



HOMELESS & HOUSING RESOURCE CENTER

Housing Supports for Older Adults Experiencing Homelessness



April 19, 2023



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Today's Presenters

- Caitlin Synovec, OTD, OTR/L, BCMH
 - Senior Medical Respite Manager, National Health Care for the Homeless Council
- Dr. Courtney Pladsen, DNP, FNP-BC, RN
 - Director of Clinical and Quality Improvement, National Health Care for the Homeless Council
- Sarah Canham, MA, PHD, FGSA
 - Associate Director, Health Interprofessional Education Program, University of Utah
- Shireen McSpadden
 - Executive Director, San Francisco Department of Homelessness and Supportive Housing
- Katelyn Taubman
 - Associate Manager, Client Care/SUD Counselor, Illumination Foundation
- Kevonya R. Elzia, MA, BS, RN
 - Director of Justice, Equity, Diversity, and Inclusion, National Health Care for the Homeless Council



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April 19th, 2023

Research | Training & Technical Assistance | Policy & Advocacy | Consumer Voices

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Acknowledgement

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Objectives

1

Participants will be able to describe unique considerations affecting older adults experiencing homelessness.

2

Participants will be able to identify 2-3 promising practices to support older adults experiencing homelessness and as they transition into housing.

3

Participants will be able to discuss 2-3 strategies to address the needs of older adults experiencing homelessness within their community.

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An Overview of Homelessness and Older Adults

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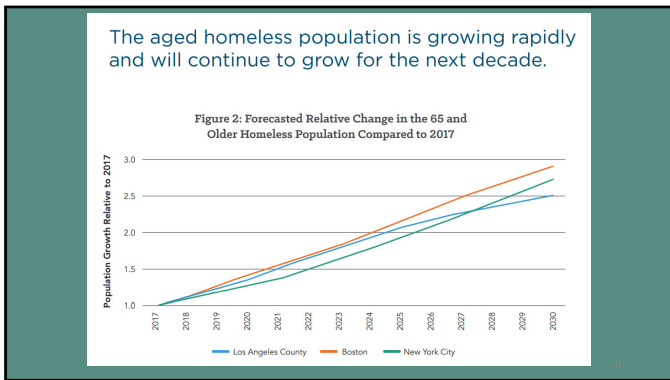
Older Adults and Homelessness

- Defined by the UN as an adult aged 60 or over
- In the US, often aged 62 or 65 to be eligible for services
- In people experiencing homelessness, those in their late 40's and early 50's present with health and functional needs of their housed peers who are in their 60's or 70's

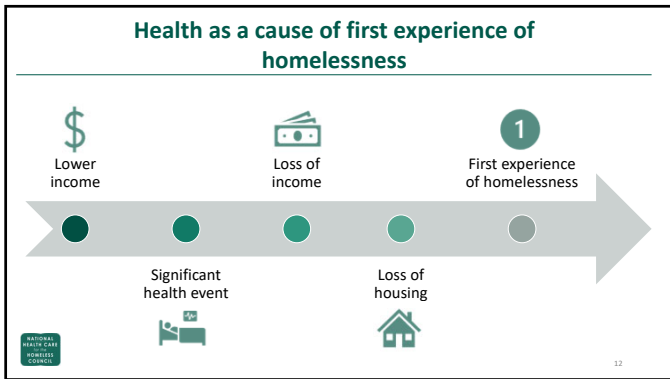
Experiencing chronic homelessness & aging
First time homeless as an older adult

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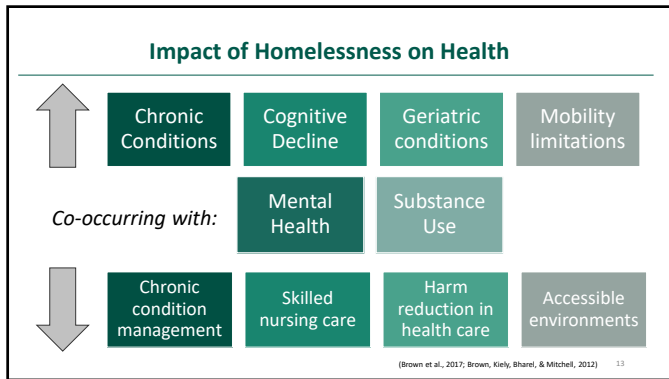
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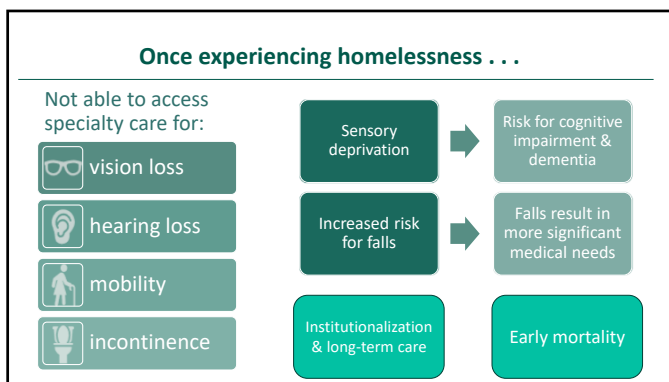
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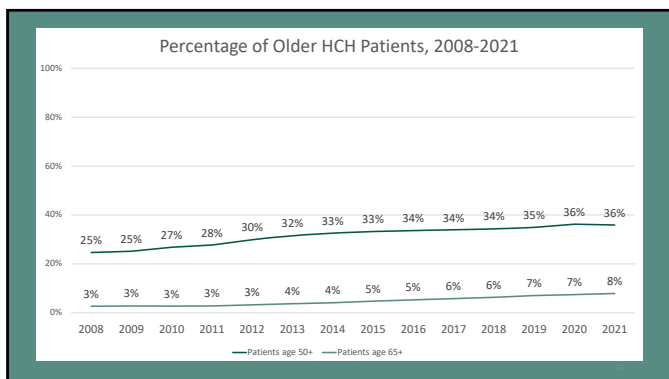
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Barriers to Accessing Shelter

Shelters are able to medical restrict a person who cannot meet their own activities of daily living (ADLs)

- This leads to an increase in unsheltered homelessness for the most vulnerable and medically frail
- Aging related health issues, such as incontinence, can result in being restricted from entering shelter or impact interactions with staff

30% older adults experiencing homelessness report difficulty in at least one ADL

- This is in part due to environments that are not accessible

Shelter spaces are not necessarily designed with the needs of older adults in mind

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Barriers to Accessing Skilled Nursing & Long-Term Care

Discrimination based on:

Race	Housing status	Behavioral health needs	Insurance coverage
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prevent this population from accessing appropriate levels of care.

For those that are able to access SNF or long-term care a lack of

Trauma-Informed Care	Harm Reduction Practices	Behavioral Health Care
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creates challenges for engaging in care once in the facility. ¹⁷

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Barriers to Accessing Housing

<p>Housing Prioritization</p> <ul style="list-style-type: none"> • Once they are at the top of housing prioritization systems, they are considered “too frail” to be housed in independent units • Use of the VISPDAT prioritizes white individuals over BIPOC communities in housing prioritization processes – results in staying homeless longer 	<p>Lack of Access to Harm Reduction Housing</p> <ul style="list-style-type: none"> • Rules of buildings and for tenancy may prohibit those who use substances or who smoke tobacco from accessing housing options • Older adults are less likely to decrease or end substance use
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Housing Costs

- Current affordable housing stock only meets 1/3 of demand
- 1% of housing stock is wheelchair accessible
- Less than 5% can accommodate moderate mobility disabilities

Metric	Value
Best Available Affordable Housing (2021)	\$252
For Mobility Disabled and Seniors (2021)	\$377
For Mobility Disabled and Seniors (2021) - Average Income (2021)	\$529
Best Available Affordable Housing (2021)	\$694
2022 Fair Market Rent (FMR)	\$1,106
2022 Fair Market Rent (FMR)	\$1,342

OUT of REACH

Source: HUD's calculation of available affordable housing for market rents. Affordable rents based on HUD's definition of affordable rents (30% of household income) for 2022. HUD's Department of Labor, Employment and Training Administration, March 2022, and Social Security Administration, 2022.

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Supports Needed to Sustain Housing – Not Always Available

- Income Supports
- Accessible Units
- Equipped for Aging in Place
- Accessible Neighborhoods
- Supports for IADLs

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Strategies and Promising Practices to Address the Needs of Older Adults Experiencing Homelessness

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Housing and Aging in the Right Place

Advocacy for continued development of affordable, accessible, and harm reduction based housing in the community

- PSH demonstrated effectiveness at increasing days housed in older adults

Development of safe and affordable supported housing models within community spaces

- E.g. group homes, assisted living spaces

Advocacy for access to long-term care facilities when needed

- E.g. with onset of dementia

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Harm Reduction

Integration of Harm Reduction principles into settings such as:

- Senior housing
- Geriatric care
- Long-term care, skilled nursing facilities

Creating a continuum of housing

- Housing First ↔ Sober Living

Palliative Care

- Changing to this philosophical approach to care

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Health Care

Integrated health care settings

- Equipped to manage geriatric conditions and needs
- Develop relationships with service providers: PT/OT/Visiting RN about TIC, Harm Reduction, and Tri-Morbidity
- Include behavioral health and substance use support

Identifying in hospital or inpatient settings those at risk of housing loss following significant medical event

- Connection to benefits and resources to prevent housing loss and/or transition into housing setting

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Accessibility


- Accessibility of housing
- Simple, removeable in-home modifications
- Engage with home mod specialists such as OT
- Support in acquiring needed resources/supplies
- Increase accessibility of shelter & transitional housing spaces

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Social Connection

- Create space and opportunity for social and peer interaction
 - Include both structured and unstructured community engagement
 - Support transition and integration into local community
- Cross collaboration between existing social resources and PSH
 - Senior Centers
 - Recovery Groups



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Collaboration

- Connection of homeless, health, and senior services within a community
 - Cross training
 - Care coordination
 - Adjusting eligibility
- PSH models for older adults
 - Include providers and staff able to address functional needs
 - Model after effective Senior housing structures
- Resources for renters
 - Community groups to integrate home modifications
 - Fair Housing Act advocates

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Panel Discussion



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