



Social Planning  
Council of  
Kingston and  
District  
Since 1930



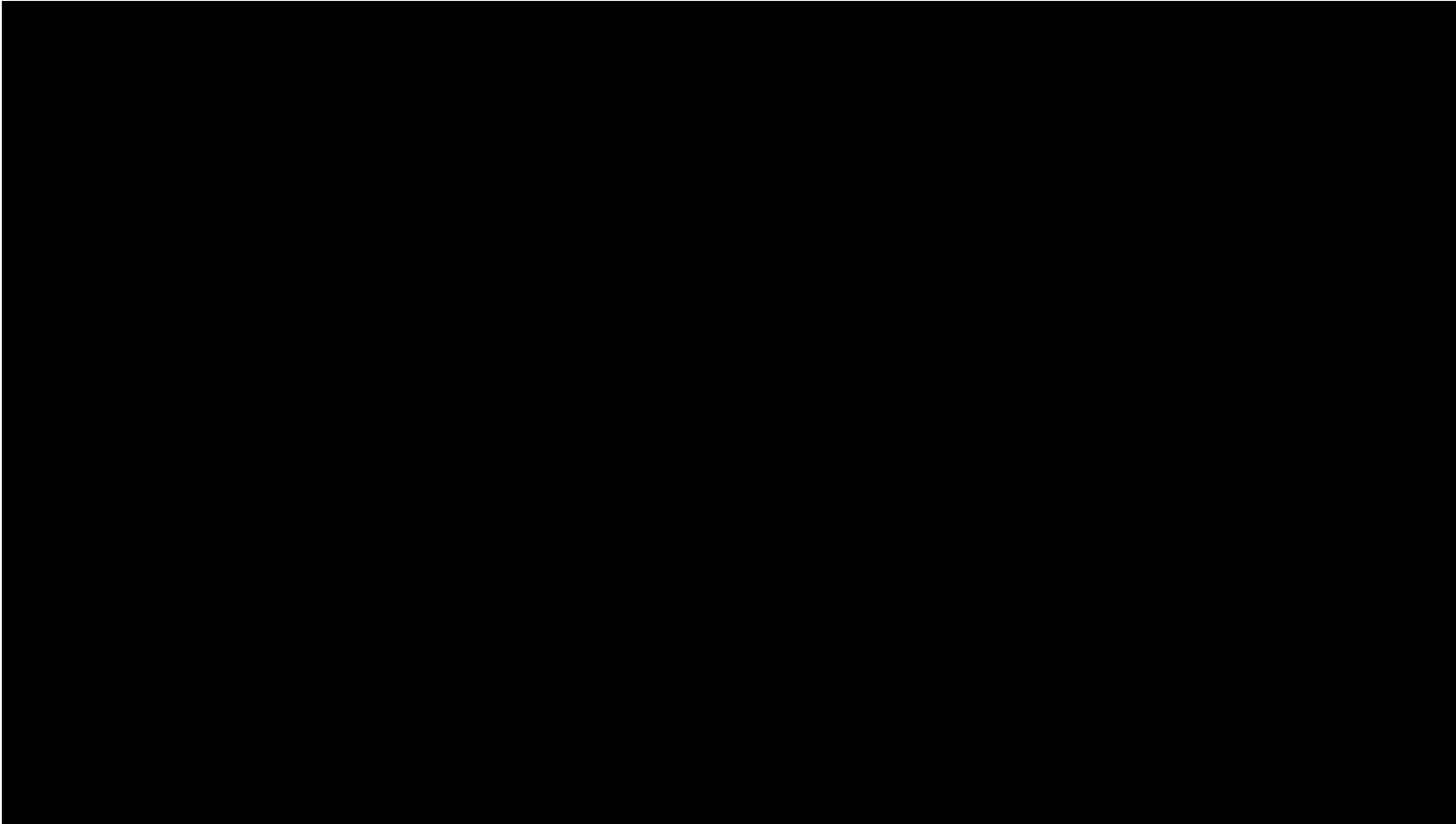
# Creating Livable Communities

Co-hosted by Developmental Services Ontario (South-east Region)  
and the Social Planning Council of Kingston and District



Ken How, Project Facilitator

# Pinecrest Housing - Video

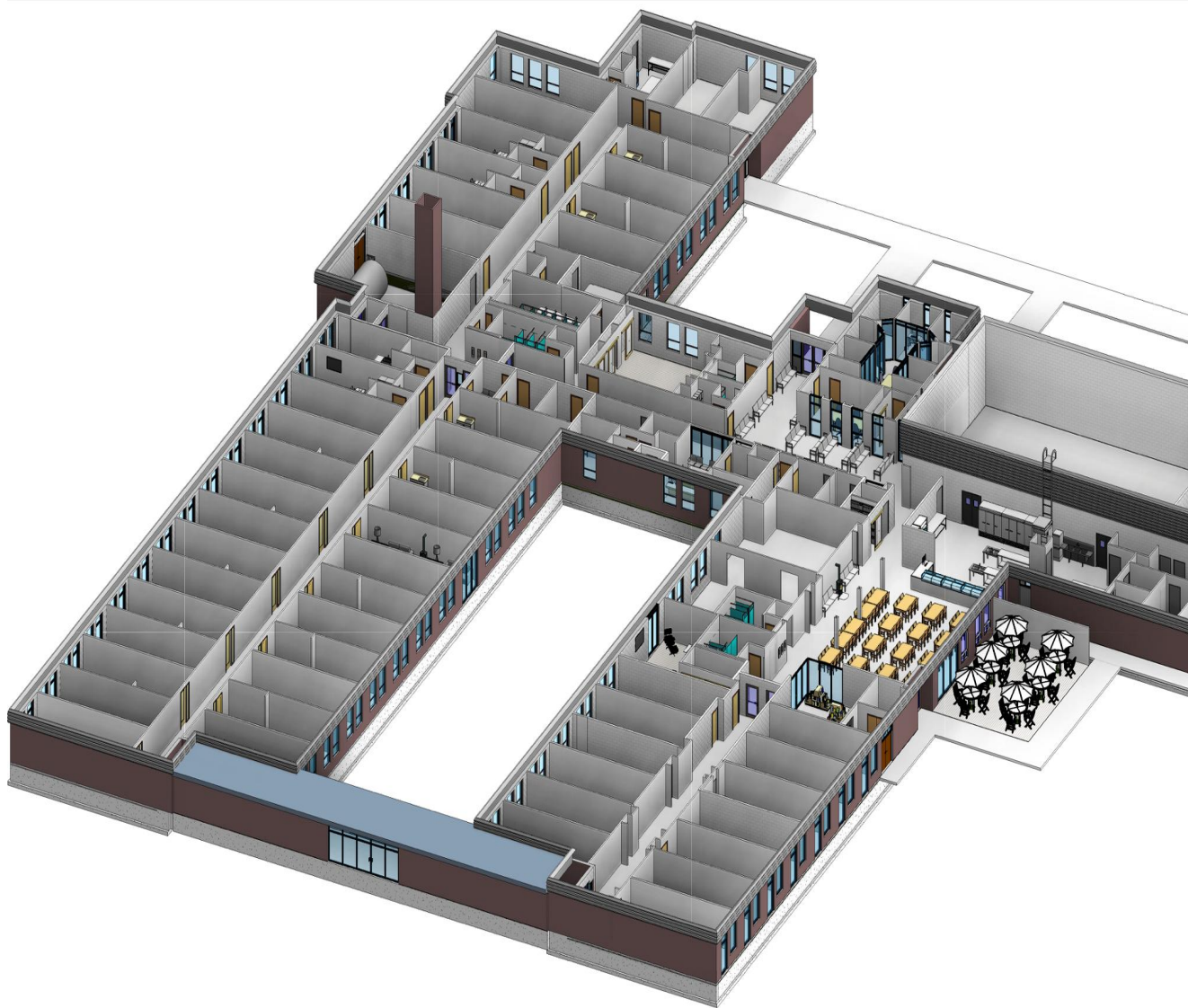


# Highlights:

- CMHC application
- Asbestos abated interior demo begun.
- Community Benefit Network Contract

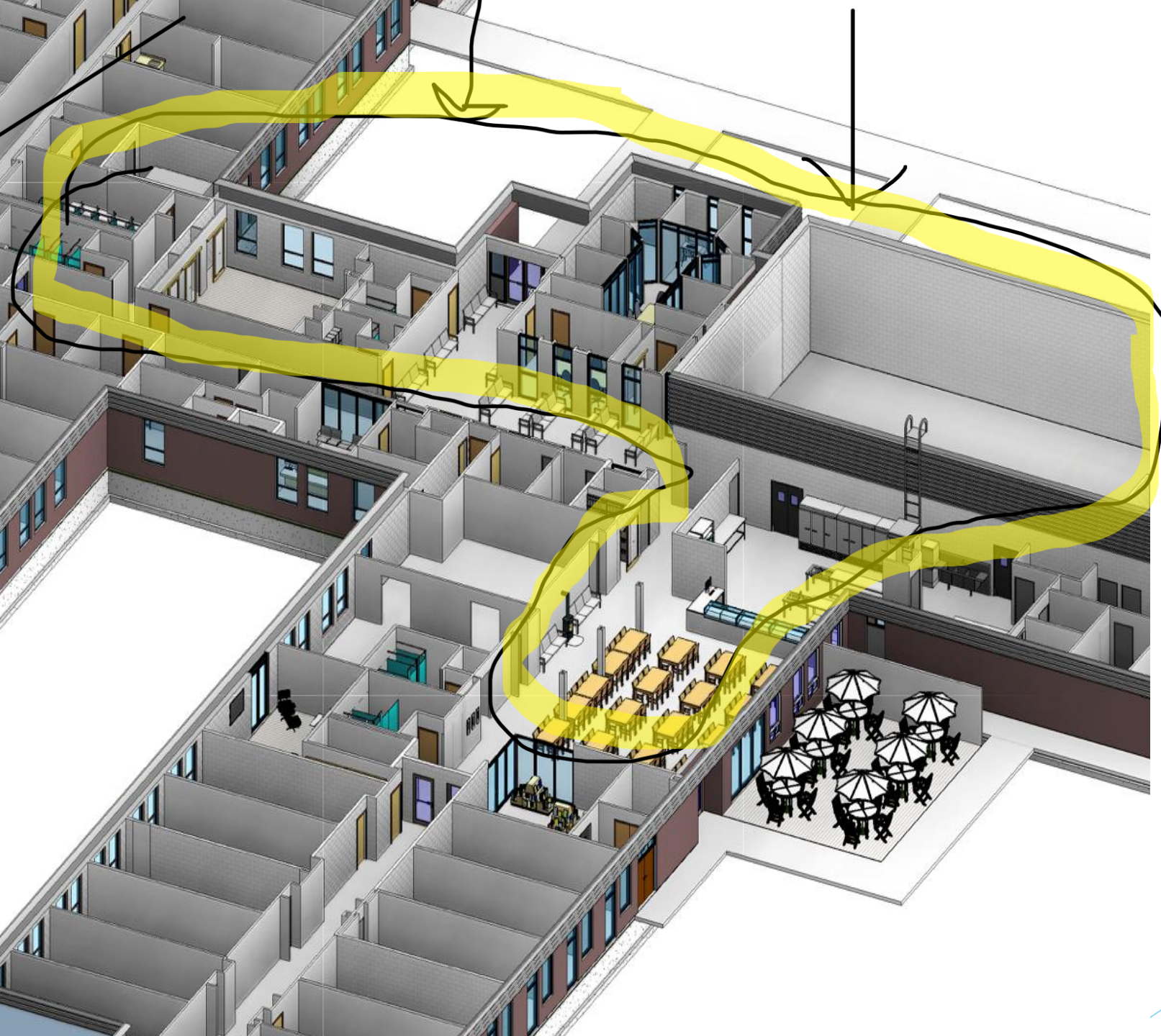






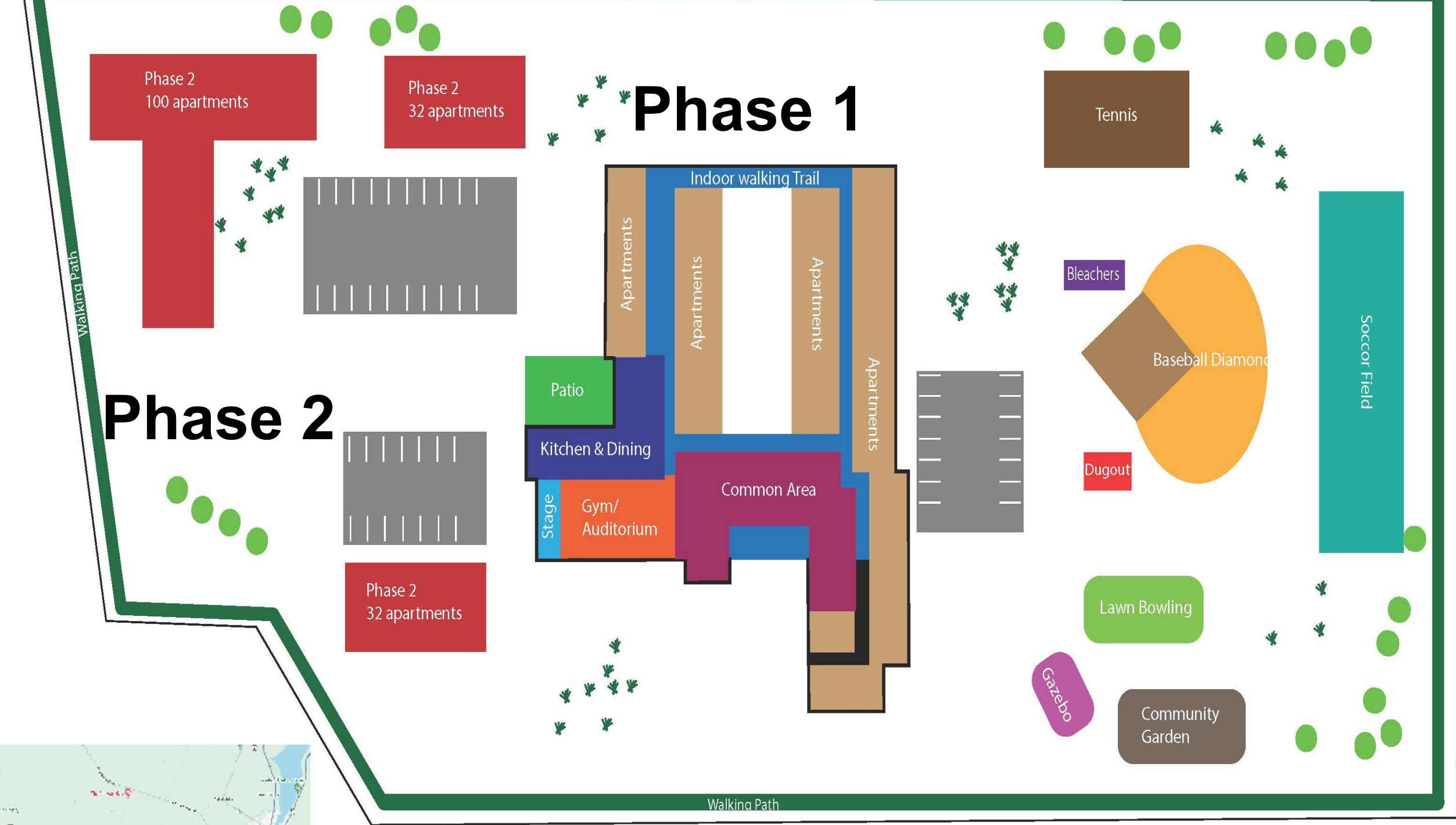
# Joint Venture

- ▶ Pinecrest Housing
- ▶ Springale Development



# Opportunities For Business Development





Share with us your  
ideas on how we could  
mutually benefit from  
working together.



# KINGSTON COHOUSING

[www.kingstoncohousing.ca](http://www.kingstoncohousing.ca)



# What is Cohousing?

- ▶ A **community-led** housing approach
- ▶ **Private, self-contained units** surrounded by **common shared spaces**
- ▶ A **housing model** that reflects shared **community-oriented values**
- ▶ The overall design encourages social interaction
- ▶ Canadian Cohousing Network website at [www.cohousing.ca](http://www.cohousing.ca) showcases many models.





# Intentional Community

## **Mainstream North American housing design:**

- favours individuality over community
- contributes to social isolation
- leaves who neighbours are to chance

## **Intentional communities:**

- **individuals who choose** to live in the same buildings or neighbourhoods.

**Social connection is a key determinant of health.**





Cohabitat Québec,  
Quebec City





**Little Mountain Cohousing, Vancouver**



# Common House

- ✓ Large Kitchen
- ✓ Dining Area
- ✓ Lounge
- ✓ Guest Rooms
- ✓ Deck/Patio
- ✓ Parking

Radiance Cohousing, Saskatoon





**Private Space**

**Radiance Cohousing, Saskatoon**





Common House









**Structure**





**Kingston Cohousing Values**



# Providence Village 1200 Princess Street

- Leased land in central Kingston
- Easy access to transit, shopping
- Walking trails, community gardens
- Two opportunities: renovation and new construction

[www.providencevillage.ca](http://www.providencevillage.ca)













# Creating Livable Communities

Beloved community is formed not by the eradication of difference but by its affirmation, by each of us claiming the identities and cultural legacies that shape who we are and how we live in the world.

Bell Hooks

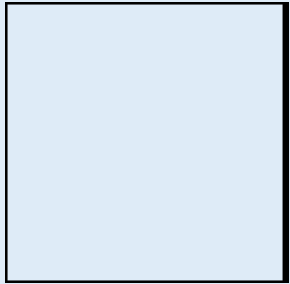


David McAuley  
Nov. 13, 2025



# Housing Options

Hospital  
Chronic Care  
Rehabilitation



Highest Need

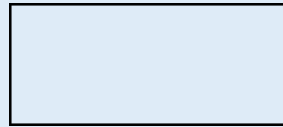
Long Term  
Care  
Respite Care



Medium

Retirement  
Home  
Life Lease

Cohousing  
Abbeyfield  
Co-living



Lowest Need

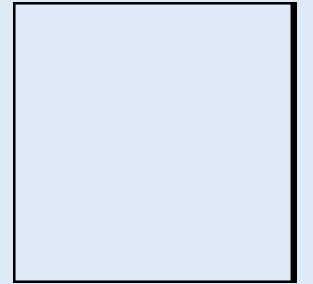
Senior's  
Apartment



Medium

Compact  
Home

Family  
Home



Highest Need

environmental   social   personal care   financial   quality of life   health   family impact   friends   sustainability

	COMMUNITY CRITERIA RATING							
	GREAT			GOOD			POOR	
Values	Detached Home	Townhouse	Apartment	Cohousing	Group Home	Small Care	LTC Hospital	
Communal								
Privacy								
Social								
Personal Value								
Safety								
Health Care								
Personal Care								
Diversity Culture								
Personal Growth								
Sharing								
Group Activities								
Food Diet								
Purchase Cost								
Living Cost								
Permanence								
Sustainable								
Family & Friends								
Loneliness								
Climate Resilience								
Energy Efficiency								
Disease Resistant								



Cohousing is a  
**neighbourhood design**  
developed by and for  
resident owners.



It combines the **autonomy of**  
**private dwellings** with the  
**benefits of shared**  
**community amenities.**



# Cohousing

- Build the “people” sense of community
- Governance & decision making
- Ownership



## 3.0 Housing Models that Enable Aging in Community

### 3.1 Co-Housing

### 3.2 Pocket Neighbourhoods

### 3.3 Second Units

### 3.4 Naturally Occurring Retirement Communities (NORCs)

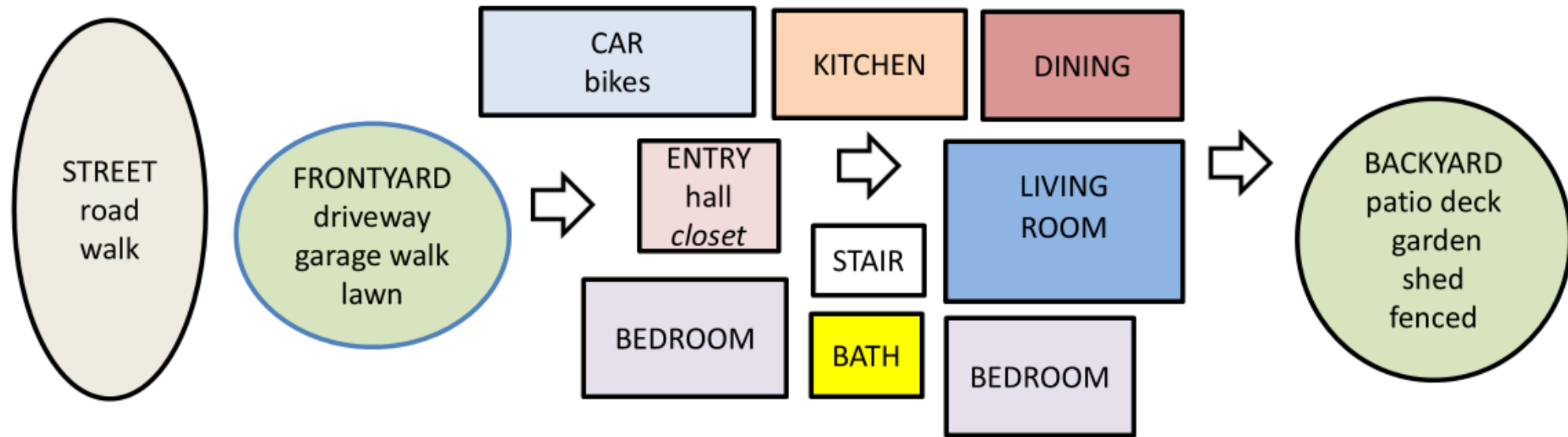
### 3.5 Village Model

### 3.6 The Danish Model: Multi-Purpose Nursing Homes

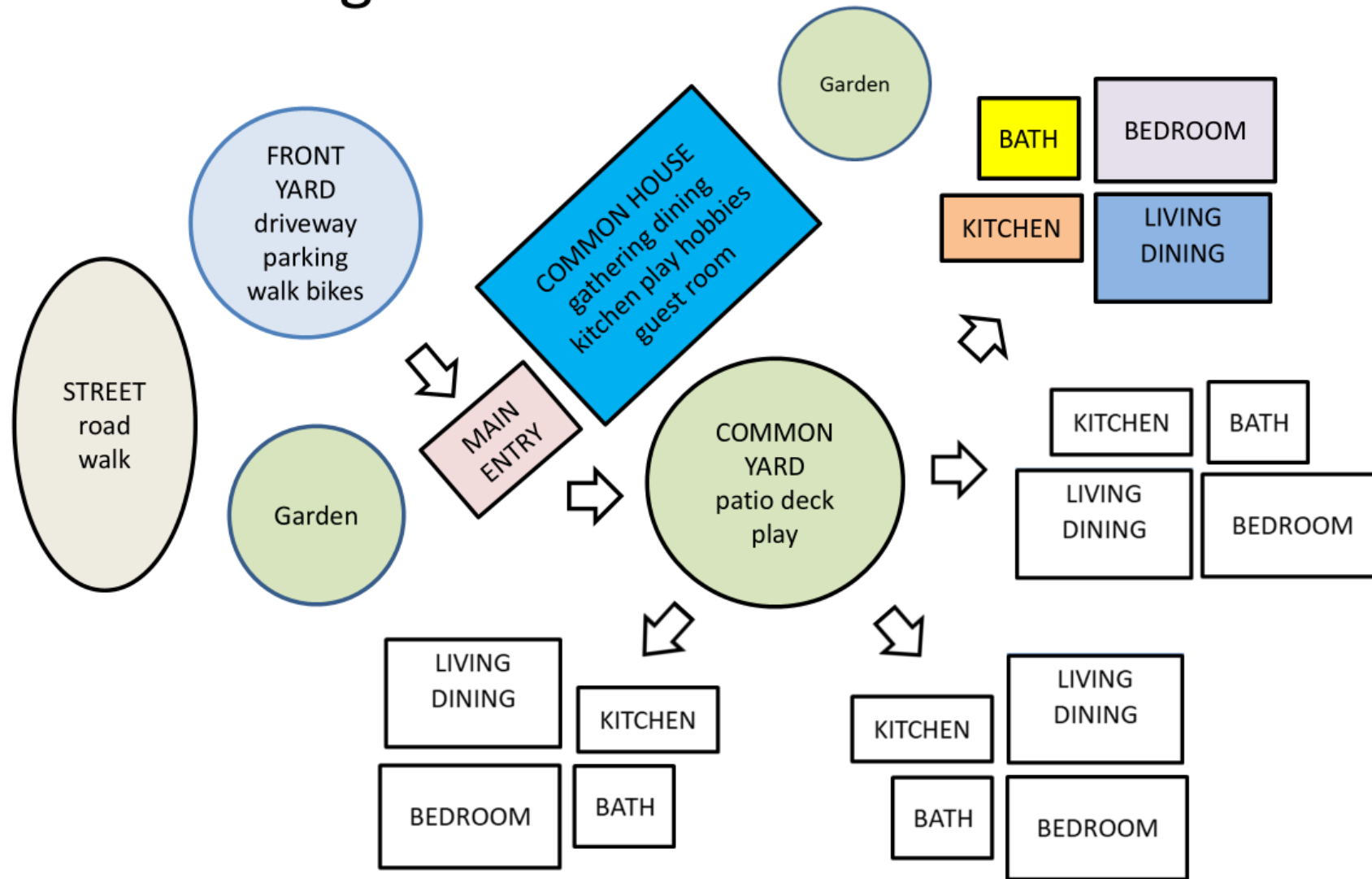
### 3.7 Intergenerational Housing



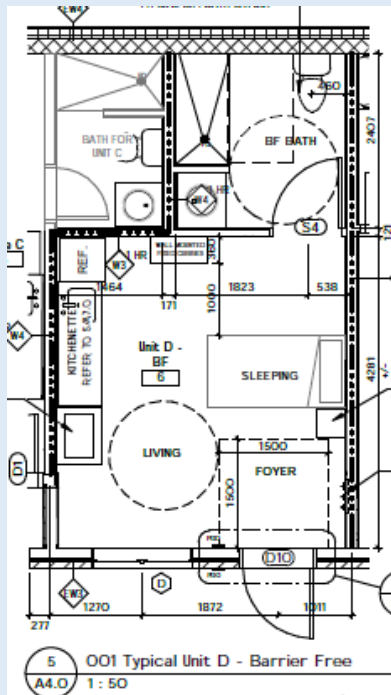
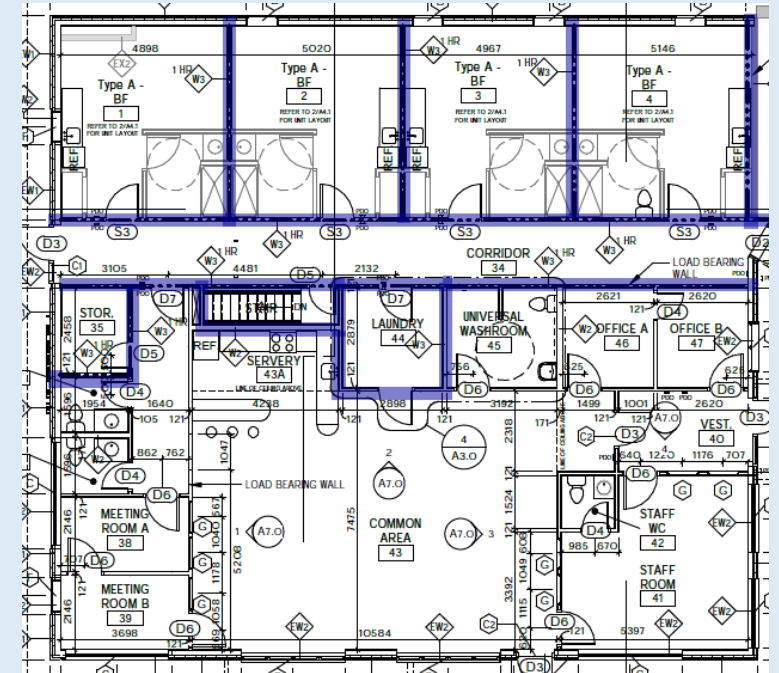
# Traditional Housing Connections



# Cohousing Connections



David McAuley Architect (ret)



Grace Gardens  
Permanent Supportive Housing



- Central common courtyard
- Heritage tree
- Eyes on the street



- Communal balconies
- Conversation friendly
- Vibrant with activity movement

Daybreak Cohousing, Portland Or





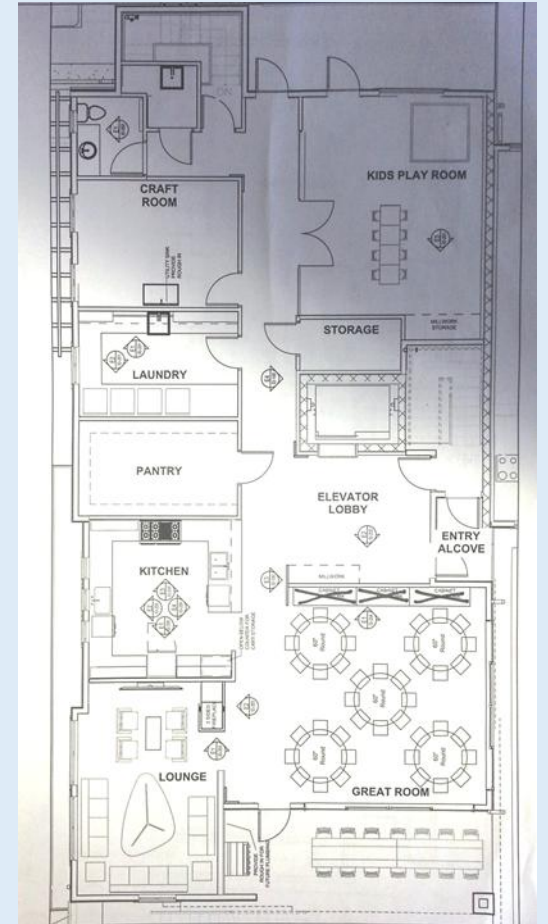
View inside entrance

We are here to awaken from our illusion of  
separateness.

THICH NHAT HANH



Blends with streetscape



Common house

Vancouver Cohousing

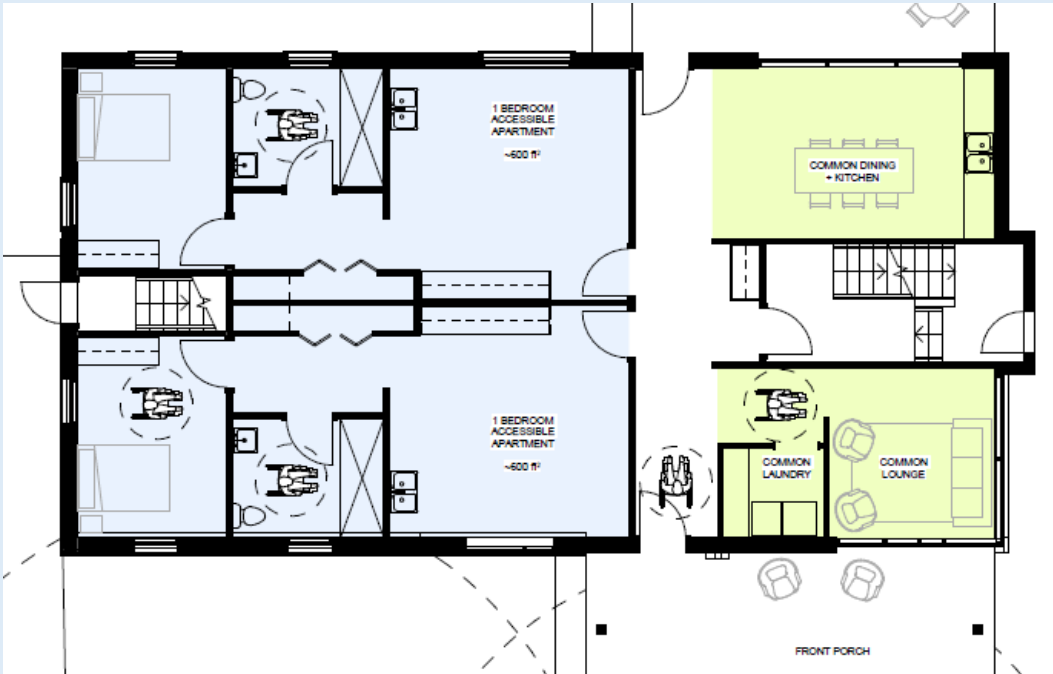
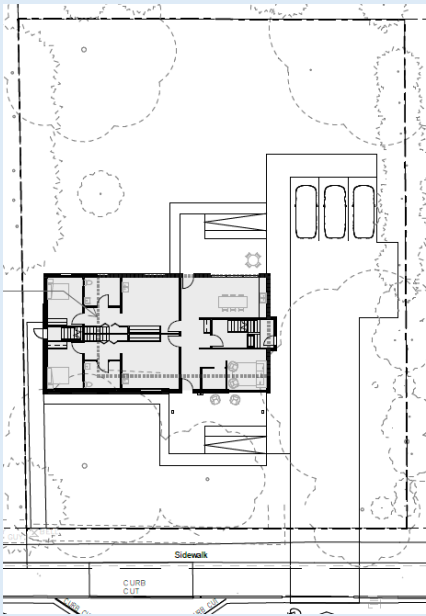


Compact individual kitchen



Overlap individual & common space

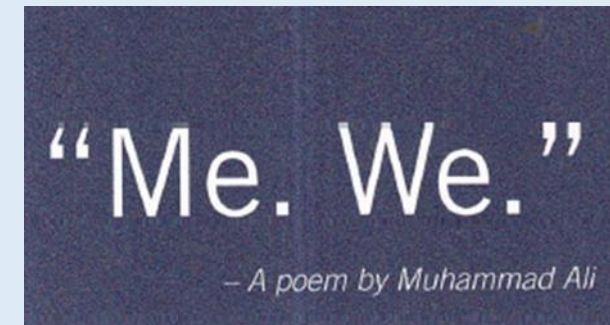




Hopewell Support Services  
Group Home

- 31 units on 2 acs
- waterfront & dock
- 10 min to town
- steep slope

- 31 units on 2 acs
- waterfront & dock
- 10 min to town
- steep slope







# Watershed Cohousing

- Walkable Community
- Southeastern exposure
- Edible landscape screening
- Passive House Net Zero
- Healthy living
- Shared resources





Open Plan Individual Unit



Common Space

My humanity is bound up in yours,  
for we can only be human together.

DESMOND TUTU





- Diversity mixed uses
- Reduced parking dependence
- Close proximity to schools

# COHOUSING PROCESS

Those who say it can't be done are  
usually interrupted by others doing it.

JAMES BALDWIN

Get Started  
Build a Strong Foundation

## Meeting Agreements

We are kind to each other  
We meet to accomplish tasks and build community  
We listen deeply  
We speak for ourselves  
We ensure everyone can participate  
We are all responsible for constructive meetings





## PART 2. DESIGN PROGRAM

### Outline of Process

#### BRAINSTORM

- Generate ideas (as freely as possible)
- Get creative juices flowing
- Ensure the opportunity for everyone to be heard
- Provide a fast and fun way to get started on a new topic
- Avoid discussion and judgment

#### DISCUSS

- Have goal in mind
- Debate merits of an issue
- Clarify issues
- Put forth proposals

#### CONSENSUS

- Break question down to lowest common denominator
- Ask for objections and ask for consensus (straw poll)
- State the decision

# Set Up Development Corporation

Get help from knowledgeable professionals



Diana Leafe Christian

# Determine the Community Organization Structure and Build Membership

Become efficient effective and connected

CONSENT – not consensus  
decision is “within one’s range of tolerance”





# Find and Secure a Site

Take the leap

## Site Selection Criteria

- Availability and affordability
- Urban Suburban Rural
- Zoning & approvals
- Servicing, grading soils
- Environmental
- Access & neighbourhood
- Enough people interested in living there



“The Senior Cohousing Handbook”

Charles Durrett

Watershed Cohousing Guelph

# Undertake the Design and Development

## Make it real



## PART 2. DESIGN PROGRAM

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## Construction Delivery Options

- Owner build
- Design bid build
- Construction management
- Project Management





# Completion

## Move in and celebrate



Living simply makes loving simple.

BELL HOOKS



# Living in Cohousing

Condominium conversation  
Activities  
Responsibilities



“true belonging doesn’t require you to  
change who you are;  
it requires you to be who you are”

Brene Brown





# LEARNINGS

....there are no wrong turns, only unexpected paths.

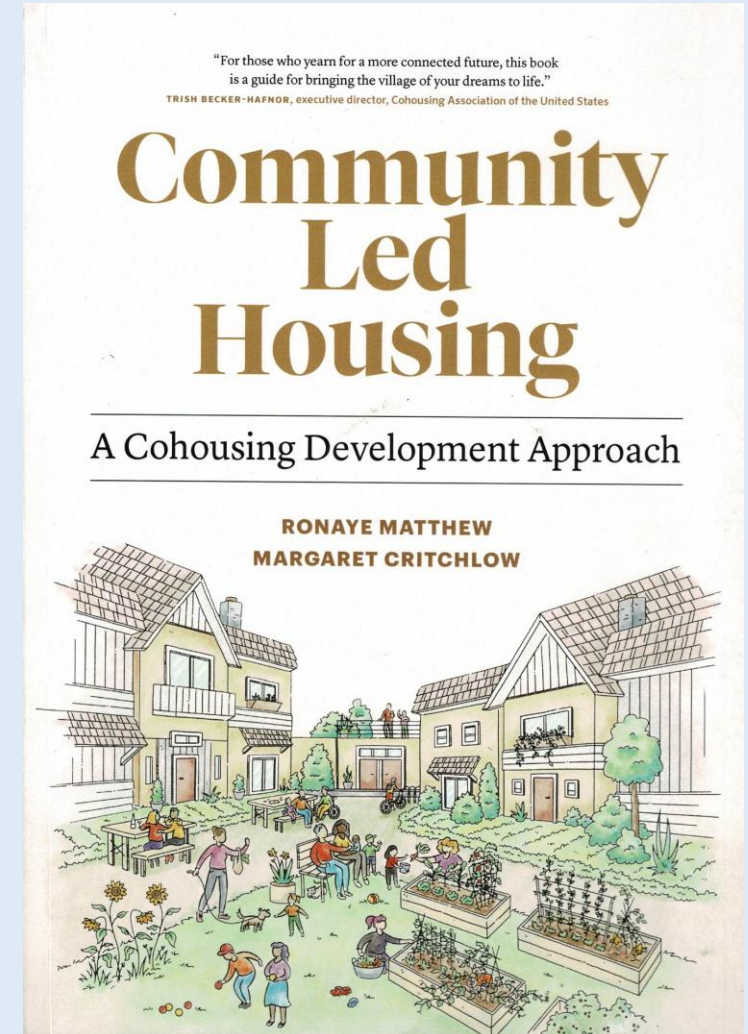
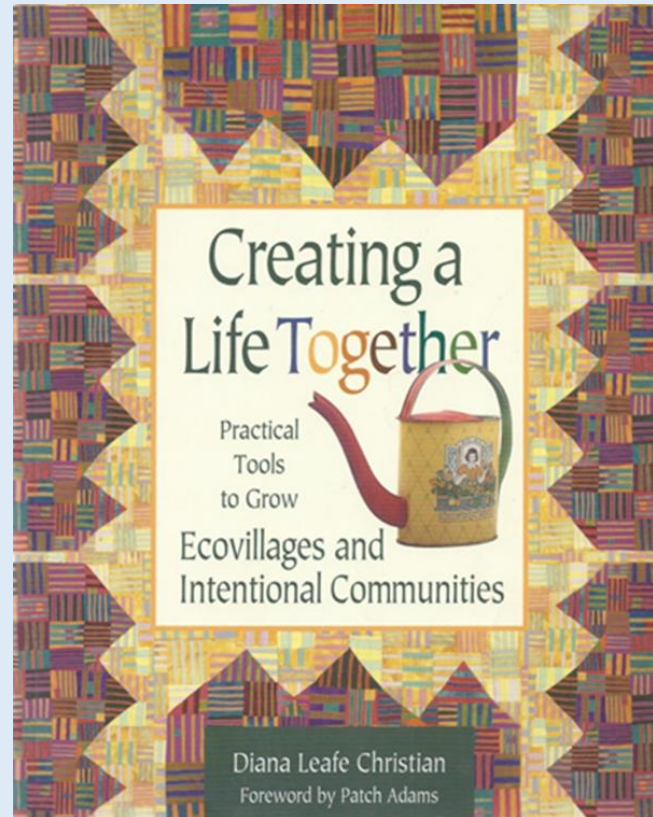
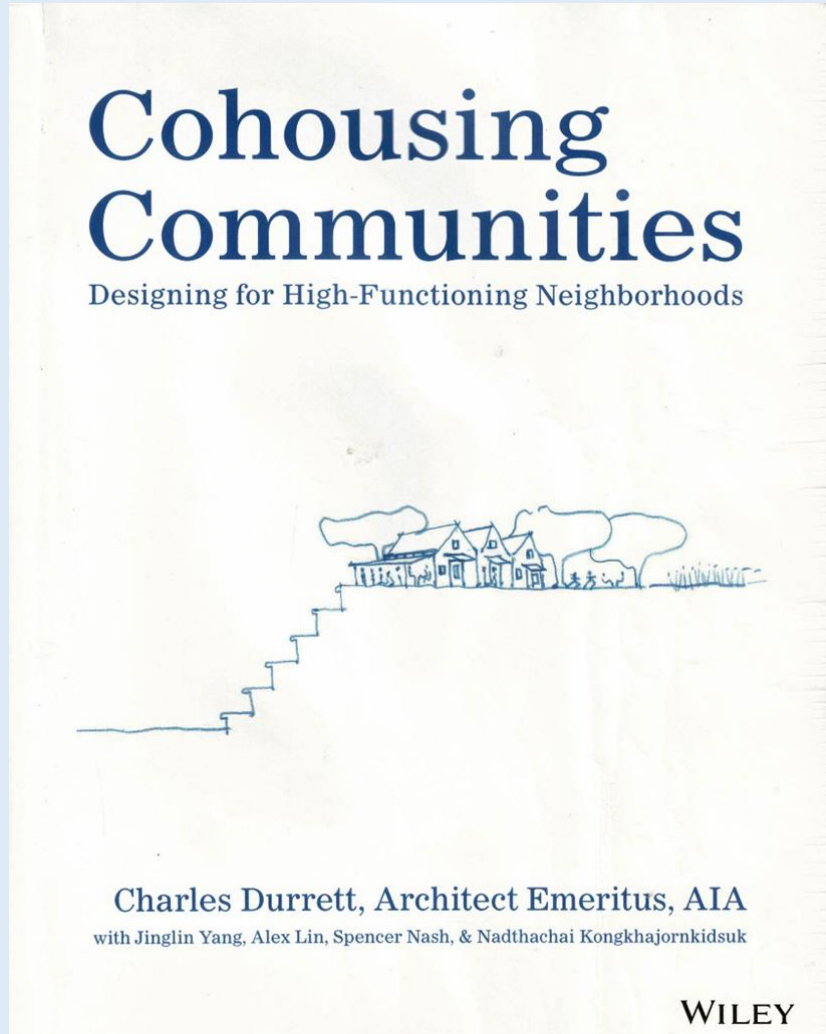
Mark Nepo

- recruit person experienced in finances
- secure financing early, LOCs
- retain developer, builder experienced in small apartments
- do more research, retain cohousing consultant

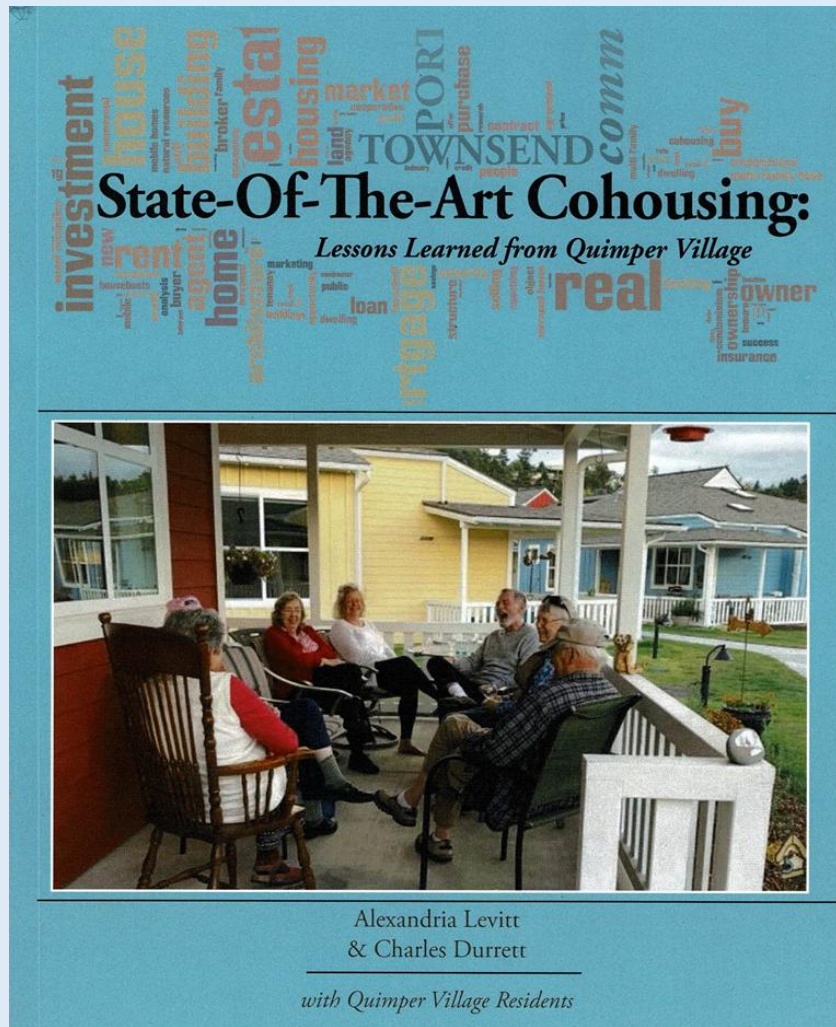


- retain Office Residential Zoning
- impact of COVID on construction costs delays, material & labour availability
- trust, loyalty, patience & understanding, joy, love and comradery of committed people who share a vision

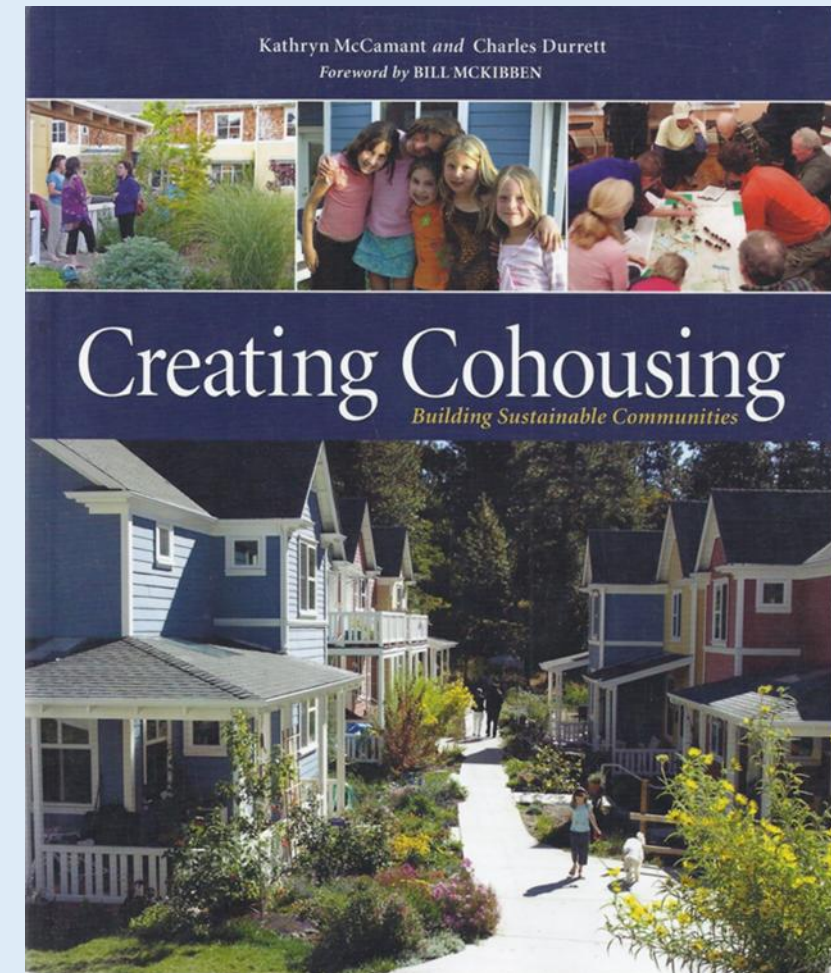
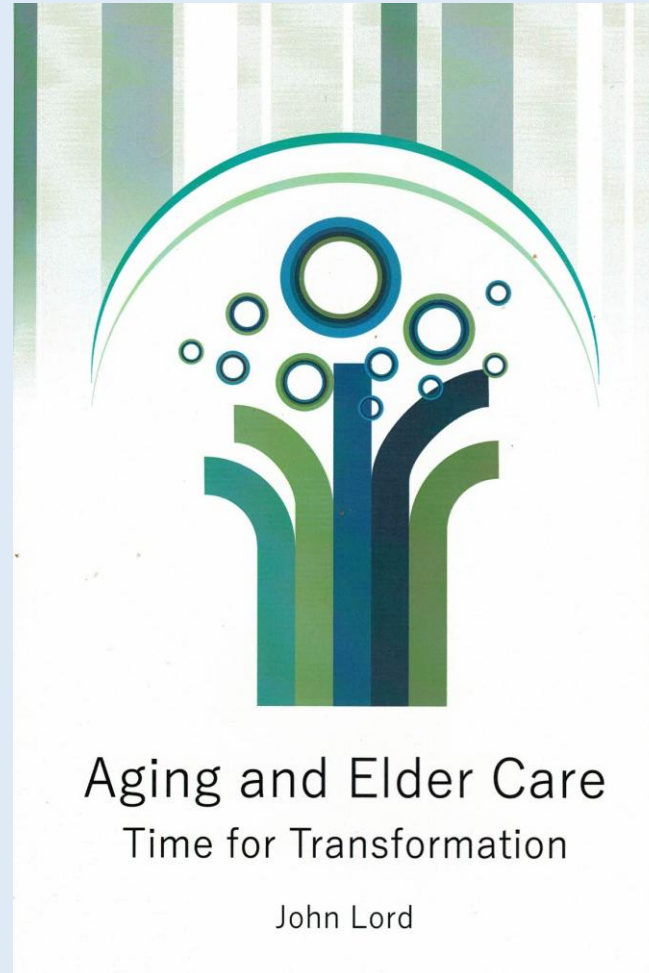
# REFERENCES







Quimper Village Cohousing  
sponsored by members of  
Unitarian Universalist  
Fellowship Church  
Townsend WA



# CREDITS

Abbeyfield Canada [www.Abbeyfield.ca](http://www.Abbeyfield.ca) Rhonda Flanagan [info@abbeyfield.ca](mailto:info@abbeyfield.ca)

Canadian Cohousing Network <https://cohousing.ca/>

Cohousing Development Consulting <https://old.cohousing.ca/resources/professional-services/cdc-cohousing-development-consulting/> Ronaye Mathew

Foundation of Intentional Community <https://cohousing.ca/> Margaret Critchlow

John Lord <https://www.johnlord.net/>

Junction Village Community Land Trust <https://www.junctionvillageclt.org/>

Ottawa Cohousing <https://www.ottawacohousing.ca/> Linda Kruus [info@ottawacohousing.ca](mailto:info@ottawacohousing.ca)

Senior Women Living Together <https://swlt.ca/>

Seniors for Climate Action Now <https://seniorsforclimateactionnow.org/scan-guelph/>

Seniors for Social Action Ontario <https://www.seniorsactionontario.com/>





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And if it's true we are alone, we are  
alone together, the way blades of grass  
are alone, but exist as a field.

ROSEMERRY WAHTOLA TROMMER







<https://Abbeyfield.ca>

**Joe McReynolds, President/Chair**





# Abbeyfield

*A Unique – Small Scale Model for Seniors Shared Accommodation*

*An Innovative Solution for Housing and Our Ageing Demographic*



Abbeyfield  
Canada 🍁  
Houses are  
safe &  
affordable  
homes for  
independent  
seniors.





# History

*A scheme to bring lonely people together, in an ordinary house, in an ordinary street, getting support and creating an atmosphere of companionship from neighbours and family; returning to the community rather than moving away from it."*

Richard Carr-Gomm

# What Guides Abbeyfield?

## The Guiding Principles of Abbeyfield Houses Society

### Abbeyfield believes:

**First**, many elderly people everywhere suffer from loneliness and insecurity, and so need care, companionship, and practical support in their daily lives.

**Second**, the elderly still have an important role to play in the lives of their families, friends, and communities.

**Third**, in that community, individuals can actively help the elderly to have a secure and happy life by offering them a home of their own within the companionship of a small household.





# Abbeyfield World Council International Family

Australia  
Belgium  
Canada  
England  
and Wales  
Northern  
Ireland

Jersey  
New Zealand  
Poland  
Scotland  
South Africa  
Malawi (coming soon)



Abbeyfield  
Canada

Celebrating  
International Day of Older Persons!  
October 1st, 2023  
[www.Abbeyfield.ca](http://www.Abbeyfield.ca)

# Abbeyfield Canada

- A not-for-profit charitable organization to support the operations of the 19 existing houses in Canada and to assist community groups with an interest in the Abbeyfield model to develop new houses.
- Board of Directors - 12 Members
- 1 staff (Rhonda Flanagan) and 1 part-time staff in BC (Robert Gunn)
- Each house is an independent incorporated organization



# Strategic Plan 2024 -29

**Vision:** Older adults live with freedom and independence

**Mission:** To direct and support the growth and operations of the Abbeyfield model of affordable housing in Canada

## **Priorities:**

- **Members** - Strengthen houses; Develop new; Address brand
- **Stakeholders** - National voice; Implement relations strategy
- **People** - Increase volunteers and staff
- **Internal Systems** - Improve resource management/governance
- **Finance:** Develop a sustainable organization

# Community Housing for Older Adults

- Aging in Place
- Independent Living Communities
- Shared Accommodation
- (Abbeyfield)
- Assisted Living



# Shared Accommodation

- A home for 10 -15 older adults providing an affordable and independent lifestyle
- Congregate living arrangement
- Small scale with independent living suites
- Nutrition – three meals a day
- Informal support and problem-solving
- Serving individuals with low to moderate incomes
- Governed and operated by community volunteers
- Not-for-profit charity

## What We Address

- **Loneliness**
- **Companionship**
- **Nutrition**
- **Autonym**
- **Independence**
- **Privacy**
- **Enjoyment of Life**







# Active Communities



## British Columbia

- Armstrong
- Duncan
- Fort St. John
- Golden
- Port Alberni
- Sidney
- Vancouver
- Vernon
- Victoria (De Mezey)
- Victoria (St. Peter's)

## Alberta

- High River

## Saskatchewan

- Prince Albert
- Saskatoon

## Ontario

- Caledon
- Durham
- Ottawa
- Toronto





## Active New Houses / Projects

### Kitchener

- 56 Weber West

### Lakefield (Peterborough)

- Lakefield Abbeyfield

### Ottawa

- Polonia House (Polish)
- Flo's Seniors (Afro-Caribbean)
- Bronson Centre
- Riverside

### South Ontario

- Wingham
- Picton

# And in Discussions

- **Kingston, Ontario** – exploring partnership with Kingston CoHousing and Providence Village
- **High River, Alberta** – Strong local group with municipal support
- **Caledon, Ontario** – Abbeyfield 2.0 – exploration with Caledon East United Church for use of land/ possible collaboration
- And – perhaps collaboration with L-Arche



19 Established Houses

We are present in the highlighted Provinces.





Abbeyfield Ottawa est  
425 Parkdale Ave, Ottawa (more)





## **Abbeyfield Polonia – in development in Ottawa**

### **Will Polonia Abbeyfield House be suitable for me?**

If you are of Polish background  
a physically active mobile senior  
able to take care of yourself independently  
able to maintain your own medication routines  
able to live and share meals in amicable environment  
in need of companionship  
no longer wish to live on your Own ..... then this is the place for you



Flo's Seniors

Independent Senior Housing Project



Carol Campbell

Jean-Marie Guerrier,

Joanne Robinson,

Violet Green

Flo's Abbeyfield – in development in Ottawa  
Flo's Seniors supporting the elder Afro-Caribbean community  
and their families in Ottawa





Abbeyfield Riverside – Central Ottawa  
In development

# Kitchener – Proposed



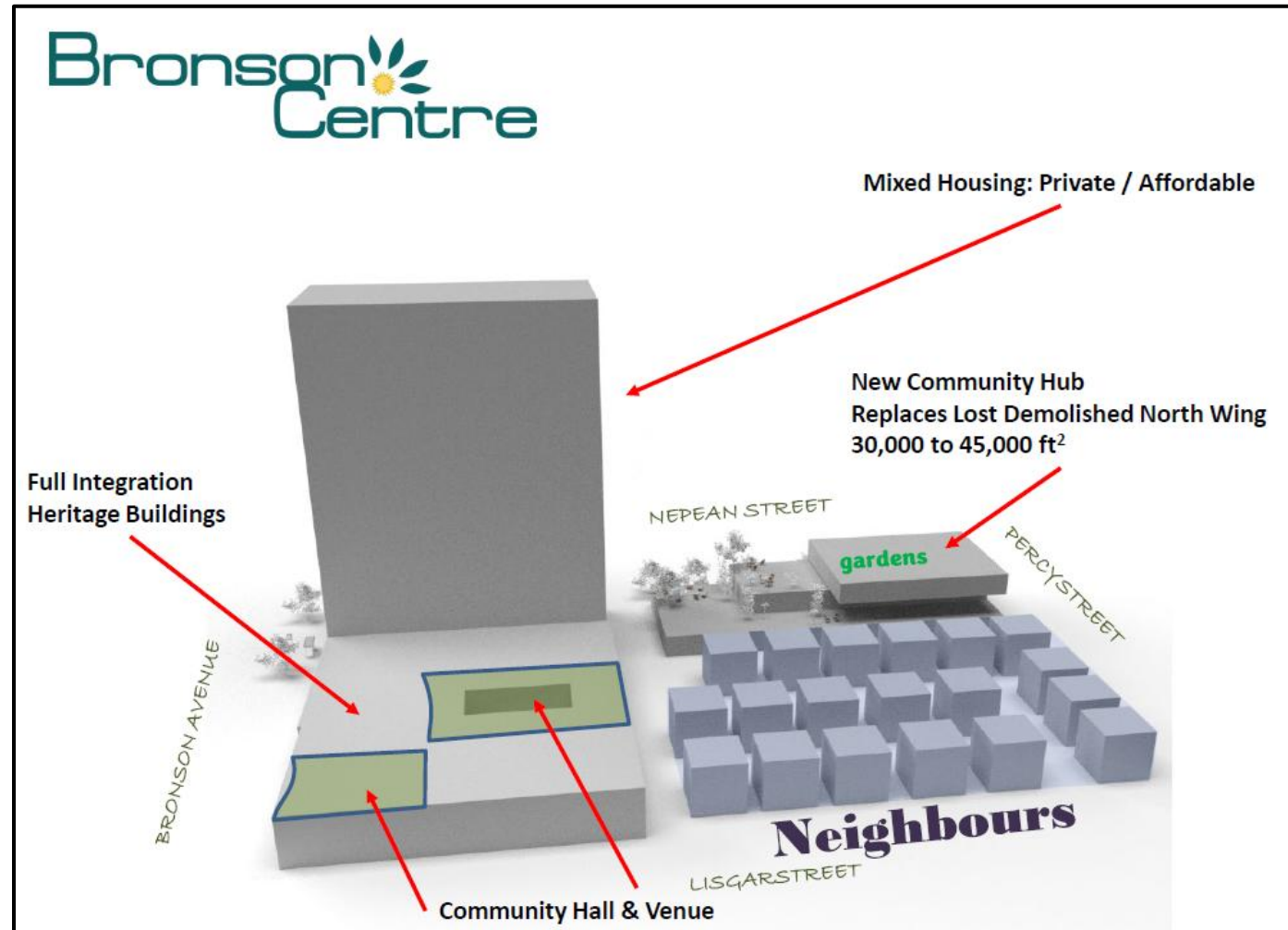
Fifty-Six Weber West - Kitchener  
urban high-density infill  
One Floor for Abbeyfield 14 residents



# Lakefield – opening late next year



# Ottawa – Bronson - Concept



Immigrant Polish / Afro-Caribbean



# Duncan - Existing



Vancouver Island

Abbeyfield Durham est: 2002



Purpose-built  
15 units  
small town



## Abbeyfield Caledon – 12 units Built



## Many Thanks

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[www.abbeyfield.ca](http://www.abbeyfield.ca)

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When I was accepted, I felt it was *too good to be true* and I still feel the same today.

**Kay**, Abbeyfield  
Resident

