

# Older Māori: Downsizing experiences, outcomes and needs

---

Fiona Cram, PhD, Katoa Ltd

Overview of Research & Findings



**KATOA LTD.**



# Overview

---

- Introduction
  - Demographics
  - Culturally responsive housing
  - Barriers and facilitators
- Method
- Participant Findings



**KATO A LTD.**



**CRESA**

Centre for Research,  
Evaluation and  
Social Assessment



**FINDING THE  
BEST FIT**

Housing, Downstairs and Older People in a Changing Society

# Introduction

---

## Finding the Best Fit: Housing, Downsizing and Older People in a Changing Society

1. Getting the Best Fit: Optimising Older People's Use of Housing Assets
2. Stay, Go, Downsize: Tools for Better Decisions



**KATO A LTD.**



**CRESA**

Centre for Research,  
Evaluation and  
Social Assessment



**FINDING THE  
BEST FIT**

Housing, Downsizing and Older People in a Changing Society



# Older Māori

- Increasing life expectancy
- More older Māori
- 2026 ~ 7% of +65s
- Chronic housing crisis

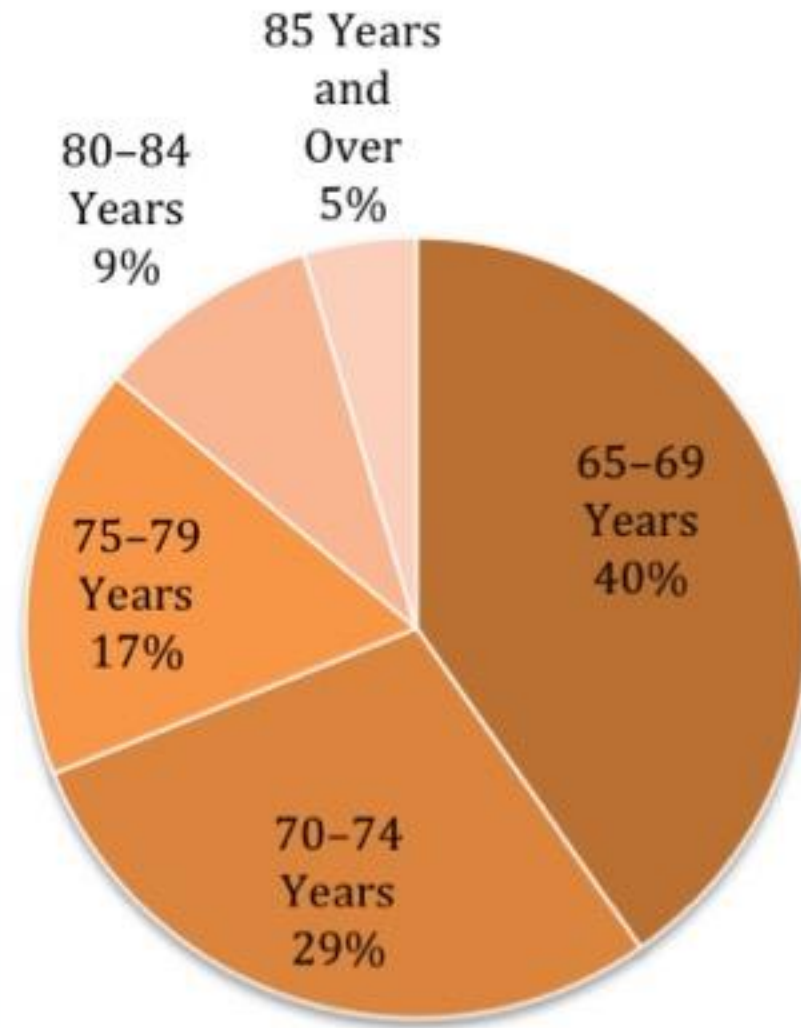


Figure 1. Maori 65+ years old in 2013



KATO A LTD.



# Culturally Responsive Housing

---

Housing that allows and supports occupants to “maintain connections with their own cultural and organisational forms” (Habibis, et al., 2013, p. 16)



**KATO A LTD.**



# Culturally Responsive Housing

---

- Available, affordable, accessible, quality
- Peaceful, secure, healthy
- Universal design
- Connected to local environment
- A turangawaewae



**KATO A LTD.**



**CRESA**

Centre for Research,  
Evaluation and  
Social Assessment



**FINDING THE  
BEST FIT**

Housing, Downstairs and Older People in a Changing Society



# Barriers

- Affordability
- Adequacy
- Connectivity with te ao Māori – the Māori world



KATO A LTD.



CRESA

Centre for Research  
Evaluation and  
Social Assessment



FINDING THE  
BEST FIT

Housing, Downstaging and Older People in a Changing Society

# Facilitators

- Ageing in place
- Multi-generation homes
- Papakāinga
- Supported accommodation



**KATO A LTD.**





# Māori Case Study

---

- Material, cultural, personal and locational factors that shape the housing decisions of older Maori older.
- Kaupapa Māori methodology
- Qualitative methods



**KATOA LTD.**



**CRESA**

Centre for Research,  
Evaluation and  
Social Assessment



**FINDING THE  
BEST FIT**

Housing, Downstairs and Older People in a Changing Society

# Method

- Consultation hui
  - Wairoa
  - Hastings
  - Christchurch
- 12 key informants
- 29 participants
  - 23 women, 6 men
  - 61-91 years
  - Mean age 74.4 years



**KATOA LTD.**



**CRESA**

Centre for Research,  
Evaluation and  
Social Assessment



**FINDING THE  
BEST FIT**

Housing, Downstairs and Older People in a Changing Society



# Current accommodation

Accommodation	N	Age	s.d.	Years occupied	s.d.
Family / own home	13	70.2	8.8	37.5	22.4
Retirement accommodation	11	73.0	6.6	7.9	7.6
Other (rental, temporary)	5	74.8	5.0	7.8	7.3
Total	29	74.4	7.5	21.2	22.0



**KATO A LTD.**



**CRESA**

Centre for Research,  
Evaluation and  
Social Assessment



**FINDING THE  
BEST FIT**

Housing, Downstairs and Older People in a Changing Society

# Decision-making

---

- Moving
  - Employment
  - Whānau – family
  - Education
  - Disaster
- Staying
  - Connectedness



**KATO A LTD.**



**CRESA**

Centre for Research,  
Evaluation and  
Social Assessment



**FINDING THE  
BEST FIT**

Housing, Downstaging and Older People in a Changing Society



# De-cluttering



Copyright 2006 Ed Morrow, Sheree Bykofsky, and Rita Rosenkranz



KATO A LTD.



CRESA

Centre for Research,  
Evaluation and  
Social Assessment



FINDING THE  
BEST FIT

Housing, Downstaging and Older People in a Changing Society





# Settling In

---

- Size
- Whānau
- Neighbours
- Rangatiratanga – personal sovereignty



**KATOA LTD.**



# Advice

---

- Downsize
- Don't isolate yourself
- Find a compatible community
- De-clutter
- Commit



**KATO A LTD.**





The provision of culturally responsive housing for older Māori is about recognising their right to live how and where they wish, in housing that supports all dimensions of their wellness.



**KATOA LTD.**



