



আমার বাড়ি, আমার জীবন
My home, my life

COPRODUCING HOUSING RESEARCH WITH BANGLADESHI OLDER COMMUNITIES IN EAST LONDON

THE RESEARCH PARTNERSHIP



APPROACHING THE AMAR BARI AMAR JIBON PROJECT

**WHAT IS THE
RESEARCH ABOUT?**

Hearing from the older Bangladeshi community (aged 50 +) in East London about:

- Lived experiences of home housing and neighbourhood and its implications for wellbeing (in-depth interviews);
- Factors influencing these experiences;
- Expectations and aspirations that enable living and ageing well;
- Dynamics of multigenerational living involving family interviews

**HOW OF THIS
RESEARCH?**

Co-produced research involving:

- Project core team (OU, BHA, Housing Lin)- (6 people)
- Bangla Research Advisory Group (10 people)
- Post-doctoral Research Fellow (trilingual)
- Co-researcher/interviewers trained from the community (8 people)
- Translator/transcribers, trained from the community (8 people)
- Professional Advisory Group

With input from:

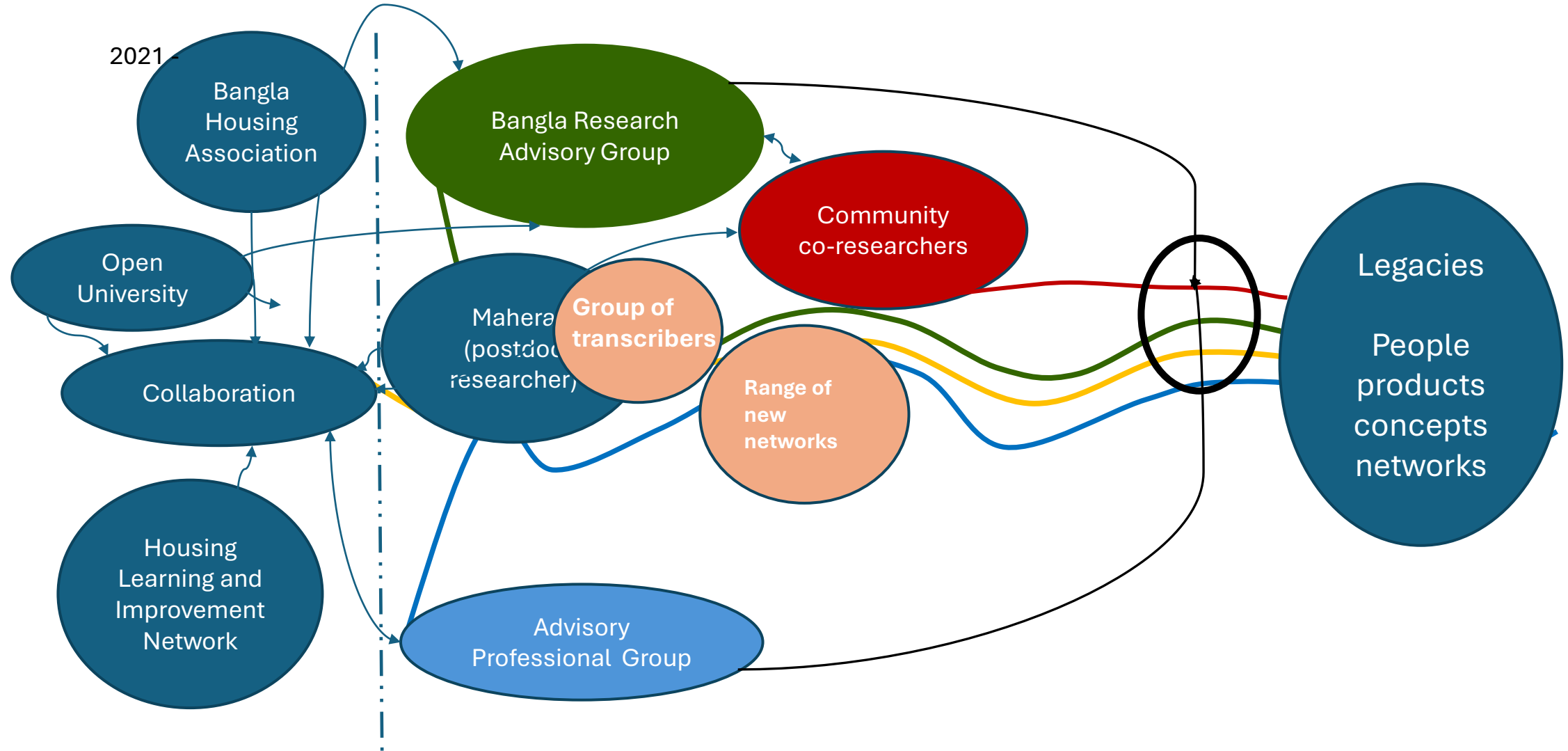
Co-production collective (UCL)

Live illustrator (at BRAG meetings)

Professional Engagement and Impact Lead (funded by OU)

Coproduced and engaged research at all stages

2022 - 2025 and beyond



The Fieldwork

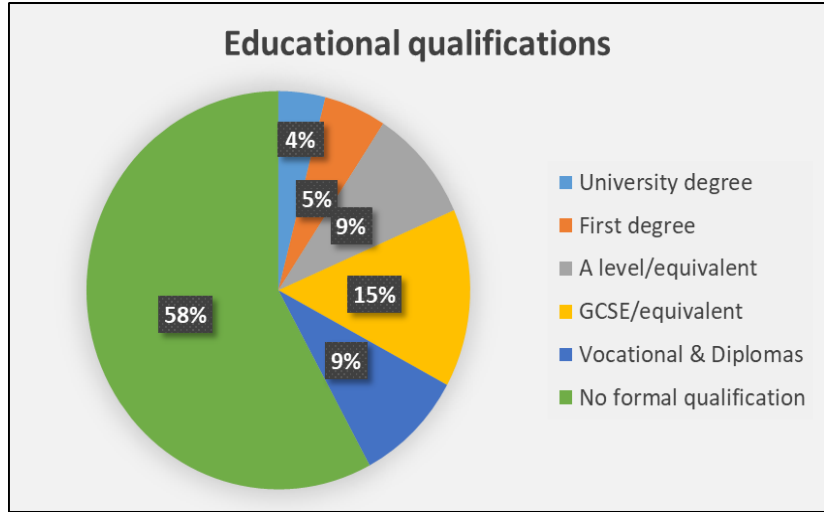
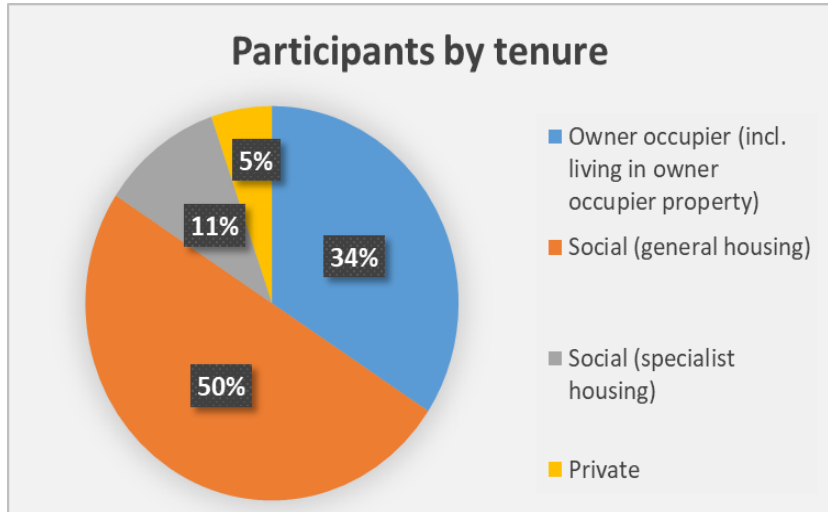
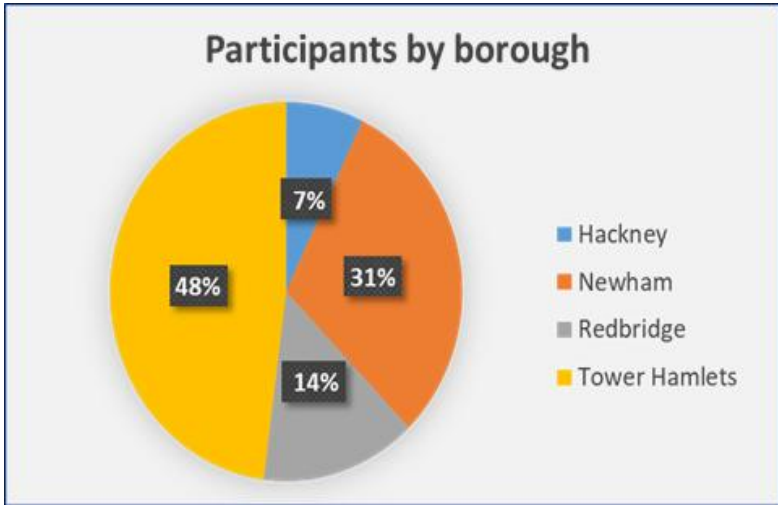
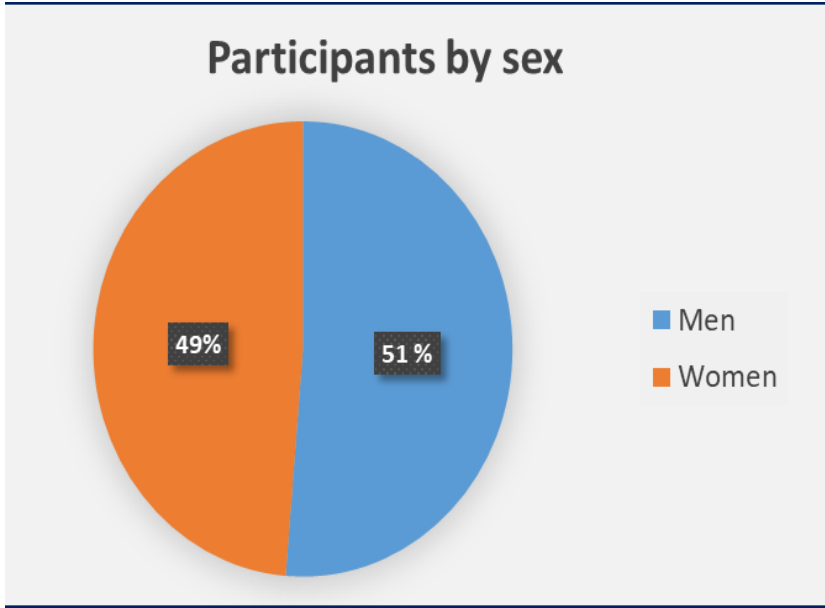


Our fieldwork boroughs

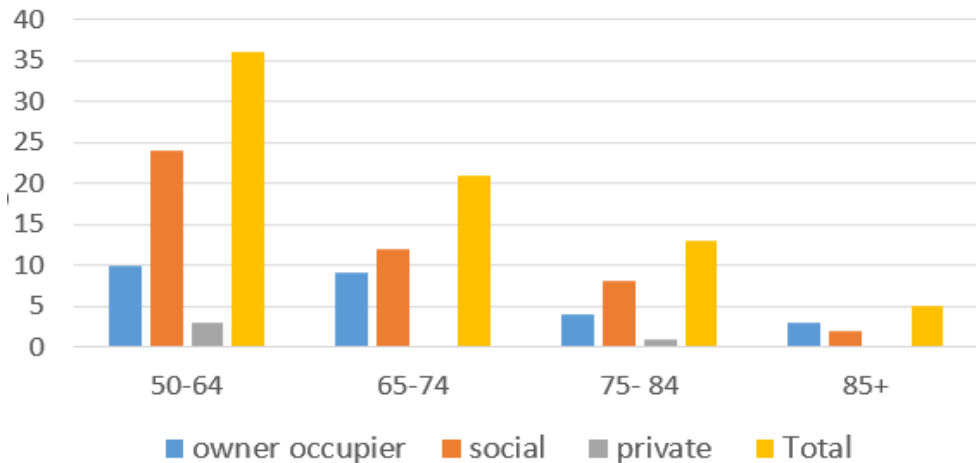
- Fieldwork with people in mainstream housing living in a mix of tenures and a few in supported housing
- 76 in-depth interviews with older Bangladeshi women and men, 50 years and over, completed in native Bengali language and oral Sylheti dialect
- Transcription of interviews from native dialect and language to English
- 8 interviews with families living multi-generationally, completed in Bengali, Sylheti and English



The Probins

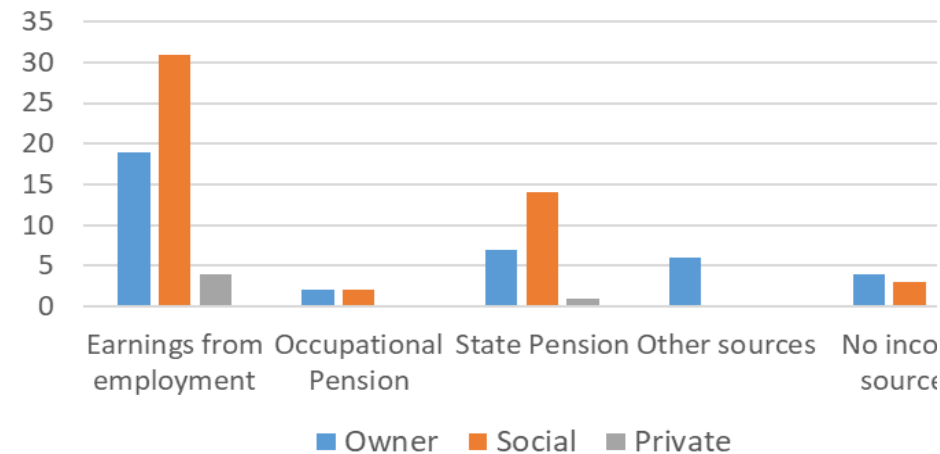


Age of participants by tenure

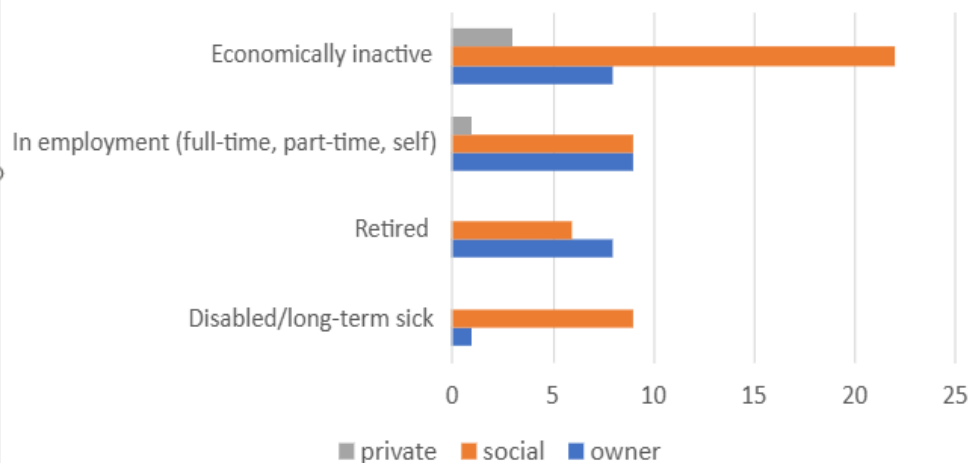


Demographic and socio-economic profile

Household income sources by tenure



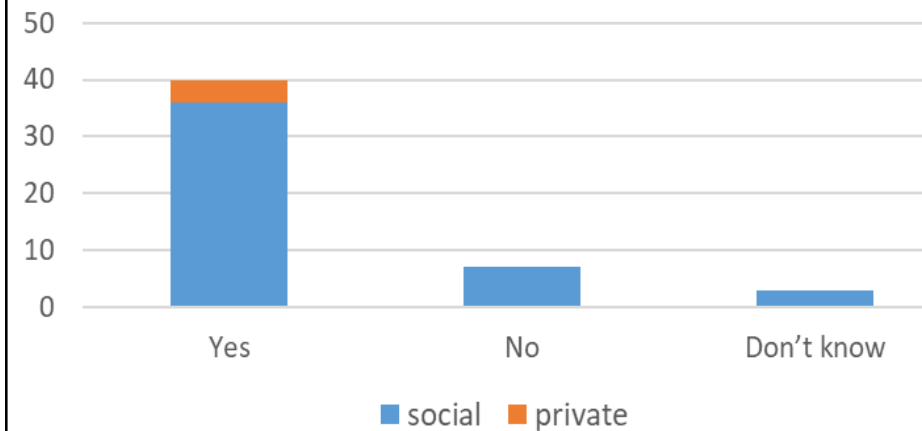
Participants current employment situation by tenure



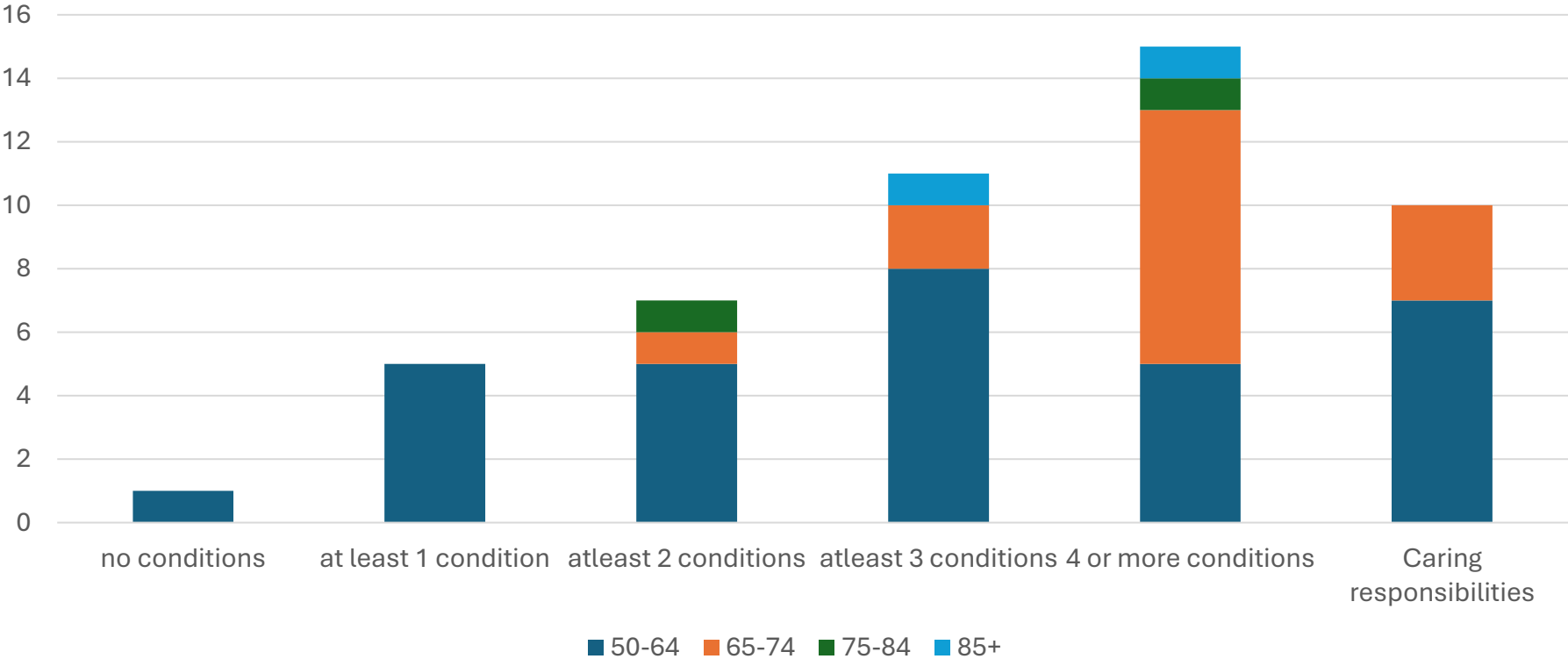
Occupational profile

Majority have/are employed in routine and semi-routine jobs

Households in social and private tenures in receipt of housing benefits

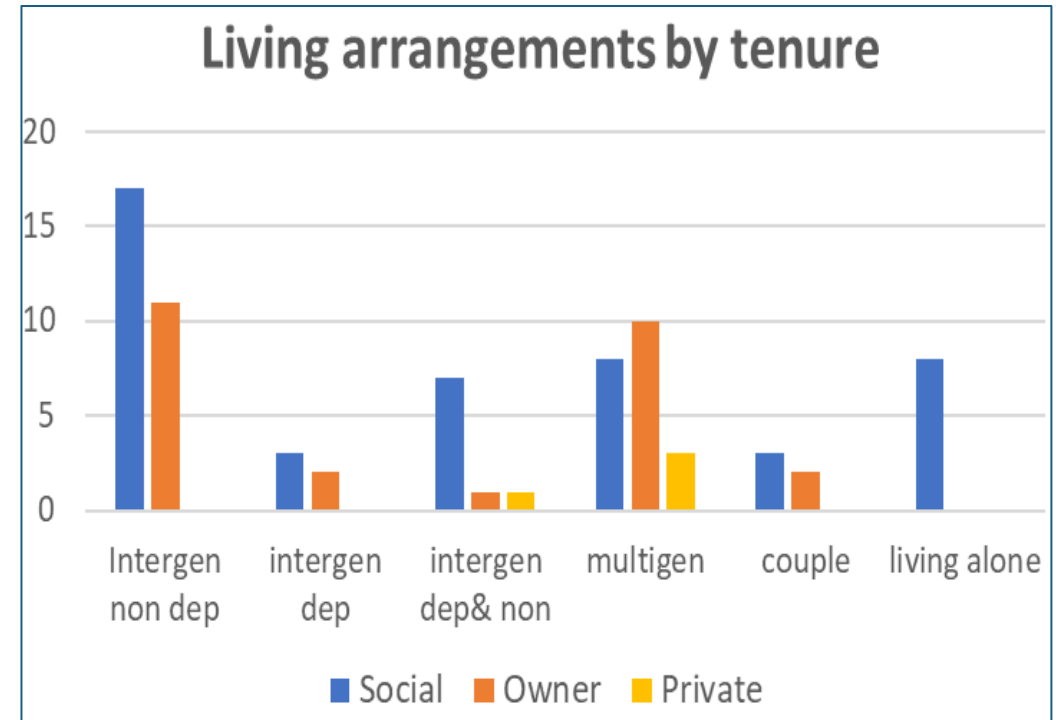


Multiple health conditions and caring responsibilities by age



Suitability of accommodation for daily living

- ❖ (Functional) Overcrowding: experiences and implications
- ❖ Domestic spaces impacting cultural, faith and relational practices
- ❖ Centrality of family and community in housing decisions



There is overcrowding. However, the family is staying altogether. We can share our sadness and happiness[..]When I see my children, my mind feels peaceful, and it makes me feel good. (male , social renter)

*You can't sit on the bed, it's not easy to sit in the room. To put something separately. [...] I stay at home all day. That's why if any relatives come and they are **male I am troubled**. I can't go in the room **and feel flustered**. (female, social renter)*

Housing conditions and experience of repairs

- ❖ Compared to owner occupiers, participants in private and social rented tenures including in temporary accommodation were disproportionately affected by poor housing conditions
- ❖ Housing repairs and maintenance processes are often not meeting needs
- ❖ Experience and impact: exposure to poor housing conditions
- ❖ External spaces

It makes the Ghar colder because the draft which come it don't handle it. Thirty years ago they installed double glazing. Since then, they don't work on that; There is a damp in the toilet which is in upstairs [...] Can you do anything about damp in my Ghar? Nothing else. Life will be more easier for me (male, social)

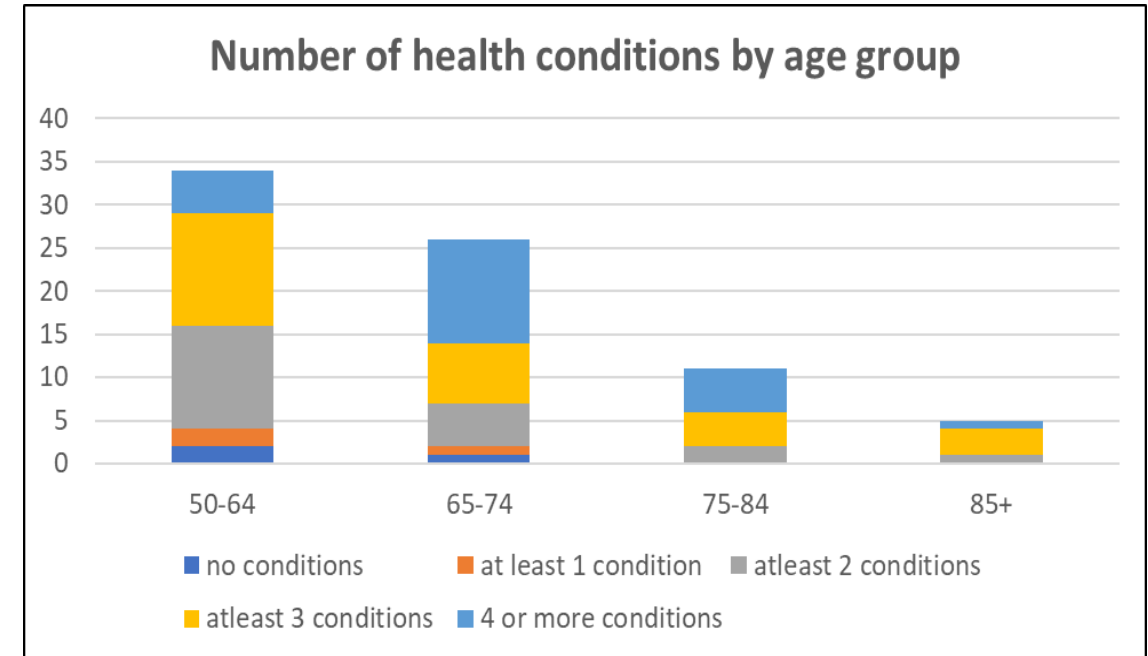
We are giving rent. I sometimes say, what will happen if we stop paying rent? They will take it to court. But they don't see our problems. I think this is a big problem. (female, social)

Garden is small. When you're older, a garden. Not just older, everyone should have a garden, I think. When are you coming back from work, it's something in your mind if you have a garden or if you have planted something and it's grown, it gives you [...] you can spend time here. When relatives come and see it gives you satisfaction (male, owner occupier)

Suitability of housing for evolving health and age-related needs

- ❖ **Unmet need for housing adaptation across all housing tenures**
- ❖ **Mobility is a primary concern resulting from pre-existing often multiple health conditions**
- ❖ **Religious and cultural practices create additional mobility demands**
- ❖ **Tenure specific adaptation challenges**

No one has ever asked us regarding these issues. Today you have asked me [to the interviewer] so I shared with you (female, private tenure)



I have to do up and down four to five times a day. It is my problem. Up and down is very much irritating [...] If I make a room downstairs If I get downstairs, there will be no need to go upstairs. Or I build a toilet upstairs I will not go downstairs. I can't maintain everything with what I get from pension and my wife's part time work (male, owner occupier)

Toileting and Hygiene Challenges in Bangladeshi/Muslim Households

High Demands on Bathroom Use:

- frequent ablutions for prayer and use of wash kettle.
- Impact of religious practices requiring cleanliness for prayer five times a day.

Physical Limitations and Health Issues:

- Difficulties in lifting and cleaning, particularly for older adults or those with disabilities.
- Increased bathroom use due to health conditions like incontinence.

Challenges with Home Layout:

- Stairs pose a significant barrier if toilets are on different levels.
- Combined bathroom and toilet spaces add stress, especially in multigenerational homes.

Daily Time Constraints:

- Managing routines (school, work) alongside religious and hygiene requirements.
- Family conflicts arise from limited bathroom access, especially during peak times.



Preferences for future living

- ❖ **Living with family members is the most preferred and expected option for probins**
- ❖ **Limited or little knowledge about other specialist housing options**
- ❖ **The likelihood of living with children – hope, expectation and acceptance**
- ❖ **Inter and multigenerational living is not a temporary solution or a response to housing/economic pressures, but a way of living that is hugely valued, even when not possible**

If we, when we are not with our sons and daughters then we have to go somewhere, that's why it is being made. So lonely. (Silent) lonely (female, social renter)

..if I can stay then I stay and if I can't, then if there is a situation where the children cannot look after me, they cannot keep me, then for like this a place they go and give me, it's all right, I have to accept it, it's no problem (female, living in owner occupier property)

Find us on Housing Lin

The Amar Bari Amar Jibon Project

<https://www.housinglin.org.uk/Topics/browse/HousingOlderPeople/DiversityMatters/amar-bari-amar-jibon/>

Thank You