

Understanding the health needs of younger people living in aged care

Researchers at UNSW Sydney did a research study to understand the health of people under 65 years old with developmental conditions, mental health conditions or neurological conditions who were moved to an aged care home after being in hospital.

The project used data collected by hospitals and emergency departments in New South Wales from 2001-2015.

Results

People were at greater risk of being moved to an aged care home if they:



were older



did not have a partner



lived in lower socioeconomic areas



had issues with mobility and personal care



needed end-of-life care

In the first year after moving into an aged care home:

- 48% of people went to the emergency department
- 54% came for a stay in hospital, either after being in the emergency department, or for a planned reason like needing kidney dialysis
- 26% of people who had to stay in hospital were there for a potentially preventable reason (e.g. urinary tract infection, epilepsy/seizures, chronic obstructive pulmonary disorder and diabetes)
- 28% died.

What you can do

- Talk to your GP about your medical conditions and how they can be managed well.
- Link with the NDIS and with a support person to help understand your housing options.
- Speak up, tell the people who support you (including hospital and medical staff, disability workers, and your care partners) where you want to be living and how best to support you.
- Ask for written information from your hospital team about your needs and support for discharge.



Resources for people with disability

For information about housing options and living supports:

[Housing Options Online Learning Package](https://www.housinghub.org.au/resources/category/housing-options-workshop)

<https://www.housinghub.org.au/resources/category/housing-options-workshop>

[NDIS Home and Living Supports](https://www.ndis.gov.au/participants/home-and-living)

<https://www.ndis.gov.au/participants/home-and-living>

For information to help you tell people where you prefer to live and what is important to you:

[Housing Needs and Preferences for Discharge](https://www.summerfoundation.org.au/resources/housing-needs-and-preferences-to-support-discharge/)

<https://www.summerfoundation.org.au/resources/housing-needs-and-preferences-to-support-discharge/>

[Moving Out of a Nursing Home](https://www.housinghub.org.au/resources/category/moving-out-of-a-nursing-home)

<https://www.housinghub.org.au/resources/category/moving-out-of-a-nursing-home>

[Collaborative Support Approach: Working Together to Help Young People Leave Aged Care](https://www.summerfoundation.org.au/resources/collaborative-support-approach-working-together-to-help-young-people-leave-aged-care/)

<https://www.summerfoundation.org.au/resources/collaborative-support-approach-working-together-to-help-young-people-leave-aged-care/>

For general support for younger people living in an aged care home:

[Summer Foundation support network](https://www.summerfoundation.org.au/support/)

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