

Ageing futures and the prospects for ageing in place

Ageing in Place Conference
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Ageing trends and implications

What older Australians want?

What is ageing in place?

How can it be achieved?

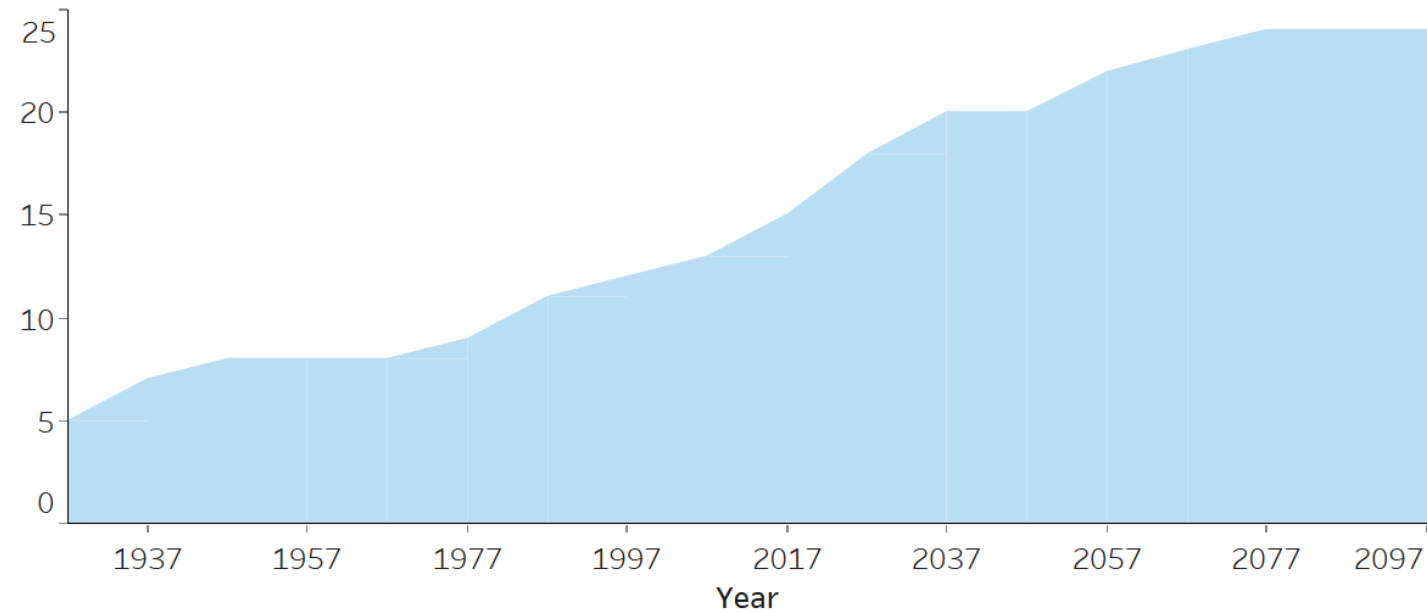
What makes a community age-friendly?

Challenges and opportunities

The number and proportion of older Australians will continue to grow

Figure 1: Proportion of the Australian population aged 65 and over, at 30 June, over time

Per cent



Sources: ABS [1, 2].

By 2057, 22% of the population will be aged 65 and over; rising to 25% by 2097

Ageing trends

Life expectancy at 65 years is 85 for males and 87.7 for females

15.9% (3.9m) people) are aged 65 years and over

Almost half (49.6%) have a disability

Most (95.3%) live in households; 4.6% in care accommodation

68.1% live in a low-income household

1.3m living at home need assistance with everyday activities; 65.9% of these have their need fully met

Top two needs - health care (males 19.3%, females 25.3%); property maintenance (15.6% and 23.9%)

Ageing in regional and rural Australia

- Older Australians are less likely than the general population to live in major cities
- 23% of Australians aged over 70 years live in inner regional areas, with 10% in outer regional areas (21% of population on Sunshine Coast is 65 and over)
- Many challenges with resourcing and delivery of aged care services in regional Australia
- Access to services is often more limited with the barriers of cost and distance
- Aged care services are more community-based organisations, or state and local government providers
- Use of home care and residential aged care much lower in rural and remote areas, as is access to allied health and technology
- Challenges with staff recruitment and retention

What is ageing in place?

The ability to **remain living in own home** as grow older, even when illness or disability affect mobility and cognition

Supportive approach to help people remain living at home, including through informal caregivers, retirement communities

Control over own living / space, as well as connection to the community

Possibility of **transition** to higher levels of care within the same location

Quality of life to individuals and families, with reduced demand and cost associated with residential age care provision

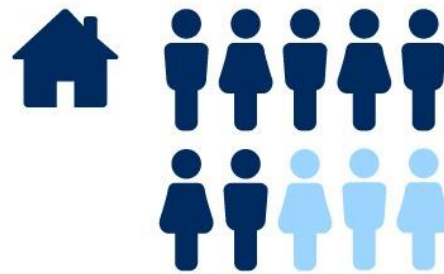
What do older Australians want?

- 78 – 81% aged over 55 want to live in their own home as they age
- Reasons include suitability of the dwelling, proximity to family and friends, shopping, transport and health services, and familiarity with the local community and neighbourhood
- Would like to own a detached dwelling (69%) with 3 bedrooms (50%); also demand for 2-bedroom apartments by 75+ group
- Do not wish to be in the private rental market - 80% prefer ownership
- Unmet demand for dwellings in small regional towns, separate houses, two and three-bedroom dwellings and home ownership
- Ageing in place challenged by housing issues including affordability, security of tenure, quality of dwelling and amenities, location, and suitability for individual needs and interests

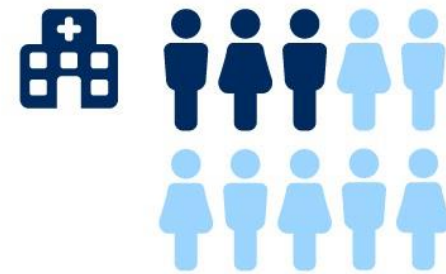
Source: AHURI 2011, 2019; Royal Commission into Aged Care Quality and Safety 2021

What do older Australians want?

Nearly 7 in 10 Australians prefer to receive care at their own home when they are a senior.



68% of Aussies prefer to receive care at their home.



32% of Aussies prefer to receive care at a medical facility.

Source: The CareSide 2021

Cost of care options 2019–20

	Cost to C'wealth Govt.	Number of people who accessed aged care	% of all people accessing aged care	Approx. annual ongoing cost per person	% of \$ allocated to aged care
C'wealth Home Support Program	\$3.3b	839,373	64%	\$3,900	15%
Home care package	\$3.4b	173,743	13%	\$19,500	16%
Residential respite	\$0.7b	66,873	2%	\$10,400	3%
Permanent Residential	\$13.4b	244,363	21%	\$69,055	63%
other	\$0.5b	-	-	-	3%
Total	\$21.3b	1,324,352	100%	\$16,083	100%

Source: [2019–20 Report on the Operation of the Aged Care Act 1997, Department of Health](#)

Funding support for ageing in place

- Home Care Packages aim to help older people age in place
- Approx. 133,000 people received a Home Care Package (HCP) in 2018–19
- Over 102,000 people were waiting for a HCP at their approved level by end June 2020
- \$1.6bn for 23,000 new packages announced in the 2020 Federal Budget
- \$850m funding for 10,000 extra home care packages announced by Australian Government in Dec 2020
- \$91.8 million also committed over the next two years to fund a new workforce support program

Some requirements for ageing in place to work

Home modifications

- Changes to facilitate daily living activities e.g. ramps and handrails
- Universal design code e.g. wide doorways, reinforced walls, open plan bathrooms
- Modification of the dwelling to enable lifts, hoists and wheelchairs to operate

In-home care

- A suitably skilled pool of care workers to help older residents in their homes
- Minimum requirements for occupational health and safety of service providers in the home

Affordability

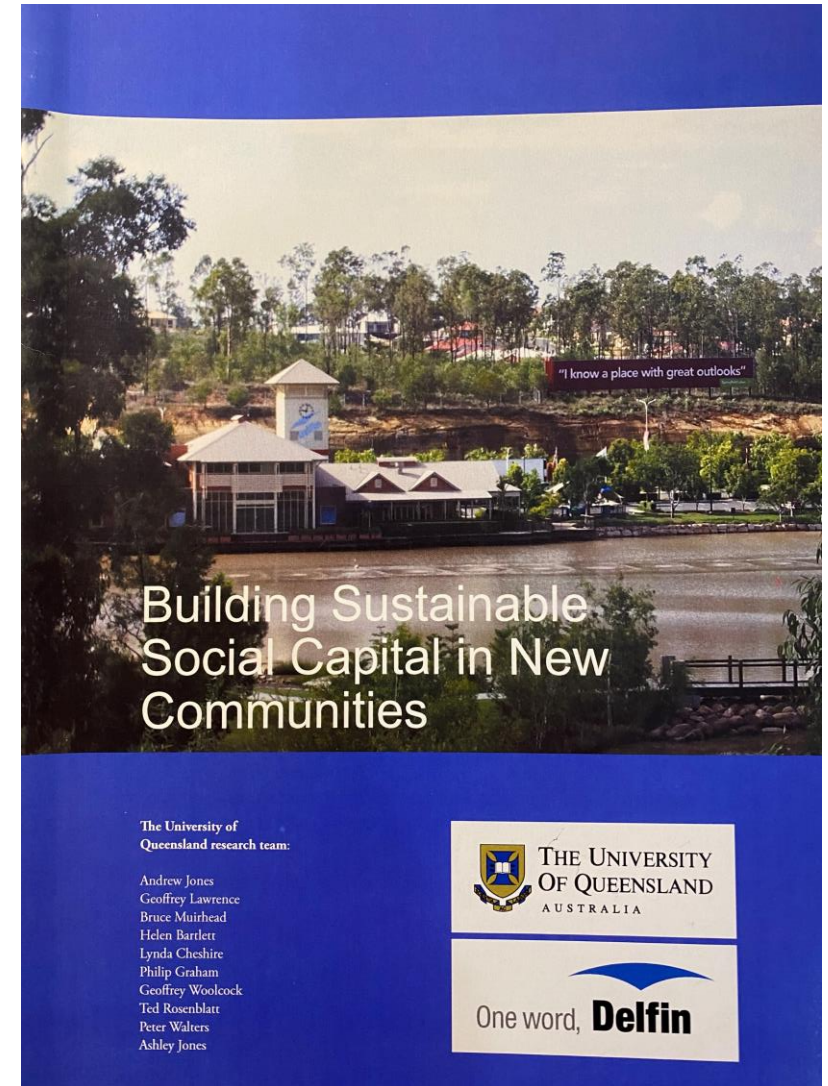
- Initial purchase and all ongoing costs e.g. rates, insurances, maintenance, repairs, modifications

The right location

- Neighbourhood that allows older household members to maintain ongoing connection with the community, i.e. close to family, friends, services, health centres, public transport

Ageing in new suburban developments - Springfield Lakes

- Project to explore what it means to build social capital in large master planned communities
- And the capacity to evolve as a multigenerational community
- Population in 2005 of 6,000
- Grown to 30,000 residents in 2020
- In 2005, 20% aged over 55 years



University of Queensland 2007

Experiences of living in Springfield Lakes

- Appropriately sized house at the right price
- Aesthetic appeal of the development
- ‘Community’ not a reason for moving to SL, but community is available
- ‘We need more to keep us here’
- Future health and assisted living facilities
- Opportunities to make place-based connections
- Springfield leisure group – grassroots approach
- Community-intervention model appeals to retirees

Towards a sustainable multigenerational community at Springfield Lakes

- Material support
- Housing design and alternative accommodation options
- Integrated retirement accommodation and aged care facilities
- Universal design features to cater for changing needs
- Planning model that involves participation of local residents and local/state government

The WHO Global Network for Age-friendly Cities and Communities

- Currently includes 1000 cities and communities - over 30 of these are in Australia
- **Eight domains of age-friendly communities:**
 - Community support and health services
 - Outdoor spaces and buildings
 - Transportation
 - Housing
 - Social participation
 - Respect and social inclusion
 - Civic participation and employment
 - Communication and information
- Valuable guide for Queensland's political leaders, policy makers, and planners

Key issues and challenges

- Demand for community support and ageing in place will continue to grow
- Capacity to fund demand is a challenge; limited capacity of older Australian to contribute
- Large numbers of baby boomers have not planned their retirement
- Planning approaches can't assume that people own their own home or have safe and secure housing
- Older people without secure and accessible accommodation are at risk
- Lack of connection between health, aged care and housing programs caused by separate responsibilities at Australian/State/Territory Government levels
- Policy intentions for integrated care have not translated into practice

Source: AHURI 2021; Royal Commission into Aged Care Quality and Safety. Final Report Volume 1

Conclusion

- Promoting age-friendly communities is key to addressing the challenge of population ageing
- More investment needed in housing options that integrate services and communities of older people
- Greater opportunities for co-location of housing, community and care services
- Co-design / partnership with older people is critical
- Government, private sector and the community need to work together to create supportive physical and social environments
- Partnerships with developers needed to succeed
- Translation of research findings into policy and practice



THANK YOU!