Housing, Health and Social Care in an Ageing Population

Housing Decisions in Later Life

Why are you doing that?

TELL ME HOW YOU REALLY FEEL

COURTNEY BARNETT

Youngster redecorate housebound OAPs home in new scheme by homeless charity and council

UNITED KINGDOM

What's my credentials?

Why do housing (decisions) matter?

Centre for Ageing Better reports that in 2022:

- In England today there are almost 11 million people aged 65 and over - 19% of the total population. By 2032 this will have increased to almost 13 million people or 22% of the population.

- The number of years we can expect to spend in good health, without a disabling illness, continues to decline; this is now 62.4 years for men and 60.9 years for women.

- The number of people in mid and later life who live alone – many without the traditional family structures our approach to ageing has historically relied on – has been increasing steadily, with 1.3 million men aged 65 and over living alone today, up 67% between 2000 and 2019.

- Most of our later lives are spent living independently. In fact, 90% of over 65s live in mainstream, ordinary housing, not care homes or retirement communities
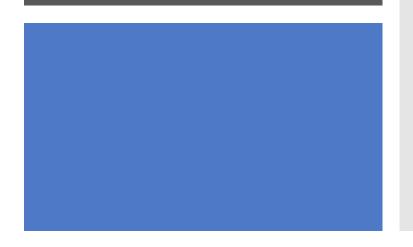
So many choices….

Stay put
Move on
Adaptations
Down sizing
Intergenerational living
Co-housing
Specialist housing
Change location

So little clarity

Extra Care	Close Care	Retirement Housing	Sheltered Housing	Assisted Living
Retirement Village	Community Village	Nursing Home	Care Home	Residential Care Home
Retirement Community	Age Exclusive Housing	Independent Living Community	Warden Controlled	Integrated Retirement Community

1 in 3 people believe an 'Old People's Home' is synonymous with retirement housing (Shakespeare Martineau, 2001)

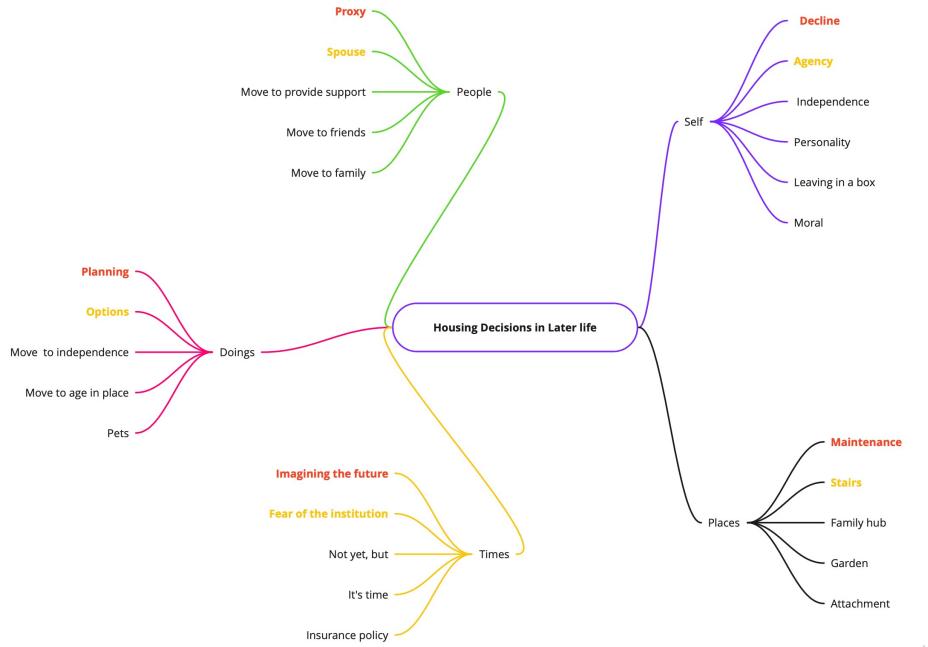## What do we say and what do we mean?

- What is later life?

- What is an older person?

- What is housing for later life?

- Are we all talking about the same thing? – 'aging in place'

- How can we have a conversation when we might be talking at cross purposes?

The reality of the later life housing equation

Housing Decisions in Later life

People
- **Proxy**
- **Spouse**
- Move to provide support
- Move to friends
- Move to family

Self
- **Decline**
- **Agency**
- Independence
- Personality
- Leaving in a box
- Moral

Doings
- **Planning**
- **Options**
- Move to independence
- Move to age in place
- Pets

Places
- **Maintenance**
- **Stairs**
- Family hub
- Garden
- Attachment

Times
- **Imagining the future**
- **Fear of the institution**
- Not yet, but
- It's time
- Insurance policy

miro

What are the conditions under which people are able to make choices?

The information needed

In a format that can be understood

The ability to weigh and balance that information

The ability to use that information to arrive at a decision

Meaningful choice – what does it mean?

Meaningful choice requires at least two positive options, A and B.

Negative choice is between A and Not-A

What do we know we know?

- Just giving people information doesn't really help with decision making

- What makes information work is emotional expression, establishing social relationships and using dialogue to discuss and exchange views

- Information gathering, agency and proactive choice can lead to better outcomes

- People who don't defer the process are able to make the best decisions regarding their needs

- Couples can sometimes push things too far

- Moves to a places that has meaning, to kith or kin and to effect a move while still in good health are optimal.

- People tend to have less concrete plans in place for housing than for finances, wills etc.

What do I want to find out?

- How do people really solve (or not) the housing equation?

- How do places, people, self, times and doings interact?

- How does someone's experience of housing stories shape their later life decision making?

- How does the past, present and future of ourselves and others shape our choices?

- Whose stories get told and whose do we listen to?

Ghosts in
the equation

So, what do I want?

WANT TO HELP OLDER PEOPLE MAKE BETTER HOUSING CHOICES?

HOW?

I'm a PhD student at Oxford Brookes University, studying how people make choices about where they live in later life.

I'd like to talk to older people about their experiences and views so that we can help people in the future make the best choices possible.

WHO?

If you are over 65, live in North Yorkshire and own or rent your home I would really appreciate the chance to talk to you.

WHAT?

Taking part would mean talking with me for up to an hour about how you make housing decisions. This can be face to face, on the telephone or on the computer and at a time and place that suits you.

NEXT STEP

If you are interested in taking part, please contact me, Alice Walker, for more information:

Telephone - 07354 603549

Email - HD@brookes.ac.uk

OXFORD BROOKES UNIVERSITY

THANK YOU!

This (isn't) going to hurt…

- A very informal recorded interview with me.
- Up to an hour.
- Whatever medium / location / time suits you.
- Your past experience of housing, what drives your decision making, what you pay attention to, your hopes and fears.
- The story of your housing life - past, present and future.

What good will it do?

- Interview will be transcribed and analysed.

- All participants will be invited to a co-productive workshop to look at early findings and discuss next steps

- Basis of my PhD thesis

- Written up into journal articles

- Presented at conferences

- Make recommendations about how things can be made better in policy and practice.

Thank you!