

Supporting Independent Living – What do we need to do?

Lord Filkin, Housing LIN annual conference, 18 February 2014

1 Outline of presentation:

- Improving well-being in later life – the context
- The Centre for Ageing Better
- Well-being in later life
- What do people mean by independent living?
- Key data
- How to support independence
- What local leadership is needed?
- Local strategies to promote independence
- How to ensure more choice
- What can each of us do next?
- Improving well-being in later life – the context

2 Ready for Ageing?

This set out the opportunity and challenges:

- Longer lives – wonderful gift if it gives more years of well being
- A continuing large increase in the number of older people:
- 2010-2020: 24% more people 65+ 39% more 85+
- 2010-2030: 51% more people 65+ 101% more 85+

We need to plan and prepare for this; current challenges will grow

Well-being is driven by more than independence but today we focus on that

3 The Centre for Ageing Better:

- A new *What Works Centre*
- Supported by but independent of government and BIG
- Endowed with £50 m by BIG Lottery Fund this autumn
- Up and running by 2015
- How might the Centre address this question?

4 Well-being in later life

We know what makes for well-being in later life¹:

- Good social relationships
- Social roles and involvement
- Good health and neighbourhood
- Positive outlook and mental health
- Adequate income
- Maintaining independence and control over own life
- Independence is only *one* of the factors

¹ Measuring Quality of Life in Older Age. Professor Ann Bowling. ILC Feb. 2011

5 What do people mean by independence?

- Many older people say they want to keep independent in later life
- What do people mean– retaining control over own life?
- A large majority of older people wish to remain in their own homes.

6 How can people prepare to be independent in later life?

- Savings, lifestyle choices, keeping healthy, relationships, purpose to life, suitable housing and neighbourhood - a life course approach.
- How empower people to live healthier independent lives?
- Housing is an important but...it needs to be seen in context

The Centre will seek to identify, synthesise and generate relevant evidence

Then work with others to promote and apply the evidence to make change

7 Key data

- About 7 million households are now led by a person over 65+ and growing
- 90% of older people live in mainstream housing
- 75% of older person households are owner occupiers
- Two thirds of low income older households are home owners
- Only 5% of older people live in specialist housing, c. 500,000 units
- Very few new specialist homes being built
- Large increase in no of older person households is coming
- Over half of all 65+ households now have a long term conditions
- A large increase in the number with long term conditions is coming
- Carol Jagger estimated increases of 45% to 80% for the five main LTC's 2010 to 2030
- A 90% increase in the need for formal social care
- A greater increase in the need for informal social care
- LTC's drive 70 of NHS's costs.
- Great diversity of later life experiences and needs

Clear from this that we need to address two issues:

- i) How to support independence in people's present home
- ii) How to increase their housing choices to support independence

8 How to support independence - some key questions

- 90% of older people live in mainstream housing and will continue to do so
- Supporting more older people with long term conditions in mainstream housing is the challenge
- What factors sustain independence?
- The housing and environmental issues we think important are:
 - Warm, accessible, well repaired and safe homes in a neighbourhood with good facilities, etc
- But we know that the drivers of independence are wider than housing and environment:
 - Preparation and planning by the individual themselves
 - Keeping healthy especially good mental health, avoiding falls
 - Not being lonely, having good relationships, social support
 - Access to informal and formal social care
 - Access to information and advice
 - Sufficient income.
- Is there evidence of how to improve independence and resilience?
- What combination of the above actions best reduces dependency and costs?

9 What local leadership is needed?

- How do we help people maximise their own independence?
- How locally should we plan and prepare to support independence in later life?
- Planners in local government and Health and Wellbeing Boards must assess their ageing society
- Planning and design of age friendly, i.e. lifetime homes and neighbourhoods
- Councillors need to address the challenge
- Health and Wellbeing Boards and locally authorities must assess the coming increase in demand Essential to support independence and delay frailty
- Maximising community support e.g. “Casserole Clubs” and fostering of elderly neighbours
- Promoting cross-sector collaboration and planning across a wide range of sectors
- Better Care Funding process is starting to drive this
- Increasing independence will be financially essential as well as socially desirable

10 Local strategies to promote independence

- All areas need to assess the scale of ageing locally and implications for people and services
- How many localities have done this?
- Are we clear what good strategies looks like?
- How should we promote such a shift?
- Do we need more pilots to support independence? Then monitor the impact on well-being and demand reduction?
- Do we need a model evidenced strategy of how to support independence?

NHS (E), LGA; SOLACE, PHE, ADASS etc should work to develop this

11 How to ensure more choice

What is the problem?

There appears to be a weak supply of new purpose built accommodation for rent or sale for older people – despite 75% of older people being owner occupiers with some equity.

- Is there evidence of demand for more such housing?
- Is there evidence of supply problems and market failure?
- Are there many frustrated downsizers?
- Assess the increased demand with more older people
- Are planners or local politicians failing?
- Are specialist house builders handicapped by planning and other factors?
- Are developers ducking this market?
- Is DCLG addressing this?
- Is National Guidance strong enough?
- Why do localities not address the needs themselves?
- Where do we want to be in 5 years in terms of quality and quantity of new supply?

How could we make it happen at national and local level?

CLG's recent seminar with Social Care, Planning and Welfare Ministers

Where in five years, what build rate and other policy and practice shifts?

12 What can each of us do next?

Should the Centre for Ageing Better have this area as one of its early priorities?