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

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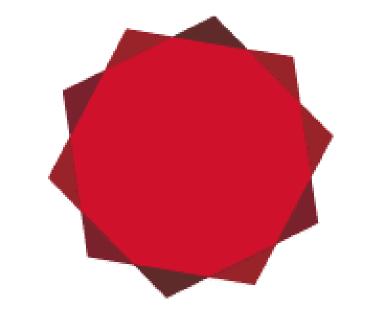
[COI] Co-author Katsunori Kondo received funding from Sekisui House Real Estate Tokyo, Ltd.

### **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  $^{2)}$ .
- However, the effects of moving to SHOP on the lifestyle

## 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.



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and well-being of residents remain unclear.

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Results

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.

### **Percentages of changes since moving into the SHOP**

<u>n=1,076</u>

		1									Cauli II		
Diet	Eat regularly	55.6%		38.		38.3%	3% 3 <mark>.5%</mark>		by living arrangement				
Physical activity	Go out		48.8%			32.5%		16.1	%		Total	Living alone	Living with spouse
											n=1,076 (100.0%)	n=953 (88.6%)	n=123 (11.4%)
	Walk		41.1%		28.3%			28.5%		Eating with othe	rs		
										Increased	478 (44.4%)	437 (45.9%)	41 (33.3%)
	Physical activites		34.7%		34.4%			28.6%		No change	394 (36.6%)	338 (35.5%)	56 (45.5%)
										Decreased	184 (17.1%)	159 (16.7%)	25 (20.3%)
	Group activities	16.5%		44.6%			33.4%	6		No response	20 (1.9%)	19 (2.0%)	1 (0.8%)
											nan family member		
	Eating with others		44.4%			36.6%		17.1	%	Increased	450 (41.8%)	<b>412 (43.2%)</b>	38 (30.9%)
Social interactions			/0			50.070		17.		No change	351 (32.6%)	297 (31.2%)	54 (43.9%)
Tolly with others of										Decreased	242 (22.5%)	212 (22.2%)	30 (24.4%)
Talk with other t	Talk with other than family members		41.8%		32.6%	þ		22.5%		No response <b>Enjoy daily life</b>	33 (3.1%)	32 (3.4%)	1 (0.8%)
										Increased	296 (27.5%)	272 (28.5%)	24 (19.5%)
	Social support		32.2%		48.2%			15.7%	6	No change	534 (49.6%)	456 (47.8%)	78 (63.4%)
										Decreased	216 (20.1%)	195 (20.5%)	21 (17.1%)
Talk with other than family member			31.8%		40.3%		2	20.9%		No response	30 (2.8%)	30 (3.1%)	21 (17.170)
raik with other than lamity member										Social support			
	Happiness		36.6%		10	9.8%		4	0.6%	Increased	347 (32.2%)	322 (33.8%)	25 (20.3%)
Mental health	парріпезз		30.0%		40	9.0 /0			0.0 %	No change	519 (48.2%)	438 (46.0%)	81 (65.9%)
montalmoalti										Decreased	169 (15.7%)	154 (16.2%)	15 (12.2%)
	Feel positive		34.5%		48.69	%		14.	1%	No response	41 (3.8%)	39 (4.1%)	2 (1.6%)
										Group activities			
Laugh		2	27.7%		51.3%			18.2%	, o	Increased	178 (16.5%)	167 (17.5%)	11 (8.9%)
	Ŭ									No change	480 (44.6%)	417 (43.8%)	63 (51.2%)
Enjoy daily life			27.5%		49.6%			20.1%		Decreased	359 (33.4%)	311 (32.6%)	48 (39.0%)
								2011/0		No response	59 (5.5%)	58 (6.1%)	1 (0.8%)
Ikigai		24	6%		57.2%			15.0	9%	*The chi-squared	and Fisher's exact	tests were used	to test the
		0/	E 00/					1000/	differences betwe	en the two groups.			
		%			50%				100%	Only show items	with statistically sig	nificant differenc	es here.
	Increased	■ No ch	ange 📃 Dec	reased	No respo	onse							

# Percentages of changes in each item

			<u>//R R%</u>			32.5%	16.1%				
Physical activity	Go out	48.8%			32.370		10.170		Total	Living alone	Living with spouse
	Walk				00.00/		22.52/		n=1,076 (100.0%)	) n=953 (88.6%)	n=123 (11.4%)
	Walk		41.1%		28.3%		28.5%	Eating with othe	ers		
								Increased	478 (44.4%)	437 (45.9%)	41 (33.3%)
	Physical activites		34.7%		34.4%		28.6%	No change	394 (36.6%)	338 (35.5%)	56 (45.5%)
								Decreased	184 (17.1%)		25 (20.3%)
	Group activities	16.5%		44.6%			33.4%	No response	20 (1.9%)		1 (0.8%)
									than family membe		
	Eating with athors		A A A 9/		20	2 60/	17 10/	Increased	450 (41.8%)	· · · · ·	38 (30.9%)
Social interactions	Eating with others		44.4%		30	6.6%	17.1%	No change	351 (32.6%)	<b>1 1</b>	54 (43.9%)
								Decreased	242 (22.5%)	<b>x y</b>	30 (24.4%)
I alk with other the	an family members		41.8%		32.6%		22.5%	No response	33 (3.1%)	32 (3.4%)	1 (0.8%)
								Enjoy daily life			
	Social support		32.2%		48.2%		15.7%	Increased	296 (27.5%)	· · · · ·	24 (19.5%)
								No change Decreased	534 (49.6%) 216 (20.1%)	<b>X X</b>	78 (63.4%)
Talk with other th	han family member		31.8%		40.3%		20.9%	No response	216 (20.1%)		21 (17.1%)
	nan ianniy member		01.076		40.076		20.070	Social support	30 (2.8%)	30 (3.170)	
								Increased	347 (32.2%)	322 (33.8%)	25 (20.3%)
Mental health	Happiness		36.6%		49.8	8%	10.6%	No change	519 (48.2%)	. 2	81 (65.9%)
Womanneann								Decreased	169 (15.7%)	<b>1 1</b>	15 (12.2%)
	Feel positive		34.5%		48.6%		14.1%	No response	41 (3.8%)	<b>, , ,</b>	2 (1.6%)
								Group activities	<b>``</b>		· · · · · ·
	Laugh	27	7.7%		51.3%		18.2%	Increased	178 (16.5%)	167 (17.5%)	11 (8.9%)
								No change	480 (44.6%)	417 (43.8%)	63 (51.2%)
	Enjoy daily life	07	7.5%		49.6%		20.1%	Decreased	359 (33.4%)	311 (32.6%)	48 (39.0%)
	Enjoy daily me	21	.5 /6		40.076		20.170	No response	59 (5.5%)	58 (6.1%)	1 (0.8%)
	Ikigai	24.6	%		57.2%		15.0%	•			o test the
0%			I	50%		1(		differences between the two groups.			
		⊿ No cha		-	No respoi	200		Only show items	s with statistically sig	3.6% $338(35.5%)$ $56(48)$ $5.6%$ $159(16.7%)$ $25(20)$ $9%$ $19(2.0%)$ $1(0.5)$ $9%$ $19(2.0%)$ $1(0.5)$ $9%$ $297(31.2%)$ $38(30)$ $2.6%$ $297(31.2%)$ $54(43)$ $2.5%$ $212(22.2%)$ $30(24)$ $1%$ $32(3.4%)$ $1(0.5)$ $7.5%$ $272(28.5%)$ $24(19)$ $2.5%$ $272(28.5%)$ $24(19)$ $2.6%$ $456(47.8%)$ $78(65)$ $2.1%$ $30(3.1%)$ $25(20)$ $3.2%$ $322(33.8%)$ $25(20)$ $3.2%$ $322(33.8%)$ $25(20)$ $3.2%$ $39(4.1%)$ $2(1.5%)$ $3.2%$ $39(4.1%)$ $2(1.5%)$ $5.5%$ $167(17.5%)$ $11(8)$ $6.6%$ $417(43.8%)$ $63(57)$ $6.6%$ $311(32.6%)$ $48(38)$ $5%$ $58(6.1%)$ $1(0.5%)$	
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- 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.

#### **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  $^{3)}$ .
- 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. <u>https://www8.cao.go.jp/kourei/whitepaper/w-2021/html/zenbun/s1\_1\_3.html</u>.

<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. <u>https://doi.org/10.1186/s12904-017-0241-9</u>

<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.) <u>https://doi.org/10.1007/s10389-024-02253-8v</u>