

# Housing Policy, Aging and Health Care: Problems and Policies for the Near Future

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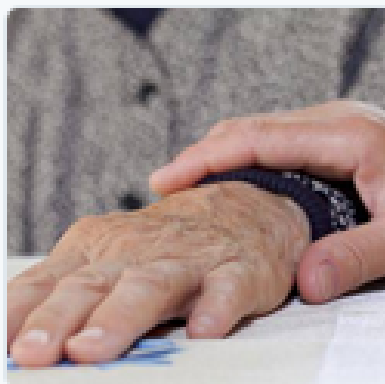
Lancaster University C4AR, Oct. 6, 2022





**André Picard** @picardonhealth · Aug 24

Health system needs to be re-shaped to meet needs of seniors: @CMA\_Docs, by @picardonhealth fw.to/sSETxMI @Globe\_Health #cmagc



### Canadian Medical Association urges health-care ...

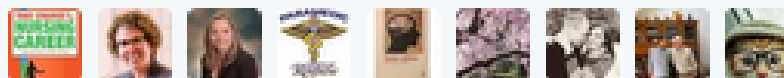
Doctors emphasize better co-ordination of services to address changing needs of Canada's aging population, including home care, long-term care and palliative care  
[theglobeandmail.com](http://theglobeandmail.com)

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# Key Questions

- Where will older people live?
- How must we adapt new & existing urban infrastructure to needs of aging pop'n at scale?
  - Housing
  - Transportation
  - Social relationships
  - Services
- How will we accommodate an extra 700K octogenarians in the Greater Golden Horseshoe?
- How will smaller communities cope?
- Can cities become not only age-friendly, but *age-optimizing?*







3 MINUTE READ

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# Our Infrastructure Fails Seniors Who Don't Drive, And That's A Problem For Everyone

What will happen when so many people are left without a practical way to get around?

*Photo: Michael Kowalczyk/EyeEm/Getty Images*



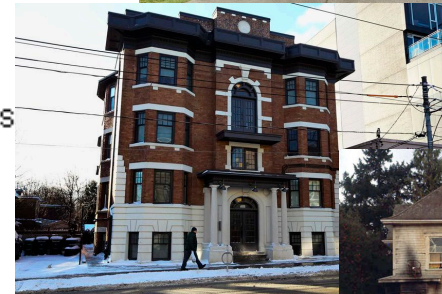
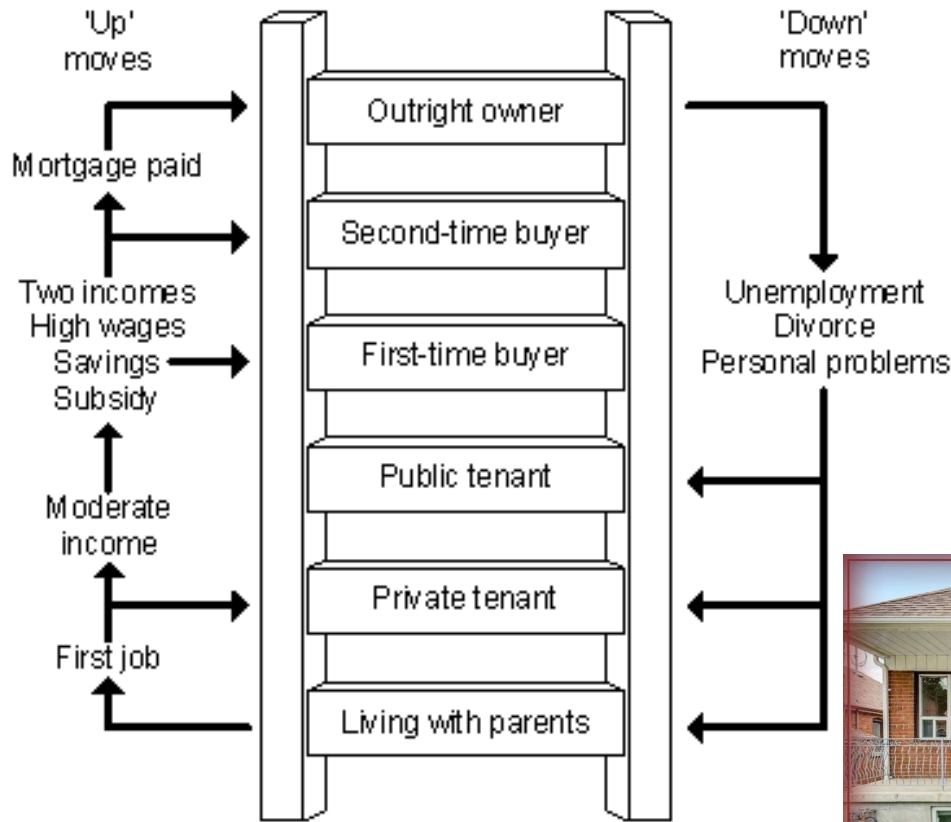
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# Housing, long-term care, aging

- COVID-19 revealed problems in LTC, retirement homes
  - Indicative of larger problem of housing and aging
- 80+ population in GGH estimated to increase from ~ 350K to 1.05M by 2041
- Gap in purpose-built options for 'housing career' b/w single family home & institution
- 'Aging-in-place' can mean people are stuck in inappropriate accommodation
- ~ 2M 'empty bedrooms' in Greater Toronto Area
- 'Housing' = accommodation + support
  - Includes hospitals, LTCFs, jails, shelters...all 'housing'
  - Need more innovation and supply of 'housing' for aging

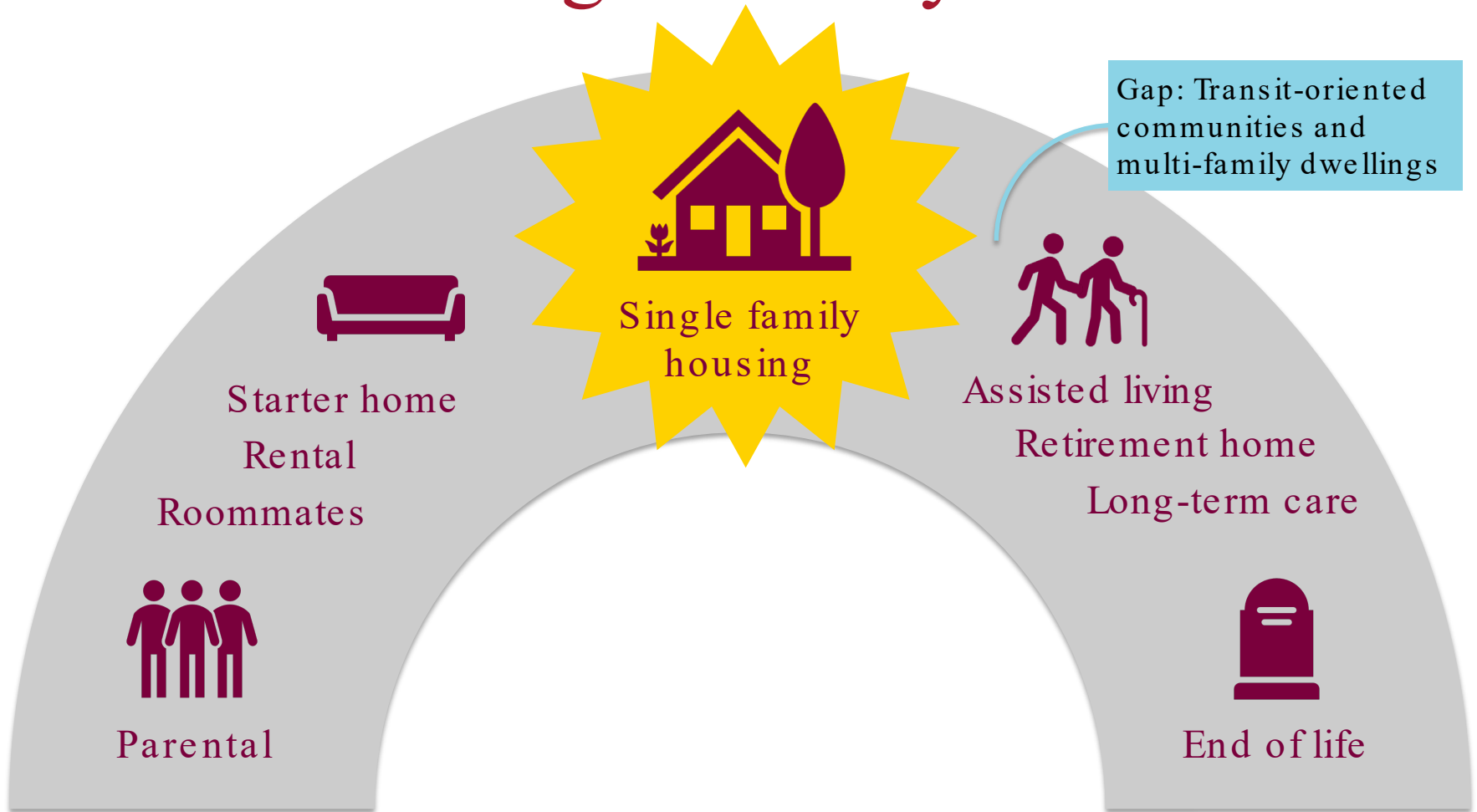


# Housing "Career" Ladder



Kendig, H., Paris, C. and Anderton, N. (1987) *Towards fair shares in Australian housing*, Canberra: Highland Press.

# Housing Pathway Arch



Kendig, H., Paris, C. and Anderton, N. (1987) *Towards fair shares in Australian housing*, Canberra: Highland Press.

# What's the Role of Housing?

About

1 in 9 

newly admitted long-term care residents potentially could have been **cared for at home**

## Why do some enter long-term care early?

Residents and family members of residents admitted to long-term care told us they experienced various barriers to remaining at home:

**Difficulty navigating the health care system** — People experienced confusion and challenges around who to contact, what services were available, the amount of time required to coordinate services and the lack of continuity across the system.

**Financial barriers** — Because publicly funded home care does not cover all costs associated with caring for someone at home, some families experienced significant out-of-pocket expenses. Those living in rural and remote communities faced higher travel costs for medical appointments and limited availability of home care services and supports.

**Responsiveness** — People emphasized the importance of reliable home care staff, as well as the need for services that were flexible to the changing needs of the person receiving care.

**Access to special services** — People highlighted the need for social and emotional support, help with non-medical needs and services tailored to their language and cultural needs.

# Urban Infrastructure & Aging

- Highly car dependent, low-density urban form
- Tests to prove driver fitness now harder
- Number of 80+ adults without DL stuck in suburbs poised to grow quickly
- 'Burden of care' of just driving people around will be *significant*
- Costs of providing public transportation to replace seniors' car trips in suburbs is high
- Disability = function + environment
- Severe risk of social isolation – deadly





# Questions for the Future

- How can we plan our cities so that they promote greater levels of independence for older people, for longer, at scale?
  - Age-optimizing cities? Age-optimizing housing?
- What would age-optimizing housing & neighbourhoods look like?
  - Housing, transportation, social opportunities, services
  - How can this be marketable, affordable, desirable and culturally appropriate and balance 'dignity of risk'?
  - What would also make such a built form ready for future use, post-baby-boomers?

# Synergies With Other Agendas

- Urban intensification
- Efficient use of infrastructure (incl. schools)
- Reduced fossil fuel consumption
- Reduced air pollution from automobiles
- Active transport / routine physical activity
- Revitalization of downtown cores
- Affordable housing shortages
- Health system challenges



# Urban form, population aging, housing & institutional care

- This part of the research will investigate
  - what's the scope of the problem in the GGH?
    - Fine-grained patterns of population growth, urban form characteristics and care utilization in the GGH
    - Housing forms / urban form / locations that reduce risk of premature entry into LTC, etc.
  - What are the current housing/support pathway experiences of low- to moderate-income GGH older adults?
    - Influences of gender and intersectional identities on housing/support pathways and navigation; e.g. 1 in 3 older women living alone live in poverty and are in core housing need (CMHC 2019)

# Co-designing equitable aging & housing/supports pathways

- Co-design sessions to determine: 1) Current needs not being met and 2) future aspirations for housing/ supports, including transit and local amenities
- Co-create journey maps through arts-based approaches, which provide space for "future-making"
- Journey maps = systems design solutions
- How do we scale solutions?
  - After co-design of options, consultation with housing and care sectors to plan scaling & implementation
  - Design/render in visual form post-consultation data to effectively inform future policymaking
- Equity analysis throughout – clear SES patterns



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