



Spaces for Health and Aging in the City: Livability, Biodiversity, Decarbonization

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Cases studied so far

- Ottawa case (Block 2 Parliament Buildings)
- **Manoir Westmount**
- **Le Centre des aînés de Pointe-Saint-Charles**
- Parc St. Joseph (RDP)
- Aging Policies in the Montreal area
- Notman Gardens

Methodology – Case study selection

Case studies (suggested by partners and researchers)

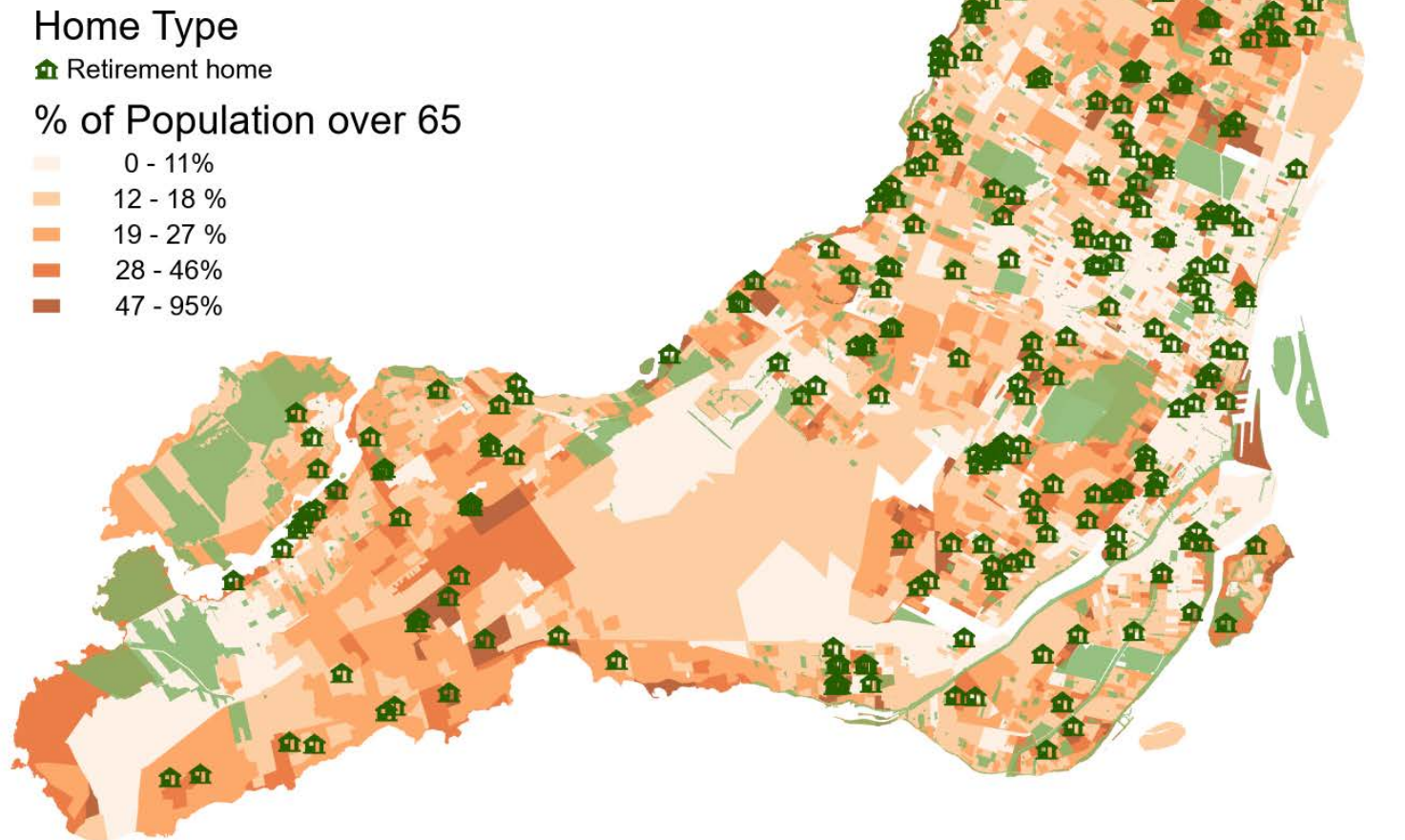
Developed a city-wide understanding of spaces for health and aging

1- Montreal scale maps

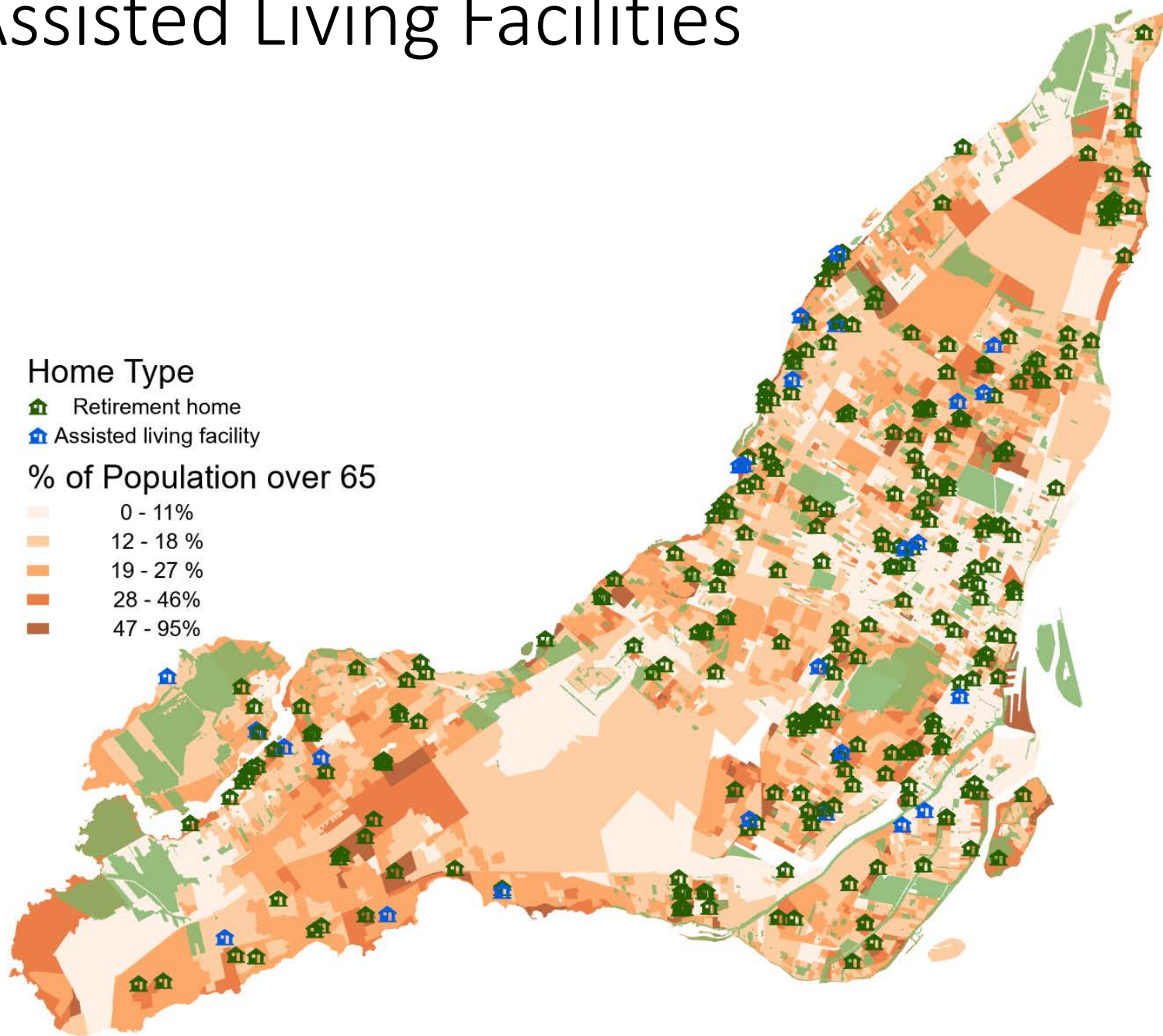
2- Case site maps

3- observations of the life surrounding the cases (focused on livability for spaces of health and aging)

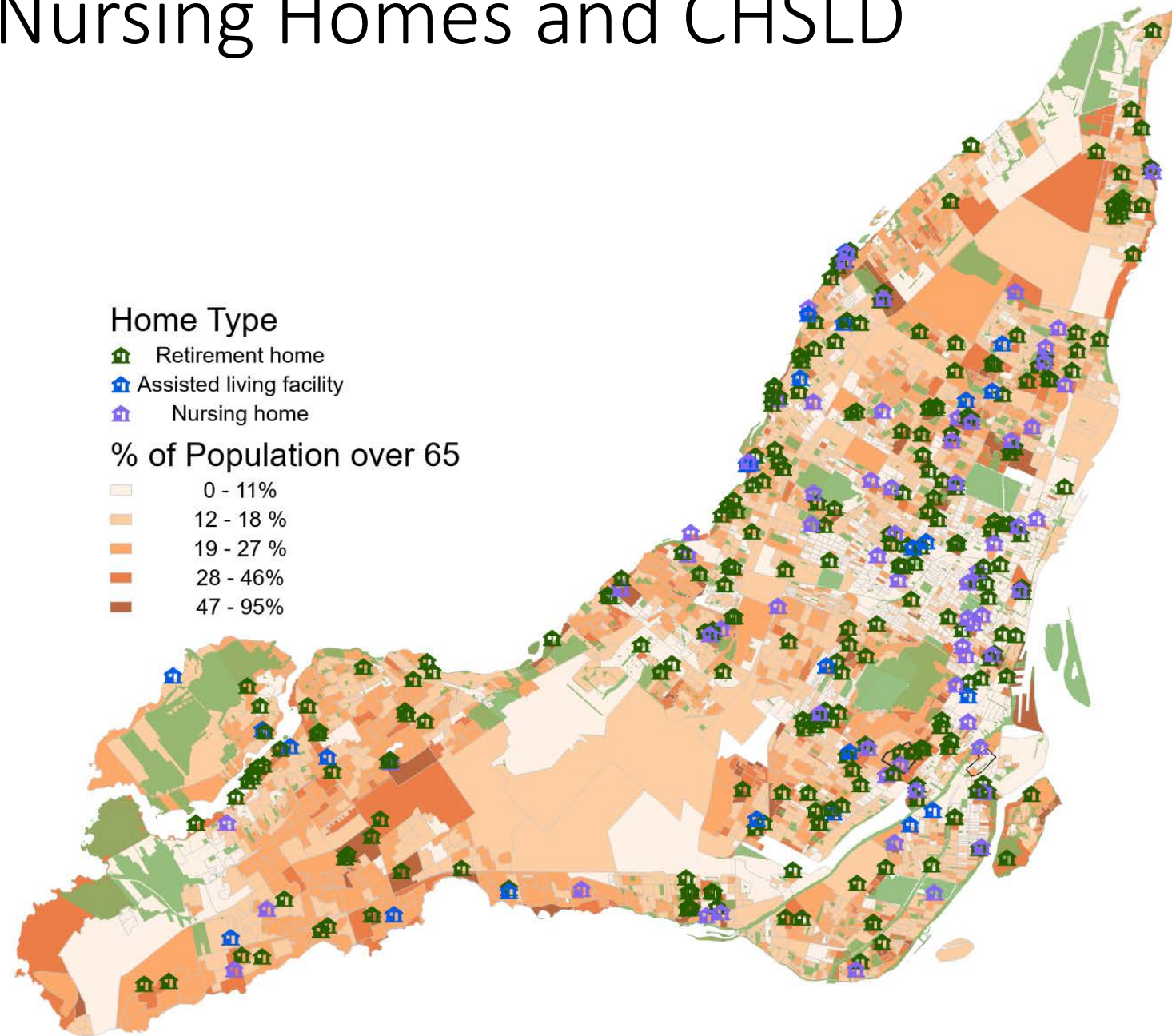
Map of Retirement Homes Autonomous Living



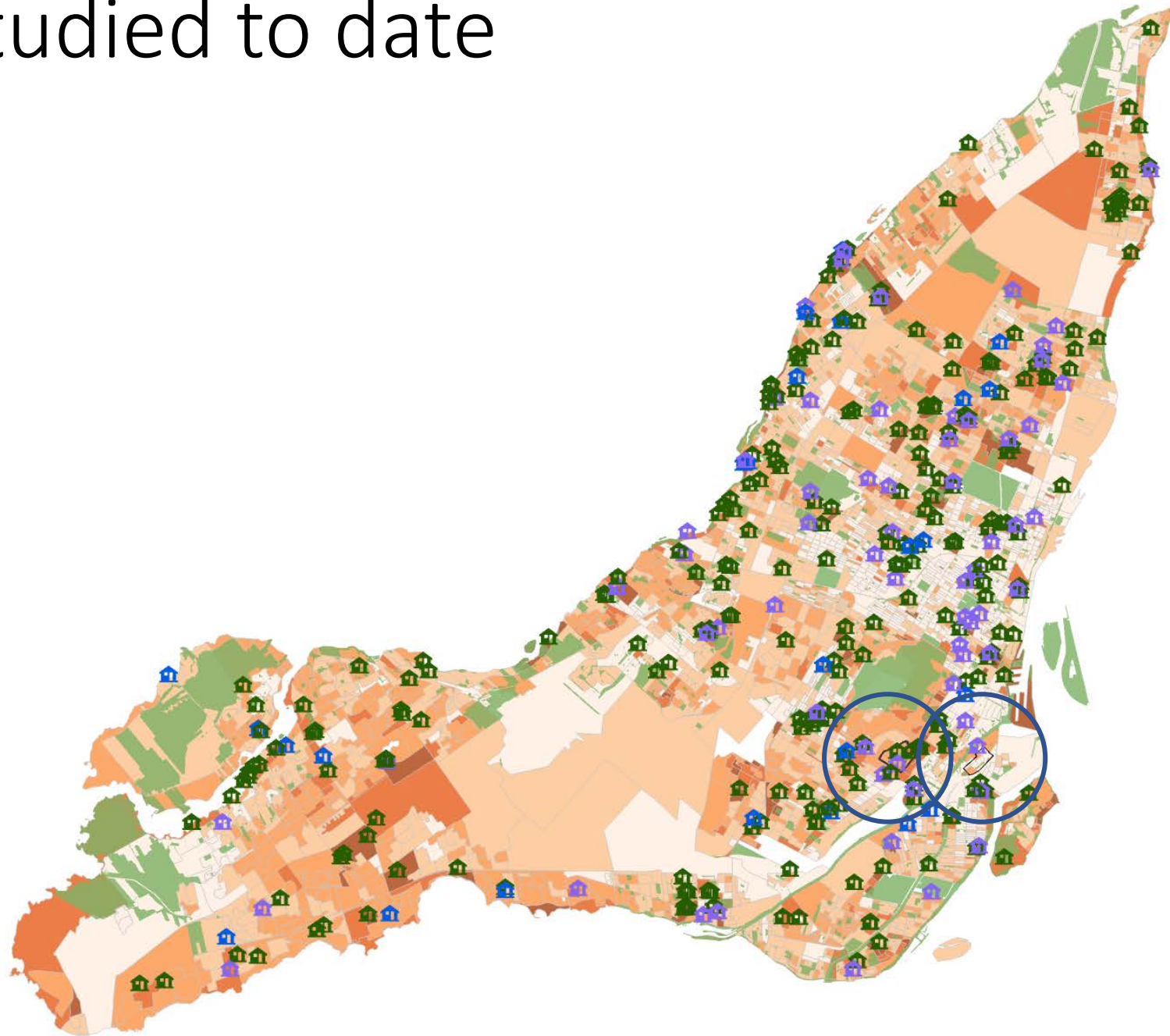
Map of Assisted Living Facilities



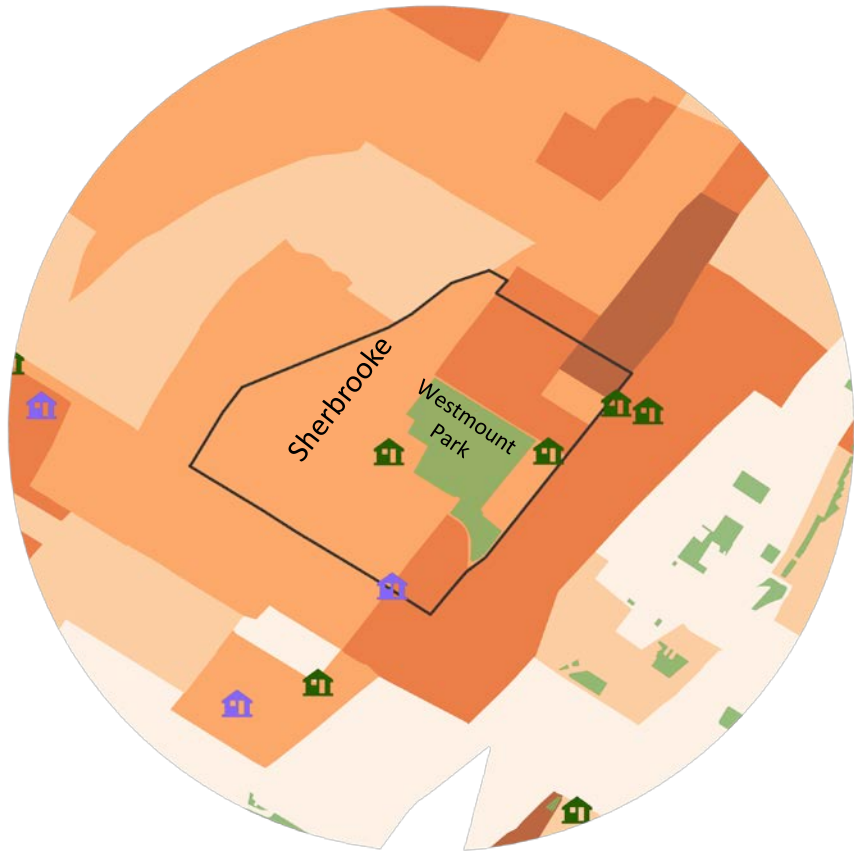
Map of Nursing Homes and CHSLD



Sites studied to date



Manoir Westmount



Le Centre des aînés de Pointe-Saint-Charles

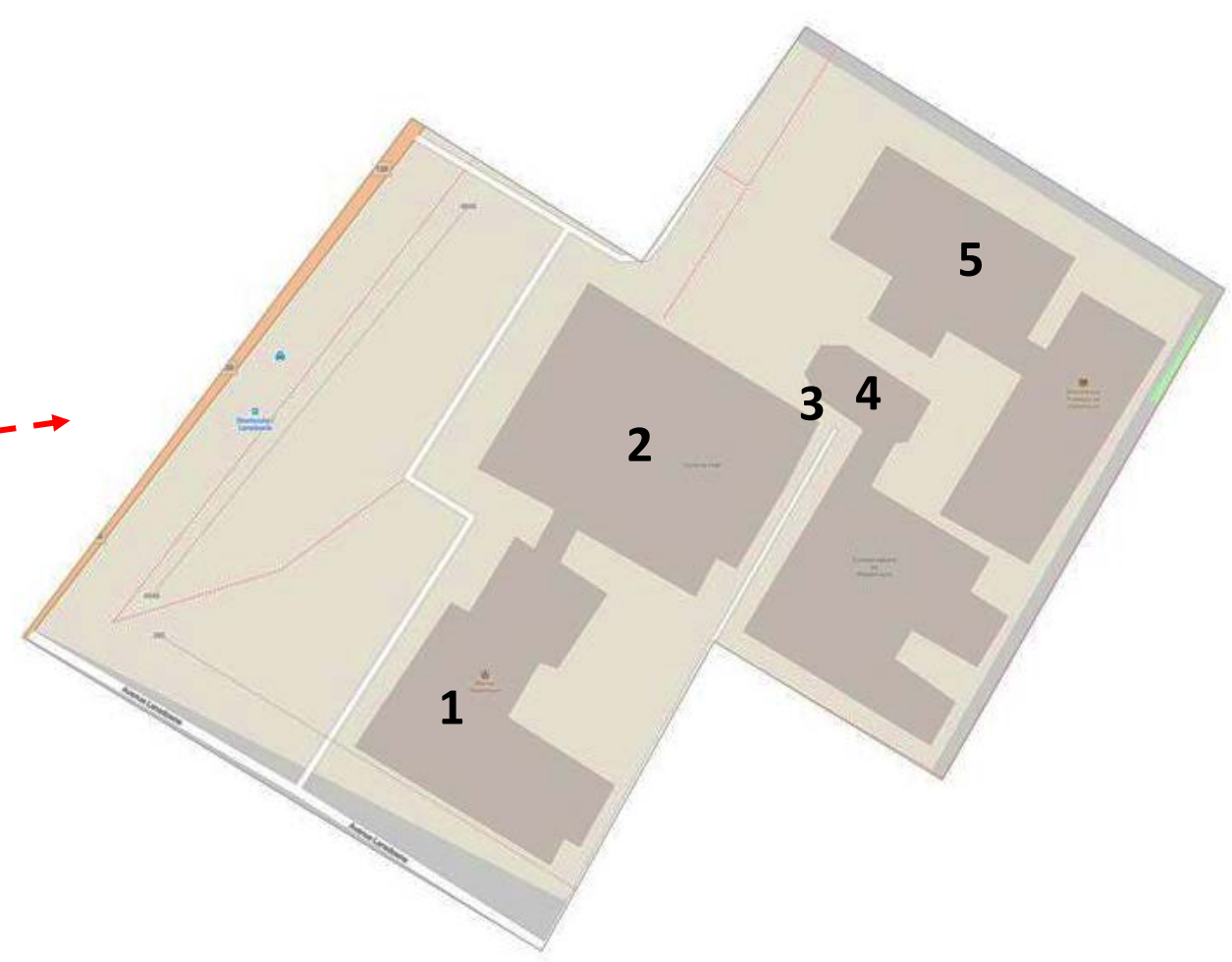
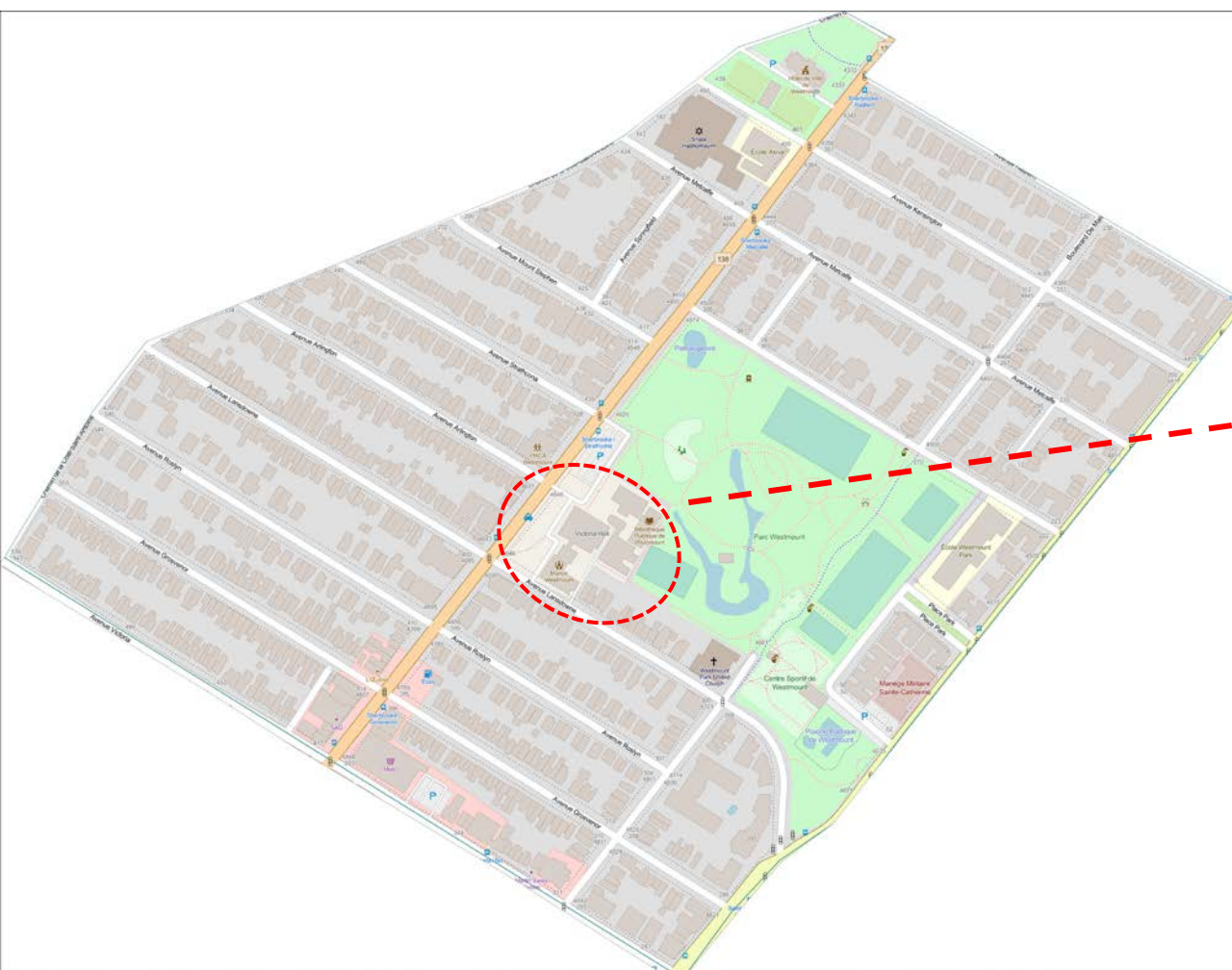


West



Legend

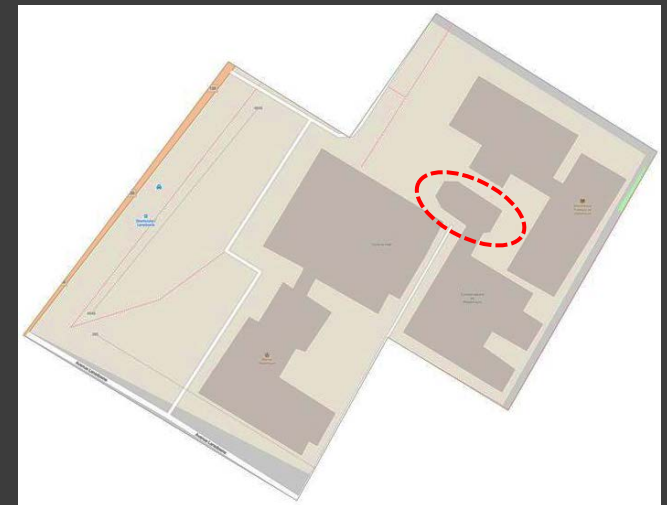
-  Schools
-  Community Center
-  Library
-  Religious
-  Sports
-  Grocery
-  Bus Stops
-  Retirement Homes



1. Manoir Westmount(Aging home)
2. Victoria Hall Community Centre
3. Temporary exhibition
4. Conservatory and Greenhouses
5. Westmount Public Library

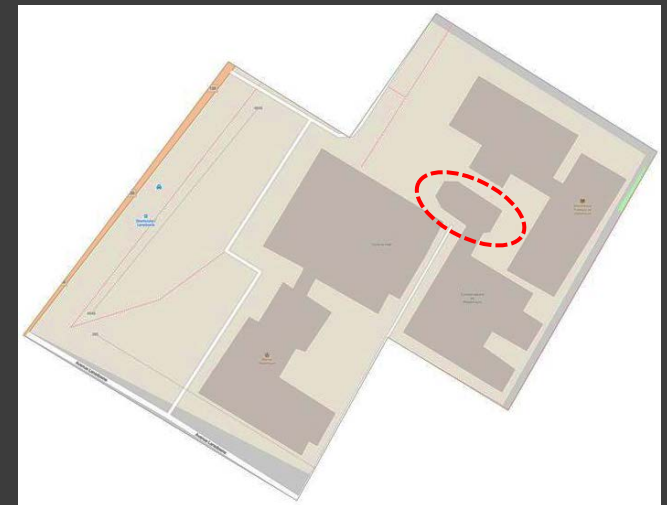


Conservatory and Greenhouses



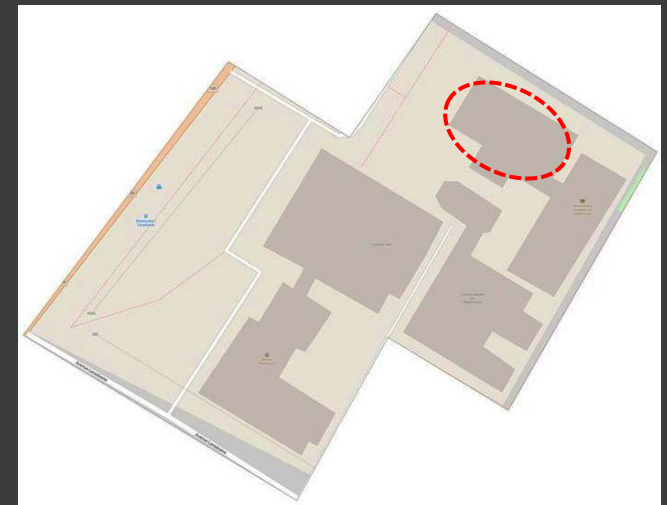


Conservatory and Greenhouses



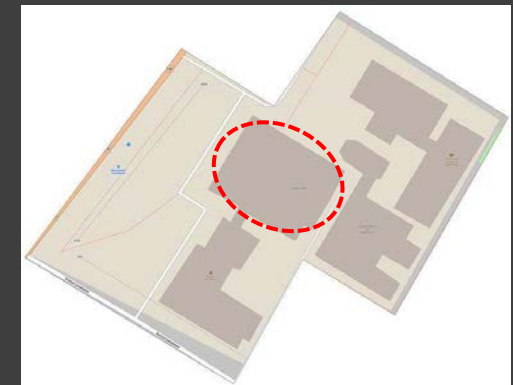


Westmount Public Library



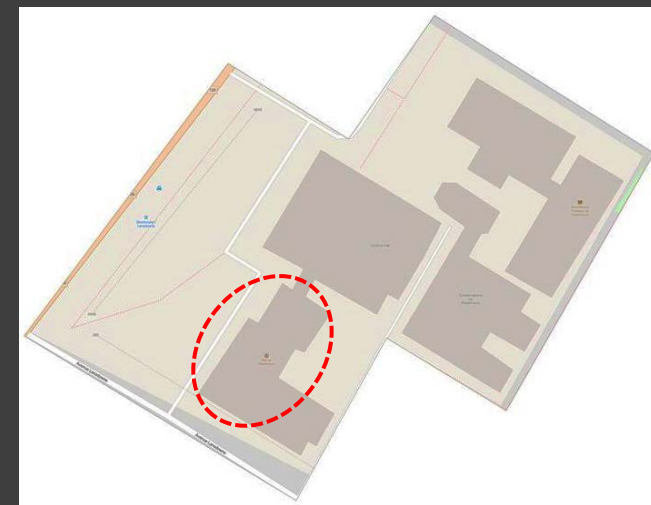


Victoria Hall Community Centre





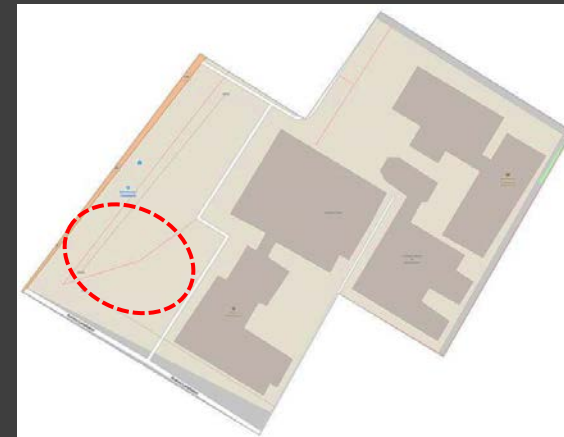
Manoir Westmount
(Aging home)

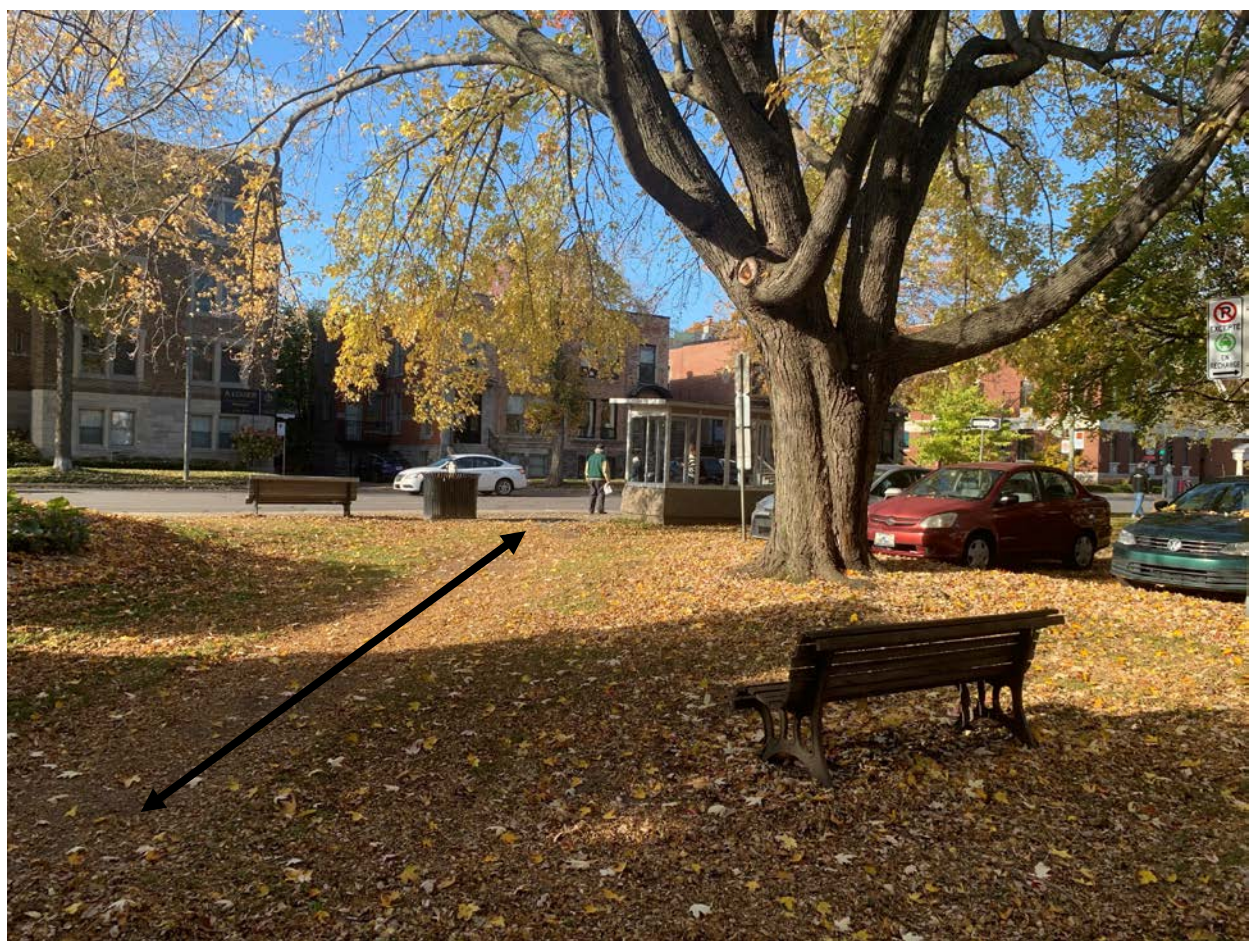




Barriers to Quality

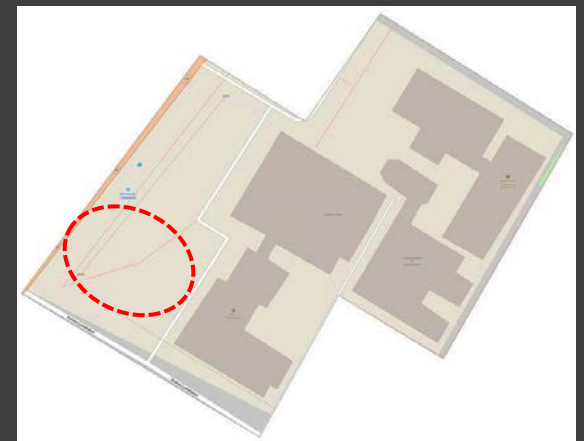
- Building entrance is not properly defined
- Not having public space in front of the entrance for gathering

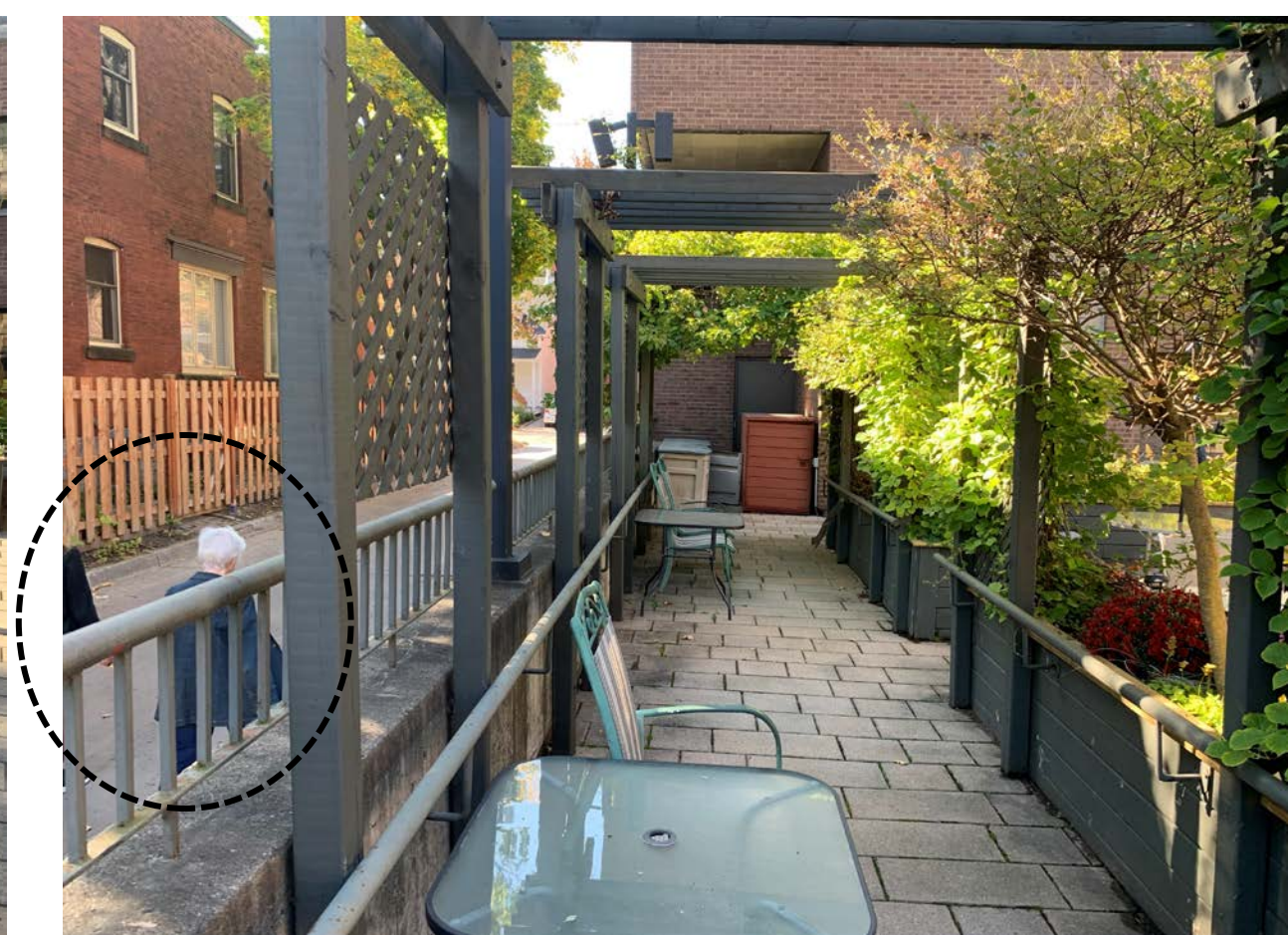




Barriers to Quality

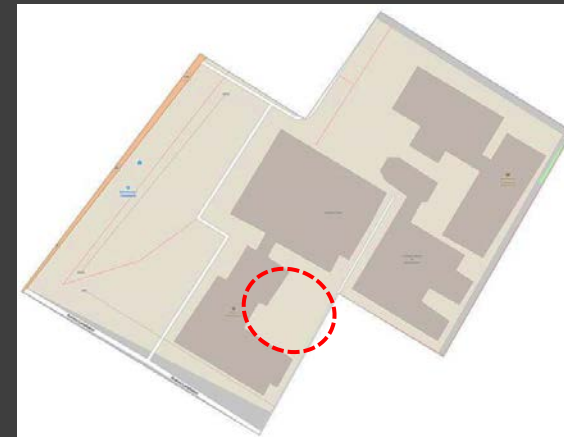
- Not defining sidewalk – unable to walk in winter and rainy days
 - Slope
 - Paving





Barriers to Quality

- Not defining sidewalk

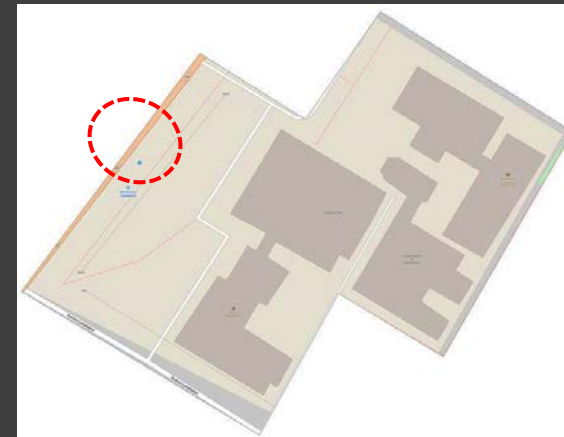






Barriers to Quality

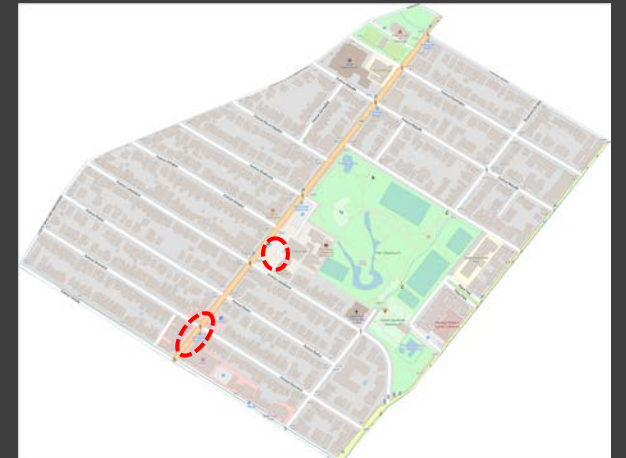
- Small fonts for the bus information board
- Not disability-friendly furniture at the bus station in front of the Manoir
- No pedestrian crossing in front of the Manoir





Barriers to Quality

- Access to food
- Grocery stores, restaurants and shops are in three blocks from the Manoir





Barriers to Quality

- Gathering neighborhood space is not properly designed

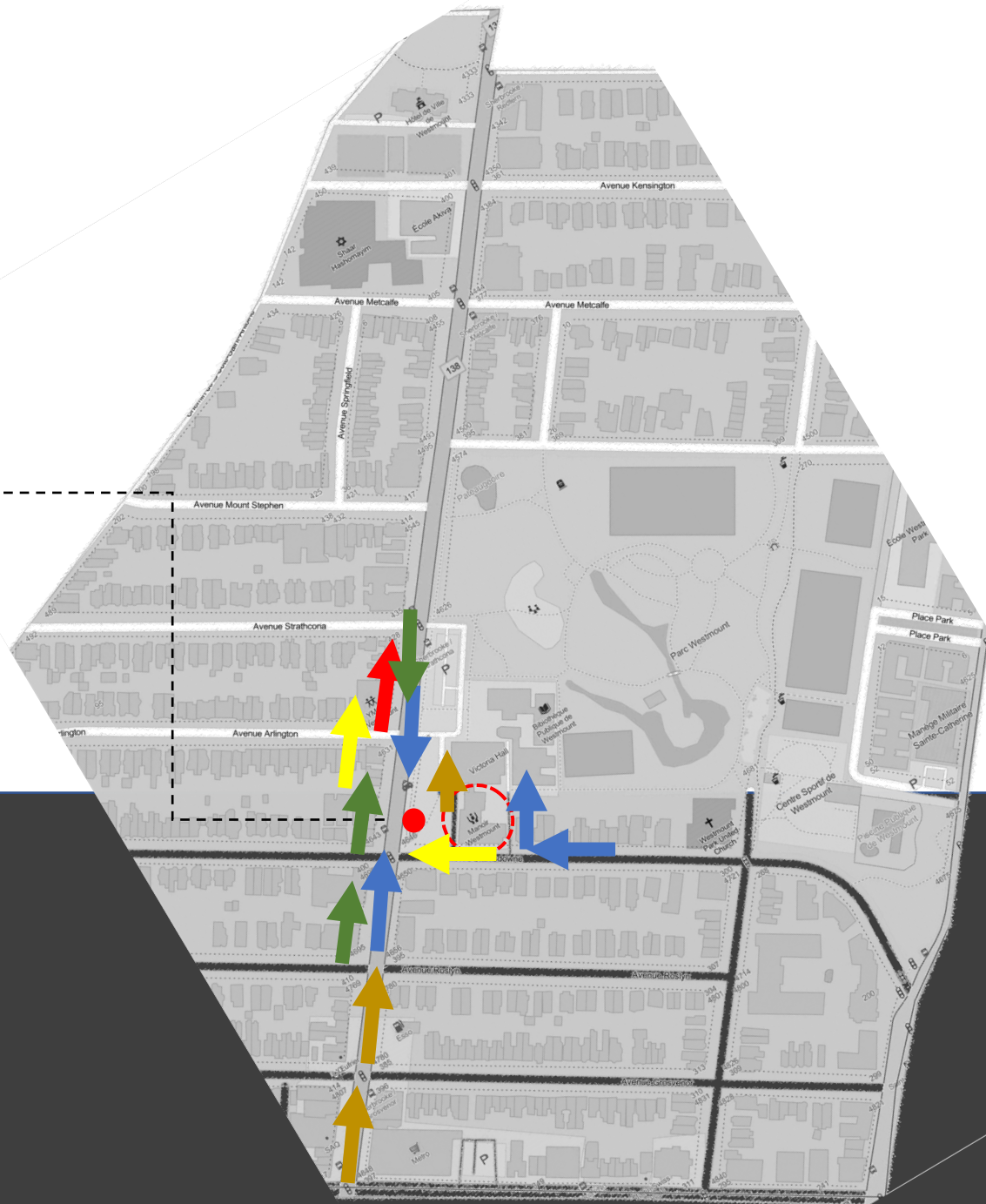




Barriers to Quality

- Lighting

Observation point
2022-10-19
1 PM



Senior people with disabilities



Senior people walking



People with dogs



Cyclists



People with strollers

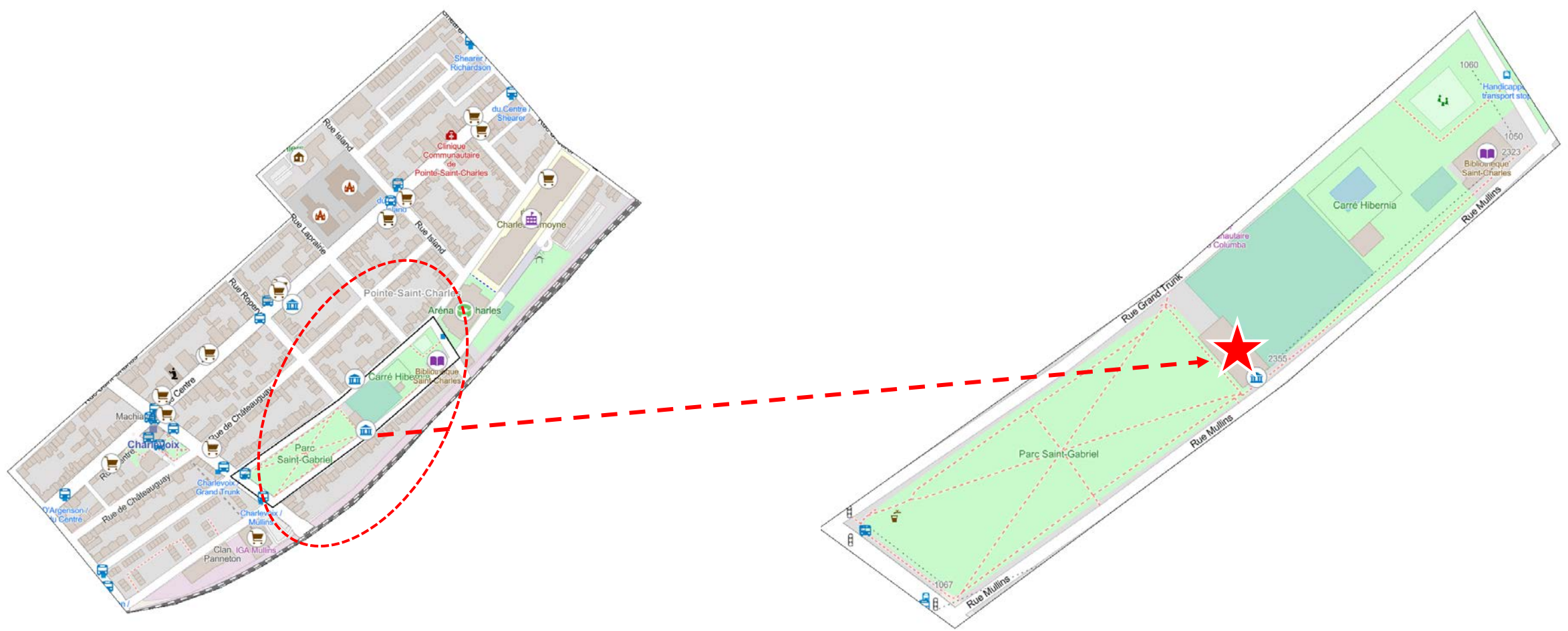


Able-bodied Adults



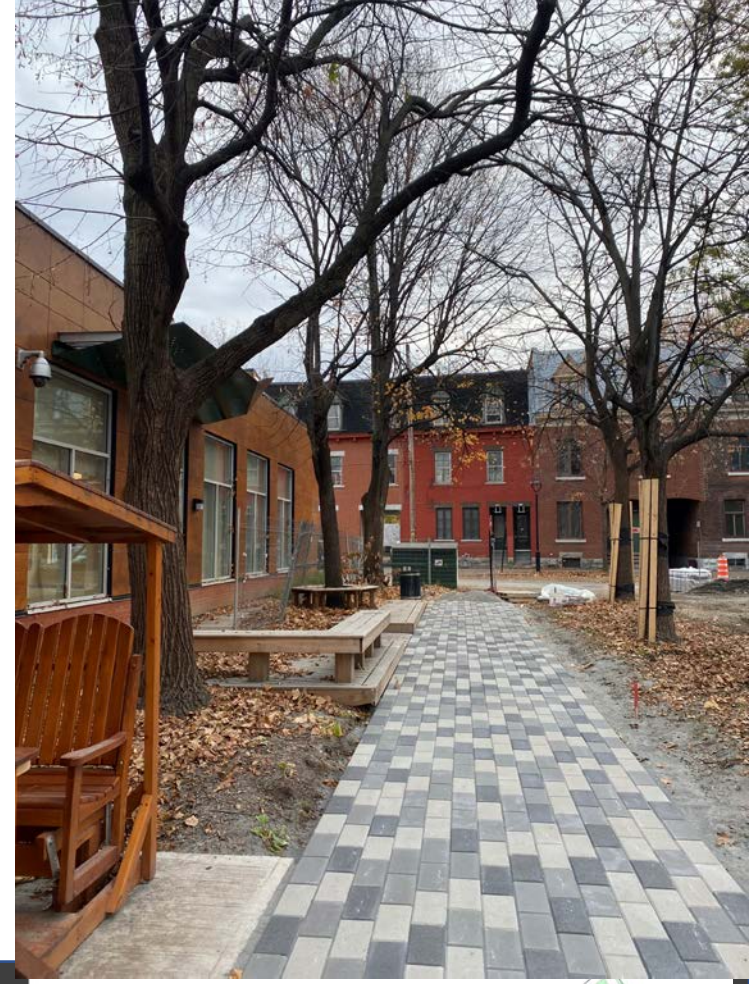
Le Centre des aînés de Pointe-Saint-Charles Site





The Pointe-Saint-Charles Seniors Center is a community center for seniors in the Pointe-Saint-Charles district of Montreal. Its mission is to improve the quality of life and promote the autonomy of people aged 50 and over.

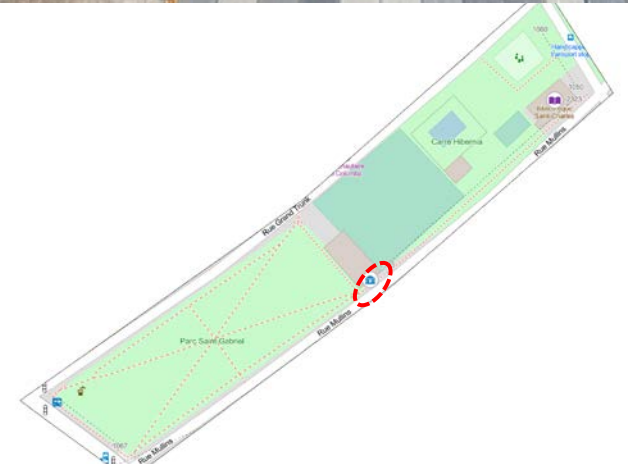
It is situated between Parc Saint-Gabriel and Carré Hibernia



Le Centre des aînés de Pointe-Saint-Charles Site

Inaugurated October 28 2021

Large, open plan meeting room for many events





Âge D'Or St-Charles
2401 MULLINS, MONTREAL, QC H3K3K3
ACTIVITÉS AUTOMNE & HIVER 2022
TEL: 514-372-4003

Dim.	4-Sept.	13 hves	Bingo du Dimanche 3 cartes / \$ 5,00	5,00 \$	Non Membres
Mar.	06-Sept.	13 hves	Début des Sacs de Sable Cartes de membre disponibles	5,00 \$	30,00 \$
Mer.	07-Sept.	13 hves	Début des joueurs de cartes	8,00 \$ / M	
Jeu.	08-Sept.	13 hves	Début du Shuffleboard (Manille) & Petanque Aout		
Ven.	09-Sept.	13 hves	Début des joueurs de dards	5,00 \$	
Sam.	10-Sept.	17-30 hves	Souper & Danse Petanque Mardi	30,00 \$	
Dim.	12-Sept.	13 hves	Début des Quilles	21,00 \$	
Sam.	17-Sept.	10 hves	Souper & Danse Petanque Jeudi	30,00 \$	35,00 \$
Sam.	24-Sept.	13 hves	Baseball Poches: Souper & Danse (Poulet)	30,00 \$	35,00 \$
Dim.	25-Sept.	13-30 hves	Aux hommes Voler! Bar à Francklin (\$380.00) \$436.01	10,00 \$	10,00 \$
Sam.	1-Oct.		Libre	5,00 \$	
Dim.	2-Oct.	13 hves	Bingo du Dimanche 3 cartes / \$ 5,00	10,00 \$	30,00 \$ 35,00 \$
Sam.	8-Oct.		Souper Anniversaire Mère: Aur. Mai, Juin, Jul, Août		
Sam.	15-Oct.		Libre		
Sam.	22-Oct.	13 hves	Baseball Poches: Souper & Danse (Lasagne - Spaghetti)	30,00 \$	35,00 \$
Sam.	29-Oct.	18 hves	Halloween: Souper & Danse Pâtis au poulet & boeuf (égalemeant à votre discrétion)	30,00 \$	35,00 \$
Sam.	5-Nov.		Libre	5,00 \$	
Dim.	6-Nov.	13 hves	Bingo du Dimanche 3 cartes / \$ 5,00	30,00 \$	35,00 \$
Sam.	12-Nov.	13 hves	Baseball Poches: Souper & Danse (Poulet)	20,00 \$	35,00 \$
Sam.	19-Nov.		Libre	30,00 \$	35,00 \$
Sam.	26-Nov.	18 hves	Société d'été avec souper	30,00 \$	35,00 \$
Sam.	3-Déc.	13 hves	Baseball Poches: Souper & Danse (Lasagne - Spaghetti)	4,00 \$	
Dim.	04-Déc.	13 hves	Bingo du Dimanche 3 cartes / \$ 5,00		
Dim.	19-Déc.		Libre	30,00 \$	35,00 \$
Dim.	17-Déc.	18 hves	Souper traditionnel de Noël & Danse		

Bonnes vacances des fêtes
Joyeux Noël, Bonne & Heureuse Année
PS: L'Accès au pavillon ne se fait pas avant 11:30 hres
Retrait des boîtes obligatoire (souliers & chaussons acceptés)
Veuillez noter qu'il n'y aura plus de soupe le Mardi



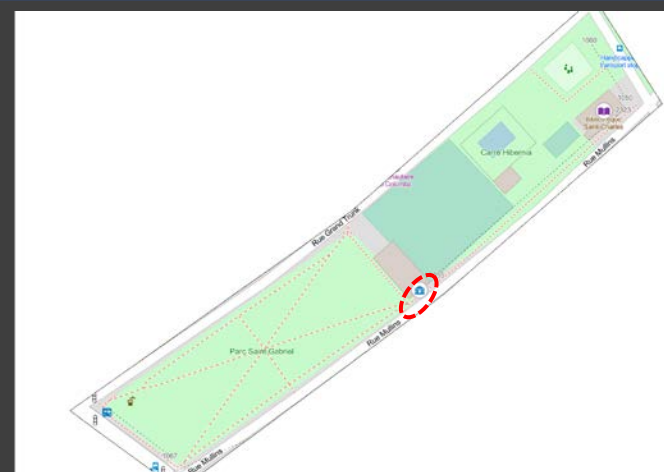
List of Activities at Le Centre des aînés de Pointe-Saint-Charles

Bingo

Game nights (Shuffleboard – darts – petanque)

Yoga Sur Chaise

Dinners and evening get togethers



E eliz_m7
4 years ago

Pedestrianized 50% of the street (one lane in each direction maintained) to enlarge the park at the corner of the Metro and take advantage of it to create a natural path towards Parc St-Gabriel and possibly the Heart of the neighborhood (Hibernia/Mullins).

The center of the park, where all the paths meet, would benefit from being highlighted, perhaps enlarging this meeting point, putting a fountain or a work of art in its center? Make it a real meeting point, be able to sit there. In general, in this park, there should be more benches, picnic tables, open lawns and a little less shade to invite us to stay there, to enjoy the place differently.

W WallStreet
4 years ago

Ban dogs or be very harsh with the many owners of off-leash dogs.

E eliz_m7
4 years ago

Currently, the park is above all a place of passage. I would like its atmosphere to change, that we would no longer want to stop there, to sit down, on benches or lawns.

Sought after atmosphere



Fenced dog park for area residents. With dog fountain and benches. Small section and big section 🐕. Dog park.

E Elwood
4 years ago

Add a fountain in the park

Make the sidewalk on the south side of rue grand-trunk (between Island and Charlevoix) a more vegetated park path and a little further from the street. This path would create a safe pedestrian zone for a large number of children joining the School.

E Elwood
4 years ago

Add a sunny portion to the park during the winter (there are too many shadows from the trees now).

Parc Saint Gabriel - Barriers to Quality

- Lack of Meeting points
- Control of Dogs
- Lack of Sun



Under Construction



Bientôt dans votre quartier



Réaménagement du parc Saint-Gabriel

Dès le mois d'août, l'Arrondissement du Sud-Ouest débutera le réaménagement du parc Saint-Gabriel, situé dans le quartier Pointe-Saint-Charles, à l'angle des rues Mullins et Charlevoix. L'investissement de 1,2 M\$ permettra d'offrir aux promeneurs un parc reposant mettant en valeur son côté patrimonial. Les travaux, qui devraient se terminer cet automne, consisteront en la réflexion des sentiers et des trottoirs, la mise à niveau de l'éclairage du parc et la construction de saillies végétalisées.



Un sentier accessible universellement pour les promeneurs. Une placette pour les rencontres et échanges sociaux.

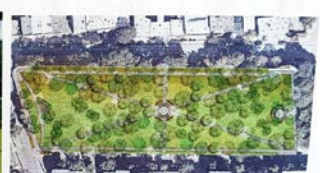
Un parc patrimonial aux airs victoriens

Après être aménagé et conçu au début du XX^e siècle à l'époque où le parc victorien était en plein essor à Montréal, le parc sera rénové selon les mêmes grandes lignes de conception. Tous les sentiers seront reconstruits pour les rendre universellement accessibles, avec des matériaux plus résistants qui permettront de mettre en valeur le caractère patrimonial des lieux. Au centre, une placette, témoin de l'esprit décoratif du Square victorien sera construite. Une autre petite placette sera aménagée près de la rue Charlevoix pour permettre les échanges sociaux, la détente et les rencontres. Une classe extérieure sera construite. Le mobilier sera uniformisé et l'éclairage sera optimisé pour permettre de pouvoir se promener en soirée, en toute sécurité. Des infrastructures électriques seront également mises en place afin de pouvoir accueillir une station de BIXI.

Finalement, grâce à la réflexion de trottoirs, toutes les entrées du parc seront accessibles universellement. À l'intersection des rues Charlevoix et Mullins, deux saillies végétalisées, dont une drainante et permettant de retenir les eaux de pluie, permettront de traverser en toute sécurité pour se rendre à l'entrée principale du parc.



Une classe extérieure couverte à tout.e.s.



Plan d'aménagement du parc.

Renders



Another small plot will be set up near rue Charlevoix to allow social exchanges, relaxation and meetings.

An outdoor classroom near the seniors' pavilion will host fun and cultural integration activities.





Carre Hibernia

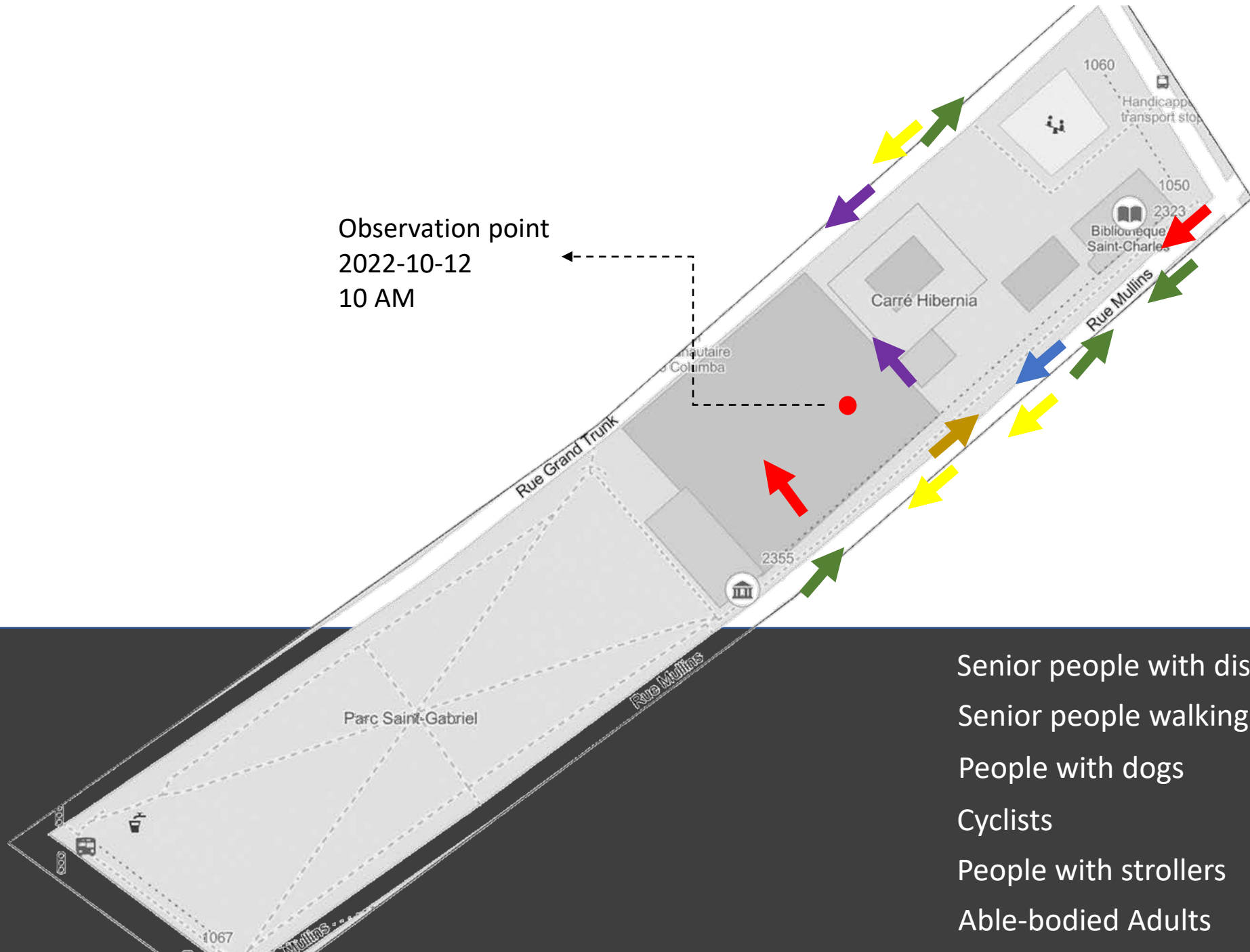
- Childrens Play Area
- Splash Pool
- Terrain Petanque
- Baseball Court





Bibliotheque Saint Gabriel





Observation point
2022-10-12
10 AM

- Senior people with disabilities
- Senior people walking
- People with dogs
- Cyclists
- People with strollers
- Able-bodied Adults



Questions of Quality to be studied once the construction is complete

Are Seniors using their new meeting spaces?

Do they feel comfortable using the park?

Will there be a better pedestrian connection between the metro and the park?

Biodiversity of trees and shrubs

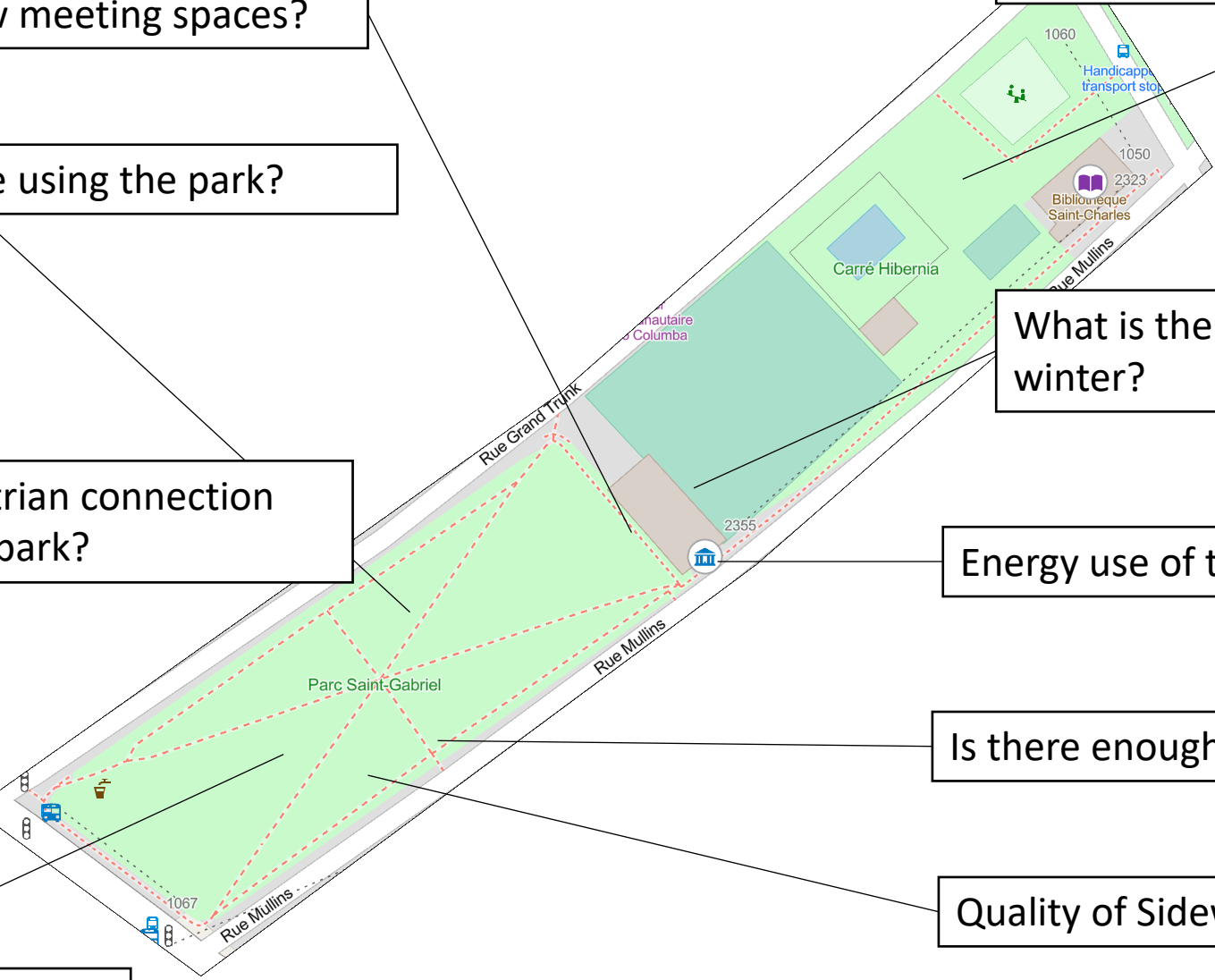
Is there multigenerational interaction between elderly and children?

What is the social activity on site in winter?

Energy use of the building itself.

Is there enough lighting at night?

Quality of Sidewalk, Accessibility?



Specific analysis : Health and Ageing	Decarbonization	Materials & ressources
		Energy Usage
		Life cycle analysis (Embodied Carbon)
		New idea:
	Livability	Affordability
		Accessibility
		Safety
		Public Space
		Mobility and Public Transit
		Inclusivity
		Comfort
		Way Finding
		New idea:
	Biodiversity	Flora and Fauna within the Site
		Care of biodiversity of the Materials used?
		Access to nature
New idea:		

Policy Analysis Template

- To assess policies on health and aging
- To assess the feasibility and the scope of the policy
- To assess the case studies against the policies that apply
- Eventually: to measure progress on the policies

Sections	General categories	Subcategories
Descriptive data	General information	
Assessment of Interventions	General Vs practical details	targeting general approaches
		delineating practical approaches
	Type of Proposed Intervention	built environment interventions
		modified legislation
		New programs/changes to programs social, culture, social services
		Administrative changes
	Scale of Interventions	Local
		Municipal/Organizational
Reach on population	only targets aging population	
	considering other age groups	
Applicability	Feasibility of interventions	
Health and Ageing	Decarbonization	Policies on decarbonization including Mitigation/Adaptation Strategies
	Livability	Affordability
		Accessibility
		Safety
		Public Space
		Mobility and Public Transit
		Inclusivity
		Comfort
	Way Finding	
Biodiversity	Access to Nature	

Policies to be Assessed



- What else can we observe in the cases?
- What would you like us to highlight?
- Do you want to see more exemplar cases or the reverse?
- Do the larger maps help better understand the situation of quality-of-life surrounding aging residences?