



TRENT

HOUSING COLLOQUIUM

Thursday, May 2, 2019
1 p.m.
Bata Library, Room 411
RSVP: aging@trentu.ca



Dr. Raza M. Mirza is network manager, National Initiative for the Care of the Elderly and senior research associate, University of Toronto, Institute for Life Course & Aging. Dr. Raza's areas of expertise and teaching interest include research methods, medical decision-making, the socio-behavioral determinants of health in persons aging with a chronic illness, and factors influencing late-life social, mental and physical well-being. He has been an invited speaker at national and international gerontology and geriatrics conferences, workshops and symposiums, and has consulted with various levels of government on diverse issues related to an aging population. He is the community lead for the Toronto HomeShare Pilot Project, was the co-lead for an age-friendly community study of social isolation of Chinese seniors in the Kensington-Chinatown area in Toronto, and is the chair of the Central Ontario Age-Friendly Network.

Millennials + Older Adults = No Place Like Home(Share): Insights from an Intergenerational Housing Project in Toronto

Evidence suggests that older adults prefer to remain in their homes and to age-in-place in the residence and community of their choice. Although older Canadians are remaining longer in their homes, with limited housing options, they may remain in their homes at the expense of their personal, social or financial well-being. Upon closer analysis, affordability remains only one part of the housing challenges, with the other part of the problem being attainability. Older adults who are unable to move into long-term care or assisted-living as their needs change, are forced to remain in their homes, often over-housed and immobile within the housing market. This immobility may also impact the ability of younger generations to enter the housing market or attain appropriate housing.

One Possible Solution

To address this, in collaboration with the National Initiative for the Care of the Elderly (NICE), the City of Toronto implemented the Toronto HomeShare Pilot Project that matched 11 over-housed older adults 55+ (overhoused with respect to physical home space, social needs or supports with activities of daily living), with post-secondary student homeseekers who were experiencing difficulty securing safe and affordable housing.

May 2 Housing Colloquium at Trent

Dr. Mirza, who was the community lead for this project, will share insights from the implementation, research and evaluation, as well as ideas and solutions for scaling up projects based on the Toronto model to other areas of the province and country. While addressing the housing crisis remains important, long term parallel solutions are vital and may prove to be very effective.





Dr. Raza Mirza (presenter) and Dr. Elizabeth Russell (event organizer)

MEDIA: <https://globalnews.ca/news/5230977/trent-housing-colloquium-peterborough/>

4-minute video from morning news spot in the link above. Article screenshots are below.

CANADA May 2, 2019 3:45 pm

Trent Housing Colloquium to focus on pairing senior citizens with students in Peterborough



By Greg Davis

Videographer/Online Journalist Global News

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News
Trent Housing Colloquium focusing on pairing seniors with students

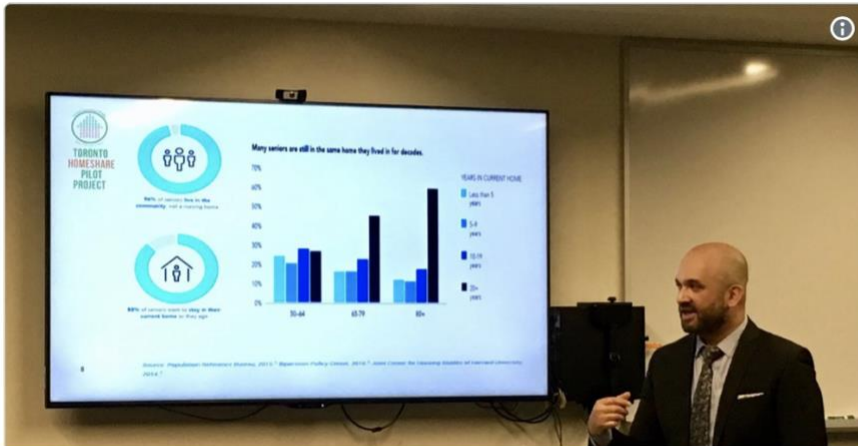
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Trent University researchers are exploring the feasibility of a home-sharing project that would pair senior citizens with students in Peterborough.

On Thursday afternoon, the university hosted the Trent Housing Colloquium, a discussion focusing on co-housing between adults and post-secondary students. The event was organized by the university's psychology department and the Trent Centre for Aging and Society and featured with community partners, stakeholders and students from Trent and Fleming colleges.

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The guest speaker was Dr. Raza Mirza, a senior research associate at the University of Toronto who launched Canada's first intergenerational home-sharing [pilot project](#) in Toronto.



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Raising important questions about housing and aging-in-place with remarkable wit and understanding. [@RazaMMirza](#) offers practical ways forward.

👍 10 1:21 PM - May 2, 2019

Prior to the discussion, Elizabeth Russell, a Trent assistant professor in psychology, appeared on Global News Morning Peterborough. She said the event was intended to gauge local interest in a home-sharing project.

“We are really looking forward to getting key stakeholders, who are involved in housing one way or another in the Peterborough area, into a room to simply just hear what Dr. Mirza has to say and to hear about (what) some of the advantages, challenges and implementation factors have been in this to see if it would be a good fit for this area,” said Elizabeth Russell, a Trent assistant professor in psychology.

Mirza’s pilot project matched a dozen post-secondary students with older adults who offered to rent out space in their homes during the school year. The students’ rent was subsidized in exchange for doing household chores.

The premise is to allow older adults to age “in place” and to allow them to give back to the community and a younger generation.

“There are a lot of benefits for older people for having someone from a younger generation living and sharing their space in a really nice and formal way,” said Russell



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However, the pilot in Toronto has highlighted some challenges, such as security concerns, personality challenges and compatibility, noted Russell.

“I think if a program is implemented in a really positive way and a really thoughtful way in that there is appropriate matching, whether it be on personality factors or what they’re interested in,” said Bennett. “Whether young or old, people are people so just intuitively making a good match, I think, is (a) really important thing we’re looking forward to hearing about.”

For students, the benefits include financial savings and increased productivity.

“I hear it all the time from my classes. Students are really crunched, students living with five others in an apartment,” said Russell. “That has challenges financially but also for their studying, their productivity and happiness. And that’s really important in doing well in school. There are a lot of ways the perfect student could have a good fit in this program and do really well.”