



Perley Rideau

The Perley and Rideau
Veterans' Health Centre

CREATING A SENIORS VILLAGE

For The Perley and Rideau Veterans' Health Centre, doing the right thing means ensuring that Ottawa area seniors and veterans receive the highest standards of quality care possible and that senior health care needs are met with a range of special programs that heal, help and house in a respectful, caring and dignified manner.

The nature of senior health care in Ontario is indeed changing. There is a growing need for a broader range of care options and a greater demand for complex care for an aging population, and we know that these trends will only continue. More demand and less money will force new approaches, including preventive care and home care, which will become key components to the province's overall senior health care strategy. Locally speaking, Ottawa is home to more than 90,000 seniors. Yet that number is expected to triple within 20 years. This will place tremendous pressure on our health care system and substantially increase demand for long-term care in our region.

In response to these challenges, and in keeping with our tradition of innovation, Perley Rideau has implemented a bold new vision for a "Seniors Village" in order to better deliver health care services to seniors in our community.

The Perley Rideau Seniors Village offers care along a much broader continuum than today, supporting seniors in a number of beneficial ways such as assisted housing, safety, nutritional well-being, companionship and opportunities for social activities and learning.

According to a recent Ottawa survey, 23% of seniors in Ottawa need help with the basic activities of daily living, such as meal preparation, shopping, personal care and housework. Assisted living is recognized by experts in gerontology as a viable, cost-effective and dignified option for seniors who need assistance with these everyday activities. Studies have shown that having access to even the most basic support keeps

seniors who do not necessarily require long-term care living on their own longer, and, ultimately, helps to improve and enrich their quality of life.

With our infrastructure and expertise, Perley Rideau was uniquely positioned to have undertaken such an ambitious but worthwhile project. By maximizing our inherent capabilities, a significant part of the area's growing health care needs is being met through far less expensive solutions while ensuring that the changing needs of an aging population are not compromised.

THE PERLEY RIDEAU SENIORS VILLAGE APARTMENTS

The Perley Rideau Seniors Village apartments provide seniors with more choices: the privacy of independent apartment living, or the security of assisted living for those who want to maintain their independence but need a little help, and as one of the first in Ontario, apartment clusters for those in early to mid-stages of dementia.

The two new seniors' apartment buildings have a combined total of 139 units, two-thirds of which are rented at prevailing market prices and one-third at below market. In addition, there are four residential areas with ten studio apartments, each in *Commissionaires Ottawa Place*, which have been designed for people affected by dementia but who do not yet require the higher level of care of a long-term care home. This co-habitation model is one of very few in Ontario!

The Seniors Village includes the respected and renowned programs we currently offer—the long-term care home, the Guest House, assisted living at home, the day program for seniors affected by dementia, and convalescent care—and has been expanded to include a wellness centre, a fitness centre, and a host of other amenities to promote healthy senior living. In short, we offer many offerings in one single location.

An exciting component to the Perley Rideau Seniors Village is the Village Commons, featuring a range of health-oriented services and designated spaces for healthy living, leisure and learning activities as well as social and community events.

The Perley Rideau Seniors Village is a safe, engaging, supportive place. Residents and tenants have the opportunity to live with dignity, and be secure in the knowledge that friendship and help are close at hand.

Last revised: July 9, 2014