

Shaping homes for Health, Independence and Connection:

Research and policy opportunities creating healthy cities, places and homes to promote wellbeing in later living.

P+HS

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Agenda

Introduction

P+HS Architects

Marmot City Principles

Outlining the Principles & Opportunities

Our Future Homes: Housing that promotes wellbeing and community for an ageing population

Outlining the Principles & Opportunities

Healthy Homes Guidance

Outlining the Principles & Opportunities

Maxi, Mini and Micro Perspectives

Maxi – Policy, Planning and Placemaking

Mini – Home design

Micro – Small interventions

Final Thoughts....



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Introduction to P+HS



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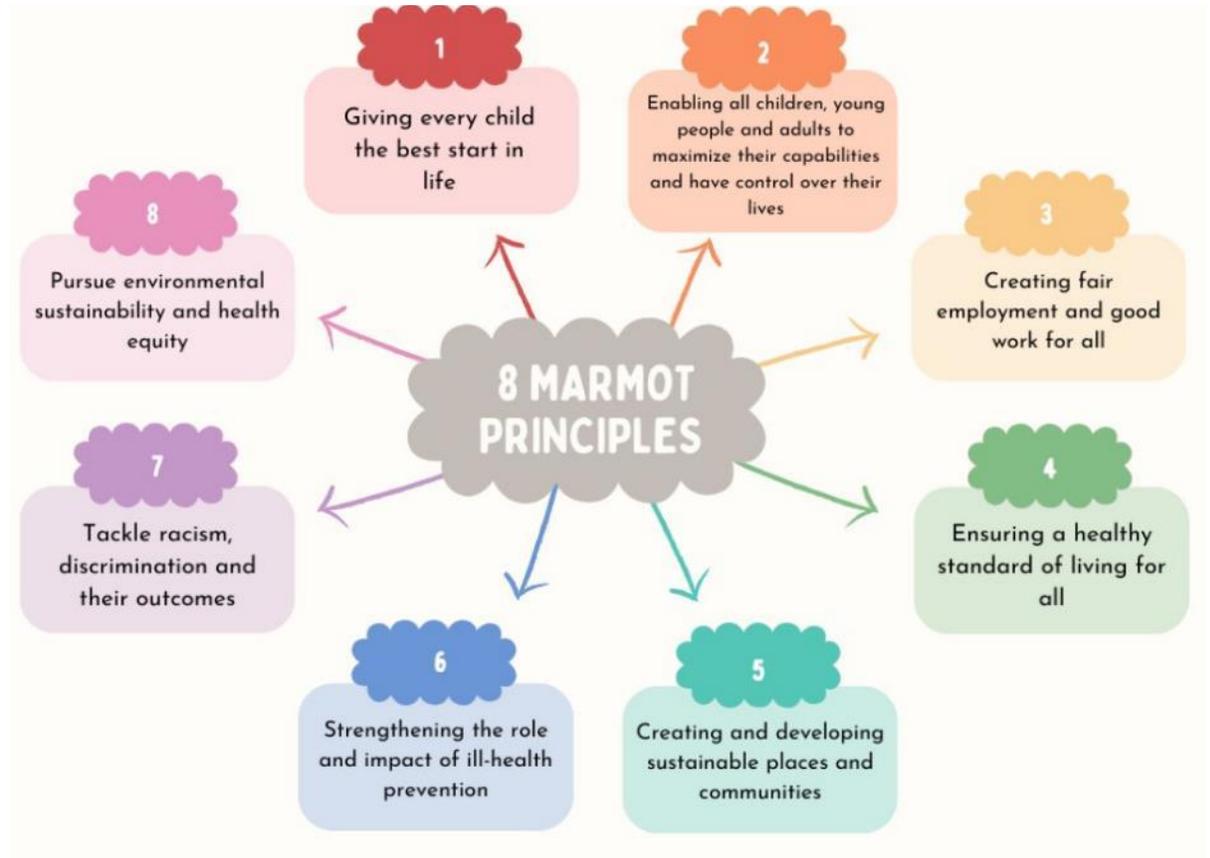
Marmot City Principles

What is a Marmot Place?

A Marmot Place recognises that health and health inequalities are mostly shaped by the social determinants of health (SDH): the conditions in which people are born, grow, live, work and age, and takes action to improve health and reduce health inequalities

The 'Marmot Eight' principles:

1. Give every child the best start in life.
2. Enable all children, young people and adults to maximise their capabilities and have control over their lives.
3. Create fair employment and good work for all.
4. Ensure a healthy standard of living for all.
5. Create and develop healthy and sustainable places and communities.
6. Strengthen the role and impact of ill health prevention.
7. Tackle racism, discrimination and their outcomes.
8. Pursue environmental sustainability and health equity together.



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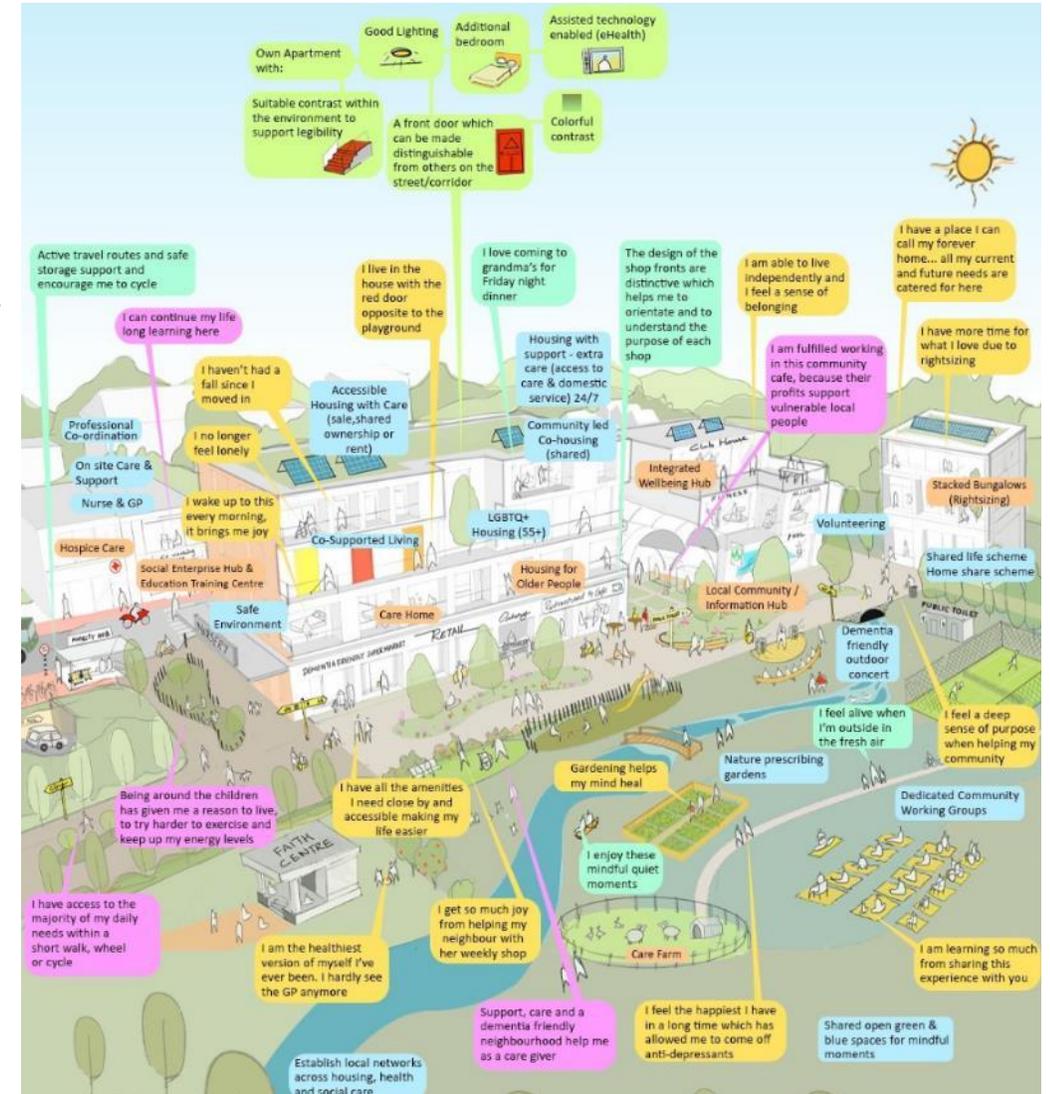


Our Future Homes: Housing that promotes wellbeing and community for an ageing population

“Home” holds significant meaning for individuals of all ages, serving as a safe space where people can truly express themselves, pursue interests, connect with others and build memories. That does not change as we age.

The 10 core recommendations:

1. Standardise definitions of OPH/LLH.
2. Incentivise a wide range of OPH/LLH options.
3. Ensure more housing is designed for later life.
4. Create age-friendly, dementia-inclusive, faith and culture-sensitive communities.
5. Expand OPH/LLH at scale and ensure it is affordable to live in, and viable to finance, build and operate.
6. Strengthen planning policies.
7. Establish a national information platform and local hubs.
8. Build consumer confidence.
9. Enhance innovation, research and professional development.
10. Create collective leadership to drive change.



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Healthy Homes — a foundation for healthier and resilient communities

Purpose of the Report:

'We all want to live in a place we call home with the people and things we love, in communities where we look out for one another, doing the things that matter most.'

The Healthy Homes guidance is divided into 5 themes:

Inclusivity

considerations include:

- Accessibility
- Visual contrast
- Neuro divergent-friendly homes
- Designing for diverse cultural requirements

Amenity

considerations include:

- Internal space standards
- Ceiling heights
- Drying space
- Private outdoor amenity space
- Outdoor storage
- Dwelling frontage

Efficiency

considerations include:

- Building fabric and energy performance
- Water consumption
- Renewable energy
- Energy metering
- Upfront embodied carbon

Comfort

considerations include:

- Overheating
- Ventilation and indoor air quality
- Daylight
- Aspect and views
- External noise
- Sound resistance
- Low-volatile organic compounds

Control

considerations include:

- Future adaptation and extension
- Future maintenance and service charges
- Personalisation
- Dignity
- Home user guides
- Physical security

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Maxi – Policy, Planning and Placemaking

How do we create spaces that cater for flexibility and options in later life?



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Mini – Home design perspective

How has the home evolved throughout the 20th century and what challenges remain?



Social Connection =
Positive Health Outcomes

Walkability =
Prevention



Physical Environment + Social
Environment =
Health Outcomes

Neighbourhood Familiarity =
Confidence



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Mini – Home design perspective

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Powerful Porches



Pedestrian Priority



Community Spaces

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Micro – The small intervention that make all the difference

What are these small initiatives?



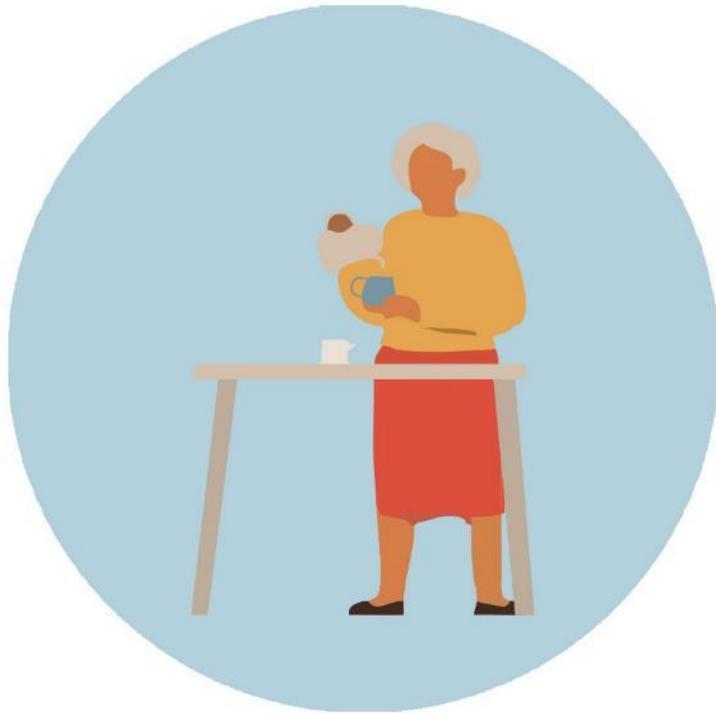
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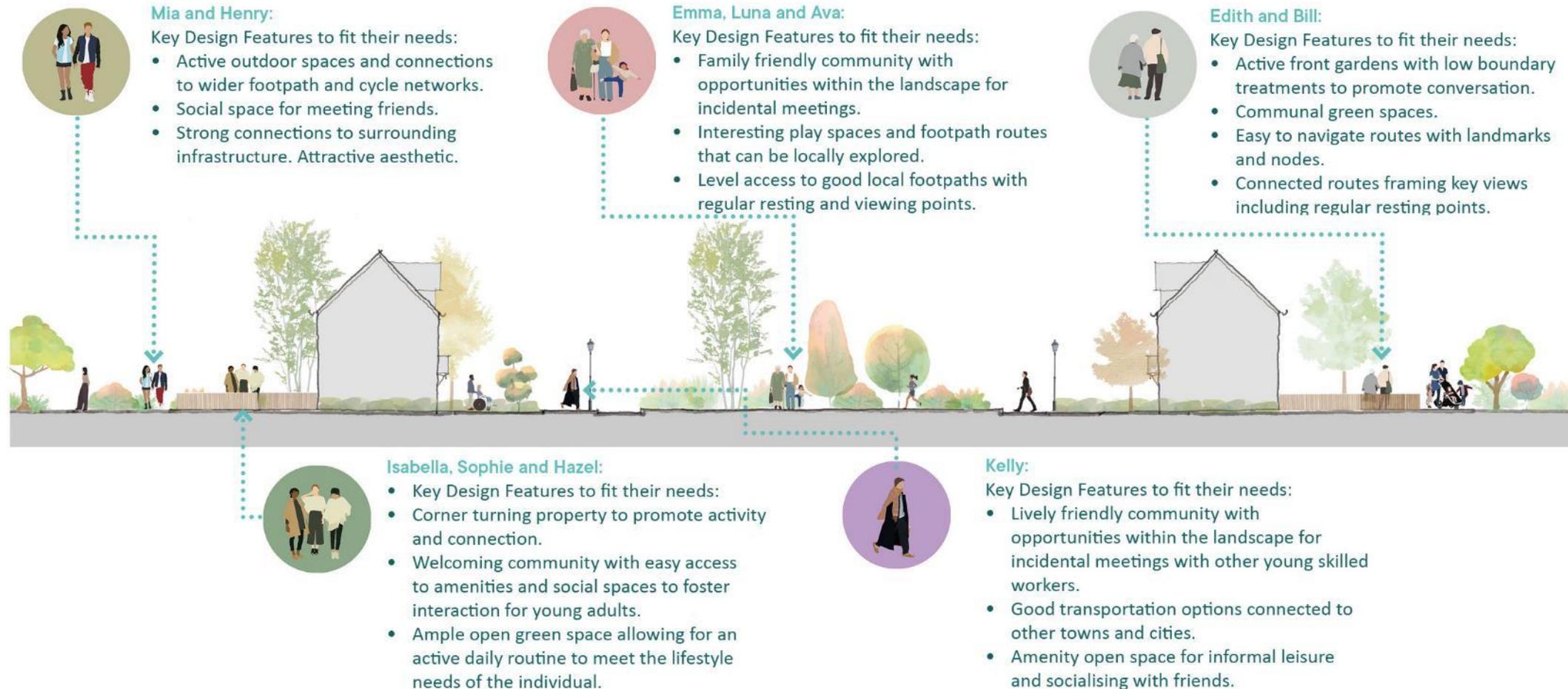
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Final Thoughts.....

Creating spaces for all and allowing for progressive changes to adapt in line with an individual's wellbeing needs.



Thank you

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