

The logo for OSLOMET, consisting of the word "OSLOMET" in a bold, black, sans-serif font, rotated diagonally upwards to the right. It is positioned in the upper left corner of the image, which features a background of an elderly couple walking away from the camera towards a large, two-story house during a golden sunset or sunrise. The couple is seen from behind, holding hands, and the house is slightly out of focus in the background.

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Housing Choices Among Older Adults in Norway

Advancing Occupational Therapy's Role in Home Adaptation Strategy

Master Thesis // WFOT Bangkok 11.2.2026

Anita Melnæs // Björg Thordardottir // Hans Christian Sandlie

No financial disclosures

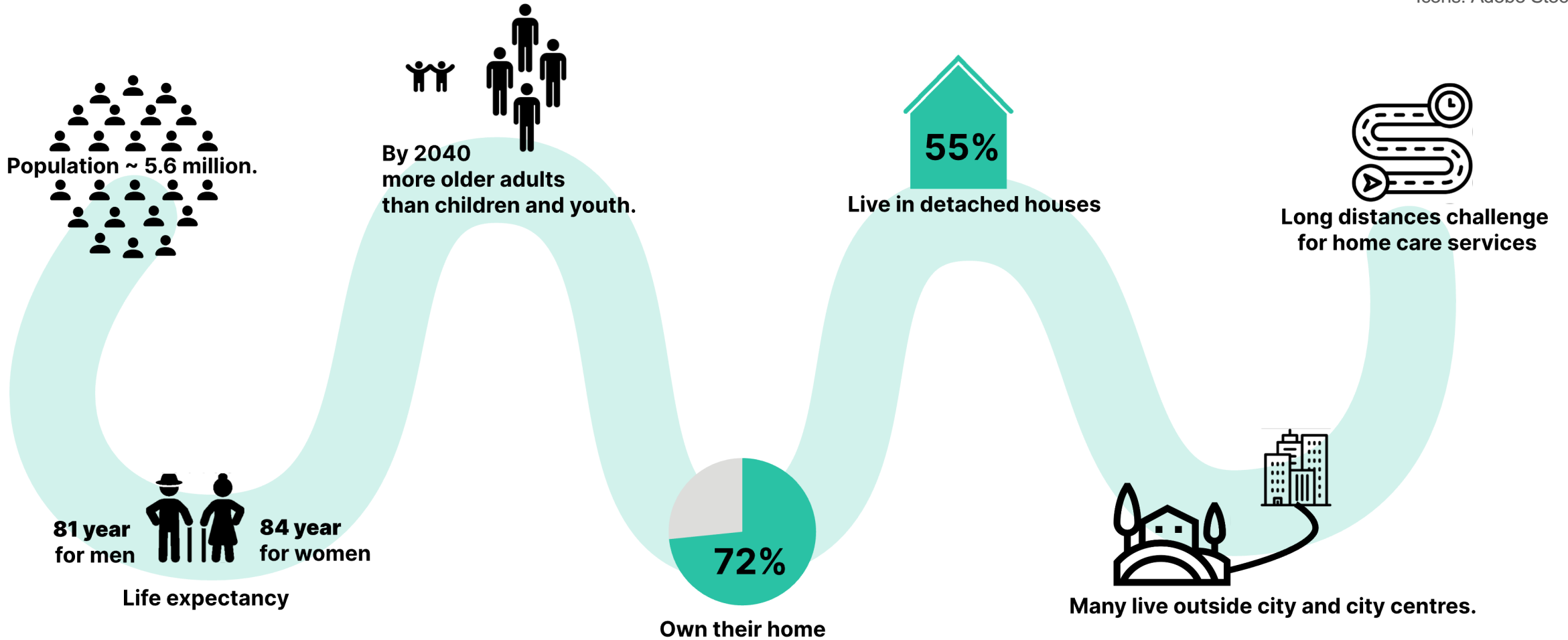
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Norway in Brief // Ageing and Housing



Source: SSB
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Norway in Brief

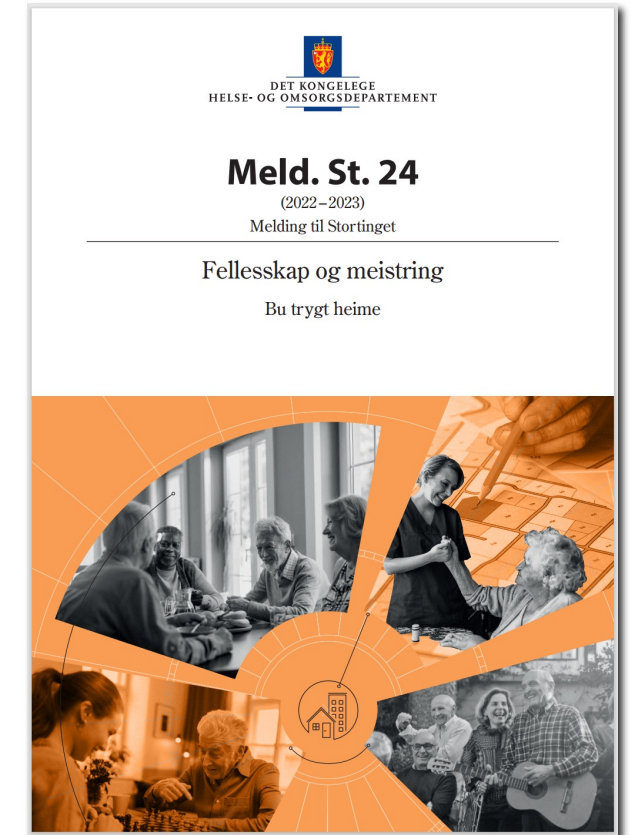


Age in Place // Political Strategy

Majority of older adults want to live at home for as long as possible. The Norwegian “Bo trygt hjemme” -“Live safely at home” reform supports this.

Goal:

To enable safe and sustainable ageing in place through early planning, shared responsibility between individuals and municipalities. Strengthen home-based services and focuses on making homes more age-friendly reducing need for institutional care.



Occupational Therapy Perspective on Housing and Ageing



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Housing decisions reflect the interaction between person, environment and occupation.



Many older adults live in detached, suburban or rural housing with limited accessibility.



OTs contribute through early assessment and preventive house planning.



Housing is a central context for everyday life, identity, participation and safety.



The right housing support, at the right time, enables ageing in place.



Four Key Occupational Therapy Questions for Age in Place

Where do you want to live?

How do you want to live?

With whom do you want to live?

Which everyday activities do you want to continue doing?

Study Design // Method // Data // Analysis



- Quantitative cross – sectional study
- National survey data from February 2023
- Sample: N=1155 // Adults aged 70-80
- Descriptive statistics // Logistic Regression

Research Question:

Explore associations between what characterizes those who move after 65 and those who remain in their home, with special attention on housing related factors

Preliminary Results

Binary Logistic Regression: Moving and Staying



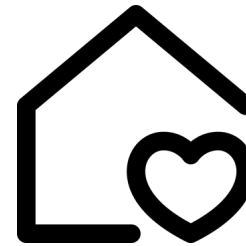
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MOVING –
28,7% N=322

Key factors associated with moving:

- Housing type
- Housing accessibility
- Neighbourhood centrality /Geographic location



STAYING –
71,3% N= 799

Key factor associated with staying:

Emotional attachment to the home and place emerges as the strongest factor for staying, but also as the strongest factor in the model.



Self-rated health/functional limitations – show limited independent explanatory power.

Interpretations

**Housing characteristics shape daily life beyond health status.
Emotional attachment reflects meaning, identity and place.
Housing decisions emerge from person - environment – occupation interactions.**

Implications for Occupational Therapy Practice



- Occupational therapists operate at the intersection of housing planning and everyday life.
- Early housing counselling enables preventive rather than reactive interventions.
- Housing decisions should be addressed before functional decline becomes critical.
- Home adaptations alone are insufficient when housing type or location is mismatched.
- Occupational therapy competence is essential in supporting informed and realistic housing choices.
- Occupational therapists plays a key role in municipal housing information and counselling.



Where - How - With whom - Which

**Occupational therapy bridges the gap
between housing and everyday life.**

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Thank you!

anmel5576@oslomet.no

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