

# Meeting the future housing needs of older Australians

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1. Understanding ageing
2. Why housing is important for ageing well
3. What is good housing as we age?
4. How the South West can prepare

# 1. Understanding ageing

- Older Australians are growing in *numbers* and as *proportion* of the population
- Older people are very diverse
- Life course approach helps us to understand our journey through life

# Understanding ageing

The four ages:

First age – childhood and dependence

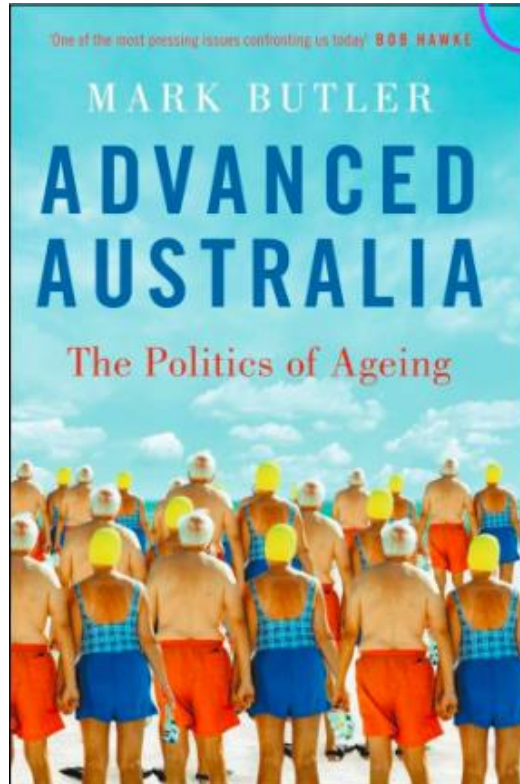
Second age – working life, adulthood

Third age – semi/fully retired, active and independent

Fourth age – frailty and dependence

*Stages of life, not chronological categories*

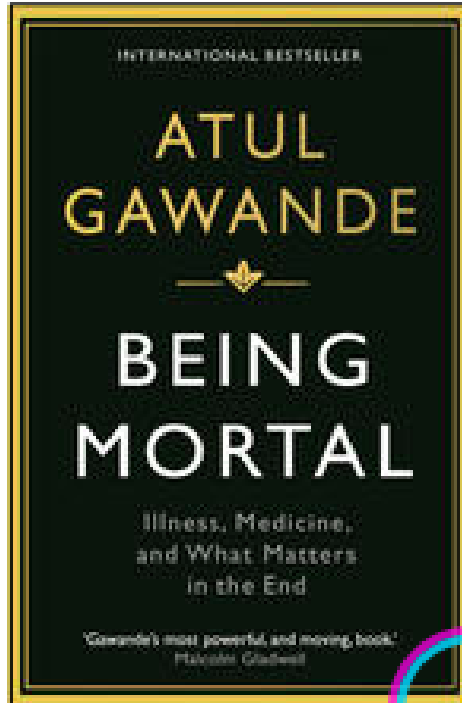
# Third age



Baby boomers are now in, or soon will be in the third age.

“Advanced Australia: The Politics of Ageing” by Mark Butler is an excellent resource.

# Fourth age



“Being Mortal” by Atul Gawande is a must for understanding the fourth age and “what matters in the end”.

## 2. Why housing is important for ageing well

The better the housing we live in as we grow older, the better the lives we can live:

- Stay independent for longer
- Stay connected to our community

*Better outcome for the person, their families and friends, the community and the nation.*

### 3. 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 their community





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

# Stay or go? No “one size fits all”

Stay in family home with:

- **Home modifications**
  - e.g. grab rails, ramps, stair lifts
  - can reduce the need for assistance from someone else
- **Technology**
  - e.g. telehealth, remote monitoring
  - may be very important for people in smaller communities but can be helpful in all forms of housing

# Co Housing

- Can be Homeshare or lodger options (for those who stay put)
- Intentional communities – planned, built and owned by a group of people who want to live in close proximity
- <http://www.cohousing.org>

# Seniors' housing

- Purpose built, vary according to person's assets and income
- Often provided by state government or NFP community housing organisations
- Tenure is usually under tenancy legislation, for those with minimal assets
- Vital for older people in private rental

# Retirement villages

- Can enable people to delay move to NH
- High satisfaction from residents
- Often complex financial arrangements, but no government funding
- From low cost mobile home parks to luxury developments
- Care increasingly available – “service integrated housing”

# Property Council of Australia

The 5 A's of Retirement Living - towards proactive planning policy



Download this report and other research about retirement living at  
[www.retirementliving.org.au/research](http://www.retirementliving.org.au/research)

# Open market housing

- Design and location important (e.g. single storey villa homes)
- Important for those who want to downsize (or downprice)
- Most people want to stay in their familiar neighbourhood
- “Virtual” retirement villages – connecting like minded people





Secondary dwellings (granny flats)  
Detached dual occupancy – rural land  
Shop top dwellings

[Lismore Council - Planning & Development](#)



# Residential aged care

- If people enter it at all, going in older, frailer and sicker – end of life option OR for people with advanced dementia
- Less than 6% of people over 65 years are in nursing homes (but chances of admission go up with age)

## 4. How the South West can prepare

- Consider becoming an age-friendly community
- <http://www.who.int/ageing/age-friendly-world/en/>
- Think housing plus care, not just nursing homes



## Global Age Friendly Cities: a Guide, WHO, 2007

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

Prof Andrew Jones

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