

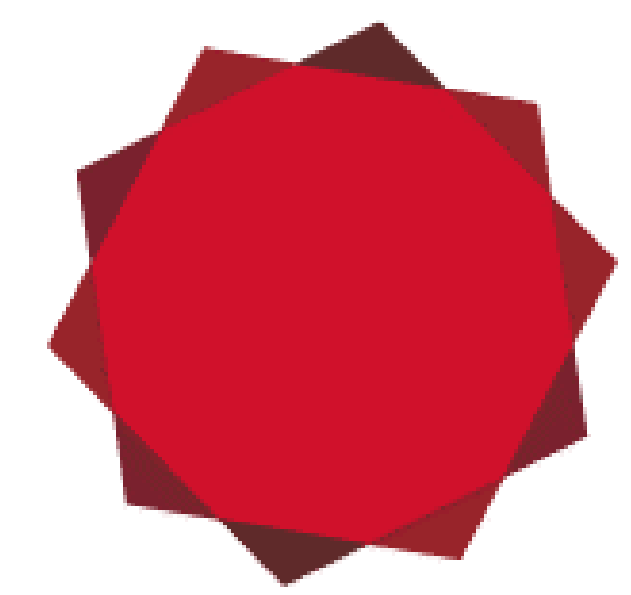
# How have residents' lives changed since moving into the Serviced Housing for Older People?

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## 1 Background and objective

- In Japan, the number of single older adults and older couple households is increasing <sup>1</sup>).
- The Serviced Housing for Older People (SHOP) system was established to meet the growing need for safe and secure housing for older people <sup>2</sup>).
- However, the effects of moving to SHOP on the lifestyle and well-being of residents remain unclear.
- This study aims to compare **changes in diet, physical activity, social interactions, and mental health** between those living alone and those living with their spouse after moving to SHOP.

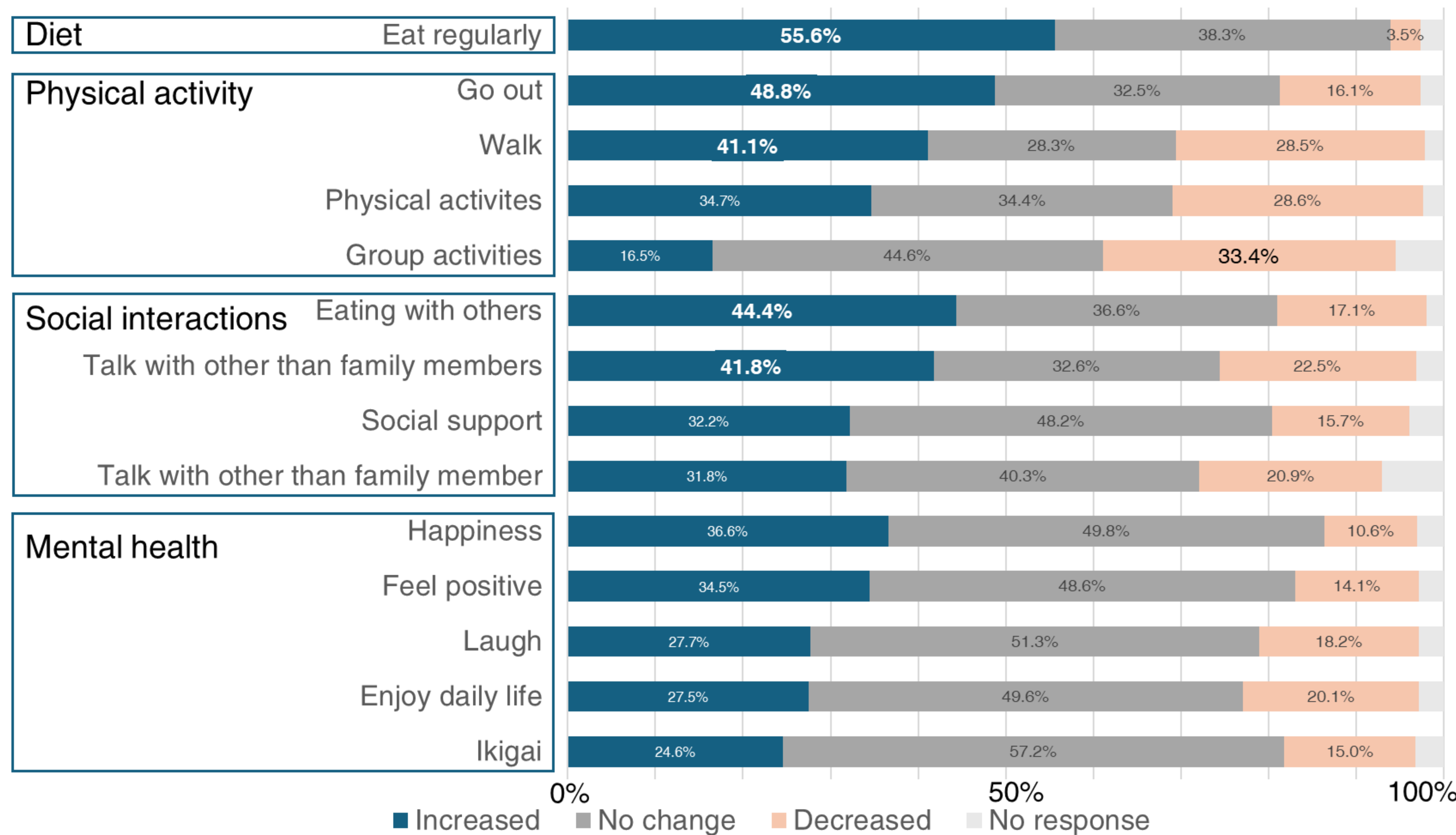
## 2 Methods

- From February to March 2023, a survey of 1,700 residents was conducted at 39 SHOPS managed by Sekisui House, and 1,108 residents responded (response rate: 65.2%).
- Excluded individuals who did not consent to participate in the study (n=6), those under the age of 65 (n=17), and those whose cohabitant was not their spouse (n=9).
- The study sample comprised **1,076 residents** (mean age 83.9 years, 30.6% male).
- We asked older people the changes in **14 items** after the participants' relocation. For each item, the percentages of "Increased," "No change," "Decreased," and "No response" were calculated separately based on whether they lived alone or with their spouse.

## 3 Results

### Percentages of changes since moving into the SHOP

n=1,076



### Percentages of changes in each item by living arrangement

	Total n=1,076 (100.0%)	Living alone n=953 (88.6%)	Living with spouse n=123 (11.4%)
<b>Eating with others</b>			
Increased	478 (44.4%)	<b>437 (45.9%)</b>	41 (33.3%)
No change	394 (36.6%)	338 (35.5%)	56 (45.5%)
Decreased	184 (17.1%)	159 (16.7%)	25 (20.3%)
No response	20 (1.9%)	19 (2.0%)	1 (0.8%)
<b>Talk with other than family members</b>			
Increased	450 (41.8%)	<b>412 (43.2%)</b>	38 (30.9%)
No change	351 (32.6%)	297 (31.2%)	54 (43.9%)
Decreased	242 (22.5%)	212 (22.2%)	30 (24.4%)
No response	33 (3.1%)	32 (3.4%)	1 (0.8%)
<b>Enjoy daily life</b>			
Increased	296 (27.5%)	<b>272 (28.5%)</b>	24 (19.5%)
No change	534 (49.6%)	456 (47.8%)	78 (63.4%)
Decreased	216 (20.1%)	195 (20.5%)	21 (17.1%)
No response	30 (2.8%)	30 (3.1%)	0
<b>Social support</b>			
Increased	347 (32.2%)	<b>322 (33.8%)</b>	25 (20.3%)
No change	519 (48.2%)	438 (46.0%)	81 (65.9%)
Decreased	169 (15.7%)	154 (16.2%)	15 (12.2%)
No response	41 (3.8%)	39 (4.1%)	2 (1.6%)
<b>Group activities</b>			
Increased	178 (16.5%)	<b>167 (17.5%)</b>	11 (8.9%)
No change	480 (44.6%)	417 (43.8%)	63 (51.2%)
Decreased	359 (33.4%)	311 (32.6%)	48 (39.0%)
No response	59 (5.5%)	58 (6.1%)	1 (0.8%)

\*The chi-squared and Fisher's exact tests were used to test the differences between the two groups. Only show items with statistically significant differences here.

- Majority of residents (55.6%) reported increased opportunities to eat regularly, followed by more than 40% who reported increased opportunities to go out, walk, eat with others, and talk to people other than family members.
- 33.4% of residents reported decreased opportunities to participate in group activities.
- Larger proportions of single residents had significantly more opportunities to eat with others, talk to people other than family members, enjoy daily life, social support, and participate in group activities than those living with their spouse.

## 4 Conclusions/lessons learned

- Positive changes were observed among SHOP residents after relocation, particularly among those living alone.
- Previous study has shown that SHOPS have the potential to promote social participation among older people <sup>3</sup>).
- This study identified directions for improving the services that SHOP provides to promote residents' health and well-being.

## 5 Relevance to HPH

- The SHOP could contribute to promoting the health of older people.

[Ethics Statement] We obtained ethical approval for this study from Chiba University (No.M10166).

<sup>1</sup> Cabinet Office (2019) The state of population aging. [https://www8.cao.go.jp/kourei/whitepaper/w-2021/html/zenbun/s1\\_1\\_3.html](https://www8.cao.go.jp/kourei/whitepaper/w-2021/html/zenbun/s1_1_3.html).

<sup>2</sup> Sugimoto K, Ogata Y, Kashiwagi M, Ueno H, Yumoto Y, Yonekura Y (2017) Factors associated with deaths in 'Elderly housing with care services' in Japan: a cross-sectional study. BMC Palliat Care 16:58. <https://doi.org/10.1186/s12904-017-0241-9>

<sup>3</sup> Kawaguchi K, Ueno T, Ide K, Kondo K (2024) Social participation among residents of serviced housing for older people versus community-dwelling older people in Japan: a propensity score matching analysis. J Public Health (Berl.) <https://doi.org/10.1007/s10389-024-02253-8v>