



Housing and Aging

Forum Report Out - **Executive Summary**



How can we help seniors live healthy - and independently - for longer? The answer requires creative solutions that cross the silos of housing, health care, and social services. This report has been generated from transcripts and notes from our recent *Housing and...Aging* forum presented by the **Housing Development Consortium of Seattle-King County** and our program partners and sponsors.

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Executive Summary

Housing and Aging Forum

November 17, 2016

This executive summary contains key takeaways from the forum's presentations and breakout sessions. A more complete summary of content shared at the event, such as table discussion summaries, presenter biographies, and links to key resources including the glossary and speaker presentations can be found at:

<http://www.housingconsortium.org/housingandagingreport>

Opening and Welcome

The purpose of our forum in November was to bring together an incredible brain trust from different sectors across WA State to collectively address new ways to bring affordable housing – with support and services – to our senior communities. To meet the needs of our growing senior population with successful housing solutions, we must integrate this topic into everything we do. The issue is too big to talk about senior housing in isolation of other key community issues.

Housing that successfully meets the needs of our community's seniors must be connected to transit, close to open space and parks, and located where folks can walk safely to the store or doctor's clinic. We have a number of upcoming funding and collaboration opportunities to realize this success.

Keynote Address

Nancy Eldridge

Nancy is the Executive Director for the National Center for Healthy Housing. She is also the founder of the Support and Services at Home (SASH) initiative, a team effort to help Medicare beneficiaries remain at home and get the services they need, when they need them. In addition to continuing to support the improvement of substandard housing, Nancy views the thousands of high-quality affordable housing developments across the country as a valuable asset in healthcare reform, and essential to healthy neighborhoods. The following is a summary of her remarks:

- We need a system of long-term care in this country that brings everyone together to support the baby boomer population and others.
- Most seniors want to age in place in their own homes or in their subsidized apartments. How do you manage housing when your residents stay with you forever? If you want to increase longevity and safety of the seniors you serve, you need to address and support behaviors that promote better health. It makes sense to look at models that are home-based.
- The infrastructure for a decentralized system that allows people to age in place has already been built, in the form of publicly supported senior housing, and we should use that asset to build a whole infrastructure of health systems.
- Support and Services at Home (SASH) is one model that was implemented in Vermont that had measurable positive outcomes.

- We really need to build the system, in Washington State and nationally. We need to define the scope of work we pursue, and we will need to work to find a sustainable payment method that fits Washington state: working toward some form of all-payer reimbursement model makes a lot of sense.

Panel Discussion

Liz Prince, with ALISA, provided an overview of the Medicaid 1115 Waiver, part of Washington State Medicaid Transformation process.

Debbie Thiele, with the Corporation for Supportive Housing (CSH), discussed supportive housing as a solution to older adult homelessness.

John Forsyth, with the Seattle Housing Authority (SHA) discussed the work that SHA is doing to support residents aging in place.

Jay Woolford, with SHAG, spoke to the growing population of low-income seniors who are cost-burdened.

Table Discussions

Table 1: Age-Friendly Architecture and Universal Design

Table 2: PACE

Table 3: Community Building

Table 4: Medicaid 1115 Waiver

Table 5: Veteran Services

Table 6: Health and Wellness

Table 7: Mental Health

Table 8: Activities of Daily Living (ADLs) and In-Home Care

Table 9: Nutrition

Table 10: Demographics and Diversity

Table 11: Data

Table 12: Healthcare Transformation/ACHs

Table 13: Advocacy Strategies

Table 14: Age-Friendly Communities

Next Steps

Forum conveners will continue to work with community partners to address the growing need for affordable senior housing with in-home services and supports. Ongoing initiatives include:

- A stakeholder group is in early discussion regarding developing policy approaches to developing Housing-plus-Services models to address long-term care needs.
- Data will be updated and new strategies developed as part of the update of the 2009 Quiet Crisis report.
- The City of Seattle and other communities across the State are joining the AARP network of Age-Friendly Communities and exploring ways to create age-friendly housing.
- HDC's Senior Housing Affinity Group will meet regularly in 2017 to determine the best ways to build on the Housing and Aging Forum.