50 YEARS OF GREAT RESEARCH

PROMISING PRACTICES IN MONTREAL, CALGARY & VANCOUVER: SUPPORTING AGING IN THE RIGHT PLACE FOR OLDER PEOPLE WITH EXPERIENCES OF HOMELESSNESS

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OLDER PEOPLE EXPERIENCING & HOMELESSNESS AGING IN THE RIGHT PLACE

- The numbers of older people experiencing homelessness (OPEH) in Canada is on the rise (Gaetz, Richter, & Redman 2016)
- OPEH are more likely to report chronic physical and mental health conditions compared to older adults who are not homeless (Canham, Custodio, Mauboules, Good, & Bosma, 2019).
- Shelter/housing models that meet these needs are scarce (Garibaldi, Conde-Martel, & O'Toole, 2005).
- The concept, 'aging in the right place' (AIRP), recognizes that where an older person lives impacts their ability to age optimally and must match their unique lifestyles and vulnerabilities (Golant, 2015).
- The 'right' set of housing, health, and social supports can enable OPEH to AIRP.

STUDY AIM: IDENTIFY PROMISING PRACTICES FOR OPEH

- This study sought to identify promising practices, or innovative models, that have not been subject to rigorous evaluation (Canadian Public Health Association, 2019), but hold the promise of supporting AIRP for OPEH in Montréal, Calgary, and Vancouver, Canada.
- We conducted a multi-method search using an environmental scan "an important tool to inform decision-making on policy, planning, and program (Charlton et al., 2019, p. 1)
- It involved an Internet and print materials search, followed by informal conversations with providers identified through the scan.

Metropolitan Areas			
Sociodemographic Indicators	Montréal	Calgary	Vancouver
Total population (2016)	4,098,927	1,392,609	2,463,431
Total population age 50-64	839,600 (20.5%)	264,070 (19.0%)	521,270 (21.2%)
Total population age 65+	671,690 (16.4%)	153,005 (11.0%)	387,315 (15.7%)
Average age	40.6	37.4	41.0
Gender	48.8% male 51.2% female	49.9% male 50.1% female	48.8% male 51.2% female
Gender age 50-64	49.2% male 50.7% female	50.1% male 49.9% female	48.5% male 51.5% female
Gender age 65+	43.4% male 56.6% female	46.0% male 54.0% female	45.6% male 54.4% female
Population with Indigenous identity	34,745 (0.8%)	41,645 (3.0%)	61,495 (2.5%)
Visible minority population	904,840 (22.6%)	463,450 (33.7%)	1,185,680 (48.9%)
Market Basket Measures (2016)*	$35,818	$41,077	$40,926
Average monthly shelter cost (2016)	$1,263 (own) $842 (rent)	$1,640 (own) $1,366 (rent)	$1,622 (own) $1,242 (rent)

	Montréal	Calgary	Vancouver
% private households own vs. rent	55.7% own vs. 44.3% rent	73.0% own vs. 27.0% rent	63.7% own vs 36.3% rent
% spend 30% income or more on housing	24.6%	21.9%	32.0%
% in subsidized housing	8.1%	9.9%	13.1%
Total people experiencing homelessness	3,149 (0.07%) (2018)**	2,911 (0.21%) (2018)	3,605 (0.14%) (2017)
Older people experiencing homelessness	38% > 50 years**	44% > 45 years	44% > 45 years
% Indigenous identity experiencing homelessness	12%**	21%	34%
Gender identity* **	74% male 23% female**	69% male 24% female	72% male 27% female
***measured in 2017 constant dollars for a reference family of two adults and two children**			
****for the "island of Montréal," which does not include Brossard or areas on the south shore**			
*****the remaining proportions reported either transgender identity (1% in Metro Vancouver and 3% on the island of Montréal) or chose not to disclose**			

TYPOLOGY OF PROMISING PRACTICES

Numbers of promising practices that support AIRP for OPEH

Category of Shelter/Housing	Montréal	Calgary	Vancouver	Total
1. Emergency, transitional, or temporary shelter/housing with supports	3	1	1	5
1. Independent housing with offsite supports	5	4	7	16
1. Supported independent housing with onsite non-medical supports	4	1	8	13
1. Permanent supportive housing with onsite medical and/or specialized services	3	3	5	11
1. Long-term care	1	1	2	4
1. Palliative care/hospice	1	1	1	3
Total number of promising practices	17	11	24	52
Number of specific providers delivering promising practices	15	8	18	41

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Montréal

Emergency, temporary, or transitional shelter/housing with supports	Independent housing with offsite supports	Supported independent housing with onsite non-medical supports	Permanent supportive housing with onsite medical and/or specialized services	Long-term care	Palliative care/hospice
Cap St-Barnabé: Refuge Emergency shelter with 21 beds; 16 for men and five for women Priority for OPEH age 65+ Meals, showers, laundry onsite	***HAPOPEX (Les Habitations populaires de Parc Extension): 18 sites.*** 70+ permanent subsidized units across three buildings for low-income adults age 45+ intervention workers accessible as needed	***Accueil Bonneau: Maison Joseph Vincent*** 49 long-term units for OPEH age 50+ with physical or mental health conditions Each tenant linked to a case manager. Onsite community worker coordinates community programs and events	***Le Chaînon: Maison Ste-Marie*** 15 units for women age 55+ with experiences of homelessness and marginalization. Intervention workers onsite 24-hours, three meals a day	***Manoir de l'Âge d'Or: CHSLD unité spécialisée*** 12 long-term care beds for individuals with a history of homelessness and other complex needs. Specialized unit housed within a downtown long-term care facility	***Maison du Père: Santé*** Eight convalescent care beds and four palliative care beds for adults with experiences of homelessness (majority are age 55+). Goal is to support death with dignity
PAS de la rue: Le Relais Eight furnished subsidized one-bedroom units for adults age 55+ Onsite intervention worker on weekdays to provide support and referrals. Access to day centre, food security program, pre-employment program	***Les Habitations du Réseau de l'Académie: L'âge a ses raisons*** 24 units of permanent subsidized housing with community supports to OPEH age 60+. Specialized for individuals with mental health conditions	***La Traversée: Habitat Charleroi*** 44 subsidized independent units in two buildings for OPEH age 50+ Onsite support worker on weekdays	***La Traversée: Habitat Fullum*** 62 supportive units for low-income adults age 65+ 24-hour supervision and onsite social program		
Sydalis: Maison Amaryllis Transitional housing for persons living with HIV. Many clients are age 50+. Case management, social support, and housing search support	***Maison de l'Ancre: Habitations de l'Ancre*** 22 units of subsidized housing with community support for marginalized women 40+	***La Traversée: Habitat 1460*** Intergenerational housing for low-income older adults and families 24-hour service available as well as exercise programs and community-building activities	***Maison Du Père: J.A. De Sève*** 80+ rooms for men age 55+ with experiences of homelessness and physical and/or mental health conditions. Onsite services include psychosocial intervention, meals, personal care, and money management		
	Projet Logement Montréal: Three sites Provide access to low-barrier subsidized independent housing for adults experiencing chronic/ episodic homelessness. Provide basic furniture, start-up funds, and intensive offsite supports	***Old Brewery Mission: La Traversée*** 14 subsidized units for OPEH age 55+. Tenants are connected to Old Brewery Mission programs, including psychosocial support, community-building, healthcare coordination, and food security			
	Studios Ville-Marie 75 units for low-income/homeless adults age 40+ able to live independently Community supports coordinated by case manager				

Calgary

Emergency, temporary, or transitional shelter/housing with supports	Independent housing with offsite supports	Supported independent housing with onsite non-medical supports	Permanent supportive housing with onsite medical and/or specialized services	Long-term care	Palliative care/hospice
Kerby Assembly: Kerby Rotary Shelter Nine-bed shelter for adults age 55+ fleeing elder abuse 24-hour onsite support includes housing and financial support, referrals, and life skills training	***Calgary Drop-In Centre: Bridgeland Manor*** 18 subsidized units for OPEH age 50+ able to live independently Community supports coordinated through the drop-in centre	***Silvera for Seniors (Enhanced services): Nine sites*** Nine subsidized housing sites with supports for low-income adults age 65+ Social activities, meals, active aging programs, hospitality services, and 24-hour non-medical staffing	***Calgary Alpha House (Permanent supportive housing): Five sites*** 120 units in five buildings targeting a historically marginalized demographic (e.g. women, Indigenous peoples, veterans, and individuals with mental health and addictions) Addiction support workers provide case management	***Carewest: Rouleau Manor*** 60 long-term care beds for adults with complex behaviours and 17 beds to support addictions and complex mental health under a harm-reduction philosophy Tenant support, nurses, personal care, medical services, therapy, social work, and a dietician	***Calgary Allied Mobile Palliative Program (CAMPP)*** Mobile end-of-life care to vulnerable and marginalized persons through a team including physicians, nurses, and mental health professionals Advocacy, information and referral, education, and care coordination
	Inglewood Housing Corporation: Inglewood House 43 non-smoking subsidized units for low-income adults age 40+ able to live independently 24-hour on-call service availability, social and common room		***Trinity Place Foundation: Peter Coyle Place*** 70 units for OPEH and marginalized adults age 55+ Harm-reduction approach, staffed 24-hours, three meals a day and laundry services provided		
	Trinity Place Foundation Independent Housing: 17 sites 16 low-to-moderate income housing sites for adults age 65+ with attached community support Social work and counselling, social clubs, and linkages to health clinics		***Trinity Place Foundation: Templemont (in development)*** 70 supportive housing units and 50 subsidized independent units for low-income adults age 55+ Provide continuum of support from independent to full		
	Silvera for Seniors (Basic services): 16 sites 16 subsidized housing sites with basic supports for low-income adults age 65+ able to live independently Resident support coordinators and 24-hour maintenance staff available				

Vancouver

Emergency, temporary, or transitional shelter/housing with supports	Independent housing with offsite supports	Supported independent housing with onsite non-medical supports	Permanent supportive housing with onsite medical and/or specialized services	Long-term care	Palliative care/hospice
Seniors Services Society: Temporary Housing Program Temporary housing in 16 fully furnished subsidized units for OPEH age 60+ without untreated addictions or mental illness Outreach support and connection to community services	***127 Society: Three sites*** 330 units in three buildings for low-income adults age 45+ and persons with disabilities able to live independently Many tenants have experiences of homelessness or housing insecurity Community workers and peer support programs in each building support social connection	***Atira Women's Resource Society: 420 Hawks (in development)*** Intergenerational housing for marginalized older and younger women and families Women supported to strengthen their capacity to look after neighbours and children	***Atria Women's Resource Society: Sísele Housing for Women who are Older*** 32 units for women age 45+ fleeing violence or experiencing challenges with addictions and mental health Staffed 24-hours, light breakfast, and hospitality services	***City Centre Care Society: Central City Lodge*** 74 long-term care beds and 26 special care unit beds for residents who exhibit behaviours that cannot be managed in conventional long-term care settings Alcohol use permitted onsite under a harm-reduction philosophy	***Bloom Group: May's Place Hospice*** End-of-life care in a homelike environment under a harm-reduction philosophy Specialized care to individuals with diverse backgrounds, including mental health and addictions 24-hour nursing, meals provided, daily physician visits
	Bloom Group: Nicholson Tower 240 permanent subsidized units for low-to-moderate income adults age 55+ able to live independently Social supports geared towards reducing social isolation and connections to community services	***Atira Women's Resource Society: Margaret's Housing for Older Women*** 21 long-term stay beds for marginalized women age 55+ Community kitchen, garden, one live-in residential care worker plus three additional staff	***Bloom Group: Cordova House*** 66 beds for OPEH age 45+ 24-hour tenant support, 3 meals a day, onsite financial administration and planning, home and mental health care coordination, and organized social activities	***New Vista Society: New Vista Society Care Home*** 236 long-term care beds for low-income adults and OPEH with complex health needs, including dementia	
	Brightside Community Homes Foundation: 26 sites 26 subsidized housing buildings for low-income older adults and families (~70% of tenants age 55+) Community-building initiatives (e.g., community gardens, community events) promote social connection	***KinVillage Association: Vidal Court*** 15 subsidized units for low-to-moderate income adults age 55+ One meal a day, hospitality services, 24-hour emergency response system, social and recreational activities	***Bloom Group: Victory House*** 48 beds, including designated smoking rooms, for OPEH age 45+ with physical and/or mental health conditions Staffed 24-hours, three meals a day, and daily activities and outings to promote wellness		
	KinVillage Association: Independent Housing Affordable and subsidized rental housing for low-to-moderate income adults age 55+ Campus of care with nearby community centre offering social and recreational programming	***Lookout Health and Housing: Jeffrey Ross Residence*** 37 supported units for persons with disabilities including OPEH Care coordination and life skills training	***City Centre Care Society: Cooper Place*** 69 assisted living units for low-income and marginalized persons Meals, personal care, medication support, recreation and social activities, and hospitality services		

Vancouver

Emergency, temporary, or transitional shelter/housing with supports	Independent housing with offsite supports	Supported independent housing with onsite non-medical supports	Permanent supportive housing with onsite medical and/or specialized services	Long-term care	Palliative care/hospice
	New Vista Society: 7 sites 540 independent living apartments and townhouses in seven buildings for low-income adults age 55+ and low-to-moderate income families Connection to New Vista adult day programs	***Progressive Intercultural Community Society: Guru Nanak Niwas*** 77 units for low-income adults age 55+ able to live independently Intercultural activities and programs to promote social connection	***PHS Community Services Society: Smith-Yuen Apartments*** 52 units for traditionally hard-to-house low-income older adults Onsite mental health workers, food security, chronic illness management, medication administration, financial administration, and		
	U.C.C.E.S.S.: Solheim Place 86 units for low-income families, adults age 55+, and persons with disabilities (60 units for older adults) Units can be modified to suit tenant's physical conditions	***S.U.C.C.E.S.S.: Storeys*** 53 units for low-income adults age 55+ in an intergenerational building including one-parent families, individuals overcoming addiction, OPEH, and individuals with mental health conditions Immigrant settlement services, employment skills, food security, social activities			
	S.U.C.C.E.S.S.: REMY 33 units for low-income adults age 55+ and persons with disabilities and 48 units for low- to moderate-income families and singles	***Three Links Care Society: Three Links Manor*** Independent and supported living for low-income adults age 55+ One meal a day, hospitality services, recreation and social activities, and 24-hour emergency on-call service			
		Whole Way House Community programming and tenant support to men age 55+ with experiences of homelessness and marginalization Operates independently of, but in collaboration with, a non-profit housing			

Independent housing with offsite supports

Projet Logement Montréal offers subsidized apartments to adults who have experienced chronic or episodic homelessness, many of whom are age 45+, using a harm-reduction approach.

Clients have case managers and are provided with furnishings and a small fund to purchase kitchen essentials. Housing agents establish partnerships with landlords to secure units in the rental market and act as mediators between tenants and housing providers if conflicts occur.

Projet Logement Montréal is expanding its programs to include partnerships with non-profit housing programs that have onsite supports for clients with more intensive needs

Emergency, temporary, or transitional shelter/housing with supports

- **Seniors Services Society's Temporary Housing Program** (Metro Vancouver) offers 16 fully furnished, subsidized units in two buildings for adults age 60+ who are able to live independently and are experiencing a housing crisis or homelessness. Clients are connected to an outreach worker who assists with housing applications and resettlement, coordinates community referrals, and conducts weekly check-ins.
- Once permanent housing is secured, the outreach worker provides support for three months to ensure a successful transition.

Supported independent housing with onsite, non-medical supports

Silvera for Seniors Enhanced Services (Calgary)
Affordable housing buildings for low-income adults age 65+ who are no longer able to live independently and require some assistance with instrumental activities of daily living.
Basic Services include self-contained suites with full kitchens, 24-hour maintenance on-call, and access to a registered social worker.
Enhanced Services also have dining, weekly housekeeping, social and recreational programs, and non-medical staff onsite 24-hours and home care through Alberta Health Services during business hours. Also, memory care for residents with early onset memory impairment, and a mobility wing with onsite home care during extended hours.

Permanent supportive housing with onsite medical support and/ or specialized services

La Maison du Père's Résidence J.A. De Sève (Montréal) provides 87 furnished, accessible, and subsidized rooms for men age 55+ who have experienced homelessness and have physical and/or mental health concerns. They have four palliative care beds and offer a range of services (meals, financial management, hygiene care, individualized psychosocial support, medication administration, weekly physician visits, accompaniment to medical appointments, and social and recreational activities). Alcohol and drug use are not permitted onsite, but residents can be moderately intoxicated. Residents are supported to live as independently as possible, and in-home care can be arranged..

Long-term care

Carewest's Rouleau Manor (Calgary) is a long-term care facility with 60 beds for individuals with complex behaviours (mental illness, dementia, and/or other cognitive disorders); 17 beds deliver enhanced support for individuals living with comorbid addictions and complex mental health, including individuals with lived experience of prolonged homelessness. It provides meal services, a smoking area, and lounges to encourage social interaction. Healthcare supports include onsite nursing, pharmaceutical services, therapy services, social workers, dieticians, and personal care workers.

Palliative care/hospice

May's Place Hospice (Vancouver) uses harm-reduction (no illegal substances are allowed on premises) to support residents during end-of-life care. It provides a homelike environment for clients requiring 24-hour support in the terminal stages of an illness.

It primarily serves clients who have experienced hardships including thoe who have lived experience of homelessness.

The hospice also offers medical respite for individuals who require a safe space and health supports to recover from illness or injury. Onsite staff coordinate community mental health workers, case managers, and other professionals. Visitors and small pets are permitted 24-hours.

SUMMARY

- The identification of promising practices revealed gaps in the shelter/housing continuum for OPEH in Montréal, Calgary, and Vancouver.

1. There are limited shelter/housing options for OPEH, especially emergency, temporary, or transitional shelter/housing, long-term care, and palliative care/hospice.
2. A small number of promising practices cater to specific sub-populations of OPEH (e.g., people living with HIV, people living with mental health or substance use conditions, veterans, older women, and older adults fleeing abuse), such models were rare.
3. Few models were identified specific to Indigenous or visible minority OPEH.

RECOMMENDATIONS

1. Scale up (expand locally) and scale out (adapt in other communities) the promising practices to meet the needs of the growing population of OPEH.
2. Develop and increase emergency, temporary, or transitional shelter/housing and long-term care and palliative care/hospice settings that support OPEH.
3. Increase communication and collaboration across health, homelessness, shelter, and housing sectors to prevent homelessness and promote AIRP for OPEH.
4. Develop and increase shelter/housing options specific to Indigenous and ethnic minority OPEH.

QUESTIONS?