

# Housing LIN

*Connecting people, ideas and resources*

## **2. Adapting existing homes for ageing well**

**#HLINconf19**



# The Centre for Ageing Better: Evidence base for adaptations

March 2019

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Rachael Docking, Senior Programme Manager (Housing)



## Our aim

Our vision is a society where everybody enjoys a good later life

By 2040, we want more people in later life to be in **good health, financially secure**, to have **social connections** and feel their lives are **meaningful and purposeful**

To achieve real and **significant impact**, we will focus on where we can make the biggest difference – **those approaching later life**, a life stage between mid-life and later life

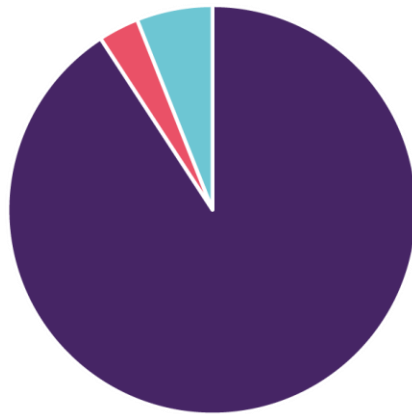




## Andy's voice

After suffering from stroke and a period of being homeless,  
Andy began seeing his life improve with  
Peabody's help

# More than 90% of older people live in mainstream housing



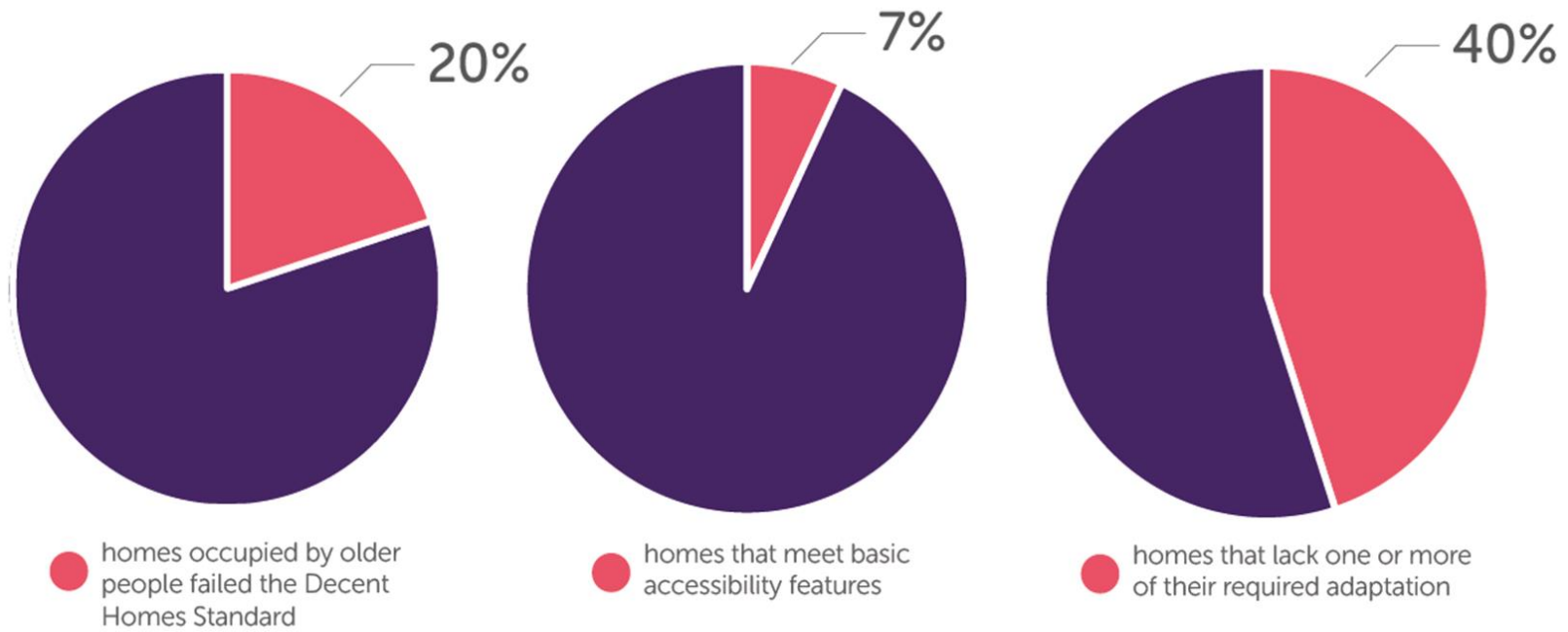
- Mainstream housing
- Carehomes
- Other



**80% of the homes we need by 2050 are already built\***

\*Source: Boardman et al (2005); 5

# Current UK housing stock is not suitable, adaptable or accessible for people in later life





# Ageing Better's initial work on housing

- Evidence review
- Primary Research
- Call for Practice







## Key findings: Review and lived experience

- Minor adaptations
- Repairs and home improvements
- Person oriented
- Timeliness (system delays and putting off installation)
- People delay adapting home due to clinical appearance of adaptations and their association with vulnerability
- System delays caused by lack of resource
- Process so complex professionals struggle to navigate

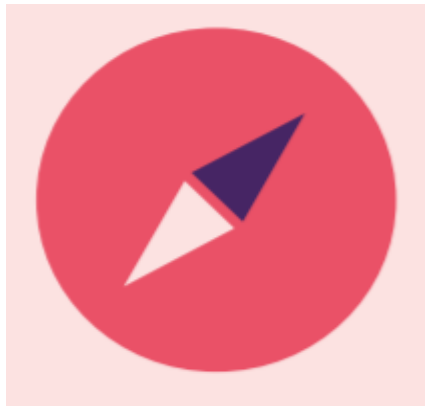




## Key findings: Good practice report



**Raising awareness**



**Navigating the system**



**Speedy delivery**



## Key findings: Good practice report

- Involving older people in home adaptation service design
- Including home adaptations in strategic planning
- Integration of home adaptations with health and care
- Linking adaptations with home repairs
- Working with handyman services
- Involving social housing providers



## Example Recommendations

### Funding

- Continue DFG as Mandatory Provision
- Alongside adequate revenue funding
- HIA & handyperson service available in every local area
- Consistent approach to performance measurement

### Preventative action

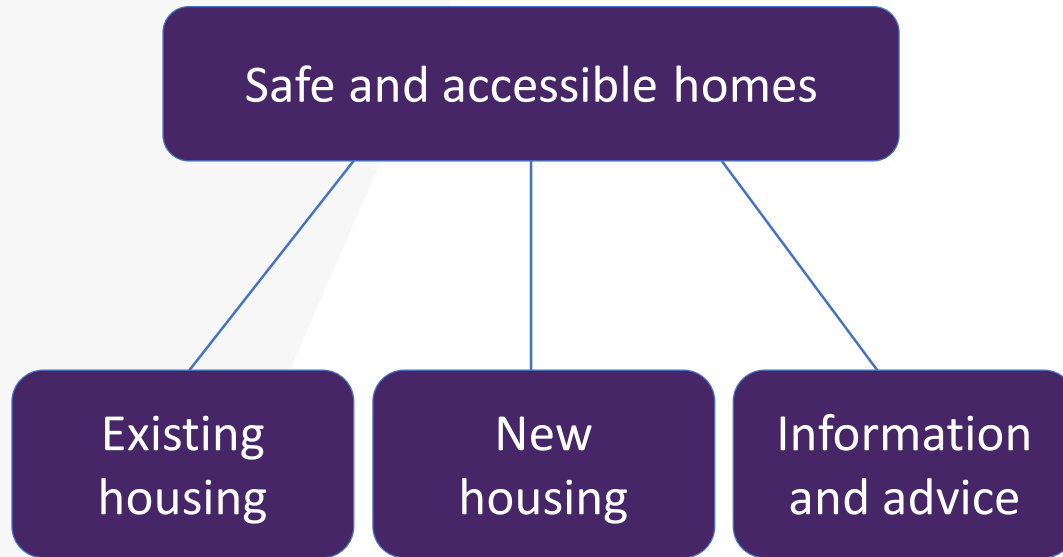
- Local authorities encouraged to take a preventative approach

### Info and advice

- Care Quality Commission conduct report on provision of I&A
- Minimum I&A standards for all localities



## What are we doing next?



One million fewer homes to be defined as hazardous by 2030

Half of all new homes to meet accessibility standards by 2030

**The Home  
Innovation  
Challenge**

**Design  
Council**

**Wanted**  
**your bright idea for  
independent living**

[designcouncil.org.uk/spark](https://designcouncil.org.uk/spark)



## What is happening externally?

- Last spending review the DFG was increased
- DHSC commissioned a review of the DFG
- CLG Select Committee report on housing for older people
- Social Care Green Paper due 2018
- Industrial Strategy Grand Challenge: Healthy ageing
- Improving health and care through the home: MoU
- Government commitment to building new homes
- NHS Long Term Plan



**Rachael Docking**

Rachael.docking@ageing-better.org.uk

@Rachael\_docking

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Centre for Ageing Better  
Angel Building, Level 3  
407 St John Street, London, EC1V 4AD

020 3829 0113  
[www.ageing-better.org.uk](http://www.ageing-better.org.uk)

Registered Company Number: 8838490 & Charity Registration Number: 1160741



# Presentation to Housing LIN

20.3.19

Tricia Grierson

Head of Independent Living

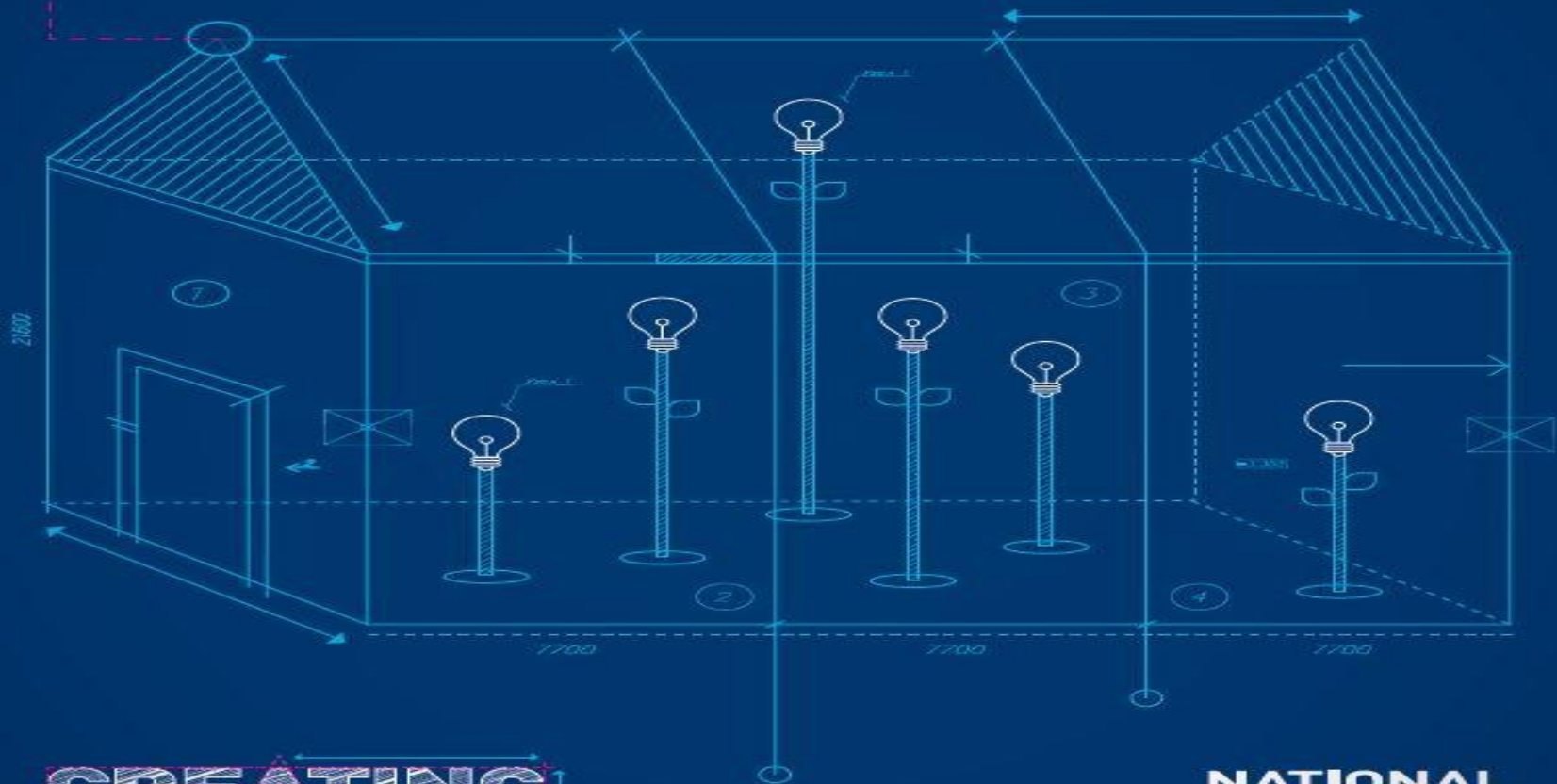
Johnnie Johnson Housing

# Johnnie Johnson Housing



# The Greenhouse

Nurturing housing association talent and ideas



**CREATING  
OUR FUTURE**

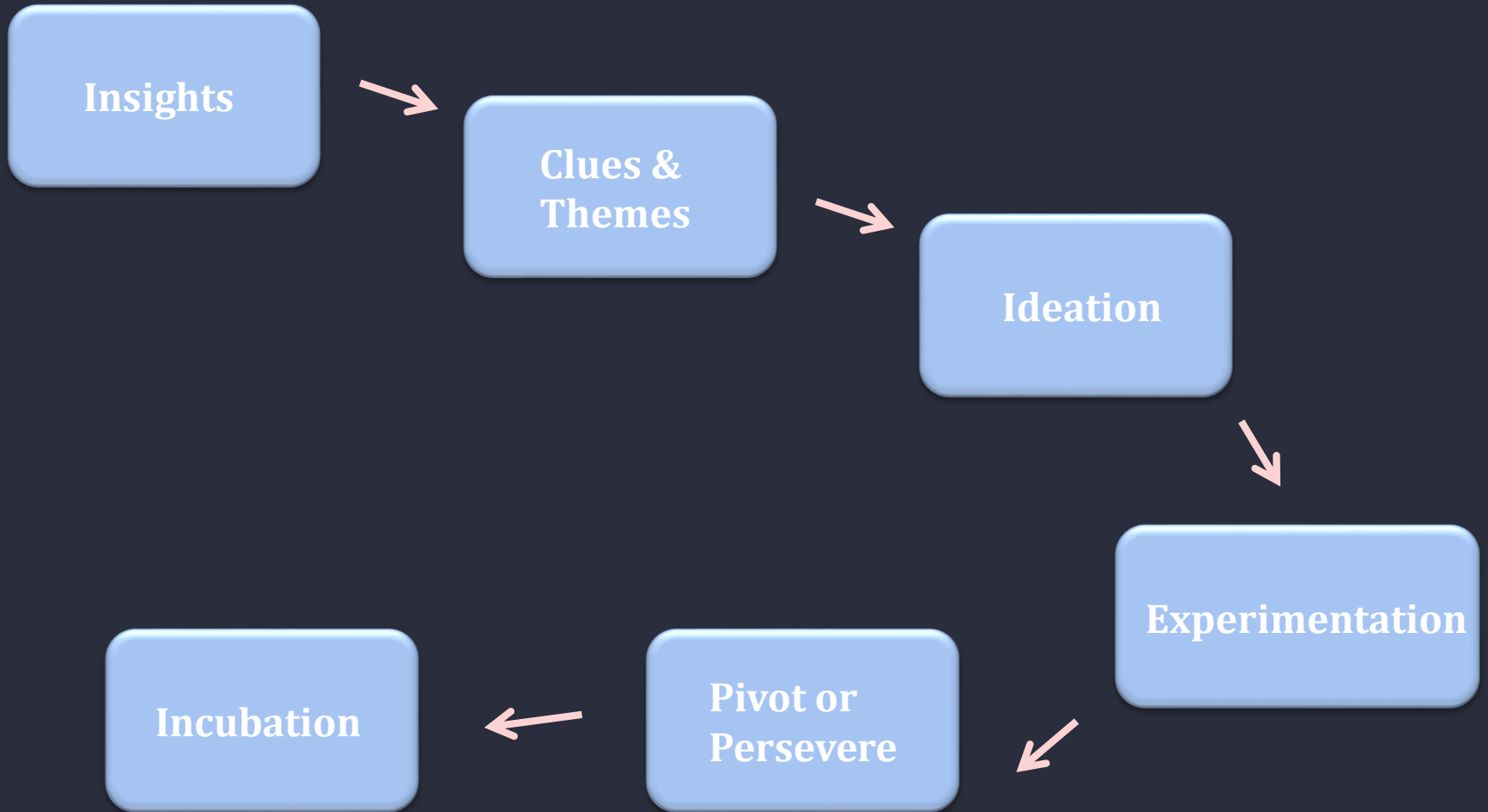
**NATIONAL  
HOUSING  
FEDERATION**

The best  
innovation

**happens when  
you fall in love  
with a problem.**



# Our journey







# Adapting with Age



Most older people are  
living in homes which  
are not fit for purpose



Minor  
adaptations can  
make the biggest  
difference!

# Why is this as good as it gets?



# Invisible Adaptations

# INVISIBLE ADAPTATIONS



# NHF SUMMIT



# Next Steps

- Establish business model and manufacturing partnerships
- Technical Testing and refining of our products
- In-depth market analysis
- Securing funding



ANY QUESTIONS

[Tricia.Grierson@jjhousing.co.uk](mailto:Tricia.Grierson@jjhousing.co.uk)





**[prettygoodproject.org](http://prettygoodproject.org)**



**@prettygoodproj**



**@prettygoodproject**

**Pretty.**

Homes, products and spaces that look great.

**Good.**

Make life a little easier as we get older.

**Pretty good.**

Nicer for us all.

**Listen to,  
talk and  
test with  
real users.**



**1 0 0   y e a r   l i f e**



























**Our homes  
can either  
help or  
hinder us.**





**Testing cafes**



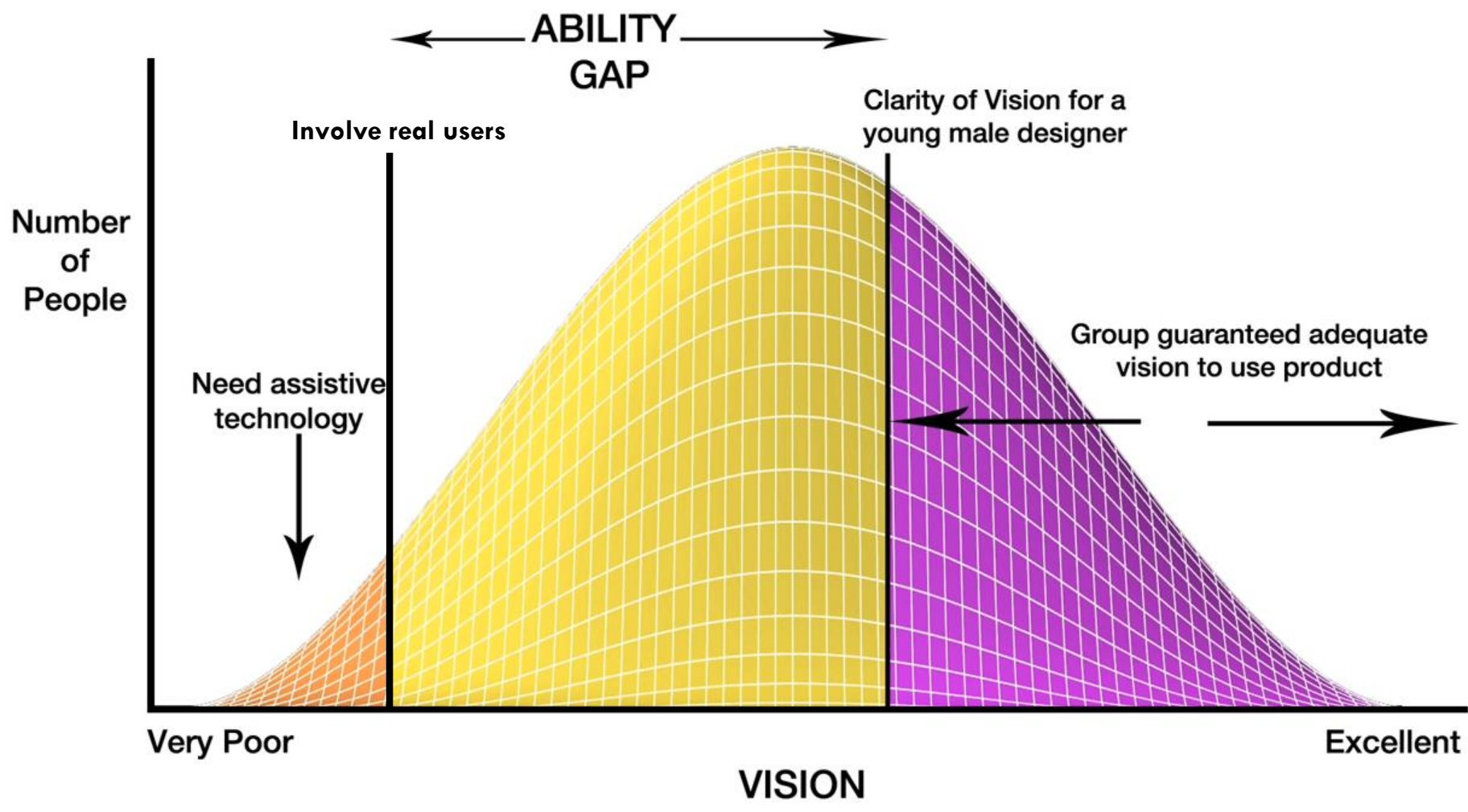
**Designing for  
extremes  
makes design  
better  
for everyone.**



**We all have  
different  
and  
changing  
needs and  
abilities.**







**80% of us want to stay in our own homes.**

**80% of homes we will grow old in are already built.**

**93% of our homes don't even have basic accessibility features.**





Remember when I fell down the stairs in the shower last week? Well, now I've got this... #IllNeverFallAgain #IHopeltsStuckToTheWallProperly #NoMoreNails



Like Comment

and 18 others

Write a comment... GIF



and 18 others

oh...you're 83 now ?  
3 h Like Reply

yep  
1 h Like Reply

we'll get you a nice cup of tea and a blue rinse, next time you're at Fort Luton.  
1 h Like Reply

sweet!  
1 h Like Reply

Write a reply...

2 h Like Reply

Write a comment... GIF



TEAM  
*Love it*

TEAM  
**LIST IT**





The  
**Pretty,**  
**Good**  
Project





**From first  
home  
to last home.**





# Quick guides

## Are you sitting comfortably?

A few things to consider when looking for a chair that's juuuust right for you.

A good seat can help with posture, circulation, getting up and down, even digestion. They can also make a room and make you feel like royalty.

As we get older we can spend as much time sitting as we would in an office job, so ergonomics really matter at home too.



**Arms**  
Arms that come all the way to the front of the chair will make it easier to get up from.

**Depth**  
Are your thighs supported all the way to the knee? Two fingers' width between the back of your knee and the chair is what you're looking for.

**Width**  
Is there a hand's width between you and the arms of the chair on each side of your body?

For more inspiration & information on how to make your house a home for a lifetime head to: [PRETTYGOODPROJECT.ORG](http://PRETTYGOODPROJECT.ORG)  
@prettygoodproj

## Shower power

A few tweaks to your shower can make it easier and safer to use for everyone.

Showers are slippery at the best of times. If you update your bathroom, ask yourself these questions to help make your shower the friendliest it can be.

Does it have flat level access (no steps or shower tray)? Shower screens that fold or slide out of the way give you extra space.

Can you adjust the temperature and power of the shower with one soapy hand and see/feel the controls clearly?

Do you have a detachable handheld showerhead with a long hose you can reach and use from a seated position?

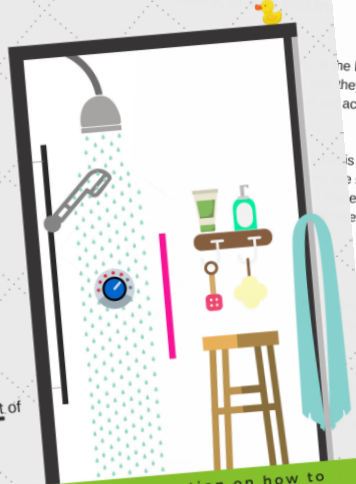
Is there something to hold onto to help you balance, which can safely support your body weight?

Do you have a secure place to sit (not just perch precariously) while washing?

Can you reach your shampoo and loofah from a seated position without stretching or bending?

Can you easily change the height of the shower with one hand?

Is the flooring non-slip?



For more inspiration & information on how to make your house a home for a lifetime head to: [PRETTYGOODPROJECT.ORG](http://PRETTYGOODPROJECT.ORG)  
@prettygoodproj

## Doorsteps

Is there another (flatter) way?

Stairs, wheelchairs, rusty knees, and knees are a pain.

Is there a back or side door entrance that is down as flat or zero threshold for yourself, your friends and family? If not, can you make a place unvisitable?



Think about improving a back or side door entrance to your house or patio (just make sure there is flat street access to the door).

When you have a step, make sure you have a rail well positioned on both sides of the step. This is a good idea to have somewhere you can hold onto at threshold.

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## Appliance height

Are you making your appliances unnecessarily hard with where you have them? Can you make them easier to access with some tweaks?

Washing machines, ovens and washing machines can be made easier to access with some tweaks.

Consider the height of the appliance without the door open.



For more information on how to make your house a home for a lifetime head to: [PRETTYGOODPROJECT.ORG](http://PRETTYGOODPROJECT.ORG)  
@prettygoodproject



# Nan trap bingo!

**B I N G O !**

LOW SOFAS 	FIDDLY BUTTONS 	SHOWER OVER THE BATH 	HEAVY SAUCEPANS 	UNDER COUNTER APPLIANCES 
DOORSTEPS 	CHAIRS WITHOUT ARMS 	NON-LEVER DOOR HANDLES 	NARROW DOORWAYS 	NON-LEVER TAPS 
HEAVY KETTLES 	TOILET WITHOUT HAND RAILS 	<b>Free space</b> (MUST FILL WITH CLUTTER) 	DRAUGHTS 	HIGH-SIDED BATHTUB 
POOR LIGHTING 	OUT OF REACH SOCKETS 	RUGS 	VANITY UNITS 	BANISTER-LESS STAIRS 
UNREACHABLE CUPBOARDS 	LOW FLOWERBEDS 	NOWHERE TO SIT 	POOR CONTRAST 	UNEVEN SURFACES 

See how friendly your home is to grow old in - for you and your guests - or if you are setting nan traps!  
Based on the blog 'Could my gran use it?' by [prettygoodproject.org](http://prettygoodproject.org) and inspired by Millennial Apartment Bingo by [apartmenttherapy.com](http://apartmenttherapy.com)

For more inspiration & information on how to make your house a home for a lifetime head to:  
**PRETTYGOODPROJECT.ORG**  
 @prettygoodproj  prettygoodproject

**The Pretty Good Project**

# Inspire





# Highlight benefits



# A renter's adventure.







# Research



# B I N G O !

<p>LOW SOFAS</p> 	<p>FIDDLY BUTTONS</p> 	<p>SHOWER OVER THE BATH</p> 	<p>HEAVY SAUCEPANS</p> 	<p>UNDER COUNTER APPLIANCES</p> 
<p>DOORSTEPS</p> 	<p>CHAIRS WITHOUT ARMS</p> 	<p>NON-LEVER DOOR HANDLES</p> 	<p>NARROW DOORWAYS</p> 	<p>NON-LEVER TAPS</p> 
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# Thank you

[prettygoodproject.org](http://prettygoodproject.org)



@prettygoodproj



@prettygoodproject

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For more inspiration & information on how to make

Adapting  
Homes for  
Aging Well

Smart Tech  
and  
Robotics

Alex Sleat

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@alexsleat | alexsleat.co.uk



Wireless sensors in the physical environment

Cloud-based Services for Carers, Medical Experts, Relatives, Service Providers

Smart Home Automation and Communication



Physically and Socially Assistive Robots

Smart devices for monitoring heart rate, breathing, balance and temperature

Ambient Displays

"The Internet of Things extends internet connectivity beyond traditional devices like desktop and laptop computers, smartphones and tablets to a diverse range of devices and everyday things that utilize embedded technology to communicate and interact with the external environment, all via the Internet."







## Sense



Home Center Lite



Motion Sensor



Wall Plug\*



Flood Sensor



Smoke Sensor



Door/Window Sensor



## Control



## Act



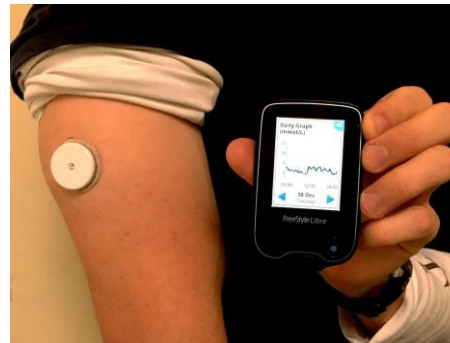
“Wearables” are small non-invasive sensors that are worn by a user.

Commercial options monitor such things as movement / step-count, heart-rate and sleeping patterns.

Specialized options can monitor more specific issues such as detecting a fall, heart health, sweat levels, glucose, etc.



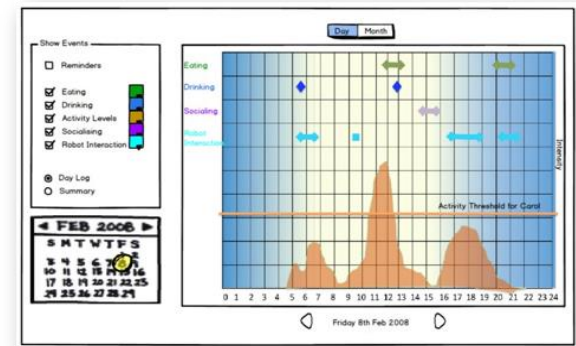
Fitbit – heart rate monitor

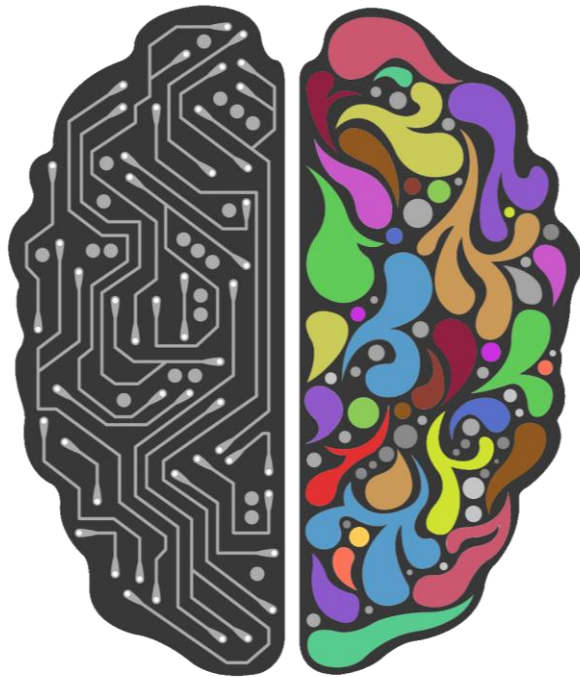


Libre Pro– glucose monitor



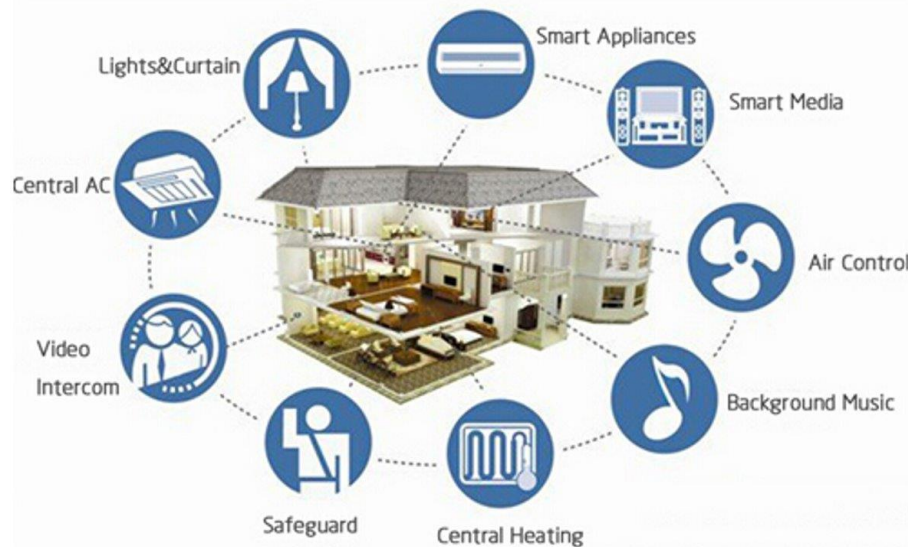
Aira – help for visually impairments





- Assist in and provide training
- Learning behaviors, activities and patterns
- Prompt and support people with living healthier
- Early detection of problems
- Support in care and living independently
- Improve diagnosis
- Help improve bespoke care





- WebMD - symptom checker
  - WebMD offers a general purpose symptom checker and knowledge base
  - Utilizing smart home sensors and patients records enable more relevant results
- Shared notes and reminders
  - A shared reminders list can allow older adults with memory issues to leave a note for a carer - such as “I’m having foot pain”, which they may forget to tell during a visit
- Emergency response
  - Smart home and wearable technology to detect a fall or problem
  - Digital voice assistant and robot call for help

## Memory issues

- Smart plug
- Automatically turn off the iron when it had been on too long

## Wandering at night

- Door sensor and digital assistant
- When the front door is opened during the night, the digital assistant suggests going back to bed

## Mobility issues

- Automatic door opener and video doorbell
- The video doorbell allows residents to see who is at the door before opening it

- **Cognitive Wellbeing**
  - Social isolation
  - Communication and interpretation
- **Daily Living**
  - Nutrition and hydration
  - Navigation
  - Cleaning and home care
- **Physical Support**
  - Sensing and interactions with the world
  - Walking, exercise and getting around
  - Rehabilitation
  - Personal care
  - Independence and freedom
- **Support for Carers (Formal & Informal)**
  - Physical support
  - Remote interactions





Socially assistive

Physical assistive



- Collaborative medication
  - Human and robot work together to complete a task
- Daily living activity
  - Reminders and notifications based on actions around the home
- Rehabilitation support
  - Provides encourages and guides through exercises



Specialists can visit without physically being there

People with low mobility can get out in to the community

Family and friends can visit from anywhere in the world

Could empower people with social anxiety



- Walking assistance
  - Senses users posture and corrects it
  - Can detect slipping limit potential falls
- Support with navigation
  - Automatic navigation can support those with memory and navigation issues
- Rehabilitation
  - Exercise and repeat movements
- Freedom and independence
  - Autonomous navigation allows the device to come on command



