

Housing and community care: the way of the future?

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Community Care: a growth industry

Home Care Packages

2014: 66,150

2015: 72,000

2018: 100,000

All assume a home into which the Home Care Package can be delivered.

What does housing do for us?

- Roof over our head
- Security and identity
- Connection to community

What is good housing as we age?

- Affordable – need to have enough left to live on
- Accessible – with as few barriers as possible
- Well located – close to services and our community

Housing that is **affordable**

- Outright home ownership rates are dropping – more people entering retirement with a mortgage
- Housing stress contributed the greatest weight to the *Index of Wellbeing for Older Australians (NATSEM, 2016)*
- *Anglicare Rental Affordability Snapshot* (April 2015) – less than 1% properties in Greater Sydney & Illawarra affordable by a person on a single aged pension
- Homelessness increasing rapidly, especially among older single women who have been renting

“My private rental landlord couldn’t give a hoot about energy efficiency standards in the house I was renting. I had problems like a heater that didn’t work properly and no insulation. These things were going to cost them money! This also meant my utility costs were skyrocketing. It is bad enough to have rent you can’t afford, it can be even worse when you get a massive energy bill that you had no way to plan for.

Where I am now in social housing I have a 5 star energy rated dwelling with hydronic heating. My bills are way down on what they were before”

Kelvin O’Shea, Private Renters Working Group

Housing for the Aged Action Group Inc (HAAG), Policy Platform, Victorian Election, 2014

Housing that is **accessible**

The housing in which a person lives
can help or hinder:

- Our capacity to remain independent (to “self care”)
- The care/support we will need from informal or formal sources.



**Bathroom squalor or
Bathroom bliss?**



Housing for the Aged Action Group Inc (HAAG), Policy Platform,
Victorian Election, 2014



**Dangerous kitchen/living
room *or*
Safe, modern open plan
design?**



**Housing for the Aged Action Group Inc (HAAG), Policy Platform,
Victorian Election, 2014**

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Outcomes of home modifications

- 157 community care clients receiving some kind of care *before* home modifications.
- *after* modifications: 42% less care and 40% improvement in health related quality of life.

How changes to housing design can improve independence, health and quality of life, 2015, Phillippa Carnemolla, UNSW

<https://www.youtube.com/watch?v=C1bwQk6mdl4>

Housing that is **well located**

- Close to services and our community
- Housing that is isolated and remote increases cost of community care support
- Age friendly communities help support participation and social connections



Humanitas, NL– nursing home level care in her own apartment

Service Integrated Housing

“All forms of housing for people in later life where the housing provider makes available or arranges for one or more types of support and care, in conjunction with the housing provision”

(Jones A et al, 2010, AHURI Final Report no.141)

Service Integrated Housing

- Increasingly promoted by the retirement living industry in response to consumer demand
- May use own staff or a community care provider
- May also be provided by social or community housing organisations

Social housing - for those with limited income and assets (i.e. age pension only)
- Housing NSW or community housing organisation

Community housing organisations – 140 NFPs, providing affordable rental housing for people on low to moderate incomes
- 29,000 households in NSW

The big decision: Stay or go?

- Many older Australians are reluctant to move from their family home to housing that may be better designed and located.
- Complicated and difficult process
- COTA NSW Home Options Information Service offers independent advice:
- <http://www.cotansw.com.au/home-options-information-service-by-council-on-the-ageing-nsw>
- Many options to be considered

NO “ONE SIZE FITS ALL”!

Further reading

- Gabriel, M., Stirling, C. & Faulkner, D. *How can we improve housing and care for people with dementia?*, AHURI Research & Policy Bulletin Issue 200, October 2015.
http://www.ahuri.edu.au/__data/assets/pdf_file/0022/5791/AHURI_RAP_Issue_200_How_can_we_improve_housing_and_care_for_people_with_dementia.pdf
- Kelly, J.G., Dixon, T. & Whitham, H., 2015, *The future of housing for older Australians*, Aged & Community Services Australia Position Paper, Canberra. http://www.agedcare.org.au/news/copy_of_2014-news/acsa-position-paper-the-future-of-housing-for-older-australians/view
- Millane, E. 2015, *The head, the heart and the house: health, care and quality of life*, Per Capita, Melbourne.
<http://percapita.org.au/research/the-head-the-heart-the-house/>

*If Australians are to age well,
they must be housed well*

Prof Andrew Jones

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