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Housing Learning and
Improvement
Network

Evolution of housing with care for elderly people to maximize independence: The UK extra care housing programme



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Madrid





Outline of presentation

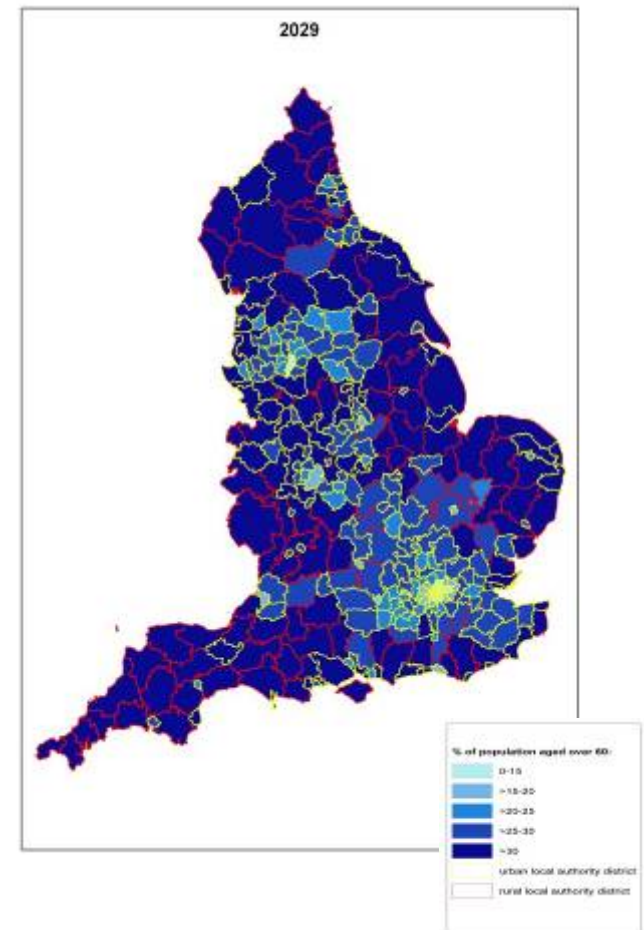
- The context: setting the scene
- Housing an ageing population: some facts and figures about the UK
- The housing and care spectrum
- The wider UK policy and funding landscape
- Capital and revenue
- Design and innovation
- Improving outcomes for older people
- Useful references





What are the health drivers for change?

- Over 15 million people in England with a long term condition eg heart disease, diabetes, asthma, respiratory problems and dementia
- Older people account for 55% of GP appointments, 68% of outpatient appointments and 77% of inpatient bed stays
- More likely to have other complex needs leading to disabilities which require care and/or support
- they live in poor housing, which could exacerbate their condition and make them more likely to be admitted to a care home





The economic case for independence at home?

- A fall at home that leads to a hip fracture costs the state £28,665 on average – over 100 times the cost of installing hand and grab rails
- Where it is appropriate, postponing entry into residential care for one year saves an average of £28,080 per person
- A hospital discharge service that enables older people to return to a safe and suitable home environment saves over £100 per day – the amount charged to local authorities when patients ‘block beds’

(Source: *Fit for Living Network*, hact 2010)

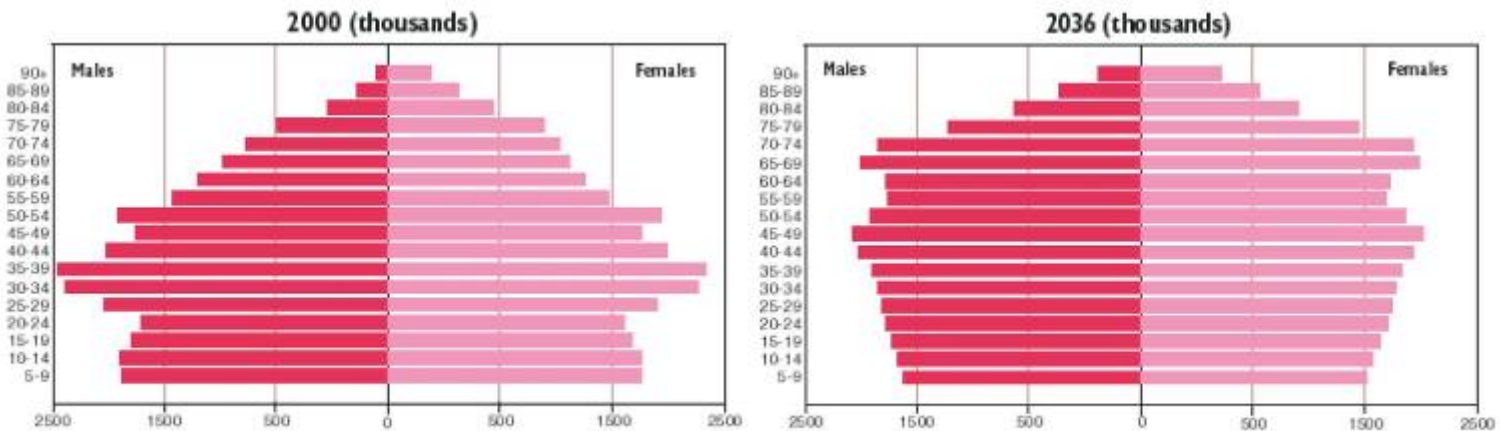




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A care centric 'time bomb'?

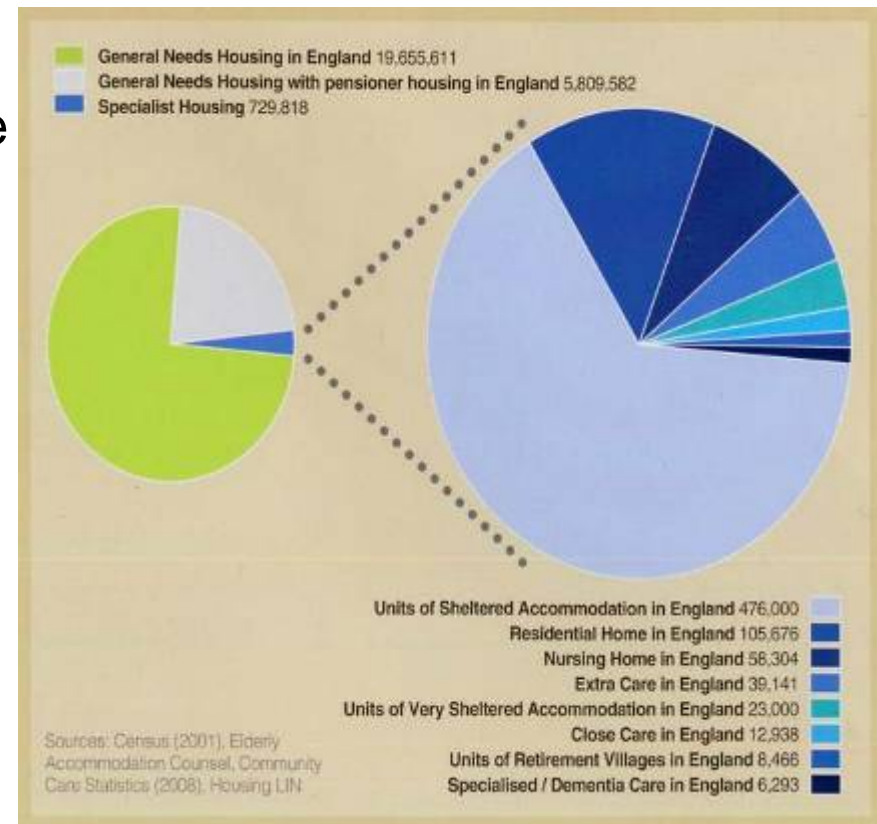
- 2.4million more older households by 2036
- There are approx 18,450 care homes in England
- There are approx 4,897 home care agencies providing support to people living at home
- People with dementia over 65 years of age are currently using up to one quarter of hospital beds at one time





Housing our ageing population

- 90% of older people live in ordinary housing
- Nearly 70% are home owners, the remainder are predominantly in social housing
- 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





Demands - key policy developments

- Dilnot Commission on Paying for Care & Support
 - the Commission hopes that more people will be able to consider extra care housing in the future, if they are more aware of this type of provision and can be more certain over their financial planning.
 - ..there is also an indication that they help people to avoid moving into more intensive residential care settings
- Age of Opportunity (CSJ)
 - .. We believe that as a country we have not yet realised the potential of extra care



Fairer Care Funding

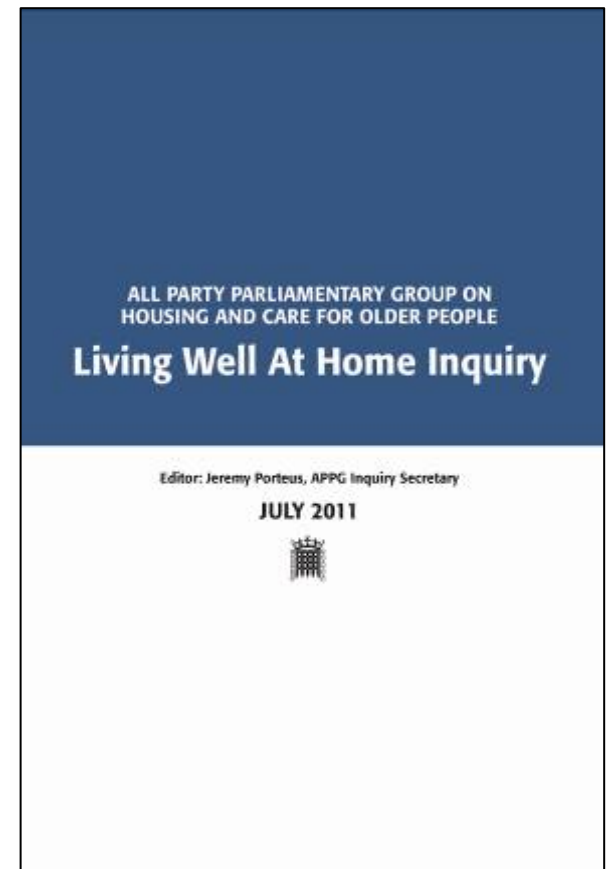
The Report of the
Commission on Funding
of Care and Support

July 2011



Latest solutions for independent living for an ageing society – Living Well at Home

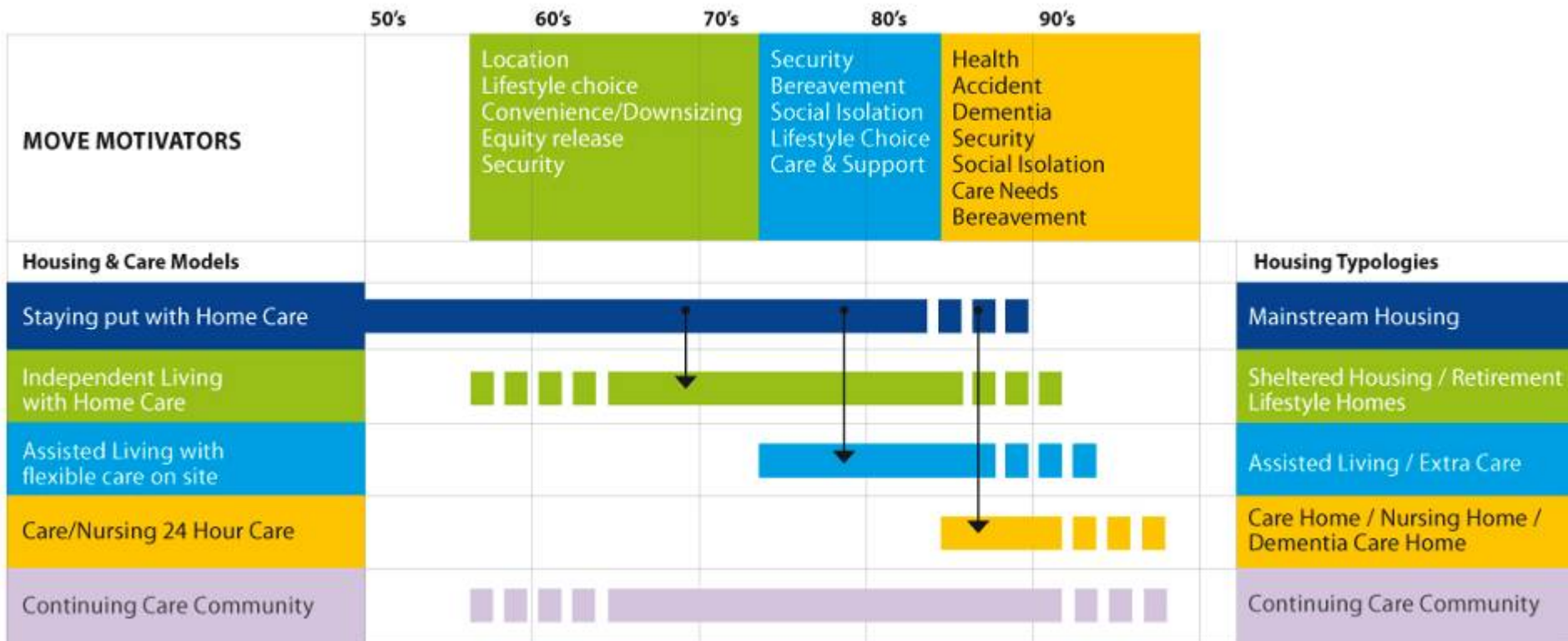
- How might accommodation and care for older people change over next 20-30 years to cater for 'baby boomers'?
- What impact will changing wealth and tenure on accommodation and services older people might want as opposed to might need
- What will the implications of levels of equity held by older people, estimated to be nearly £1trillion
- How best to use the considerable asset of sheltered housing in the UK, estimated to be £40billion





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What triggers a move in later life?





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It needs capital and revenue investment!

- DH capital grants totalling £227m in extra care housing to 2010 for local councils, with further £251m to 2013
- £1.9b affordable housing programme to support public sector investment and partnerships with private sector to 2014
- £1.8b revenue support annually to enable older and vulnerable people access housing, care and support services, including telecare and community alarms, but
- tightening eligibility criteria and Increasing self-funder market
- Use of equity release to move to 'downsize' to purpose-built 'care ready' housing and/or to pay for personal care and support



The Trees – Highgate, London



Designing for inclusion

- Design should reinforce residents' personal identity, help lead a normal a life as dignified as possible, and reduce isolation
- The built environment should facilitate and enhance the delivery of care
- There should be a range of housing supply (from mainstream to specialist), to support a 'home for life' or 'move-on', 'dementia friendly' where appropriate
- Need staff training to raise understanding and awareness
- Align scheme features, service design and individual/carer needs and aspirations to ensure tailored services. Its about the people not the buildings!
- But, is there a point when existing accommodation is no longer suitable?



Waverley Gardens - Bristol



Developing design criteria for old age

- Every citizen should be able to live in an environment where they feel safe, they can afford and in which their care and support needs are increased
 - Wheelchair accessible
 - Equipment to support daily living
 - Community Alarms and Telecare / telehealth
 - Daily support or floating support
 - Accessible for staff/service delivery



**Painswick Retirement Village -
Gloucestershire**



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An enabling environment – that little bit extra

- Specialist signage to enable Joan to identify flat/ communal areas
- Lighting to aid direction e.g. leaving light on in accessible areas
- Painted flat door
- Assistive technology
- Reviewed activity levels during the day
- Increased staff support during night
- Introduced toolkit to tackle attitude of service users, family members and staff.





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Delivering outcomes that older people want

- Less dependency on high cost care
- Developing intermediate care and re-ablement services
- Make best use of technology and equipment – internet, telecare
- End of Life Care – avoid hospital admission
- Preventing costly health interventions eg, as a result of a fall
- Providing meaningful choices and lifestyle aspirations to meet personalisation objectives
- Building effective social capital to enable greater community engagement/informal or family care/volunteering



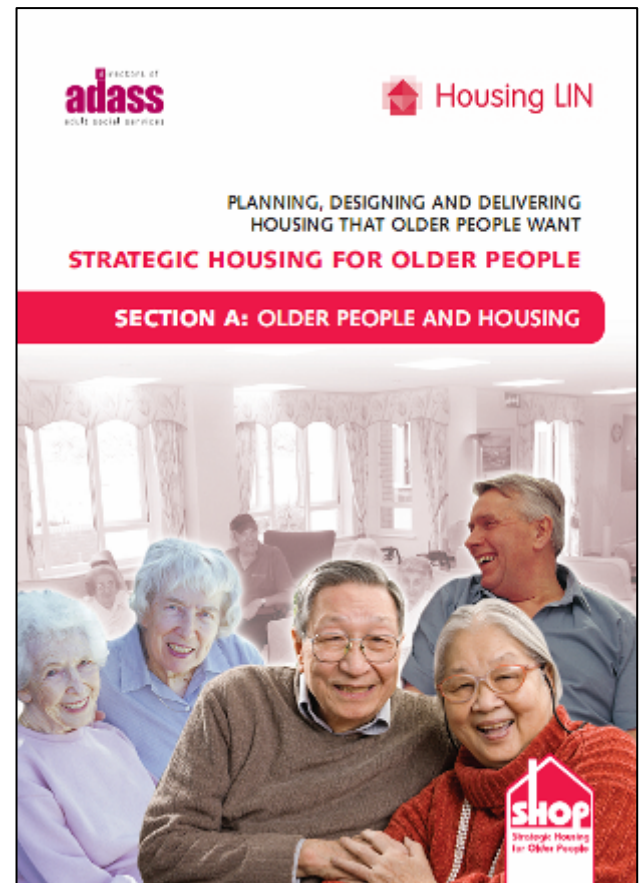
**Letcombe Regis – Wantage,
Oxfordshire**



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A future **Agenda** – the generation game

- What scope is there for better planning, commissioning and/or access capital funding to promote innovation or stimulate a housing with care market?
- Can Extra Care help partners such as not-for-profits, churches and statutory health and social care services meet demand, any targets / cost-benefits?
- Is there the equivalent of Extra Care in Spain for maximising independence for people with dementia or is the future more residential care and home based care and support – ‘Living Well at Home’?
- How best do you engage, involve and listen to the housing with care needs of older people and their carers?





Useful references

- Lifetime Homes, Lifetime Neighbourhoods, DCLG (2008)
- Housing our Ageing Population: Panel for Innovation, Homes and Communities Agency (2009)
- Homes for our Old Age, CABA (2009)
- In your Lifetime, National Housing Federation (2010)
- Good homes in which to grow old, Local Government Association (2010)
- Living Well at Home, All Party Parliamentary Report on Housing and Care for Older People (2011)
- Age of Opportunity Centre for Social Justice (2011)
- Consultation on the National Planning Policy Framework, Department of Communities and Local Government (2011)
- Design for older people HCA (2011)
- Strategic Housing for Older People, Housing Learning and Improvement Network (2011)
- Government housing strategy and 'grey deal' (2011)



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And finally, why should our options for assisted living and lifestyle be limited as we get older? The market will demand a growing variety of independent living choices to meet the diverse of needs and aspirations of older people.

Thank You

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