Aging in Place: Issues Facing Manitoba Seniors

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Juliette E. Cooper, PhD, OT(C), FCAOT
Professor Emeritus, Department of Occupational Therapy
University of Manitoba
‘Mid pleasures and palaces though we may roam, be it ever so humble, there’s no place like home…

John Howard Payne, ca 1823
What I Will Cover

• home and aging
• a model and some determinants
• environmental competence and housing
• Aging in Place – some considerations
• Canada’s seniors – living arrangements, income, cost of accommodation
• extrapolation to Manitoba
What is “Home”? 

• is it a physical space?
• is it a social construct?
• is it a state of mind?
Meaning of “Home”

“A home fulfills many needs: a place of self-expression, a vessel of memories, a refuge from the outside world, a cocoon where we can feel nurtured and let down our guard.”

“As we change and grow throughout our lives, our psychological development is punctuated not only by meaningful emotional relationships with people, but also by close affective ties with a number of significant physical environments…”

“Those of us fortunate enough to own or rent a home that fits our needs may never realize the depth of its emotional significance until we lose it, through divorce, natural disaster, or old age.”

“For many people, the longer they live their lives in one place, the more they become attached to it – particularly if the time spent in that place included fulfilling human relationships.”

(Marcus, 1995, pp. 4,221,244)
Aging and the Concept of “Home”

- growing old in familiar surroundings with familiar faces and familiar routines can provide contentedness
- moves associated with growing old can be positive; improved housing can improve quality of life, there may be an increased sense of security
- for some, aging in place means “rootedness”, for others “rigidity”

A study using the data from the English Longitudinal Study of Ageing and the Health Survey for England found:
- residential mobility declined as age increased
- rates of residential mobility were slightly higher for those who had a greater number of functional limitations
- the majority of individuals who had spent most of their adult life in their current home reported feeling “part of the area”, regardless of the socioeconomic status of the area
- age and aging in place contributed to a feeling of belonging, but not necessarily to feelings of well-being
- well-being may contribute to feeling of belonging, not the other way around

(Gilleard et al., 2007)
Aging and the Concept of “Home”

In the United States, Golant (2008) stated that a familiar dwelling:
• provides comfort
• gives rise to feelings of control and independence
• allows seniors to maintain continuity with the past

• home and community were seen as the most desirable settings for coping with changes in health and function
• assistance provided in the home setting ranged from IADLs (housekeeping, shopping, banking) to ADLs (bathing, dressing, medication management) to skilled nursing care to behaviour monitoring
• most of these services (88%) were provided by family members (spouses, daughters)
Aging and the Concept of “Home”

“Home” provides a:

- Sense of Well-being
- Feeling of Belonging
- Sense of Connectedness

(Gilleard et al., 2007)
Person-Environment-Occupation Model

(Law et al., 1996)
Definitions

What is “Person”? 
“...a unique being who assumes a variety of roles simultaneously. These roles are dynamic, varying across time and context in their importance, duration and significance.”

(Law et al., 1996, pp. 15-16)

What is “Environment”?
“Environments are...those situations which occur outside individuals and elicit responses in them.”

(Law, 1991, p. 175)

Environments can include the built environment (dwelling, neighbourhood, community), climate, as well as domains such as cultural, social, socio-economic and political environments.

What is “Occupation”? 
“Groups of activities and tasks of everyday life, named, organized, and given value and meaning by individuals and a culture.

Everything people do to occupy themselves...”

(CAOT, 1997, p.181)
Person-Environment-Occupation Model

(Law et al., 1996)
What is “Occupational Performance”? 

Occupational Performance is:
• the result of a dynamic, interwoven relationship between persons, environment and occupation over a person’s lifespan;
• the ability to choose, organize, and satisfactorily perform meaningful occupations that are culturally defined and age appropriate for looking after oneself, enjoying life, and contributing to the social and economic fabric of a community.

(CAOT, 1997, p. 181)
A Change in Any Element of the P-E-O Can Affect Occupational Performance
Focusing on the Physical Environment...
Key Determinants of Health

1. Income and social status
2. Social support networks
3. Education and literacy
4. Employment/working conditions
5. Social environments
6. **Physical environments**
7. Personal health practices and coping skills
8. Healthy child development
9. Biology and genetic endowment
10. Health services
11. Gender
12. Culture

In the built environment, factors related to **housing**, indoor air quality, and the **design of communities and transportation systems** can significantly influence our physical and psychological well-being.

(Public Health Agency of Canada, n.d.)
Determinants of Active Aging

Gender

Economic determinants

Health and social services

Social determinants

Behavioural determinants

Physical environment

Personal determinants

(Adapted from WHO, 2007, p.5)
What Does “Active Aging” Mean?

The ability to maintain control over one’s immediate surroundings and to function freely in an environment that is safe, secure and appropriate is linked on the one hand to the characteristics of the individual (physiological, psychological) and on the other hand to the characteristics of the environment in which that individual lives (economic, social and housing).

(Maltais, Trickey & Robitaille, 1989)

Active ageing is the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age.

(WHO, 2007, p.5)
Housing is Obviously a Critical Component of the Physical Environment
A Change in Any Element of the P-E-O Can Affect Occupational Performance
“Environmental Competence”

- physical capacity changes as a person ages
- this change affects a person’s ability to interact with the environment
- “environmental competence” declines
Environmental Competence

Evolution of the Thinking About Housing for Seniors

(Filion et al., 1992)
Environmental Competence

Traditional Home/Institution Approach

Environmental Competence

Home

Institution
(e.g., nursing home, chronic care hospital)

Time

(Filion et al., 1992)
Environmental Competence

Continuum of Adjustment Perspective

(Filion et al., 1992)
Environmental Competence

Maximization of Choice Perspective

- Shelter Housing
- Granny Flats
- Support Services
- Design Alterations

(Filion et al., 1992)
Environmental Competence

Aging in Place Perspective

Environmental Competence

- Home
- Support Services & Design Alterations
- Institution

(Filion et al., 1992)
So, what is Aging in Place?
Definitions of Aging in Place

• …not having to move from one’s present residence in order to secure necessary support services in response to changing needs. (Pastalan, 1990)

• **Aging in place** refers to living where you have lived for years, typically not in a health care environment, using products, services, and conveniences which allow you to remain home as circumstances change.” (aginginplace.com, n.d.)

• Staying in one’s home and community.
• Moving to a new community with the intent of remaining there for as long as possible. (Wick & Zanni, 2009)

• “…opportunity to remain in one’s community…” (Manitoba Government, n.d.)
What are Housing Options for Aging in Place?

• single detached house
• apartment
• condominium
• co-op housing
• movable dwelling (mobile home)
• garden suite/granny flat
• dedicated seniors’ housing – apartments, homes
• sheltered housing
• congregate housing
• assisted living facility

• stand alone facilities work best if they provide services at both ends of the continuum – low levels of need and high levels of need.
• the ideal solution would be to provide assisted living amenities within the confines of residential living.

(Bhushan, 2010)
Interior Design Elements Support Aging in Place

“Habitability” (Demirbilek & Demirkan, 1998)
- minimum number of levels to decrease need for stairs
- good lighting and contrast of surfaces
- furnishings and flooring to decrease risk of falls
- hand rails for stairs – properly installed
- lever door handles, taps
- illuminated lighting controls
- wall switches and outlets within reach of upper limb
- alarm system – auditory and visual, monitored
- rounded corners – counters, furniture
- furniture at correct height

Universal Design
- the design of products and environments to be usable by all people, to the greatest extent possible, without the need for adaptation or specialized design.
- accessible, adaptable, aesthetic, affordable

(Mace, n.d.)
Examples of Universal Design

http://www.intheworks.biz/graphics/universal_kitchen_movable.jpg
Examples of Universal Design

Community Design Elements Support Aging in Place

“Age-Friendly Community”

• transportation - flexible, affordable, available
• parking - handicap
• mobility – sidewalks (in good repair, cleared of ice and snow), access to public buildings, traffic control
• safety – outdoor lighting, personal safety in all environments
• opportunities to maintain or establish meaningful social relationships
• social activities – affordable, accessible, appropriate
• communication systems – telephone, media, internet, emergency contact

(Menec et al., 2007)
Elements to Consider in Community Housing

Accessibility in both indoor and outdoor environments
• layout and design features of living space
• maintenance of living space
• removal of ice and snow outdoors
• access to local services – transportation, bank, grocery, pharmacy, medical care, community centre

Safety and security
• design promotes safety, privacy
• help is available when needed – community and formal support services
• provision for dealing with cognitive impairment

Choice - of housing options

Affordability
• equal access to housing options
• affordable

Communication and connection
• ability to maintain family connections, participate in community life

Equality and dignity
• ability to be equal, respected participants in the community, to maintain self-esteem, self-worth

(Gnaedinger & Doyle, 1999; Manitoba Government, n.d., WHO, 2007)
Aging in Smaller Urban Areas

- availability of appropriate housing, for all income ranges
- options for and flexibility of transportation – shuttle bus to grocery, volunteer drivers, Handi-van

“Service-rich” communities:
- have an array of formal services (acute care, home care, long-term care)
- have appropriate and affordable housing
- have recreation/volunteer-based activities
- have appropriate, affordable transportation
- provide services available “at the right time, at the right place, for the right duration” (p. e154)
- provide services that are accessible (no waiting lists), affordable for all, are coordinated, on a continuum, seamless
- have environments that meet peoples’ economic, health, cultural and spiritual needs
- support independence
- provide quality of life for seniors

(Menec et al., 2007)

(Davenport et al., 2009)
Aging in Rural Areas

Rural Saskatchewan
Ability to access services is affected by:
• weather and state of roads
• limited availability of public transportation
• availability of health professionals
• lack of trained service providers

(MacKenzie, 2001)

Atlantic Canada
• there has been an out-migration of younger families from rural areas in Atlantic Canada because of loss of jobs. One consequence has been the seniors in Atlantic Canada are moving from rural to urban areas to be closer to primary health care and other formal services, amenities and informal support.

• the value of housing in rural areas is less than that in urban areas. This can preclude a senior moving from a rural home to an urban centre.

(Davenport et al., 2009)
Key Considerations for Aging in Place

Collins (2002), using the Aging in Manitoba database to investigate the predictors of relocation of seniors, found that the key predictors were:
• older age
• renter status
• increased dependency in instrumental activities of daily living
• decreased participation in socially oriented leisure activities
• concerns about adequacy of income

Implications of these findings for service needs:
• meal preparation
• laundry
• shopping
• managing finances
• housekeeping
• yard work
• home maintenance and repairs
• home modifications
• home structural repairs
• transportation
• senior centres
• recreation facilities
• recreation activities
• visitation
• financial assistance
• financial alternatives
• safe, accessible, affordable housing
Canada’s Seniors: Can they Afford to Age in Place?
Canada’s Seniors

2004 – 4.1 million persons age 65 or older

**Living Arrangements** (2001 Census)

- 93% in private dwellings, 7% in collective dwellings (primarily nursing homes, hospitals)
- of those who live in private dwellings, 69% are in houses, 29% in apartments, 1% in mobile homes
- housing preferences shift with aging - of private householders aged 85+, 58% are in houses, 41% are in apartments (rental or condominium)
- 45% live with spouse/partner, 27% live alone, 18% with children/grandchildren, 7% in an institution, 3% with others.
- institutional residency is 2% for those age 65-74, 32% for those age 85 and over
- rate of institutionalization has declined in last 30 years – home care programs and community support allows seniors to stay in their homes longer.
- health status and functional abilities are key considerations in choice of living arrangements

(Clark, 2005)
## Canada’s Seniors – Income (2003 dollars)

### Median After-tax Income of Seniors, 2003

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<th></th>
<th>Canada</th>
<th>Manitoba</th>
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</thead>
<tbody>
<tr>
<td>Couples</td>
<td>$36,500</td>
<td>$36,700</td>
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<tr>
<td>Unattached Females</td>
<td>$18,200</td>
<td>$17,700</td>
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<tr>
<td>Unattached Males</td>
<td>$20,200</td>
<td>$19,600</td>
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</table>

### Percentage of Seniors’ Income Allocated to Accommodation, 2003

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<tr>
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<th>Age 55-64</th>
<th>Age 65-74</th>
<th>Age 75 +</th>
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</thead>
<tbody>
<tr>
<td>Couples</td>
<td>22.9%</td>
<td>23.7%</td>
<td>28.1%</td>
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<tr>
<td>Unattached Females</td>
<td>31.4%</td>
<td>28.6%</td>
<td>33.9%</td>
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<tr>
<td>Unattached Males</td>
<td>33.3%</td>
<td>35.4%</td>
<td>32.9%</td>
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(Turcotte & Schellenberg, 2007)
Cost of Housing - Affordability

- cost of housing includes
  - rent/condominium fees, mortgage/loan payments for the dwelling
  - electricity
  - heating fuel
  - water, other municipal services
  - property taxes
  - repairs, upkeep

- “Housing Affordability Problem” is defined as: 30% or more of before-tax household income is spent on shelter

- in 2001, housing affordability problems affected:
  - 18% of Canadian seniors
  - seniors with the lowest household income
  - seniors who lived alone
  - seniors from visible minority groups, recent immigrants living in large cities
  - owners of high-value homes (taxes, utilities, municipal fees)

(Clark, 2005)
**Canadian Elder Standard** - “typical” cost of basic needs in 5 Canadian cities (Halifax, Montreal, Toronto, Calgary, Vancouver) in 2001 (adjusted to 2008 values using city-specific CPI)

**Monthly rent for single person, couple:**
- Halifax = $687, $704
- Montreal = $569, $588
- Toronto = $1020, $1029
- Calgary = $886, $878
- Vancouver = $855, $857

*(MacDonald et al., 2010)*

Examples of ranges for monthly rent for Winnipeg seniors housing (1 bedroom):
- “rent geared to income”
- “27% of gross income”
- $3450

*(Age and Opportunity, 2009)*

**Median annual income in Manitoba, 2006:**
- 55-64 years: $28,620 ($2385/month), $644/mo available for rent
- 65+ years: $20,605 ($1717/month), $464/mo available for rent

*(derived from Ryan & Blandford, 2009)*
Do We Have a Problem?
But...There's No Place like Home
References


References


