



SILVER CHAIN

EVERY MINUTE. EVERY HOUR. EVERY DAY. WE CARE.

# **Declining Mobility and Its Impact on Housing, Transport and Equipment Needs: The Lived Experience of Adults With Neurodegenerative Disorders in Western Australia**

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- Margaret's attendance at IFA 2008 is part - funded by Edith Cowan University

# Australia



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- Four disorders – ALS/MND, MS, PD and HD
- Six components of the project:
  - Client and carer survey (n = 1,080; response rate = 54%)
  - Client and carer interviews (n = 49)
  - Case studies (n = 4)
  - Professionals' interviews (n = 9)
  - Clients and members 1996 to 2006 and data linkage 2006 (n = 2,550, excluding PD)
  - Projections to 2021

# Metro and Regional Interviews



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# Housing Changes



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Level of Dependency	Modified only (%)	Moved only (%)	Both moved and modified (%)	Neither moved nor modified (%)	Total (n)
Independent	10.8	7.1	2.1	80.0	240
Low	24.2	9.3	8.1	58.4	334
Medium	52.5	8.9	14.4	24.3	202
High	59.2	6.8	23.0	11.1	235
All (n)	352	82	115	462	1,011

# Housing Moves



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Level of Dependency	Moved (%)	Did not move (%)	Total (n)
Independent	9.1	91.0	241
Low	18.0	82.0	338
Medium	23.3	76.7	202
High	30.1	69.9	236
All (n)	201	816	1,017

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- Reasons for moving include:
  - House size (smaller, bigger)
  - Better bathroom
  - More accessible
  - More wheelchair friendly
  - Closer to family
  - Closer to facilities including health centres
  - Smaller gardens and less home maintenance
  - Temperature control

# Housing Modifications



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Level of Dependency	Made changes (%)	Did not make changes (%)	Total (n)
Independent	12.8	87.2	243
Low	32.4	67.6	339
Medium	66.2	33.8	204
High	82.6	17.4	242
All (n)	476	552	1,028

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- Bedrooms
- Bathrooms
  - Hobless shower
  - Rails
  - Lowering mirror
- Rails
- Ramps
- Leveling floors
  - Access to the home
  - Inside the home
- Lighting
- Temperature control
- Gardens and outdoor areas

# Rails and Hobless Shower



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# Fixed Hoist



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# Level Access



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- Cost
- Energy and expertise
- Living at home during the renovation
- Stigma of the modifications
- Resale value

# Equipment Needs



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Level of Dependency	Not enough (%)	Don't need equipment (%)
Independent	2.5	80.5
Low	5.4	55.7
Medium	11.3	26.1
High	11.6	7.3
All (n)	74	445
N		1,003

# Shower Chair



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# Fixed Hoist



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# Air Conditioning



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# Transport Needs



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Level of Dependency	Transport needs not met (%)
Independent	1.7
Low	6.6
Medium	11.1
High	14.9
All (n)	82
N	990

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- People with NDD, in general, have:
  - difficulty with mobility,
  - reduced strength and stamina,
  - reduced vision and hearing, and
  - greater frequency of need to access the toilet.
- House design is clearly one of the factors involved in enabling people with NDD to manage these difficulties and remain in their homes.
- Many of the issues concerning the housing experience of people with NDD can be related to the frail elderly.
- Universal design should be considered in the design of all housing. This will benefit not just the 85 in 100,000 with NDD disorders but also up to 23,000 in 100,000 of Australia's ageing population.
- *Note that by 2051, 26 to 28 percent of Australia's population will be aged over 65 years.*

# CLIMATE FOR CHANGE: AGEING INTO THE FUTURE



## INTERNATIONAL FEDERATION ON AGEING 10<sup>TH</sup> GLOBAL CONFERENCE

MELBOURNE, AUSTRALIA: 3-6 MAY 2010



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