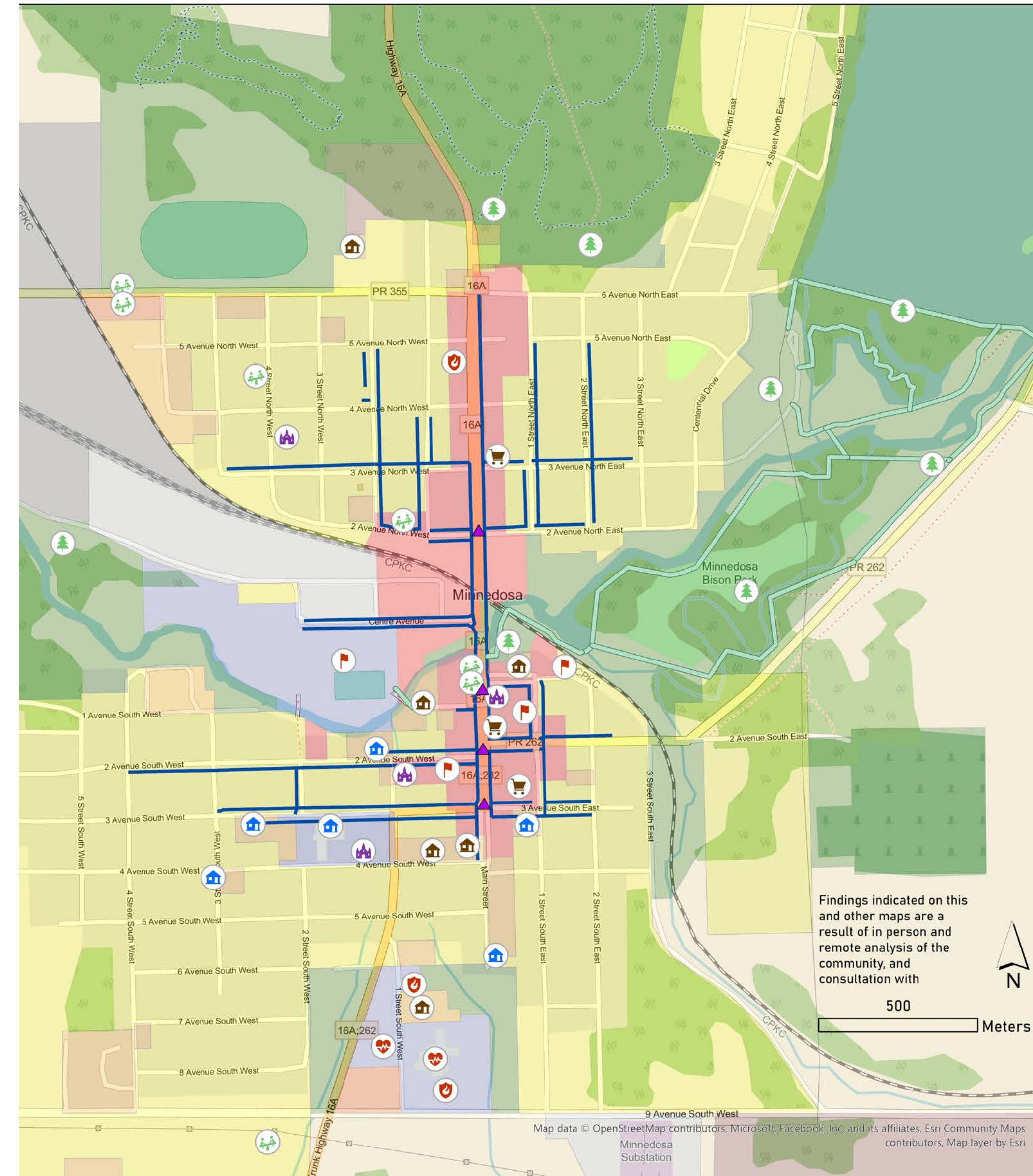


Brandon
Shopping:
Brandon Shoppers Mall
Walmart
Corral Centre
Health Care:
Hospital
Recreation:
Community Sportsplex

Portage
Shopping:
Portage La Prairie Mall
Walmart
Main Street
Health Care:
Hospital
Recreation:
Shindleman Aquatic Centre

Winnipeg
Shopping:
Polo Park
Ikea
Kenaston Crossing
Health Care:
Grace Hospital
Health Sciences Centre
Recreation:
Numerous

CURRENT SITUATION



POTENTIAL SITUATION

