

2018

Supportive Housing Network of New York  
18<sup>th</sup> ANNUAL NEW YORK STATE  
Supportive Housing Conference



# Serving Aging Tenants in Supportive Housing

# Seniors in Supportive Housing

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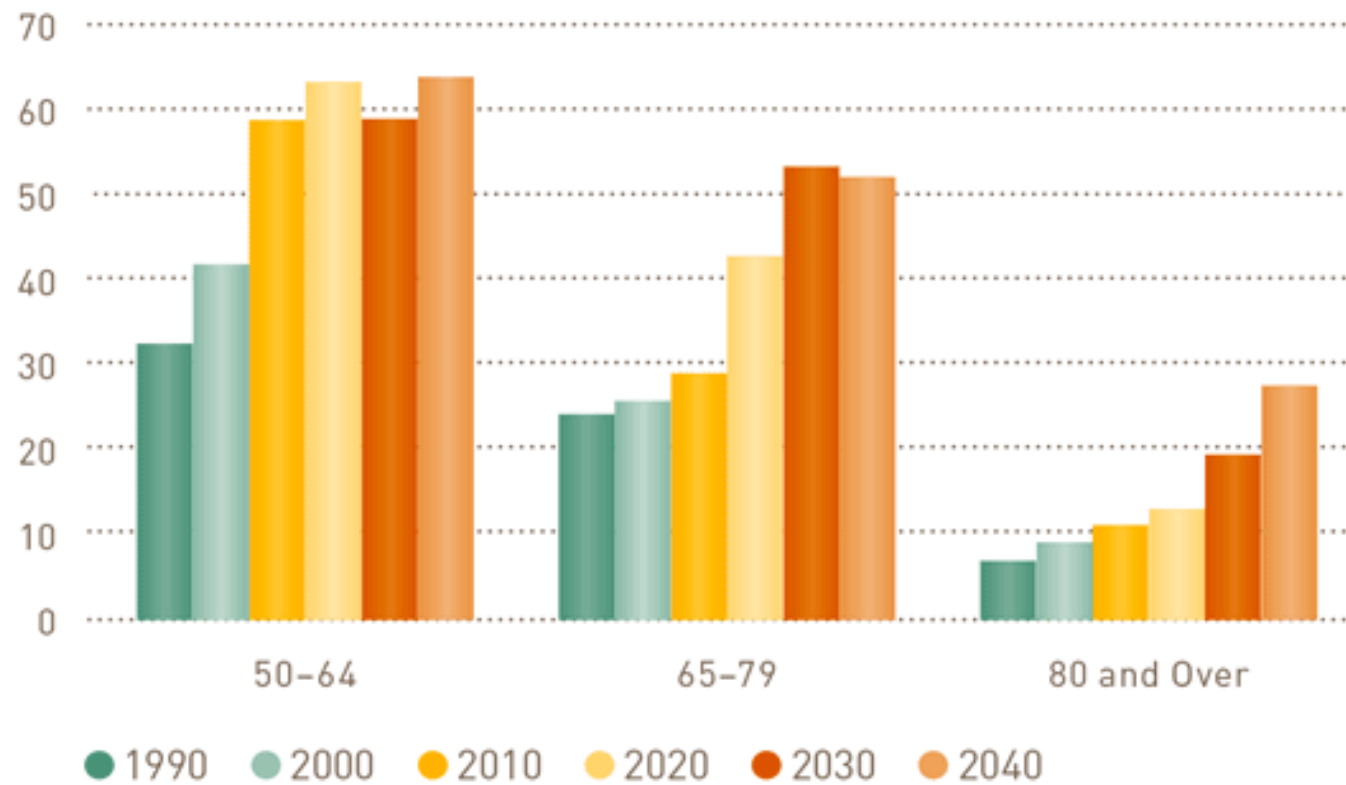
# CSH's Focus On Aging Adults

- 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

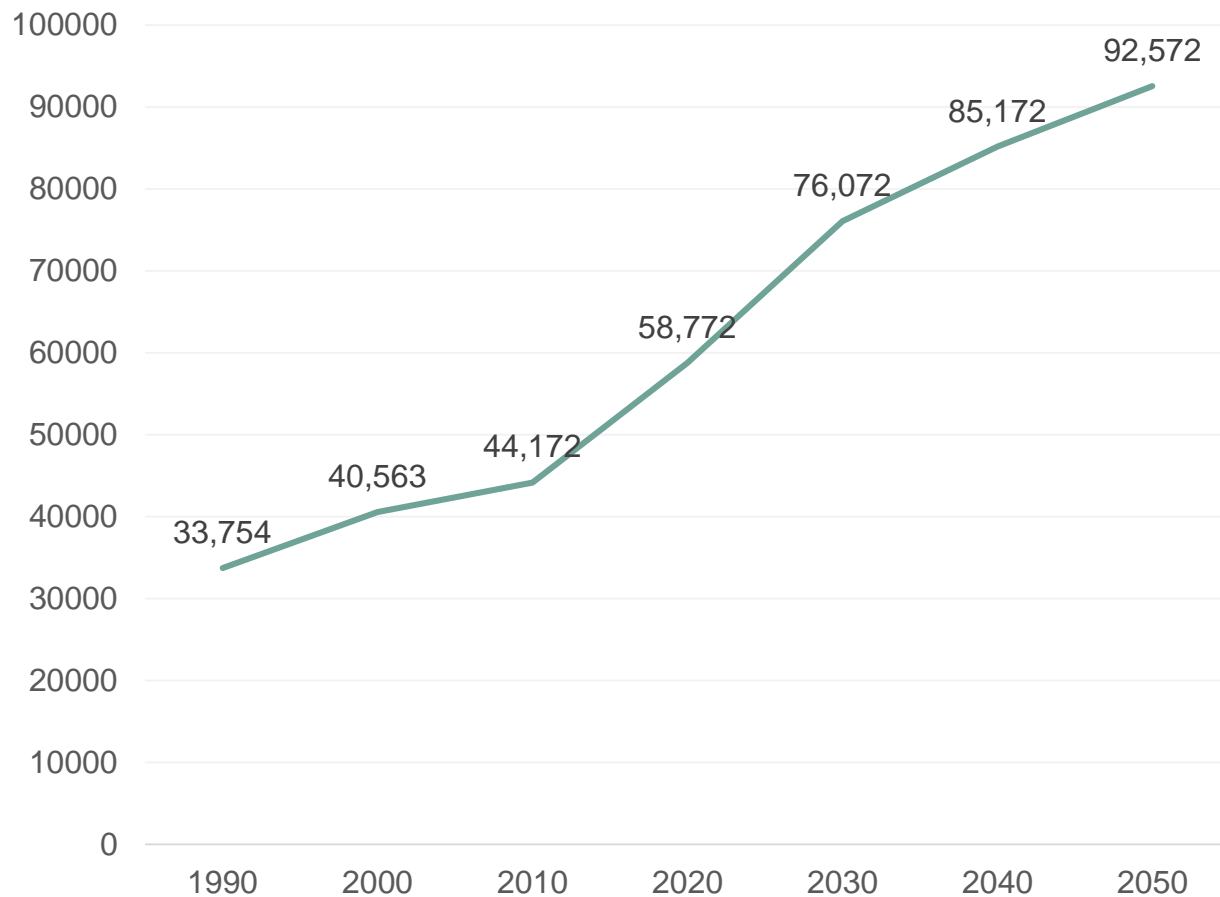
Population by Age Group (Millions)



Source: US Census Bureau, Decennial Censuses and 2012 National Population Projections (middle series).

# Homelessness & Aging in the U.S.

## Projection of Elderly Homelessness, 2010



**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

# CSH's Healthy Aging Academy

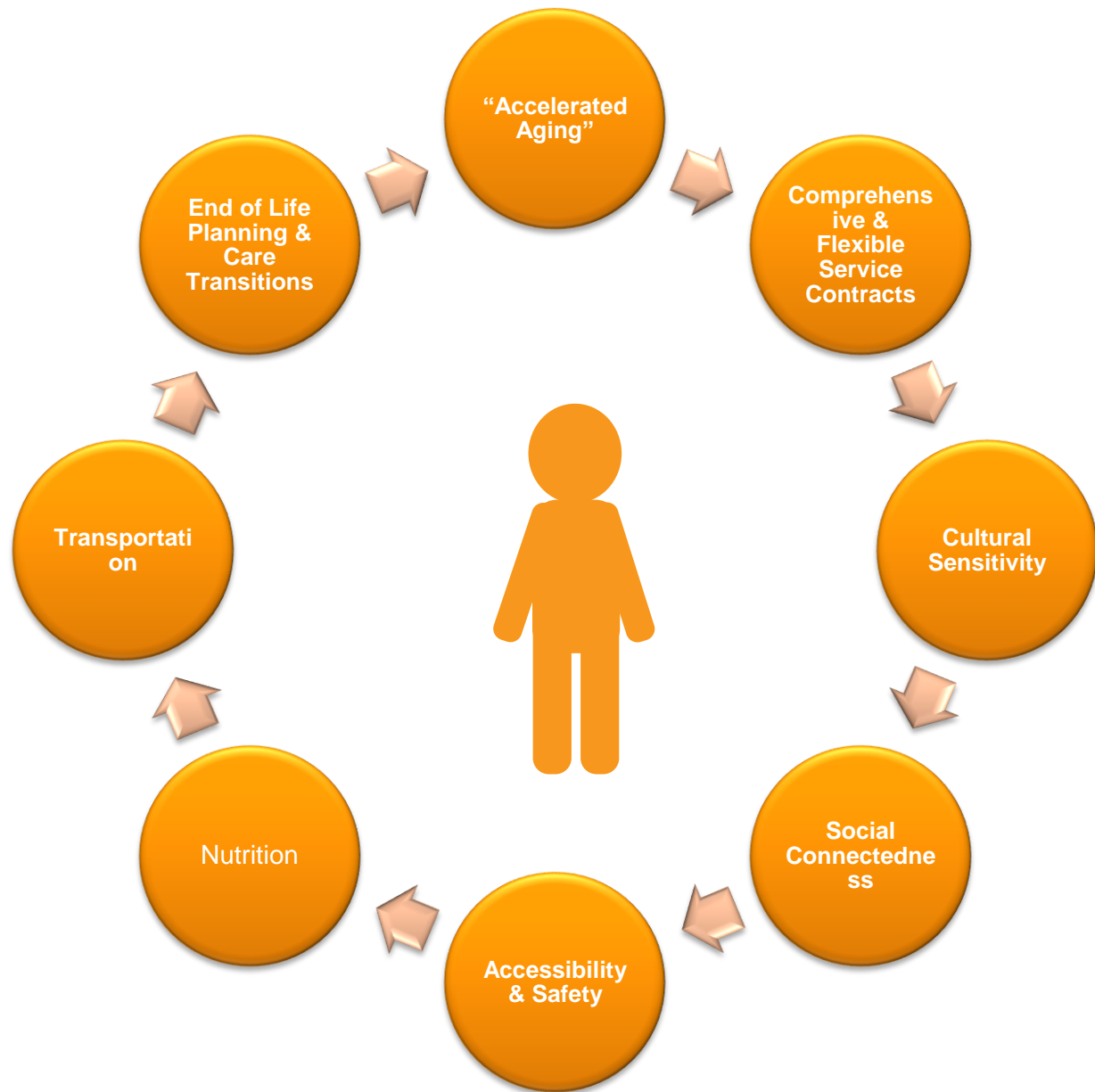
*Series of 8 in-person trainings and virtual 3 peer exchanges with experts on topics aimed at understanding and providing for the unique needs of the aging population in SH and AH*

- ❖ 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



# 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



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# THANK YOU!

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