**INTRODUCTION**

Tsunami means “harbour wave.” Mariners can ride out a tsunami in the open sea without even knowing when it passes under them.

The demographic bulge of aging Baby Boomers, or Silver Tsunami, is predicted to crash upon the harbours of conventional housing and health care if we aren’t bold enough to set out to sea to meet it. Let’s prepare now to ride the coming wave in new ways.

How can Canadian society ride out the Silver Tsunami, enjoy the process, and radically reframe what it means to grow old for individuals, families, and communities? Social innovations are needed.

**QUALITY LONGEVITY MEANS STAYING IN THE OUTER CIRCLES OF OUR MATRIX HOW CAN MORE STAY OUT OF THE HOSPITAL VORTEX?**

- Increase demand for & capacity to build more cohousing in Canada
- Find lower cost alternatives to new construction
- Document & evaluate Wolf Willow & Harbourside to develop best practices
- Raise awareness through courses about how to age well, especially the importance of social interaction
- Extend principles of interdependent cohousing to aging in place in current homes
- Explore rental options, reverse mortgages, life leases, land trusts, etc.
- Retrofit neighbourhoods for more social connection and accessibility - including single family neighbourhoods and condominiums
- Develop resilience through ‘co-care’ - neighbourly support by elders themselves to provide mutual assistance with minor tasks of daily living - shopping, driving, going for a walk

**OUR SOCIAL INNOVATION: ADAPT PRINCIPLES OF SENIOR COHOUSING, A TRIED AND TRUE HOUSING STRATEGY IN EUROPE BUT ONE NEW TO CANADA, TO REFRAME SOCIA LExpectATIONS AND OPTIONS FOR AGING.**

**CANADIAN SENIOR COHOUSING**

If only 1% of Canadians over 55 chose cohousing, at least 2,000 senior cohousing communities would have to be built in the next 20 years. That’s 100 a year. Currently there are 2.

Wolf Willow, a 21 unit community for older adults on the edge of Saskatoon’s revitalized cultural core, opened in 2012.

Harbourside in downtown Sooke, BC has 31 units all with waterfront views. Members span 3 generations & 40+ years. Move in expected in 2015.

**COHOUSING INCLUDES**

- Participatory process
- Privately-owned, compact homes
- Extensive common facilities
- Design that facilitates community & ensures privacy
- Resident management with consensus orientation
- Sustainability - environmental, social, economic, & cultural

**OUR VERSION OF SENIOR COHOUSING ADDS**

- Co-care = mutual assistance
- Caregiver’s suite
- Required weekend Course on Aging Well in Community

**BABY BOOMERS WANTED TO CHANGE THE WORLD IN THE ’60S. NOW THEY HAVE ANOTHER CHANCE IN THEIR 60S.**

Adapting cohousing principles shows how this generation can model resilience, use less energy, connect more deeply and cooperate better with their neighbours.

**BOOMERS CAN BLOOM** This social innovation shows how instead of being “doomed”, Boomers can set an example for how more people can bloom as they grow older!