



Social Planning
Council of
Kingston and
District
Since 1930



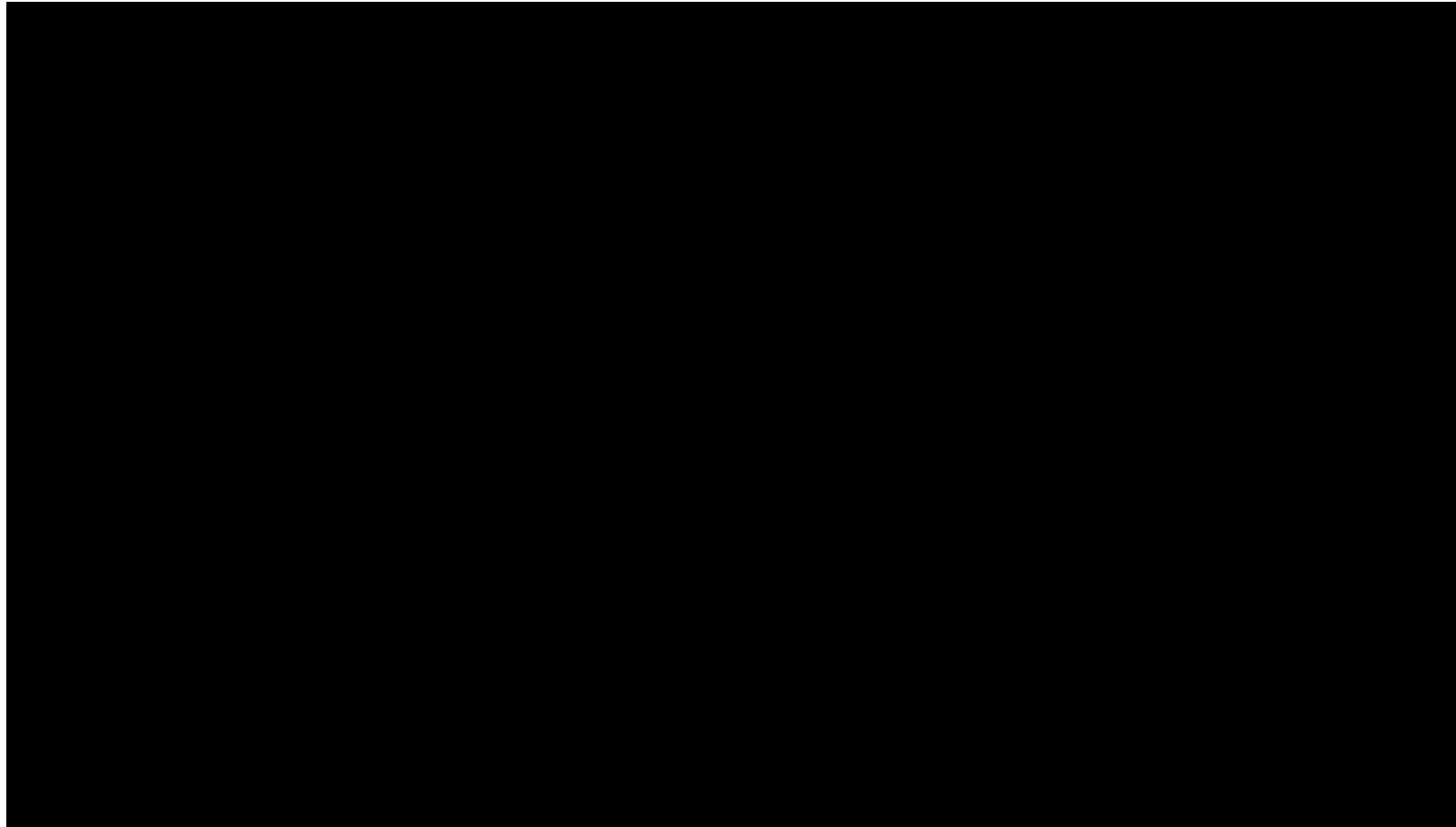
Creating Livable Communities

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



Ken How, Project Facilitator

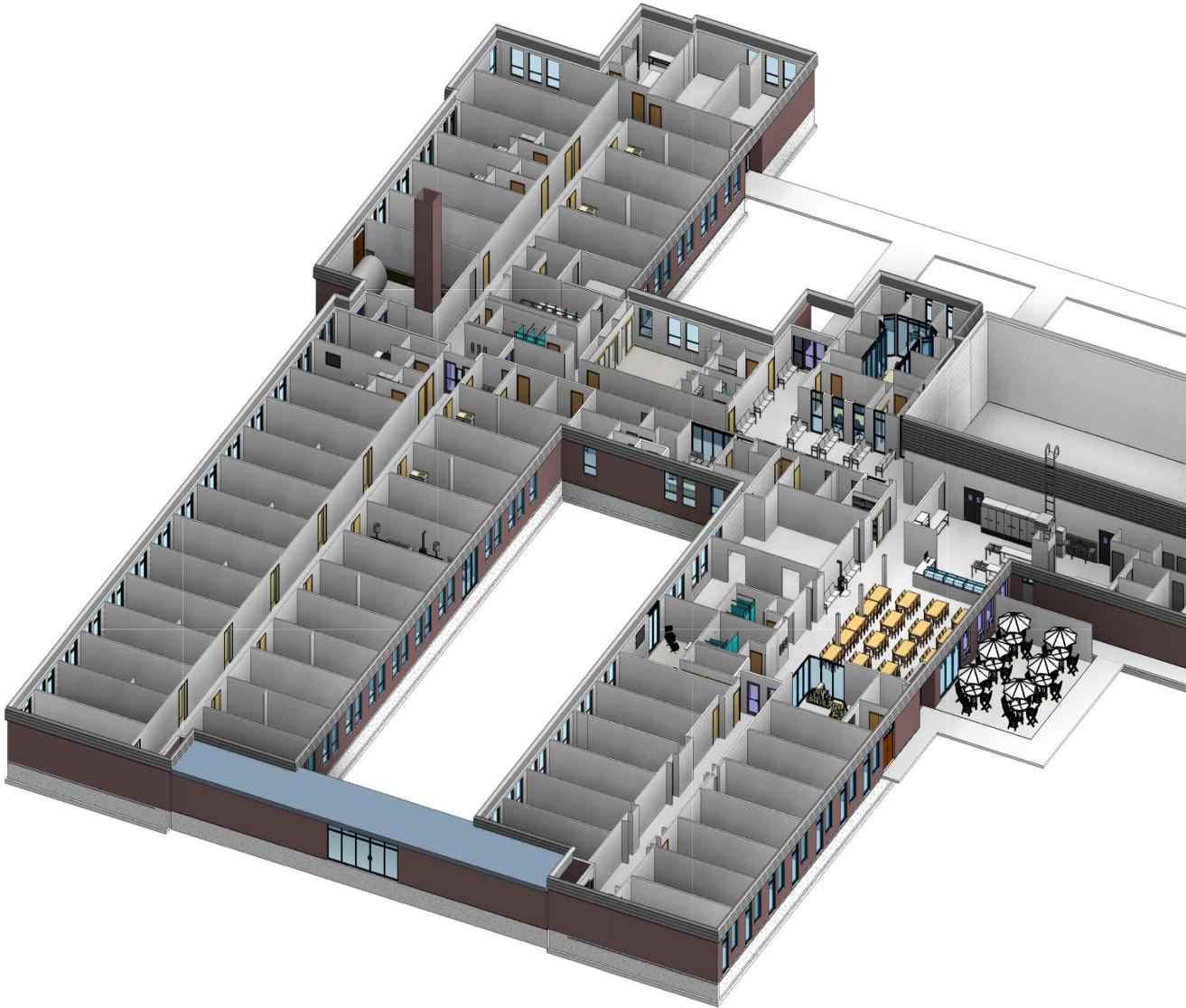
Pinecrest Housing - Video



Highlights:

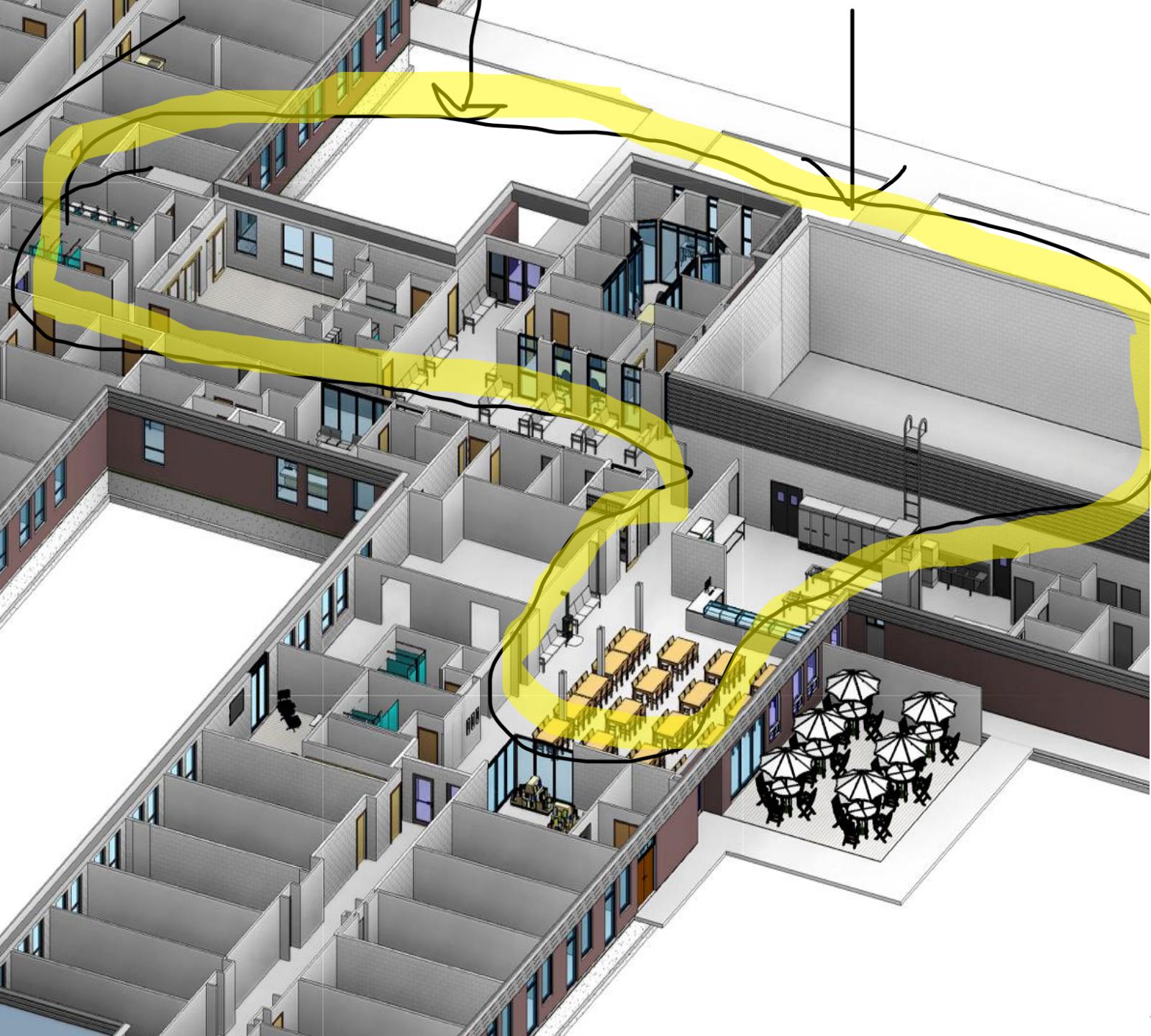
- CMHC application
- Asbestos abated interior demo begun.
- Community Benefit Network Contract





Joint Venture

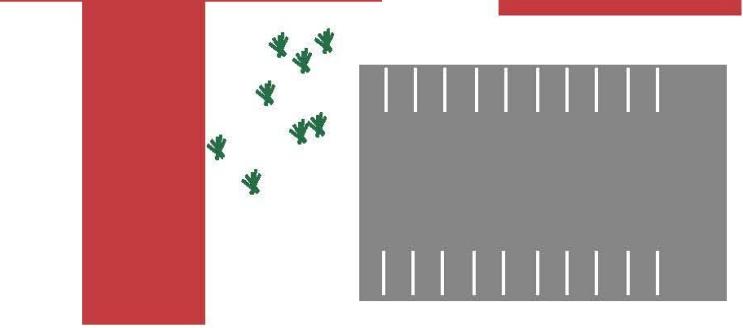
- ▶ Pinecrest Housing
- ▶ Springale Development



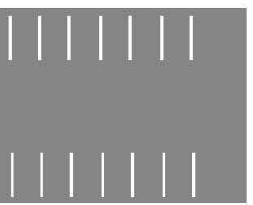
Opportunities For Business Development

Phase 2
100 apartments

Phase 2
32 apartments

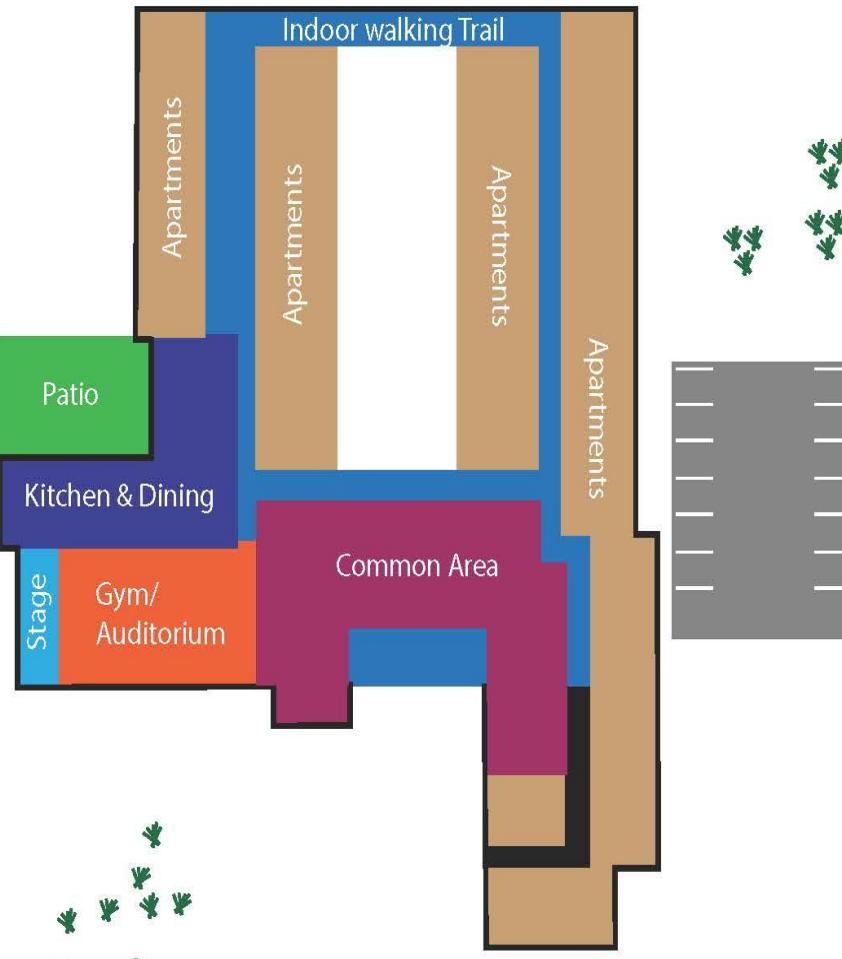


Phase 2



Phase 2
32 apartments

Phase 1



Walking Path

Tennis

Bleachers

Baseball Diamond

Dugout

Lawn Bowling

Gazebo

Community
Garden

Soccer Field



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



KINGSTON COHOUSING

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 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



A photograph showing a group of hands from various people, all reaching towards a central point where several interlocking gears are arranged. The gears are metallic and have different sizes, with one prominent yellow gear in the center. The hands are positioned as if they are working together to keep the gears in motion. The background is a dark, textured surface.

Structure



Kingston Cohousing Values

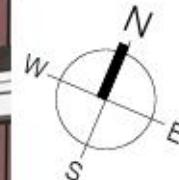
Providence Village

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







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



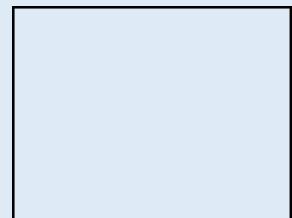
Housing Options

Hospital
Chronic Care
Rehabilitation



Highest Need

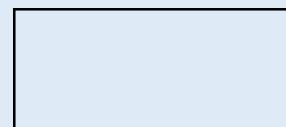
Long Term
Care
Respite Care



Medium

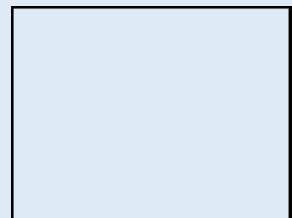
Retirement
Home
Life Lease

Cohousing
Abbeyfield
Co-living



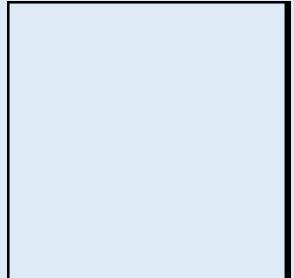
Lowest Need

Senior's
Apartment



Medium

Compact
Home



Family
Home

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

COMMUNITY CRITERIA RATING

The figure is a treemap visualization showing the relative importance of various values across different housing types. The categories are GREAT (green), GOOD (light blue), and POOR (orange). The housing types are Detached Home, Townhouse, Apartment, Cohousing, Group Home, Small Care, and LTC Hospital. The values are listed on the left: Values, 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, and Disease Resistant.

	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.

Windsong Cohousing, Langley BC

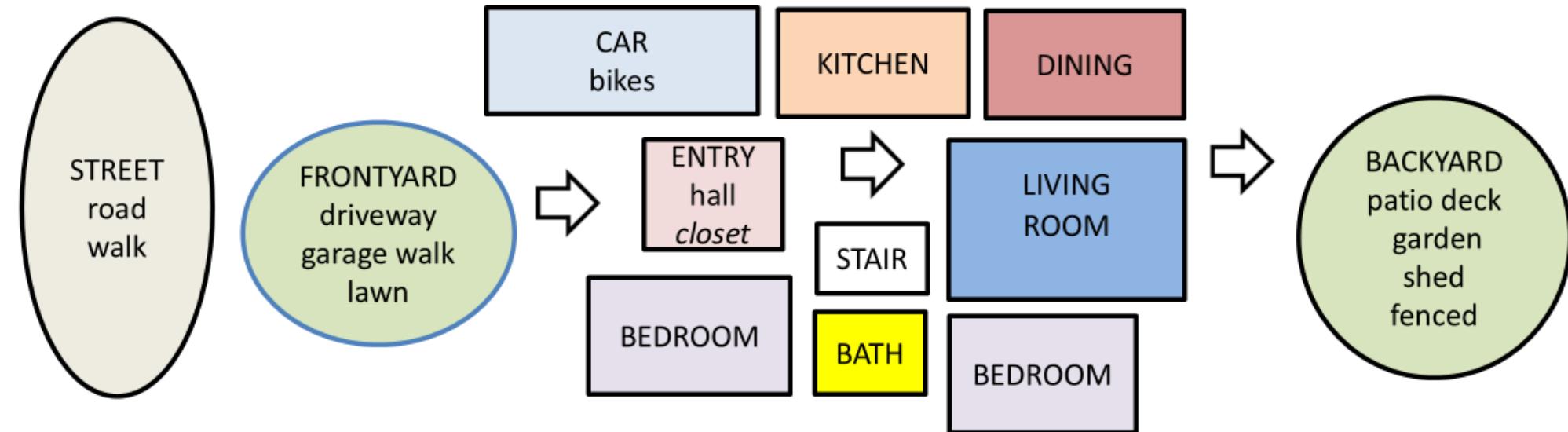
Cohousing

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

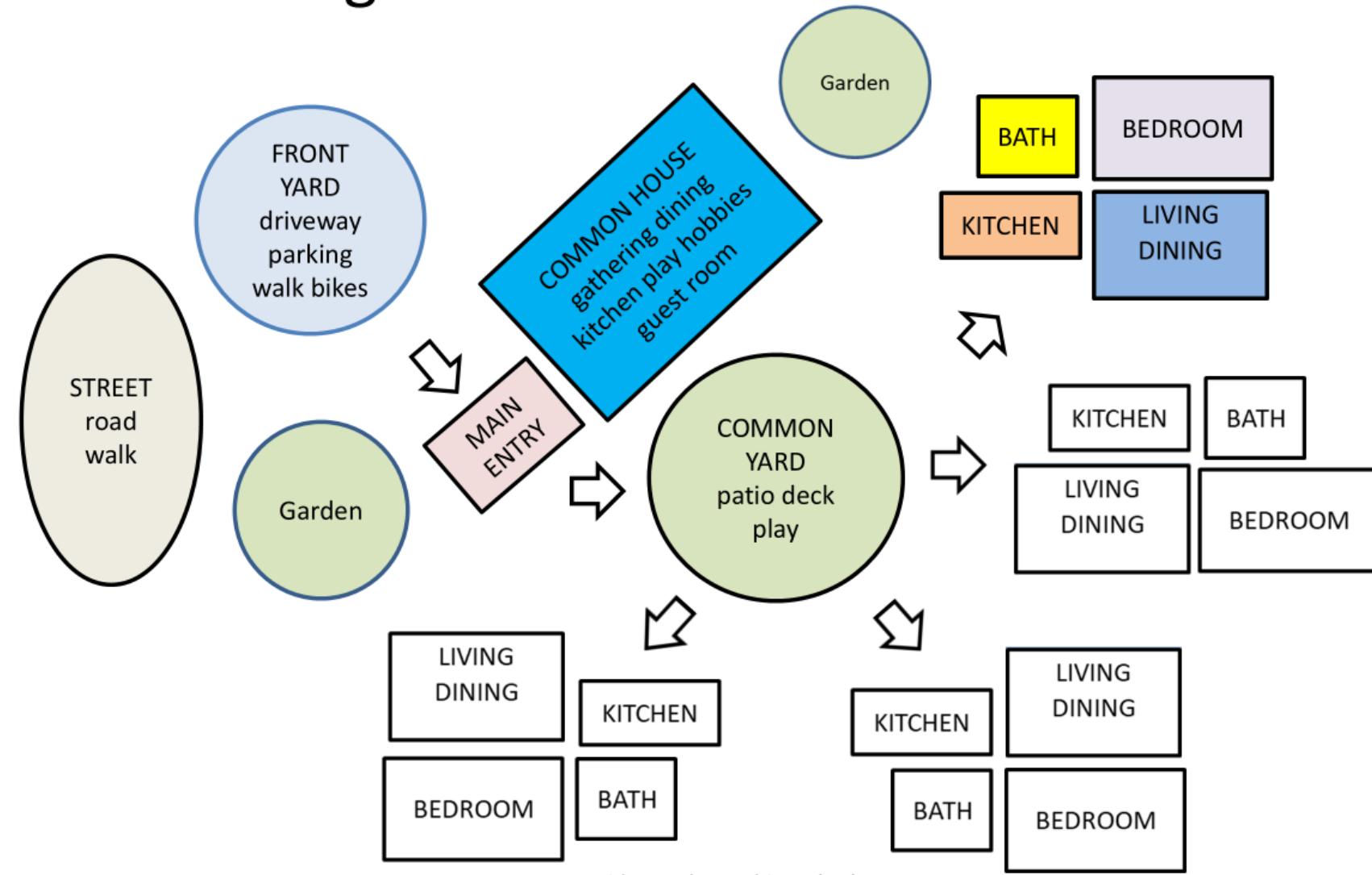


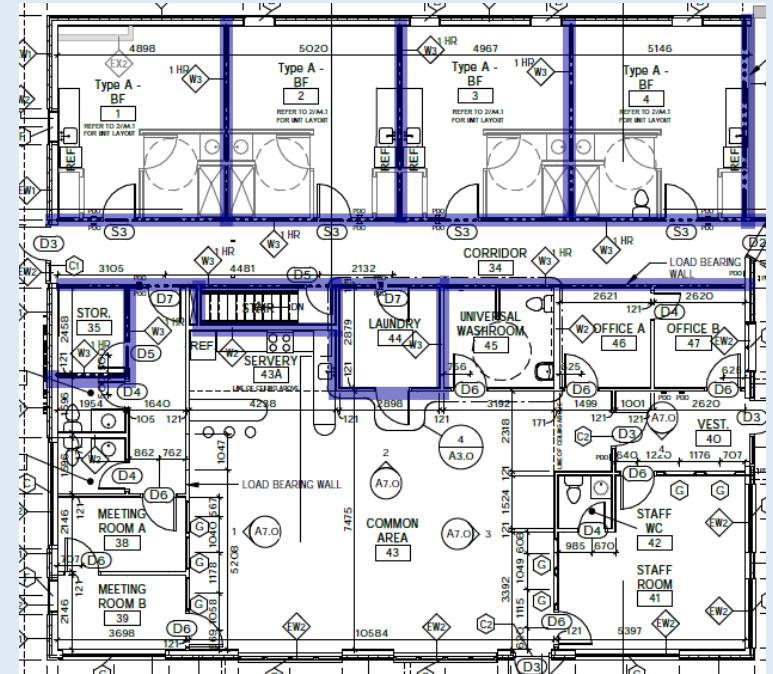
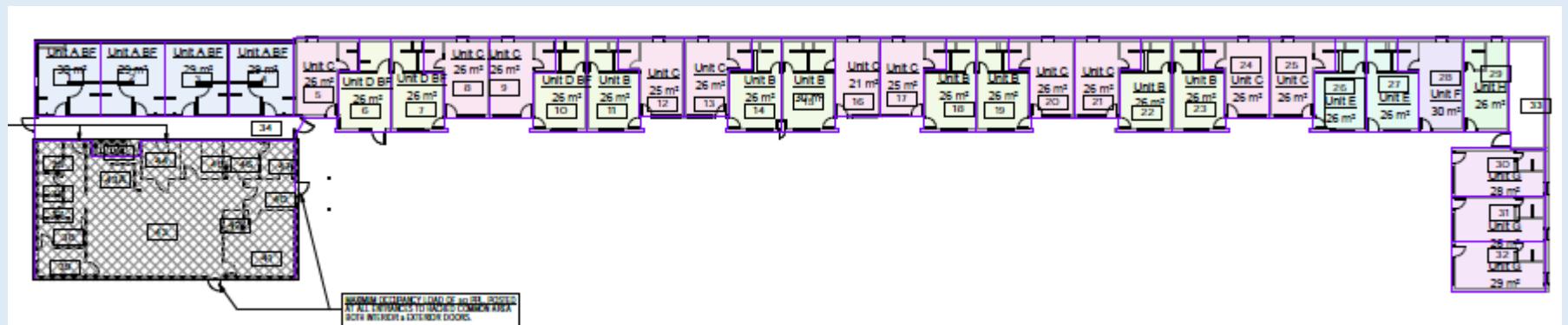
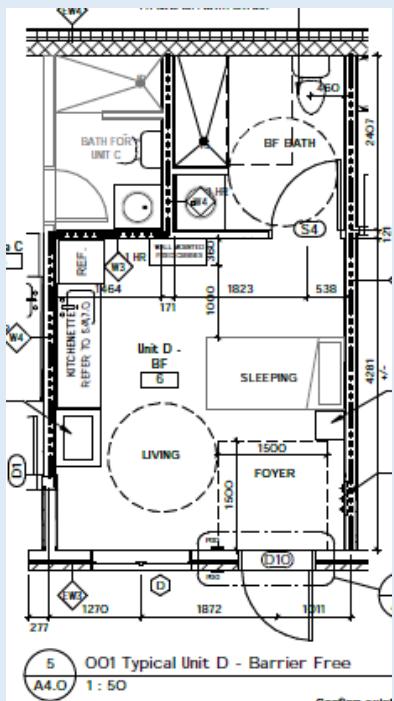
- 3.0 Housing Models that Enable Aging in Community
 - 3.1 Co-Housing
 - 3.2 Pocket Neighbourhoods
 - 3.3 Second Units
 - 3.4 Naturally Occurring Retirement Communities (NORCs)
 - 3.5 Village Model
 - 3.6 The Danish Model: Multi-Purpose Nursing Homes
 - 3.7 Intergenerational Housing

Traditional Housing Connections



Cohousing Connections





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



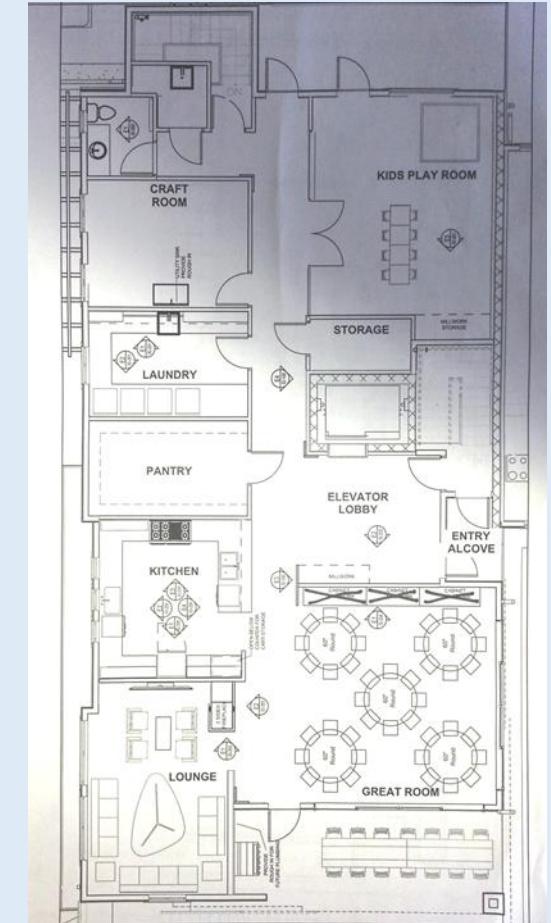
View inside entrance



Blends with streetscape

We are here to awaken from our illusion of
separateness.

THICH NHAT HANH



Common house

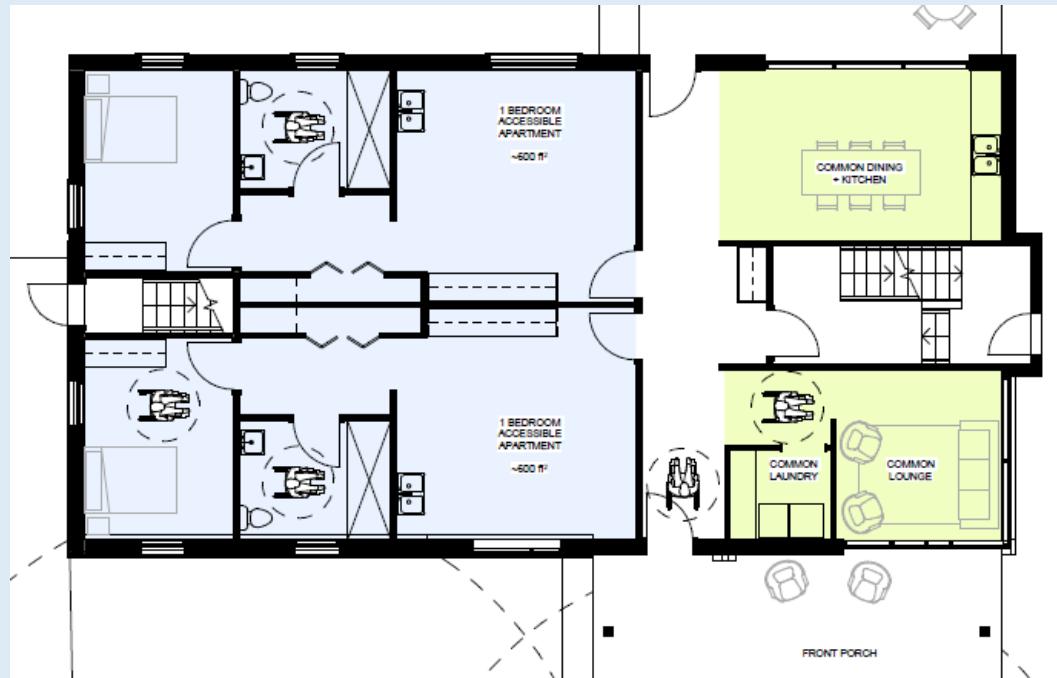
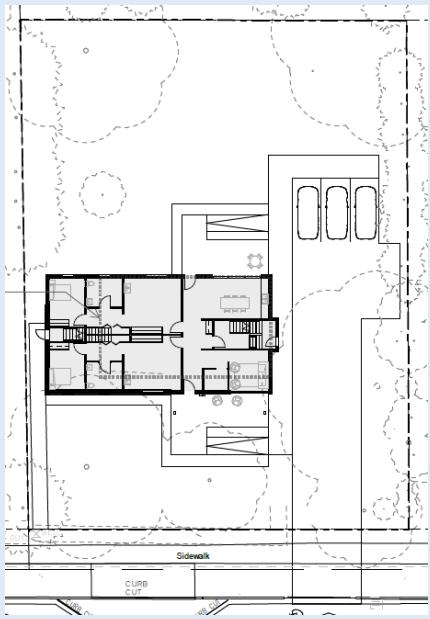
Vancouver Cohousing



Compact individual kitchen



Overlap individual & common space



Hopewell Support Services
Group Home

Harbourside Seniors Cohousing

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



“Me. We.”
– A poem by Muhammad Ali



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

Watershed Cohousing Guelph



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

Watershed Cohousing Guelph

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



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DISCUSS

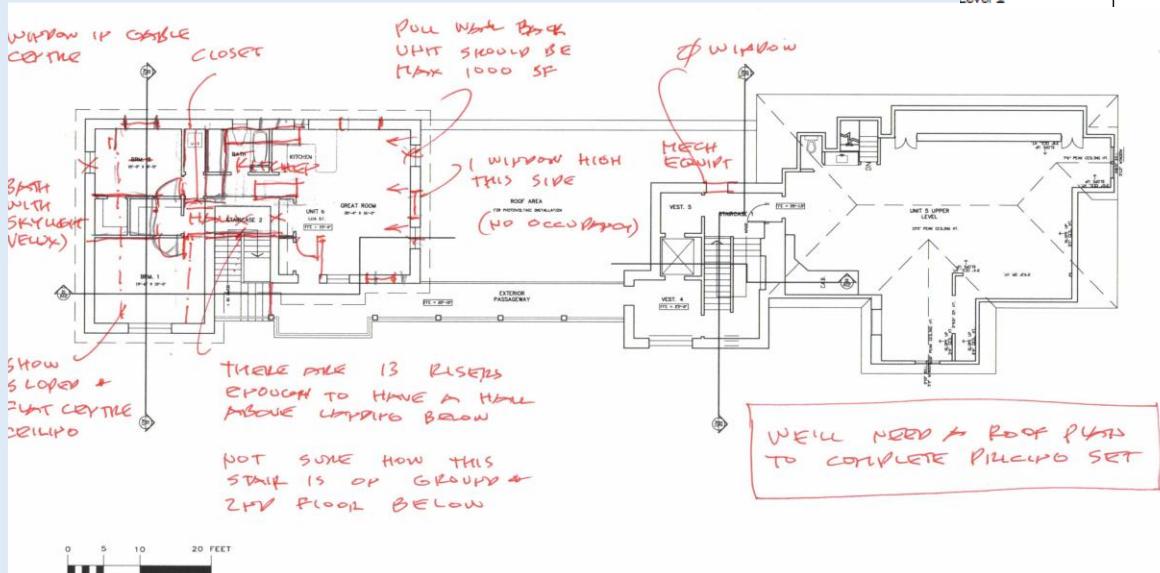
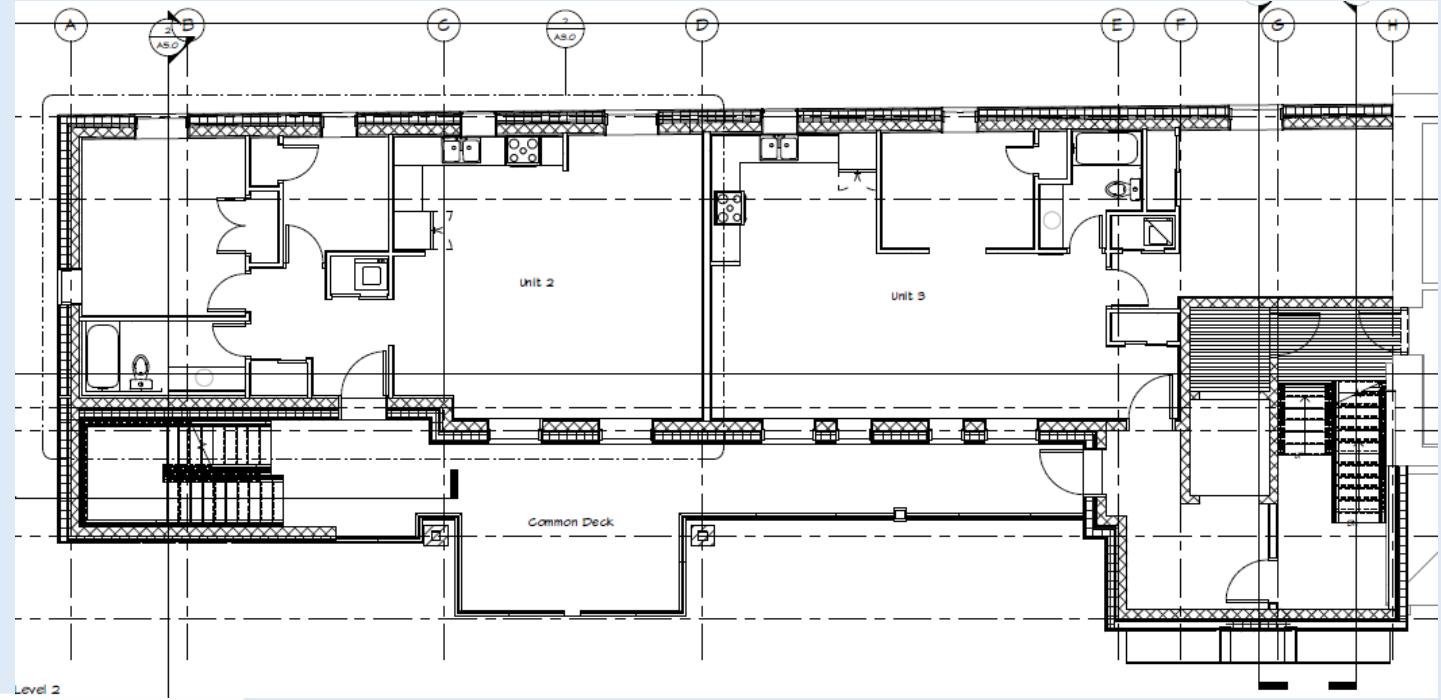
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Architectural design sketches



Architectural & Engineering Working Drawings



Construction Delivery Options

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

Completion

Move in and celebrate



Living simply makes loving simple.

BELL HOOKS

Watershed Cohousing Guelph

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.

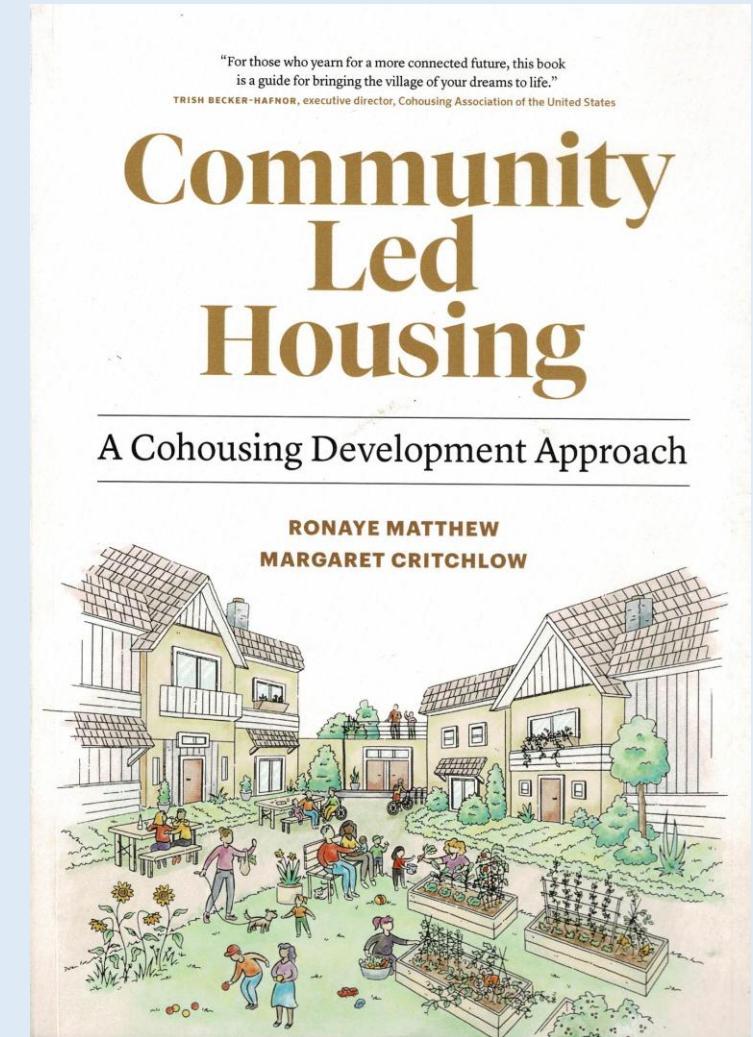
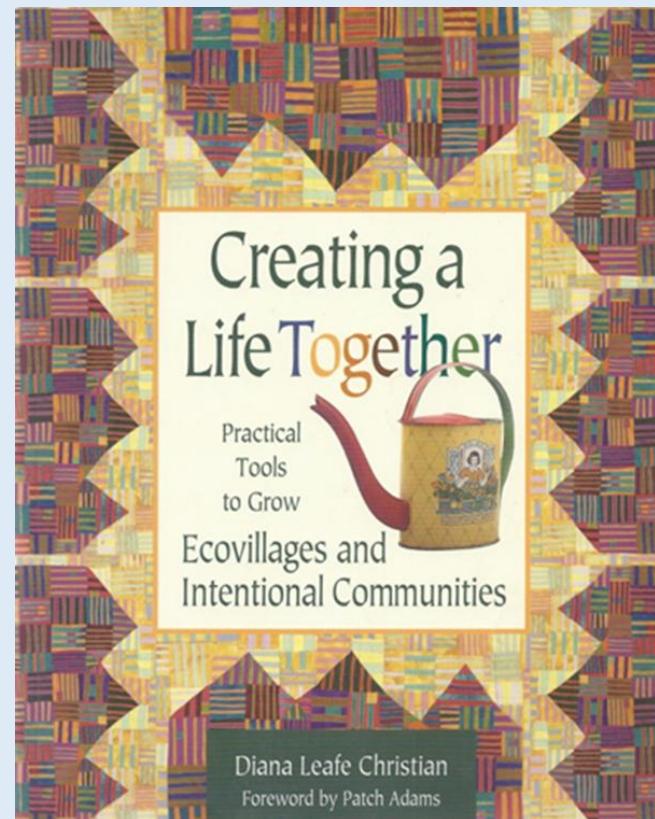
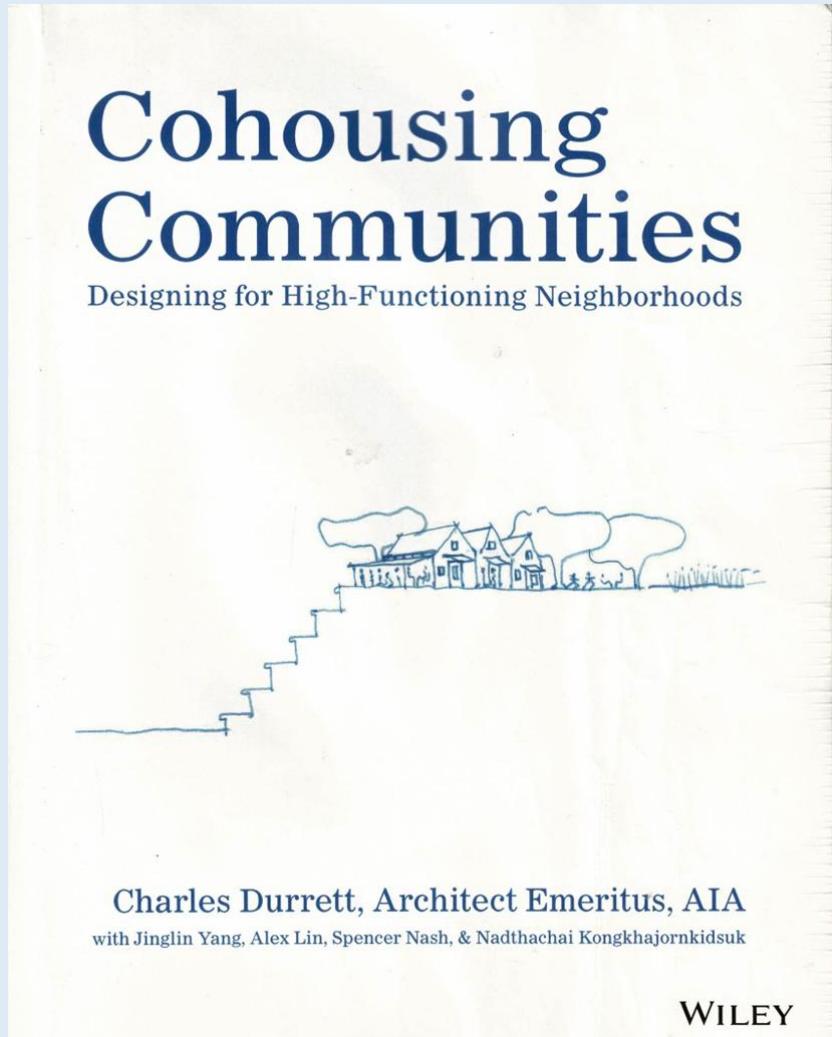
Mark Nepo

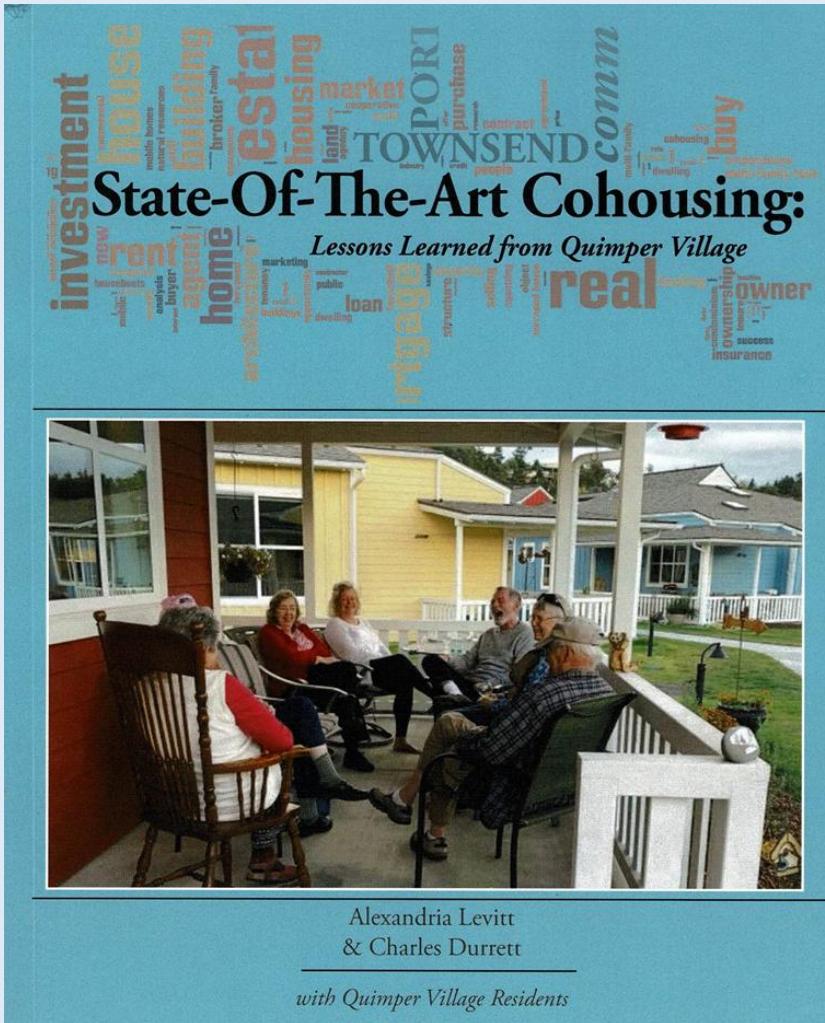
- recruit person experienced in finances
- secure financing early, LOCs
- retain developer, builder experienced in small apartments
- do more research, retain cohousing consultant



- 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





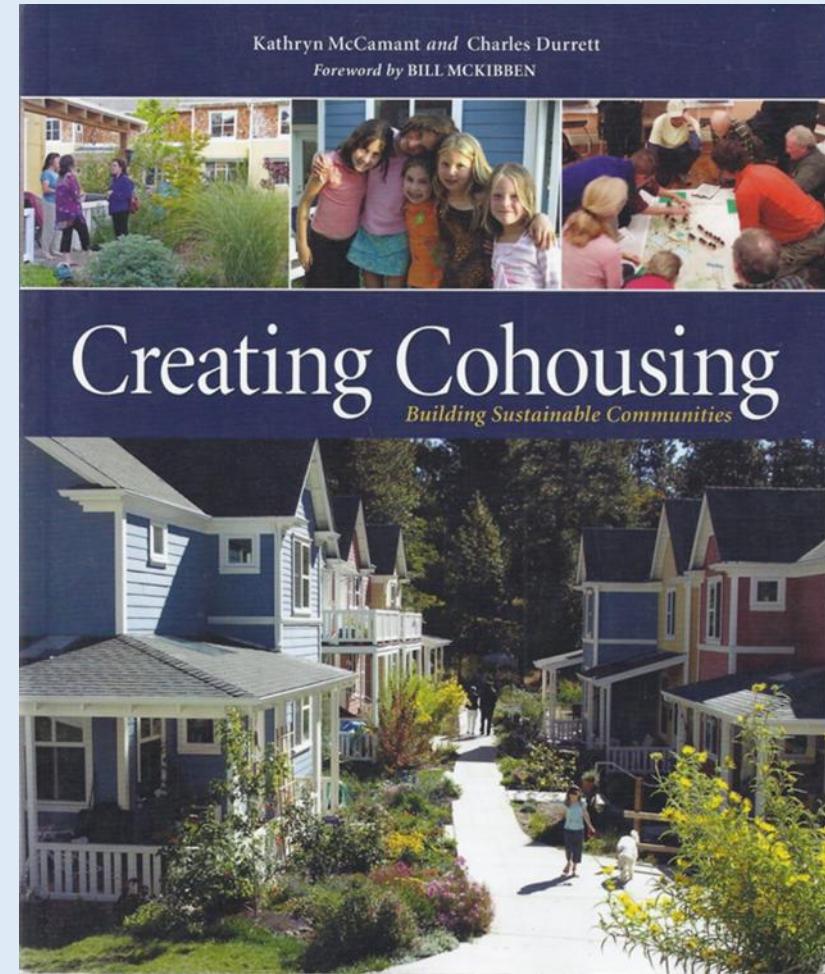
Quimper Village Cohousing sponsored by members of Unitarian Universalist Fellowship Church Townsend WA



Aging and Elder Care

Time for Transformation

John Lord



CREDITS

Abbeyfield Canada www.Abbeyfield.ca Rhonda Flanagan 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

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/>



David McAuley Architect (ret) Gauthier Architecture

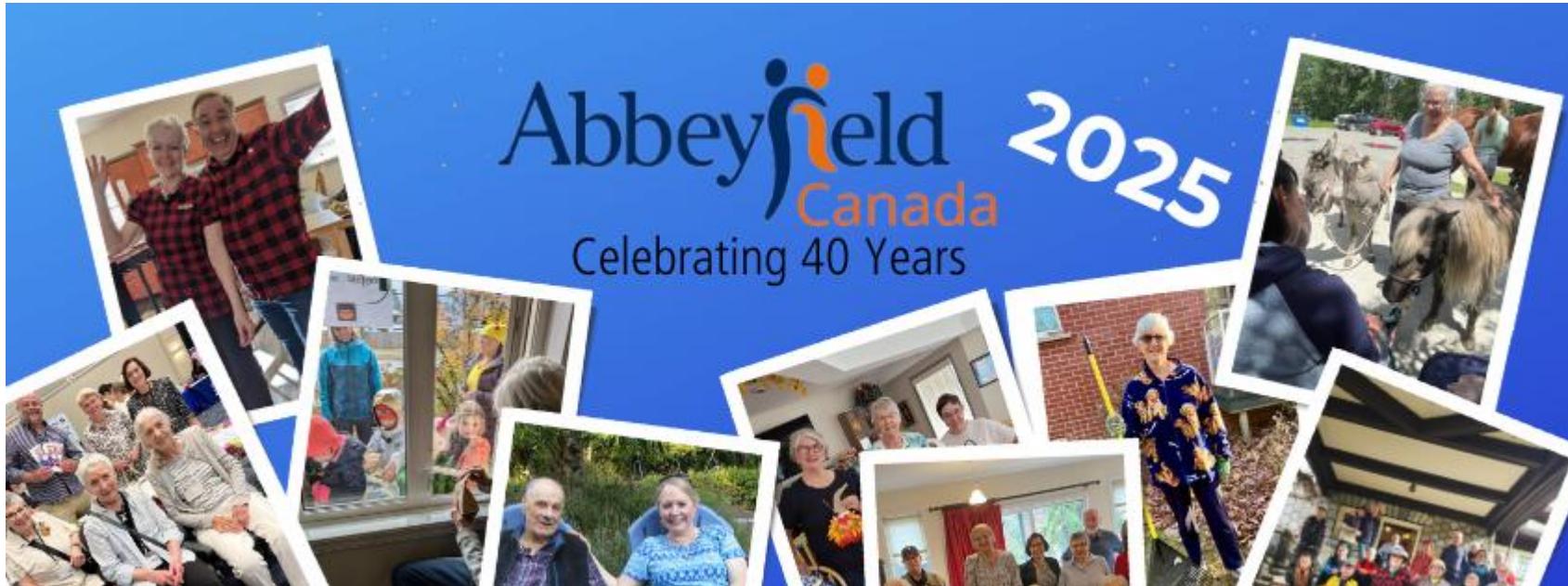
<https://www.gauthierarchitecture.ca/>
david@gauthierarchitecture.ca
jdmcauley@outlook.com

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



Abbeyfield



<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

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
- Assisted Living

(Abbeyfield)

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

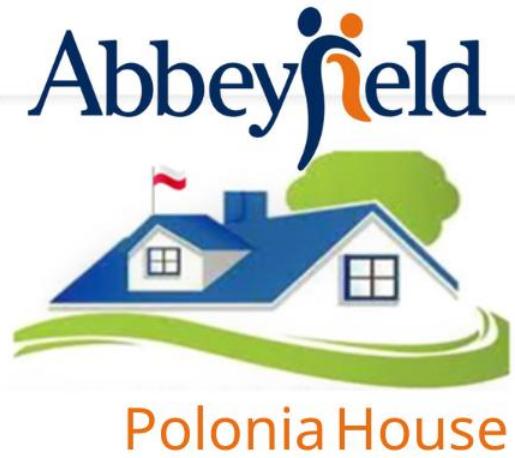
19 Established Houses

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

Abbeyfield

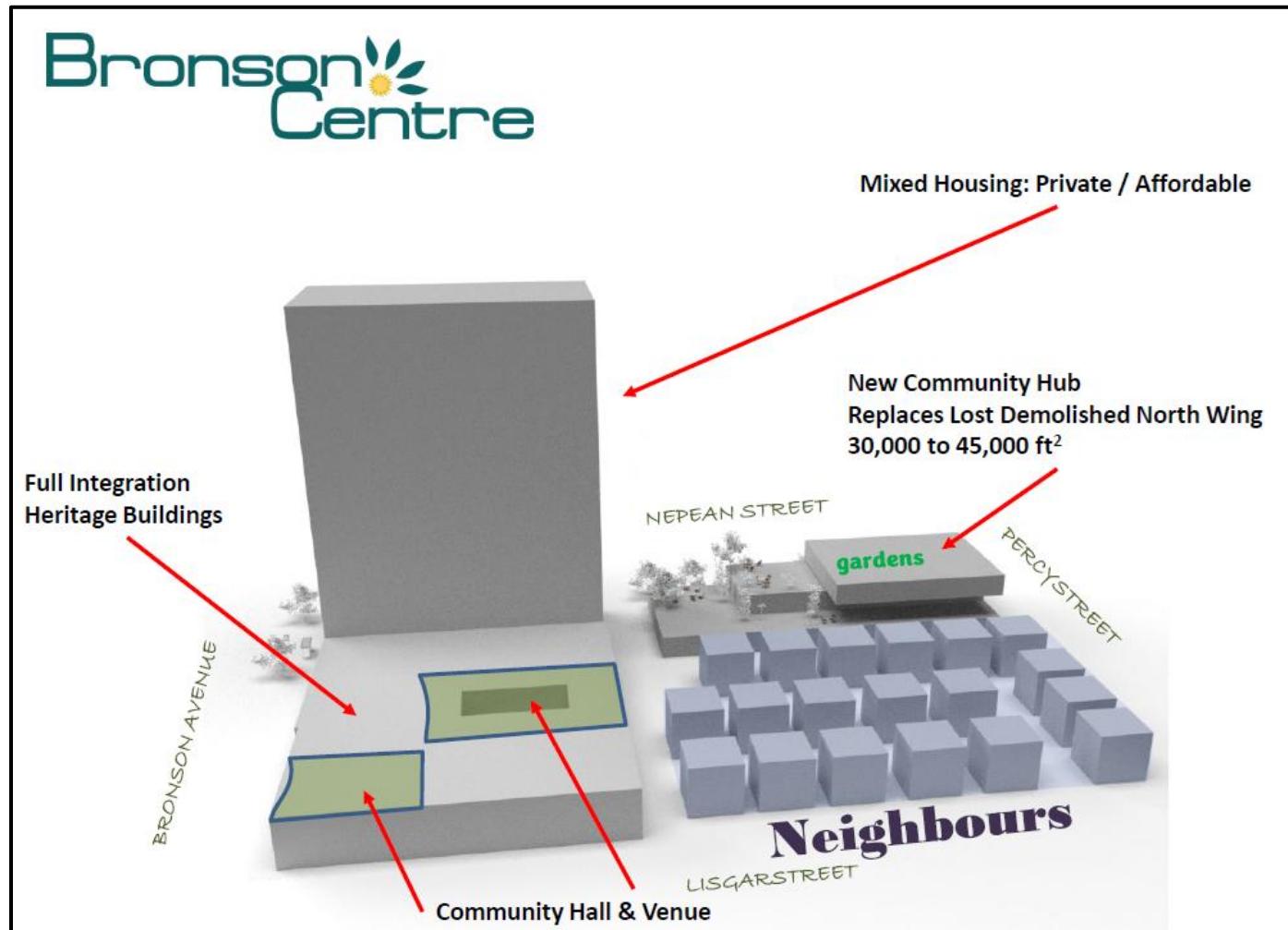


Fifty-Six Weber West - Kitchener
urban high-density infill
One Floor for Abbeyfield 14 residents

Lakefield – opening late next year



Ottawa - Bronson - Concept



Abbeyfield

Duncan - Existing



Vancouver Island

Abbeyfield Durham est: 2002

Abbeyfield



Purpose-built
15 units
small town

Abbeyfield Caledon – 12 units Built



Many Thanks

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613-237-0713

211 Bronson Avenue, Ottawa, ON, K1R 6H5

www.abbeyfield.ca

president@abbeyfield.ca



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

Kay, Abbeyfield Resident

