Health-Related Quality of Life of Older Adults Residing in Social Housing: a Cross-Sectional Descriptive Study using the EQ-5D-5L

This study assessed the health-related quality of life (HRQoL) of older adults living in social housing and compared their outcomes to Canadian norms to highlight gaps in health and social supports.

Participant Characteristics

n = 2286
Age ≥ 55
Female = 76%
Living Alone = 74%
High school education or less = 53%

Study Overview

Design: Cross-sectional analysis
Tool: EQ-5D-5L (5 dimensions + EQ-VAS)
Program: CP@clinic
Date: 2019–2024

87% reported problems in ≥1 quality of life dimension

Social housing HRQoL scores compared to the general Canadian population

Age	Social Housing	General Population
55-64	0.723	0.839
65-74	0.764	0.867
75+	0.781	0.861

*utility scores are represented here

🔍 **HRQoL scores are lower across all social housing age groups, highlighting systemic disparities**

Factors associated with higher health-related quality of life:

- **Education beyond high school**
- **Living with others**
- **Having a partner**

Take Away Points

- Low-income older adults in social housing experience lower health-related quality of life than the age-matched general Canadian population.
- Targeted interventions and community supports are needed to improve overall well-being and quality of life in this setting.

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