

Title: “A home for life”: how long term housing and support can reduce hospitalisation for consumers.

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There is a complex interplay between housing instability and mental health concerns associated with a range of other challenges such as:

- Stigma, loneliness and isolation
- Limited access to required supports
- Low availability of suitable housing opportunities with supports to maintain tenancy

Being able to choose housing that is suited to preferences is a fundamental human right. Evidence suggests high quality supported housing that encourages community integration is key for satisfaction and effectiveness, reduces healthcare costs and increases wellbeing for people living with mental health challenges.

Haven homes provides purpose built accommodation with continual on-site support for residents - a “home for life” in a congregate setting with individual choice and control.

However, housing is considered an “expensive” support, so strengthening the evidence around cost offsets would be useful.

We assessed hospitalisation rates and healthcare used by a cohort of residents comparing rates in the 12 months before moving into Haven with rates for a 12 month period after moving in.

We found supported housing in a congregate social setting with continuous access to support reduces hospitalisations substantially, offsetting the costs of provision of this care and enabling residents to remain in the community without disruption to their recovery trajectory.