Migration, housing and wellbeing of older Asian people

Elsie Ho
Associate Professor & Director
Centre for Asian and Ethnic Minority Health Research
University of Auckland
Global Ageing

% of population aged 60 years or older

Number 60+ 901m 12.3% of total worldwide population 2015
Number 60+ 1,402m 16.5% of total worldwide population 2030
Number 60+ 2,092m 21.5% of total worldwide population 2050

% of population aged 60 years or older

Japan | Italy | Germany | Netherlands | Spain | UK | Canada | Norway | USA | Australia | New Zealand | Korea | Singapore | Thailand | China

2015

2030

2050

Population ageing in New Zealand

% of population aged 65 years or over, 1986-2013, and projected to 2038

In 2013, 14.3% of NZ population was aged 65 years or over, and is projected to rise to 23.4% in 2038.

Older Asian people comprised 3.1% of the total Asian population in 1986, increased to 5.8% in 2013, and is projected to rise further to 14.6% in 2038.
NZ’s older Asian communities, 2013

27,309 Asian people aged 65 years or over in 2013

Chinese made up 53% of the older Asian population and Indian 30%

One in five older Asians were overseas-born and lived in NZ for under 10 years

As per the pie chart:
- Chinese made up 53%
- Indian: 32.4%
- Korean: 3.1%
- Filipino: 1.8%
- Sri Lankan: 1.5%
- Cambodian: 1.8%
- Japanese: 0.8%
- Vietnamese: 3%

Bar chart showing the percentage of overseas-born by Asian ethnic groups:
- Chinese: 100%
- Indian: 80%
- Korean: 90%
- Filipino: 90%
- Other Asian: 80%
- Total Asian: 100%
Changing view on ageing

Ageing well is not solely maintaining personal health and functional independence, but also continuing to participate in their communities, being valued, and being able and supported to make choices about where to live in later life.

**NZ Positive Ageing strategy**

*Older New Zealanders – Healthy, independent, connected and respected*

People can age positively; older people are highly valued and are recognised as an important part of families and communities

**Health of Older People Strategy**

Older New Zealanders live well and age well in age-friendly communities, supported by a system oriented towards:

- Healthy ageing
- High quality acute & restorative care
- Living well with health conditions
- Better support for people with high & complex conditions
- Respectful end of life
Among older Asians, new settlers – those who have lived in NZ for under 10 years – have lower level of home ownership than the NZ-born and established migrants.
Housing experience of older new settlers

- Housing is an important social determinant of health and wellbeing for older people.
- Older new settlers vulnerable to the consequences of poor housing:
  - Under-heating → risk of cardiovascular problems
  - Mould & dampness → increased risk of respiratory conditions, asthma & infections
  - Poorly maintained dwellings → increased risk of injuries; move earlier into residential care
  - Those living in private rental houses even less likely to do repairs and maintenance to their home, and move more frequently than home owners
Transnational family & caring practices

• Nationally, 48% of older New Zealanders live in a couple without children household, and 30% in a one-person household.
• In traditional Asian societies, co-residence with aged parents is a filial obligation. This is changing though due to a growing preference for independence (either as a couple or alone).
• Many older people live in transnational households. Some took up care-giving roles across borders, paying regular visits overseas to look after elderly parents and/or grandchildren. They can experience psychological and emotional stress, but they rarely seek counselling or support services.
• Transnational support also creates challenges for older Asians whose children live overseas. Research in this area is required.
Community participation and connections

- Friends and local community groups are important sources of support for older migrants.
- Although many older migrants consider their current home as temporary, most have a strong desire to remain living in their community where they have intense involvement and strong social and personal contacts.
A new case study

- Older Chinese and South Asian people aged 60+ years and have resident in NZ for under 10 years
  - Housing trajectories before and after migration
  - Access and use of housing & social services
  - Information needs
  - Future housing intentions
  - Cultural attitudes to home ageing, health & wellbeing, home ownership, intergenerational transfer & aged care services

Outcomes

- Develop resources to meet the needs of older Asians, their families and communities
- Develop services to optimise older people’s social engagement, personal, familial & intergenerational wellbeing
Ageing in a new country

Culturally appropriate services
Accessible and allowing choices

Health
Equitable & accessible health services

Housing
Affordable & appropriate housing options

Income
Secure & adequate income

Transport
Affordable & accessible Transport options

Employment
Elimination of ageism & the promotion of flexible work options

People of all ages have positive attitudes to ageing & older people

Increasing opportunities for personal growth & community participation

Ageing in the community
Feel safe & secure

Culturally appropriate services

Health

Income

Transport

Employment

Housing

Ageing in the community


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