

# A Design Guide For Older Women's Housing



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### **Unequivocal Women's Housing: A post-occupancy study of housing types for women over 45 at risk of homelessness in suburban Melbourne**

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“I love my  
little home,  
it’s not old,  
it’s not new.  
It’s my  
home. It’s  
my home.”

# Introduction

The purpose of this project is to provide research findings and insights that support the development and construction of quality, affordable housing for older women. This design guide is a practical, targeted document that translates our research findings into design responses to provide practitioners with best practice strategies for the design and construction of housing for older women.

Women over the age of 45 are currently the fastest-growing population of people experiencing homelessness in Australia. Reasons for this include family and domestic violence, unsustainable rental prices, single women unable to survive on a single income or pension, carer responsibilities impacting consistent or full-time employment and the simple fact that women often retire with half the superannuation of their male colleagues. Many women resort to couch surfing or living in cars and are often not included in statistics related to homelessness. Australian census figures show there was an estimated near 7000 women over the age of 50 who were homeless in 2016, this figure reflecting a 31 per cent increase since 2011.

The research team explored housing-related needs of older women currently living in housing allocated for women at risk of homelessness and sought to identify existing best practice building design examples. The need for this research project stems from the recent reports of rapid growth in numbers of older women at risk of homelessness in Australia. As architects, and researchers, we are aware of the lack of a best practice model for older women's housing that addresses architectural and landscape design implications. Currently, few post-occupancy evaluations of housing for women or older women exist for an Australian context. This report outlines the contextual and practical issues in the evaluation process and highlights the importance of older women's lived experiences in the evaluation process.

A report accompanies this design guide, detailing the project background and context, research methodology, specific research findings and broader learnings from the project. It includes recommendations for future projects on older women's housing for design and construction experts, housing providers and sector stakeholders.

# Summary of findings

- 1 Safety and privacy are crucial qualities in housing for older women, many of whom have experienced violence.
- 2 For older women, noise control is an issue when living in housing communities or near traffic.
- 3 Proximity to public transport is important for older women, who may not drive or have access to a vehicle.
- 4 Many older women stated a preference for additional space to allow them to work, study, and to provide space for a visitor to stay — or 1½ bedroom units.
- 5 Older women are actively studying, with the intention of working in different employment.
- 6 Older women are physically active — they need a place to exercise in their homes.
- 7 Many older women are makers — they use power tools, make furniture, and install their own shelves.
- 8 Many older women stated their housing made it possible for them to work, study, exercise, and create. Before accessing housing, they lacked the space and the confidence to do these activities.
- 9 Older women do not necessarily want to know their neighbours – they value their privacy, while acknowledging the benefits of social interaction.
- 10 Older women are not always keen gardeners, but many become active gardeners when they have their own housing.
- 11 Older women need good quality, secure and easy-to-operate gates, doors and screens, to increase safety but also for thermal comfort.
- 12 Domestic and family violence was one of the main reasons for the women having to leave their previous home. Many older women had to start over again, find furniture and household items, and create new friendships, often after periods of homelessness or transient housing. Trauma-informed design for existing and new housing improves outcomes for older women who have experienced violence.
- 13 Older women show preference for multiple unit developments over freestanding housing types, for reasons to do with safety.
- 14 Older women's overall health and wellbeing improved when they had access to long-term housing. They attributed their positive outlook, sense of belonging, and ability to thrive to their housing stability.



# How to use this design guide

The design guide is organised around nine design principles, each addressing a specific place or room within a dwelling, each of which applies across the housing types studied here. The principles are informed by values extracted from interviews with older women residents to understand their lived experience. These include comfort, connection, independence, noise, personalisation, privacy and security.

Each principle is illustrated with **components** and **strategies** for applying the principle in different housing types.

**Components** are annotated illustrations of each principle. These provide examples of possible arrangements of space for older women.

**Strategies** offer practical descriptions of how to achieve the objectives of each principle.

The design guide is intended to assist housing providers, developers, and specialist agencies to take the lead in delivering housing specific to the needs of older women, and understanding the qualities delivered by different housing types.

# Housing types

This research project evaluates four housing types provided by community housing providers in the Melbourne area. The housing types evaluated include;

- Townhouse
- Tiny house
- Rooming house
- Apartment

These types were selected from property portfolios of organisations who actively allocate housing for women facing or at risk of homelessness and who design and construct affordable dwellings for women specifically. All were built or upgraded in suburban Melbourne in the last five years.

These four housing types were examined to find strengths and weaknesses in how each addressed older women's housing needs by asking older women who lived in each housing type to share their housing experience. Rather than a comparative analysis to find the "best" housing type for older women, this research seeks to present the diversity of housing values held by older women, and how different housing types meet their needs.

# What older women value in their dwelling

We extracted seven 'values' from our interviews and discussions with older women residents about their experience of the various housing types. These values were desired qualities, unmet needs, and positive attributes women identified in their housing, including links between physical places and atmospheric qualities.

We found supporting evidence for the values in published literature on older women's health and wellbeing and their housing needs. Existing studies emphasise the best housing arrangements for older single women should be affordable, safe, secure, and accessible to public amenities. They should also offer privacy as well as a communal environment with other older women for social support and combine aged-related health care (Petersen, 2015; Darab, Hartman and Holdsworth, 2018; Older Women's Network NSW, 2020).

**The values identified in our own interviews include:**

- 1 Comfort** For older women, comfort is affected by physical and mental states of wellbeing and security, as well as external factors including noise, lighting, temperature, humidity, and ergonomics.

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- 2 Connection** For older women, social interaction with people and connection to nature and the local environment is important for them to create a sense of belonging.

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- 3 Independence** The ability of an older woman to care for herself depends on her physical, financial, and mental wellbeing.

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- 4 Noise** Three types of noise were identified — other residents, people outside, machinery/vehicles. Being able to control noise is important for wellbeing.

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- 5 Personalisation** The ability to create a sense of home, for example by adding furniture, curtains, landscaping, personal items, or colours.

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- 6 Privacy** For older women, having personal space and the ability to control when they interact is vital to their sense of wellbeing and safety.

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- 7 Security** For older women, being able to control territorial boundaries, for themselves, their children or grandchildren and pets is a primary concern.

# Design Principles



# Outside Space

Existing and new housing should consider the importance of outside space for the health and wellbeing of older women, who often spend more time in their homes than younger generations. Outdoor space is considered here in three ways: private outdoor space, communal outdoor space, and connection to outdoor space. Older women clearly state the value of having access to private outdoor space, where they can choose to interact with others or spend time alone in the garden. Communal space is less of a priority — community facilities like libraries or local parks make good alternatives. Well-designed connections to outdoor space can enhance the experience of housing for older women.

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“... it means that the kids can come here, they can play... Somebody bought a wading pool down... we do gardening, I grow some veggies. And watch the spiders in their webs.”

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# Objectives

Outdoor space is a vital element in housing for older women, as it provides a sense of connection to place and wellbeing. When outdoor space is hard to access or maintain, this valuable asset becomes burdensome for older women and housing providers to manage.

Consideration should be given to the design of outside space to enable women to personalise their spaces by adding outdoor furniture and additional planting. A sense of belonging and agency in indoor and outdoor spaces is essential for older women to thrive. Private outdoor spaces provide an opportunity for pets, for engaging and educating grandchildren, a place to sit in the sun, and a space to pursue crafts. Communal outdoor spaces provide opportunities to have a coffee with neighbours or friends, work in the garden together, and increase a sense of belonging and strength in the housing community.

# Components

FIGURE 1: OUTSIDE SPACE: COURTYARD



**1** The size of outside space matters for older women; as a minimum, there should be enough space to sit with another person, an area for one or two pot plants, or enough area to hang clothes on a rack to dry. Ideally, outside space should accommodate children's or grandchildren's activities and pets.

**2** Time spent outside benefits older women's health and sense of wellbeing. Provide built-in outdoor furniture where possible, integrated with the landscape design. Construct furniture with appropriate materials and durable finishes.

**3** Integrate storage of equipment, potting mix, and gloves into the courtyard or garden space. Older women who are active gardeners will own various equipment that needs storage that can be easily accessed.

**4** Fixed, operable shading or trees provide good protection for outside space if well located. Access to natural light is beneficial for older women's wellbeing and physical and mental health, but most Australian gardens require some protection in the summer months.

**5** Raised garden beds minimise bending and assist in ease of garden maintenance for older women. They should be structurally stable, well-drained, and provide good edges for resting on.

**6** Provide access to water with easy tap turners or quarter-turn taps for older women's hands.





**7** Permeable front fencing provides safety for older women and a visual connection to the street. The balance between solid and void and the height of fencing are essential considerations for security and privacy. Side and rear fencing should be solid.

**8** Older women can better manage and enjoy time outdoors when they have safe and easy access between indoor and outdoor areas. Provide step-free connections and good contrast between doorways and walls to ensure easy navigation for those with low vision and access issues.

**9** Provide safe, well-lit, flat and even surfaces that connect outdoor spaces. Outside surfaces need good drainage and should be easy to maintain.

**10** Clotheslines require good lighting, so older women feel safe hanging laundry after dark. Provide accessible height hanging space to assist women of all heights and abilities. Locate the clothesline where maximum sunlight and ventilation can assist clothes drying.

**11** Older women need privacy in their homes; this includes their outdoor space. Considered screening provides additional privacy where there is a level change between adjacent premises. Different screening types provide benefits such as landscape potential and shading.

**12** Safety is one of the most important qualities needed in older women's housing. To ensure a sense of safety for older women residents, provide quality security gates, easy to operate locks for outside areas, and good lighting at entry points.

# Strategies

## ACTION

### **Good visual and physical connections**

Older women need a sense of safety and control at points of access in their homes. Design considered connections between internal and external areas that provide clear sightlines and simple circulation between spaces. Integrate quality windows and doors to enable older women to easily move between indoor and outdoor spaces.

### **Planting choices**

Some women are active gardeners; some are passive. Allow for both types by providing planter beds for more high-maintenance planting and sustainable, low-maintenance planting in general areas. Raised planter beds reduce the need for bending or kneeling, important for older women.

### **Considered orientation**

Older women are more likely to feel cold than younger generations and may benefit from regular access to sunlight. Seasonal changes will vary the need for sun or shading in different garden areas, and well-designed planting and enclosures protect the garden from wind.

### **Shading choices**

Provision of pergolas, shade sails, or mobile screens helps control direct sunlight in the hotter months and reduces heat load in adjacent indoor spaces. These give older women the ability to manage their internal and external spaces by providing choices between levels of protection. They also promote a sense of containment and order to the garden areas and encourage older women to use these areas as outdoor 'rooms'. For older women living in a small unit, these external areas are a significant and safe extension of their living space.

### **Garden storage and utilities**

Good storage for garden equipment like spades, potting mix, and watering equipment can be integrated into fixed seating or in an accessible area for older women. The location of taps needs careful planning for ease of access and operation. For many older women, having a well-kept garden space increases the sense of homeliness.

## AVOID

### **High maintenance surfaces**

Older women lead busy lives; some care for children or pets, some are employed, and some are studying for future employment. Avoid specifying outdoor paving or surfaces that are hard to maintain. Choose slip-resistant paving, step-free pathways, and avoid the addition of lawn where possible, or substitute with a native grass that does not require constant maintenance.

### **Screening plants that require constant maintenance**

When selecting plants for screening purposes, be careful that rapid plant growth will not inhibit movement or cause undue pressure to prune and control. In some housing examples, older women cited problems caused by the rampant growth of their jasmine or bougainvillea plants. Many had removed the planting altogether in preference for a low maintenance outdoor space.

### **Lack of choice in planting types**

Where possible, allow for some active decision-making about plant types by older women who will be living with the plants. Assumptions about their preference for vegetable patches or native heritage may discourage them from using the garden to its full potential.

# Typologies

—————> The size of the outdoor space usually has a proportional relationship to the size of the dwelling.

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—————> **Balconies**  
Women welcome the inclusion of balconies in apartments. While minimum areas for balconies are legislated in some states and territories, women clearly stated that the geometry and size of balconies should easily accommodate outdoor furniture. Balconies are suitable for apartments and rooming houses. Be mindful to consider the geometry of the space so that furniture and personal items fit comfortably and are accessible. A minimum standard for balconies in both 1- or 2-bedroom apartments is 8 square metres (with a 2m minimum dimension).

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—————> **Courtyards**  
Courtyards are suitable for ground-level apartments, townhouses, tiny houses, and rooming houses. They provide older women residents with privacy, comfort, easy access to outdoor space, and a place to grow or make. A variety of sizes provides options for meeting tenants' individual needs. Integrate the elements described above for the most successful outcomes.

# Communal Space

Communal space provides a semi-private space within a housing development as an alternative space for older women to use outside of their homes. Communal space can assist older women in fostering an on-site community through social interaction and connection with one another.

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“I don’t think I could have moved to a unit on my own. With a freestanding unit I wouldn’t have felt very safe or comfortable. So, I am happy that I am in a building with other people and to know that people are around.”

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# Objectives

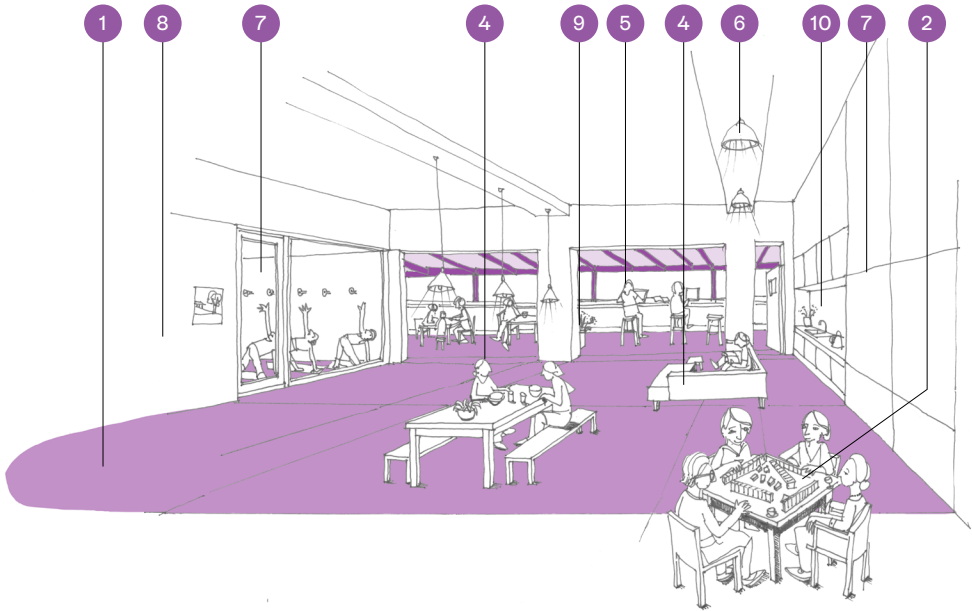
Communal space areas within developments can vary enormously, and their inclusion, quantity and size are often related to site size and project budget constraints. Older women report the benefits of communal open space as a place that facilitates an onsite community for them through social inclusion.

Communal spaces can be indoor or outdoor, and developments should consider the advantages and disadvantages of including both types within the building design.

Older women often take pride in their environment and feel responsible for its upkeep. Therefore, communal open space in developments with many older women residents is often very successful. Communal space provides the convenience of social inclusion within a development that benefits older women who do not feel as connected to their wider community. Communal space provides additional space to an older woman's home to share, communicate and help one's neighbours.

# Components

FIGURE 3: COMMUNAL SPACE: INDOOR



1 The size of communal space matters for older women; many older women are more likely to meet and catch up in communal areas in smaller developments (under 30 dwellings) where it is easier to foster an onsite community.

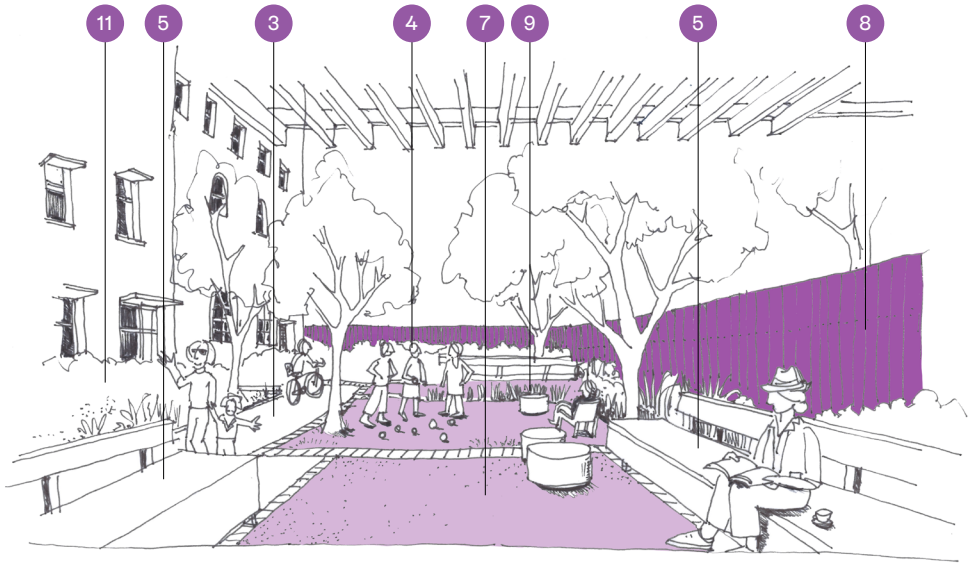
2 The communal space areas need to be large enough to accommodate groups of older women sitting comfortably, with generous circulation space for access and egress.

3 Communal spaces for older women should be located centrally within a development and accessible to all older women, not just a few who live adjacent to the space. A central and easily accessible communal space can avoid a sense of ownership.

4 Older women may form different social groups within a development. Provide multiple and different seating options for different group sizes and activities to encourage active engagement of older women.

5 Furniture and seating can be built-in and provide a dual purpose, such as storage, or they can be free-standing. The developer should provide furniture in these spaces rather than leave it to older women to provide their own.

6 Older women will use communal spaces differently and at different times of the day and night. Provide good natural and artificial lighting options to ensure well-lit spaces so older women avoid trip hazards or obstacles.



- 7 Centrally located, communal spaces should be located away from or be acoustically separated from private dwellings to avoid noise pollution in older women's private homes and to protect those using the space.
- 8 Communal spaces must be private within a development, secured behind lockable doors and gates and only accessible to older women and their guests.
- 9 Landscape can be incorporated into indoor and outdoor communal spaces and used to soften the space and to create semi-private zones within a larger area for smaller groups of older women to meet.
- 10 Kitchenette facilities would encourage older women to use the space and make the space more comfortable for groups of older women to use for more extended periods.
- 11 Communal landscapes provide older women with opportunities to actively participate or appreciate gardens. Clearly defined communal gardening areas need access to tools, materials and water.

# Strategies

## ACTION

### **On-site community gathering**

Good examples of shared spaces balance organised programmed spaces for older women's activities and other free-form, flexible areas for unstructured activities or meetings. Housing providers should supply furniture for use in communal areas.

### **Diverse types and scales**

Design for diverse types and scales of communal gathering. Consider cultural and socio-economic needs of older women. Design for a range of scales; integrate smaller and larger areas, or design larger areas that accommodate smaller ones for different activities.

### **Ease of access**

Visual and physical access to communal spaces is essential. The ability to see others using the space can help older women decide whether to enter or not. Wide and step-free paths encourage active and safe use.

### **Define boundaries**

Design clear boundaries of communal space through fencing, landscaping, partitions, and walls between communal space and the private homes of older women, to avoid confusion between the two and potential encroachment.

### **Amenity**

Well designed communal spaces with amenities such as furniture, storage, landscaping, and kitchen facilities will be most welcoming to older women. Including good amenity in communal space design will encourage frequent use by older women. Regular upkeep and maintenance by building owners is encouraged to keep amenity conditions high.

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## AVOID

### **Perceived ownership**

Locations of communal areas should be central and not designed to be associated with one or two residents. Poor locations lend themselves to underuse or encourage some older women to take 'ownership' of the area and exclude the rest of the on-site community.

### **Poor amenity**

Older women will not use empty, cold or poorly lit communal areas. Uneven floor surfaces or unmaintained areas are also discouraged.



# Typologies

- The quantity, size, and location of communal space will often directly relate to the development size and number of dwellings. They can also have a relationship to the construction budget and maintenance budget.

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- Building types that have reduced dwelling size, such as tiny houses and rooming houses, benefit from considered and sizable communal spaces, as they extend an older woman's home and provide an area for activities not able to be accommodated indoors.

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- Apartment and townhouse building types also benefit from offering older women residents indoor and outdoor communal spaces. These spaces often facilitate an onsite community; they are places where older women can gather for social inclusion, conversation or shared activities.

# Entry

An entry defines the boundary and threshold of an older women's home. Entries to apartment buildings or dwelling are instantly recognisable as the secure line to older women's private space and therefore their sense of safety and security.

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“[In other apartments] the hallway is huge, so it's actually like a house. I would like a hallway where you can pop your coats down.”

“I can close my door, it's a quiet space, I can lock my gate and I know nobody is coming over here. Not many people know I live here, so it's great. And if someone is coming through my gate - unless it's the middle of the night - I know it's s friend - invited.”

---

# Objectives

Entries are at the very heart of what creates and defines the boundary of an older woman's home and her sense of security. Entries to buildings, yards and dwellings are thresholds that provide a secure line of defence against unwanted visitors.

Many older women have survived violence or trauma in their lives and appreciate the security of well-designed and well-maintained building and dwelling entries that assist them in recovery.

Building fabric infrastructure such as solid doors and good artificial lighting at entry points is non-negotiable for older women.

Hardware fixtures such as deadlocks, security screens and door closers contribute to older women feeling secure in their private homes.

Hardware devices such as intercoms, security cameras, and spy holes give older women a choice about who can approach their private home.

# Components

FIGURE 5: ENTRY: BUILDING



- 1 Older women insist on feeling secure in their homes, sometimes based on past experiences of trauma. Front doors of dwellings must be solid and securely lockable with deadlock hardware.
- 2 A visual element such as a spy hole or small glass panel allows older women to see who is on the other side and gives them a choice about allowing them in.
- 3 Door closers ensure doors reliably shut every time they are opened.
- 4 Intercoms provide freedom to older women so they can choose who arrives at their front door and who does not.
- 5 Good natural and artificial lighting assist older women in navigating, leaving and arriving home. Manually operated lights can be left on if desired. Sensors take away that level of control and should be avoided for dwellings or have a manual override option.
- 6 Sensors to outdoor lighting can be appropriate for building entries and assist older women in navigating paths and doors at night.
- 7 Clear sightlines to entries assist older women in assessing any potential risk at their dwelling and building front doors.



- 8** The front door is where older women prepare for leaving their home and organise themselves when they arrive home. An entry with a space large enough to hang coats and place keys and bags is highly valued and provides a sense of home.
- 9** Dwelling entry doors should be acoustically sealed to help older women reduce noise ingress into their homes.
- 10** Secondary entry points include gates into garden spaces. Older women need all entry points within their building or site complex to be solid, lockable, and secure.
- 11** Security cameras can help increase the feeling of safety for older women in their homes. Prominent locations such as building front façades provide the most impact.
- 12** Dwellings with a front door to the outdoors benefit from a lockable security screen, an additional line of defence for older women, with the added function of secure ventilation.

# Strategies

## ACTION

### **Security Devices**

Older women want to feel very secure in their homes. Often the need to feel safe is amplified because of past traumatic events in their lives. Entries to buildings and dwellings are the obvious secure point for a home. Security devices such as deadlocks, door closers, lockable security screens, and good artificial lighting contribute to safe entry points.

### **Choice**

Older women want the freedom to choose who can approach their dwelling entry and whom they can decline entry to. Hardware options such as security cameras, intercoms and spy holes allow them to say yes to a welcome visitor and no to an unwanted approach.

### **Clear approach**

Older women value clear sightlines to entries and good artificial lighting at entries. Building entries should be seen from the street and not hidden behind walls, building forms or landscaping. When coming home in the evening, older women value higher-level lighting to see paths and locks easily.

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## AVOID

### **Lightweight construction**

Heavy-duty doors and door hardware make older women feel secure — lightweight doors with flimsy hardware that do not close properly are not adequate for entry points.

### **Visual Obstructions**

Do not obscure entries behind corners or walls or where the building creates hidden nooks. Landscaping must be kept low and maintained to keep entry sightlines clear. Dim artificial lighting and non-existent artificial lighting is discouraged.

# Typologies

—————> All building types for older women should incorporate two secure entry points into their homes.

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—————> Apartment buildings and rooming houses should generally have a locked door at the front of the building with an intercom, then a solidly constructed front door with quality hardware to access the older woman's private dwelling.

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—————> Townhouses and tiny houses have two secure entries; front yards secured by lockable gates and a front door to the dwelling. Older women value an added layer of security provided by a security door.

# Kitchen, Dining, and Living Spaces

The kitchen, dining, and living rooms have integrated, vital functions that sustain older women's health and wellbeing. These are places of nourishment, routines and action, and an integral part of what makes a house a home for older women.

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“I like to open my door every morning, doesn't matter how cold it is. I like fresh air. Because everything has been closed up at night, the first thing I do when I wake up is open my front door and turn my kettle on.”

“We found it very hard, we looked at catalogues to find a little two-seater table — we couldn't figure out what to get. If we bought a big table it would take up a lot of room, because it's all open plan.”

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# Objectives

Older women tend to spend more time in their homes than younger people; the kitchen, dining, and living rooms are vital for maintaining independence and wellbeing. These areas organise daily routines in the way they are furnished and oriented. Kitchens should provide an easy-to-maintain, welcoming environment for residents to cook for themselves. Although less structured by tasks than the kitchen, dining spaces should provide a sense of dignity and comfort for mealtimes for older women who may often dine alone. Living areas are the least structured but should be flexible to accommodate women's routines and activities, including welcoming family or friends.

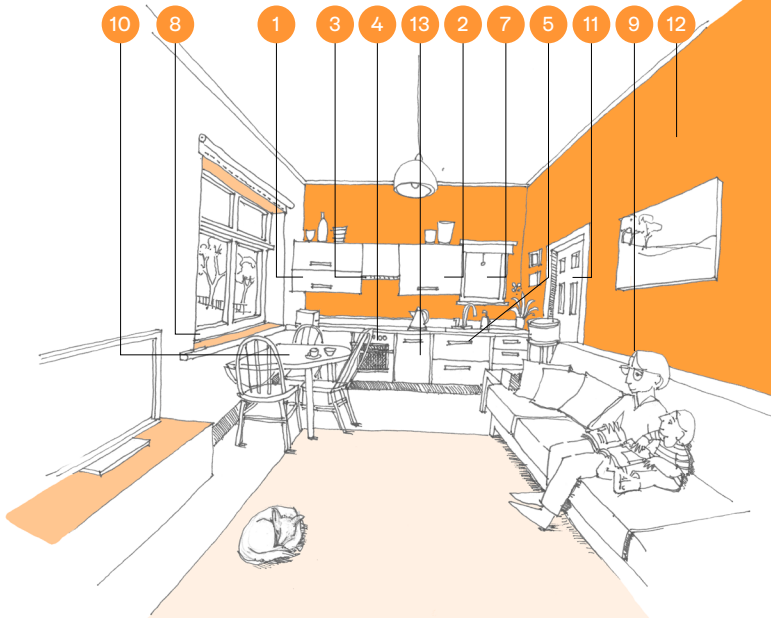
# Components

FIGURE 7: KITCHEN: ROOM



- 1 Well-designed kitchen storage is important for older women. Provide a dedicated pull-out pantry, adjustable shelving and generous drawers and cupboards that can contain dry goods, kitchen implements, and appliances to ensure clear working space.
- 2 Consider older women's stature and reach. Overhead cupboards and high-level shelving need careful attention—design joinery for universal access and to enable women to age in situ.
- 3 Good lighting is vital in kitchens for older women, particularly those with low vision and those who wear glasses. More light is not always better if it produces glare. Provide task lighting for working areas, like benchtops, in addition to overhead lighting.
- 4 Provide quality kitchen appliances that are easy to use and maintain for older women. Good quality appliances ensure sustainable energy and water consumption, necessary for affordable living. Simple, how-to-use instructions for kitchen appliances in several languages will help older women use their kitchens well.
- 5 Older women prefer handles on cupboards and drawers. Well placed handles help women with declining fine motor skills or arthritis.
- 6 Provide a lockable cupboard option for women who care for young children.

FIGURE 8: KITCHEN: OPEN PLAN



- 7** Direct natural light in cooking, eating, and living areas increases overall light quality and connection to the outdoors for older women. Provide controlled shading to protect these spaces in the warmer months.
- 10** Some older women will appreciate suggested layouts for furniture in living areas to maximise the use of their home.
- 8** Easy-to-operate windows and openings provide natural ventilation and help reduce the cost of heating and cooling for older women. With well-located windows, older women can easily control the natural circulation of air through their living spaces.
- 11** Consider the potential to link eating and living rooms to outdoor areas so that older women can enjoy warm weather.
- 9** Many older women care for young children in their homes. Ensure living and dining spaces are child-friendly, with space for games and indoor activities and access for highchairs and removable gates where needed.
- 12** Prevent noise transmission from the kitchen and living areas of the house to other units. Older women reported that acoustic privacy was one of the most neglected areas of their housing.
- 13** Provide a dedicated area in the kitchen that stores general rubbish, compost and recycling bins, preferably concealed within a cupboard or under-bench and close to the sink area.

# Strategies

## ACTION

### **Generous storage for diverse items**

A home where “everything has its place” provides older women with a sense of order and creates a calm environment in which to live and work. Careful planning, location, and accessibility of cupboards, drawers, and shelves ensure older women’s safety and comfort. Ensure all spaces are uncluttered by integrating clever storage solutions and shelving for personal items.

### **Ability to share meals with others**

Eating together helps older women feel connected and creates social relations that benefit their health and wellbeing. Having space to share meals with others gives older women a sense of dignity — design flexible dining options to expand and contract when needed.

### **Small footprint furniture**

The selection of smaller sofas, dining tables, cabinets, and wall-mounted shelving will declutter space available for circulation without loss of comfort. Provide simple spatial layout guides to help older women choose furniture and fittings to maximise their space.

### **Fitouts for cultural diversity**

Many older women come from diverse cultural backgrounds, and their cooking, eating, and living practices require different spatial configurations. Older women may prefer to sit on the floor to eat meals and socialise. Some prefer to cook in a room with a door that can be closed, others prefer to cook outdoors, or to cook in an open space with others. Allow for adaptable interiors at the planning stage.

### **Good quality appliances and surfaces**

Older women appreciate kitchens that are easy to use and maintain. The selection of quality materials and appliances can be more cost-effective in the long term for housing providers and contributes a sense of dignity to residents.

### **Universally designed**

Kitchens that are accessible ensure independence and the ability to age in place for all older women. Universal design principles require attention to openings and circulation, door mechanisms, adaptable benchtops, and good lighting.

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## AVOID

### **Difficult storage solutions**

Corner cupboards, high-level shelving or tall overhead cupboards are often difficult to access for older women. Design generous and accessible storage to create a sense of order. Avoid storage that requires over-reach or awkward access.

### **Open-plan kitchens are not always the best option**

The assumption that open-plan kitchens and living areas are best is not always the case for older women. Some women prefer to separate working from living areas for reasons like looking after children or heating living areas more efficiently in winter. Provide options for separating zones with sliding screens or internal walls.

# Typologies

- The size and location of the kitchen, dining, and living areas directly relate to the type of dwelling and the development requirements.

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- Tiny houses integrate dining and living areas using built-in and adaptable furnishings. For example, a fold-up dining table can transform a dining space into a sleeping or sitting area. Kitchens may be compact but still include full-size fridges and cooking appliances.

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- Apartment and townhouse building types have repeated internal layouts and identical kitchen fit-outs for economy and easy construction. The kitchens and dining areas are often open plan in these developments. Combined living and dining areas also maximise the available space.

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- Rooming houses require a full-size kitchen and a larger dining area when residents share the facilities. These building types often have the largest kitchen space to accommodate multiple residents by integrating extra fridges and freezers, cooktops, and lockable cupboards. Living areas are also generally shared zones.

# Bedroom

An older woman's bedroom is her sanctuary and haven: it contains her most personal items and is often the most treasured place in her home.

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“I like my bedroom — it's my favourite. It's a good size and it gets the sun. And I find it quite a little haven and I feel comfortable... you can make it feel very homely.”

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# Objectives

When designing bedrooms for older women, prioritise this space within the hierarchy of the home. Older women value a bedroom that is comfortable and warm. Careful consideration of room orientation, heating and cooling, colour palette and materials, storage options, and an older woman's ability to personalise the room easily contribute to positive qualities in her bedroom.

Depending on other accommodation in the home, the bedroom of an older woman can also function as a spare room for grandchildren, a craft room, or a place to exercise. For older women who use the bedroom for multiple functions, the size of the room is important.

# Components

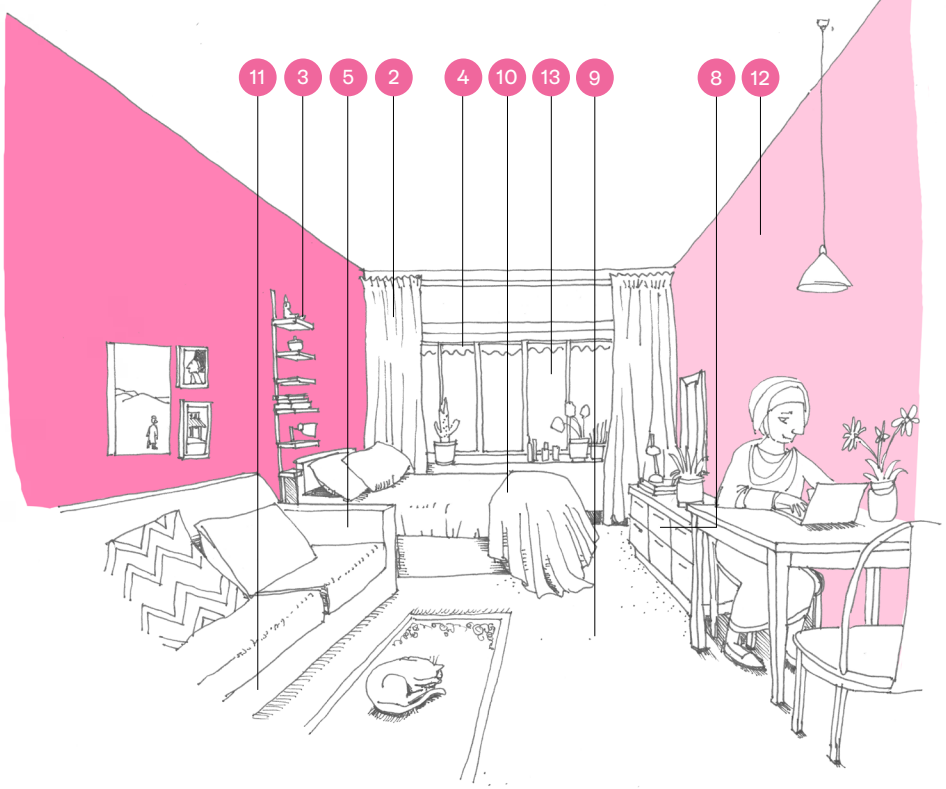
FIGURE 9: BEDROOM: ROOM



- 1 A generous-sized bedroom is important for older women. Bedrooms are highly valued spaces in their homes.
- 2 Older women like to personalise their bedrooms with curtains. Providing pelmets above windows encourages their installation and performance.
- 3 Older women like to personalise their bedrooms with free standing furniture. The size and dimension of the bedroom must be large enough to accommodate beds, bedside tables, storage furniture, chairs and ample circulation around the furniture.
- 4 Direct natural light in a bedroom creates a haven for older women. Consider how to control the ingress of sunlight in the warmer months.
- 5 Older women's bedrooms should be easily made comfortable and homely. A warm material palette is encouraged.
- 6 Wardrobe doors should not be a mirror finish. Older women do not want to wake up looking at themselves.
- 7 Wardrobe interior fit-out to be reachable. Older women need hanging rods and shelving to be within reach when standing on the floor.



FIGURE 10: BEDROOM: STUDIO



- 8 Wardrobe area and size matter to older women. Include spaces for accumulated items; include drawers, hanging rods, and shelving to make storage options available to older women.
- 9 Carpeted floors in bedrooms are best for older women.
- 10 Older women require climate control in their bedrooms. The heating or cooling required to make the space comfortable will depend on the dwelling's location in Australia and the orientation of the bedroom.
- 11 To increase storage solutions for older women, look for opportunities to provide compact built-in storage solutions in the bedroom such as under the bed, window seats, or multiple wardrobes.
- 12 Noise from the neighbours or the neighbourhood can easily disrupt the sleep of older women. Acoustically treated walls will minimise noise ingress into the bedroom.
- 13 Windows should be operable for natural ventilation but also lockable, so older women feel safe and secure.

# Strategies

## ACTION

### **Generous sized bedrooms**

Older women often feel their bedroom is their favourite room in the homes. It is full of personal effects and easily personalised with furniture, curtains, and bedding — the size matters. Be generous with the dimensions and area of bedrooms to easily accommodate furniture and comfortable circulation.

### **Thermal comfort**

Thermal comfort is achieved passively through operable windows and mechanically through heating and cooling systems. Older women value comfortable bedrooms. Locate operable windows to let sunlight in. Provide appropriate heating and cooling systems depending on the dwelling's location in Australia and the orientation of the bedroom.

### **Personalisation**

Older women have the experience and confidence to personalise their spaces, particularly the bedroom. The room's floor, walls, and ceiling should provide a warm palette as a backdrop. Pellets provide opportunities for curtains to decorate the space and increase thermal performance. Carpets soften the room visually, have an acoustic value, and offer fall protection for older women.

### **Generous Storage**

Provide generous amounts of storage for older women who have sometimes accumulated a lifetime of clothes, shoes and possessions. Built-in wardrobes are essential. Wardrobe area and size matter to older women. Include drawers, hanging rods, and shelving in the design of wardrobes, so storage options for older women are available. Consider other built-in storage where possible.

## AVOID

### **Cool palettes**

Cool material and colour palettes are challenging to make comfortable and homely. These are discouraged for older women.

### **In-board bedrooms**

Inboard or 'borrowed light' bedrooms without windows and no direct access to fresh air or daylight are discouraged for older women and are prohibited in some states and territories.

# Typologies

—————> Bedrooms come in all shapes and sizes; however, size matters to older women.

---

—————> Bedrooms are most important in rooming houses, as they are often the only private space available to an older woman.

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—————> Tiny houses have limits on their size; like bedsits, tiny houses integrate the bed, living, dining and kitchen areas into a single room. This arrangement works with well-designed storage solutions for older women's personal items.

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—————> Apartments and townhouses have the most flexibility for bedrooms in size and area. The size of the bedroom should be prioritised over other rooms in an older woman's home, as it is the most highly valued room in her home.

# Bathroom

Routine self-care is important to older women's health and wellbeing. The bathroom is a highly personal space that can positively contribute to the daily ritual of washing and looking after oneself.

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“It's not easy to help someone when it's a smaller bathroom, so, they need bigger bathrooms.”

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# Objectives

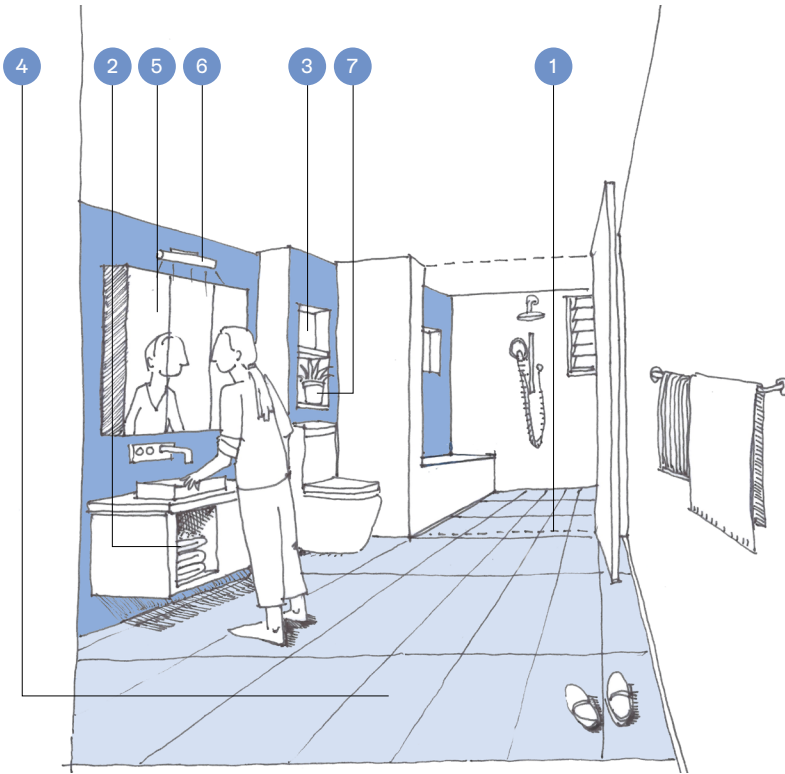
Well-designed bathrooms increase older women's ability to look after themselves with good lighting, ventilation, and quality surfaces. Access to one's own bathroom provides women with comfort and amenity. Many women stated they could share a kitchen but preferred a private bathroom.

The bathroom is where we all usually begin and end the day. It is often a space of solitude, an opportunity for relaxation and refreshment. Bathrooms should provide a sense of comfort and dignity for older women.

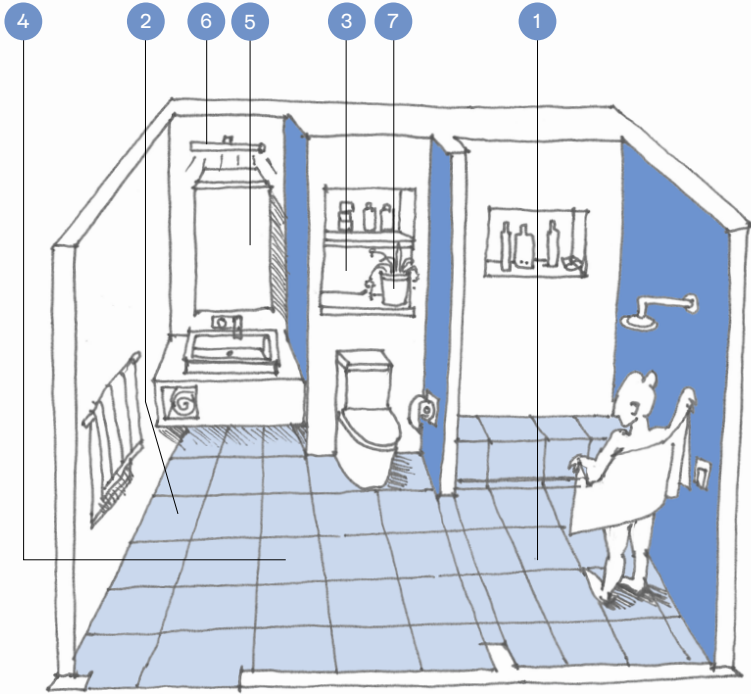
Safety and privacy are concerns in bathrooms as women age; these can be mediated with well-placed openings, lighting, and finishes to reduce the likelihood of accidents.

# Components

FIGURE 13: BATHROOM: ROOM



- 1 Design for universal access — openings, step-free thresholds and taps should be easily accessible for older women.
- 2 Provide ample storage that is easy to access and ensures items have a logical place. Consider older women's stature — do not install cupboards, mirrors or tiling beyond standing reach.
- 3 Provide good ventilation and natural lighting to reduce the need for older women to manage mould, damp and built-up deposits. Windows in bathrooms need to be easy for older women to reach and operate without losing privacy.
- 4 Flooring in bathrooms must be non-slip and step-free to ensure older women's safety.



- 5 Install shelving above the counter for frequently used items to maintain a sense of order and easy access. Older women appreciate locations for things that make them feel special in the bathroom, like perfume or quality soap.
- 6 Install vanity lighting that makes using the bathroom a pleasure for older women.
- 7 Provide space for an indoor pot plant. Plants bring a sense of luxury and wellbeing into indoor rooms for older women. The benefits of biophilia are well known and easy to integrate.

# Strategies

## ACTION

### **Design to silver standards**

Silver standard guidelines are designed to create accessible living spaces and features such as step-free entry, step-free showers, ground-level accessible toilets, and doorways and transitional spaces to allow ease of movement. These are now mandated for many developments and improve older women's housing accessibility. Silver standard should be the minimum requirement design to and where possible gold or platinum should be achieved.

### **Privacy**

Privacy is vital for older women's sense of safety and control in their housing. As the most private domain in the house, bathrooms must provide the safety of lockable entry doors and opaque glazing in external openings and include ample storage for personal grooming items.

### **Future rails and supports**

Provision for future rails and supports can be integrated during the construction stage, reducing the cost of upgrades later on to help older women maintain their independence in the bathroom.

### **Appropriate tapware**

As women age, their hands' functioning gradually changes, which can significantly impact their ability to use taps. Provide lever taps or similar for easy operation.

### **Accessible showers**

Older women may prefer to sit in the shower if they experience reduced mobility. Consider integrating a seat at the design stage to provide a simple, safe ledge for sitting on. Detachable shower heads are ideal for washing while sitting down and ideal for when carers need to aid showering.

### **Visual contrast**

Assist older women with lower vision by contrasting finishes and tones of adjacent surfaces — contrast wall tones with installed vanity units or benchtops and doorways. Define edges of the shower unit with a tonal difference where appropriate.

### **Locate towel rails and robe hooks**

Consider older women's stature and reach when locating towel rails and robe hooks in the shower area. Minimise over-reach or potential slip hazards by installing rails or hooks in easily accessed locations.

## AVOID

### **Inboard ensuites**

Older women need ample circulation space in the bathroom. Without direct access to daylight and natural ventilation, inboard ensuites are not ideal for long-term accommodation. At a minimum, provide a skylight to ensure good quality lighting and ventilation.

### **Floor mats or rugs**

Avoid floor coverings that create trip hazards for older women in the bathroom.



# Typologies

- 
- The size, location and fitout of bathrooms in housing for older women depends on the type of dwelling and available budget. Bathrooms are one of the most expensive rooms in any house and should be designed for longevity and safety to ensure safe, functional and sustainable use for older women.
- 
- Tiny houses have compact bathrooms containing a full-size shower unit, basin and toilet with minimum space for storage and circulation. Despite their lack of extra space, they can provide all the positive attributes of a full-size house bathroom.
- 
- Depending on the location, rooming houses often have a mixture of private and shared bathrooms. Shared bathrooms tend to be larger than private ensuites. Shared bathrooms need to serve multiple residents, which increases the need for ventilation and maintenance of surfaces to ensure safety and cleanliness.
- 
- Townhouses and apartments have standardised bathrooms located in identical positions within each unit. While challenging to alter when built, they can be adapted during the design phase to suit the needs of older women, particularly with the provision for future support rails and fixtures.

# Additional Space

Additional space allows older women to do more varied activities within their home. Examples of additional space might include an integrated study area within a larger room or hallway, a spare room that doubles as a workshop or exercise room, or an alcove that provides space for a spare bed or desk.

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“It has helped me [in] that I have my own space, quiet [place] to study, which is great.”

---

# Objectives

For older women, their home can positively contribute to their sense of wellbeing and belonging. When asked what their housing lacked, a typical response was ‘a spare room’. This desire for more space was about activities, not objects.

Many older women work, study, have regular yoga or meditation practices or create objects or artworks. Many older women regularly care for children or grandchildren in their homes. These activities often do not ‘fit’ in the living or dining area.

1.5-bedroom units provide more flexibility for single older women to work, exercise and care within their home. A 1.5-bedroom means a full-sized bedroom with another smaller room, which may be attached to the bedroom or separate in a loft or other configuration. This additional space is ideal for accommodating younger children or family members for short periods. This may be one area in which housing for older women differs from general social housing — the continued commitment to caring for others and looking after themselves.

# Components

FIGURE 11: ADDITIONAL SPACE: INDOOR



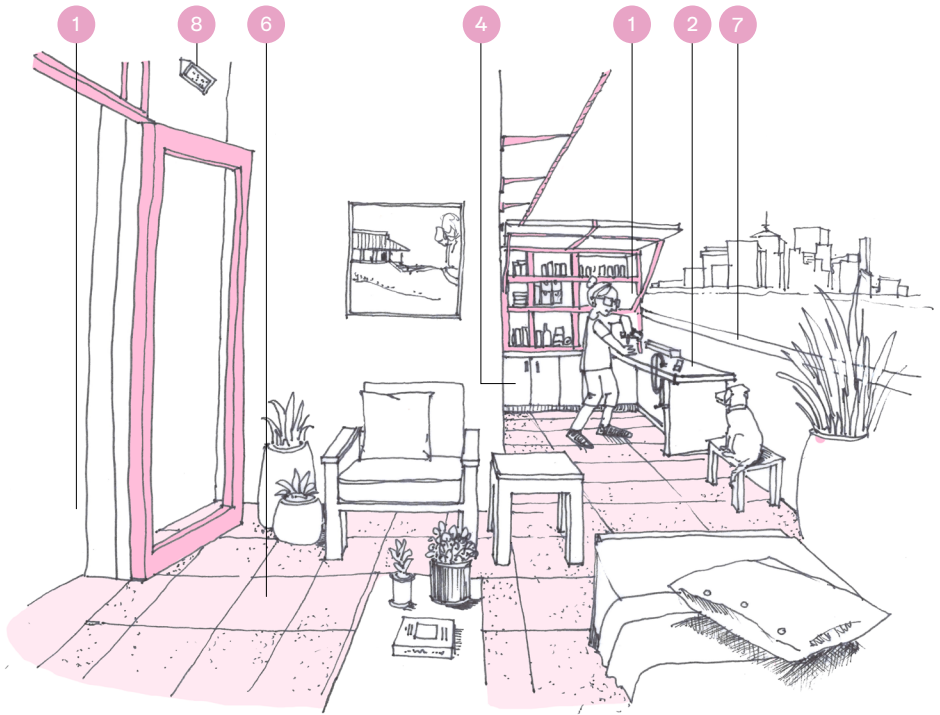
1 Consider the relationship of the additional space to the living areas. Alcoves can provide study space with a desk and chair. A private nook with a screen can provide a sleeping area for visitors. These solutions help older women maintain a sense of order and flexibility in their home.

2 Provide operable, built-in-furniture where possible to maximise space. Solutions might include fold-out beds or desks. Ensure mechanisms are easy and safe for older women to operate.

3 To provide a place for sleepovers for family or friends, an older woman can have privacy and separation between the bedroom or living area and additional space with a screen or sliding door.

4 Dedicate ample storage in additional space for items and equipment to enable older women to study, exercise or make things.

FIGURE 12: ADDITIONAL SPACE: OUTDOOR



- 5 Prevent noise transmission from outside or inside the space using acoustic rated materials for boundary walls. Older women who are working, meditating or studying need acoustic privacy.
- 6 Consider how older women can adapt the flooring finish to suit various activities. Workshop or making requires an easy to clean, solid surface, whereas exercise or meditation requires a warmer material.
- 7 Natural lighting and ventilation improve the amenity of additional space for older women working or studying at home, but these might be borrowed from openings in adjacent rooms if necessary.
- 8 Task lighting can be integrated for desks/workbenches to improve lighting levels for older women at desk or workbench height.

# Strategies

## ACTION

### **Good storage solutions**

Well-considered storage will maximise available space for activities. Older women benefit from a sense of order and easy maintenance for additional spaces. Provide various storage options — open shelving, cupboards with adjustable shelves, or hanging devices where appropriate.

### **Additional balcony space**

Where additional internal space is not possible, increased external space via larger balconies or verandas can provide older women with additional quality areas for activities. Although this might not be ideal in wet or cold weather, this type of area can be designed to suit many uses and has additional benefits of access to fresh air and daylight.

### **The importance of third places**

When an older woman's housing does not include additional space, consider community centres, cafes, local libraries and public parks. These 'third places' are important for building an older woman's sense of belonging and independence. They are an extension of the first place (home) and second place (work), and they help build community networks through the use of available physical space.

### **Shared additional area for developments**

Integrate additional space that can be accessed by all residents using a booking system in developments. Older women may benefit from occasional access to additional space if their units do not provide the area.

### **Acoustic privacy**

Older women stated a need for better noise control between units. Provide acoustic separation between additional space and boundary walls to provide older women with acoustic privacy when using machinery or musical instruments.

---

## AVOID

### **Controlling temperature and comfort**

Additional space needs good thermal comfort control to ensure comfort and a healthy environment for older women. Depending on the time of day or season, variations in temperature, humidity, and daylight will affect the space. Mediate these effects through good design of openings and insulation.

# Typologies

—————→ Additional spaces depend on each building type's available footprint and construction budget. According to standards, additional spaces do not qualify as bedrooms, so the additional area requires careful consideration and budgeting.

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—————→ Tiny houses have the most extreme restrictions on available space; however, additional space can be integrated with balconies or by the addition of an outdoor deck space that extends the interior for older women to be able to use in good weather.

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—————→ Rooming houses generally do not provide additional space as there is a more temporary arrangement to leases.

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—————→ Townhouses and apartment buildings can easily integrate additional space into living or bedroom spaces at the design stage with available space and funds. Added space does not have to be an expensive addition.

# Laundry

The laundry, like the bathroom, is a place of routine and care. Older women's ability to wash their clothes and linen is a vital part of their independence and important for their overall hygiene, health and wellbeing.

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“I do like the laundry”

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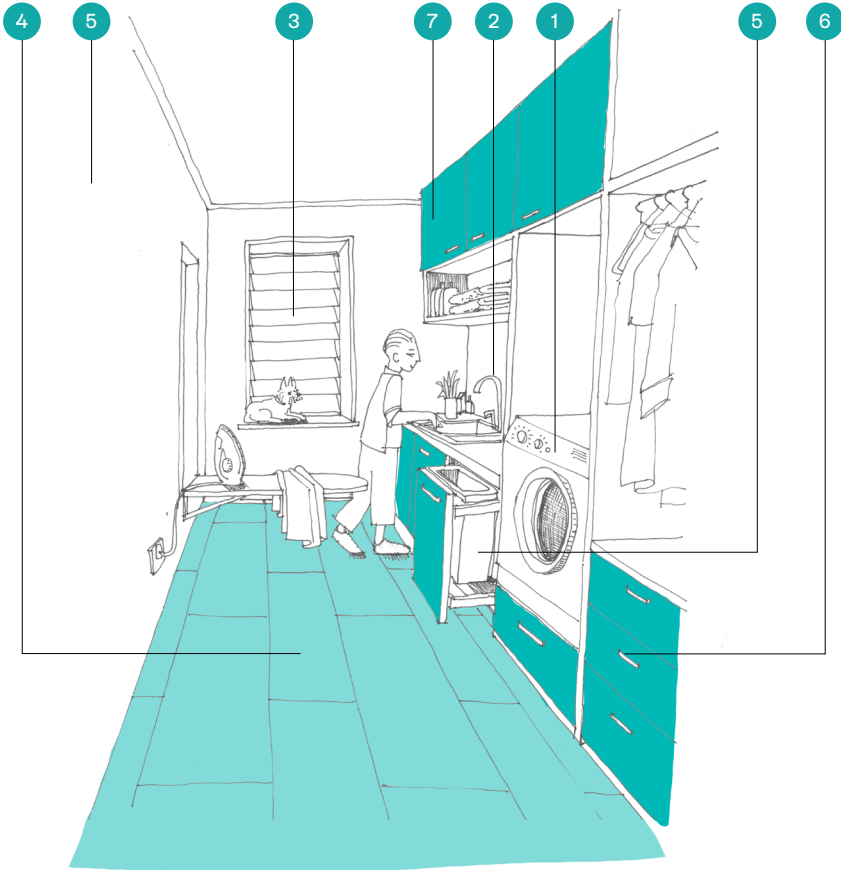
# Objectives

Laundries as a separate room are increasingly rare, due to space constraints. They have been replaced by 'European style' laundries: washing machines, dryers and tubs hidden in a cupboard or integrated into a bathroom or kitchen. Laundries provide other functions — storage for cleaning equipment and products or a place for pets to eat and sleep.

For older women, integrated laundries should provide good access, ensure the installation of washing machines and dryers at heights appropriate to their needs, and a safe place to keep cleaning products and poisons. The ability to hide the laundry also creates an instant sense of order.

# Components

FIGURE 15: LAUNDRY: ROOM

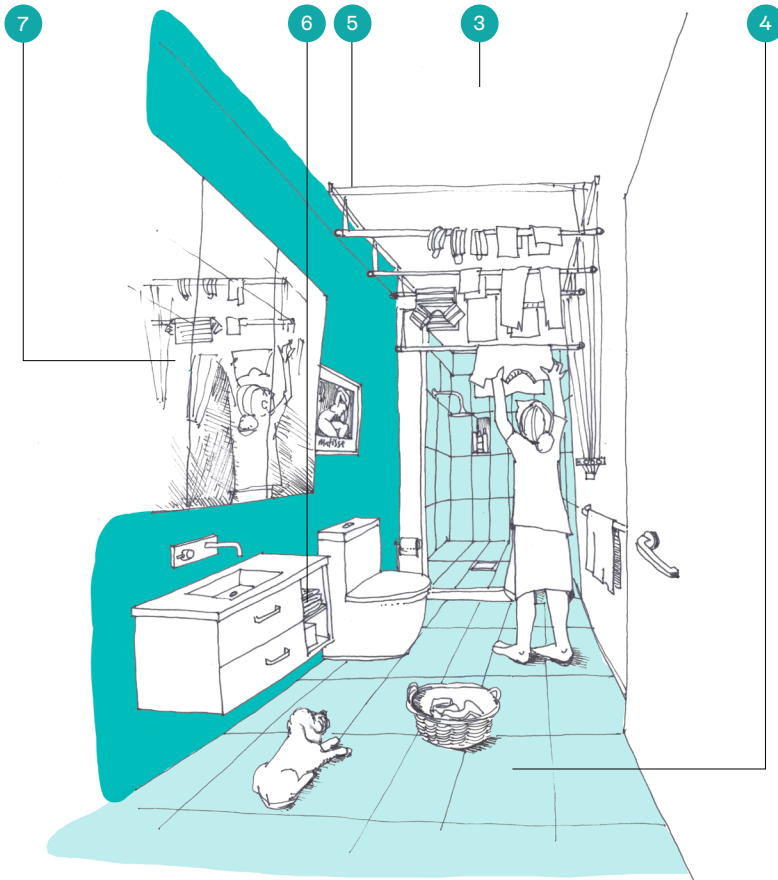


**1** For some women, access to front-loading washing machines becomes difficult in older age. Install a raised plinth to raise the machine to an appropriate height for easier access.

**2** Access to a washing machine and laundry tub taps can be improved with lever taps at an appropriate height for older women to reach them.

**3** Washing clothes requires a well-lit space, with good artificial lighting to supplement natural light.

**4** Provide non-slip flooring with integrated drainage to prevent accidents.



5 Older women noted a common lack of dedicated storage for difficult items — vacuum cleaners, mops, buckets, and brooms. Provide adjustable storage within the laundry for these items not allocated elsewhere within the housing,

6 Likewise, integrated cupboards for linen, towels, and sheets in the laundry area create accessible storage for clean washing.

7 Older women who regularly look after young children need to make sure poisons and cleaning products are kept safely, preferably in a lockable cupboard in the laundry.

# Strategies

## ACTION

### **Proximity to the clothes drying area**

Older women who can access outside drying space will regularly transport washing to the clothesline. Ensure the circulation between the laundry and drying areas is clear and well lit.

### **Visual privacy for the clothesline**

To maintain older women's privacy and dignity, clothes drying areas require screening from the street and neighbours. Provide landscaping or appropriate fence screening for outdoor drying areas. Maintain privacy for drying racks placed on the balcony by ensuring balustrades are not transparent.

### **Acoustic separation**

Locate the laundry in a service space to prevent reverberation and machine noise from disturbing other areas older women use for resting or working.

### **Rails and ironing boards**

Provide hanging space to assist air-drying clothes on hangers, ready for ironing if needed. Install a fold-out ironing board or a space to store a free-standing board with access to a power outlet.

### **A place for dirty laundry**

Provide under-bench slide-out laundry bins to store dirty laundry. Strong plastic bins can be washed out easily and are lightweight and easy for women to manage.

### **Storage for cleaning products**

Older women will often care for children or grandchildren in their homes. Provide safe storage options for cleaning products that are not accessible for children, but are easily reached by women when required.

## AVOID

### **Oversized appliances**

Older women generally do not have family-sized loads of washing. Select appropriately sized appliances to economise on space and cost of operation.

### **Poor ventilation**

For laundries located in a cupboard, install a ventilation system to reduce the risk of mould and condensation created by machines and wet laundry. Poor ventilation increases the risk of asthma, skin and lung conditions.

### **Standard installation of machines**

Older women need front loaders and dryers installed at an appropriate height to reduce bending and leaning to access. Install a plinth to locate machines at a good height for women.

# Typologies

- The size and location of laundries depend on the housing type and available area. Integrated laundry units in kitchens or bathrooms are an economical and efficient use of space. Good design will ensure a functional and sustainable set-up for older women's use.

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- In tiny houses, washing machines with integrated dryers are ideal for compact kitchen or bathroom systems. Clothes drying is possible outside on a drying rack attached to the unit.

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- Apartments will also have integrated laundry units in kitchens or bathrooms in units that contain a laundry function. Some developments have shared laundry facilities with communal drying space on the ground or roof level. Individual balconies can be used for drying clothes on racks.

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- Rooming houses have one shared laundry for units to share; the laundry will often be in a separate room with several machines installed, depending on the building type.

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- Townhouses, like apartments, also frequently integrate laundry space into the kitchen or bathroom areas. Clotheslines are installed in courtyards or balcony spaces of each unit.

# Urban Location

Buildings for older women should be centrally located, close to community infrastructure and easily accessible to integrated public transport systems to keep older women socially connected so they can live independently.

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“The public transport system is so good in this place. This is a central place. So I have been walking and catching public transport! I have never done this in my entire life!”

“You have got the park nearby. You have a few cafés, there is a neighbourhood house, there is a library and a shopping centre. So there are resources out there. Then if you need more support, you can contact [people] who will direct you to extra services.”

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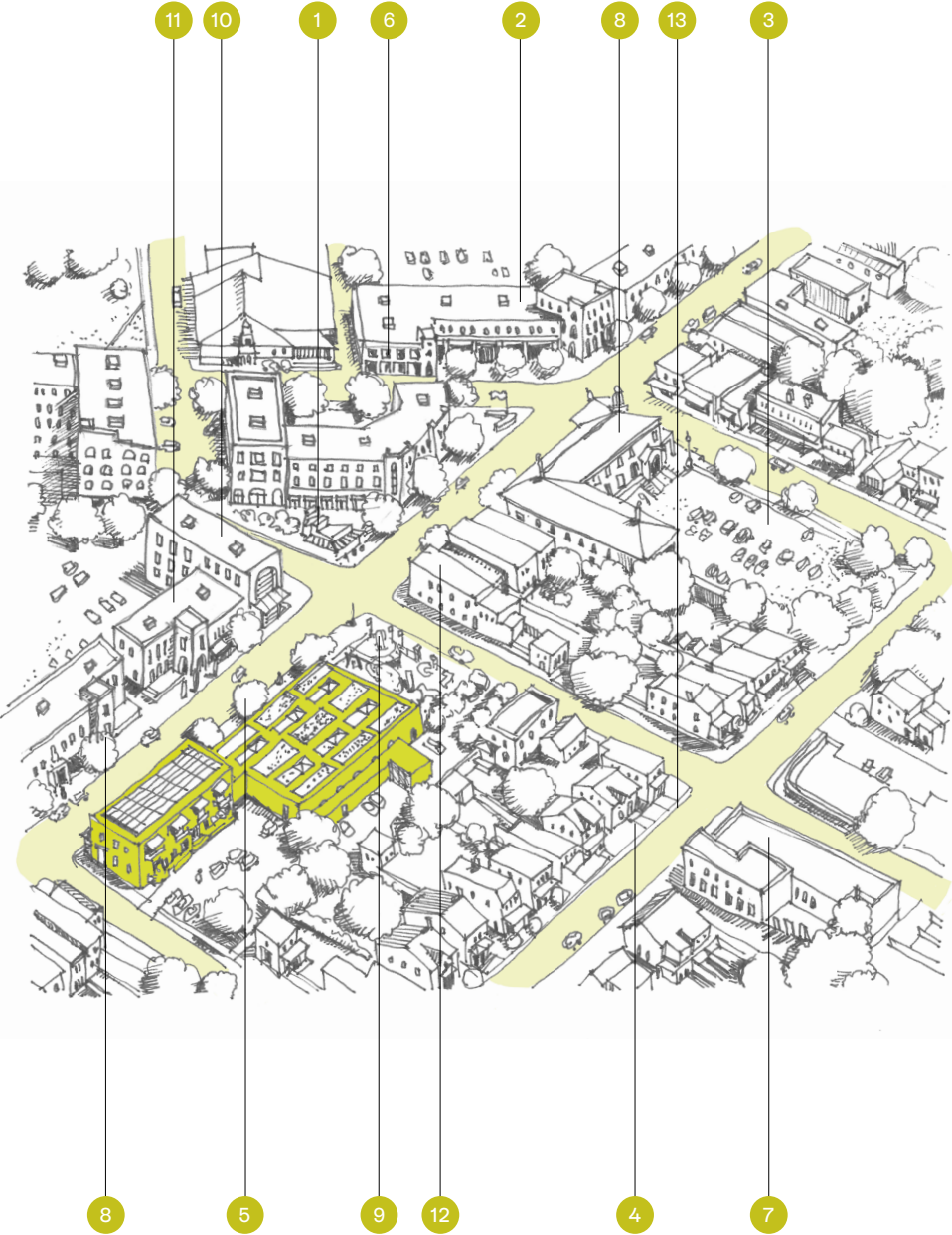
# Objectives

Older women are active members of society in many ways. They provide unpaid care to family and friends, volunteer and support a range of organisations, and often study to improve their options for employment. Site location is essential to facilitating older women's participation in society easily and for society to benefit from their contributions.

Older women desire to remain independent and maintain their connection with family, friends, and their wider community. The location of their housing is intrinsically linked to these. Site locations should be centrally located within a neighbourhood with community services, and infrastructure that is easily accessed. Public transport options should be easily and conveniently located to facilitate multiple connections.

# Components

FIGURE 17: URBAN LOCATION: VIEW





- 1 Many older women do not drive, and may not own a car, so living near a public transport system (trains, buses, and trams) is vital to living independently.
- 2 Noisy public transport options such as trains should be within walking distance but not so close to dwellings that noise pollution affects older women's homes.
- 3 Older women often walk for exercise or to access nearby community centres, shopping centres or supermarkets. A network of well-maintained footpaths assists older women with good health outcomes and an independent lifestyle.
- 4 To reduce noise pollution for older women in their private homes, locate buildings and dwellings away from heavy arterial roads that carry trucks and buses.
- 5 Neighbourhood noise is an issue for older women and can be very invasive. Ideally, locate buildings away from noisy functions such as food and beverage outlets and late-night commercial tenancies.
- 6 Older women need to be easily connected to family and friends on a well-serviced public transport system. Older women are often caring for both their own parents and their children or grandchildren.
- 7 Older women reported the benefits of a smaller development (under 30 dwellings), a size that facilitates an onsite community. Land lot sizes should be relative to building size and dwelling number.
- 8 Older women participate in the community by volunteering and attending classes at community centres. These functions should be near older women's homes or easily accessible on public transport.
- 9 Older women highly value the proximity of parks and recreation spaces for relaxing, exercising, socialising, or walking their dogs.
- 10 Older women value proximity to a library and report a commitment to reading and the lost art of borrowing books.
- 11 A high proportion of older women interviewed were studying to improve or change their employment opportunities. Older women benefit from living near (or within accessible travel distance of) tertiary institutions.
- 12 Doctors, vets, and medical facilities facilitate the independence of older women as part of local community infrastructure.
- 13 Quiet neighbourhoods with local convenience stores and cafes are prized by older women for peace and a sense of security.

# Strategies

## ACTION

### **Central locations**

Older women often do not own cars or drive, so buildings need to be centrally located to public transport, shops, parks, and other community infrastructure and amenities to remain independent.

### **Quiet Locations**

Quiet suburban locations assist older women to feel safe and secure in their homes. Older women value neighbourhoods with quiet residential streets and corner shops as a calming influence.

### **Locations close to public transport**

Older women often care for aging parents and pre-school grandchildren and benefit from living close to relatives and close to a well-connected public transport system so they can travel easily.

### **Self-improvement**

Most older women we interviewed were studying to improve or change employment opportunities for themselves. Buildings close to education facilities or on direct public transport routes to tertiary institutions makes education possibilities for older women easier to execute.

## AVOID

### **Noisy locations**

Older women reported being bothered in their private space by neighbourhood noise such as trains, trucks, late-night commercial tenancies, hospitality outlets and difficult neighbours. Locations next to train lines, on large arterial roads, next to restaurants and hostels should be avoided.

### **Isolated locations**

To remain active in the community, live independently and stay connected to family and friends, older women, who do not often own a car or drive, will be socially isolated in locations with limited or no public transport and minimal community infrastructure.

# Typologies

—————> All building typologies for older women benefit from location on a quiet central site nearby:

- Public transport
  - Shopping
  - Tertiary education centres
  - Medical facilities
- 

—————> Dwellings located away from neighbourhood noise sources such as trains, trucks, and hospitality venues have greater amenity for older women.

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—————> Smaller typologies such as rooming houses and tiny houses, where the private space for older women is more limited, particularly benefit from being near

- Parks and recreation
  - Cafes
  - Community centres
  - Libraries
- 

—————> Apartments and townhouses would also benefit from being located close to the above community amenities and infrastructure.



# Conclusion

The aim of this design guide is to provide practical design-based strategies for older women's housing. It is based on research of existing housing types in the Melbourne area and draws from women's lived experience in four types of housing provided by community housing organisations.

**In summary, the guide seeks to:**

- **Develop a more nuanced understanding of older women's housing needs, in cultural, social, economic, and environmental terms, by asking older women about their lived experience of various housing types**

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- **Expand on the post-occupancy evaluation four housing types to identify similarities and differences in qualitative responses, desired qualities of living spaces, and current needs that are not being met by the housing for older women**

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- **Analyse four existing housing case studies from an architectural perspective to understand their performance in cultural, social, economic, and environmental terms**

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- **Present strategies for future high quality, affordable, and fit-for-purpose accommodation to meet the specific needs of older women.**

A report that outlines the research background, methods and findings accompanies this design guide. It can be accessed on request from the Lord Mayor's Charitable Foundation.

# Further reading

Darab, S, Hartman, Y, Holdsworth, L (2018), What women want: single older women and their housing preferences, *Housing Studies*, 33:4, 525-543

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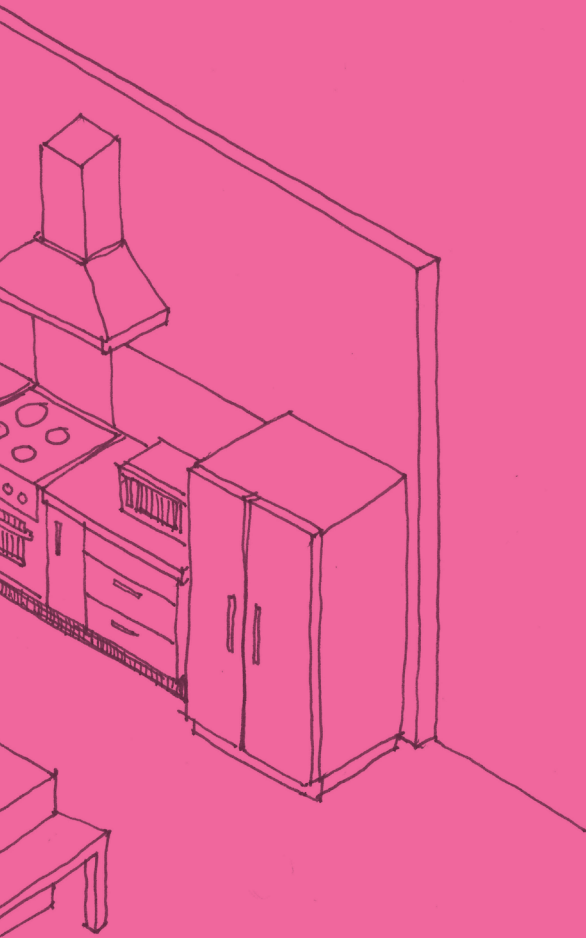
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