



**Perley Rideau**

The Perley and Rideau  
Veterans' Health Centre

# **You Asked About Perley Rideau Seniors Village**

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## YOU ASKED ABOUT THE PERLEY RIDEAU SENIORS VILLAGE

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### *1. What is the Perley Rideau Vision for the apartments?*

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Our vision is to offer living options and quality care that meet the changing needs of seniors including veterans. That's why we have created the *Perley Rideau Seniors Village* for which a major component is the apartments. Our services have expanded to include comfortable and affordable living – from the privacy of independent apartment living to the security of assisted living for those who need help with some daily activities. We are also one of the first apartment clusters in Ontario for those in the early to moderate stages of dementia. Perley Rideau is committed to supporting seniors by addressing the need for more housing choices and assistance when it is needed.

Change at any age can be a challenge, but for seniors it can be especially difficult. Diminished capacities, mobility issues and nagging health concerns can make the changes that come with age particularly stressful for seniors and their families. The *Perley Rideau Seniors Village* is providing a spectrum of care and services that allows an individual to live as independently as possible and transition through the stages from wellness to decreased function and health with knowledgeable staff, respectful approaches and appropriate social programs and medical interventions.

### *2. Can you provide me with more details on the apartments?*

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We offer three levels of living options and care through two apartment buildings consisting of 139 studio, one and two-bedroom apartments. Two-thirds of the apartments are offered at market rent, one-third at below market rent.

- ❖ The forty studio apartments in *Commissionaires Ottawa Place* have been designed for seniors living with early to middle stages of dementia. As a recognized leader in the care of those affected by dementia, the *Perley Rideau Seniors Village* provides a special level of attention and care to seniors living in the studio apartments as well as assisted living services. The building design features four clusters of 10 studio apartments in which each cluster shares a kitchen and dining area where meals are prepared and served through the assisted living program.

- ❖ Residents who can live independently and residents who can get help through the assisted living program can choose from 29 one-bedroom, 5 two-bedroom and 20 two-bedroom plus den units in *Commissionaires Ottawa Place* or from 41 one-bedroom units and 4 two-bedroom units in *Building B*. For more information, call the Rental office at (613) 526-7170, ext. 2006 or email rentaloffice@prvhc.com

### *3. For whom are these apartments designed?*

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These apartments are designed for seniors and veterans alike

- who can live independently or
- who need extra help with daily tasks or
- who are living with early to mid-stages of dementia
- ❖ 20 to 30% of the 139 apartments have been designated for the Canadian Forces veterans.
- ❖ 70 to 80% are thus available to both seniors and veterans on a first come first served basis.
- ❖ 33% of the apartments will be rented at below market rates for those who qualify, open to both seniors and veterans.

### *4. Why did we set aside 20% to 30% of apartments for veterans?*

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With the addition of the new housing, the Perley Rideau maintains its proud heritage as an important centre for veterans' care. No other seniors' long-term care centre in the National Capital Region has such a history of support to veterans as does the Perley Rideau. No other seniors' residence in the National Capital Region has declared within its rental policies a clear provision that provides for preferred rental of units to Canadian Forces regular or primary reserves. We believe that our veterans are deserving of dignity, comfort and respect. There will always be a place for our veterans at the Perley Rideau.

### *5. As a senior from the community, how do I fit in?*

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We have expanded so that we can offer our programs and services, not only to veterans, but to an increasing number of seniors from the community at large. Perley Rideau believes that seniors and veterans are worthy of our respect, and will treat them with dignity and care. We anticipate that this mixing of seniors and veterans will enrich the

lives of both.

## *6. How does the assisted living component work?*

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Assisted living service eligibility will be assessed by the Community Care Access Centre in collaboration with the Perley Rideau's Coordinator.

According to a recent Ottawa seniors 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. Seniors will be better served. A range of services are made available to eligible seniors through funding allocations to facilities such as the Perley Rideau by the Champlain Local Integrated Health Network (LHIN). In this case, the Champlain LHIN is providing funding for up to 90 seniors living in the new apartments and in close proximity within the community. Services range from:

- ❖ Personal Support Services including dressing, personal hygiene, assisting with mobility, assisting and monitoring medication use and other routine activities of living. These services are available at all times (24/7) both on a scheduled and unscheduled basis.
- ❖ Homemaking services including shopping, housecleaning, and meal preparation that are necessary to maintain people in their own residences but that they are unable to perform safely for themselves. These services are available at all times (24/7) both on a scheduled and unscheduled basis.
- ❖ Security checks or reassurance services including visits to assure client health or safety. These services are provided to address the individual needs of clients based on their clinical condition or environment. These services are available at all times (24/7) both on a scheduled and unscheduled basis.
- ❖ Care coordination including coordinating all elements of client care. The care coordination role includes the assessment of applicants' needs, determination of

eligibility based on the eligibility criteria set out in this policy, and the development, review, evaluation and revision of a plan of service relating to the provision of assisted living services. (Source: Government of Ontario)

- ❖ Additional services are available to eligible veterans through the federal Veterans' Independence Program.

### 7. What other amenities will be available within the apartment buildings?

For our tenants' recreation and entertainment, a large events room – The Great Hall- and a social area, the Gathering Place, are located on the second floor of *Commissionaires Ottawa Place* with a servery shared between the two areas.

A fitness centre designed for seniors is located on the ground floor in *Commissionaires Ottawa Place*. This is available for use by tenants and members from the community.

The Perley Rideau's Chapel is available to all tenants for religious and spiritual services.

### 8. When can tenants move into the new apartments?

Tenants have moved into the apartments in both buildings. For more information, call the Rental office at 613) 526-7170, ext. 2006 or email [rentaloffice@prvhc.com](mailto:rentaloffice@prvhc.com)

### 9. What is Perley Rideau's experience in meeting the needs of veterans and seniors?

We are building on our tradition of providing quality health care – a tradition that spans 114 years in Ottawa. We are known for our attention and caring services offered:

- ❖ through our long-term care accommodations – as home to 250 veterans and 200 residents who need 24-hour nursing care;
- ❖ our *Special Approach Program*, a safe, therapeutic and supportive environment for men and women living with dementia;
- ❖ *the Adult Day Services* for seniors who are living alone or with a caregiver; a day program that provides an opportunity to socialize in a friendly, safe and warm atmosphere;
- ❖ comfortable and caring *post-hospital* stays, in our Convalescent Care area to help those who no longer require acute care, but are not ready to return home. This

program allows individuals to regain their health, strength and endurance after surgery or illness;

- ❖ the 12-bedroom *Guest House* managed by Carefor Health & Community Services: short stays for those with early to mid-stage dementia who are cared for at home but need temporary care to allow their caregivers needed respite; and
- ❖ our *Assisted Living Services for High Risk Seniors*, funded through the Champlain LHIN, which provides care for up to 90 seniors living the new apartment buildings and in the proximity of the Perley Rideau campus.

### *10. What other amenities are featured in the Seniors Village?*

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The *Perley Rideau Seniors Village* includes a:

- ❖ *Village Commons*, featuring a number of seniors' health programs and services and designated spaces for leisure and learning activities as well as social and community events. The addition of commercial space provides convenient services to our seniors, but it also complements and enhances the "village" atmosphere.
- ❖ Planning is currently underway with the *South East Ottawa Community Health Centre* to situate a seniors' *primary health care clinic* and wellness centre onsite. The *health care clinic* will provide space to meet with visiting health care professionals in treatment and counseling rooms, eliminating the often-daunting trips for medical appointments. The clinics also will provide health promotion and prevention services to encourage wellness and independence.
- ❖ A Seniors' Fitness Centre provides space for fitness classes and exercise.

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

### *11. What are the standard accessibility features within each unit?*

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Mobility within the apartments is fundamental to independence.

Each residential unit, or apartment suite, incorporates 'universal design' which promotes independence, with subtle modifications to the physical environment. Some of these features have been incorporated into each apartment, while others will be available in the future, as required, through simple adjustments.

All doors are 36" wide to allow the easy passage of mobility devices, including wheelchairs.

Rooms are spacious, allowing the placement of furniture with ample access space.

Flooring materials with low resistance to wheel and foot traffic have been chosen to assist mobility.

The main living spaces, including the kitchen, dining and living rooms, are open concept with clear visual and physical communication between them.

Kitchens in apartments have been designed to allow full functioning in a seated position.

The space in the centre of each kitchen is sized to allow the 360° turning of a wheelchair. This promotes use by residents in wheelchairs or simply seated in a chair by reducing barriers. A pull out work surface allows comfortable working from a seated position. A removable section of cabinet under the sink permits full functional use of the sink by a resident in a wheelchair or chair. Deep pull out drawers for easy storage access, the refrigerator and counter top location for the microwave put most things within reach.

Providing a five-foot turning space in the centre of the bathroom for wheelchair turning creates better access for personal grooming activities. Side access space adjacent to the water closet and knee space under the vanity also promote independent use of this room. A shower stall is provided, in lieu of a bathtub, to allow barrier-free access for all residents. Grab bars have been installed, as well.

## *12. How accessible is the village for residents and their families?*

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Both new buildings on the campus have been designed with many accessibility features. Some standard elements, such as elevators and automatic door operators at the building entrances, have been enhanced for greater ease of access.



Other features, like scooter storage and apartment entrance alcoves, are provided to improve resident mobility.

Basic circulation throughout the apartment buildings is enhanced in several ways, all based on allowing more space to maneuver. Corridors are a minimum of 5'6" wide to permit two wheelchairs to pass. Elevators are service-sized, permitting more than one wheelchair, and several people with other mobility aids, to be accommodated at once. Suite entrances provide wide alcove spaces that permit residents to enter with no access restrictions that may typically block corridor widths. Building entrances are all grade related with no steps, ramps or awkward thresholds to navigate.

Within *Commissionaires Ottawa Place*, residents with scooters may park them on the ground floor before accessing upper levels. This convenient storage space is located close to the main entrance and elevator lobby. Each scooter parking stall, reserved for its specific tenant is equipped with an electrical outlet for charging. A network of outdoor paths and access to public transit make scooter use easy and convenient.

A wide pedestrian 'street' from the new Perley Rideau main entrance to the existing building lobby provides access to lounges, services and activities for all residents and visitors to the building. Ample space for sitting along the street edges permits a variety of places to stop rest and chat with friends and neighbours.

Barrier-free access to the Chapel courtyard is also available along this street.

Following through on Perley Rideau's commitment to increase accessibility to senior related services, *Commissionaires Ottawa Place* includes several spaces, both programmed and leasable, to bring these services closer to residents.

On the ground floor, spaces are provided for physical activity, gardening, assisted living and housing administration and senior related services. The second floor accommodates a multi-purpose room, kitchen for classes or gatherings, a movie theatre and housing administrative space.

Both the first and second floors of *Commissionaires Ottawa Place* are connected directly to the original Health Centre for easy access to all existing amenities.

### *13. Are there areas in which to walk and enjoy the scenery?*

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There are pathways within and around the Perley Rideau's 11-acre property. The pond viewing area for wildlife in the southeast corner of the site continues to be a popular site. As well, the connecting community pathways from Saunderson to Pullen and Botsford Streets will be maintained for neighbours to enter the site and tenants and residents to stroll through the quiet neighbouring community.

### *14. What about parking and bus transportation?*

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Parking spots are available.

OC Transpo bus stops are located on the west side of Russell Road at the entrance to the property. Additional discussions will be held with OC Transpo, given the increase in seniors living on Perley Rideau campus.

Para Transpo comes on site and picks up and drops off residents and tenants at the appropriate entrance.

### *15. What steps are being taken to reduce the environmental footprint of the apartments and to promote green building practices?*

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The facility has been designed with the surrounding community in mind, and we have taken great care to consider and minimize the impact on our neighbourhood. The apartment buildings have been built to LEED Silver standards. The integration of eco-friendly materials and energy-efficient design elements minimize our impact on our environment.

These include:

- ❖ designing exterior walls that have increased insulating values and reduction of air leakage;
- ❖ investing in geothermal energy to reduce the environmental impact of heating and cooling and reduce the ongoing operating costs;
- ❖ maximizing natural light and selecting lighting that uses less electricity while providing increased illumination;
- ❖ carefully selecting material and products that don't give off harmful gases; and

- ❖ implementing a strict policy on the waste and recycling management of construction debris; and recycling areas.

### 16. What is the construction cost of the Seniors Village and who is paying for it?

The project cost is \$43.8 million for all three components: the two apartment buildings and the Village amenities. When the Perley and Rideau Veterans' Health Centre Foundation was asked by The Perley and Rideau Veterans' Health Centre Board to become a partner, the Foundation Board unanimously supported the initiative and made the commitment to help raise funds to offset the costs.

The funding of the \$43.8 million for the *Seniors Village* is as follows:

- ❖ A \$32.3 million mortgage with a 20-year term, amortized over 40 years, at prevailing interest rates below 5% has been secured from the Ontario Infrastructure and Lands Corporation.
- ❖ \$5.4 million, as a non-refundable grant, has been provided as part of the Federal Government's infrastructure program, to be flowed through the Provincial Government, and then the City of Ottawa; the City of Ottawa has also waived a number of planning and related fees for the project. There is a requirement to offer for rent 45 apartments at below market rates.
- ❖ \$5 million to be raised by The Perley and Rideau Veterans' Health Centre Foundation through its *Building Choices, Enriching Lives* Capital Campaign.
- ❖ Contribution of \$1.1 million by The Perley and Rideau Veterans' Health Centre.

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

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**Last updated:** July 4, 2014