

# AGEING WELL

2022  
SYMPOSIUM REPORT



Report from the Ageing Well Symposium - October 2022

National  
**SCIENCE**  
Challenges

AGEING WELL

Kia eke kairangi ki te  
taikaumātuatanga

# CONVERSATIONS ON AGEING AND HOUSING

## Directors' Foreword

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When we sought to identify two of the biggest challenges facing the ageing sector currently to provide a focus for our event, it was an overwhelmingly obvious choice: housing and aged care.

Within one generation, Aotearoa has fallen from what was one of the highest rates of home ownership in the western world. In 1991, the rate of home ownership was 73.8%, but by 2018, that number had fallen to 64.5%. Beyond this there are a growing number of middle aged and older people who have never owned, or no longer own their own home due to significant life events (such as divorce or financial hardship).

This trend continues into the younger generations, meaning that housing affordability as people age will be a ongoing issue for the nation, in addition to other indicators such as how we calculate superannuation.

While the need for housing affordability increases, we also are seeing an upward trend in New Zealanders living longer. In particular, the population of people aged 85 and over will more than triple from 88,000 in 2020, to 318,000 in 2048.

Such a substantial expansion in an aged care and residential sector that is already under significant pressure increases the need for concerted action at the national level to avoid further housing crises.

We take seriously our custodianship of helping all New Zealanders to age well, and we certainly do not accept that 'disaster' is imminent. This is why we have proactively sought to engage our whānau and industry leaders to strategise ways to solve some of the issues around housing affordability for seniors and aged care. This was the goal of the 2022 Ageing Well Symposium.





In light of the Covid-19 outbreaks and associated government directives, Ageing Well has had numerous events cancelled and postponed.

We sought to mitigate the impact of Covid-19 by arranging a hybrid Symposium: a small group of in-person attendees in Wellington (maintaining protocols), with all other attendees connecting via Zoom.

The first part of the Symposium was a webinar featuring three presentations by Ageing Well researchers, plus one delivered by the new NZ Commissioner for Aged Care, Carolyn Cooper.

The second section focused on small group discussions and solution-focused brainstorming. Ageing Well is an organisation that prides itself

on its relationships, so being able to have people in-person at this event was central to facilitating the future-focused discussion. We found that matching people from different walks of life and professional experience goes a long way to developing innovative solutions to help Aotearoa tackle the challenges of aged care and housing for older people.

### Looking to the future

As with all of the other National Science Challenges, Ageing Well will only exist until mid-2024. However, we have invested a decade's worth of time, mahi, and money into doing innovative research to ensure all New Zealanders age well.

We have constructed intricate networks of communities, researchers, service providers, and non-governmental organisations. Our whānau has much to offer and is committed to ensuring that the hard work continues.

While the work of the Challenge might be coming to an end, the issues facing our ageing population in Aotearoa continue. These challenges are faced by a growing number of New Zealanders and will only continue to grow as the population of older people increases. It is in the national interest to continue with these hard conversations around ageing.

Delivering impact is our strategic focus for the final 18 months of the Challenge. The mahi from this symposium forms part of our strategic imperative to translate our knowledge into culturally appropriate interventions, effect policy change and service delivery, in order to support

resilience, wellbeing, and positive ageing in Aotearoa. This Symposium report will provide a helpful guide for those tasked with addressing ageing in Aotearoa, specifically for housing and aged care.

We wish to thank presenters Carolyn Cooper, Rangimahora Reddy, Yvonne Wilson, Associate Professor Michal Boyd, and Dr Kay Saville-Smith for sharing their expertise with our audience. We wish to acknowledge the mahi of our MC, Hinerangi Edwards, Ageing Well Chair, Dr Will Edwards, and our Kaumātua, Koro Hata Temo. Additionally, we wish to recognise the mahi of those invited to attend in person, and those who joined us online.

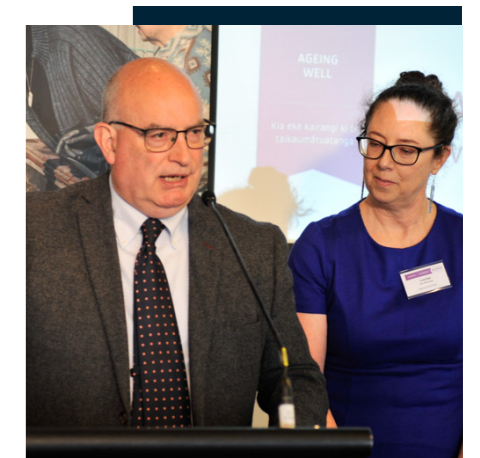
**Professor Louise Parr-Brownlie, Director**  
**Professor David Baxter, Co-Director**  
**Assoc Prof Diane Ruwhiu, Deputy Director**



# Aged Care and Housing

## Evidence-based solutions for Aotearoa

*The hybrid event was held in Te Whanganui-a-Tara Wellington on 3 October, 2022, and comprised a webinar and workshop*



To celebrate the International Day of the Older Person in October, Ageing Well hosted a Symposium designed to tackle two of the biggest issues facing New Zealanders as we age: housing and residential aged care.

The nationwide discussion around housing and care has been a hot topic of late, especially within an environment of nursing shortages and closures of aged care facilities in our communities.

The symposium explored the issues facing older people in terms of housing and aged care, with a particular focus on positive solutions that will enable Aotearoa to meet the rising needs of an ageing population.

Our Symposium was a little different to our regular events. Due to high Covid transmission throughout 2022, most participants attended online via a Zoom webinar, and we had a small in-person audience of approximately 40 people

for the workshop portion of the event. Therefore, we aimed for short but hard-hitting presentations on topical issues related to housing and aged care, followed by a workshop devoted to exploring the emerging kōrero from the presentations.

Our audience participant profile included a range of colleagues from academia, the public sector, and non-governmental organisations, which reflects the complexity, but also depth

and richness of mahi, experience, and commitment across our different sectors.

The Symposium featured four Ageing Well researchers plus the recently appointed Aged Care Commissioner. These experts in aged care research shared their passion and expertise with the audience, highlighting important challenges and pathways forward as we continue the conversation around growing older, and what we require for care services and housing.



### Symposium Speakers

The symposium featured Ageing Well researchers and experts in the areas of Aged Care and housing as two of the biggest issues facing New Zealanders as we age.

Our speakers shared their research and experiences to prompt deeper insight into the complex, but crucial issues related to how and why we need to achieve better housing futures for our seniors.

The topics included the importance of Primary Health Care that is capable of sustaining a delivery of services that enable older people to live safely and independently as they age; as well as the provision of housing options that are affordable, safe, and accessible for our older people, and that are culturally responsive and enhance their wellbeing.

[Visit our website to view the presentations.](#)



**“Our speakers shared their research and experiences to prompt deeper insight into the complex, but crucial issues related to how and why we need to achieve better housing futures for our seniors.”**

## Carolyn Cooper NZ Aged Care Commissioner

**Presentation:**  
Age Care Services in your home or a care home: challenges and opportunities for the future

Older people are living longer lives, yet the 'voice' of the older person is often overlooked in health care settings.

Demand for health care services is increasing, coupled with a greater complexity of need for our older population.

The role of the New Zealand Aged Care Commissioner is to advocate for quality health and disability services on behalf of older people and whānau, wherever and whenever needed (i.e. in home, residential care, or hospital).

Combined with health reforms, collaborative efforts between primary care, home, community support services, and aged care are crucial to ease pressure on the entire health system:

- Consider the opportunity in addressing health inequities through a commitment to embedding te Tiriti principles to ensure processes that are culturally appropriate and accessible.
- Ensure enhanced data collection and monitoring to understand what and where services need to be focused.

**“We need to unblock the health system to enable older people to age in their place of choice, and in supported care environments.”**



**“It would be great if we could be talking more about the wider system, concentrating on where’s the right place for older people to be, and what’s the right type of service that people need - at home, aged residential care, or anywhere else that is appropriate.”**

- Design and build a system that has capacity and capability to meet the complexity of needs. For example, the aged residential care setting of approximately 40,000 beds and 13,000 beds in the public system has not changed despite our ageing population.
- Future-proof models of care and facilities that consider the complexity facing vulnerable groups of older people who are at risk, particularly those with requirements for secure care such as psycho-geriatric services.
- Ensure sustainability of a workforce capable of supporting older people to live well - building an improved immigration pipeline, addressing pay disparity, and enabling us to 'grow our own' to meet demand.



**“We have been working at this for a while and it’s always been in the future. Well, the future is now!”**

**Dr Michal Boyd**  
**Honorary Associate Professor**  
**School of Nursing, University of**  
**Auckland**

**Presentation:**  
**Caring for Frail Older People across the**  
**continuum: What we are getting right and**  
**what could we do better?**

Aotearoa New Zealand’s population is ageing. How we care for people as they become frail, particularly in our Primary Health Care (PHC) systems, including geriatric and residential aged care, is a critical question.

Frailty is a decreased ability to ‘bounce back’ and is a diagnosable issue (unintentional weight loss, weakness, slow walking speed, self-reported exhaustion, low physical activity,

cognitive impairment, social isolation/ depression, clinical presentations e.g. falls, incontinence, or delirium).

The relationship between frailty and increased risks of hospitalisation, need for aged care, or death, highlights the need to identify those people who need extra help, whether they are at home, or are already in the health care system.

Appropriate and responsive frailty-specific PHC is essential to provide proactive care and capability building to support individuals and whānau.

The **KARE programme** provides geriatric training for primary care teams for comprehensive assessment. Elements of this approach include:

- A comprehensive geriatric assessment beyond a 15-minute visit, so more time needs to be built into PHC capacity.
- The development and availability of community resources, such as frailty care guides (eg Ngā Aratohu Maimoa Hauwarea), so teams can practice care coordination.
- The development of specialist geriatric health evaluation tools are vital decision-support systems for primary care teams – this includes:
  - **Deterioration Early Warning System (DEWS)** – to help nurses recognise deterioration when working with older, very frail people with complex health needs.





**Rangimahora Reddy**  
**CEO, Rauawaawa Kaumātua**  
**Charitable Trust**

**Yvonne Wilson**  
**Housing Manager – Korowai Ma-**  
**naaki, Te Runanga o Kirikiriroa**

Presentation:  
 He Kāinga Pai Rawa Tuarua: A Really Good Home

Moa Crescent is a collaboration between Te Runanga o Kirikiriroa's Housing Foundation, Ngā Rau Tatangi, and the Rauawaawa Kaumātua Trust. Designed on a papakāinga (village) model, the aim is to create a supportive communal environment for older residents, providing them with wraparound health and social services.

It has emerged as a model of best practice for Māori provider organizations and communities who want to create culturally responsive, urban kaumātua housing.

A toolkit (Te kete Mātauranga mō te Hanga whare tino pai rawa) was developed to support the building of safe, secure, and culturally appropriate kaumātua/intergenerational communities throughout the country.

A related outcome has been the emergence of community-led social enterprise models; key learnings have included:

- Development of intergenerational villages with a community hub and kaumātua housing at the centre, and whānau wrapped around to help address housing needs.

- The process involved purposefully working with kaumātua to know what they needed, and designing that into the housing. For example, having peep holes in doors lower down, and power point sockets located higher were important design features.

- Consolidating learnings from the complex partnership in developing the villages and ensuring that kaumātua housing needs are part of the wider intergenerational view, which includes progressive ownership models for whānau.

**“What keeps our kaumātua well?  
 It’s not just the whare.  
 It’s the life and the living within it and  
 the connectedness around that.”**





**Kay Saville-Smith**  
**Chief Science Advisor, Ministry of Housing**  
**and Urban Development Director, CRESA**

Presentation:  
 Seniors, their agency and choices in a world of financialised housing: challenges and solutions

In Aotearoa New Zealand, the accessibility and affordability of housing for our older people is a pressing problem facing our society.

Without access into decent housing early on within people's lifecycles they face an uphill battle, and so do families and communities, particularly our Māori and Pacific communities.

The Aotearoa New Zealand housing stock has been financialised, which has constrained choice and created expensive housing.

**“If you can’t get access to housing, you can’t age well. If you don’t have good housing, you don’t have good ageing.”**



Unaffordable housing combined with precarious rental houses (more dilapidated, less functional, unhealthy) puts older people under siege by disconnecting and isolating, increasing dependence on carers, and decreasing their contribution to whānau and community.

Aotearoa New Zealand needs housing options that work for older people to enable their safety, independence, and agency:

- Providing visible pathways towards, and feasible options for, older people housing - Building robust solutions. Community housing providers as locally-based and dedicated

landlords with a strong social agenda are important service providers.

- New toolkits (e.g. Kāinga Pai Rawa 2, My home, My choices) and new housing tenure potential (e.g. co-housing, cooperatives) are offering more flexible and community-based housing options for older people.
- Showcasing and giving precedent to the 'voice' and 'narrative' of our older people in the solutions around housing. If a tool is developed for older people, it should be 'with' older people - incorporating their voice, their views, their experience.

# The Symposium Workshop



The aim for the workshop was to engage a process of facilitated discussion to tease out the ideas from the presentations and draw on the collective thinking of our participants.

The first step was for small groups to reflect on the presentations, specifically in relation to two questions provided on two separate pieces of poster paper.

As each group discussed the presentations and the questions, they noted ideas and questions on post-it-notes and used these to populate the posters.

For the next step, each group organised the post-it notes into themes and also considered what was missing in terms of challenges or solutions.

Finally, each group prepared three key take-aways, based on their discussion and emergent themes; these themes have been collated into two tables on the following pages.



**“Our Aged Care and Housing symposium has provided an important contribution to the conversation on how the aged care sector is preparing for more people - who are older, more frail than expected, and from more diverse backgrounds - entering their care.”**



**1. What are your key take-aways from the speakers?**

Theme	Take-aways
Kaumātua/ Older people leading the way	<ul style="list-style-type: none"> <li>• Involve kaumātua/older people in the design of housing and services (user-led)</li> <li>• Create appropriate mechanisms and conduits to support communication and information sharing with older people</li> </ul>
Fit for purpose solutions	<ul style="list-style-type: none"> <li>• Multi-generational housing projects need to be whānau oriented, functional, meaningful, and future-proof.</li> <li>• More-applied research is required</li> </ul>
Kōtahitanga: Stakeholders working together	<ul style="list-style-type: none"> <li>• Remove 'barriers and silos' to 'clear the way' to meaningful engagement</li> <li>• Create incentives for agencies and enterprises to work together</li> </ul>

**“We discovered that reframing ageing to a strength-based narrative will be fundamental for decisions in the future about aged care and housing.”**



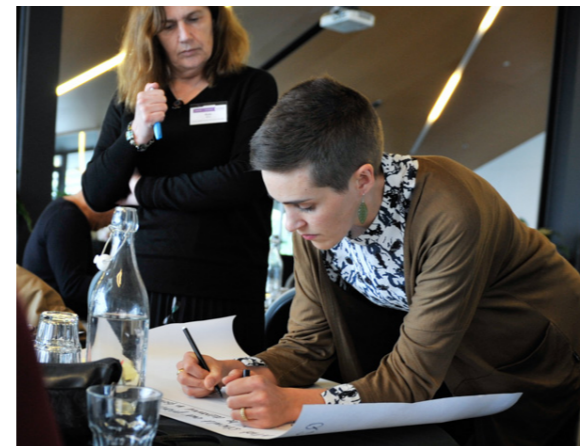


**“Involving older people in solving aged care and housing issues will go a long way to achieving an optimal outcome.”**

**2. What should our priorities be now for solutions to be delivered for the future?**

Themes	Take-aways
Reframe to a strength-based narrative	<ul style="list-style-type: none"> <li>• Investment not cost</li> <li>• Forward planning/future proofing</li> <li>• Address ageist language and practices</li> </ul>
Funding appropriate models of care	<ul style="list-style-type: none"> <li>• People-centred</li> <li>• Equity of care (including disability, neuro-diversity)</li> <li>• Wrap-around care</li> <li>• Inter-generational perspectives</li> </ul>
Dynamic workforce	<ul style="list-style-type: none"> <li>• Capacity and capability</li> <li>• Provide security and stability</li> <li>• Multi-skilled/professional development</li> </ul>





# Ageing Well's Vision for the Future

Ageing Well – Kia eke kairangi ki te taikaumātua-tanga – is a science organisation funding teams of researchers, scientists, communities, and associate stakeholders from across the motu tackling the most important ageing-related issues facing our generations.

The next three decades will see a new phase in our understanding and experience of ageing in Aotearoa. Older people 65 years and over will be the biggest segment of population growth, with 790,000 people in 2020, to potentially increase to 1.51 million in 2048.

But within this segment of older people, those aged over 85 are set to more than triple from 88,000 in 2020, to 318,000 in 2048 (see Stats NZ website). Understanding the changing demographics is important to ensure there are the services and programs in place to meet different demands associated with these changes.

What does this mean for Aotearoa? Simply put, the greater the number of older people in our community, the greater the need for affordable and accessible housing, the greater the demand on medical and health systems, and the need for associated community and age-related services.

However, what the data also shows us is that the growth in the population of Aotearoa's older people is not equal. The proportions of Māori, Pacific, and Asian older people are increasing at a faster rate, so it is fundamental to not only address ageing in Aotearoa, but equitable ageing.

Ageing Well has been focused on addressing issues of inequity in ageing, particularly for Māori and Pacific people, through our mission-led and impact-driven research. We have funded many innovative and collaborative research projects that specifically address issues of inequity and have actively ensured that were co-created and co-designed alongside the communities them-

selves. We aim to ensure that our research and its impact is fit-for-purpose and that its impact can change lives for the better. Together, as one team and with one goal, we seek to ensure all New Zealanders age well.

We wish to see Aotearoa plan well for the future of our whānau, and help sustain health and wellbeing into the later years of life. Ageing Well also understands that time is of the essence:

we need to enable conversations of this kind - now - so that we are not faced with inequitable, short-sighted, and reactive strategies when demand is at its greatest.

This was the future-focused reasoning behind organising this Symposium which sought to tackle two of these important pressure points: housing and aged care.



### KEY TAKE-AWAYS

The key take-aways from this symposium that inform Ageing Well's way forward are:

- There is an urgent need to foster a strengths-based and intergenerational approach around older people and housing.
- Sustainable business/community models need to be encouraged and supported, focussed on providing safe and healthy housing options for our older population.
- As part of any strategy it is essential to ensure the inclusion of older peoples' voice; this needs to be reframed as to work with, not for.
- For our Challenge research community, enliven our collective commitment to being a better Tiriti partner by ensuring that the needs and expectations of Māori are identified and addressed.
- In challenging societal and public sector barriers, it is important to pay attention to the intersection of health and social issues.

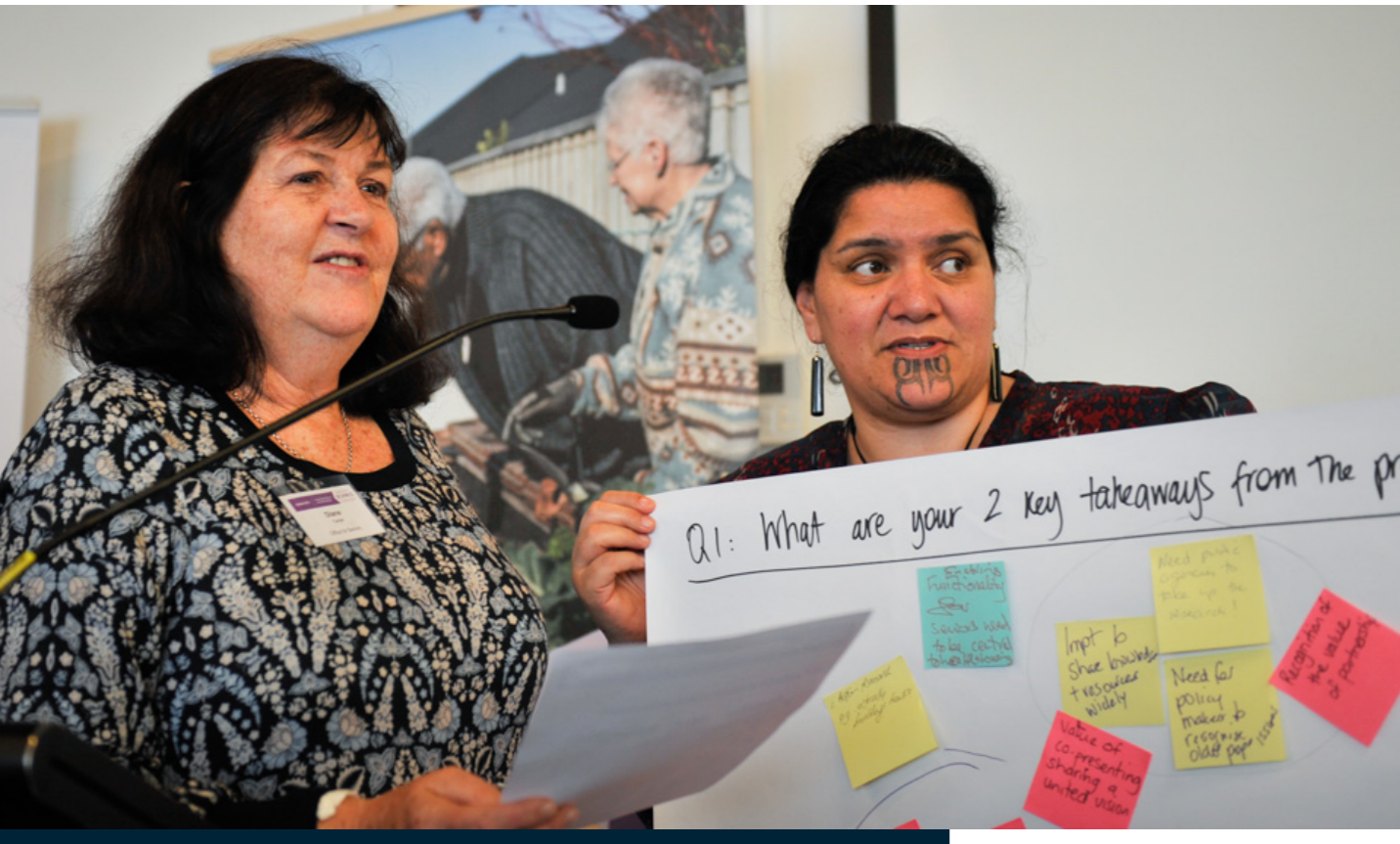
Our Aged Care and Housing symposium has provided an important contribution to the conversation on how the aged care sector is preparing for more people - who are older, more frail than expected, and from more diverse backgrounds - entering their care.

At present there is a lack of priority for older New Zealanders across health, science, social and policy sectors. Housing and residential aged care are areas of concern, which require significant attention because these represent causes of, but also potential solutions to, poor wellbeing outcomes for older New Zealanders.

It is our hope that those tasked with continuing the mahi in the ageing space beyond the lifecycle of the Ageing Well National Science challenge will pick up the proverbial ball and continue to run with it.

As it draws to a close we enter the final stages of our work, the Ageing Well National Science Challenge strives to further amplify its research impact by articulating policy gaps and providing Ministries, agencies, and service providers with prioritised actions to address these gaps and associated sector-wide issues. **The future of our ageing population in Aotearoa depends upon it.**

**He waka eke noa. We are in this together.**



# Final note

The team at Ageing Well National Science Challenge is sincerely appreciative of the time, input, and energy given to this event by the attendees, both in person and online.

Ka kite.

The team at Ageing Well National Science Challenge

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# AGEING WELL

2022  
SYMPOSIUM REPORT

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