

Brief Thoughts on Ottawa's Official Plan in the Context of an Aging Population

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see also <https://www.nia-ryerson.ca/s/The-Future-Cost-of-Long-Term-Care-in-Canada.pdf>



New Official Plan

The Building Blocks for a
Healthy Ottawa

- “A healthy **built environment** is the physical layout and design of communities...”
- “The **transportation** system forms the veins of the City. It is fundamental to daily life...”
- “...with the population aging, there will need to be more **housing** to help people **age in place in their community**”

**oh oh! “age in place”, or “age in their community”?
these are not necessarily the same?**

https://documents.ottawa.ca/sites/documents/files/op_discuss_paper_health_en.pdf



New Official Plan

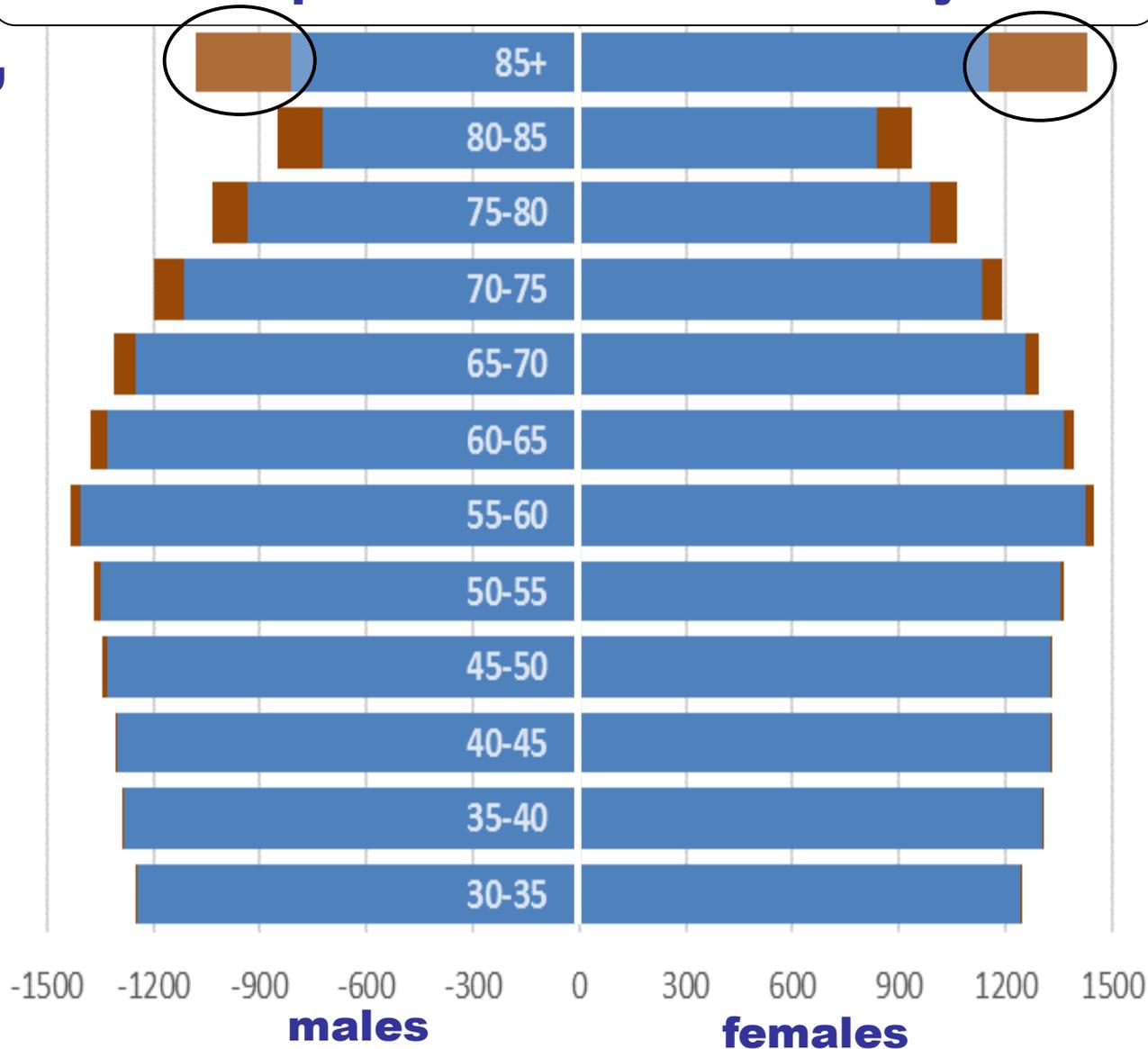
The Building Blocks for a
Healthy Ottawa

- “The **design of neighbourhoods** includes how land uses and transportation networks are arranged in relation to each other. ...
- “...planning for future growth needs to include the building of spaces designed to foster social cohesion, given ongoing changes in demographics. ...
- “... especially as densities increase, (t)he (Ottawa Next: Beyond 2036) study recommends transforming suburbs in **more complete communities.**”

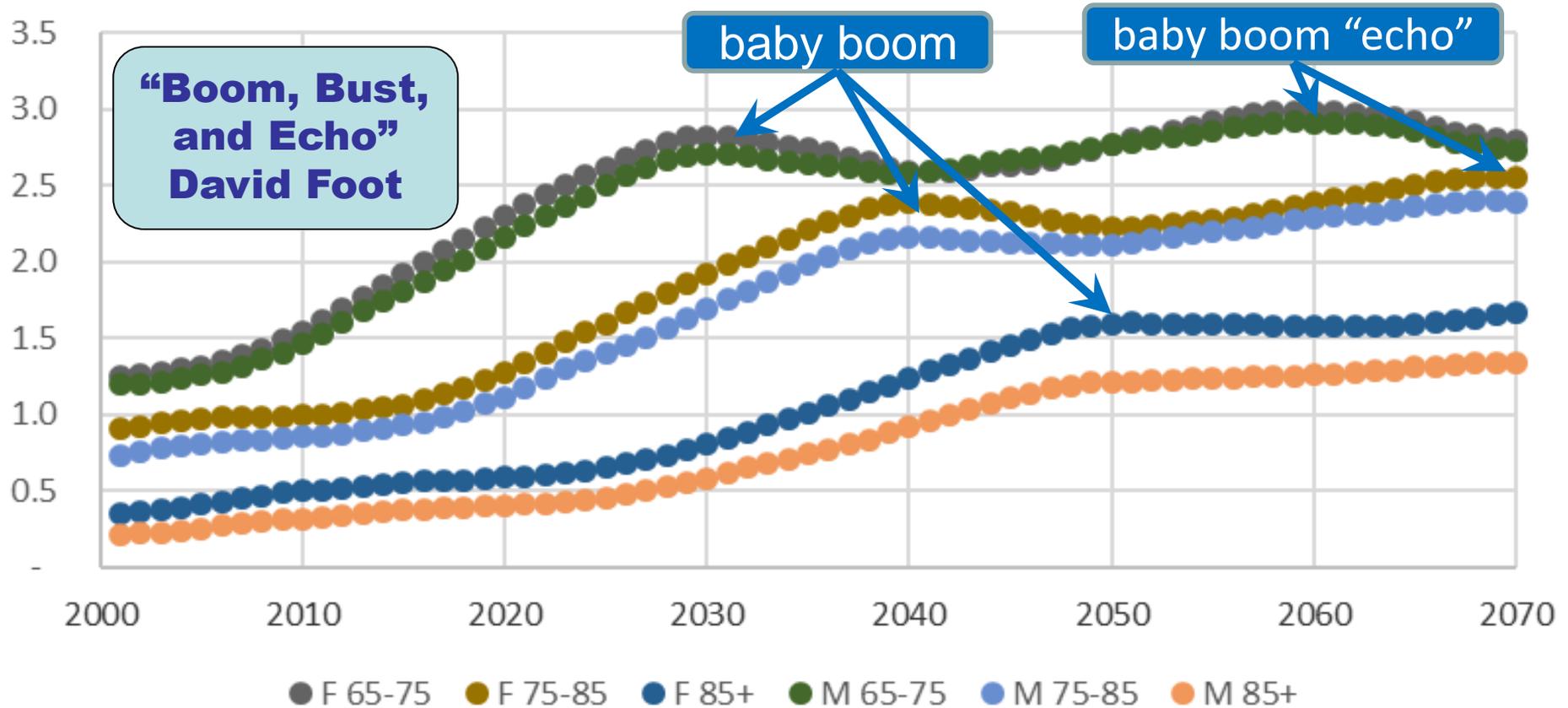
We Can Expect to be Living Longer, So There Will Be Significantly More Canadians Age 85+ (according to Stat Can's middle scenario)

Population (000s), Projected to 2050, with and without Expected Declines in Mortality Rates

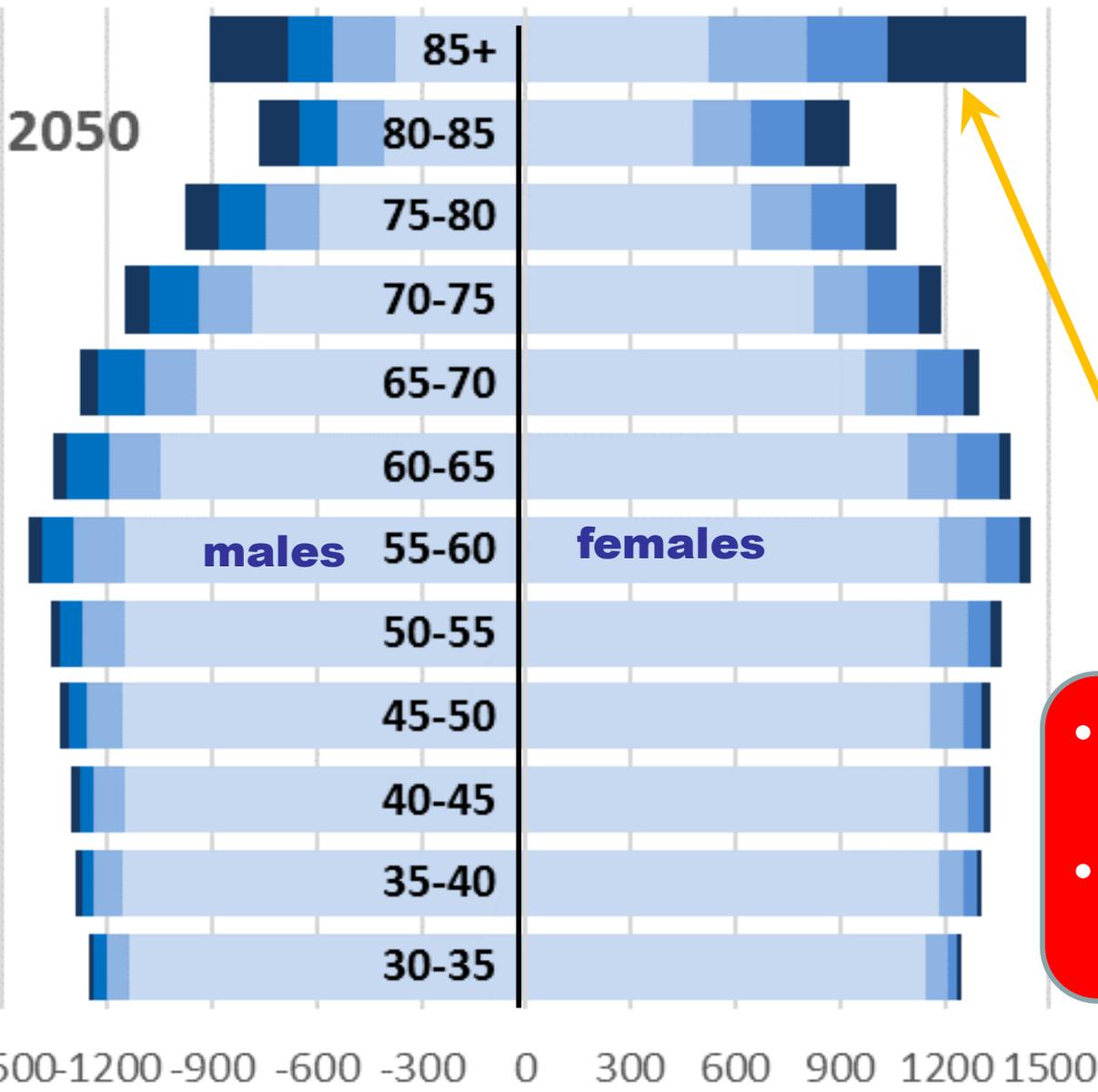
(ignore minus signs for males; it is a trick to get Excel to make this graph)



Projected Population (millions) by Age Group and Sex



- peak of the “baby boom” reaches ages 65 to 74 around 2030
- they reach ages 75 to 84 10 years later around 2040, and ages 85+ after 2050
- children of the baby boom (“echo”) reach 65+ around 2060

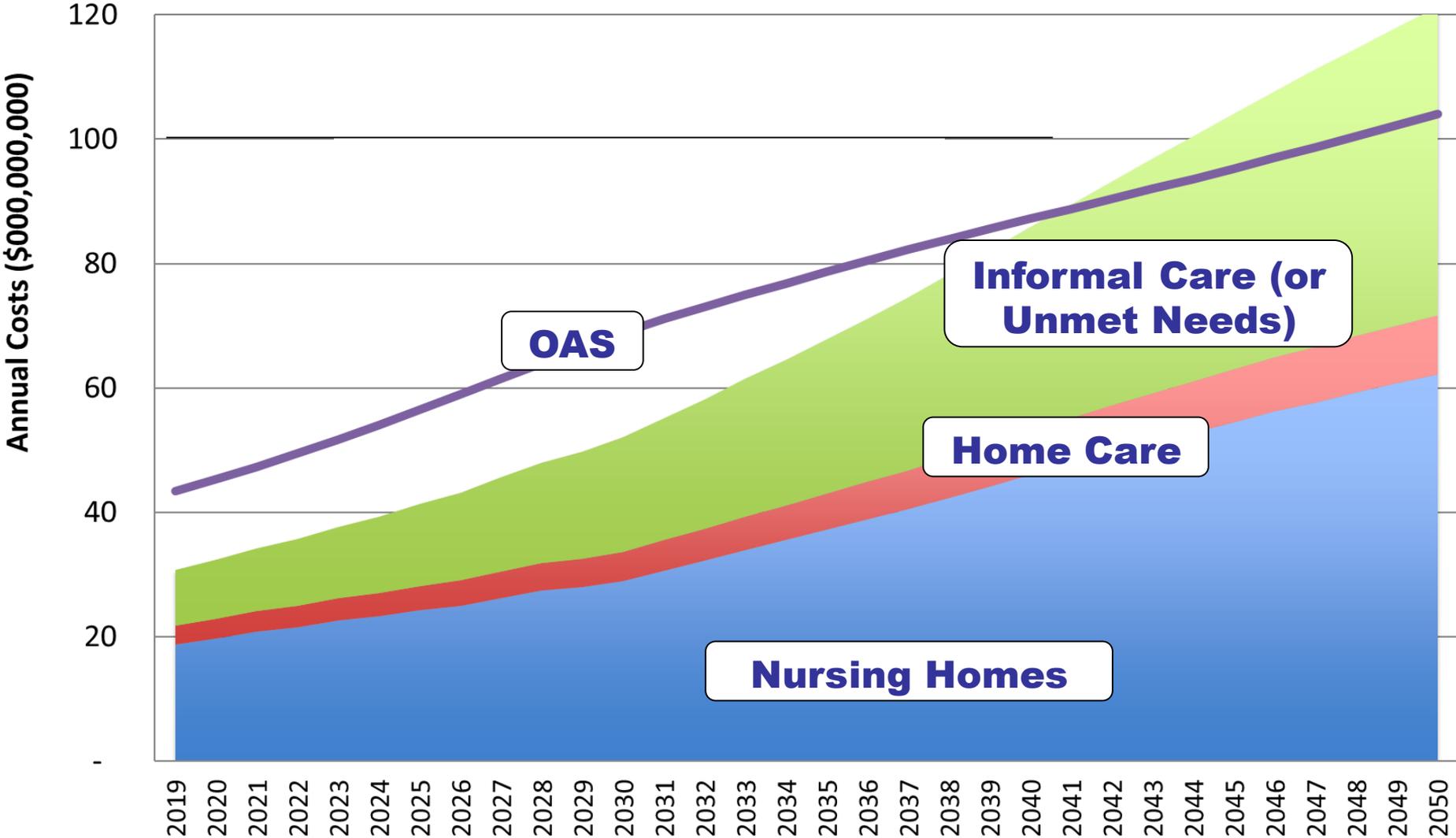


2050 Projected Population Pyramid by Disability Severity (darker = more disabled)

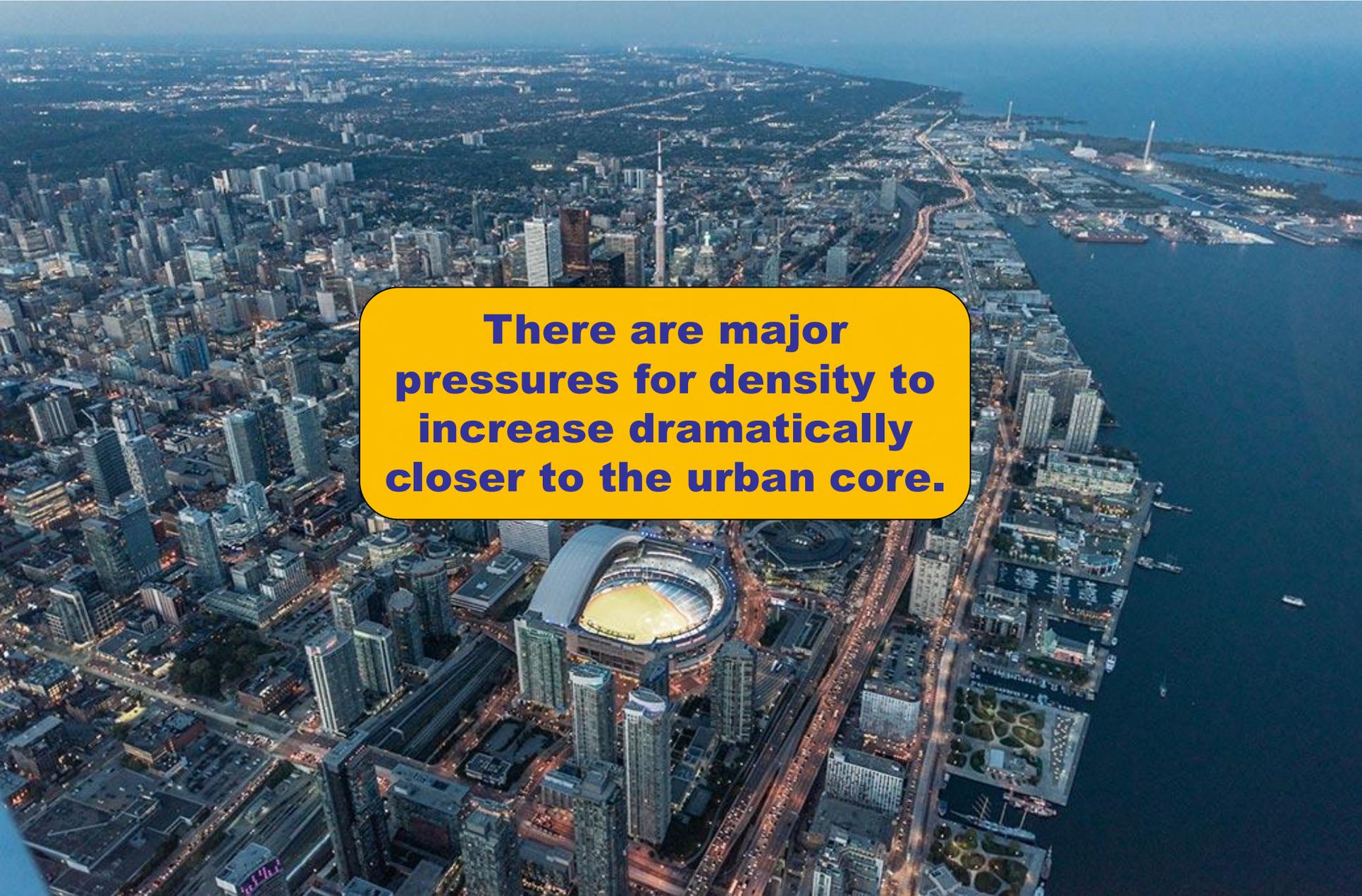
- dramatic increase for ages 85+
- n.b. ~30 years from now

Projected Total Costs (\$ billions) of Nursing Homes, Home Care, OAS and Informal Care

(valued at "replacement cost")



The Urban Core Left (Mainly) to Market Forces

An aerial photograph of a city's urban core at dusk. The image shows a dense concentration of skyscrapers and buildings, with a prominent stadium in the lower center. A yellow callout box with rounded corners is overlaid on the image, containing text. The city extends to the waterfront on the right, where a large body of water is visible. The sky is a deep blue, and the city lights are beginning to glow.

There are major pressures for density to increase dramatically closer to the urban core.

And Urban Sprawl Further from the Core



**How easy would it be to
“age in place” here,
especially without a
driver’s license**

Is This What We Mean by “Walkability”?





How much more convivial would it be to live (without a car) in dwellings like these?

And how much more efficient would it be to provide home care and various services?

Concluding Comments

- population aging will be a major factor for urban planning over coming decades
- especially for frail elderly, ensuring the availability of higher density dwelling options
 - will help address social isolation, a major risk factor
 - will enable much more efficient delivery of services, including home care
 - necessarily involves long lead times
- so appropriate planning should require major shifts in Ottawa's urban design plan "now"
- and "horizontal policy" coordination with the federal and provincial government