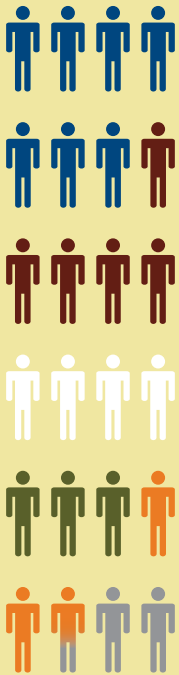




Senior Housing

1.2 MILLION

Hoosiers
Aged 60+



Key:

60-64

65-69

70-74

75-79

80-84

85+

= 50k ppl.

Source: 2010 Census

There are more older people living in Indiana than ever before. Their numbers are growing at a rate greater than that of the general population, and they are living longer than at any other point in our history. This longevity, paired with a noteworthy vitality, means our definition of aging must change. In this brief, we'll explore how housing can evolve to meet the needs of today's senior population.

In the past it was assumed older people would live at home or in a nursing home. But seniors of the 21st century, as well as their adult caregiver children, are seeking additional options. Learning more about **aging in place, senior communities, assisted living, and nursing homes** will help us understand how best to embrace the aging's physical, emotional and social needs.

You can find examples of successful senior housing projects inside. We'll also look at who is working on the issue, what the various options cost, and how funders can get involved.

If we all pull together we can provide the affordable, convenient, safe and walkable neighborhoods that enable citizens, older or otherwise, to thrive.

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Senior Housing Options & Costs

AGING IN PLACE

Aging in place is defined as staying in one's own home even when age- or health-related changes make it difficult to care for oneself easily and safely. It is associated with increased longevity, improved quality of life, the maintenance of community diversity and significant cost savings.

Related Concepts

Home modification: Conversion or adaptation of the environment in order to foster safety, independence and mobility within the home.

In-home care: Provision of health or health-related care in one's own home. Can range from administration of medications and health monitoring to rehabilitation, such as physical and occupational therapies.

Adult day services: Non-residential care and companionship provided by a facility for seniors needing assistance or supervision during the day.

88 percent of people 65+ wish to age in place

Source: AARP

ALTERNATIVES TO AGING IN PLACE

Senior community: Referred to sometimes as "active adult living," this is single or multi-family housing organized around social and recreational activities with amenities, but little to no care services.

Assisted living: Housing and care packaged together to meet assistance needs, generally those for activities of daily living (e.g. bathing, bathroom, eating). Often progressive in terms of services required and delivered.

Nursing home: 24-hour residential skilled nursing care for those requiring the highest level of care and monitoring.

Home Modification

\$1,000+

Ramp with guardrails

\$200-1,000

Grab bars

\$5,000-15,000

Bathroom modification

\$1,100

Interior door widening

Source: Renovations for Life LLC

\$21

Avg. hourly rate for home health aides

\$70

Avg. daily rate for adult day services

COST COMPARISON OF ALTERNATIVES



Senior Community (one unit/home)

\$700/mo.

Assisted Living

\$3,477/mo.

Nursing Home (private room)

\$7,170/mo.

Sources for service rates and cost comparison: MetLife Mature Market Institute & Miller's Merry Manor

Senior Housing Players & Best Practices

A coherent and inclusive planning process is imperative to identifying senior housing needs and finding creative, affordable solutions. As many of the below stakeholder groups as possible should be included when tackling this aging issue.

Click on any specific player below to learn more.

Providers & Agencies

Indiana Association for Community Economic Development
Indiana Division of Aging
Indiana Housing & Community Development Authority
Indiana State Department of Health

Advocates & Lawmakers

AARP
Back Home in Indiana Alliance
Neighborhood advocacy groups
Authors and Sponsors of the Communities for a Lifetime Bill
United Senior Action

Others

Community development corporations
Durable medical equipment providers
Hospitals and health care providers
Private developers
Transportation companies

SENIOR HOUSING STANDOUTS

Click on the title of any standout to learn more.

Emerson House

Constructed specifically to provide non-medical assisted living for up to 14 older adults in Indianapolis, Emerson House is also the home of owners Paul and Kathy Brakke. Residents have their own bedrooms and bathrooms and must be able to take care of their own dressing, hygiene and medical needs. Living spaces, including the kitchen and the laundry room, are shared. The Brakkes provide meals served family-style, housekeeping and transportation.

Indiana Mentor

Seniors who wish to live in the community, but require assistance with daily activities, health or personal care needs, are served by Indiana Mentor's Adult Foster Care program. Seniors live with mentors, who are community-dwelling, skilled paraprofessionals with the experience needed to support individuals with a range of physical, emotional and cognitive needs.

Next Door Garage Apartments

This Indianapolis-based business converts two-car attached garages into one-bedroom apartments in just 10 days. The apartment can be used by an aging relative or a caregiver of aging homeowners. The set-up allows for independent living with assistance as close as next door. When the apartment is no longer needed, the space be converted back into a garage.

Villas of Guerin Woods

The Villas of Guerin Woods offers assisted living services in a home-like setting. Built around the "small house" model, residents of the Villas in Georgetown are able to remain in their villa home for the remainder of their lives. Each villa can offer residence to up to 10 people, who each enjoy private bedrooms and bathrooms in addition to community kitchen, dining and living spaces.

Getting Involved & Learning More

HOW TO HELP

- Have a goal in mind for what aging housing could look like in 10-20 years
- Help the community move toward that goal by convening diverse groups of stakeholders and fostering an inclusive planning process
- Encourage and/or require inter-organizational cooperation when implementing solutions

ADDITIONAL RESOURCES

Click on any of the resources below for more.

Articles & Reports

- “Ending Homelessness among Older Adults and Elders through Permanent Supportive Housing,” CSH and Hearth, Inc.
- “The MetLife Report on Aging in Place 2.0: Rethinking Solutions to the Home Care Challenge,” MetLife Mature Market Institute.
- “A Nursing Home Shrinks Until It Feels Like a Home,” *The New York Times*.

Websites

- Aging in Place Tech Watch
- Finding DIY Ways to Age in Place
- Naturally Occurring Retirement Community (NORC) Blueprint

Organizations

- Administration on Aging
- Hoosier Owners & Providers for the Elderly
- Indiana Association for Home & Hospice Care
- Indiana Health Care Association
- Indiana Institute on Disability & Community - Center on Aging & Community
- LeadingAge Indiana
- National Association of Professional Geriatric Care Managers

Analyzing Senior Housing Proposals

Is this housing solution integrated in the greater community with respect to health and wellness, socialization and transportation?

Is it safe, accessible and adaptable?

Is it meant as a lifelong solution, transitional support or temporary fix?

Which senior housing stakeholders and community partners are on board?

Still Have Questions?

Ask the Experts at the University of Indianapolis Center for Aging & Community at emiller@uindy.edu.