



Modify or move: An issue for many older people without care or wanting to selfcare

Never Stand Still

Built Environment

City Futures Research Centre

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Overview

- Introduction
- What is the relationship between self care and housing?
- What do we know about downsizing?
- What do we know about older peoples bathrooms?
- Planning for housing change as a part of responding to population ageing?
- Questions

Baby boomers ageing alone

Social Indicators	Baby Boomers (1946-65)	Pre-war Generation (1927-35)
Social Supports	%	%
Entering later life without a partner	34	19
Childless	14	9
Living alone	11	6

(Source: Hugo (2012) The demography of baby boomers: implications for public administration, 2006 census)

Older persons options when housing is unsuitable

- (1) modify the existing home;
- (2) move to more appropriate accommodation;
- (3) move into a retirement village or other age specific accommodation; or
- (4) if eligible, move into residential aged care.

What is the relationship
between self care and
housing?

Self Care

- *“Activities undertaken with the intention of ... limiting illness, and restoring health. ...They are undertaken by lay people on their own behalf.”*
- (DeFriese, et al., 1994, p101).
- Assistive technology [and home modifications are] the most common form of long-term care
- (Agree, 1999).
- Self-care can mean the reclaiming of independence, the maintaining of long established routine and ritual, and correspondingly, the maintenance of wellbeing (Carnemolla & Bridge, 2011).

Fiscal saving by reducing care outlay

- Two key savings under this heading:
 - The cost of **residential care**; and
 - The cost of **intensive home-care**.
- Both care costs are major expenses to all government and consumer budgets.

What do we know about
downsizing?

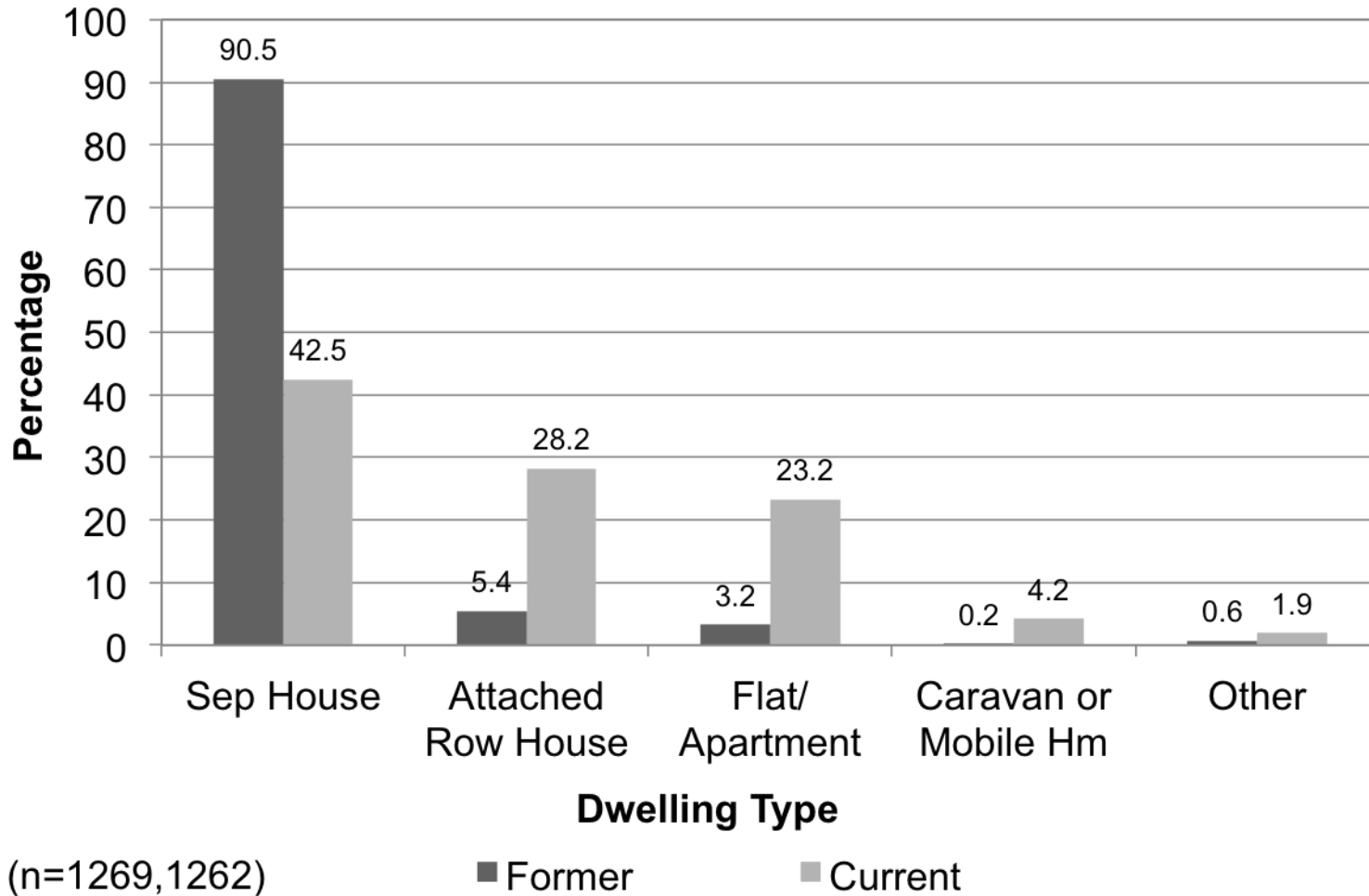
The Downsizing project

- Funded by the Australian Housing and Urban Research Institute (AHURI)
- Other team members: B. Judd; E. Liu; H. Easthope, & L. Davey
- To understand the who, when, where, how and why of downsizing
- Methods included a national survey of 2914 people 50+, 60 in-depth interviews and three policy forums in SA, Victoria and NSW
- **Our survey respondents**
 - 98% had lived previously in the general community
 - 71% remained living in the general community
 - 21% moved into retirement villages
 - 5% moved into other seniors' accommodation

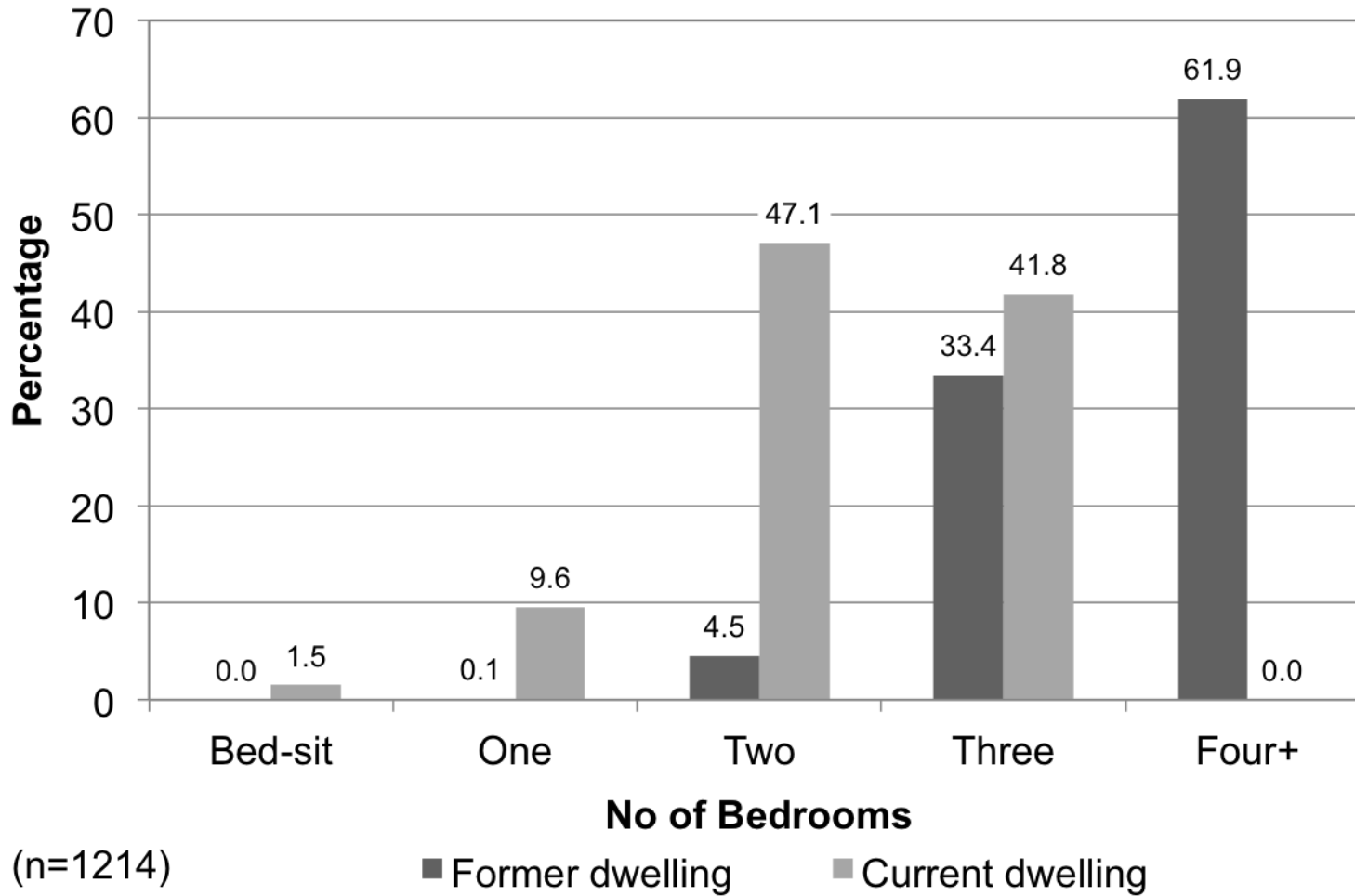
Downsizing?

- **What is downsizing?**
 - Moving to a home of reduced size (floor area or number of bedrooms), and/or a smaller and easier to maintain yard/garden, and/or of less value, and/or a reduction in personal belongings.
- **How many older Australians are downsizers?**
 - 18% of Australians aged 50 and over moved in the 5 years 2006-2011 (ABS Census data);
 - 50% of our 50 and over survey respondents who moved between 2006 and 2011 downsized to a dwelling with fewer bedrooms;
 - If the same downsizing rate was applied to the whole population only 9% (or 235,509) would have downsized between 2006 and 2011.

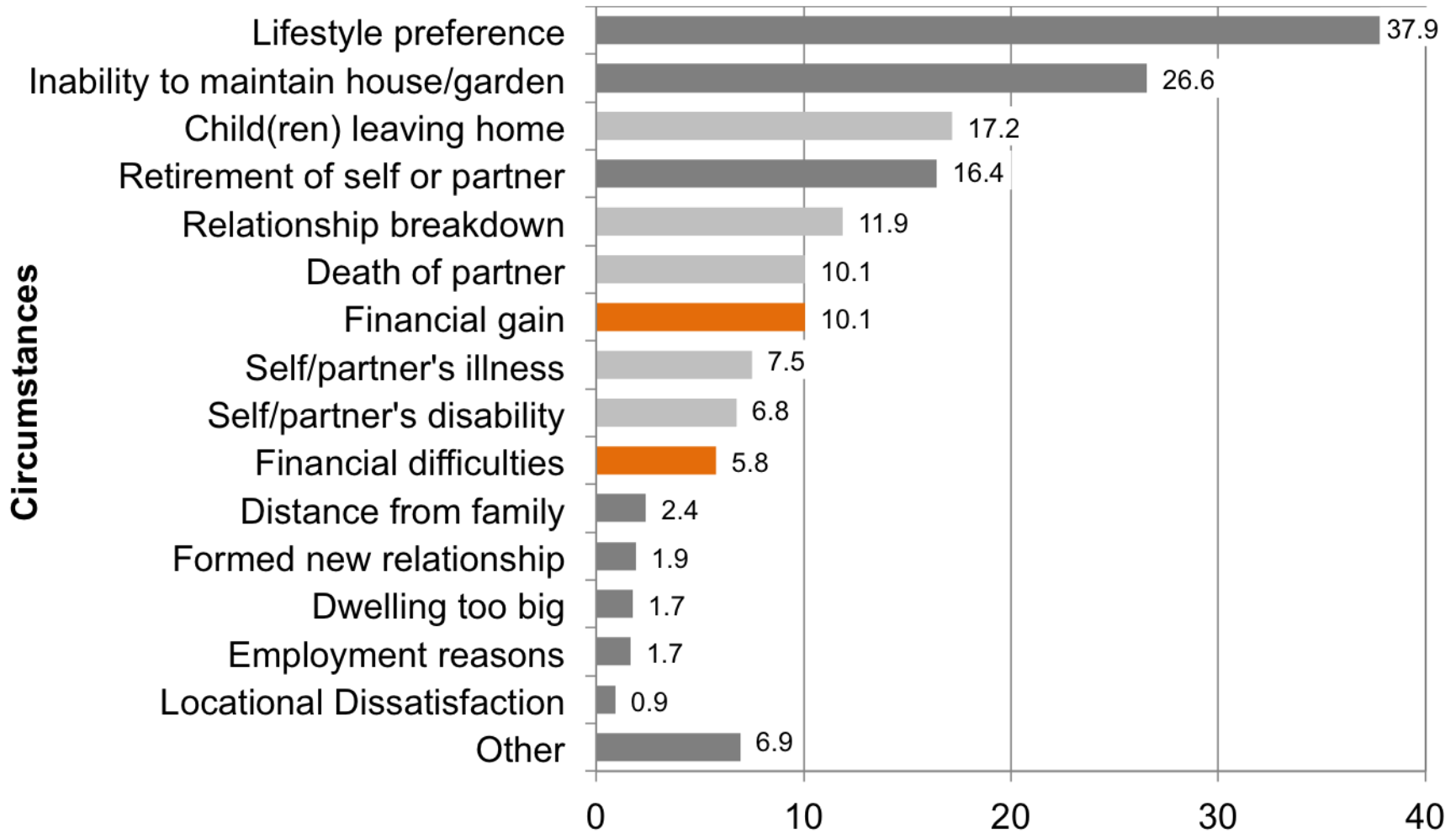
Change in Dwelling Type



Change in No of Bedrooms



Circumstances Contributing to Downsizing

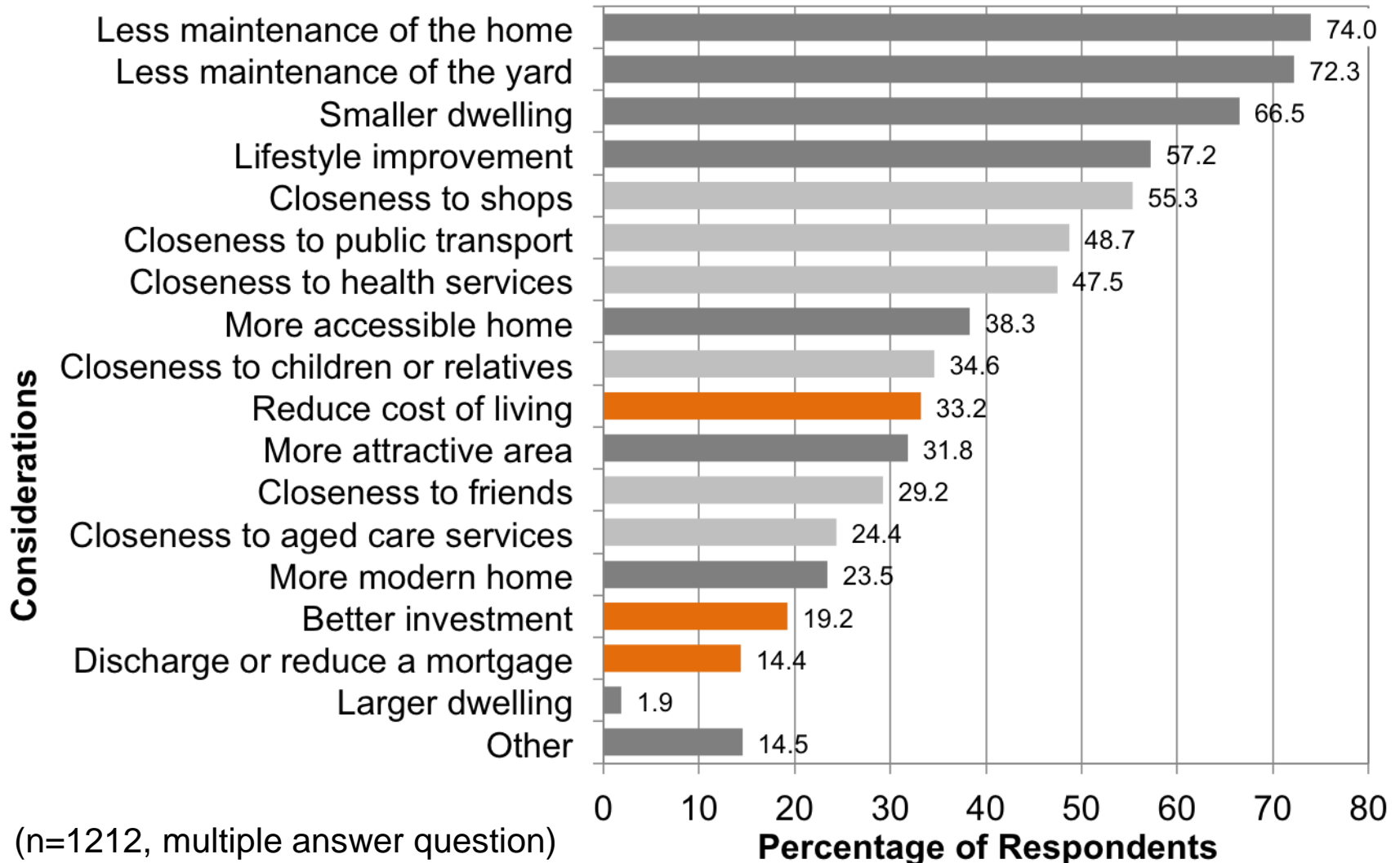


(n=1212, multiple answer question)

Percentage of respondents

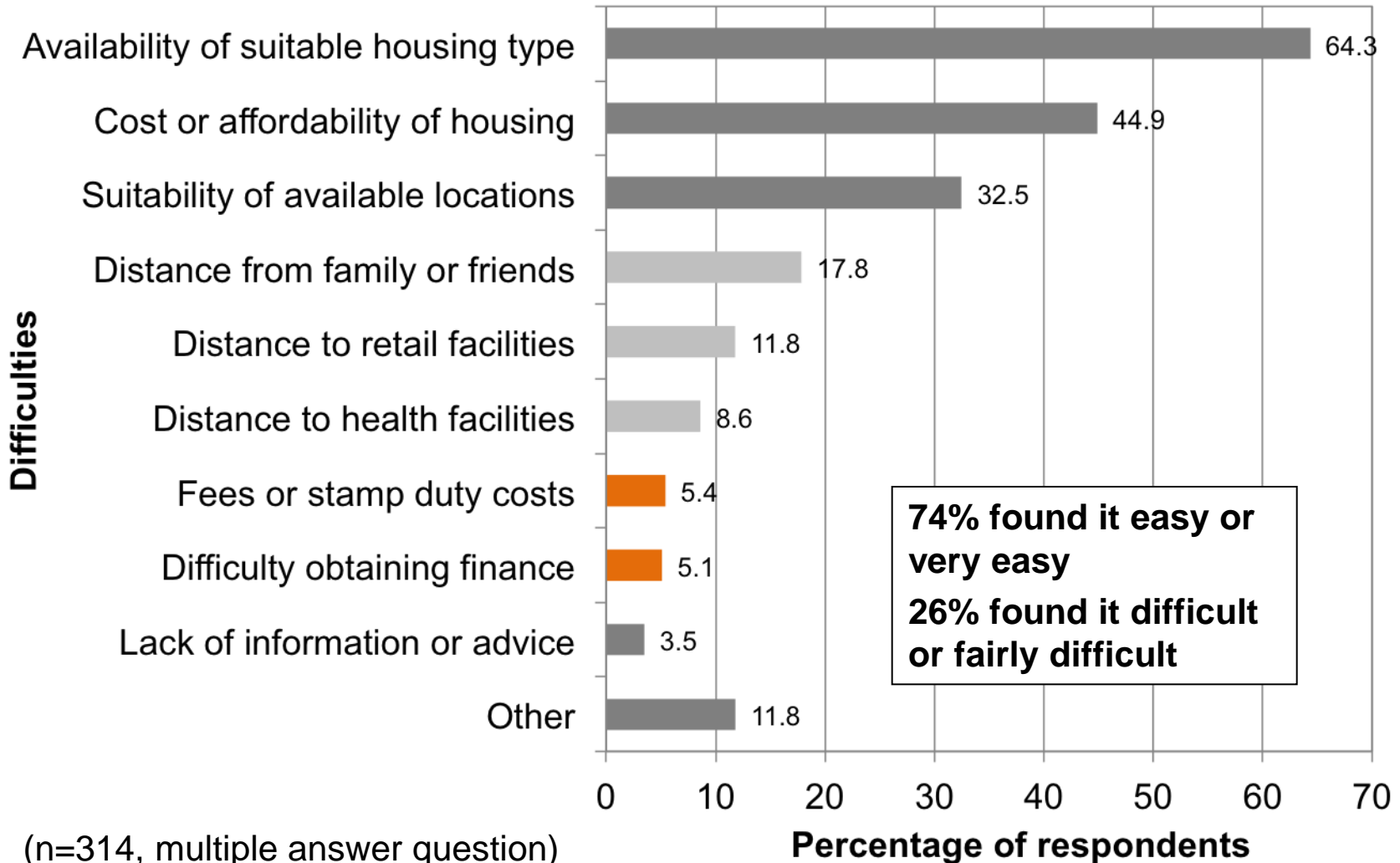
Important Considerations in Moving

(important + very important)



Difficulties Encountered in Downsizing

(difficult + very difficult)

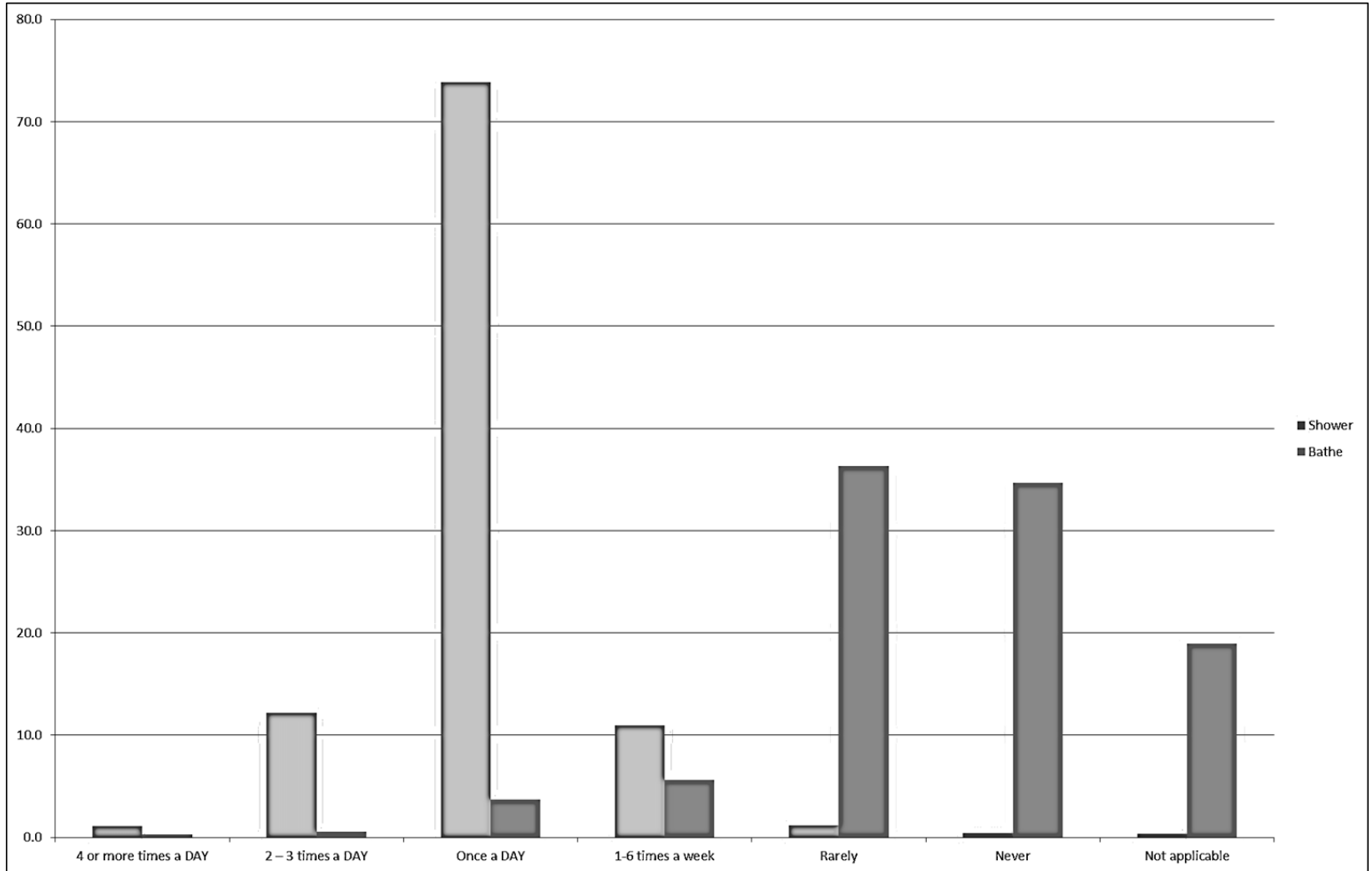


What do we know about older
peoples bathrooms?

The Livable bathroom project

- Funded by the Australian Research Council as an industry linkage grant with Caroma Pty Ltd,
- Other team members: S. Cumming; O. Demerbili, B. Judd; S. Ward; R. Lowe; A. Mintzes; P. Sweatman; & S. Davey.
- To understand the who, when, where, how and why of how work bathrooms for older people
- Methods included a national survey of 4,633 people 60+, 80 in-depth interviews (approximately half done the rest still in progress)
- **Our survey respondents**
 - ~224,533 (43%) will have a main bathroom >15 years old
 - ~71,851 (32% of 224,533) will have current income of >\$70,000 per year
 - 11.6% of those surveyed had tripped and/or fallen in last year... of these accidents 14.7% occurred in bathroom

Frequency (Shower vs. Bath)



Age of Bathrooms and respondent

		60-64	65-69	70-74	75-79	80-84	85+
Bathroom(s) with a sink/washbasin, bath and/or shower and toilet	Under 5 years old	22%	19%	12%	16%	13%	12%
	5-9 years old	21%	18%	19%	16%	15%	17%
	10-14 years old	15%	20%	21%	19%	20%	18%
	15-20 years old	15%	15%	17%	16%	18%	16%
	Over 20 years old	27%	27%	31%	34%	35%	37%
Bathroom(s) with a sink/washbasin, bath and/or shower (NO TOILET)	Under 5 years old	14%	13%	11%	8%	9%	7%
	5-9 years old	18%	16%	11%	12%	9%	15%
	10-14 years old	15%	14%	17%	12%	12%	12%
	15-20 years old	17%	12%	17%	18%	19%	12%
	Over 20 years old	36%	44%	44%	51%	51%	55%
En-suite bathroom(s)	Under 5 years old	25%	22%	43%	13%	50%	13%
	5-9 years old	15%	26%	29%	25%	17%	25%
	10-14 years old	35%	17%	21%	44%	0%	25%
	15-20 years old	10%	13%	0%	13%	17%	13%
	Over 20 years old	15%	22%	7%	6%	17%	25%

For Bathrooms > 15 Years of Age (n = 1,887)

	60-64	65-69	70-74	75-79	80-84	85+
Less than \$5,000 per year	1%	1%	0%	2%	1%	3%
\$5,000 – \$9,999 per year	3%	3%	3%	4%	6%	3%
\$10,000 – \$19,999 per year	11%	16%	21%	24%	26%	29%
\$20,000 – \$29,999 per year	14%	17%	23%	35%	28%	34%
\$30,000 – \$39,999 per year	13%	17%	20%	17%	18%	13%
\$40,000 – \$49,999 per year	11%	11%	12%	7%	7%	4%
\$50,000 – \$69,999 per year	15%	13%	10%	5%	6%	7%
\$70,000 or more per year	32%	22%	11%	7%	7%	7%
Total of Age Group	43%	46%	50%	53%	54%	50%

43% of persons Aged 60-64 have a primary bathroom > 15 years old
Of these 32% have household income >\$70,000

Planning for housing change
as a part of responding to
population ageing?

Summary

- A nexus exists between housing and the cost of in-home care for older adults as housing directly affects care provision and cost capping.
- Formal or informal home-based care has the potential to provide large savings to Government.
- Home ownership appears to have significant effects on the potential to modify existing dwellings and the potential for older people to remain in the community.
- Dwelling condition and type may impose functional limitations that increase care costs or make home-based care difficult.



Downsizing amongst older Australians

authored by
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Australian Housing and Urban
Research Institute

Research Centre

2012

Positioning Paper No. 150

1834-9250

978-1-922075-08-6



Downsizing amongst older Australians

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January 2014

AHURI Final Report No. 214
ISSN: 1834-7223
ISBN: 978-1-922075-42-0



Final Report



Project Information Statement Livable Bathrooms Survey

Date: _____
Approval No.: _____

Participant selection and purpose of study
You are invited to participate in a questionnaire of livable bathrooms for older people. You were selected as a possible participant in this study because you are over the age of 60 years.

Description of study
If you decide to participate, please fill out the following questionnaire and return it in the reply paid envelope by 26/09/14. It is anticipated that this survey will take approximately 10 minutes to complete.

The aim of this project is to quantify the relationship between the bathroom environment, wellbeing and the mental and physical health status of older adults, as well as to investigate whether these factors vary across age-groups, with gender, for the effects of socio-demographic characteristics of individuals and the characteristics of homes and their sensory facilities.

Confidentiality and disclosure of information
Any information that is obtained in connection with this study will remain confidential and will be disclosed only as required by law. We plan to discuss the results of this study in various forums (journals) and publish the results in various forms.

Compensation to participants
There will be no compensation for participants because of the nature of the study.

Your consent
Your decision to participate in this study is voluntary. The University of New South Wales

How often do you do any of the following activities after you get up in the morning?
Please tick one for each relevant area.

Form with checkboxes and radio buttons for frequency of activities.

Wash to
Take
Shower
Rinse
Other p

