Innovations in Housing with Care for Older People Nationally
Green Templeton College, Oxford,
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About the Housing LIN

• Previously responsible for managing the DH’s £227m Extra Care Housing Fund and £80m Telecare in England grant
• 48,000 members across housing, health and social services to help improve partnership working and integration on housing and care
• Essential online resources on housing with care for older people to support commissioners, funders and providers in market development, innovation and investment
• Publish papers to brief on latest innovative policy, research and practice developments in housing, care and support for older people
• 10 regional ‘learning labs’ in England and Wales supporting local information exchange, peer-to-peer shared learning and improvement activities, and exemplar study visits
Getting into the swing of things!
By 2040, nearly 1 in 4 people will be over 65 and 1 in 7 people are expected to be aged over 75. (source: Foresight, Government Office for Science).
Planning our housing for later life – US style
“The housing market is delivering much less specialist housing for older people than is needed. Central and local government, housing associations and house builders need urgently to plan how to ensure that the housing needs of the older population are better addressed and to give as much priority to promoting an adequate market and social housing for older people as is given to housing for younger people.”

Select Committee on Public Service and Demographic Change, Lord Filkin (2013)
Still not Ready for Ageing!

“We have a huge undersupply of retirement housing. New mainstream housing is, in the main, not being built to Lifetime Homes Standards, and older people are not being adequately supported to adapt their own homes. Significant numbers of older people live in housing officially classified as ‘unfit’.”

Ready for Ageing Alliance (2016)
Some facts and figures

- 2.4 million more older households by 2036
- 9 million people over 65 in England can currently access just over 1.35 million places in specialist housing or care homes.
- Over 40% of households in social housing have a disability or are over 65. This figures is set to rise
- People with dementia over 65 years of age are currently using up to one quarter of hospital beds at one time
- But majority of older people live well at home into older age
Did you know?

- Supported housing for older people accounts for less than 5% of the market (729,818 units).
- 1.5m individuals report having a medical condition or disability that requires specially adapted accommodation.
- Shortfall of supply in specialist housing with care to keep pace with demand, including housing for people with dementia ranges from 164,000 to 240,000 by 2030 (Demos and Housing LIN/SHOP@).
- Research shows that investment in affordable mainstream and specialist housing produces health benefits and reduces demand on NHS/social care.
- Moving older people from inappropriate housing could save £8,000 per year (Frontier Economics, Affordable Housing Report, 2014).
Getting the message across

“The focus for many has purely been on bricks and mortar. If we’re going to create truly aspirational communities for seniors it needs to move beyond design and be about connection and relationships”
Sara McKee, Housing LIN Viewpoint

“The shortage of purpose-built housing for older people is ‘bed-blocking’ the housing market.”
John Pankhurst, Inside Housing
What does contemporary housing for older people look like?

• Matching different housing options to identified need in particular locations/communities

• Based on strong partnerships - signalling clearly to the market and providers what types of housing options will be required and supported

• New care and support delivery models

• Ensuring there is a balance and mix of housing options (dwelling and tenure) developed and available to meet future need
Why is ECH different to retirement housing?

- Housing model – personal care registered with CQC
- Purpose built and designed (HCA criteria if grant funded)
- Self-contained properties
- Communal and shared facilities including dining room or restaurant/catering
- Access to care and support 24/7 (more later)
- Allocations and nominations arrangements v case referrals
- Security and often progressive privacy
- Staff models: office suites, sleepover/waking nights, wider relationship with estate management
Typical services for residents

• Housing management
• Care and support 24/7 for emergency and planned care
• Catering
• Cleaning and servicing of communal areas including lifts, gardens etc
• Activities facilitation/promoting wellbeing
• Repairs – depending on terms of occupancy agreement
• Menu of services for purchase – e.g. Laundry; cleaning

Covered by a range of funding sources, getting more complex!
But, impact of austerity measures – risk to business hitting the wall!

- Increase rent arrears, debt and homelessness (NAO report and DWP select committee findings)
- National Minimum Wage inc care and support staff – costs
- Exempt accommodation or LHA and -1% rent increase
- Future of Attendance Allowance – LA commissioning pot
- Social care planned care (block contracting) shifting to Individual Budget / personal budgets/ self funding – new opportunities?
- Reductions in home care, day opportunities and respite care – what about community resilience?
- Residential care market failure?
- Increased pressure on acute health and accident & emergency services
Making integration work: building capital

• Working with NHS England, ADASS and a consortia of housing industry leads on the role of housing in delivering health and wellbeing in a new **Memorandum of Understanding**

• The shared statement on the health and social care £5.3b **Better Care Fund** makes reference to £220m Disabled Facilities Grant and other capital grant funding (£135m) per annum

• DH **Care and Support Specialised Housing Fund**, administered by the HCA and GLA. Phase One saw 122 new schemes in England approved for older and vulnerable people with long term conditions, with Phase Two (£155m) for London and rest of England
But, is our housing ‘unfit for ageing’?

- The NHS spends £1.3bn every year because of poor housing eg trips/falls, energy efficiency/fuel poverty
- Hospital discharge schemes offering housing help to speed up patient release save local social care budgets least £120 a day
- Where it is appropriate, postponing entry into residential care for one year saves an average of £28,080 per person
- Providing an adaptation in a timely fashion can reduce social care costs by up to £4,000 a year
- NHS England Healthy New Towns programme across 10 sites (inc Darlington, Runcorn and Fylde)
- NHS England ‘vanguards’ = better care at home in South Yorkshire
Dean Hawke’s Circadian House

- **Longing and belonging** – the psychology of ageing
- **Combatting loneliness and isolation** – social care of ageing, friendships and family
- **Home, place & community** – the environment for ageing
  - Live in balance with nature – follow the daily and seasonal cycles of the outdoors
  - Adaptability – adapt to changing conditions ie ‘care ready’
  - Sensibility – protection from and control of environment ie passive solar gain
Improving later life

Building personal resilience
Detachment from social participation in older age can have negative impacts on health & wellbeing, including depression, physical and cognitive decline, and increased mortality.

Building community resources to resilience
Social mobilisation – providing ways and means to build, enable and support older people’s connections to social networks in the community and to foster their mutual aid.

Co-creating lifelong neighbourhoods
Older people are both the beneficiaries of and contributors to all age-friendly activities that span the generations.
CollaborAGE – “my 5 I’s”

• What do older residents aspire to?
• **Involvement**: Ease of maintaining existing social networks and opportunities for wider social interaction including multi-generational contact
• **Independence**: Privacy when wanted by having own front door and with security of tenure
• **Inclusion**: Living in a community which will be “fun” and would foster self-reliance, self-control and determination, interdependence and co-operation. These being factors that contribute directly to continued independent living, successful ageing and enhancement of a longer life
• **Integrated**: With health professionals embedded within but not dominating the scheme, would ensure that residents, when hospitalised, would not ‘bed-block’ at time of discharge
• **Inviting**: Having open welcoming public areas and quality apartments provide a retirement complex to which children and grandchildren will be happy to visit and create ‘feel good’ memories for all
Some principles of design for older people

- Easy access to outdoor space
- Homely and practical internal environment
- Therapeutically and psychologically informed environment
- Shared activity space to tackle isolation
- Located close to community and health facilities, ‘hub and spoke’
- Flexible to enable varying level of personal care and support
- Engagement and partnerships with NHS providers, commissioners and partners
- Link to Health & Wellbeing
Getting the design quality right

- **Doing it for ourselves/co-design**
  a volunteer ethos- desire and necessity for next generation of older people; resident-led, self-care, mutual ownership, co-housing, ‘virtual’ villages, age-friendly communities

- **‘Care ready’ housing**
  housing more closely integrated housing, care and support commissioned locally to reduce dependency, address long term conditions such as dementia
Quality of life measurements

Radar Chart to show difference between measures taken before move to Trailway and afterwards

- Accommodation cleanliness and comfort
- Dignity
- Control over daily life
- Food and drink
- Occupation
- Personal cleanliness and comfort
- Personal safety
- Social participation and involvement

Pre-measure vs Post-measure
The future for extra care generally?

- More hybrid developments – cross subsidy
- More mixed tenure – cross subsidy
- More properties to spread costs – if sufficient demand
- Hub and spoke – a community resource, outreach and virtual extra care – to spread service infrastructure costs
- Greater use of assistive technology
- Extra Care Housing ‘lite’/HAPPI
Other market considerations

- Flexible design to enable alternative uses
- Reduced ratio of communal to flats – except in attracting “lifestyle choicers”
- Exclusion of some facilities if available nearby eg day opportunities
- Partnerships between RPs and private developers
- More self-funders and greater reliance on equity release or benefactor funding
- More private sector developments eg targeting ‘hugh worth’ to ‘mid market’ retirement housing
Challenges and risks

- Inability to make the revenue funding stack up →
  - Poor quality services
  - Poor co-ordination
  - Boundary disputes and gaps between services
- Poor quality accommodation / location eg rural
- A new Hanover scheme (or other provider) opens nearby
- Increasing complex needs
- Inappropriate LA referrals / nominations
- Affordability issues for occupants
- Others?
Opportunities

• Care Act duties on LAs for co-operation, prevention and market shaping
• Better Care Fund and partnerships with health?
• Self funding and downsizing market or HAPPI ‘care ready’ eg. The Hythe (see pic opposite)
• Others eg. Part of regeneration?
How to get fit/fitter for an ageing society

• **Understand** older customers and potential prospective customers better

• **Be clear** about the implications of ageing for your business plans and capital programmes

• Develop **service offers** promoting personal, social and economic wellbeing

• Build **strong partnership** with the world of healthcare and local councils

• In all your **housing and regeneration projects**, consider how best the housing needs of older people will be met

• **Involve** older people in shaping your design and plans, not just at the start of the project – need a ‘living lab’ approach
Useful Housing LIN publications

**Housing LIN case study report**
- Deck access, balconies and bungalows: new trends in HAPPI award-winning buildings

**CIH/Housing LIN briefing:**
- New approaches to delivering better housing for older people

**Housing LIN viewpoints:**
- Growing Older Together: The case for housing that is shaped and controlled by older people
- What about the other 95%
- Lifelong neighbourhoods: how older people can add value
- How can local planning authorities engage better with the housing needs of an ageing society
Useful web resources

*Housing LIN dedicated webpage:*

- Design ‘hub’ with content on: Accessible design; HAPPI; Designing extra care housing; age-friendly communities; eco-housing; planning and inclusive design
Thank you

www.housinglin.org.uk