

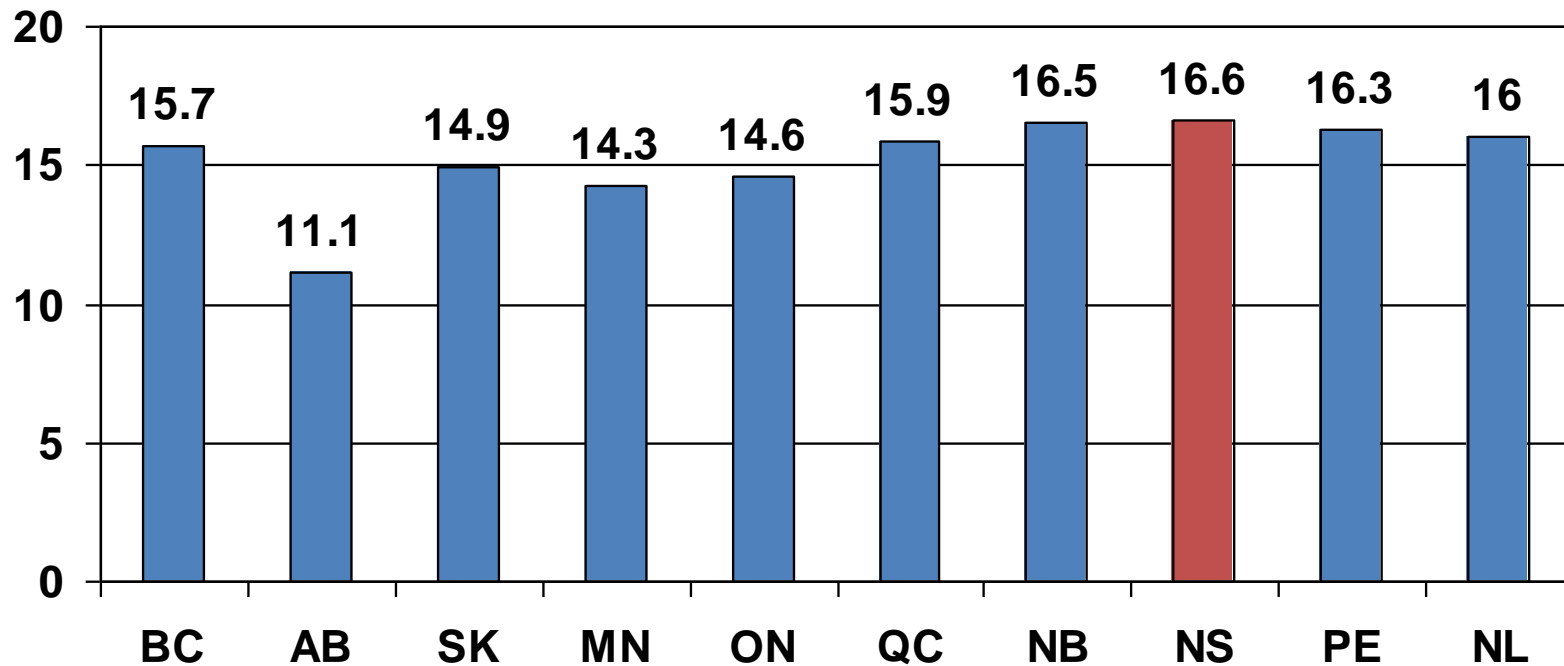
What do we know about need for supportive services

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Home is Where the Heart Is: Working Together to Support
Seniors' Independence
June 12, 2012

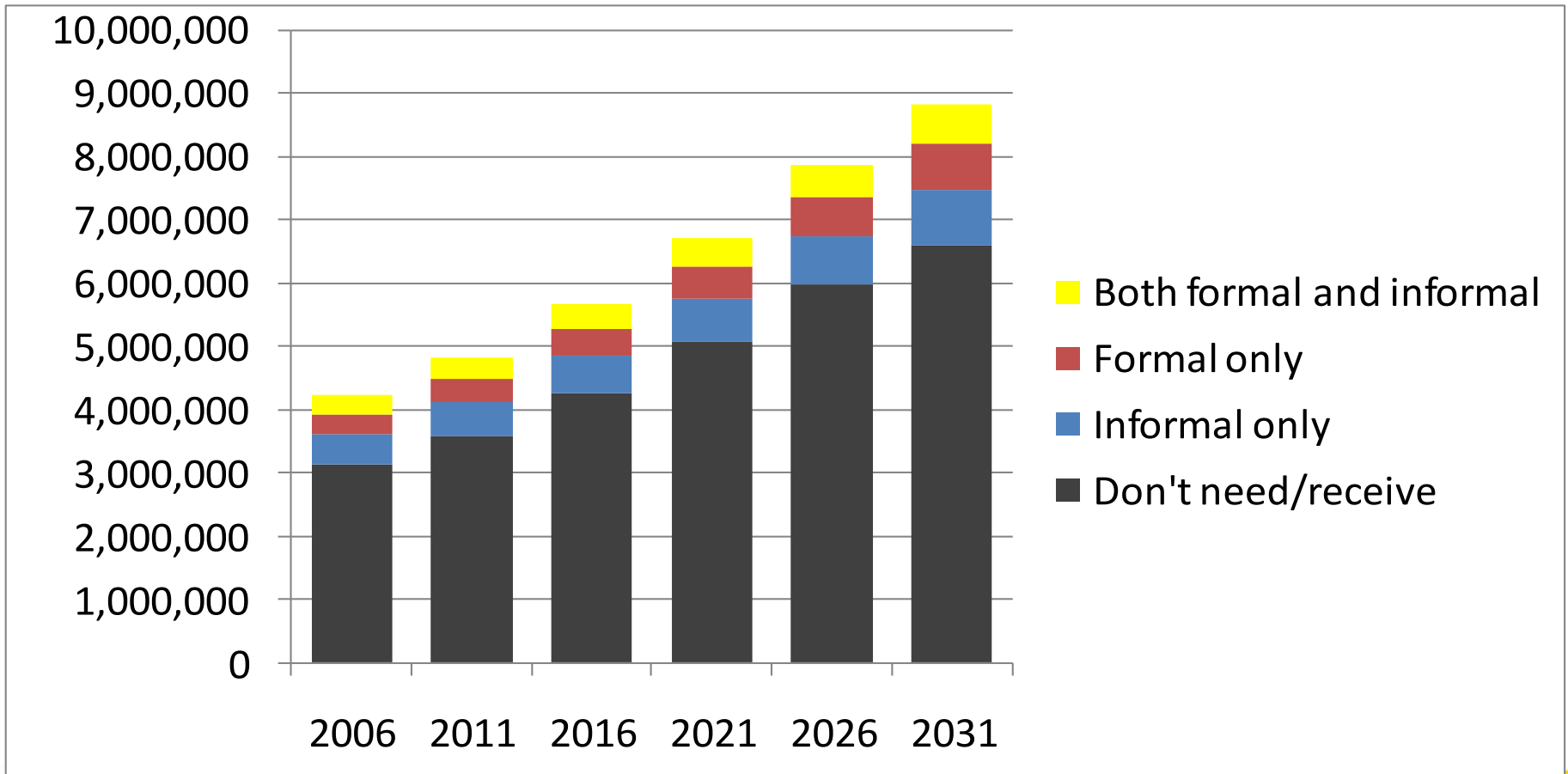
Population Aging – Provincial Comparison

percentage of population 65+



Source: Canadian 2011 Census

We project 8.8 million older Canadians in 2031



Atlantic Seniors Housing Research Alliance – Key Message

Seniors want to Age at Home and in their Communities

- 53% lived in the same community for over 35 years
- 1/3 of seniors made modifications to their homes to make it more accessible
- 87% of seniors with no plans to move in next year



Atlantic Seniors Housing Research Alliance – Key Message

Seniors Prefer Seniors-Only Housing

- 19% were interested in housing for people of all ages
- Older seniors more commonly want to live in seniors-only housing – the preference for seniors-only housing increases with age

Atlantic Seniors Housing Research Alliance – Key Message

Family and Social Support is Important

- Family members are the number one source of assistance to seniors for tasks that require the greatest physical exertion.
- Seniors are willing to pay for a range of services that will help them age in place (e.g., heavy/spring cleaning, seasonal yard work/outdoor maintenance, drives when needed)
- Family as opposed to neighbors/friends or organizations/agencies is primary source of social support
- Neighbors and friends play a role but in less personal/intimate ways

Atlantic Seniors Housing Research Alliance – Key Message

Most Seniors do not Participate in Seniors' Programs

- Only 12% of seniors attended a seniors' centre or other seniors' program despite almost two-thirds having a centre in their community
- Less than half would attend a seniors' centre if available in their community

Family/friend Caregivers:

Often invisible and unrecognized but critical ingredients in the maintenance and growth of the aging population



Dilemma: Caregivers need to be recognize as individuals with rights to their own services and supports. At the same time public policy will need to be targeted to caregivers who provide a certain amount of care (not help).

Atlantic Seniors Housing Research Alliance – Key Message

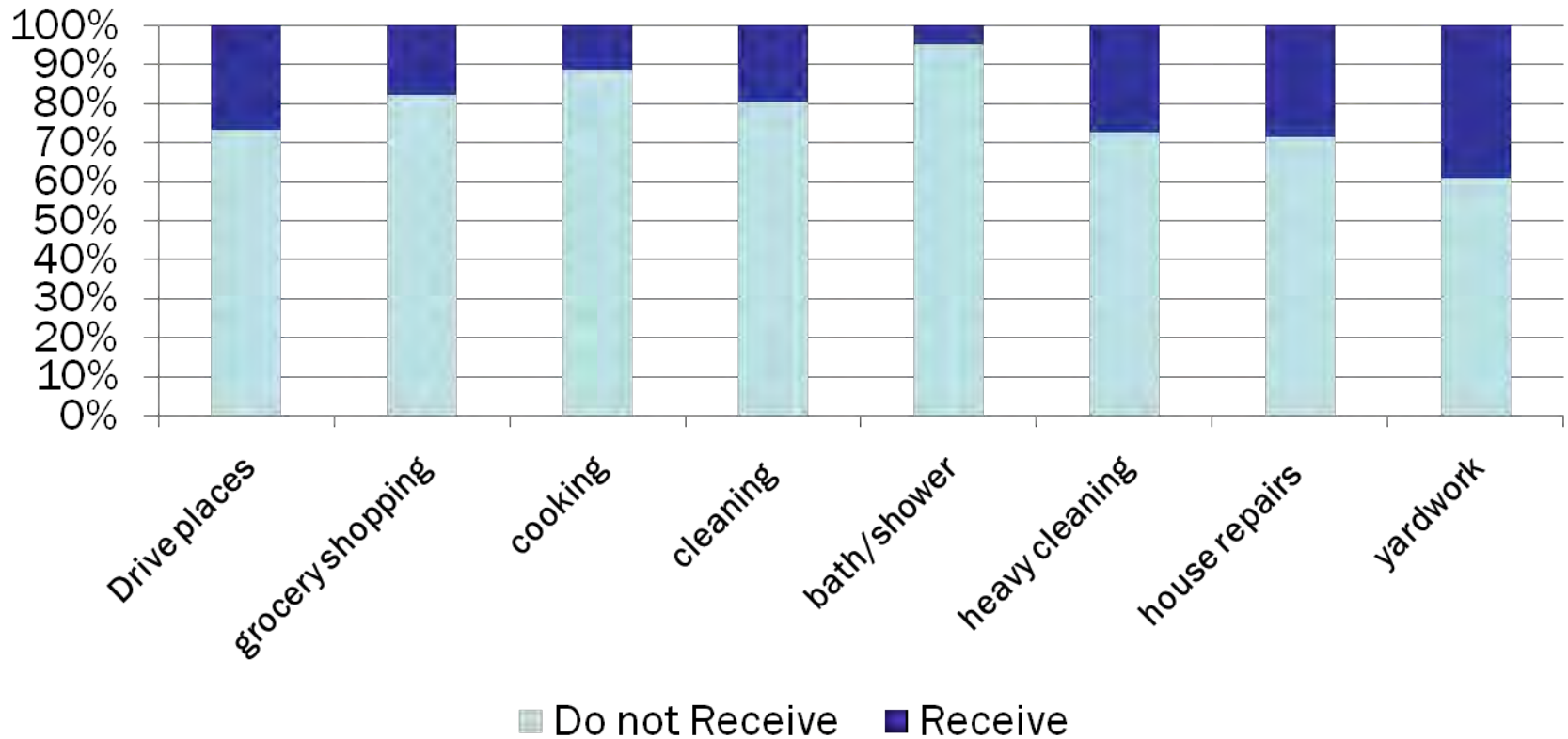
Most Seniors Live in Rural Areas

- 83% of rural seniors live in single family homes, compared to 60% of urban seniors
- Seniors living in rural areas more commonly live in older homes
- Rural areas have fewer options when it comes to:
 - Range of housing options
 - Support from family and friends
 - Services available to repair homes
 - Public transportation services
 - Home care and support care services

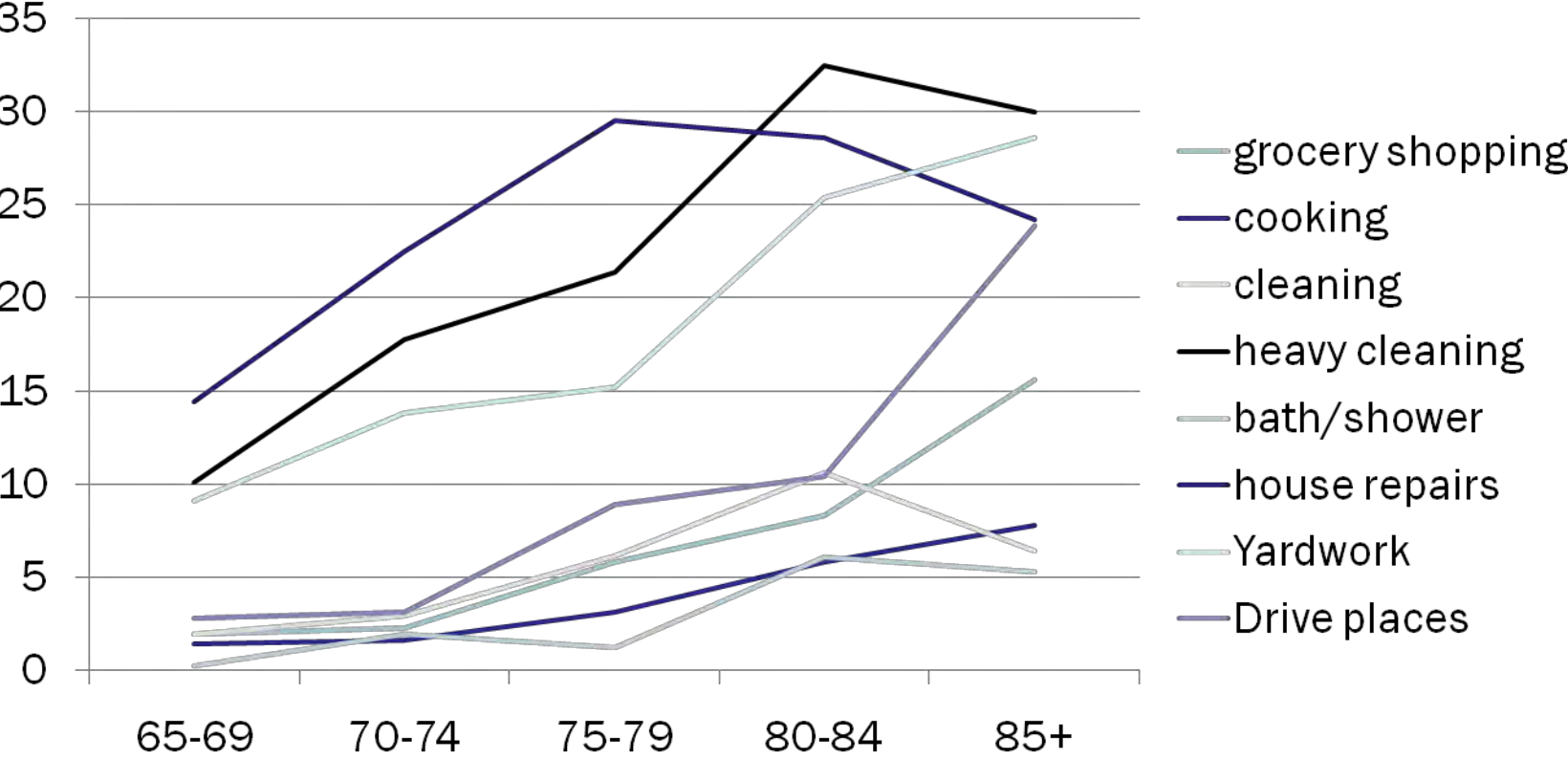


Source: *Women on Home Care*, Published by the Canadian Women's Health Network

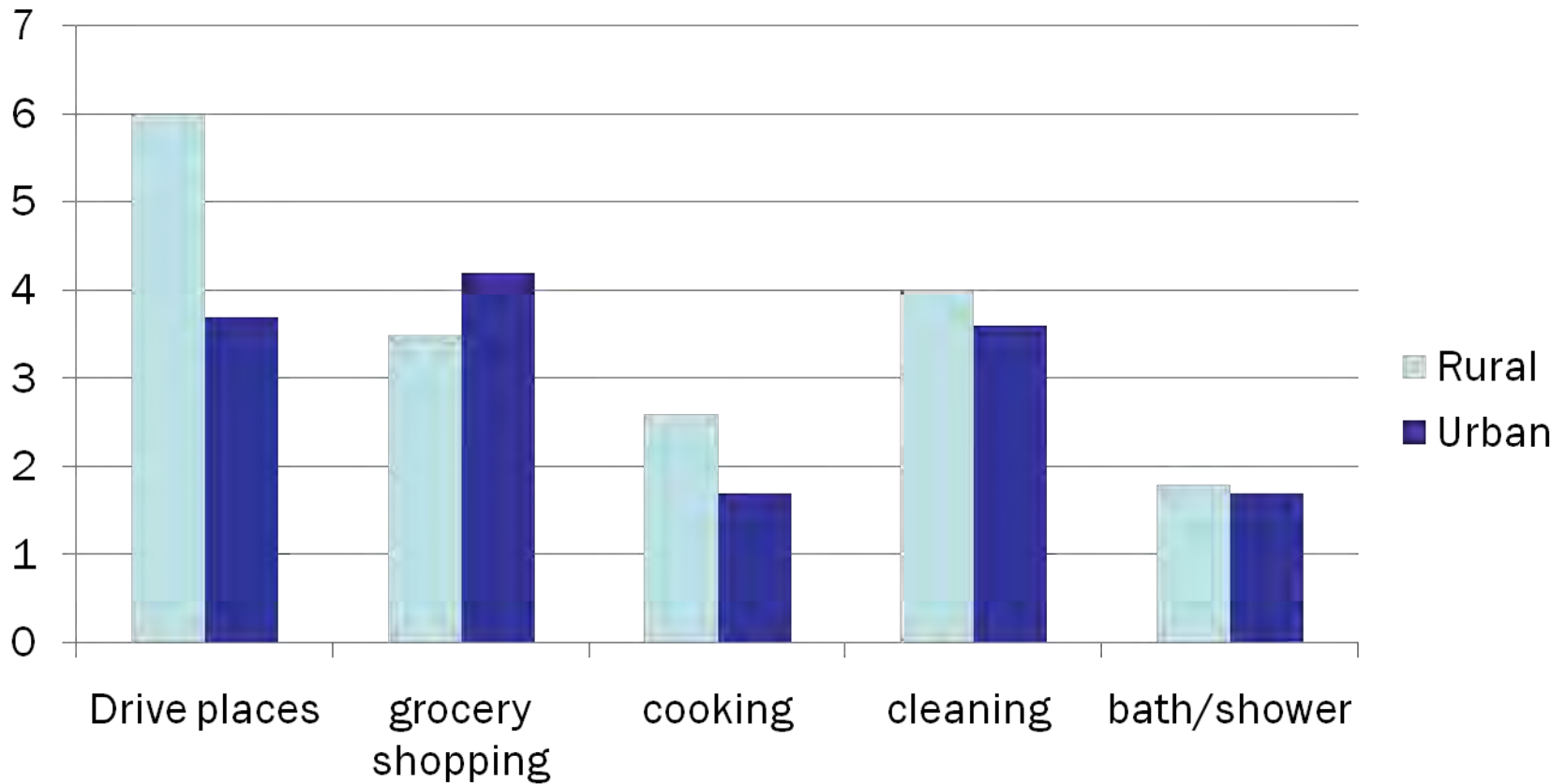
Percent of people who receive assistance for various activities (ASHRA data n=1701)



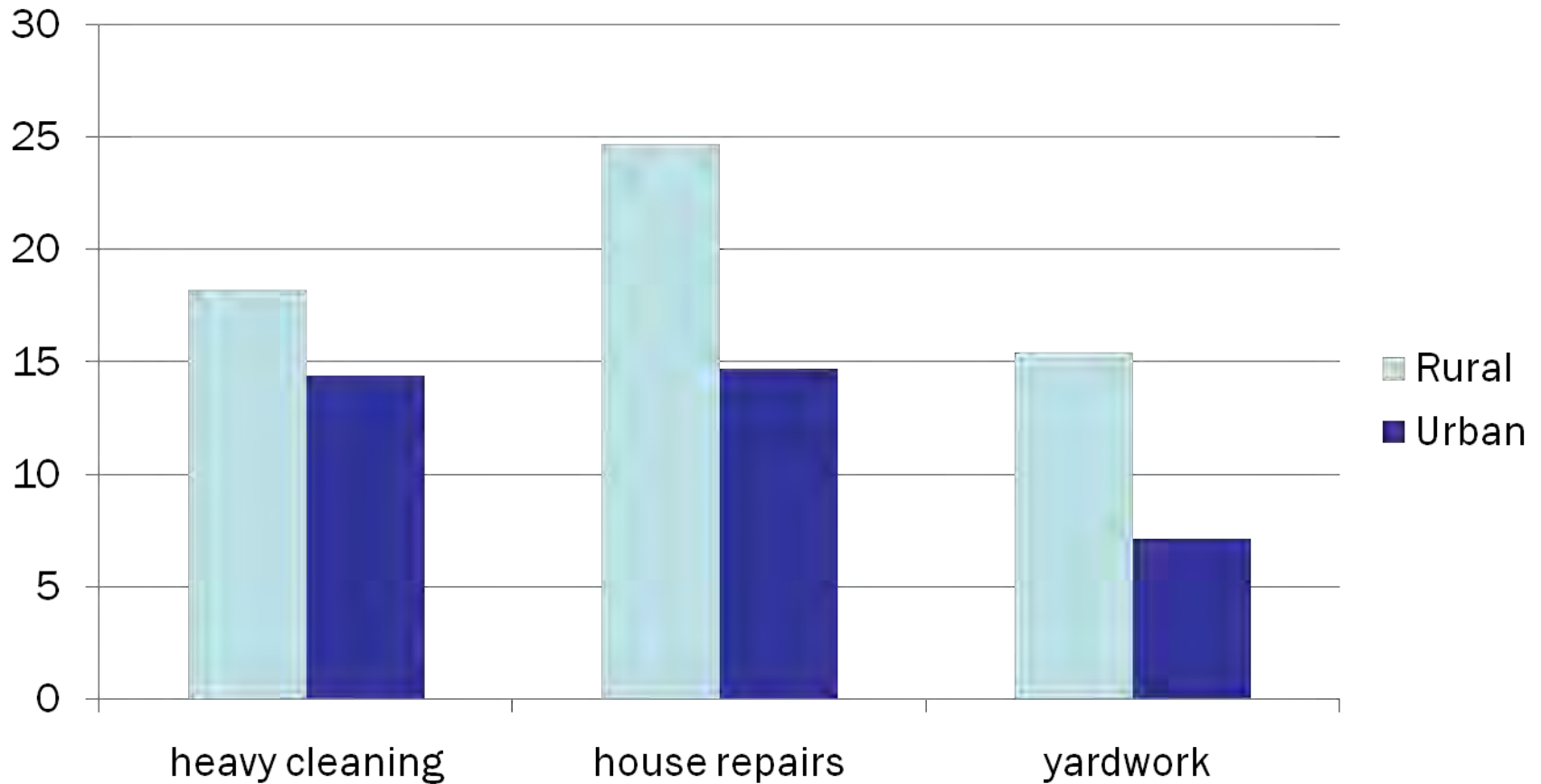
Percent of unmet need with each activity and by Age (ASHRA Data)



Percent of need for activities by rural / urban (ASHRA Data)



Percent of need for activities by rural / urban (Cont.) (ASHRA data)

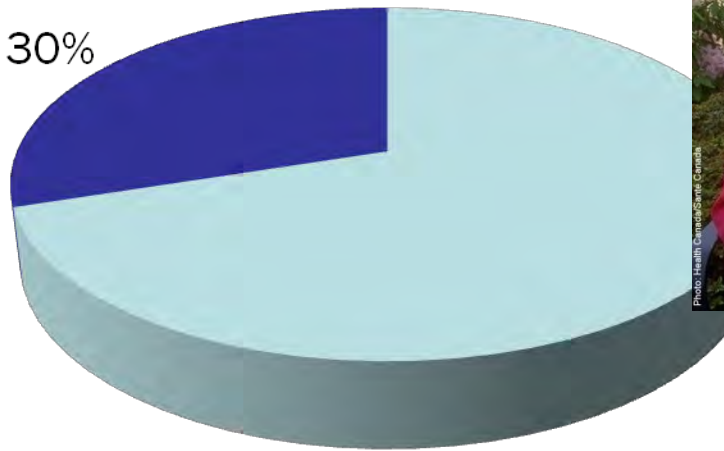


Who is Providing the Care?



Percentage of Hours of Care Provided in Community

Formal, 30%



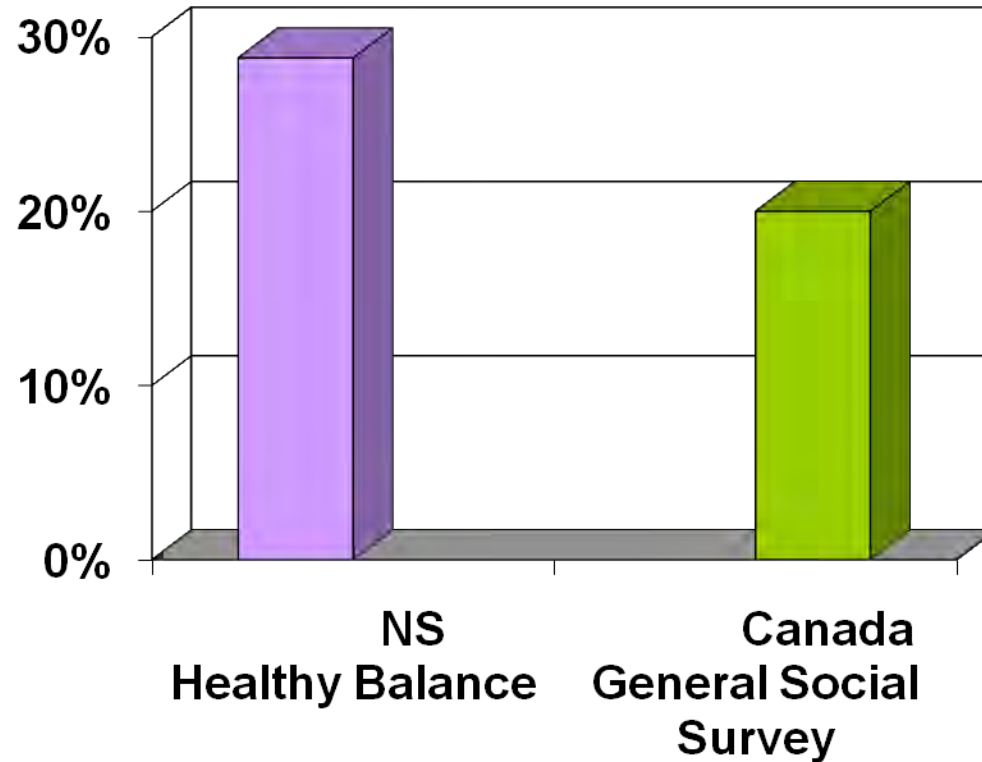
Informal, 70%



Source: General Social Survey, 2006

Comparison of Prevalence of Caregiving

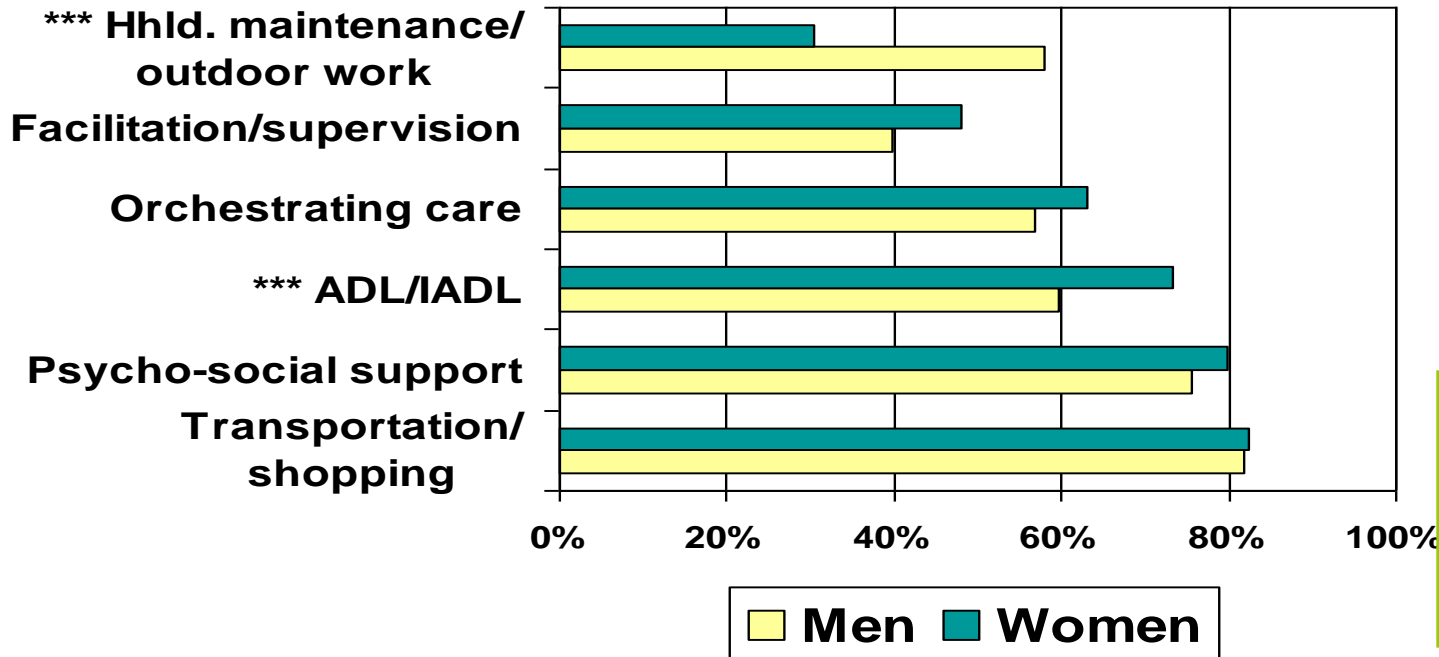
Percentage of caregivers aged 45+ providing care to persons 65+ because of long term health problem



Source: Healthy Balance Research Program Survey, 2005

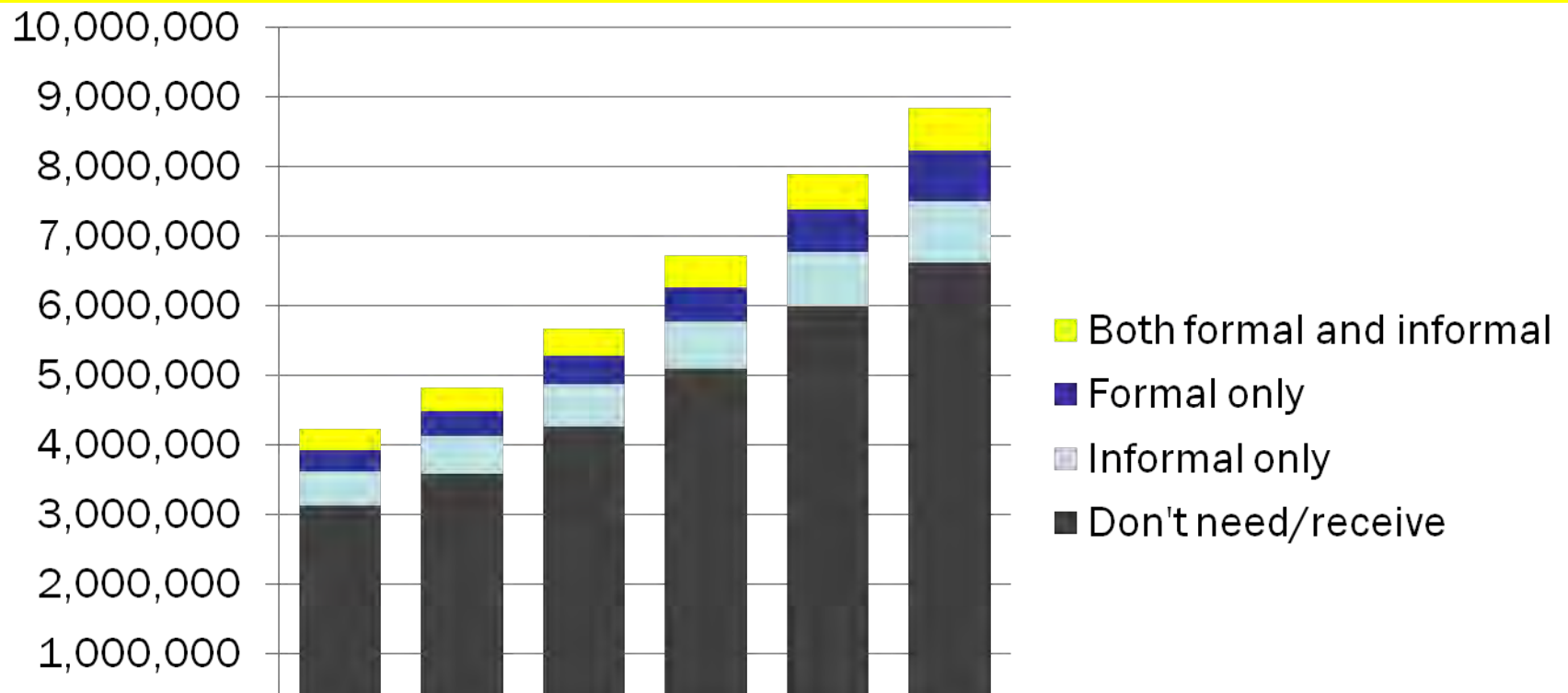
Nova Scotia's Caregivers...What are they doing ?

Type of tasks



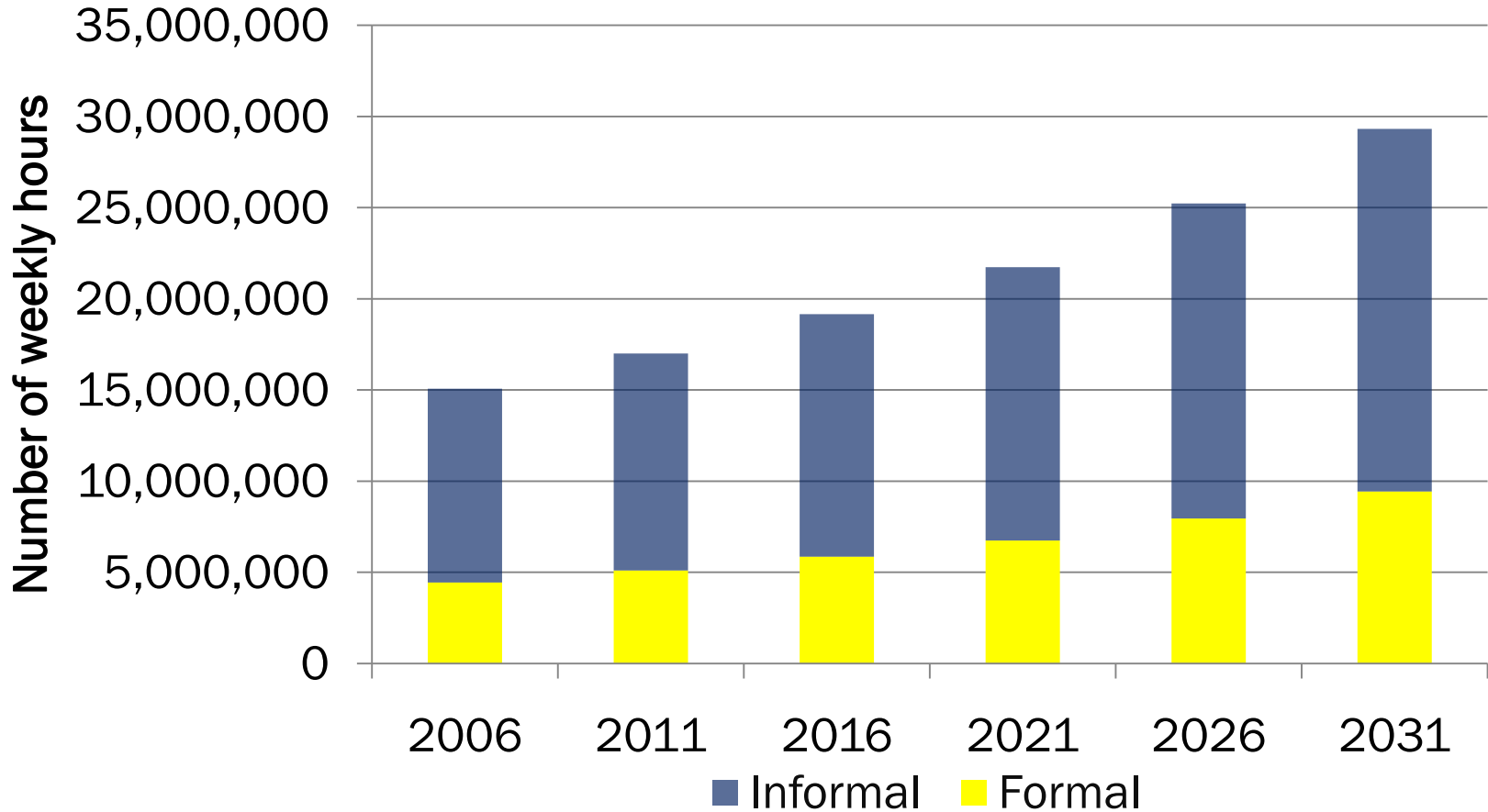
Source: Healthy Balance Research Program Survey, 2005 (n=409, unweighted data) ***denotes statistically significant difference

Our Population is Aging: When senior need care, it is mostly provided by family - BUT assuming their continued availability is problematic.



Most 'Old' people do not need help – however an increasing proportion will need to receive it from formal care

Demand: Older Canadians who need help received 15.1 million of hrs/wk in 2006. In 2031 projections - 29.3 million hrs /week.



Age-Friendly Communities

Need for supportive services emerges as a strong theme AFC community consultations

Cumberland

Another challenge noted to remaining in one's own home was finding people to do maintenance jobs. It was difficult to find someone to do yard work such as snow shoveling and lawn mowing.

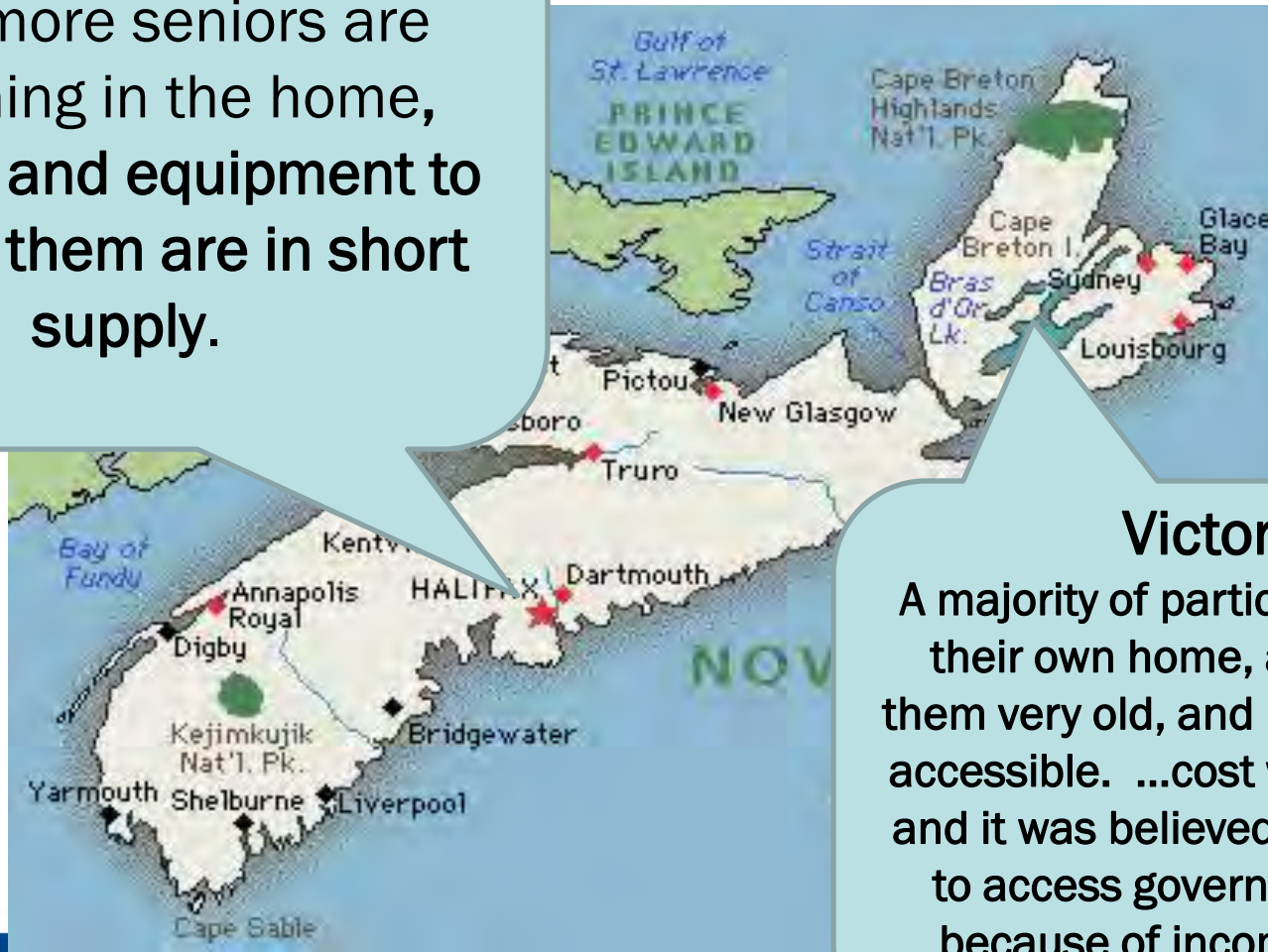


Victoria

Upkeep and maintenance was also a concern, not only because it was difficult to find someone to do it, but also due to cost;

In Chester ...

while more seniors are remaining in the home, services and equipment to support them are in short supply.



Victoria

A majority of participants owned their own home, and many of them very old, and not wheelchair accessible. ...cost was a concern and it was believed to be difficult to access government grants because of income eligibility criteria.

What we know presents challenges and opportunities to support older adults and their caregivers

Nova Scotia seniors landscape increasing

Seniors want to age in place

Access to support (family/friend, formal) currently varies and expected to be ongoing concern

Voluntary sector and family/friend need support too

Expected differences between current and future cohorts re needs, expectations and preferences

Aging in Place:

**A support system is as
important as a house.**

Thank You!

Acknowledgements

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Respondents

To the Atlantic Seniors Housing Research Alliance Survey