

Supportive Environments for Active and Healthy Ageing

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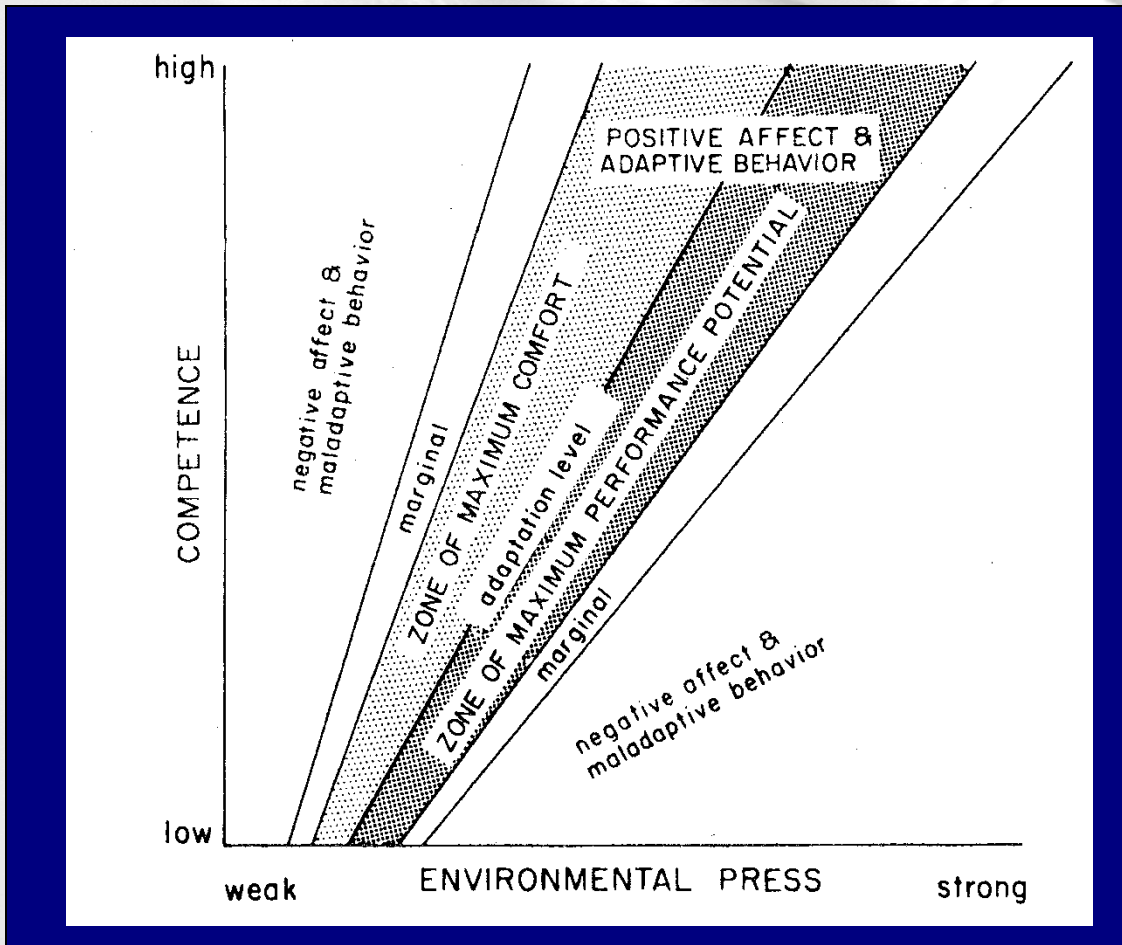
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Person-Environment Fit



Lawton's Ecological Theory of Ageing

(Lawton & Nahemow, 1973)



Environmental dimensions:

- **Physical**

Home and local community neighbourhoods

- **Social**

Closest family, relatives, neighbours, friends, carers, and yet others

- **Cultural**

Ethnicity, religion, life-style



My Focus Today: Housing



Existing Evidence Base



Dominance of North American studies (until 2000)

Increasing interest in Europe and Australia

Very few from other continents

Paucity of knowledge on underlying processes

Insufficient evidence on outcomes of interventions

Few research studies on housing and caregiving



Much to consider...



- Housing adaptations
- Relocation
- Housing options
- Home care and social services
- Social activities & places to meet
- Mobility devices
- Public transport
- Local neighborhood characteristics and facilities



Housing Accessibility Problems



- **Functional limitations X environmental barriers generate the problems**
- **Use of a rollator and balance problems contribute the most to accessibility problems**
- **Lack of handrails at entrances are related to mortality**
- **Ageing with Parkinson's, environmental barriers at entrances and outdoors generate more problems than for people in general**
(Iwarsson et al.)

Why Do Older People Move?



- "Younger old" move to something - "older old" move from something
- Objective and perceived aspects of housing
- Are different housing aspects driving relocation to different forms of housing?

1. What aspects of housing and health are related to relocation to special housing (in very old age)?

	HR	p-value	95% CI
Sex ¹	1.58	(0.245)	0.73-3.40
Age	1.06	(0.281)	0.95-1.18
Cooking (I-ADL) ²	2.86	(0.002)	1.48-5.54
Cognitive deficit ³	0.18	(0.006)	0.05-0.60
Accessibility ⁴	1.27	(0.036)	1.02-1.58

¹Men (0) women (1). ²Independent (0) dependent (1). ³Proportion of correctly performed MMSE tasks, 0-100%. ⁴Min-max: 0-670, higher scores indicate more accessibility problems.

2. What aspects of housing and health are related to relocation to ordinary housing (in very old age)?

	HR	p-value	95% CI
Sex ¹	2.81	(0.067)	0.93-8.47
Age	1.10	(0.216)	0.95-1.27
Cleaning (I-ADL) ²	2.52	(0.041)	1.04-6.12
Perceived functional independence ³	1.53	(0.008)	1.12-2.10
Type of dwelling ⁴	7.07	(<0.001)	3.03-16.51

¹Men (0) women (1). ²Independent (0) dependent (1). ³Totally dependent (0) to totally independent (10). ⁴Multi-dwelling (0) one-family house (1).

Qualitative Findings

Over time, very old people manage increased frailty by means of three, intertwined processes concerning changes in everyday life:

- **The turning-points**
- **The struggle**
- **The negotiations**

These processes

- take place through the context of “the homelike functional home”
- a state of mind labeled “the awareness of frailty”

Family, relatives and neighbors are important as support – and do influence decisions



In Sweden, 70% of all assistive devices are provided to people aged 65+

Among those aged 85+, 77% use assistive devices

Assistive devices for personal care and mobility are the most common



Mobility devices – Intertwined with daily activity



Complexity

Impact on activity & participation

Changes over time

Combinations of devices

Adaptation of physical environment

Adaptation of task performance



Housing Issues and Caregivers

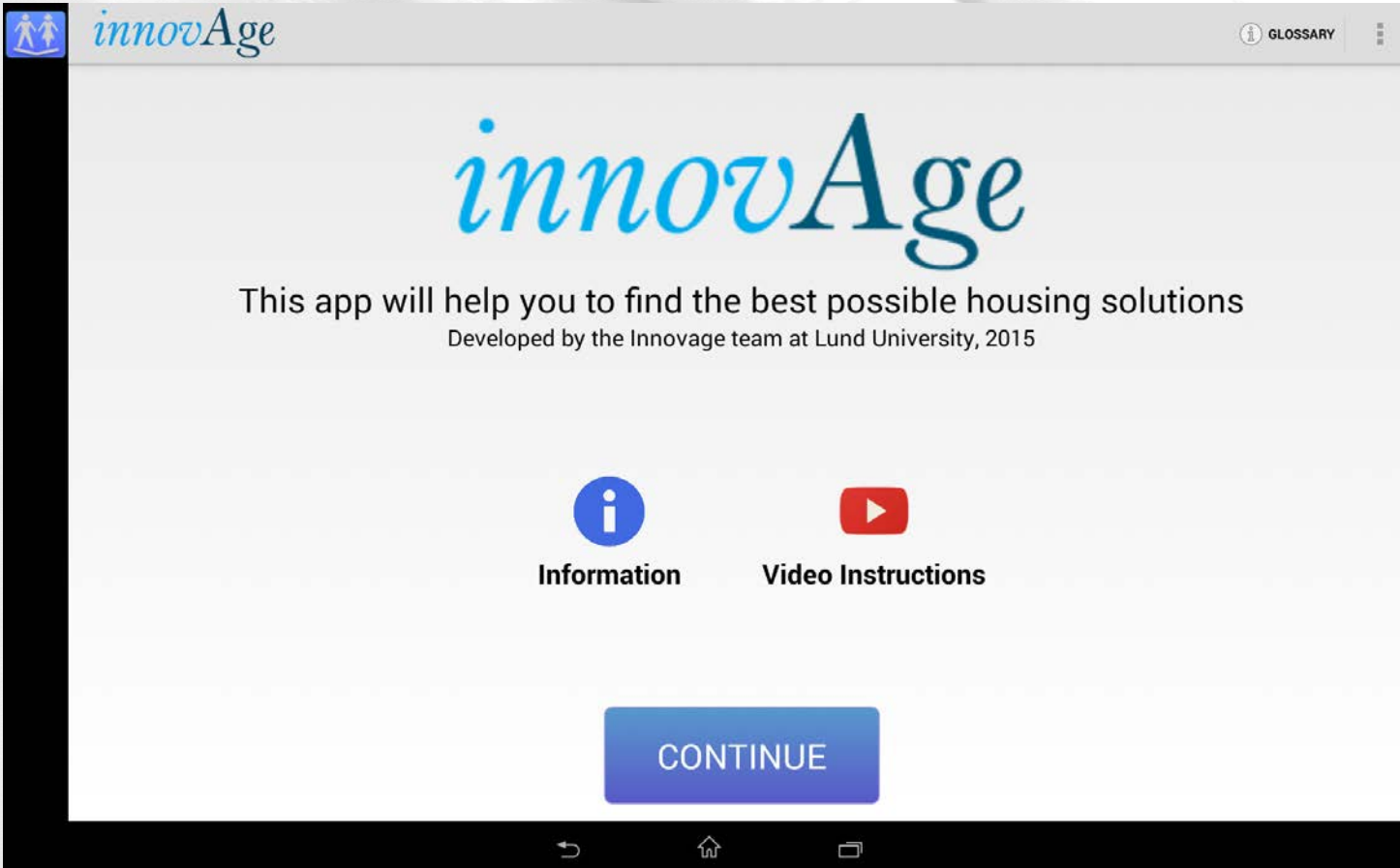


The REACH Project :

(*Gitlin et al.*)

- **Family caregivers to people ageing with Alzheimer's**
- **Multi-center study**
- **Behavioural interventions**
- **Problem-solving techniques**
- **Home modifications & assistive devices**
- **Positive effects on QoL**
- **Less depression**





Apartments Ranked According to Accessibility


 **innovAge** List of apartments GLOSSARY HELP PRINT

Match	Address	Floor	Lift	Rooms	Monthly rent (1000kr)
Accessibility	Karlshamn		YES	>=2	* - *
79%	Regeringsgatan	1	1	2	4750
79%	Lupinvägen	0	1	2	5225
77%	Skyttevägen	3	1	3	7362
76%	Prinsgatan	2	1	2	5462
76%	Prinsgatan	1	1	3	6175
76%	Stationsvägen	3	1	4	6650
72%	Matrosgatan	4	1	2	4987
72%	Stålavägen	0	1	5	9262
70%	Iglavägen	0	1	2	4987
67%	Sölvesborgsvägen	4	1	3	5225
57%	Regeringsgatan	1	1	3	6887

[MAP](#) 11



Detailed Environmental Barrier Information


Selected apartment

[GLOSSARY](#)
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Match	Address	Floor	Lift	Rooms	Monthly rent (1000kr)	
<div style="display: flex; align-items: center;"> <div style="width: 15px; height: 15px; background-color: green; margin-right: 5px;"></div> 79% </div>	Regeringsgatan, Karlshamn	1	1	2	4750	<div style="margin-bottom: 5px;">MAP</div> <div>INFO</div>

- ∨ **Outdoor - Path surfaces**
- ∧ **Entrance - Doors**
 - B9 Doors that do not stay in open position/close quickly.
- ∨ **Entrance - Stairs**
- ∨ **Entrance - Lifts**
- ∨ **Entrance - Sitting-out place/balcony**
- ∨ **Indoor - Indoor – Kitchen and laundry room**
- ∨ **Indoor - Hygiene area**
- ∨ **Indoor - Controls and operable hardware in other locations than kitchen, laundry room or**



Summary



- Housing issues are important as we age
- Housing adaptations, relocation counselling and provision of mobility devices support active and healthy ageing
- Insufficient knowledge about caregivers



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Horizons for Comparative and Integrative Research on Ageing and Health

Stockholm, Sweden, Oct 7-8, 2015

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