Serving Aging Tenants in Supportive Housing
CSH’s Focus On Aging Adults

- Older Adults with Housing & Service Needs Wishing to Age-in-Community

- Includes Adults 50+
  - experiencing homelessness,
  - inappropriately institutionalized, or
  - currently aging in place in SH who desire to age healthily and safely in their own homes for as long as they can

- SH seen as an ideal solution to address needs of aging tenants with adaptable housing models and flexible service packages
The Aging Population: National Trend

The Older Population Is on Track to Increase Dramatically

Population by Age Group (Millions)

Homelessness & Aging in the U.S.

40% supportive housing tenants are 50+ years of age

Photo Courtesy of Brooklyn Community Housing and Services (BCHS) Oak Hall’s Aging Program
Homelessness, Health & Aging

- Homeless adults 50+ have higher rates of chronic illnesses similar to housed individuals 65+.
- Homeless adults 50+ are 4X more likely to have 1+ chronic illnesses compared to younger homeless adults.
- Homeless adults 50+ have geriatric conditions of those 70+ in general population.
- Those w/ geriatric conditions more likely to frequent ER (4+ times/year) and more likely to be institutionalized.

*Information presented by Dr. Rebecca Brown from University of California, SF, Division of Geriatrics, Dept. of Medicine*
CSH’s Healthy Aging Academy

Series of 8 in-person trainings and virtual 3 peer exchanges with experts on topics aimed at understanding and providing for the unique needs of the aging population in SH and AH

- Diverse array of subjects ranging from Reducing Isolation to Understanding the Differences between Cognitive Decline and Behavioral Health Challenges, Nutrition, Eldercare law and End of Life/Advance Planning

- Trained/training over 30 affordable and supportive housing providers
Key Considerations for Healthy Aging in Supportive Housing

- "Accelerated Aging"
- Comprehensive & Flexible Service Contracts
- Cultural Sensitivity
- Social Connectedness
- Accessibility & Safety
- Nutrition
- Transportation
- End of Life Planning & Care Transitions
- ‘Accelerated Aging’

(CSH)
Outcomes of Service Enriched Housing Models

• Lower transfer rates to higher levels of care such as assisted living or nursing home facilities
• Fewer emergency room visits and hospital stays
• Better management of chronic diseases
• Better care transitions
• Improved medication management and adherence
• Improved physical functioning
• Improvements in mental health
• Reduced incidence of falls
• Enhanced physical activity
• Improved nutrition
• Reduced isolation
• Improved sense of security

Source: National Summit on Affordable Senior Housing and Services, 2010.
As presented by Linda Trowbridge, CEO, Centers for Elders Independence at the Housing California Conference March 2018
THANK YOU!

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