



Reimagining Aging in Place with the UHN NORC Innovation Centre

What is a NORC?

A Naturally Occurring Retirement Community (NORC) is a neighborhood or apartment building where many older adults live close to one another. Unlike retirement homes or long-term care, NORCs develop naturally as people choose to stay in their homes as they age.

In Ontario, over 200,000 older adults live in NORCs—that's more than those in long-term care and retirement homes combined!

Since NORCs already exist, they make it easier for people to stay connected and get support where they live. NORC Programs help older adults:

- Live independently for longer
- Stay connected to neighbours and friends
- Access health and social services close to home

About the UHN NORC Innovation Centre

The NORC Innovation Centre (NIC), based at University Health Network (UHN), is Canada's first organization focused on expanding and improving NORC Programs.

We work with older adults, building managers, and local care organizations to make communities stronger and support aging in place.



The UHN NORC Program: How It Works

The UHN NORC Program helps older adults stay in their homes longer by connecting neighbours, volunteers, and health and social care partners.

We follow a 4C's approach:

- **Catalyst** – Helping neighbours connect and build an aging in place network.
- **Capacity-Building** – Training local volunteers and service providers in the NORC Program model.
- **Connect** – Linking NORC communities and health and social care providers.
- **Coach** – Providing ongoing support and resources.



The NORC model is effective because it combines the power of community support with access to health and social care partners. Together, we're making it easier to access care, build connections, and improve quality of life.

How Are NORC Programs Supported?

Right now, NORC Programs do not receive government funding. They are sustained by residents, volunteers, and community organizations.

The NORC Innovation Centre is working with local communities and decision-makers to show how NORC Programs can become a long-term solution that benefits everyone.



How to Get Involved or Learn More!

You don't have to live in a NORC to take part! There are ways to get involved:

- **Visit norcinnovationcentre.ca** to learn more and sign up for our newsletter.
- **Explore our DIY Guide** – Go to norcambassadors.ca for step-by-step resources to build a support network in your community.
- **Join NORC Talks** – A monthly online gathering where we share ideas and best practices for creating supportive aging in place communities. Held on the second Thursday of each month.
- **Contact us** – Have questions? Email norcinnovationcentre@uhn.ca



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