



**Perley Rideau**

The Perley and Rideau  
Veterans' Health Centre

## The Apartments

### An important component of the Seniors' Village concept

#### What?

**139 apartments** - studio, one- and two-bedroom units, some with dens located in a three-storey and five-storey building

- **Assisted Living Services** are provided for those that need extra help with daily tasks such as meal preparation, administration of medications, housekeeping, and health care monitoring.
- **Amenities**, featuring a number of retail services and designated spaces for leisure and learning activities as well as social and community events, including, a Seniors' Fitness Centre for classes and exercise.
- **Environment** – green spaces, gardens, walkways

#### Where?

Building A is situated at 1720 Russell Rd. and Building B at 1780 Russell Rd.; both are adjacent to The Perley and Rideau Veterans' Health Care Centre.

#### For whom?

- Apartment living and care 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

## The Apartments (cont'd)

- up 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.

### When?

Tenants have moved into the new 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)

### Why?

- 15-20% of all hospital beds are occupied by patients because there aren't enough long-term care beds or there are not sufficient services to help seniors stay in their homes.
- Apartments account for only 5% of the housing starts in Ottawa between 2002 and 2010 (City of Ottawa Report, January 2012).
- By 2030, Canada will have double the number of people over age 65.
- By 2030, it is expected that more than 90 percent of long-term care residents will have some level of dementia, requiring increasingly complex care by staff members.
- More chronic health conditions such as Type 2 diabetes and dementia are occurring.

Assessing these needs, Perley Rideau has developed a long-term strategy whose aim is to provide expanded services to seniors and veterans alike.

## The Apartments (cont'd)

In particular, this strategy:

- Gives assistance to those in need who wish to stay at home, complemented by various on-site support programs;
- Provides a choice to live in an apartment that, amongst many advantages, is especially designed for seniors, including walker and wheel chair friendly accommodation, provides enhanced security, is closer to amenities and recreational activities, and provides opportunities for social interaction that can be an issue for seniors at home;
- Will help seniors live as independently as they can to reduce wait times in hospitals and emergency rooms and ensure long-term care beds are available for those who need that level of care; and
- Is in line with Ontario's health care strategy *Aging at Home*

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