



# Reimagining Aging in Place

Seniors and Accessibility Committee

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# About the study

With the University Health Network and Women's Age Lab at Women's College Hospital, Barrie Housing is taking part in a **research study** to understand how to support older adults to age in place in Barrie.

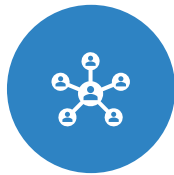
- 6-year federally funded study, currently in year 3
- 3 Barrie Housing research sites

## Objectives

- Evaluate the implementation of a support service program to help older adults age in place
- Measuring health and wellness over the course of the project to determine the health impacts of the program offerings

# Research Focus Areas

## Health Impact



Social  
Connection



Nutrition



Physical  
Activity

# Research Methods

- ▶ Tenant Health and Wellness Survey
- ▶ Interviews with staff
- ▶ Activity tracking data (i.e., program attendance)
- ▶ Health administrative data
- ▶ Field observations
- ▶ Barrie Housing staff notes/tracking data

# Findings

- ▶ Early findings show transportation to local services, programs and affordable retail outlets, including grocery stores, is a common challenge among tenants
  - ▶ On Demand system is difficult to navigate and some tenants are not aware of it
- ▶ Older adults living in social housing often live with limited mobility or require mobility aids. Accessible and reliable transportation is essential





# Impact of Transportation Barriers

- ▶ Direct impact on health, independence, and quality of life
- ▶ Reduced ability to attend medical appointments, shopping, and social/community programs
  - ▶ Increased social isolation
  - ▶ Higher risk of missed medical care
- ▶ Dependence on family, friends, or costly alternatives

# Other Notable Outcomes

1

Strong desire  
for on-site  
programming  
and services

2

Need for more  
health and  
wellness  
supports

3

Interest in peer-  
led activities to  
strengthen  
community ties

# Moving Forward

- ▶ Transportation must be prioritized in planning for seniors' supports in Barrie
- ▶ Transportation must be available, accessible and reliable for all citizens of Barrie
- ▶ Investments in mobility = healthier, more connected, and independent aging populations



## What is needed:

- ▶ Accessible transportation solutions tailored to older seniors and persons living with disability
- ▶ Shuttle services, ride-share partnerships, or community vans
- ▶ Stronger collaborations with local transit providers
- ▶ Expanded mobile and on-site services to reduce travel needs

# Conclusion

While many needs were identified in the research findings, accessible and reliable transportation surfaced as a significant factor impacting seniors' independence, health, and quality of life at the Barrie Housing research sites.

**Addressing transportation barriers is key to building Barrie into a stronger, [age-friendly](#) community for everyone.**