MY HOME
MY PLACE

Housing Needs of Older People
Living in a Rural Community

2019
Horizon Housing is part of the Community Housing Limited Group, Australia’s largest not-for-profit community housing provider with over 11,000 community and affordable housing properties across six states and international presence in seven countries. With 2,500 properties under management, Horizon Housing is Queensland’s leading community housing provider with a growing national portfolio.
As a community housing provider, our products and services must respond to quite specific needs of an ageing population. The My Home, My Place project is a step towards understanding and addressing the housing needs of older people in rural areas, and a useful resource for anyone involved or interested in social or community housing for senior people.

Housing is an integral part of a person’s wellbeing and we are privileged to provide such an important community service. I would like to thank the Queensland Department of Communities, Disability Services and Seniors for funding this project. We hope that this report will inform and inspire the national dialogue around supporting older Australians in need.

Jason Cubit
Horizon Housing CEO
Horizon Housing is part of the Community Housing Limited Group, Australia’s largest not-for-profit community housing provider with over 11,000 properties across six states.

With more than 25 years of experience and 2,500 properties under management, Horizon Housing is Queensland’s leading community housing provider with a growing national portfolio.

Horizon Housing’s vision is to be recognised as a leader in the provision of affordable innovative housing solutions. As a Tier 1 provider under the National Regulatory System for Community Housing, Horizon Housing operates across 15 Local Government Areas in Queensland.

Horizon Housing has created deep connections with the local communities in which it operates. The company adopts a place-based approach to collaborate with, advocate for and partner with local services, operating from offices in Roma and Maryborough with a corporate office at Robina on the Gold Coast.
Horizon Housing has a significant presence in rural Queensland. In the Maranoa region, the company operates a community housing portfolio of 230 properties including a social housing portfolio on behalf of the Department of Housing and Public Works. A dedicated Horizon Housing team is based in the Roma office, 480 kilometres west of Brisbane.

In this region, 19% of residents are over 65 and 45% of Horizon Housing tenants are over 55, with the oldest tenant being 95 years old and living independently.

The region has a semi-arid climate with very hot summers and warm dry winters, along with a history of both flooding and drought. The nearest major metropolitan centre is Toowoomba, a four-hour drive away.

Through its local presence and place-based approach, Horizon Housing started to identify unique issues and challenges confronting its older tenants and the wider community. The company observed that compared to metropolitan areas, rural communities like those in the Maranoa were generally characterised by:

- Larger, older and less diverse housing;
- Higher building and transport costs;
- Limited support and aged care services;
- Limited public transport;
- Close-knit social networks; and
- Regular formal or informal volunteering.

Horizon Housing wanted to better inform the planning and delivery of housing for this group and share the insights with others involved in or interested in social and community housing. Limited research or data on rural ageing in place was available and previous research largely focused on health issues and the transition pathways, or lack of, from independent living to aged care.

In 2017, the company’s proposed My Home, My Place project was granted funding through the 2017 - 2018 Advancing Queensland: an age-friendly community grants program, operated by the Queensland Department of Communities, Disability Services and Seniors. The Maranoa region was chosen as a focus area for the My Home, My Place project, which was coordinated through Horizon Housing’s corporate office in association with the local team.

The project commenced in early 2018 and the central proposition was that, similar to their metropolitan counterparts, older people in rural communities want to age in place.

Guiding the design and delivery of My Home, My Place were key objectives, being:

- To identify good practice in the provision of housing for older people living in a rural and remote community;
- To provide useful and relevant case studies to inform ageing in place opportunities; and
- To provide a platform for the target group and their support network to voice their perspectives, issues and considerations.

This project was initiated by Horizon Housing and paves the way for understanding and addressing the needs of older Australians living in rural areas. While extensive academic research has not been undertaken in this scope, many hours have been dedicated to community consultation, desktop research and analysis.

“They central proposition was that, similar to their metropolitan counterparts, older people in rural communities want to age in place.”
Methodology

My Home, My Place examines the proposition that older people in rural communities want to age in place. The project was completed during 2018 in four parts, namely:

- Research local insights — surveys, interviews and sessions with local senior people, carers and providers;
- Research case studies — desktop research of national and international reference projects;
- Evaluate demonstration projects — examine the feasibility of design modifications to existing properties; and
- Assemble solutions and ideas — identify practical solutions and ‘blue-sky’ ideas that respond to key findings.

For the purpose of this project, a senior person was defined as non-Indigenous aged 55 years and over or Indigenous people aged 45 years and over (those identifying as Aboriginal or Torres Strait Islander). Consultation was undertaken with both Horizon Housing tenants and the wider community.

Between February 2018 and August 2018, Horizon Housing engaged with more than 200 people in the Maranoa region.

The consultation was undertaken through:

- Engagement sessions — one involving older people and one involving local service providers, both planned in Roma;
- Online survey — a 31-question survey promoted in local media and distributed to local older people, carers, industry and community; and
- On the ground engagement — visits to local venues and meeting places over two days with participants invited to complete the survey (online or in hard copy).

With housing design an area of particular interest, Horizon Housing involved a specialist architect during consultations and conducted technical inspections of multiple properties. The consultation process was followed by desktop research and analysis of 14 national and international case studies.

Key findings and recommendations are provided in this report along with references and further literature.

“Between February 2018 and August 2018, Horizon Housing engaged with more than 200 people in the Maranoa region.”
Key Findings and Recommendations

Horizon Housing has observed that home can be fundamental to a person’s identity and for some, a place of deep meaning and attachment. For older people, there is also a sense of pride that comes with living independently. The My Home, My Place project revealed these observations to be evidenced in the Maranoa region and that most older people want to age in place. However, the ‘places’ have limited capacity to meet the housing needs or aspirations of an older person.

The key issues working against ageing in place in rural areas like the Maranoa relate to housing design, information and advice, housing supply and collaboration. These findings are summarised below.

HOUSING DESIGN

Housing design must respond to the physical needs of an older person. The research found that enhancing the housing design, and liveability, of existing properties was significantly impeded by the age and condition of the property, cost, design and construction type. Local service providers reported limitations when it came to replicating housing modifications on scale.

HOUSING SUPPLY

In line with the growing number of older Queenslanders, rural areas like the Maranoa region will need a future supply of social and community housing for senior people. Following technical inspections of existing Horizon Housing properties with a specialist architect, it was evident that modifications could not be delivered on scale through a demonstration project.

In contrast to metropolitan areas, only 10.2% of participants reported that their current housing was unaffordable.

Informed by the My Home, My Place findings, Horizon Housing is evaluating a pilot purpose-built housing development for senior people in Roma.

INFORMATION AND ADVICE

Unlike older people in a metropolitan area who may plan extensively for retirement and ageing, participants in this project did not report the same level of planning or awareness. Many were not aware of how to go about assessing their home in context of their future needs as an older person.

Accessing current, relevant and easily understood information was a barrier for ageing residents, along with literacy levels and reliance on others to access the information. There was evidence of frequently disrupted or unreliable internet connections and many visit the local library to access the internet. Accessing important online resources like MyAgedCare or Centrelink was a source of frustration.

COLLABORATION

A diverse group of stakeholders are involved in housing solutions for older people in rural areas. Participants in My Home, My Place observed that collaboration, communication and coordination at the earliest stage of delivery is key and often reduces crisis intervention. The stakeholders identified included human services, local and state governments, health providers, the Public Trustee, General Practitioners and Occupational Therapists, builders and architects, housing providers, community services and the wider community.

RECOMMENDATIONS

Levels of awareness

There are low levels of awareness land understanding of available support services. Better communication is required to raise awareness of the support and services available to older people in rural and remote communities.

Access to information

Facilitating access to advice and information will ensure older people know where to go to seek support and guidance.
Community Engagement

FINDINGS

The My Home, My Place community engagement research comprised consultations, surveys and street interviews over several months engaging with over 200 people.

This research indicated:

- Over 96% intend to remain in their community and age in place.
- Over 65% lived in a detached house or in a detached house on land greater than 5 acres.
- Over 44% were single person households and nearly 13% were a couple caring for a child/grandchild or children.
- Transportation, the housing type and being able to keep a pet were the most important factors for older residents.
- Over 36% viewed their current housing as either somewhat affordable or unaffordable.
- Over 73% of Participants had received no advice on how to arrange for an Occupational Therapist assessment of their home.
- Of this group, nearly 50% indicated family as their key source of information.
- Over 50% did not know how to arrange for an Occupational Therapist assessment of their home.
- When asked about the design, facilities and safety of their home, participants identified front access to their home, bathrooms, carports and garages, toilet and laundry as the most problematic.

Anecdotal evidence indicated that most participants lacked the financial means to customise, adapt or modify their homes. Most lived in detached houses, some with a larger number of bedrooms, the size was less of a concern for older people than the design and layout of the house, or the size of their garden or house block.

CHALLENGES

In the early stages of engagement during the My Home, My Place project, there was a reluctance of the target group to speak openly about their housing pathways or needs. This reluctance appeared to be driven by:

- A scepticism or mistrust of speaking with ‘outsiders’;
- Fear around the consequences of revealing the extent of their needs;
- Suspicion around the written surveys caused by literacy limitations; and
- Negative connotations associated with community consultation, largely a legacy of the recently established coal seam gas industry and related ‘boom and bust’ housing cycles.

With operations in the Maranoa region since 2013, Horizon Housing was familiar with the local community. Despite this local knowledge and extensive preparation, planning and promotion, additional challenges affected the community engagement process. These challenges included weather conditions such as heavy rainfall and heatwaves, a lack of available or accessible transport, a large rural and remote geographic area to consider and unexpected events including the funeral of a well-known local identity.

Horizon Housing adjusted its engagement methodology during the project to capture insights from over 200 people including 113 valid survey responses, consultation sessions and anecdotal insights.

96% of participants want to stay in their community and age in place."

Case Study Findings

National and international case studies of 15 social and community housing models and programs were examined for the My Home, My Place project. These included housing programs led by governments, organisations and communities around Australia and internationally. The case studies were researched online through legislation, journal articles, organisational and governmental websites.

Key themes identified from the case studies included:

- Indigenous people are disproportionately distributed in rural and remote areas. Indigenous people comprise 1% of the population of metropolitan areas, 3% of rural zones, 13% of remote centres and 26% of ‘other remote’ areas.
- Government-funded housing and social services initiatives largely target low-income seniors. There is an opportunity to expand the number of private for profit and private not-for-profit funded programs that support seniors who sit outside the social services sector but cannot access suitable housing or other services that are unaffordable, inaccessible or inadequate.
- Many models rely on the help and assistance of volunteers and funding by way of donations and private contributions.
- Most initiatives are unique to the community and run by local not-for-profit organisations or community members.
- Technology is an effective method of communication but competence is essential for the ageing population, so they can access the services and support they require.

All examples are consistent with public policy initiatives that promote home and community-based services.

Some issues identified in these case studies align with the engagement outcomes of the My Home, My Place project. This includes access to information via the internet which is often seen as unreliable, costly or viewed with scepticism by older people.

It became evident that there is limited collective research around older people in rural or remote communities. One exception is Economic Development Queensland’s Pilot Project – Cloncurry and Barcaldine, which is provided as Case Study 2 in the Appendix of this report.

“I have lived in this house all my life; my kids were raised here just like I was. I’m keeping this house in case my son and his family want to come back one day.”

Mitchell resident
The Australian population is ageing and living longer. The 2016 Census of Population and Housing revealed a median age of 38 and a steady increase in the proportion of people aged 65 years and over. By 2016, this age group comprised nearly one in every six people (or 16%). The country’s ageing population is largely driven by:

- Improvements in life expectancy of men and women and decreasing death rates
- Higher standards of health care
- Lower birth rate falling below the replacement rate

The Census also revealed a nation of cultural diversity with more than one in four born overseas, 300 languages spoken, 100 religions represented and 300 different ancestries. Indigenous peoples comprised 2.8% of the population, identifying as Aboriginal or Torres Strait Islander.

Entering older age is usually linked to retirement age. In most developed countries, retirement age is generally between 60 and 65 years for men and 55 and 60 years for women and linked to eligibility for an age pension. Ageing usually brings physical deterioration and conditions that impact on a person’s lifestyle, bringing them into contact with various health and support services.

As people age they are more likely to require assistance with everyday activities such as household chores and transport, regardless of whether they have a disability or not. The proportion of all older Australians who needed assistance with at least one activity decreased to 38.6% in 2015, down from 41.9% in 2012. Assistance was most commonly needed for health care tasks (22.9%), such as taking medications, and property maintenance (20.2%). Older women were more likely to need assistance with at least one activity (45.5%) than men (30.7%). Women were more likely than men to need assistance with certain types of tasks, such as mobility (19.7%, compared with 11.9%), property maintenance (24.6%, compared with 15.3%) and household chores (21.7%, compared with 9.7%).
OLDER QUEENSLANDERS at a glance

Population

741,422 estimated usual residents aged 65 years and over in June 2017

Projected to reach 1.7 million older Queenslanders by 2047

Housing and living arrangements

In 2016:
- 1 in 4 older Queenslanders in private dwellings lived alone.
- Women were more likely than men to live alone, and this likelihood increased with age.
- More people approaching and beyond retirement age lived in dwellings with active mortgages:
  - Proportion living in private dwellings owned with a mortgage by age:
    - 55–69 years: 29%
    - 60–64 years: 20%
    - 65+ years: 8%

Economic security

In 2016–17, the average age of intended retirement was similar for men and women aged 65 years and over:
- Men: 65.5 years
- Women: 64.8 years

Social characteristics

In 2016:
- Almost 1 in 5 older Queenslanders aged 65–69 years provided unpaid child care.
- More than 1 in 5 older Queenslanders aged 65–79 years undertook voluntary work for an organisation or group.

Social characteristics

Less than 2 in 5 of those aged 85 years and over held a driver licence in 2017.

nearby image
economy.png

Social characteristics

More older men than older women participated in sufficient physical activity in the last week prior to the 2014–15 Survey of Disability, Ageing and Carers.
Social or community housing may be the only viable housing solution in rural communities. This is particularly apparent in areas where age-friendly and affordable private rental properties are limited and owner-occupied properties are no longer age-friendly. Some observations suggest that increasing demand and limited supply, difficult market entry and policy requirements have all contributed to these scenarios. Further, there is limited available research in Australia to inform and guide planners, policy makers and housing providers on this issue.

Key observations during the My Home, My Place project were:
- Older people prefer to stay in their own homes for as long as possible

Key challenges of housing in rural communities included:
- Shortage of trained professionals or installers
- Negative perception of accessibility modifications (lack of visual appeal)
- Lack of awareness
- Cost of modifications
- Limitations around modifications

“An age-friendly community ensures people are free from age-related barriers that prevent their participation and inclusion. Older people are most likely to experience these types of barriers so they are likely to benefit most from an age-friendly approach.”

Queensland Department of Communities, Disability Services and Seniors
Maranoa Region — Overview

The Maranoa Region is 480 kilometres west of Brisbane in south west Queensland. The Local Government Area of Maranoa Regional Council covers 58,830 square kilometres and is home to 13,000 people. The region comprises the major centres and towns of Roma, Mitchell, Surat, Injune, Wallumbilla and Yuleba. Roma is the region’s administrative centre and the largest township with a population of approximately 7,000. The nearest major metropolitan centre is Toowoomba, a four-hour drive away. The traditional owners across the Maranoa include the Mandandanji, the Gunggari and Barunggam peoples.

The economy of the Maranoa region centres on farming and agriculture (cattle, sheep and wool), oil and gas, timber and tourism. The region is home to Australia’s largest cattle sales complex. In the last decade, the region experienced significant growth with the onset of a new coal seam gas industry. The Maranoa region has a semi-arid climate with very hot summers and warm dry winters, along with a history of both flooding and drought. Notably, heavy rainfall caused flooding in 1956, 1983, 1996, 2010, 2011 and 2012.

Maranoa Region — Housing Challenges

My Home, My Place highlighted key challenges of planning and delivering affordable, accessible and sustainable housing for senior people in the Maranoa region. The key challenges include:

- **Extreme climate and environment** – existing housing may be an inadequate type, design or age for the conditions. Most housing is high set in response to the typical Queensland climate with stairs or accessibility issues, is expensive to warm or cool and not considered age-friendly.

- **High building and modification costs** – the region has experienced a decade of ‘boom and bust’ property cycles and higher building costs, which can be 18% to 50% higher in rural or remote areas compared to metropolitan areas. Modifications to existing properties is unfeasible for residents and for housing providers to implement on scale.

- **Proximity to support services** – there are limited locations for social and community housing within close proximity to support services such as human services.

- **Policy assumptions** – in some instances, rural applications of metropolitan-centric social and community housing policies are marginalising senior people and their needs.

The 2016 Census of the Maranoa region revealed the following demographic characteristics:

- Median age 42 years
- 19.4% aged 65 years and over (approximately 1 in 5)
- 69.2% family households, 28.0% single person households, 2.9% group households
- Median personal income $569 per week
- Median rent $200 per week
- 31.6% people rent

- 5.6% people unemployed
- Occupied dwellings — 91.3% detached (houses), 3.4% semi-detached, 2.9% flats or apartments, 1.6% other dwellings
- Average household size 2.4 people
- 6% identify as Aboriginal and or Torres Strait Islander (indigenous)
- 82% born in Australia
- Other birth countries — England 1.8%, New Zealand 1.5%, the Philippines 0.9%
- 88.3% speak English
- Other languages — Tagalog 0.4%, Filipino 0.3%, Italian 0.3%
LOCAL INSIGHTS: RESEARCH

The engagement approach for *My Home, My Place* was to research and capture a diverse and meaningful cross section of local insights. Horizon Housing adjusted its engagement methodology during the project to capture insights from over 200 people including 113 valid survey responses, consultation sessions and anecdotal insights.

“*Yes, I have thought about getting older and not being able to manage, so I sold my farm with the house on it. It was too much to manage, now I’ve bought a smaller farm with a smaller house just down the road.*”

*Roma resident*

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**Figure 5 Roma Bowls Club**
The My Home, My Place engagement process commenced in February 2018 and concluded in August 2018. The methodology for engagement comprised both qualitative and quantitative activities with a range of participants and stakeholders. Key engagement activities are outlined below.

**Qualitative research – Engagement sessions**
- Community session offered with members of the public — no attendance
- Stakeholder session facilitated by Horizon Housing with peak and representative bodies, local service providers, care and health networks, local government and community groups — 11 attendees

**Qualitative research – On the ground engagement**
- In-person engagement with and surveys distributed in hard copy and online to local service providers, care and health networks, residents, businesses and community venues — approximately 100 people engaged

**Quantitative research – Online survey**
- Online survey promoted in local press and distributed throughout the Roma community, capturing 113 valid responses and 131 surveys completed

With operations in the Maranoa region since 2013, Horizon Housing was familiar with the local community. Despite this local knowledge and extensive preparation, planning and promotion, additional challenges affected the community engagement process. These challenges included:
- Weather conditions such as heavy rain, causing road closures and heatwaves;
- Lack of available or accessible public and private transport;
- Large rural and remote geographic area to consider

Objectives of the My Home, My Place engagement approach were to:
- Design and deliver an inclusive and comprehensive community and stakeholder engagement program focused on older people in the Maranoa region.
- Enable safe and open discussion and opportunities for participation despite potential geographical, cultural or economic barriers.
- Create a collaborative engagement environment for service providers, peak bodies and the community.
- Capture and share insights nationally with anyone involved in delivering community or social housing solutions including policy makers, providers, government and community services.

"There is a nice sense of community in Roma and there are many services available. It's the houses further out that need the help." Roma resident

The My Home, My Place project adopted a collaborative approach to capture local insights. The engagement process focused on townships of Roma and Mitchell with a combined population of 8,500 people, and was designed to understand the housing needs of senior people defined as:
- Non-Indigenous people over 55 years living in the Maranoa region; and
- Indigenous people over 45 years living in the Maranoa region.

Engagement was undertaken with both Horizon Housing tenants and the wider community, and participants were targeted for their diverse experience, knowledge and perspectives.

The My Home, My Place project involved pre-planned engagement sessions and on the ground engagement with Roma and Mitchell residents.

The engagement sessions were planned over two days in Roma during February 2018 with two target participant groups:
- Local service providers – 11 representatives attended from Indigenous services, aged care providers, local government and support providers. This session ran for two hours.

Community – this session was cancelled due to a lack of attendance. Attendance at the community engagement session was unforeseen and disappointing. The project was promoted across the three newspapers, on the radio and distributed through community services. The venue was easily accessible for Roma residents with free bus transport arranged for Mitchell residents. However, attendance was impacted by heavy rainfall in the region the night before and forecast for the day of the session, causing potential flooding and dangerous road conditions, as well as a funeral in Mitchell and the unexpected death of well-known Roma local.
On the Ground Engagement

In early August 2018, the My Home, My Place project progressed additional qualitative research in the Maranoa region through on the ground engagement. This phase of engagement involved in-person interviews and completion of the survey during visits at venues and businesses in Roma on 2 and 3 August 2018. Horizon Housing interviewed and surveyed members, staff and visitors at venues and businesses in Roma. The venues and organisations included:

- Roma Senior Citizens Club — Seniors Tai Chi
- Roma Library and Community Arts Centre
- Roma Bowls Club
- Toastmasters Club
- Roma Men’s Shed
- All Saints Catholic Church
- Blue Care
- Pinaroo Aged Care
- Westlands Plaza — shopping centre stall
- Local businesses — located along the Carnarvon Highway, Hawthorne St, Bungil Rd, Arthur St and McDowall St

The My Home, My Place engagement methodology was enhanced to include on the ground engagement following an inadequate number of responses to the My Home, My Place online survey in February 2018. The enhanced engagement approach was designed and conducted to create a strong opportunity for engagement and feedback from the local community.

Key factors were considered in the planning, preparation and promotion of the ground engagement for My Home, My Place, with emphasis on involving senior local participants. These included:

- Limited or no public transport;
- Untenable private transport costs over large distances;
- Unpleasant hot or rainy weather conditions; and
- Competing community event calendar.

On the ground engagement promotion activities included local press advertising, radio interviews with Horizon Housing’s CEO and information distributed across government and inter-agency networks. Local press advertising appeared in the Roma Western Star, St George Balonne Beacon and Charleville Western Times.

“I would love to take my dog with me as I get older.”

Roma resident

Online Survey

On 27 February 2018, the My Home, My Place survey was released in the Maranoa and Western Downs regions. The survey was hosted on the Horizon Housing website and included a mix of open ended and closed questions. The survey was distributed through Horizon Housing networks and local service providers, and was designed to:

- Encourage and enable participants to explain their response in further detail; and
- Clarify and capture the nature and background of the topic, perspective or issue.

With an inadequate number of responses, the survey was promoted during on the ground engagement in Roma during August 2018. A total 131 participants completed the survey with 113 valid responses. A response was deemed invalid if:

- Significantly incomplete; or
- Participant was under the age of 45.

The results of the survey are detailed further in the next section and a copy of the survey is provided in the Appendix of this report.
LOCAL INSIGHTS: FINDINGS

The *My Home, My Place* findings local insight research is detailed further in this section.
Engagement Session

GENERAL

The My Home, My Place local provider engagement session highlighted key issues facing senior people in the Maranoa region. These housing or liveability issues were primarily:

- A strong desire to age in place – remaining in specific locations of their rural community
- Affordability and access to age-friendly housing modifications
- Access to health, community and social support services
- Low levels of awareness around support services
- Limited age-friendly or affordable housing supply
- High maintenance homes and gardens
- Low income households often on government pensions and allowances
- Older people become disconnected from the community as they age
- Older people often feel that when they transition to aged care, they are approaching the end of their lives.

A key issue discussed in detail was a senior person’s eligibility to access community or social housing due to care responsibilities for grandchildren whose parents are experiencing substance abuse. Many senior people in the Maranoa region who need housing support have adult children at home and dependent on them and or grandchildren in their care.

Other observations made by participants included issues around older people left isolated due to relatives living far away and crisis intervention forcing older people to relocate.

It was strongly observed that home ownership in rural areas was viewed as an enabler to ageing in place and legacy or inheritance provided to future generations.

A home was often viewed as:

- Aspirational — holding on for when the kids come back;
- Generational — often three generations had lived in the home; or
- Emotional — wanting to remain in the same location or community.

These views and aspirations can strongly influence decision making about housing or care for a senior person especially when in crisis and fast decisions must be made.

It was also observed that barriers to information exist in rural areas for senior people and their carers or relatives, who weren’t accessing timely or relevant information.

Participants acknowledged that a diverse group of stakeholders are involved in facilitating community and social housing solutions for older people. There was agreement that open communication and effective collaboration at the earliest stage of service delivery is of the utmost importance and reduces crisis intervention. Key stakeholders identified by participants included:

- Human services sector
- Local government (council)
- Department of Housing and Public Works
- Department of Communities, Disability Services and Seniors
- Queensland Health
- Public Trustee
- Occupational Therapists
- Health providers including nurses
- General Practitioners
- Housing providers, architects, designers, builders
- Community members
- Community centres and organisations
- Carers, family and friends

Participants discussed in detail the challenges and opportunities associated with Occupational Therapists. Many suggested that there is an opportunity for Occupational Therapists to undertake a whole-of-home assessment rather than focus on a specific room. Additionally, many participants agreed that there is an important role for the Human Services’ sector to act as champions for better housing solutions for senior people in rural areas.

HOUSING DESIGN

Participants in the My Home, My Place engagement session were asked to identify housing design issues relevant to senior people in the region. The key housing design issues discussed are outlined below.

Costs

- High costs of warming or cooling the properties

Access

- High set housing with stair access present accessibility issues and not all stairs are fitted with a hand rail
- Access pathways, both internal and external, can have trip hazards either by poor design, bulky furniture or hoarding

Participants identified a number of issues in each of the major areas of a home.

- Bathrooms
  - Properties often have a combined shower over the bath which can increase the risk of falls
  - Most properties are fitted with a standard toilet, however older people have issues with self-care
  - Showers often fitted with glass shower screens

- Kitchens
  - Cupboard heights are often too high to reach
  - Kitchens have not been designed for wheelchair accessibility
  - Distance from stove to benches can be an issue particularly when carrying hot items

- Security
  - Poor lighting
  - Limited options to securely store mobility aids

- Floor coverings
  - Most properties have carpet which can be a trip hazard for person using a walking aid

Many properties have small door handles, small locks and small keys

“I look after my grandkids fulltime, their parents can’t because of the drugs. It’s a big problem out here and lots of the young ones have gone to the city leaving us older ones to look after the kids. So, I can’t even think about myself or getting older, but I sure feel it some days.”

Roma resident
Online survey

**Figure 13 Responses by Gender**
- **Males:** 67%
- **Females:** 33%

**Figure 14 Responses by Age**
- **45-54:** 42%
- **55-64:** 32%
- **65+:** 26%

**Figure 15 Responses by Postal Area**
- **Brisbane (4465, 4454, 4427, 4428, 4415):** 50%
- **Gold Coast:** 37%
- **Maranoa Region (Roma, 4455):** 9%

**Figure 16 Responses by Housing Situation**
- **Renting (social housing):** 4%
- **House owner:** 32%
- **Renting (private):** 26%
- **Not disclosed:** 2%

**Figure 17 Responses by Cultural Group**
- **Australian South Sea Islander:** 33%
- **Aboriginal:** 9%
- **Culturally and linguistically diverse:** 26%
- **Person with disability:** 67%
- **None of the below:** 83%
- **Other:** 4%

**Participants provided the following information on what type of household they live in:**

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<th>Household Type</th>
<th>% of participants</th>
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<td>Single person</td>
<td>44.44</td>
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<tr>
<td>Couple without children</td>
<td>34.34</td>
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<tr>
<td>Couple with dependent child / children / grandchildren</td>
<td>12.12</td>
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<tr>
<td>Sole parent or grandparent with dependent child / grandchildren</td>
<td>7.07</td>
</tr>
<tr>
<td>Other (please specify): - Couple with grown up children</td>
<td>2.02</td>
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<tr>
<td>- Family property</td>
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**The survey sought to capture information on the type of dwellings participants lived in:**

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<thead>
<tr>
<th>Dwelling Type</th>
<th>% of participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Detached house</td>
<td>55.56</td>
</tr>
<tr>
<td>Unit / apartment / flat</td>
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<tr>
<td>Town house</td>
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</tr>
<tr>
<td>Boarding house / supported accommodation</td>
<td>1.01</td>
</tr>
<tr>
<td>Other (please specify): Housing</td>
<td>1.01</td>
</tr>
</tbody>
</table>

Note: Some of the participants responding were families/couples residing outside the target location representing 3% of the response rate.

Note: Higher proportion of Social Housing Renters due to Horizon Housing’s engagement with tenants. Only 1.9% of housing stock in the Maranoa SA4 region is social housing (ABS 2016).
ASSISTANCE
This question involved participants selecting the services they felt were important to them and would assist them to age in place and remain living in the region, with many participants selecting more than one answer. Responses have been ranked by priority.

<table>
<thead>
<tr>
<th>Service</th>
<th>% of participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Housing</td>
<td>73.27</td>
</tr>
<tr>
<td>Community support an health services</td>
<td>62.38</td>
</tr>
<tr>
<td>Transportation</td>
<td>60.40</td>
</tr>
<tr>
<td>Social participation</td>
<td>56.44</td>
</tr>
<tr>
<td>Being able to keep at pet</td>
<td>53.47</td>
</tr>
<tr>
<td>Respect and social inclusion</td>
<td>49.50</td>
</tr>
<tr>
<td>Outdoor space, including gardens</td>
<td>48.51</td>
</tr>
<tr>
<td>Modifications made to the home</td>
<td>44.55</td>
</tr>
<tr>
<td>Communication and information</td>
<td>39.60</td>
</tr>
<tr>
<td>Cultural and/or nostalgic reasons</td>
<td>25.74</td>
</tr>
<tr>
<td>Civil participation an employment opportunities</td>
<td>25.74</td>
</tr>
<tr>
<td>Other</td>
<td>0.99</td>
</tr>
</tbody>
</table>

ACCOMMODATION PREFERENCE
Participants were asked which accommodation options they would consider if it enabled them to age in place and remain living in the region. Responses have been ranked by priority.

<table>
<thead>
<tr>
<th>Service</th>
<th>% of participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Modifications to your existing home / accommodation e.g. grab rails</td>
<td>64.95</td>
</tr>
<tr>
<td>A master-planned community designed to meets the needs of older people wanting to age in place and remain in the region</td>
<td>28.87</td>
</tr>
<tr>
<td>A purpose built home designed to meet your needs</td>
<td>26.80</td>
</tr>
<tr>
<td>I don’t know</td>
<td>14.43</td>
</tr>
<tr>
<td>Aged-care accommodation e.g. a nursing home</td>
<td>10.00</td>
</tr>
<tr>
<td>Co-housing or shared housing</td>
<td>5.15</td>
</tr>
<tr>
<td>Other</td>
<td>0.99</td>
</tr>
</tbody>
</table>

ADVICE AND SUPPORT
Participants were asked if they had sought or received any advice on what they needed to age in place and remain living in their home. Most participants selected more than one answer. Responses have been ranked by priority. A breakdown of the results are as follows:

<table>
<thead>
<tr>
<th>Information and/or advice</th>
<th>% of participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family</td>
<td>48.15</td>
</tr>
<tr>
<td>Friends</td>
<td>33.33</td>
</tr>
<tr>
<td>An aged-care professional</td>
<td>33.33</td>
</tr>
<tr>
<td>Community service provider e.g. Horizon Housing</td>
<td>33.33</td>
</tr>
<tr>
<td>Council information</td>
<td>14.81</td>
</tr>
<tr>
<td>Seniors’s organisation e.g. COTA, National Seniors Australia</td>
<td>14.81</td>
</tr>
<tr>
<td>No one / own decision</td>
<td>14.81</td>
</tr>
<tr>
<td>State Government information</td>
<td>7.41</td>
</tr>
<tr>
<td>Legal advisor</td>
<td>3.70</td>
</tr>
</tbody>
</table>

The following comments were provided:

[I would like to] remain in own home with help from Anglicare and Blue Care when needed in the future.

Assistance in my own home.

Family is currently [taking care of our mother]. She is concerned about security.

I want to stay in my own home.

AFFORDABILITY
When asked to rank the affordability of accommodation options in rural communities, participants provided the following responses:

<table>
<thead>
<tr>
<th>Affordability</th>
<th>% of participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very affordable</td>
<td>12.24</td>
</tr>
<tr>
<td>Affordable</td>
<td>30.61</td>
</tr>
<tr>
<td>Somewhat affordable</td>
<td>26.53</td>
</tr>
<tr>
<td>Unaffordable</td>
<td>10.20</td>
</tr>
<tr>
<td>I don’t know</td>
<td>20.41</td>
</tr>
</tbody>
</table>

DWELLING AGE
The significant age of the housing stock within the respondent portfolio is notable.

<table>
<thead>
<tr>
<th>Age of dwelling</th>
<th>% of participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 10</td>
<td>12.24</td>
</tr>
<tr>
<td>10 to 20 years</td>
<td>12.24</td>
</tr>
<tr>
<td>21 to 30 years</td>
<td>18.37</td>
</tr>
<tr>
<td>31 to 40 years</td>
<td>10.20</td>
</tr>
<tr>
<td>41 to 50 years</td>
<td>8.16</td>
</tr>
<tr>
<td>51 years and over</td>
<td>27.55</td>
</tr>
<tr>
<td>I don’t know</td>
<td>11.22</td>
</tr>
</tbody>
</table>
SUPPORT SERVICES
When asked which services participants were aware of, most participants selected more than one answer. Responses have been ranked by priority.

<table>
<thead>
<tr>
<th>Support Services</th>
<th>% of participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community services e.g. Horizon Housing</td>
<td>73.91</td>
</tr>
<tr>
<td>Health/aged-care professional</td>
<td>73.91</td>
</tr>
<tr>
<td>Council</td>
<td>55.07</td>
</tr>
<tr>
<td>Seniors’ organisation</td>
<td>40.58</td>
</tr>
<tr>
<td>State Government</td>
<td>24.64</td>
</tr>
<tr>
<td>Legal Advisor</td>
<td>21.74</td>
</tr>
<tr>
<td>Australian Government</td>
<td>20.00</td>
</tr>
</tbody>
</table>

6 Participants provided the following answer: I was not aware of these services.

PETS
Participants were asked about pet ownership, with results as follows:

<table>
<thead>
<tr>
<th>No. of pets</th>
<th>% of participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-2</td>
<td>64.41</td>
</tr>
<tr>
<td>3-4</td>
<td>18.64</td>
</tr>
<tr>
<td>5+</td>
<td>16.95</td>
</tr>
</tbody>
</table>

HOUSING SUITABILITY
Participants were asked to assess how suitable the design, facilities and safety of each room in their house was. Of total survey participants, 60% answered the question. The rooms identified as not suitable are ranked in priority order:

<table>
<thead>
<tr>
<th>Area/room</th>
<th>% of participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Front Access to the Home</td>
<td>65 13</td>
</tr>
<tr>
<td>Bathroom</td>
<td>68 11</td>
</tr>
<tr>
<td>Toilet</td>
<td>70 9</td>
</tr>
<tr>
<td>Laundry</td>
<td>70 9</td>
</tr>
<tr>
<td>Garage /Car Port</td>
<td>67 7</td>
</tr>
<tr>
<td>Backyard /Garden</td>
<td>69 7</td>
</tr>
<tr>
<td>Outdoor Pathways</td>
<td>65 7</td>
</tr>
<tr>
<td>Entry /Front Doorway</td>
<td>71 6</td>
</tr>
<tr>
<td>Kitchen</td>
<td>75 4</td>
</tr>
<tr>
<td>Lounge Room</td>
<td>77 2</td>
</tr>
<tr>
<td>Dining Room</td>
<td>76 2</td>
</tr>
<tr>
<td>Bedroom(s)</td>
<td>78 1</td>
</tr>
</tbody>
</table>

Participants provided the following comments:
- Backyard is too big for me to keep mowed. Or it’s getting to feel that way as I get older and my back worsens.
- I currently only have bare concrete in most rooms. Some vinyl flooring would be great. Not carpet.
- My ‘home’ is not my own. Modifications of design and layout are beyond my control.
- Cement throughout the property gets very cold. Would like carpet installed.
- Garden is hard to mow.

INTERNAL HOME MODIFICATIONS
Participants were asked to share their ideas on which modifications would assist them to remain in their home as they age. Some participants selected more than one response. Responses to the Yes criteria are ranked by priority:

<table>
<thead>
<tr>
<th>Area/room</th>
<th>% of participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Internal Handrails</td>
<td>42 28 5</td>
</tr>
<tr>
<td>Grab Rails for Shower/Toilet</td>
<td>42 27 7</td>
</tr>
<tr>
<td>Shower Modifications e.g. Shower Seat</td>
<td>30 37 8</td>
</tr>
<tr>
<td>Ramp</td>
<td>26 40 8</td>
</tr>
<tr>
<td>Bath Tub Modification</td>
<td>24 36 15</td>
</tr>
<tr>
<td>Bathrooms/Kitchen Tap</td>
<td>18 53 5</td>
</tr>
<tr>
<td>Storage Height/Placement</td>
<td>17 54 6</td>
</tr>
<tr>
<td>Flooring/Floor Covering</td>
<td>17 51 6</td>
</tr>
<tr>
<td>Window Handle Height</td>
<td>16 52 6</td>
</tr>
<tr>
<td>Heating</td>
<td>15 53 9</td>
</tr>
<tr>
<td>Type of Window</td>
<td>15 54 5</td>
</tr>
<tr>
<td>Type of Window Handle</td>
<td>15 54 5</td>
</tr>
<tr>
<td>Type of Door</td>
<td>15 53 5</td>
</tr>
<tr>
<td>Type of Door Handle</td>
<td>14 54 6</td>
</tr>
<tr>
<td>Bench Height/ Sink Height</td>
<td>14 56 6</td>
</tr>
<tr>
<td>Appliance Height e.g. Stove, Oven, Washing Machine, Dryer</td>
<td>13 58 6</td>
</tr>
<tr>
<td>Vanity/Hand Basin Height</td>
<td>12 55 5</td>
</tr>
<tr>
<td>Cooling</td>
<td>12 59 6</td>
</tr>
<tr>
<td>Ceiling Fans</td>
<td>11 52 12</td>
</tr>
<tr>
<td>Height of Power Outlets</td>
<td>11 61 5</td>
</tr>
<tr>
<td>Door Width</td>
<td>10 59 5</td>
</tr>
<tr>
<td>Lighting</td>
<td>10 59 5</td>
</tr>
<tr>
<td>Appliance Type/Age e.g. Stove, Oven, Washing Machine, Dryer</td>
<td>10 62 5</td>
</tr>
<tr>
<td>Door Width</td>
<td>10 59 5</td>
</tr>
<tr>
<td>Door Handle Height</td>
<td>9 60 5</td>
</tr>
<tr>
<td>Height of Light Switches</td>
<td>9 59 5</td>
</tr>
<tr>
<td>Type of Light Switch</td>
<td>9 58 6</td>
</tr>
<tr>
<td>Layout/Floor Plan</td>
<td>9 63 4</td>
</tr>
<tr>
<td>Corridor/Hallway</td>
<td>6 59 8</td>
</tr>
</tbody>
</table>
Participants were asked to share their ideas on other factors that would assist them to remain in their home. The following responses were provided:

- Cheaper rates and government changes.
- Early intervention with outside care facilities, like Blue Care.
- On 10 acres I feel that in time I will not be able to remain in my home. The need for a retirement village in the town would be a marvellous thing not only for me but many people who want to retire in my town or come from rural properties and who don’t want to leave our rural district.
- Large fences around the property for safety/security reasons.
- Some water got through the roof during recent rains. I could tell by marks on rugs. Ceiling might be in danger of collapsing in the future. Bad paint peeling and flaking off at rear of building and laundry.
- Visiting support services and health care professionals.
- Cheaper transport to shops.
- A simple system where I could get help if I needed it. For example, a care alert that would work inside and outside the home, down the street etc. These are available but cost $500.00.
- Floor boards and some repairs.

### External Home Modifications

<table>
<thead>
<tr>
<th>Area/room</th>
<th>% of participants</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Yes</td>
</tr>
<tr>
<td>External</td>
<td></td>
</tr>
<tr>
<td>Front Yard/Back Yard Watering System</td>
<td>19</td>
</tr>
<tr>
<td>Front Yard/Back Yard Shade</td>
<td>18</td>
</tr>
<tr>
<td>Front Yard/Back Yard Ground Levelling</td>
<td>17</td>
</tr>
<tr>
<td>Secure Gates and Fences</td>
<td>16</td>
</tr>
<tr>
<td>Car Parking</td>
<td>12</td>
</tr>
</tbody>
</table>

![Modified external ramp](image18.png)

![Modified bathroom](image19.png)
DEMONSTRATION Project Assessment

The My Home, My Place team evaluated a small demonstration project to examine the feasibility of design modifications to existing properties.

An architect with specific expertise was engaged to scope out the feasibility, conduct technical inspections of Horizon Housing properties and deliver a series of design concepts during a consultation with local service providers.

A demonstration project was not considered feasible, primarily due to:

- **Design restrictions and cost** — due to age and condition of the properties as well as cost, design and construction type.
- **Sustainability** — the cost and design issues with the potential to replicate on scale any modification features was viewed as very limited by local service providers.
- **Availability, affordability and environmental factors** — participants identified one of the key issues living in a rural region was the weather and being able to keep houses cool in extreme heat and warm in cooler months. Another strong theme identified was the low supply of ground level housing with age-friendly features.

In line with the findings of the consultation process, a preference was identified for a master-planned community and Horizon is exploring a design and construct of a purpose-built facility in the Maranoa region. For more information refer to page 51.
One shared idea was around more supply of modular and transportable homes in rural areas. This strategy avoids full renovation and delivers an affordable and temporary solution to support senior people to age in place. Other design ideas were facilitated by a specialist architect with expertise in housing design for older people and are outlined below.

**Access**
- Improve integrity of pathways and clear out clutter
- Door handle key turner and larger door handles
- Widen doorways
- Install handrails, potentially handrails with gloves attached to avoid touching hot metal rails in summer
- Rent a graduation ramp for the front entrance to allow home access by a wheelchair or mobility scooter
- Install combination stair and ramp entry, for example, two steps followed by a flat then another two steps

**Bathroom design**
- Mid-height drawers instead of cupboards with easy to open mechanisms
- Bath transfer bench to assist with stepping in and out of the bath safely
- Remove glass shower screen and replace with shower curtain

**Kitchen design**
- Mid-height drawers instead of cupboards with easy to open mechanisms

**Security**
- Secure parking space for mobility scooter

**Floor coverings**
- Replace carpet with easy to clean vinyl, linoleum and non-slip flooring products

**Lighting**
- Higher wattage lights to improve visibility
- Motion sensor lights, both internal and external

**General**
- Affordable heating and cooling solutions
- Raised garden beds
- Fittings and fixtures positioned at the right height and in the right places
- Natural light and airflow, more shade
- Accessible windows

Participants felt strongly about designing liveable and adaptable houses from the outset of a new development. Participants believed the Liveable Housing Design Guidelines could be a key tool that enables better housing design, with the guidelines providing the following framework:

**Silver**
- Wider corridors, doorways, generous bathroom places, grab rail space, no steps, getting in safely on a level path, shelter over front door

**Gold**
- Moving towards housing that’s compliant for people in a wheelchair

**Platinum**
- Fully accessible, disability-friendly homes

The Guidelines are expanded in the Appendix of this report.
RECOMMENDATIONS and Conclusions

My Home, My Place is a step towards understanding and addressing the housing needs of older people in rural areas. The proposition that older people in rural communities want to age in place was largely supported by the project’s findings. The following themes were developed as next step recommendations and to pave the way for future research, policies, planning and delivery of social and community housing for senior people.

Recommendations

<table>
<thead>
<tr>
<th>Housing Design</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liveable design</td>
</tr>
<tr>
<td>Access to aged care modifications</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Housing supply</th>
</tr>
</thead>
<tbody>
<tr>
<td>Housing supply</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Information and advice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Levels of awareness</td>
</tr>
<tr>
<td>Access to information</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Collaboration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sector champions</td>
</tr>
<tr>
<td>Strengthen relationships</td>
</tr>
</tbody>
</table>
Evaluating a Maranoa Pilot Project

Informed by the *My Home, My Place* findings, Horizon Housing is evaluating a pilot purpose-built housing development for older people in Roma.

A site in central Roma has been secured and it is anticipated will accommodate between four and five one-bedroom units with multi-purpose rooms. Design concepts for the pilot are under development and address key insights from the *My Home, My Place* project, including:

- Climate and environment including heat and cold
- A shared communal space with gardens
- Onsite parking for service providers and visitors
- Fencing for safety and privacy
- Additional bedroom for carers or family to visit
- Visually represent a positive image of ageing
- Sense of community.

The pilot will test the best in design, material and product solutions for older people, to improve quality of life and ensure our senior community members can age in place in a safe, healthy and supported manner. As a practical application of the *My Home, My Place* research and findings, this project has the potential to inform and guide future senior living developments in regional and remote areas of Australia.

Combined with the findings from the EDQ Pilot Project in Cloncurry and Barcaldine (see Case Study 2 of the Appendices), both pilot projects may also serve as benchmark reference points for future social and community housing in rural Australia.

*My Home, My Place* has paved the way for future research into understanding and addressing the housing needs of senior people in rural areas. Horizon Housing advocates for further research, a wider sample and ongoing analysis of this vulnerable community group.
APPENDIX

- Case Studies
- Liveable Housing Design Guidelines
- References
- Literature
- Survey
Case Study 1

LIVABLE HOUSING GUIDELINES — BANYULE, VICTORIA

www.banyule.vic.gov.au/Services/Planning/Livable-Housing

SUMMARY

Banyule City Council in Victoria has implemented planning requirements that incorporate a number of liveable housing features to ensure new homes meet the current and future needs of the community. Liveable Housing Design Guidelines were introduced in 2013 to encourage design that meets the needs of people living with impaired mobility and other special needs or can be adapted to meet such needs. A separate Appendices is provided in this report on the Liveable Housing Design Guidelines.

HOW IT WORKS

The Liveable Housing Design Guidelines introduced by the Council enable land developers to follow best-practice outcomes that go even further beyond legislative and building code requirements. The aim of these guidelines is to meet the basic needs of older people living with chronic health conditions or disability.

STRENGTHS

- Individual and family housing needs can change due to a range of factors, particularly age, injury or impairment and disability.
- Banyule has an ageing population with over 20% of the community over the age of 60 as well as 20% of the community living with disability. To accommodate this, from 22 April 2013 Banyule City Council requires the incorporation of Liveable Design Guidelines as follows:

<table>
<thead>
<tr>
<th>Residential Developments</th>
<th>Voluntary incorporation of guidelines</th>
<th>Minimum of one dwelling to incorporate guidelines</th>
<th>Minimum 20% of dwellings to incorporate guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 or 2 dwellings (or other accommodation)</td>
<td>Voluntary incorporation of guidelines</td>
<td>Minimum of one dwelling to incorporate guidelines</td>
<td>Minimum 20% of dwellings to incorporate guidelines</td>
</tr>
<tr>
<td>3 to 9 dwellings (or other accommodation)</td>
<td>Minimum of one dwelling to incorporate guidelines</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 or more dwellings (or other accommodation)</td>
<td>Minimum 20% of dwellings to incorporate guidelines</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Liveable Housing Guidelines better improve new homes, so they are easier to enter and navigate around. They are designed to meet the changing needs of residents and appeal to a broader demographic.

The guidelines cover:
- Access to the dwelling
- Entrance
- Corridors
- Doorways
- Toilet
- Bathroom and shower
- Bedroom
Case Study 2

ECONOMIC DEVELOPMENT QUEENSLAND PILOT PROJECT
— CLONCURRY AND BARCALDINE, QUEENSLAND


SUMMARY
Economic Development Queensland’s (EDQ) pilot project aims to care for Queensland seniors as they age by providing suitable housing to age in place. A pilot project, introduced in March 2016 aims to build one and two-bedroom low set duplexes that feature wider hallways and doorways, height changes to kitchen benches and reinforced bathrooms and handrails to make day-to-day living more accessible for seniors. Other technologies include community solar panels, storage batteries and essential circuits to make houses more energy and water efficient, enabling homes to operate off the grid during blackouts as well as reducing energy bills.

HOW IT WORKS
The project is in its pilot trial phase and aims to deliver climate smart, resilient, adaptable housing that addresses the shortage of purpose designed housing to keep senior citizens within their community, particularly in regional towns. The initiative is part of the State Government’s seniors’ strategy, Advancing Queensland: an age-friendly community. The projects will be developed on state or local government-owned land. The towns conducting the trials include Cloncurry and Barcaldine.

STRENGTHS
The program is not a formal social or community housing program, nor is it aged care. It is a small-scale residential development project aimed to address a specific gap in housing, specifically in regional Queensland towns. The pilot project also brings an economic boost to Cloncurry and Barcaldine through local employment.

IMPLICATIONS
- Only available to seniors who can afford to purchase in the private market.
- Future residents won’t be able to design or have input into the design of their own Ageing in Place home. A suitable experienced design firm will develop the plan options for all projects.
- EDQ will conduct an evaluation of the success or otherwise of the trial based on sale rates, economic benefits such as job creation, community benefits and financial results. However, this evaluation does not address the actual benefits for the homeowners ageing in place and whether the home is suitable to do so.

Case Study 3

KOORI COMMUNITY AGED CARE PROGRAM
— VICTORIA, AUSTRALIA

www.acesinc.org.au/koori_community_aged_care_program

SUMMARY
The Aboriginal Community Elders Services (ACES) was established to ensure a range of care services are provided to Aboriginal and Torres Strait Islander Elders to improve quality of life and assist Elders to age in place. The Koori Community Aged Care Program provides a safe, high quality service that focuses on the health and wellbeing of independent living Elder residents in the community.

HOW IT WORKS
ACES support independent residents with daily living needs including mobility, nourishment and personal hygiene. This enables residents to maintain independence, communication and social interaction within their community.

STRENGTHS
- An Aboriginal or Torres Strait Islander Elder can have access to a medical doctor, podiatrist, physiotherapist and dietician and volunteers, receiving support upon request.
- Program funded through the Australian Department of Health and Ageing
Case Study 4
INDEPENDENT LIVING CENTRES — AUSTRALIA
www.ilcaustralia.org.au

SUMMARY
Independent Living Centres (ILC) Australia provides products and services to seniors who wish to remain living independently as they age. ILC has centres in each state and offers free information and advice to seniors to maximise independence and safety in the home.

HOW IT WORKS
Seniors can visit an Independent Living Centre to receive free specialist information and advice on assistive technology, products or devices. Items can be easily installed into the home and can be an immediate solution to everyday needs or issues.

Products include:
- Bathing, showering and toilet aids
- Transportable ramps, steps and ladders
- Automatic curtain, blind and window systems
- Personal care and dressing assistance
- Standing aids
- Safety and health management devices

STRENGTHS
Easy and quick solution to allow seniors to:
- Participate in activities within the home and community
- Ensure mobility is safer and easier
- Ensure everyday activities are made easier such as showering, dressing, eating, opening jars and turning taps on and off

Case Study 5
BEACON HILL VILLAGE — BOSTON, USA
www.beaconhillvillage.org

SUMMARY
Beacon Hill Village is an innovative community-based and member-operated initiative that makes living in place easier for the older people of Boston. Founded in 2002, it has since become an international model, commonly referred to as the ‘Village’ model with 1700 fully operational villages across the United States.

HOW IT WORKS
- Seniors in the Boston area can join the Beacon Hill Village by paying an annual membership fee. Members decide and agree on services that are tailored to their specific housing needs. Membership fees go toward a ‘kitty-litter’ fund, where services are provided and paid for by all of the members.
- A small team of seven staff are hired to connect members with service providers such as drivers, cleaners and handymen.
- The Beacon Hill Village staff do not provide direct services to seniors, but act as the ‘middle man’ to help seniors’ live more independent lives. Beacon Hill Village coordinators connect seniors with discounted service providers, including dog walkers, plumbers, health specialists and volunteers to assist in the home or with weekly chores e.g. grocery trips.
- Members pay a fee of $675 USD per year or $975 USD per couple to access the service.
- For those who earn below the median income, a discount is applied, whereby individuals pay $125 USD for membership or $175 USD for couples.

STRENGTHS
- Villages provide a range of services designed to help members age in place, meet service needs and promote health and quality of life
- The model addresses service needs among middle-class seniors, who do not qualify for government funding
- Members are highly involved in the organisation’s development and oversight and provide services to other members in most Villages
- The model is consistent with public policy initiatives that promote home and community-based services

IMPLICATIONS
- Key issues associated with organisational development, funding, recruitment, community barriers, and diversity
- The most common challenge, cited by 83.3% of Participants, was difficulty recruiting new members attributed to the newness of the Village concept
- Future evaluation is needed with regards to long-term sustainability of the model and the impact of Villages on elders’ ability to age in place.

Researcher Dr Andrew Scharlach from the University of California, Berkley, assessed and examined the ‘Village Model’ in 2012. Scharlach surveyed 30 fully operational villages, collecting information on the organisation’s mission, goals, methods of operation, funding sources and challenges. Dr Scharlach’s academic journal article is published on The Gerontologist and the strength and implications of the model are summarised below:
Case Study 6

CAPABLE — WEST BALTIMORE, USA
www.johnshopkinsolutions.com/solution/capable

SUMMARY
Community Ageing in Place, Advancing Better Lives for Elders (CAPABLE) is a program which features a team of three professionals performing house visits and assessments. The team is made up of a nurse, occupational therapist and handyman. The team visit low-income seniors to assess their general mobility and their home environment, including identifying issues relating to handrails and loose flooring. The goal of the program is to save Medicare costs by enabling older people to stay in their home and age in place.

HOW IT WORKS
The team of three visit homes across West Baltimore and identify priorities specific to each individual and household. Based on the opportunities and challenges identified, the nurse, occupational therapist and handyman establish goals, strategies and solutions to everyday functionality issues. For example, if attending a Church service on Sunday is important to an elderly resident, but it is difficult to get down the driveway, the team of three will work with the patient to determine ways in which the difficulty of this task could be mitigated. Residents receive 10 home visits over a four-month period.

The CAPABLE program was developed by John Hopkins University School of Nursing and backed by the Maryland Department of Health and trailed to target person-based and environmental-based risk factors. The randomized controlled trial assessed low income older adults with self-care disability, who received 10 home visits over a four-month period. The strengths and implications of the program are outlined in the publication, Contemporary Clinical Trials (pg. 102-112, 2014), which outline the strengths and implications of the controlled trial as captured below:10

STRENGTHS
- Decreased disability in self-care
- Sustained decrease in self-care disability as well as improvement in strength, balance, walking speed and health care utilisation
- Has the potential to leverage current health care spending in Medicaid waivers, saving the health care system costs as well as improving low income older adults’ ability to age in place with improved life quality
- Preliminary cost analyses for the first 250 participants reveal the program costs approximately $3,300 per participant for the four month program, compared to $6,000 per month for nursing home care

IMPLICATIONS
- CAPABLE is a short-term intervention as older adult will likely continue a slowed trajectory
- Long-term solutions may be necessary to accomplish benefits over a number of years, such as annual visits.

Case Study 7

AGEING IN PLACE AALST — FLANDERS, BELGIUM
www.flanderscare.devsite.be/en/node/443

SUMMARY
Ageing in Place Aalst (AIPA) is one of six care living labs in Flanders, Belgium. The goal of the lab is to stimulate ideas and test infrastructural, social and societal conditions that must be met in order for Belgium citizens to age in place.11

HOW IT WORKS
AIPA has provided a demonstration residence available in which the latest new applications, infrastructure and services can be tested by the elderly and caregivers themselves. Furthermore, AIPA also use 40 existing homes of elderly people to observe and test the development of necessary adjustments. These homes are grouped into four ‘Home Care Neighbourhoods’ around a specific healthcare institute.

The City of Aalst has backed AIPA to test measures designed to encourage residents to make alterations to their homes, so they are suitable for age. The program is in its pilot trial phase and its strengths are outlined below:12

STRENGTHS
- Creates an experimental environment for companies and organisations that wish to comprehend the present and future needs of older people living in place
- Knowledge and user experience are exchanged during co-creation workshops to strengthen new ideas
- AIPA focuses on the specific context of housing and the immediate household environment

10. Contemporary Clinical Trials, pg. 102-112, 2014
11. Ageing in Place Aalst (AIPA) is one of six care living labs in Flanders, Belgium. The goal of the lab is to stimulate ideas and test infrastructural, social and societal conditions that must be met in order for Belgium citizens to age in place.
12. The City of Aalst has backed AIPA to test measures designed to encourage residents to make alterations to their homes, so they are suitable for age. The program is in its pilot trial phase and its strengths are outlined above.
Case Study 8

LEAD8 — CHINA AND MALAYSIA

SUMMARY
By 2050, more than a quarter of China’s population will be over the age of 65. Traditionally, elders are taken care of by extended family, who often reside together. However, changes to the family unit (China’s one child policy) mixed with longer life expectancy means that a married couple could be looking after four parents and possibly eight grandparents13. Lead8 is an architecture and design studio working in both China and Malaysia to provide the ageing population with housing that is age-friendly.

HOW IT WORKS
► New developments maintain the scale of a typical village. Needs are met within a short walk such as health clinics, services, open spaces and leisure facilities
► Lead8 is currently working on a residential complex in Kelana Jaya, Malaysia, that could offer a solution to families who wish to reside with their ageing parents
► On each floor there are flats of different sizes next to each other, with a wall that can be taken down. An owner can buy two adjoining apartments — one large and one small
► The family lives in the large apartment with the grandparents residing in the smaller apartment — the apartments can either be separate or interconnected14.

Case Study 9

THE HALTON HOMESHARE PROGRAM — BURLINGTON, CANADA

SUMMARY
Supported by the World Health Organisation, The Housing Committee of the Burlington Age-Friendly Seniors Council has developed The Halton HomeShare Toolkit to assist individuals who wish to live in place. HomeShare is a living arrangement whereby two individuals or couples reside together in the same residence. Each person is given their own private space but can share common areas such as the living room and kitchen. Although not a new concept, HomeShare is unique to the Burlington community and gives home seekers the ability to live in affordable, shared accommodation either as a home provider or home seeker15.

STRENGTHS
► In Burlington, one in six residents is an older adult that lives independently in a large home
► Residents can receive more help with household responsibilities, which may enable them to remain in the home for longer and live more self-sufficient lives.

IMPLICATIONS
► HomeShare is not necessarily an option for everyone and is an extension of living in place
► An organisation would have to oversee a “home provider and home seeker registry” to assist with matching and monitoring living arrangements.

Case Study 10

ANNUAL AGE FRIENDLY FORUM — WATERLOO, CANADA
extranet.who.int/agefriendlyworld/afp/annual-age-friendly-forum/

SUMMARY
The City of Waterloo is a well-known age-friendly city, and commitment to the city’s ageing population is reflected in the work of the Waterloo Multi-Agency Committee. The committee, which includes community members and older residents, works in partnership with the University of Waterloo to assess and improve the age-appropriateness of the community. One of the initiatives is the annual ‘Age-Friendly Forum’ which covers a range of topics including housing, inclusion and technology to support older people to retain their independence.

STRENGTHS
► Cost effective
► Helps bring the community together to address concerns specific to those living in Waterloo
► Gives older people a voice within the community and an opportunity to express concerns

IMPLICATIONS
► Addresses the surface of problems but does not guarantee that topics discussed will be put into action.

Case Study 11

THE AID FOR SENIORS PROGRAM — CITY OF POINTE-CLAIRE, CANADA
www.pointe-claire.ca/en/aid-for-seniors/

SUMMARY
Since 1984, the City of Pointe-Claire has been providing seniors with support for household chores and outdoor maintenance work, conducted free of charge by school and university students. Today, there are 34 regular and part-time employees, 20 volunteers and a number of interns providing services to over 3,000 participants.

HOW IT WORKS
Housework and yard maintenance such as mowing the lawn, vacuuming, dusting, and trimming hedges are provided by students from the City of Pointe-Claire community. Students can register for volunteer and summer programs.

STRENGTHS
► Helps break isolation, promotes involvement in the community and work experience for the young.
► Cost-effective

IMPLICATIONS
► May only work in towns where there is a dense student population
► Safety issues
► Would need the on-board support of schools and universities
Case Study 12

DIGITAL HOME CARE — GOTHENBURG, SWEDEN
extranet.who.int/agefriendlyworld/afp/new-service-better-sleep-with-digital-home-care/

SUMMARY
Swedish home care service provider, Trygghetsjouren, provides senior citizens with at-home personal supervision using webcam technology. Supervision is undertaken in real-time at specific times throughout the day and is safely locked and turned off outside of approved times. The City of Gothenburg, together with Trygghetsjouren, has participated in a pilot project which is currently being evaluated by the World Health Organization16.

HOW IT WORKS
A webcam is installed in a common area of the home, which a carer can access from an external location during scheduled ‘check-in’ times only. Instead of reoccurring personal visits, carers can access the system to determine whether it would be beneficial to make a personal visit.

STRENGTHS
- The digital home care system gives care givers the freedom to choose which kind of supervision best suits the patient — a personal or webcam visit
- For those living in place, individuals can feel a better sense of empowerment, independence and improved well-being and security

IMPLICATIONS
- Security and privacy issues

Case Study 13

TOOL TABLE — BOWDOINHAM, USA

SUMMARY
Bowdoinham’s action plan to make everyday life easier for seniors is evident in the latest Bowdoinham Advisory Committee on Ageing (ACOA) initiative. The Safety and Accessibility committee has developed a ‘tool table’ which is a table comprised of 30 items (examples provided below) and devices for older adults to learn how to use and decide on what items they wish to purchase17.

HOW IT WORKS
The ‘tool table’ is displayed at the local library and town office during business hours and includes items such as a one-touch jar opener, long-handled cleaning appliances, LED motion-sensor lights, large-knob light switches, and reach tools. There is no cost associated with the tool table other than the purchase of goods.

STRENGTHS
- This is a one-stop-shop for older people in the community who can’t access shopping centres or might not be aware of useful products available to them
- Items are affordable and easy to use within the home.

IMPLICATIONS
- Security and privacy issues

Case Study 14

REACH — MONTPELIER, USA
www.ciaip.org/grantees/montpelier/

SUMMARY
Government-funded Community Innovations for Ageing in Place (CIAIP) has undertaken 14 demonstration projects to allow growing populations to maintain independence by ageing in place. The Rural Elder Assistance for Care and Health (REACH) case study prepared by Linda Weiss (PhD), describes the program model, challenges and lessons for the future. The service exchange network has over 430 members across 45 towns and cities across Central Vermont. Over 45,500 hours have been exchanged since 200818.

HOW IT WORKS
REACH is a service exchange network that uses a Time Bank Model. It facilitates services and activities provided by and for community members. Time is ‘banked’ and can be redeemed for services offered by other program members. An hour of service provided by one individual, is equal to one hour of service from another. Service exchange examples include gardening tasks, assistance with home maintenance such as cleaning or help with IT issues. When a service is performed, their time can be redeemed for a service offered by other program members such as child minding or grocery shopping. CIAIP has described the strengths and implications of the Time Bank model in a case study report, as captured below:

STRENGTHS
- REACH facilitates the exchange of services with little or no financial implications
- Promotes social cohesion and interaction through volunteerism and personal engagements
- Provides an increase in needed services that may be unaffordable or unavailable
- Expands motivation and opportunities for productivity and the utilisation of a diverse range of skills and expertise

IMPLICATIONS
- Administrative cost
- Insufficient levels of activity to meet needs and demand
- Security concerns
As the ageing population in Australia increases and housing affordability decreases, Australia is facing an increasing shortage in adaptable accommodation. Housing which are adaptable to suit a range of mobility levels allow occupants to age in place and can contribute to more sustainable communities.

In 2011, a not-for-profit partnership called Liveable Housing Australia was established to champion accessibility and adaptability in houses. One of the core activities of this partnership was to create the Liveable Housing Design Guidelines (LHDG) – a document first published in 2011, with the current fourth edition published in 2017. The LHDG outlines seven core elements and eight additional elements aimed at providing three different performance levels for housing. These levels are Silver, Gold and Platinum.

- **Silver**: incorporates seven core elements of liveable housing design
- **Gold**: enhances the seven core elements and introducing some additional elements in key areas
- **Platinum**: further enhances the seven core elements and introduces additional elements in all areas

The LHDG have been adopted by the Queensland Department of Housing and Public Works for new social housing apartments, with a minimum requirement of Gold Level and a target of 10% Platinum Level where buildings are single level or serviced by a lift. The LHDG have also been adopted by not-for-profit housing providers and many private developers for new housing stock.

Studies have demonstrated the cost to the homeowner (or developer, or housing provider) of including the seven core liveable housing design features is 22 times more efficient than retrofitting when an unplanned need arises. Considering achievement of Silver Level has a minimal impact on the size of a house or apartment if considered in the planning stages, the additional area and therefore additional cost to construction is marginal.

A summary of the key features of the LHDG include:

- **Dwelling access** — step free
- **Dwelling entrance** — step free, wide door, roof over
- **Internal doors and corridor widths** — minimum widths prescribed
- **Toilet** — adequate clearances, provision for fitting of grab rails in future
- **Shower** — minimum sizes size, flush entry, provision for fitting of grab rails in future
- **Reinforcement of bathroom walls**
- **Stairs** — straight runs with handrails on one or both sides
- **Kitchen** — adequate circulation space, slip resistant and continuous flooring, task lighting
- **Laundry** — adequate circulation, slip resistant and continuous flooring
- **Bedrooms on ground level** — adequate size with minimum clearances around furniture
- **Switches and power point types and location**
- **Door handles and tapware types**
- **Living room size**
- **Window sill heights**
- **Flooring selection generally** — slip resistant

A comparison of room sizes in each level is outlined below:
As a further comparison, the diagrams below compare a LHDG Platinum level bathroom with a fully compliant AS1428.1 bathroom:

From a designer’s perspective, the increasing need to achieve adaptable and compliant housing has resulted in some innovative product trends and design features incorporated into core areas.

Easy height toilets are more common (up to 470mm to seat height).

Handheld showers on rails are a standard feature in most bathrooms. Examples include:

- Recesses incorporated into walls for ease of foot washing or leg shaving:
- Built-in shower seats

There is also increasing competition on the market for residential platform lifts, lifts and stair climbers, with smaller sizes allowing for retrofitting in homes.
References


There is limited research and data available regarding ageing specifically in regional and rural parts of Queensland and Australia. Some of the most relevant literature about ageing in place include:

**Older People and Aged Care in Rural, Regional and Remote Australia: A Discussion Paper**
- Prepared by Aged and Community Services Australia and the National Rural Health Alliance
- Explores the ageing rural population, services in remote areas, challenges, actions for consideration and funding
- Outdated — prepared in 2004

**For Australians to have the choice of growing old at home, here is what needs to change**
- Published in The Conversation
- Current — published in March 2018
- Discusses lack of suitable housing, financial penalties for moving, and international examples of successful programs to support ageing in place

**Housing Decisions of Older People: Productivity Commission Research Paper**
- Prepared by Australian Government Productivity Commission
- Published December 2015
- Discusses statistical evidence of preference to remain at home as people age, reluctance to seek help, financial implications, as well as the common ‘misconception’ that older people are living in houses too big for them. For example, stating that most older Australians will not downsize during their retirement
- States planning and development approvals are a problem across the board (p.18)

**Older Australians at a glance**
- Prepared by Australian Government: Australian Institute of Health and Welfare
- Published 2018 (last updated 10 September)
- Explores statistics on Australia’s ageing population, demographics, healthy ageing and insights into service use.

**Interest in tiny houses is growing, so who wants them and why?**
- Published in The Conversation
- Current — published in September 2017
- States that tiny homes are becoming increasingly popular for people in rural areas, and for older women in particular (a growing cohort in homelessness statistics)

**Co-housing works well for older people, once they get past the image problem**
- Published in The Conversation
- Current — published in June 2017
- Explores potential for co-housing for seniors, in research funded by NSW Department of Family and Community Services and Office of Environment and Heritage

**The meaning of ‘ageing in place’ to older people (New Zealand)**
- Published in The Gerontologist, Volume 52, Issue 3 (p.357-366)
- Published in 2011
- Discusses the concept of “ageing in place” in terms of functional, symbolic, and emotional attachments and meanings of homes, neighbourhoods, and communities.

**Survey**

**My Home, My Place**
As one of Queensland’s largest providers of affordable housing, Horizon Housing is interested in learning from real people what their housing needs are as they age. This Australia-first research project provides you with an opportunity to share your views and experience around the housing needs of older people living in rural and remote communities.

The outcomes of our research will be used to shape housing options for older people living in rural and remote locations.

**PRIVACY STATEMENT:**
Information provided will be kept confidential and only used for the purposes of the My Home, My Place project. No individual responses will be identified and all outcomes presented in the aggregate.

**Section 1:**
**What is your gender identity?**
- Female
- Male
- Other /Prefer Not to Specify

**What is your age group?**
- Under 18
- 18 - 24
- 25 - 34
- 35 - 44
- 45 - 54
- 55 - 64
- 65 - 74
- 75 or Older

**What is your current living situation?**
- Renting (Private)
- Renting (Social Housing)
- Home Owner
- Other (Please Specify) — E.g. Supported Accommodation, Friends or Family:

**Do you identify as belonging to any of the following communities?** (Choose all that apply)
- Aboriginal
- Torres Strait Islander
- Australian South Sea Islander
- Culturally and Linguistically Diverse (CALD)
- Person with Disability
- None of the Above
- Other (Please Specify)

**Section 2:**
**Remaining in the Region and “Ageing in Place”**
Recent research and community consultation has confirmed that older Queenslanders want to “age in place” in their family home, or in the local community. Ageing in place means having the ability to live in one’s own home and community safely, independently and comfortably, regardless of age, income or ability levels.

1. **Do you intend to remain in the region and age in place?**
- Yes — go to Question 2
- No — go to Question 21

2. **Why do you want to remain in the region and not relocate?** (Choose all that apply)
- I want to stay in my own home.
- I want to stay close to family, friends and/or my support network.
3. Which of the following are important to you and will assist you to age in place and remain living in the region? (Choose all that apply)

- Housing
- Transportation
- Outdoor Space, including Gardens
- Cultural and/or Nostalgic Reasons
- Modifications Made to the Home
- Being Able to Keep a Pet
- Respect and Social Inclusion
- Social Participation
- Communication and Information
- Civil Participation and Employment Opportunities
- Community Support and Health Services
- Other: ___________________________

4. Which of the following accommodation options would you consider if it enabled you to age in place and remain living in your existing home?

- Yes
- No

If Yes, where have you sought information and/or advice?

- Family
- Friends
- Real Estate Agent
- An Aged-Care Professional
- Community Service Provider e.g. Horizon Housing
- Council Information
- State Government Information
- Australian Government Information
- Television and/or Radio
- Legal Advisor
- Seniors’ Organisations e.g. COTA, National Seniors Australia
- No One / Own Decision
- Other: ___________________________

5. How affordable are the accommodation options available to you to age in place and remain living in the region?

- Very Affordable
- Affordable
- Somewhat Affordable
- Unaffordable
- I Don’t Know

6. Have you sought or received any advice on what you need to age in place and remain living in your existing home?

- Yes
- No

If Yes, where have you sought information and/or advice?

- Family
- Friends
- Real Estate Agent
- An Aged-Care Professional
- Community Service Provider e.g. Horizon Housing
- Council Information
- State Government Information
- Australian Government Information
- Television and/or Radio
- Legal Advisor
- Seniors’ Organisations e.g. COTA, National Seniors Australia
- No One / Own Decision
- Other: ___________________________

7. What type of dwelling do you live in?

- Yes
- No

If Yes, where have you sought information and/or advice?

- Family
- Friends
- Real Estate Agent
- An Aged-Care Professional
- Community Service Provider e.g. Horizon Housing
- Council Information
- State Government Information
- Australian Government Information
- Television and/or Radio
- Legal Advisor
- Seniors’ Organisations e.g. COTA, National Seniors Australia
- No One / Own Decision
- Other: ___________________________

8. What type of household do you live in?

- Single Person
- Couple without Children
- Couple with Dependent Child/Children
- Sole Parent or Grandparent with Dependent Child/Children
- Other (Please Specify):

9. Do you:

- Own or are purchasing your home?
- Rent your home privately or through a Real Estate Agent?
- Rent your home through a social housing scheme?
- Pay Board?
- Other (Please Specify):

10. Do you own any pets?

- Yes — go to Question 11
- No — go to Question 13

11. How many pets do you own?

- 1-2
- 3-4
- 5+

12. What type of pets do you own?

- Other (Please Specify):

13. How old is your dwelling?

- Less than 10 Years
- 10 to 20 Years
- 21 to 30 Years
- 31 to 40 Years
- 41 to 50 Years
- 51 Years and Over
- I Don’t Know

14. Has your home been assessed by an Occupational Therapist?

- Yes — go to Question 16
- No — skip Question 16
- I don’t know — skip Question 16

15. Do you know how to arrange for an Occupational Therapist to assess your home?

- Yes
- No

16. Do you currently require the use of mobility aids?

- Yes
- No

If Yes, choose all that apply:

- Cane or Walking Frame
- Wheeled Walking Aid
- Manual Wheelchair

Section 3:

Your Current Household

So that we can understand the challenges specific to the region, and the types of accommodation and households in rural and remote communities, we would like to know about your current household and living arrangements.

7. What type of dwelling do you live in?

- Detached House
- Detached House on Land Greater than 5 Acres
- Unit/Apartment/Flat
- Town House
- Retirement Village
- Aged Care/Nursing Home
- Manufactured Home
- Moveable Dwelling (e.g. Caravan)
- Boarding House/Supported Accommodation /With Family
- Other:

8. What type of household do you live in?

- Single Person
- Couple without Children
- Couple with Dependent Child/Children
- Sole Parent or Grandparent with Dependent Child/Children
- Other (Please Specify):

9. Do you:

- Own or are purchasing your home?
- Rent your home privately or through a Real Estate Agent?
- Rent your home through a social housing scheme?
- Pay Board?
- Other (Please Specify):

10. Do you own any pets?

- Yes — go to Question 11
- No — go to Question 13

11. How many pets do you own?

- 1-2
- 3-4
- 5+

12. What type of pets do you own?

- Other (Please Specify):

13. How old is your dwelling?

- Less than 10 Years
- 10 to 20 Years
- 21 to 30 Years
- 31 to 40 Years
- 41 to 50 Years
- 51 Years and Over
- I Don’t Know

Section 4:

Your Future Housing Needs

As part of our research, we want to understand what older people, living in rural and remote communities, think they need to do to their existing homes to age in place.

14. Has your home been assessed by an Occupational Therapist?

- Yes — go to Question 16
- No — skip Question 16
- I don’t know — skip Question 16

15. Do you know how to arrange for an Occupational Therapist to assess your home?

- Yes
- No

16. Do you currently require the use of mobility aids?

- Yes
- No

If Yes, choose all that apply:

- Cane or Walking Frame
- Wheeled Walking Aid
- Manual Wheelchair
17. How suitable is the design, facilities and safety of the following rooms in your home?

<table>
<thead>
<tr>
<th>Area</th>
<th>Suitable</th>
<th>Not suitable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Front Access to the Home</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Entry / Front Doorway</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bathroom</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Toilet</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kitchen</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bedroom(s)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lounge Room</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dining Room</td>
<td></td>
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<tr>
<td>Laundry</td>
<td></td>
<td></td>
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<tr>
<td>Garage / Car Port</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Backyard / Garden</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Outdoor Pathways</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other (Please Specify)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

18. Do you think you would need any of the following modifications to remain in your home as you age?

<table>
<thead>
<tr>
<th>Modification</th>
<th>YES</th>
<th>NO</th>
<th>N/A</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ramp</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Handrails</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Door Width</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Door Handle Height</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Type of Door</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Type of Door Handle</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Window Handle Height</td>
<td></td>
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<td></td>
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<tr>
<td>Type of Window</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Type of Window Handle</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lighting</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Height of Light Switches</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Type of Light Switch</td>
<td></td>
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<tr>
<td>Flooring/Floor Covering</td>
<td></td>
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<tr>
<td>Corridor/ Hallway</td>
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<tr>
<td>Shower Modification e.g. Shower Seat</td>
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<tr>
<td>Bath Tub Modification</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Vanity/Hand Basin Height</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

18 cont’d: Do you think you would need any of the following modifications to remain in your home as you age?

<table>
<thead>
<tr>
<th>Modification</th>
<th>YES</th>
<th>NO</th>
<th>N/A</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bathroom/ Kitchen Tap</td>
<td></td>
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<tr>
<td>Grab Rails for Shower/Toilet</td>
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<tr>
<td>Bench Height/ Sink Height</td>
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<tr>
<td>Appliance Height e.g. Stove, Oven, Washing Machine, Dryer</td>
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</tr>
<tr>
<td>Appliance Type/ Age e.g. Stove, Oven, Washing Machine, Dryer</td>
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<tr>
<td>Storage Height/ Placement</td>
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<tr>
<td>Cooling</td>
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<tr>
<td>Ceiling Fans</td>
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<tr>
<td>Heating</td>
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<tr>
<td>Layout/Floor Plan</td>
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<tr>
<td>Height of Power Outlets</td>
<td></td>
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<tr>
<td>Car Parking</td>
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<tr>
<td>Front Yard/Back Yard Shade</td>
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<tr>
<td>Front Yard/Back Yard Watering System</td>
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<tr>
<td>Front Yard/Back Yard Ground Levelling</td>
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<td></td>
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<tr>
<td>Secure Gates and Fences</td>
<td></td>
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<tr>
<td>Other (Please Specify)</td>
<td></td>
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</tr>
</tbody>
</table>

19. Are you eligible to receive any financial or other assistance to assist you to remain in your existing home?

- Yes
- No
- I Don't Know

If Yes, what assistance are you eligible for?

20. Are there any other things that would assist you to remain in your existing home?

21. Can we contact you for a follow-up interview?

- Yes
- No

If Yes, please provide your contact details below:

Name:

Telephone:

Email address:

Thank you for taking the time to complete this survey. The information you have provided will help shape the future direction of housing for older people living in rural and remote communities.

Please return your completed survey to the below address by Friday, 9th March 2018:

Attn: Elise Waugh
Horizon Housing Roma Regional Office
31A Hawthorne Street
Roma, QLD 4455

For more Information
Call: 1300 133 027
Web: www.horizonhousing.com.au