Housing in an Aging Society: Implications for Services and Planning

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3 Strategies to Improve Planning & Service Delivery

- Enhance the Ability to Age in Place
- Expand Services in Subsidized Housing
- Promote Universal Design
What is Aging in Place?

The Ability to:

- Remain in One’s Own Home and/or
- Reside in a Residential Setting Within One’s Own Community

⇒ For as Long as Possible!
Strong Preference for Aging in Place

Reasons:

- Psychological Attachments
- Familiarity
- Ties To Neighbors & Neighborhood

Source: AARP
Preferences if Older Adults Need Help Caring for Themselves

- **Have Help Given at Current Home**: 82%
- **Move to a Relative's Home**: 4%
- **Move to a Facility Where Care is Provided**: 9%
- **Move to a Friend's Home**: 0.50%
- **Don't Know**: 4%

Source: AARP
Barriers to Aging in Place

“Peter Pan Housing”
Figure 1

Many homes for 50+ adults lack accessibility features

- Lever door handles: 24%
- Bathroom aids: 33%
- Entrance without steps: 34%
- Wide doorways: 37%
- Half bath on the main level: 56%
- Nonslip floor surfaces: 60%
- Attached garage/Covered parking: 63%
- Bedroom on the main level: 81%
- Full bath on the main level: 85%

% of homes with feature

Source: AARP. Beyond 50.05: A Report to the Nation on Livable Communities, 2005.
Common Problems in Housing

- Makes It Difficult to Carry out Tasks
- Hinders Caregiving
- Puts Older People at Risk
Falls

Inside the house 53%

Away from the home 23%

Outside, but near the house 24%

Home Modifications

- Promote Independence
- Make Caregiving Easier
- Reduce costs of health care
Funding For Home Mods

- Primarily Out of Pocket

- Housing
  - CDBG: Funds Programs But Focuses on Repairs

- Health Care: More Promising
  - Medicare: Reimburses for Durable Medical Equipment
  - Medicaid Pays for a Few HM
  - Medicaid Waiver: Home Care Services & Some Home Mods
Better Use of Subsidized Housing
Government Subsidized Housing

Current Beneficiaries - ~1.7 Million Older Adults

- **Section 202 Housing**
  - ~320,000 older adults
  - ~3,500 complexes

- **Section 8 Project-Based Rental Assistance**
  - ~557,000 older adults

- **Public Housing**
  - ~358,000 older adults

- **Other Programs**
  - (Sections 221d3; 236; LIHTC)
  - ~300,000

- **Rural Housing Service**
  - ~190,000 older adults

Data from Kochera, 2001
Residents in Subsidized Housing

- Residents Aging in Place
  - Typical resident: single woman in her mid-70s with an annual income < $10,000
  - Mean Age of 202 Residents Has Increased
  - Approximately 200,000 Older Renters in 3 Programs are 83+

Number and Percentage of Older Household Members Ages 62-82 and 83+ in Subsidized Units

| Source: HUD Resident Characteristics Report, 2009 |

- Public Housing: 280,659
  - Ages 62-82: 51,101 (18%)  
  - Ages 83+: 56,480 (20%)  
- All Voucher Funded Assistance: 358,437
  - Ages 62-82: 90,000 (25%)  
  - Ages 83+: 90,000 (25%)  
- Section 202: 183,000
  - Ages 62-82: 35,000 (19%)  
  - Ages 83+: 90,000 (49%)  

Mean Age, Section 202 Residents

- 1983: 70.5
- 1988: 71
- 1999: 72.5
- 2006: 73
Why Make Subsidized Housing More Supportive?

- High concentration of low income, frail persons who need assistance
- Economies of Scale in Delivering Services
- Residents have few other options
- Can be a base to deliver Services to Neighborhood
How to Make Subsidized Housing More Supportive

- Connect with PACE
- Utilize HUD’s Assisted Living Conversion Program to make it more supportive and accessible
- Closer links with community services:
  - Service Coordinator Program
  - Adult Services
Barriers to Integrating Housing and Services

- Patchwork of Services Not Well Connected to Housing
- Housing/Health/Service silos—at federal, state, local levels)
- Regulatory Barriers/Eligibility Requirements Differ
Promote Universal Design

Universal Design Resource Guide for Residential Modifications

CA Model Universal Design Code 2005
UD Features in Housing

**Goal:** Usable by all persons regardless of size, age or ability:

- All Floors Accessible
- Support Bars in Shower/ Bathroom
- Bathrooms Large Enough for Walkers/Wheelchairs
- Variable Height Counters
- Problem: Code is Voluntary
Conclusions

- Homes and Housing are the Long Term Care & Health Delivery Sites of the Future!

- Improving Housing and Linking it to Services will:
  * Enhance Aging in Place
  * Promote Independence
  * Make Caregiving Easier
  * Help Older Persons Stay in the Community