September 29, 2026

Re: Ensuring Kingston Remains an Age-Friendly City, an Evidence Brief

On behalf of the NORC Action Coalition, a network of research centres across Canada, we are sharing with you some new data and evidence-based ideas that can improve the quality of life for Kington's older adults.

Kingston's population is rapidly aging, with people aged 65 and older expected to steadily increase from approximately 21% of the city's population in 2021 to 25% by 2036.

Our research highlights a critical opportunity to serve this demographic through Naturally Occurring Retirement Communities (NORCs), which are buildings or neighbourhoods that were not specifically designed for older people but where a high proportion where older people have chosen to live.

Key Data:

- Approximately one in eight older people in Kingston lives in a NORC.
- There are 48 NORC buildings in Kingston, which are home to a total of 4,636 older adults. This represents a 14% increase compared to just four years earlier.
- This growth is likely driven by financial pressures to downsize, rising costs of living, and desire to live in proximity to amenities. According to NIA's 2025 Ageing in Canada survey, 81% of older Canadians prefer to stay in their home or a smaller home for as long as they can.

High concentrations of older adults in specific locations allows cities to deliver efficient, effective, and highly targeted services. Supporting ageing in place keeps residents independent longer, improves health outcomes, and reduces financial pressure on municipal and provincial services.

Policy Ideas for Your Platform:

While the City of Kingston has recognized the importance of creating an age-friendly city, evident in the plans to update their Age-Friendly Plan, there is an opportunity to build this out more. As you build your platform, we invite you to put forward a vision that supports older adults living in NORCs with the following elements:

1. **Incorporate NORCs in Age-Friendly Plan:** Provide supports for NORCs as part of the current Age-Friendly Plan to help enable aging in place
2. **Improve Pedestrian Safety:** Make getting around the city safer for older adults, by reducing vehicular speed, ensuring pedestrian crossing signals are sufficiently timed, and prioritizing snow clearance around NORCs
3. **Enhance Neighbourhood Walkability:** Make neighbourhoods more walkable for older adults, especially around NORC buildings, by installing more benches in public spaces, and adding additional bus stops in areas with a high concentration of older adults

4. **Tailor Community Supports:** Ensure that the city's social, recreational and cultural activities are designed with older people in mind, and that those living in NORCs can easily access them
5. **Target Health Services:** Offer public health services, such as flu shots, onsite in NORC buildings to improve uptake and accessibility

These are just a few simple ideas to help get the City of Kingston started on its journey towards an age-friendly city with NORCs as major nodes. If you wish to learn more about these and other ideas, feel free to reach out to us at norcinnovationcentre@uhn.ca and we'd be pleased to set up a meeting.

Good luck with your election campaign.

Sincerely,

NORC Action Coalition, includes members from the following organizations: *Queen's University, National Institute on Ageing, NORC Innovation Centre, Oasis National, The Waltons Trust & Women's Age Lab*