

WHAT YOU SAID WAS IMPORTANT

During our community facilitation on November 14th, 2013, residents of Gladstone gave us the following feedback....

○ WORKING ? SUGGESTIONS ✗ NEEDS IMPROVEMENT



HOUSING SHOULD HAVE ATTACHED GARAGES

?

SOME SIDEWALKS ARE IN POOR CONDITION

✗

THE HANDI-VANS ARE WORKING WELL

○

GLADSTONE SHOULD HAVE A CRAFT/CLOTHING STORE

?

A COMMUNITY GARDEN WOULD BE GREAT

?

HOUSING SHOULD BE LOCATED CLOSE TO TOWN

?

MORE STREETLIGHTS ARE NEEDED

✗

SOMEONE WAS THINKING WHEN THEY PUT IN THE RECREATION HUB

○

POWER DOORS ON DOWNTOWN BUILDINGS WOULD BE HELPFUL

?

IT IS IMPORTANT TO HAVE ASSISTED LIVING OPTIONS

?

THE MEALS ON WHEELS PROGRAM IS WORKING WELL

○

GREENSPACE IS IMPORTANT

?

THE WELLNESS TRAIL IS GREAT

○

WALKING IN WINTER IS A CHALLENGE

✗

GROUND LEVEL HOUSING IS PREFERRED

?

HOUSING NEEDS TO BE AFFORDABLE

?

THERE IS A LACK OF PUBLIC WASHROOMS IN GLADSTONE

✗

WE WANT A NICE RESTAURANT IN TOWN

?

THE RAILWAY TRACKS ARE DIFFICULT TO CROSS WITH A SCOOTER

✗

THE FOOTBRIDGE TO WILLIAMS PARK CAN BE CHALLENGING TO CROSS

✗

WE MOVED HERE TO DOWNSIZE TO A LOW MAINTENANCE PROPERTY/ HOUSE

○

BUSINESS GETS DONE ON TOONIE TUESDAY

○

WE GO TO PLUMAS/ NEEPAWA/ PORTAGE LA PRAIRIE TO ACCESS CERTAIN SERVICES

✗

SENIORS HOUSING SHOULD HAVE COMMON SPACE

?

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December 2013

Rakvinder Hayer
Carley Holt
Madeleine Koch
Courtney Lofchick
Daniel Penner

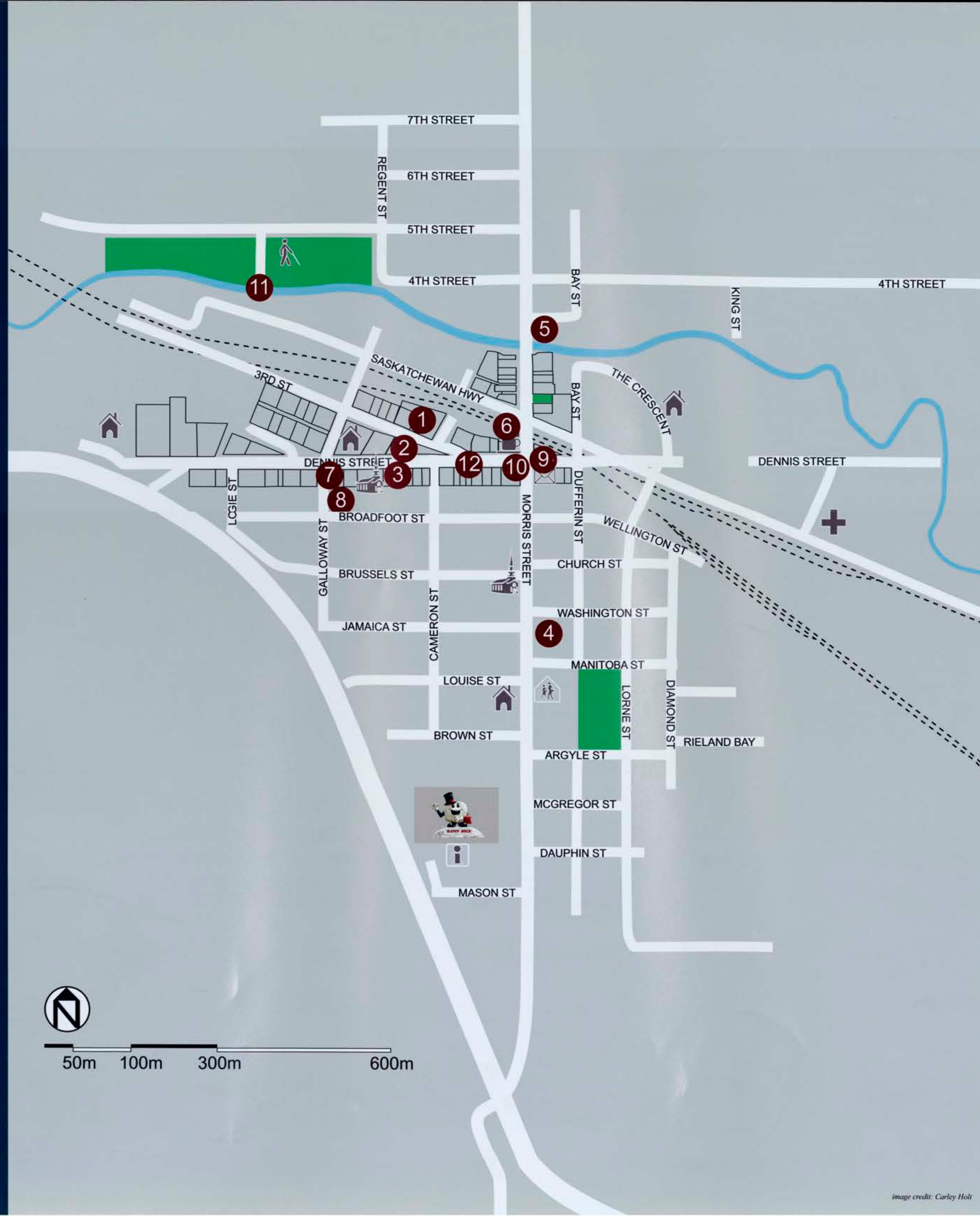
Age-Friendly Gladstone: overview



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ANALYSIS

AGE FRIENDLY GLADSTONE AT A GLANCE

Gladstone is already a highly age-friendly community. The wide variety of opportunities for social and civic engagement were identified as a tremendous age-friendly asset during background research and community consultations with seniors. Transportation options such as the handi-vans and the driver escort programs are working very well, as are community and health support programs such as Meals on Wheels and palliative care. Information is communicated to seniors through various channels. Overall, Gladstone fosters a high level of respect for, and inclusion of older residents.

AGE-FRIENDLY PRIORITY AREAS

While Gladstone is already an excellent example of an age-friendly community, there are still areas that should be looked at more closely. Based on community input, background research and analysis, the student research team identified the following age-friendly priority areas for Gladstone:

- Walkability
- Housing
- Outdoor Spaces and Buildings

AGE-FRIENDLY IDEAS

The following boards look at these three priority areas in detail by discussing their current state in Gladstone. Ideas for improving these areas are also discussed. Some of the proposed "ideas" deal with specific sites in town, as indicated on the map at right.

Suggested ideas for sites on the map:

- 1 Seniors housing site 1
- 2 Seniors housing site 2
- 3 Seniors housing site 3
- 4 Seniors housing site 4
- 5 Riverside picnic area
- 6 Façade restoration
- 7 Community garden
- 8 Public Washroom
- 9 Parklet
- 10 New farmers' market location
- 11 Improved pedestrian bridge
- 12 Public seating areas

image credit: Carley Holt

WHAT WE THOUGHT WORKED WELL

A wide variety of activities, supports, and services foster a sense of social inclusion for seniors in Gladstone. The town boasts a significant amount of senior accessible infrastructure and has a strong volunteer base that performs many of the jobs and tasks that support seniors. Many of Gladstone's seniors programs and services are dependent on volunteer labour to function. The success of these programs and services demonstrate Gladstone's strong sense of community. Gladstone. The below examples demonstrate the level of social inclusion for Gladstone seniors.

OUTDOOR SPACES

WILLIAMS PARK

Located along the north bank of the Whitemud river, Williams Park is one of Manitoba's first outdoor gyms. With 5 outdoor fitness stations, a playground, outdoor pool, campgrounds, public washrooms and a "wellness trail", the park is a great interactive space for people of all ages.



WELLNESS TRAIL

Gladstone's wellness trail, located in Williams Park, is a gravel stone path that connects to the downtown by a narrow pedestrian bridge. The pedestrian bridge is steep and uneven, and may be a potential barrier for people who use mobility equipment.



THEATRE COURTYARD

The Theatre Courtyard is a welcoming outdoor public space located close to the town centre on Morris Avenue. Featuring a tent gazebo and public seating, the area provides a comfortable resting place downtown.

SOCIAL INCLUSION

GLADSTONE SENIORS CENTRE

The Gladstone Seniors Drop In Centre is located on Morris Avenue, approximately one block from the intersection of Morris and Dennis. The centre offers weekly programs including exercise, tai chi, and line dancing classes; and drop in activities including board games, pool, shuffle board, and cards.

The centre also provides other services including equipment rentals, foot care treatments, lifeline unit installation, volunteer visits, and weekly phone calls to seniors who may be experiencing isolation.



MENTORSHIP PROGRAM

A new mentorship program is being developed that would see the integration of Gladstone seniors with local high school students at William Morton Collegiate Institute. The school is currently working towards constructing a new greenhouse and garden to grow produce that would be used for the school's culinary program. Seniors involved in the program would connect with students, providing mentorship and gardening advice. This program would create intergenerational activity between community members and allow seniors to pass down their knowledge to the town's youth.

GLADSTONE BAKERY

The Gladstone Bakery is a hub of social activity, and is located within a short walking distance of most senior housing in town. Seniors identified the Bakery as an important community gathering place, especially in the mornings. The morning coffee rush is not exclusive to just coffee drinkers; many seniors visit the bakery in the morning purely to socialize and to engage in conversation with other community members.

THE LEGION

Many Gladstone seniors make routine visits to the Legion, to participate in a variety of activities. The Legion hosts weekly cribbage games, pool leagues, and other events such as meat draws. Drop in activities include pool, darts, and a beverage room. It is located on the western edge of Morris Avenue right across from Legion Place seniors housing complex.



GLADSTONE COMMUNITY CENTRE

The Glad-West Recreation Commission oversees the delivery of more than 60 different activities, events, and programs in Gladstone. Many of these are based out of the Community Centre, including jewellery making classes, drum classes, dances, and comedy nights. The Centre is located in the north part of town, and might be too far to walk for those living in one of the senior specific residences.



TRANSPORTATION

Gladstone's handi-van service is a great transportation option for seniors. The van, which is driven by volunteers, operates on an as-needed basis. Seniors can call the handi-van office and reserve the van for trips within Gladstone, or to surrounding areas. On Tuesdays, the handi-van offers all day trips for \$2. Many seniors who use the service indicated that "Tuesday is the day things get done". In addition to the handi-van, the seniors centre offers a driver escort program.



During community consultations with seniors in Gladstone, over 40% of participants indicated that they walked or cycled to get around town. Others reported using a personal vehicle (30%), or the handi-van service (10%). While public and personal transportation seem to be working well, a few opportunities to improve Gladstone's walkability were identified.

WHAT MODE OF TRANSPORTATION IS MOST USED?

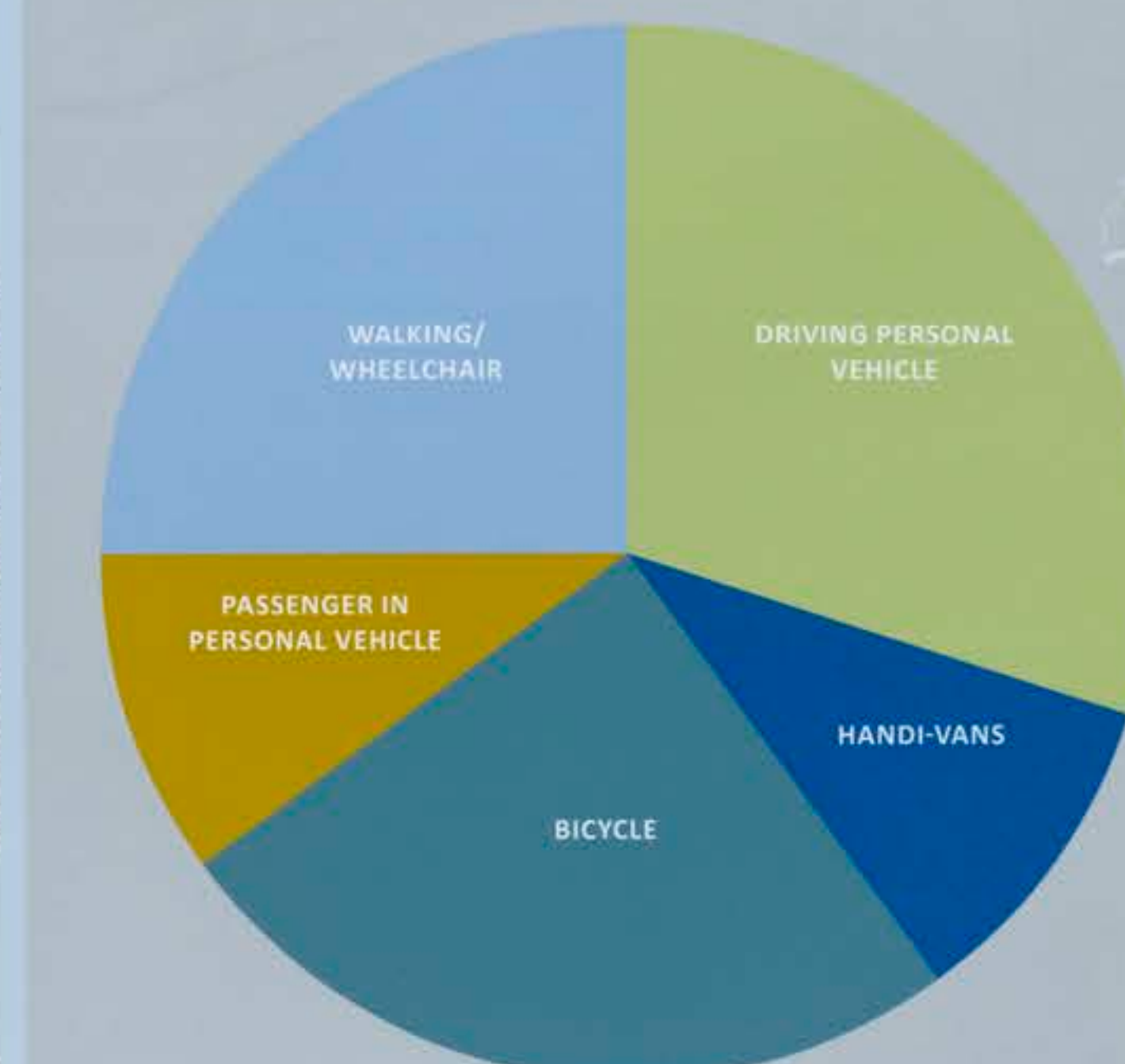


image credit: Rakvinder Hayer



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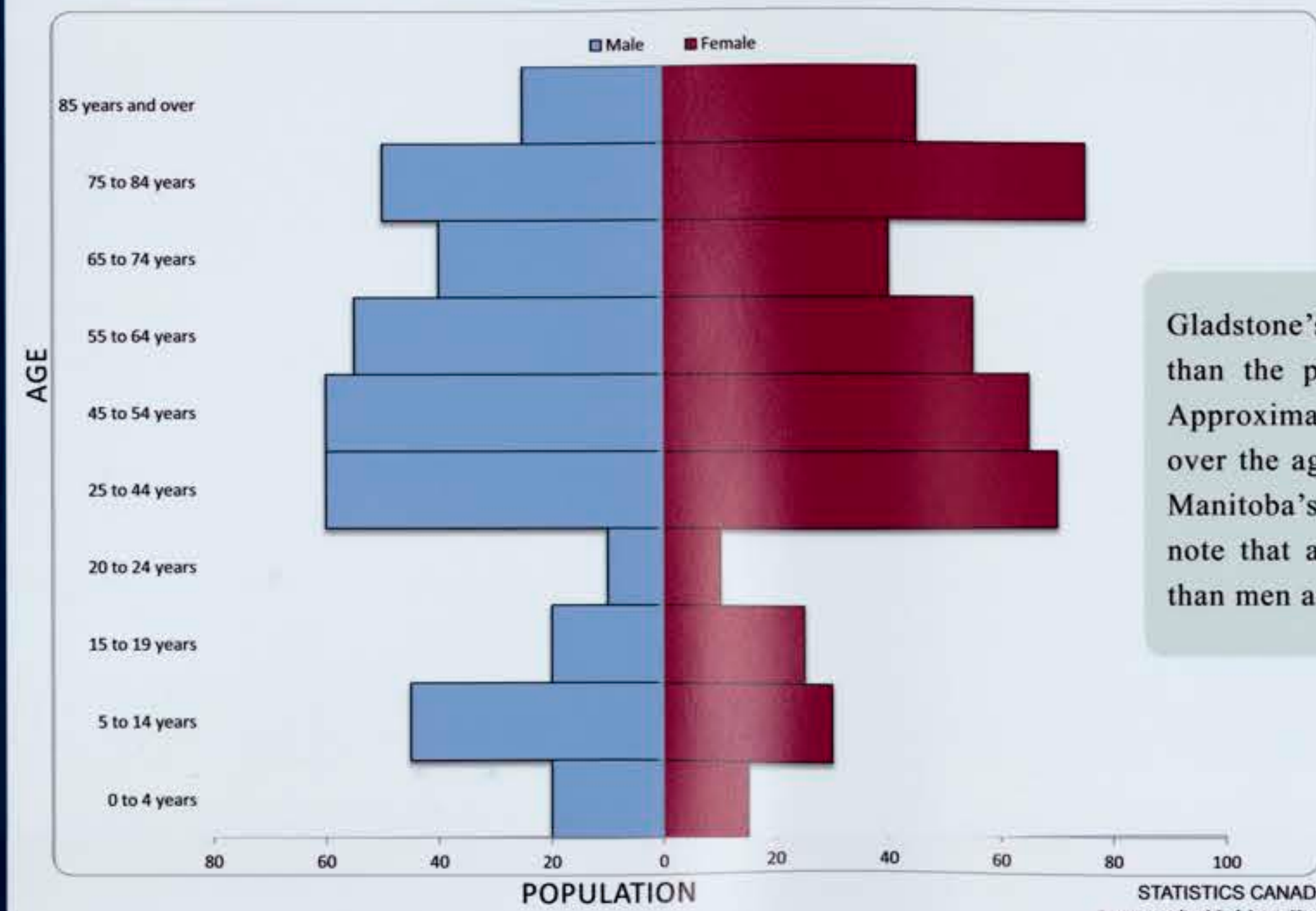
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Carley Holt
Madeleine Koch
Courtney Lofchick
Daniel Penner

Age-Friendly Gladstone: the project

WHAT WE DISCOVERED ABOUT GLADSTONE

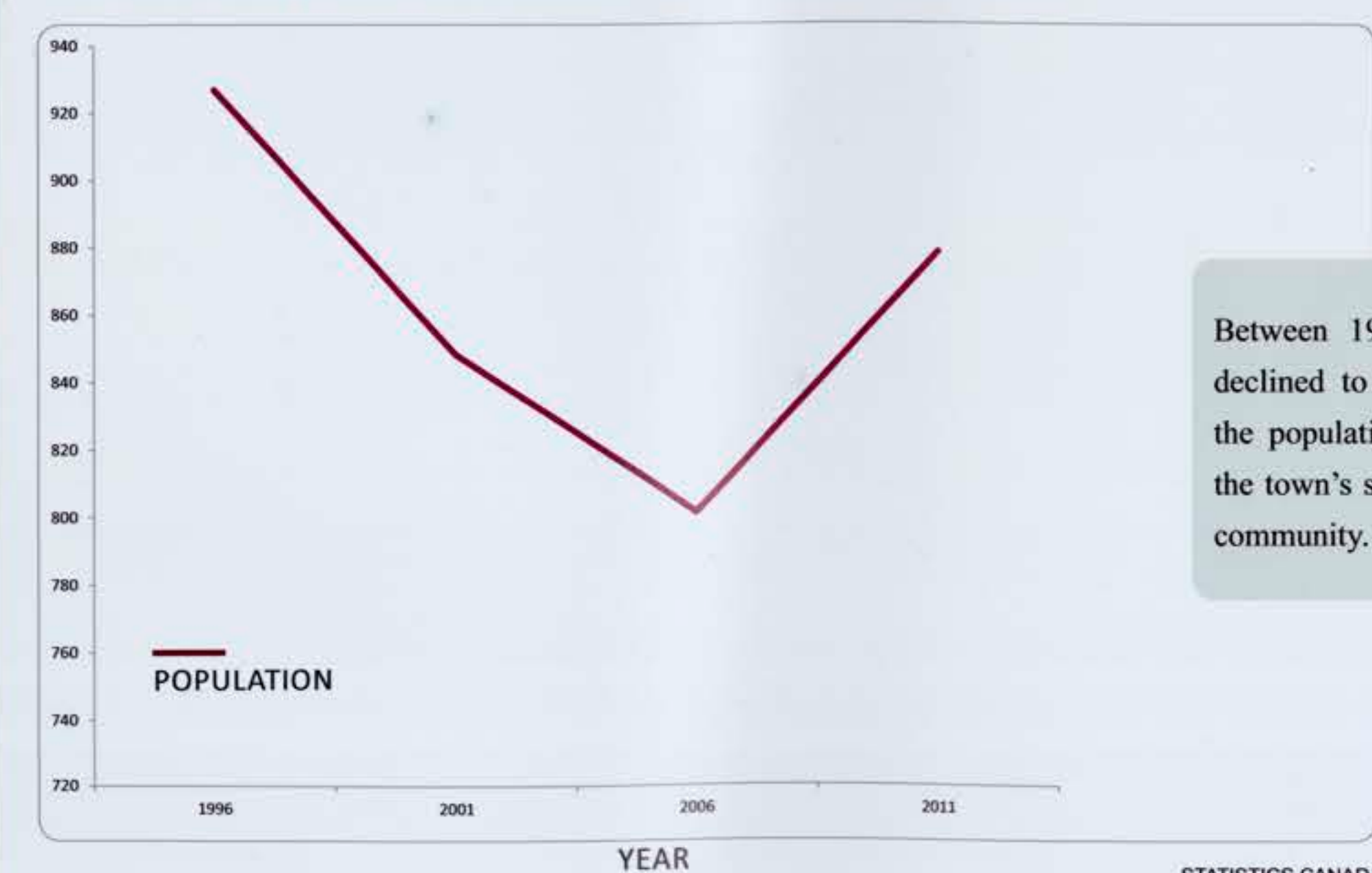
STATISTICS

2006 GLADSTONE POPULATION



Gladstone's population is significantly older than the population of Manitoba as a whole. Approximately 50% of Gladstone's population is over the age of 55, compared with only 25% of Manitoba's population. It is also interesting to note that approximately twice as many women than men are over the age of 85 in Gladstone.

POPULATION FLUCTUATION BETWEEN 1996 AND 2011



Between 1996 and 2006, Gladstone's population declined to approximately 800 people. By 2011, the population had increased again, due in part to the town's success with attracting immigrants to the community.

REGIONAL CONTEXT

Gladstone is located on the Yellowhead Highway at the intersection with Highway 34 within the Rural Municipality of Westbourne (highlighted below in dark brown), and only 20 minutes north of the Trans-Canada Highway. Due to the town's south central location, both the province's major cities of Winnipeg and Brandon are less than 150 kilometres away.

Other communities within close proximity are the town of Plumas located 20 minutes north-west; and the town of Neepawa located 25 minutes west. These communities are important to the residents of Gladstone, as all three communities share retail amenities and services.



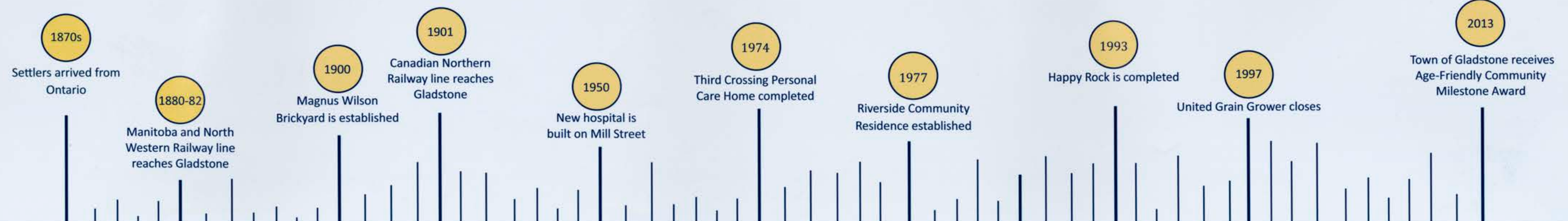
TOWN GEOGRAPHY

The Town of Gladstone is approximately 2.5 square kilometres in area, and the town centre is located in the middle of the town. The "recreation hub", which includes a community centre, curling club and pool, is located in the north end of town.

Other significant aspects of the town's geography include the White Mud River, which flows west to east through the town, and the CN and CPR Railway lines which intersect the town.



A BRIEF HISTORY



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Rakvinder Hayer
Carley Holt
Madeleine Koch
Courtney Lofchick
Daniel Penner

Age-Friendly Gladstone: the project

WHAT THIS PROJECT IS ALL ABOUT

"An age-friendly city encourages active ageing by optimizing opportunities for health, participation and security in order to enhance quality of life as people age"

-World Health Organization

THE IMPORTANCE OF AGE-FRIENDLY COMMUNITIES

Within the next 25 years, the population of people aged 65 and over will double to 10.4 million, making seniors account for roughly one quarter of Canada's population by 2036 (Statistics Canada). Because the population of Canada is aging so rapidly, many cities and rural communities are moving towards becoming "age-friendly", by planning for the future in a way that recognizes the unique needs of senior citizens.

An age-friendly community views senior citizens as valuable members of society. As family supports, volunteers and knowledgeable advisors, seniors play an integral part in maintaining the social fabric of a community. An age-friendly community also recognizes that, as people age, their needs and abilities change. It is important that communities provide services that allow seniors to prolong their independence. By adapting housing, transportation options, buildings, and public spaces, and by ensuring that seniors have opportunities to be actively involved in community and social life, communities can help seniors prolong their independence and age comfortably in their home community (World Health Organization).

Too often, people are forced to leave their home community when they grow old, in order to access the services required to meet their changing needs. Allowing residents to comfortably live out their full lives in their home community is one of the primary goals of age-friendly communities.

GUIDING DOCUMENTS

The World Health Organization's publication "Global Age-friendly Cities: A Guide", and the Canadian Age-Friendly Rural and Remote Communities' publication "Age-Friendly Rural and Remote Communities: A Guide" are documents which investigate considerations for developing age-friendly communities.

The Age-Friendly Rural and Remote Communities: A Guide focuses specifically on the unique context, and associated challenges faced by rural communities like Gladstone. Challenges to rural communities becoming age-friendly include; limited resources/ tax bases, access to housing/home support, transportation options, and limited local health services.



Figure 81: WHO Age-Friendly Flower
Carley Holt

"Global Age-Friendly Cities: A Guide" identifies eight determinants of age-friendly communities. These include: housing; transportation; social participation; respect and social inclusion; civic participation and employment; communication and information; community support and health services; and outdoor spaces and buildings (see figure #1).

The Age-Friendly Manitoba Initiative (AFMI) has been supporting the development of age-friendly communities in the province since its inception in 2008. Communities join the initiative by successfully completing a number of "age friendly milestones". Recently, the AFMI celebrated the inclusion of their 100th member community

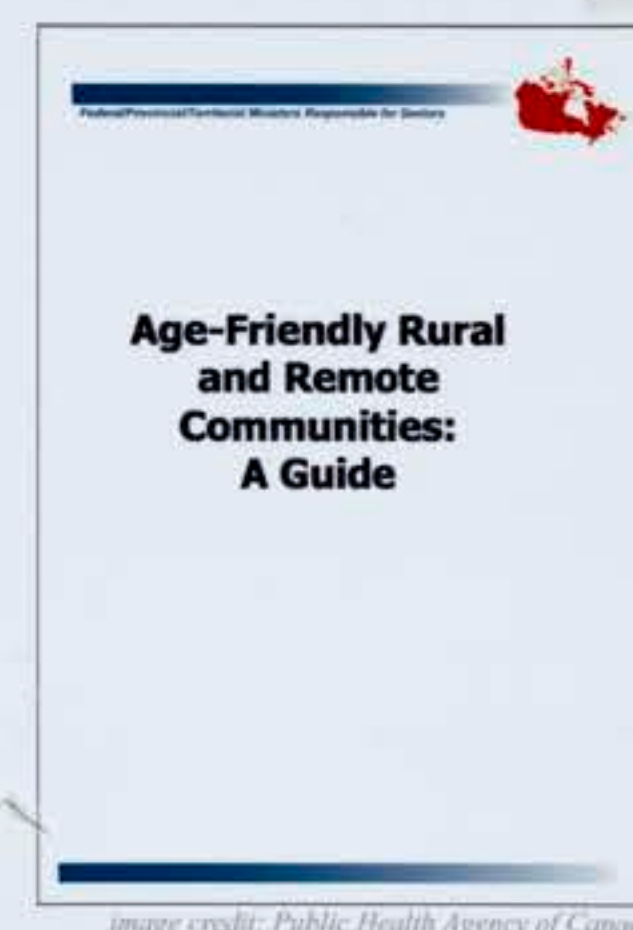


image credit: Public Health Agency of Canada

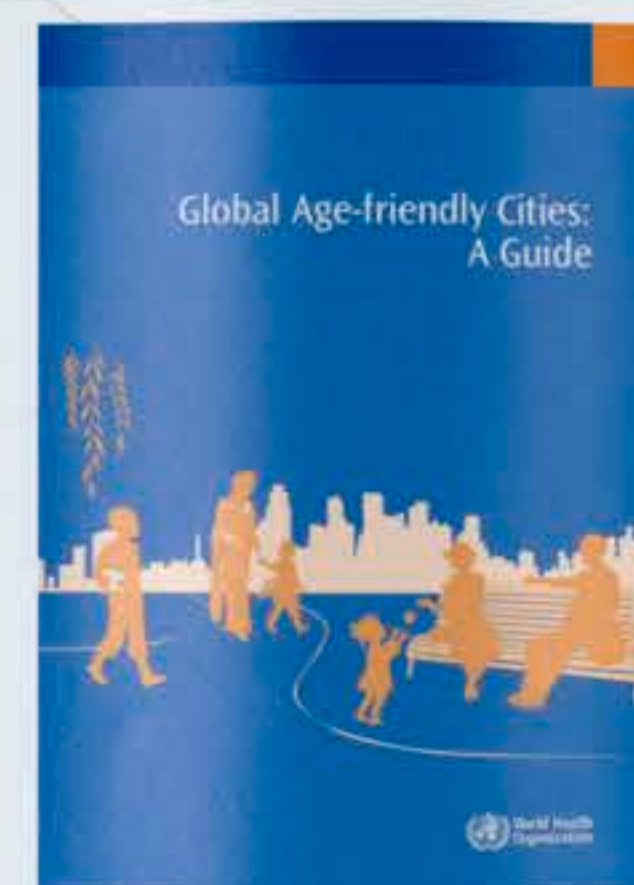


image credit: WHO Age-Friendly

PROJECT BACKGROUND AND TIMELINE

This past September, as part of an age-friendly studio course in the University of Manitoba's Masters of City Planning program, students were assigned communities in rural Manitoba to study in terms of their "age-friendliness". Our group was assigned the town of Gladstone.

The following timeline summarizes our research activities to date:

SEPTEMBER

- Initial meeting with Town officials
- Background research to develop a community profile

OCTOBER

- Analysis of town geography
- Presentation of initial findings to Town officials

NOVEMBER

- Analysis of findings
- Walkability Study/Wheelability
- Consultation with Gladstone seniors

DECEMBER

- Presentation of findings
- Preparation of final reports



photo credit: Rakvinder Hayer



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PEDESTRIAN CONSIDERATIONS

OPPORTUNITIES FOR IMPROVEMENT

BUMP OUTS

"Bump outs" convert existing parking lanes into additional pedestrian space. They can enhance pedestrian safety by narrowing roads, increasing pedestrian visibility, shortening crossing distances, and slowing turning vehicles.



Marked crosswalks provide a unique streetscape design that emphasizes pedestrians' presence and primacy. They alert drivers to expect crossing pedestrians and direct pedestrians to desirable crossing locations.

image credit: Courtney Lofchick



Coated pine and Aluminium bench incorporates principles of universal design, making it easier for seniors to use the seating area.

ACCESSIBLE SEATING

Public seating areas provide important resting places for senior pedestrians, and should be incorporated frequently along popular walking routes. Design guidelines for accessible benches recommend that some form of seating should be provided every 100 meters. Seating should be easy to maintain and comfortable, with arm rests and back rests.



photo credit: Carley Holt

WILLIAMS PARK PEDESTRIAN BRIDGE

The pedestrian footbridge in Williams Park is steep, lacks handrails and may become slippery in the winter. Upgrading this bridge by installing simple handrails and perforated, nonslip surfacing would make it more accessible for people with mobility limitations.



photo credit: Rakvinder Hayer

photo credit: Rakvinder Hayer

RAILROAD CROSSING

The railway crossing on Galloway Street and Saskatchewan Highway is practically impossible to cross using a wheelchair or scooter, and is dangerous to cross on foot or bicycle. While this is an issue the railway companies must address, it is a top priority, as it impedes an important path connecting to the Wellness trail and the recreation hub.



photo credit: Carley Holt

PEDESTRIAN LIGHTING

Pedestrian oriented lighting, designed specifically to illuminate sidewalks, contributes to a walkable environment by enhancing pedestrian safety at night.

Roadway lighting for motorists is placed approximately every 280 feet throughout Gladstone. With the exception of Theatre Courtyard, there is no pedestrian-scale lighting in town. Pedestrian scale lighting is typically 10-15 feet above the sidewalk.

A walkable neighbourhood has many benefits for older adults, including opportunities to visit with family, friends and neighbours, access to local stores and services, access to parks and outdoor spaces, and access to public transportation. Further, it promotes physical exercise that has been identified by researchers as important to physical and mental health, maintaining independence, and improved quality of life.

-Hamilton Council on Aging, 2011

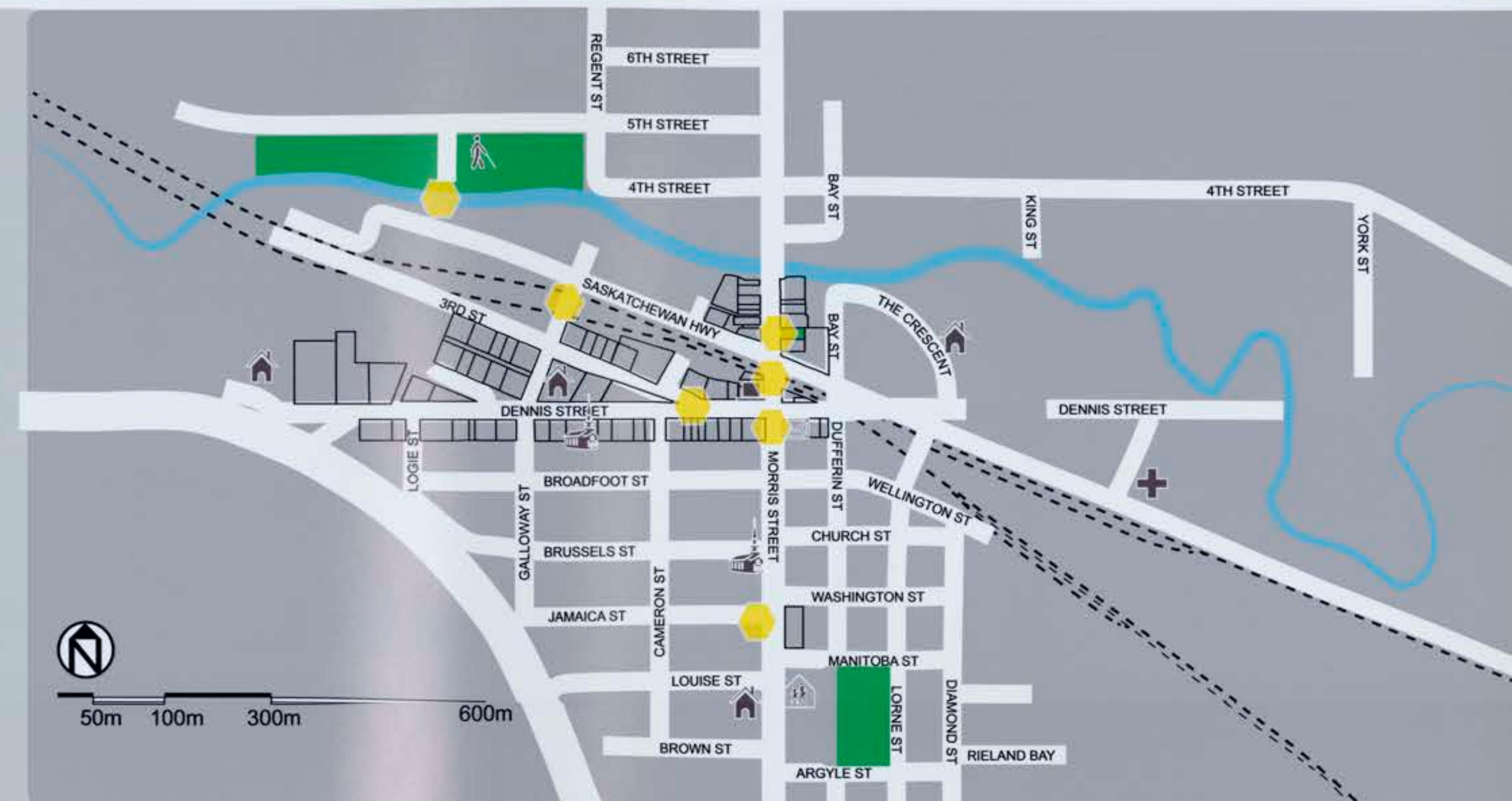


image credit: Carley Holt

SIDEWALKS AND PATHS

Most of Gladstone's residential areas do not have sidewalks. Where sidewalks are present, they are often in poor condition. This is interesting to note, seeing as many Gladstone seniors indicated that they use walking as a primary mode of transportation. Strengthening sidewalk connections between the residential areas and downtown could have health benefits- especially for people with mobility limitations- and could foster economic opportunities for businesses in the town centre.

new areas...

Currently, there are no sidewalks leading to the new residential development in the northern part of town. As Gladstone continues to develop these lands, new sidewalks connecting to the town's existing network will be required, to ensure residents of the new development have safe walking routes to get around town.

existing areas...

Creating sidewalks to Morris Avenue from residential neighbourhoods will increase safety for pedestrians. Currently, sidewalks on Morris Avenue connect to both William Morton Collegiate and Gladstone Elementary, but none of the residential neighbourhoods connect to either school.

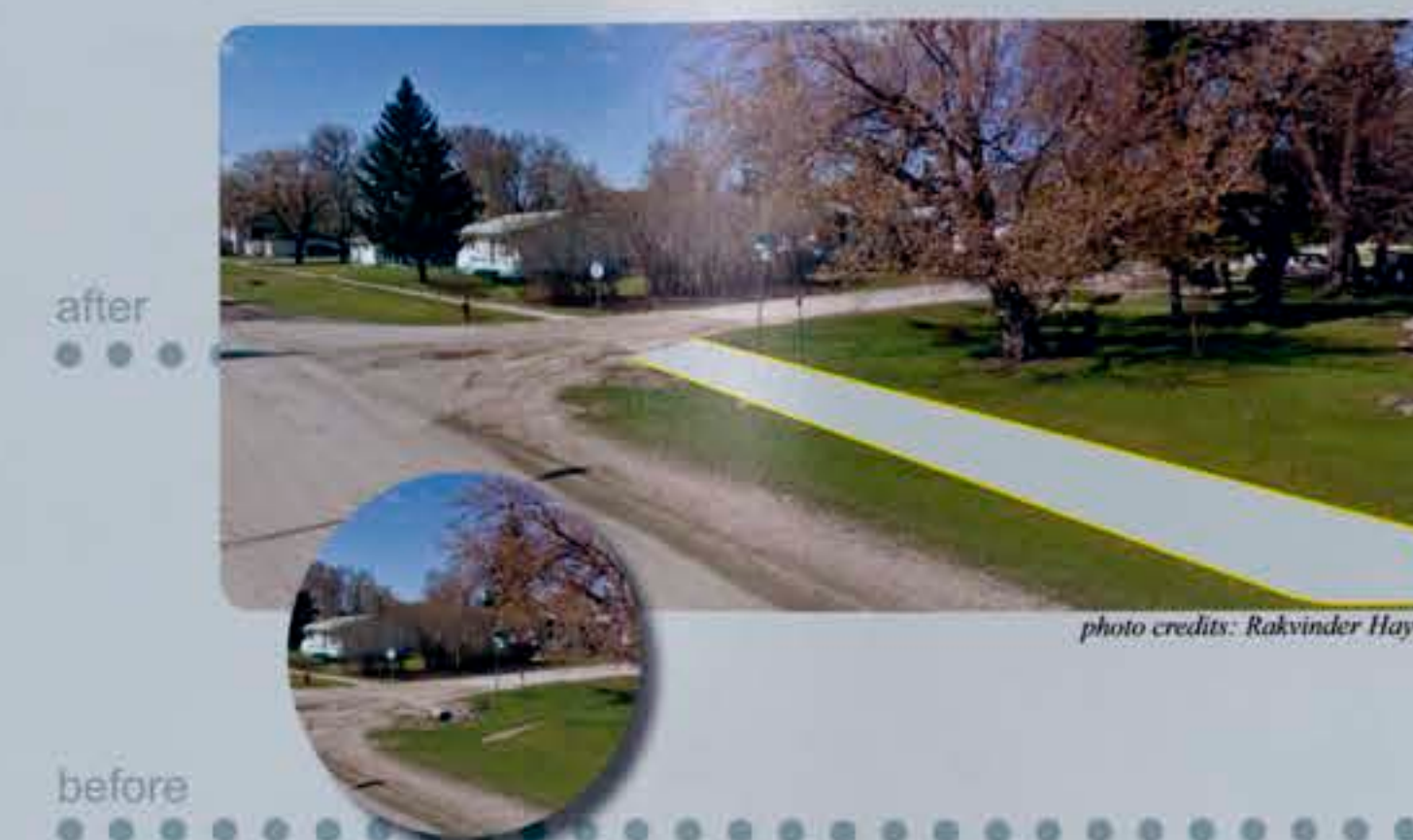


photo credits: Rakvinder Hayer



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IMPROVING WALKABILITY



PHASE 1

In this phase we propose upgrading sidewalk infrastructure from Third Crossing Manor to Williams Park. Sidewalks from Third Crossing to Galloway street are uneven and difficult to navigate. The railway crossings on Galloway and Morris Ave are in poor condition, and require attention as soon as possible. Creating better connections between Third Crossing and Williams Park will foster recreational opportunities for seniors. Also in this phase is a proposed new sidewalk going south on Galloway Street. This path would also connect to Clarkson Suites and William Morton Collegiate, providing a safe pathway for students living in this part of town.

PHASE 2

Phase 2 would see the south-eastern neighbourhood, which currently lacks any sidewalks, connect to Gladstone's sidewalk network. This path would provide residents with an accessible paths to the downtown area, and a safe path for students at Gladstone Elementary School. This proposed path would also have potential to connect residents to Gladstone's future industrial park.

PHASE 3

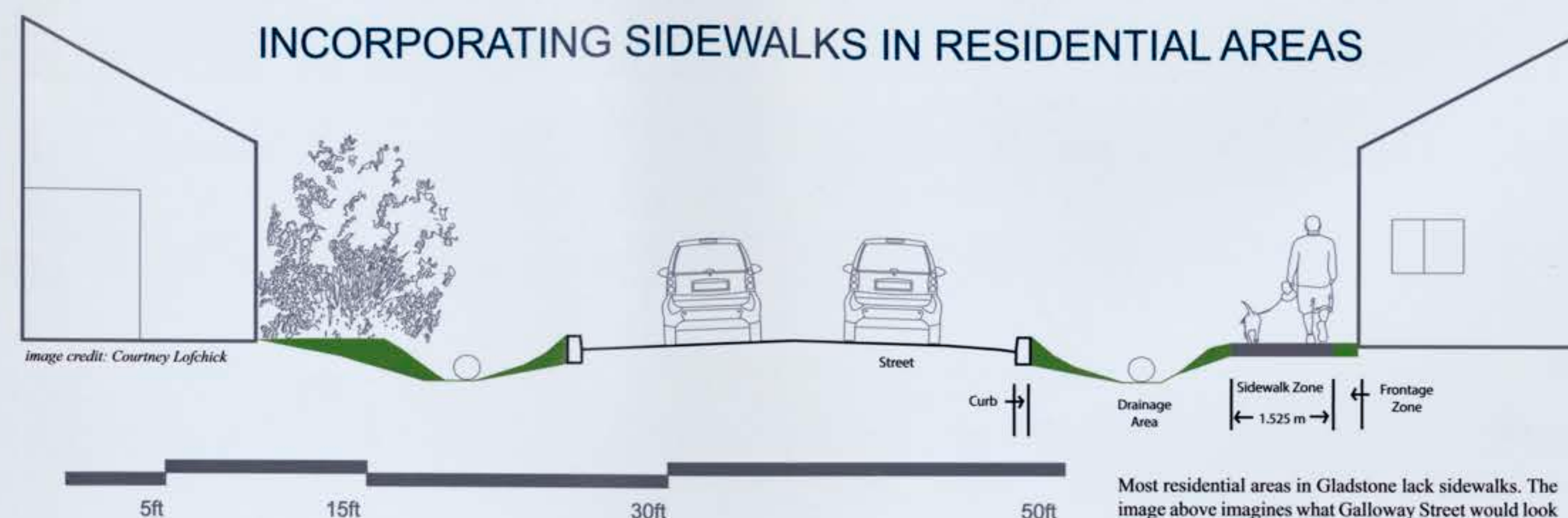
As Gladstone expands its residential neighbourhoods in the north-western part of town, more sidewalks will be necessary, to connect new residents to the existing sidewalk network. This phase also proposes sidewalk connections to the recreation hub.

PROPOSAL

Sidewalk improvements in Gladstone could greatly improve the town's walkability, especially for people with mobility limitations. While, ideally, all of Gladstone would be connected by a high-quality sidewalk network, it is recognized that sidewalk upgrades are costly. Therefore, three priority areas for sidewalk upgrades have been identified, with Phase 1 being the highest priority:

- Phase 1: Upgrade connections to and from Third Crossing Manor.
- Phase 2: Create new sidewalks in the south-eastern part of town, and connect the town's existing sidewalk infrastructure to Seven Regions Health Centre.
- Phase 3: Develop sidewalks in the new residential neighbourhoods, and create sidewalk connections to the recreation hub.

INCORPORATING SIDEWALKS IN RESIDENTIAL AREAS



Most residential areas in Gladstone lack sidewalks. The image above imagines what Galloway Street would look like with a sidewalk.



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IDEAS TO CONSIDER



DENNIS STREET & MORRIS AVEUE BUMPOUT 2

In addition to enhancing the pedestrian environment, bumpouts can provide valuable public space. By incorporating seating and landscaping, these areas can also act as public gathering spaces.



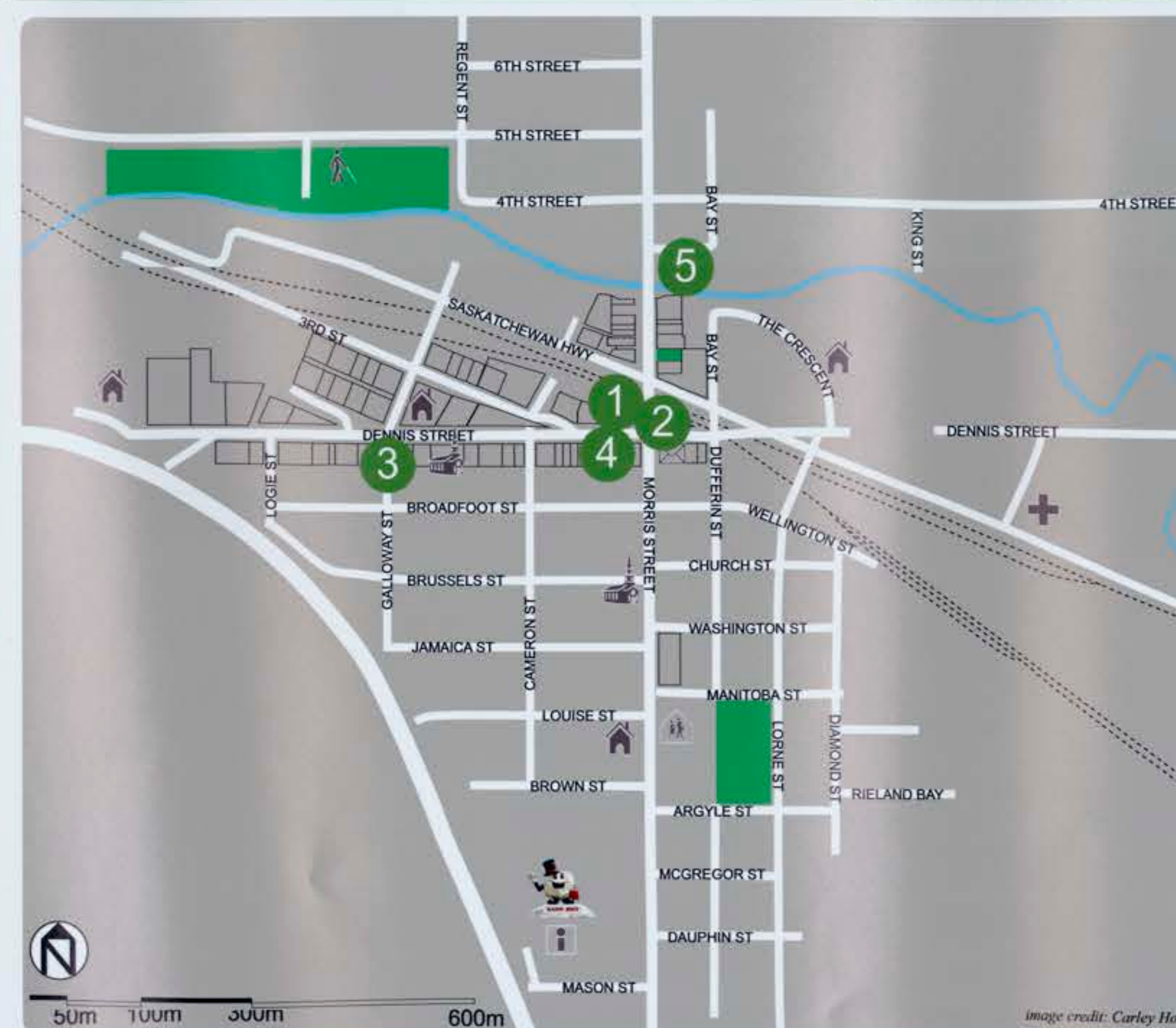
COMMUNITY GARDEN AND PUBLIC TOILETS 3

Community gardens are public spaces with garden plots available for residents to use, often on a rental basis. Community gardens can be a great way to turn under utilized land into a community asset. An empty parcel of land to the west of the Legion has been identified as a good location for a community garden, given its proximity to the Legion Place and Centennial Apartments seniors homes. Community gardens can be designed to be accessible for people who use mobility equipment, and are an excellent way to foster intergenerational interaction between youth and seniors.

It is also suggested that the proposed community garden site should house a public washroom. Accessible public toilets in this location would promote use of the gardens, and enhance the pedestrian environment by providing a toilet in a central location. To save on infrastructure costs, alternative washroom designs, such as composting toilets, could be considered.

PARKLETS 1

"Parklets" are small parks, often constructed on under-used parking spaces. By incorporating seating, landscaping and gardens, parklets can repurpose public land in a way that enhances the pedestrian environment and brings liveliness to a town centre. The proposed bumpouts at the intersection of Dennis St and Morris Ave have been identified as potential sites to construct parklets.



WHITE MUD RIVER PICNIC AREA 5

A vacant lot bordering the river was identified as a potential place to construct a picnic and barbeque area. The site is located on Morris Avenue, just north of the bridge that crosses the White Mud river. This vacant property is within a walkable distance to the downtown area.



RELOCATING THE FARMERS MARKET 4

Farmers Markets make great additions to any community. The current Gladstone Farmers Market occurs every Friday afternoon from mid July to late August and is located in the Williams RV Park and Campground. Moving the market to a central and walkable location would make it more accessible to the rest of the community. It is suggested that part of Morris Avenue be temporarily closed off to house the Market. Closing off the street and placing the Market there would create an attractive temporary pedestrian corridor that could serve as a destination for town residents and attract visitors.



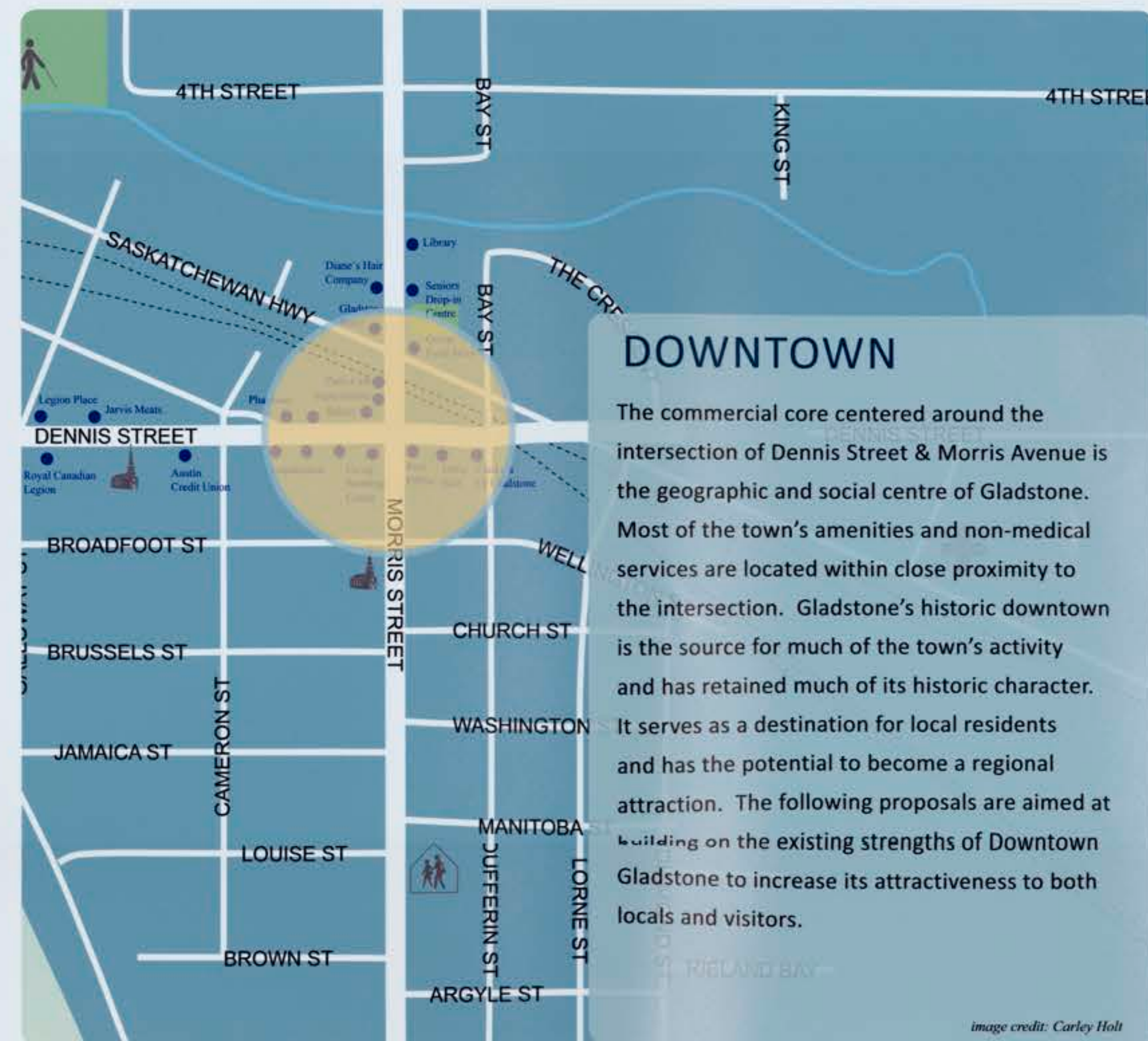
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Age-Friendly Gladstone: public spaces

REIMAGINING DOWNTOWN



DOWNTOWN

The commercial core centered around the intersection of Dennis Street & Morris Avenue is the geographic and social centre of Gladstone. Most of the town's amenities and non-medical services are located within close proximity to the intersection. Gladstone's historic downtown is the source for much of the town's activity and has retained much of its historic character. It serves as a destination for local residents and has the potential to become a regional attraction. The following proposals are aimed at building on the existing strengths of Downtown Gladstone to increase its attractiveness to both locals and visitors.

NEW OPPORTUNITIES: FAÇADE RESTORATION

Restoring the original facades of historic buildings can enhance a community's character, civic pride, and economic development through tourism. The towns of Nanton, Alberta (pop. 2132) and Carberry, Manitoba (pop. 1669) have been successful in restoring their downtown historical buildings, and enhancing their streetscaping. Since making these improvements, the towns have noticed an increase in tourism visitation and the addition of new shops to their downtowns.

Gladstone's location on the Yellowhead highway, coupled with the town's abundance of heritage buildings, present a significant opportunity for tourism development and increased community pride through heritage revitalization. Many of Gladstone's original building facades are currently covered with metal siding. Removing this siding, and restoring the original brick facade would unmask the rich character and history of the buildings. The Gladstone Bakery, the Gladstone hotel, the former Gabriel building and Paris Café are buildings with significant potential for heritage restoration.



EMBRACING THE PAST

The numerous heritage buildings in Gladstone are tremendous attribute to the community. Many of these are commercial buildings located downtown, including the Gladstone bakery which is one of the oldest buildings in Western Canada still in use. Downtown heritage buildings are an integral part of the town's rich history and should be a focal point for any development in the town's core area. The redevelopment of the Galloway building is an outstanding example of heritage restoration and should be viewed as a precedent for further projects.

GALLOWAY - 1902



photo credit: Town of Gladstone

GALLOWAY - TODAY



photo credit: Carley Holt

BENEFITS FOR SENIORS

Restoring heritage buildings could contribute towards making Gladstone more age-friendly. Maintaining the long-term economic health of the town directly affects the livelihoods of seniors residing there. Revitalizing heritage buildings can generate heritage tourism, which would contribute to Gladstone's local economy. Heritage buildings can also enhance seniors' social inclusion and participation in their communities. Restored buildings can create powerful links between past and present generations by evoking a sense of civic pride and community cohesion among all residents. Volunteer and job opportunities would also be generated as a result of heritage building restoration. Walking tours, neighbourhood activities, and historical groups are great ways of keeping seniors active and involved in their community.

FUNDING TOOLS

The Province of Manitoba provides funding for the restoration of designated heritage buildings. The Galloway building is Gladstone's only commercial building with heritage designation. If other buildings were to receive heritage designation, they would become eligible to apply for funding through the Designated Heritage Building Grants Program. The province's Hometown 2014 program provides financial assistance to community led projects that enhance main streets, public places, and building exteriors.

Two more potential funding examples include:

- The Canadian Government launched the Legacy Fund which provides up to \$250,000 in funding for the restoration or transformation of existing buildings with local community significance.
- The Benjamin Moore Community Restoration Program contributes grant money towards heritage restoration and community projects in Canada.



photo credit: Fieldstones



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Age-Friendly Gladstone: housing

BRINGING SENIORS HOUSING DOWNTOWN

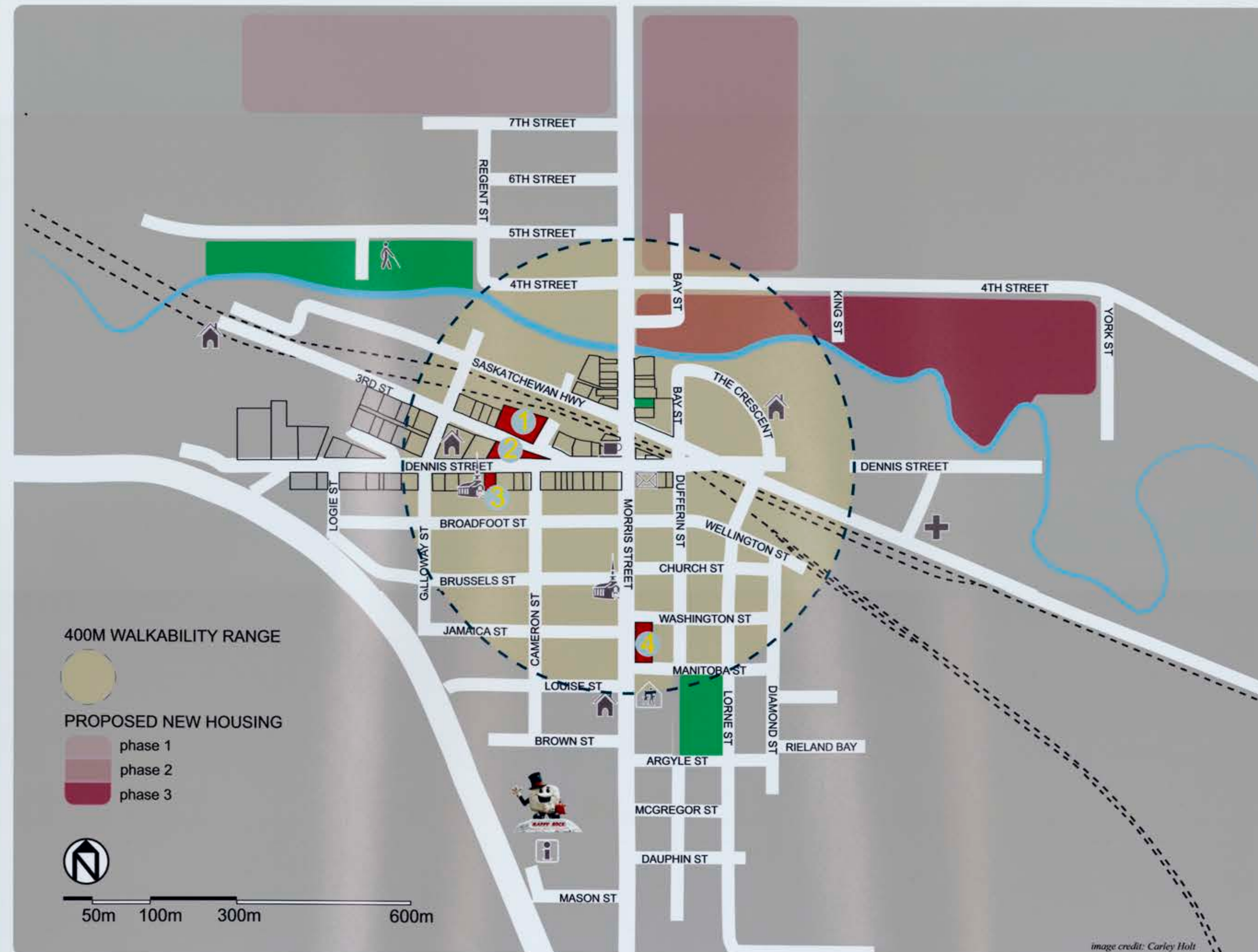


image credit: Carley Holt

LOT 4

Lot 4 is located on Morris Ave, adjacent to the elementary school. This vacant lot is approximately 125 x 260 feet in size. Seniors housing in a style similar to Clarkson suites could be developed on this site.



image credit: Carley Holt

LOT 3

Lot 3 is approximately 85 x 148 feet in size, and located between 3rd street and the railroad tracks. Currently owned by the Town of Gladstone, this lot has the potential to be developed for seniors housing. A three storey apartment style building is one form of seniors housing that could be considered for this site.

LOT 1

Lot 1 is owned by the Town of Gladstone and is currently for sale. This small lot is located between the church and the bank on Dennis street, and measures approximately 75 x 100 feet. A home designed to be used as seniors shared housing could be developed on this site.



image credit: Carley Holt



image credit: Carley Holt

LOT 2

Lot 2 is located between 3rd street and Dennis street. It is triangular in shape, with dimensions of approximately 95 x 174 x 203 feet. Currently occupied by an under-used former service station building, the lot could be repurposed as seniors housing. Single story, multi-unit row housing is one form of seniors housing that could be considered for the site.



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HOUSING: WHAT WE FOUND

WHAT EXISTS

The majority of Gladstone's housing is single family homes. There is a mix of newer and older housing stock, including a number of homes with heritage designation. There are three housing complexes in Gladstone specifically for seniors, and one long term medical care home. Entry level housing and seniors housing are in high demand in Gladstone. In order to meet some of this demand, new housing is currently being developed in three phases, in the north-eastern section of town.

THERE IS A DEMAND FOR SENIORS HOUSING

Given Gladstone's aging population, there is an excessive demand for the town's senior friendly housing. As a result of this demand, many housing facilities are full, and have waitlists. Some Gladstone seniors end up moving outside of the community to access appropriate housing. Likewise, the assisted living facility in Gladstone houses seniors who moved to Gladstone from other communities, in order to access housing. To mitigate the excessive demand for assisted living housing, The Seven Regions Health Centre (Gladstone's hospital) has been housing people who need long term care, but cannot access it elsewhere.

COMMUNITY SUPPORTS ARE ASSETS

During consultation with the community, it was repeatedly expressed that Gladstone has an extremely strong sense of community. Because people look out for each other, and because of community supports such as the "meals on wheels" program and palliative care, Gladstone seniors are able to live in their homes for longer than might be possible without those supports. When seniors are able to stay in their existing homes, it eliminates the stress associated with moving, and reduces the demand for seniors-specific and assisted living housing. The resources that support Gladstone seniors living in their homes for as long as possible are tremendous community assets.



above photo credits: Carley Holt

IDEAS TO CONSIDER

SENIORS HOUSING DOWNTOWN

SENIORS HOUSING SHOULD BE DEVELOPED WITHIN 400 METRES OF GLADSTONE'S DOWNTOWN AREA.

WHY IT'S IMPORTANT:

When people live within 400-600 metres from commercial areas and other amenities, they are more likely to choose walking as a mode of transportation to access those services. By choosing to walk, people benefit from incorporating exercise into their routine.

Seniors who do not have driver's licenses can benefit especially from having their housing near commercial areas. Being able to walk to services greatly increases their independence, by making them less reliant on other people for rides, and giving them the freedom to run errands, and engage in social activities, on their own schedule. The new housing planned for the northern edge of town is more than 600 metres from the town centre. Residents living on the outer edges of town will be less likely to walk, and more likely to depend on cars, to access services in the town centre.

HOUSING OPTIONS

A VARIETY OF HOUSING OPTIONS SHOULD BE MADE AVAILABLE TO GLADSTONE SENIORS

WHY IT'S IMPORTANT:

Housing affordability is often a concern for seniors, as many rely on limited pension incomes. High property taxes and rents can be significant burdens on seniors' housing budgets, and can restrict their housing options. There are a number of different housing models that can support more affordable housing, including the following:

- subsidized housing: a portion of rent is paid by a third party (often the government)
- cooperative housing: where residents cooperatively own the residence and likewise, cooperatively share costs and manage the property.
- shared housing: where seniors live together as roommates
- life leases: where residents make a one-time upfront payment, followed by a modest monthly fee from then on.

It is important that a variety of housing options be made available, to ensure housing affordability, and to ensure that seniors can choose a housing type that fits with their personal lifestyle.

UNIVERSAL DESIGN

NEW HOUSING SHOULD BE DEVELOPED USING THE PRINCIPLES OF UNIVERSAL DESIGN

WHY IT'S IMPORTANT:

"Universally designed" homes are made accessible for people who use mobility aids, by incorporating features such as: hallways that are wide enough to accommodate mobility equipment, a large washroom on the ground floor, a bedroom on the ground floor and house entrances that are on grade (ie. no stairs).

Even if housing is not being developed specifically for seniors, it is important to consider that the house's occupant may experience changes in their mobility needs over the course of their time living in the home. If the design of a person's house does not accommodate their mobility needs, they will either need to undertake expensive renovations, or move to a new home. By building new homes using "universal design" principles, people can continue to live comfortably in their homes, if their mobility needs change.