



INNOVATIVE HOUSING SOLUTIONS FOR OLDER AUSTRALIANS DELPHI TECHNIQUE SUMMARY

August 2011

Question 1. In 20 years time how will housing for older people be different to how it is now?

A note from the Editor... *We have tried to keep the general intent of peoples' responses while editing the content to make it more readable. Over 17 pages of ideas have been condensed into the six pages below. The responses show valuable insights with considered perspectives from architects, operators, developers and aged care managers. Despite a number of differing themes emerging and a number of different predictions of the future, there is a very high level of congruence in thinking. The responses were overwhelmingly optimistic about how we will confront a difficult future. If these are the people planning the future for our older people, count me in.* Roland Naufal

Overcoming Ageism **Actively involved.** Currently we cluster a bunch of old depressed people away from family, friends, neighbours and community. "In 20 years we will have a society that truly integrates and supports our seniors and does not treat them as invisible outcasts. A society that is no longer ageist, but respects elders. We will see more vibrant communities where older people get involved and have a reason to get out of bed. Older people will take a more active role in the running of their lives".

Changing Aspirations **Demanding boomers at home.** The expectations of older people in 20 years will be very different. Older people will be more assertive about their independence and want to make their own choices about how they live. They will have an expectation that services are there to serve, rather than a *take it or leave it* approach. Consumer preferences will be to stay in their "communities of interest" (age in place) and not move far away unless they go the sea/tree change route. Consumers will have re-asserted themselves, rather than being dictated to by a funding model or a regulatory regime. This will result in a greater diversity of choice of living options for older people, with a greater focus on the full needs of people, and not just their care needs.

Lifestyle Activities **Anyone for coffee?** Housing will have an emphasis on lifestyle activities as people live longer and are more active. "In 20 years time I will be 81, and my eldest grandchild will be 25. I expect to be living in a high rise apartment close to the CBD. I also hope that there will be growing numbers of community engagement programs that will make it easier for me to connect with other people of all ages in my apartment block and in the surrounding community, with accessible meeting rooms and community gardens. I will be looking for somewhere with enough room for my computer and for my adult grandchildren to want to stay as I'll be so close to transport and leisure facilities." Wellness centers will be feature of larger complexes.

Planning	Enhancing the future. People will start planning for the accommodation they would like when they age, much earlier in life, which will lead to a wider application and higher expectations for the application of universal disability design principles. Local government will be more responsive in the area of building design, healthy environments, addressing the issue of social and community engagement and accessibility.
Tenure	Rethinking the dream. Home ownership rates will fall as purchase of housing becomes more difficult. There will be less public housing stock and more households dependent on the private sector. More community based housing will be supplied following the Canadian model. However, if current market forces continue without subsidised demonstration projects of alternative forms of housing, not much will change.
Household Composition	Changing roles. Research indicates there will be more single households. Some offspring may even stay at home until they are 55. More grandparents will be actively involved with their grandchildren as more children will be actively involved with their parents care and lifestyle.
Existing Housing	<p>Stay at home. The future housing model will be one in which residents will want to remain in the same residence for the remainder of their lives ("age in place"), most often the residence they have always lived in. Not all older people are cashed up or astute enough to make the transfer to smaller, aged care friendly premises or more 'sheltered' accommodation such as retirement villages.</p> <p>Fix it up. Most of the housing available for older people in 20 years time has already been built. We will see more thoughtful refurbishments, knocking together of small units, especially bed sitters, and some additional technology. This suggests a boom in the renovation/alteration business or the home maintenance business.</p>
Diversity	Innovation rules! There will be a larger range of housing options. The lack of affordable housing will lead to an increase in a number of innovative models such as: shared housing, extended families living together, smaller duplex type arrangements, higher density living and apartment living. Differing models such as studio/bed-sits; cooperatives; family based clusters will all be more common. Older people will be demanding more variety in product and services within the same community – i.e. it will represent the diversity in housing styles we see in the broader community.
Location	Greater choice. Housing options will be broader, with choices available in the inner city and regional areas including coastal towns, but also smaller rural communities in traditional agricultural regions. Work opportunities and food production close to peoples' homes will also be more widespread for increasingly active, involved older people. Governments at all levels will have recognised the need to ensure that land is available close to services. Homes close to centre of town to increase engagement and independence with strong connections to church and community facilities; perhaps sharing of facilities with childrens' activities.

Size	<p>Smaller? Housing will be smaller, smarter and more integrated into the rest of the community.</p> <p>Larger? We are already seeing the younger retirees do not wish to live in small houses. They want to scale down but they want support such as maintenance and gardening services so they can continue to live in reasonable size homes.</p> <p>In between? There will be fewer one bed units and fewer larger units, with clustering in the middle. The housing type will be at least 1.5 or 2 bedrooms to enable home sharing or for family to come and visit or a room for carer/relative stayovers.</p>
Integration	<p>Generic? Older peoples' housing will be more integrated with the wider community – less aged persons' ghettos; connecting people socially and economically who are living in their own homes. Integration will mean less provision of specific facilities for older people, they will utilize broader community infrastructure. Connectivity with the outside world will be enhanced as residents will be able to get services such as health care, security from external sources via interactive connections. Homes will be located in areas with a range of services in close proximity as less people may be able to afford to own a car and will therefore rely more on public transport or walking. Older people will remain living in their familiar neighbourhood and continue their links with their own community, close to their established networks of family, friends and services. Housing for older people will be developed more as a part of urban regeneration and revitalization.</p> <p>Specific? Housing for older people will be built as part of an integrated community. The facilities will be used by the local community as well as older people and will blend in with local neighbourhood housing with all facilities nearby. Facilities would include: supermarket, shops, café, restaurants, health and community services including childcare and kindergartens. The apartments could be in multi-storeyed buildings with lifts, concierge, security and common sitting areas. The housing will facilitate older peoples' access to local community services and activities and enable them to follow their own interests. The housing will be designed so that there is a point of contact between units such as balconies being located near each other.</p> <p>Mixed? Older peoples' housing will be mixed with open intergenerational communities built around care and voluntary assistance from within the community; this will mean that housing needs to be adaptable for key workers who may wish to live there. It will include a diversity of ages, cultures, care needs and economic means. We will also engage more meaningfully with multicultural communities. In some instances the housing will look just like the everyday house in the street but be part of a small complex of between 10 and 20 houses.</p>
Cluster	<p>More? Older people will prefer to live in integrated communities so that they do not need to move again. Co-located retirement and residential care will be more prevalent. There will be a greater focus on clustered accommodation for the elderly, with purpose designed housing integrated with all necessary services such as medical, care, lifestyle, food - restaurants and supermarkets and transport networks. This will allow greater service provision through economies of scale, and ease of access to key services, dynamic self supporting communities, and a range of choice to promote independence and well-being.</p>

Less? Specific aged persons' projects will still be developed, but will be more likely to be small scale and dispersed. Consumer preference will be to live in smaller groups of units/apartments; some may be clustered in lots of 4 or so, but not aged care ghettos. It will be much easier for people to downsize in their 70s to age friendly housing near their neighbourhoods. 'Virtual' retirement communities will make community involvement and care services easier to access, even for people in small clusters of age friendly housing, or in suburban houses.

Intentional Communities

Sharing the dream. People are living longer with decreased savings and wanting control over who they live with. There will be many more models that are developed to suit specific groups. People with like interests will be purchasing properties and in some cases managing the properties as a collective. Friends will decide that they will take control of their living conditions in the years ahead. People will share in intentional communities where like minded people get together supported by the built environment with spaces such as art studios, dance studios, cinemas.

Design

Adaptable housing. We will see all housing built to standards that are more suitable for ageing in place. Housing will not only be to universal design but will have a great deal of flexibility to allow major modifications to be made at minimum cost, such as removal of walls, expansion of selected rooms and refitting of home appliances. Higher levels of care will be able to be provided in these new style house settings because of flexible housing design. Passages and rooms will increase in size. A study area or third bedroom may become more common. Garage space will still be valuable even to those who do not drive. All other living environments will have a focus on independent living, with people regaining control over their private living space.

External spaces. Outdoor living will remain a part of life and we will expect generous shaded areas, as we become more wary of exposure to the sun. Gardens and water features will be important – bringing the outside e.g. Eden brae homes.

ESD

Sustainable living. Housing will be environmentally sustainable and designed to be very energy efficient and use renewable resources. Older people will demand that sustainability has been seriously incorporated into the housing; not just paying lip service. *ALL new housing in 20 years time will have high standards of environmental sustainability to help my 81 year old self cope with more extremes of weather, especially heatwaves and very expensive water and energy.* There will be a greater integration between the building and the environment.

Smart design. Houses will be designed with the capacity to adjust to change. Auto response to sun shading and lighting [movement sensors] and lighting levels will be commonplace. Passive design techniques that already exist, will remain and continue to be encouraged, such as north facing windows and rainwater tanks, insulation and natural ventilation.

Technology

Smart housing. Technology will be the greatest change. Intelligent housing will support ageing in place on a scale never before seen, with voice activated smart links to service providers, shopping and social networks. Smart houses will be wired for i-health, internet, e-health with a capacity to communicate easily with family/friends/health workers. There will be built-in health monitoring systems sampling waste outlets from the dwelling, air quality, and utilisation rates on equipment and energy in the houses. There will also be intelligent light sensor technology and alarms which can detect falls.

These systems will be more sophisticated than today and common usage will make them affordable.

Isolating housing. One fear is that science will take over and we will finish up living in houses that are sealed from noise, sun, wind and heat and cool sensations – not to mention social contact. Technology has the potential to socially isolate older people. If I was 80, would I like to be living in my own apartment with just technology to support me? The fact that we have such high rates of depression within residential care facilities is testimony, that we are not quite getting it right and most older people miss their family/friends and become increasingly withdrawn from society.

Maintenance and Materials

Material improvements. Better building materials will be developed to respond to increasing government regulation. Today's high maintenance materials to the external walls such as blue board and paint will be replaced with more durable products. Plantation timber is already being promoted. Prefabrication of elements such as bathrooms and kitchens will be more common. Precast walls now used for high and mid rise will be suitable for general housing and accepted by the community.

Maintenance costs. As older people will constitute a higher percentage of the population and their building maintenance will be financed by a lower percentage of younger people, housing, like other essential needs, will have to be addressed in a more rational, effective & environmentally friendly way.

Industry dynamics

Competitive future. Retirement and care industries will be deregulated and competitive. Onerous requirements coupled with significantly under funding of aged care will see further rationalization of the industry to a point where quality in provision of services will be sacrificed, with small and not-for-profit operators disappearing, placing further stress on the system to accommodate low income/asset residents.

Collaborative future. Partnership models will be required between older people, local government, aged care providers, financiers and developers.

Retirement Villages

Retiring the village? The attraction of large retirement living facilities with all the bells and whistles will decrease, as will the marketing of the one stop shop of supported living through to high care. The option of having centralized accommodation in the "village" setting will most likely be a least preferred option. Why do we need retirement villages? Would it not just make more sense to just have master planned communities that incorporated building design that supports our older people, but still integrates them into society? Large scale retirement villages on city fringes will no longer be built and in regional areas (including coastal 'sea change' areas), there will be similar patterns to those in the cities: smaller clusters of housing or apartment blocks that are age friendly. The 'stay at home' ideal will remain and so we predict a shift away from retirement villages and quality lifestyle accommodation to low income/welfare supported models. For the Baby Boomers, villages and nursing homes will have to be resorts to win business with possibly more emphasis on landscape and hardscape design than on the architecture of the buildings.

Village types. There will still be the 3 main types in special purpose aged care facilities and retirement villages: resort style and extra services for the very well off; a reasonable range of average age to new light and airy buildings for the middle incomes and some cramped older buildings and new 'affordable housing' style for the poorer people. The non profits will be catering for the majority of the latter group.

Affordable & Social Housing

Improved outcomes. There will be more affordable rental housing provided by the government but a large proportion will be user pays and consumer driven. There will be a wide range of purchasing and tenancy options for older people. It is conceivable that seniors work in their communities on a part time limited basis to subsidise their accommodation costs and assist their communities to be self supporting. Affordability will be an issue so simpler designs such as project style largely prefabricated homes will be needed but with flexible facades. Social housing sites for older people will be part of mixed communities. Therefore decentralized housing i.e. small houses/units which are not segregated and close to shops and social activities, will be a preferred option. This will present challenges to service providers.

Needing improvement. Affordable public housing in suitable locations (close to shops, social hubs, train stations etc), modified if necessary, will be at a premium. Currently retirement living is a great option for those that can afford it but with so few retirement villages willing to rent their units, it is an unaffordable option for those without significant savings. Not everyone will have an asset such as the family home which they can use to fund their existing lifestyle into retirement.

Care

Low care no more. Rapid medical advancements will result in increasing longevity and more facilities will be required to accommodate high care needs. The areas will polarise between high care and care provided at home until high care needs are called for. Low care as we know it now will be phased out.

Specialised, smaller scale. Residential aged care will be a more specialized service with a focus on dementia and palliative support. High care dementia environments will return to small scale living pods (albeit possibly connected), but retaining a true residential scale, rhythm and lifestyle.

Clustering care. Staff shortages will increase and there will be less carers available. People who need care will have to move to apartments/villages that offer this or the potential for care. There will be small housing clusters primarily specialising in complex health care and caring for those with severe dementia and other neurodegenerative diseases.

Care at home. Housing design will have to take into consideration the needs of the carer as well as the person being cared for, the needs of someone with dementia and the fact that a sleep-over carer may be required. There will be a whole raft of services to assist older people to stay either in their house with community care service providers or with family carers. Alternatively, instead of changing the accommodation to suit old people, the mode of care could change which would obviate the need for architectural alterations.

Accommodation and care split

Separating care. Accommodation and care will be split by government for funding purposes, which will give rise to a number of innovations for affordable housing options for older people. Aged persons seeking security and limited care will gravitate towards apartment style accommodation supported by community nurses. The user will be responsible for paying for their own accommodation but hopefully support services will be funded by the Commonwealth for people in need.

Question 2: Are there any projects that now demonstrate what you believe housing for older people will look like in the future? Please list including contact details if you have them.

By far the greatest number of references was to the Dutch “Apartments for Life” projects and the Benevolent Society’s Ocean St Project which has been designed using a similar philosophy. Some are grouped together below:

- I think the 'Apartments for Life' that The Benevolent Society are trying to get off the ground in Ocean Street Bondi, are ideal. I for one, hope that this project goes ahead as I believe it to be innovative for Sydney let alone Australia .
- Humanitas, Greenhouse
www.bensoc.org.au/director/whatwedo/olderpeople/oceanstsite/humanitasfoundation.cfm
- Humanitas Foundation, Rotterdam – “Apartments for Life” – the development of housing solutions that are designed to be “age proof”, with a clear, strong philosophy that emphasizes human happiness.
- Model – I have heard about the Netherlands model, but I have not actually seen it. It sounds like it is moving in the right direction.....as long as the concept is open to the general public and not just seniors. I have also heard about smaller community group housing (12) eg within the general community and centrally located where you have a group of apartments that have ready access to all services. I would like to see more seniors being supported by their families with greater assistance from the government in services. Surely an average of \$40,000 per bed annually could allow for money to be redirected for housing modification and increase financial assistance for carers
- Apartments for Life
www.bensoc.org.au/director/whatwedo/olderpeople/oceanstsite/humanitasfoundation.cfm
- Our AFL at Ocean St project will be a forerunner for all of the above. It will demonstrate not only great design in every way, but will also be the base for developing a ‘virtual’ community for the many older people who will continue to live in existing apartment blocks and suburban homes in the surrounding suburbs.
- Humanitas in Rotterdam is still the outstanding project in Europe, followed closely by Extracare Charitable Trust UK and the Corona Alliance in the Netherlands.
- High rise accommodation catering for needs to low care residents with in-house assistance facilities (“Apartments for Life” type concept as referred to in Humanitas model, The Netherlands www.humanitas.com and Benevolent Society project Bondi, NSW www.bensoc.org.au), ie: not necessarily in dedicated Aged Care Facilities.
- Humanitas where it feels like a welcoming public environment with private space to retreat to and support is there if you need it – even a nursing home.

Redmond Park Melbourne www.freemasons.net.au/content_pages/display/2/2

Waterbrook NSW www.waterbrook.com.au

Montefiore www.montefiorehome.com.au

Seniors co-operatives that are self organised and self controlled – e: www.seniorcoops.org/ there may be some Canadian examples as they have a healthy cooperative housing sector.

ECH in Adelaide – smaller groupings in the suburbs www.ech.asn.au/

NORC in America where local communities incorporate themselves and take care of their own people as they need support. www.seniorresource.com/ageinpl.htm#norc

ExtraCare Charitable Trust where common interests rather than age bring people together.
The Western Australian village that was showcased at the ACS Conference in Adelaide last year, Ageing in Place and website reading. The sort of community partnership/development below is interesting www.nlv.com.au/
The Netwell Centre (Ireland): http://www.netwellcentre.org/
Housing seminars/thinking along the lines laid out at the following website need serious consideration
Seniors Housing US www.seniorshousing.us/core/seminars/USA-FD-Sem.pdf
In my client group of financially/socially disadvantaged older people, I have seen great success and an extremely high demand for one of our facilities (Peter Hodge Hostel-78 Brown St, East Perth). It is really a lodging house for older men who wish to live in a communal setting but who are not yet ready for residential care. Single rooms with ensuite bathrooms would be ideal (we have shared bathrooms) as well as facilities for residents to cook their own meals if they wish. Currently our meals are provided by our main kitchen and residents are supported by a Community Aged Care Package for assistance with cleaning, laundry and transport to appointments. Other than that residents are free to come and go as they please and enjoy the freedom and independence but also the safety, security and social aspects of communal living. I believe many people as they get older would choose this kind of accommodation if it were available - we find we can never keep up with the demand for this unique type of seniors accommodation. It could be tailored to suit a broad clientele and certainly not be limited to only financially and socially disadvantaged people.
Niche market projects for baby boomers based on northern European co-housing models. See co-housing seminal work Kathryn McCamant & Charles Durrett (1988) <u>Cohousing: A Contemporary Approach to Housing Ourselves</u> , Ten Speed Press (survey of more than 50 northern European projects) and www.communities.org.au)
More flexible house forms which cater for changes in family life cycle (CABE website a good starting point). http://www.cabe.com.au/
Well appointed refabricated modules, which can perform as either 'granny flats' or youth pads which can be added to a back yard, existing building, roof top development etc
The feminist 'apartment hotel' promoted from 1800s is still very relevant to consider as a building type. See Dolores Hayden's work. http://www.doloreshayden.com/
Verve being developed by St Ann's Homes at Compton Downs Old Beach, Hobart. http://www.stannshomes.com.au
Only the ones that you would have heard about such as : Humanitas, the apartments in the USA that are focused on a common interest for older people , i.e they all have an interest in arts and culture , the Chelsea pensioners housing in the UK , the city centred accommodation focusing on older people on low income and market housing by the Benevolent Society in Sydney and the BSL and the partnership with Loddon Mallee Community Housing , the BSL and a developer to provide a combination of mixed housing (social and market) for a range of age groupings.

In short, No. However the trends are there. The advent of the resort looking relocatable home park, provides emphasis on recreational amenity but incorporates modern design at low cost. The best nursing homes also do this but are yet to achieve low cost. Overseas, Singapore has for years had high rise nursing homes. We would do well to study their models.

Yes. Uniting Church, Benevolent Society and Baptists are all looking at intentional communities.

HOMESHARE – A SOCIAL AND ACCOMODATION SUPPORT SERVICE

Wesley Homeshare provides a professional matching and monitoring service to bring together older householders with people of integrity for mutual benefit.

Volunteers are recruited, coordinated, trained and supported to become Homesharers.

Homeshare specialises in one of the most challenging aspects of supporting independent living, namely finding suitable housemates.

Because of the individualised matching process, Homeshare has a built-in propensity for being culturally and socially appropriate and accessible to people with diverse needs.

Homesharers are carefully matched with Householders to provide practical help, companionship and security over night in return for low cost accommodation.

Homeshare is based on principles of fostering independence, mutual support and reciprocity. It helps address issues of social isolation, feelings of self worth and connectedness to the community.

Homeshare allows older people to continue to live at home, when they may otherwise have to move to residential care. It enables people to remain independent and in their usual place of residence in their familiar community.

Homeshare is based on an individualised approach to meeting householders' needs. It addresses well the edict of 'right care, right time and right place', especially when, for a vast majority of people the desired 'place' is their own home.

First Fremantle Housing Collective, Swanbourne Street Fremantle WA. A housing co-op and supportive community in which people will age in place. The housing is integrated into the local community and residents have broad community networks.

Virtual Village (based on the Boston, USA Beacon Hill Village Model)

<http://www.beaconhillvillage.org/>

www.globalaging.org/health/us/2008/supporting.htm

Wintringham Model www.wintringham.org.au/overview-1.html

Abbeyfield Housing www.abbeyfield.org.au/

Goodwin Lifestyle Villages www.goodwin.org.au/

Peabody Trust's Darwin Court London UK www.peabody.org.uk

For a co-located village see: Constitution Hill, Centenary Avenue, Old Toongabbie
http://www.agedservices.asn.au/ACS/Our_Homes/Grand_United_Con_Hill/Constitution_hill.htm

Peakhurst Retirement Village [IRT] has an innovative model of ageing-in-place accommodation where all villas and apartments are designed for both retirement living and aged care support, thus enabling seniors, married or single, to remain in their units and receive community care style support on a 24 hour, 7 day per week basis. The housing style promotes maximum independence in a true home environment, whilst technology provides linkage to qualified support staff who are within close range should emergency or frailty demand closer regular assistance. The Village has a dementia specific unit on site for special assistance to this needs group also. Additionally, a day centre operates two days per week at the village, and an aqua fitness centre in the village provides both water exercise and restorative programs, along with recreational swimming.

<http://www.irt.org.au/irt-peakhurst.asp?region=0>

Macarthur Village [IRT] is an innovative apartment style retirement and aged services complex which promotes maximum lifestyle opportunities and independence. It also provides fully integrated services for seniors ranging from minor domestic assistance through to residential care support through an on-site ageing-in-place low care facility. The complex is strategically situated adjacent to a Public Hospital, a Private Hospital, an Arts & Entertainment Centre, a large shopping centre, several restaurants, pharmacies, medical practices and professional suites, two fitness centres, public transport networks, a library, newsagent, two coffee shops, and a hairdresser. Everything is within 100 meters of the retirement complex. The village also includes provision of integrated low cost housing to ensure access to quality accommodation for all levels of financial capacity <http://www.irt.org.au/irt-macarthur.asp?region=0>

Kangara Waters - IRT's new development in Belconnen ACT <http://www.irt.org.au/irt-kangara-waters.asp>

Recent retirement villages in the Eastern suburbs of Melbourne (Balwyn, Kew etc.) are mainly of this model. However, as they are comparatively small (less than 100 apartments), they do not have shops, café & restaurants which can only be accessed by special minibus one or twice a week. Bigger developments which can attract shops, etc... would be better. Retired people are usually quite lonely, therefore they would enjoy seeing & intermingling with other people, especially families with young children. Childcare facilities would be a plus as older people usually like seeing & playing with children but not for too long as it is tiring. Retired people might enjoy working as volunteers in childcare facilities, telling stories or doing light tasks for instance, especially if their grandchildren are placed in those facilities.

Retirement Villages of demountable or transportable products located around the fringes of urban areas, thereby enabling scaling of accommodation to suit demand and avoid capital investment in fixed/long term facilities and surplus assets sold off and re-located.

Locations in Activity hubs (Central Activity Districts) in districts where families work & live (ie: decentralisation districts away from central/core of urban cities)

More people accommodating their children at home through their adult life (particularly with influx of singles & divorcees), and having the children remain in the home longer supporting them in retirement/elderly years.

Rental models where families inherit the family home before death and support residents by paying their rent (American model).

The new Kinloch Gardens Pde Wantirna estate demonstrates the above principles.

I know of none locally. Instead most accommodation setting for older people are social enclave where older people are removed from their neighbourhood, out of reach of shops and services. A social planning disaster.

We have some in the planning but only conceptual at this stage

More flexible house forms which cater for changes in family life cycle (CABE website a good starting point).

Well appointed refabricated modules, which can perform as either 'granny flats' or youth pads which can be added to a back yard, existing building, roof top development etc

Universal design guidelines essential for all future dwellings.