

Migration, housing and wellbeing of older Asian people

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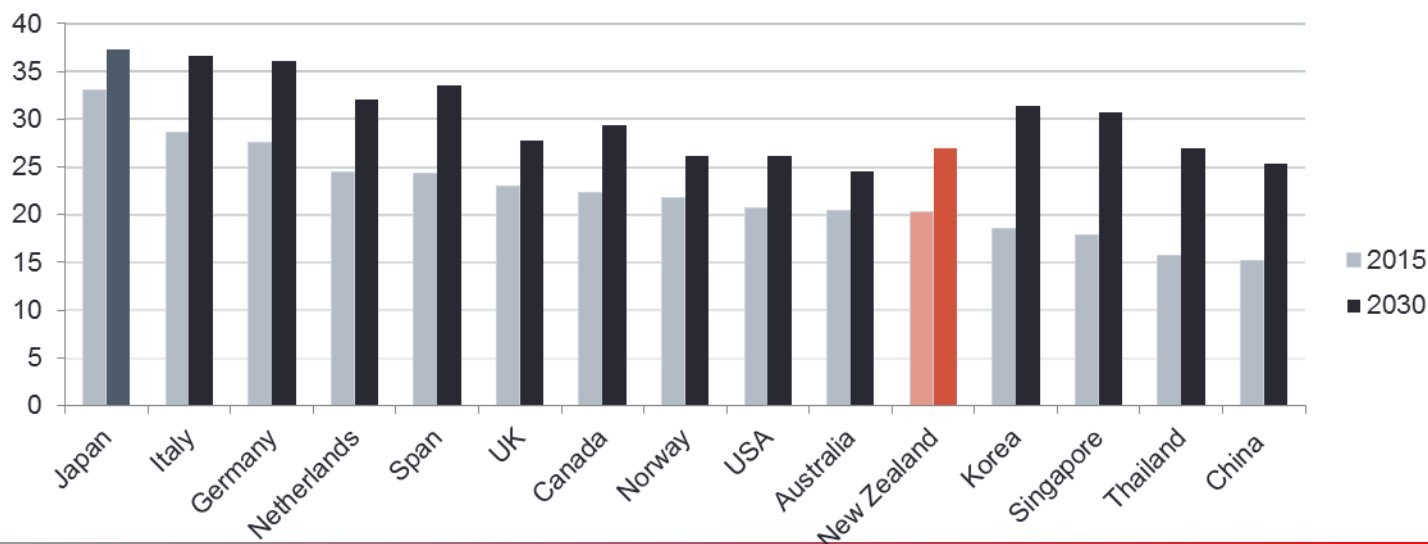
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Global Ageing



% of population aged 60 years or older



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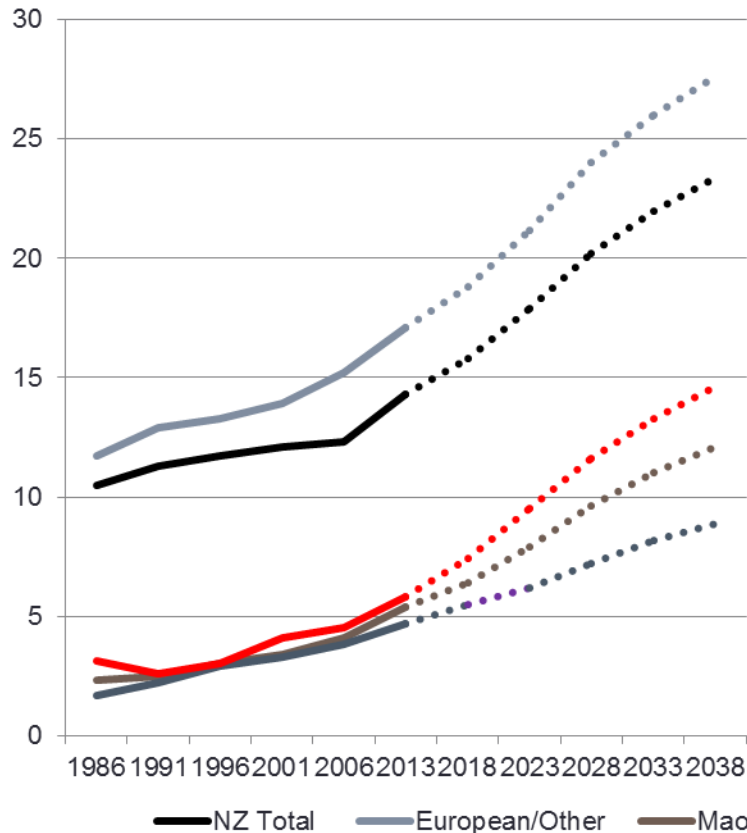
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Population ageing in New Zealand

% 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.

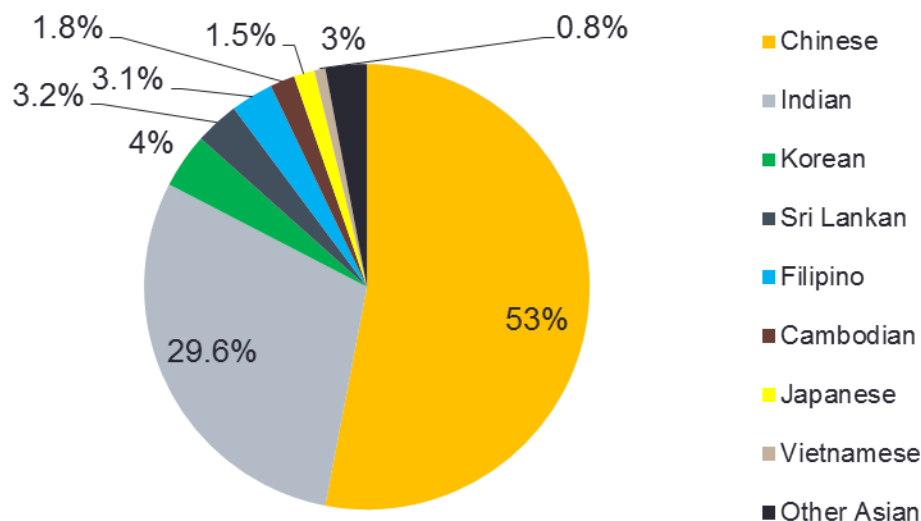
Older Asian people comprised 3.1% of the total Asian population in 1986, increased to 5.8% in 2013, and is projected to rise further to 14.6% in 2038.

NZ's older Asian communities, 2013

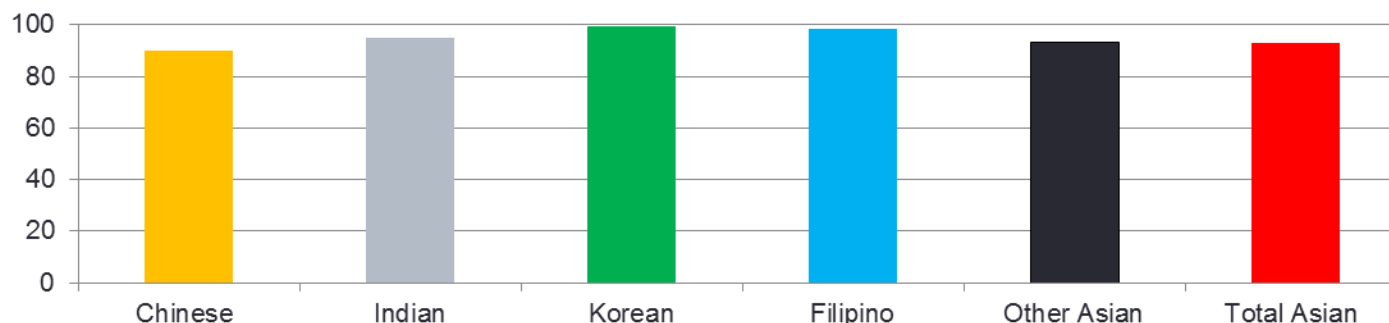
27,309 Asian people aged 65 years or over in 2013

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



Asian ethnic groups, % overseas-born



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

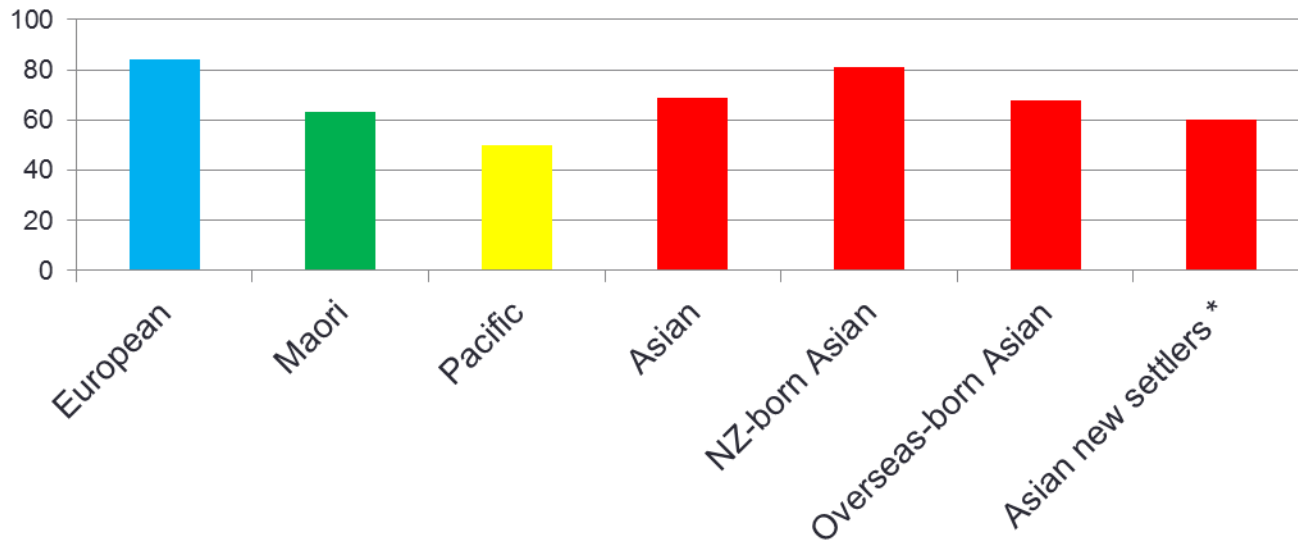


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Home ownership among older New Zealanders

% living in owned or partly owned dwelling, 2013



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



**GOOD HOMES
FOR GOOD LIVES**

Empowering housing decisions as we age



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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.



蔣經國國際學術交流基金會

Chiang Ching-kuo Foundation for International Scholarly Exchange



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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.



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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



LIFE WHEN RENTING

AGEING WELL NATIONAL SCIENCE CHALLENGE
Enabling Older People's Independence
in the Tenure Revolution



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Ageing in a new country

Culturally appropriate services

Accessible and allowing choices

Health

Equitable & accessible health services

Housing

Affordable & appropriate housing options

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



Income

Secure & adequate income

Increasing opportunities

for personal growth & community participation

Transport

Affordable & accessible Transport options

Ageing in the community

Feel safe & secure

Employment

Elimination of ageism & the promotion of flexible work options



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