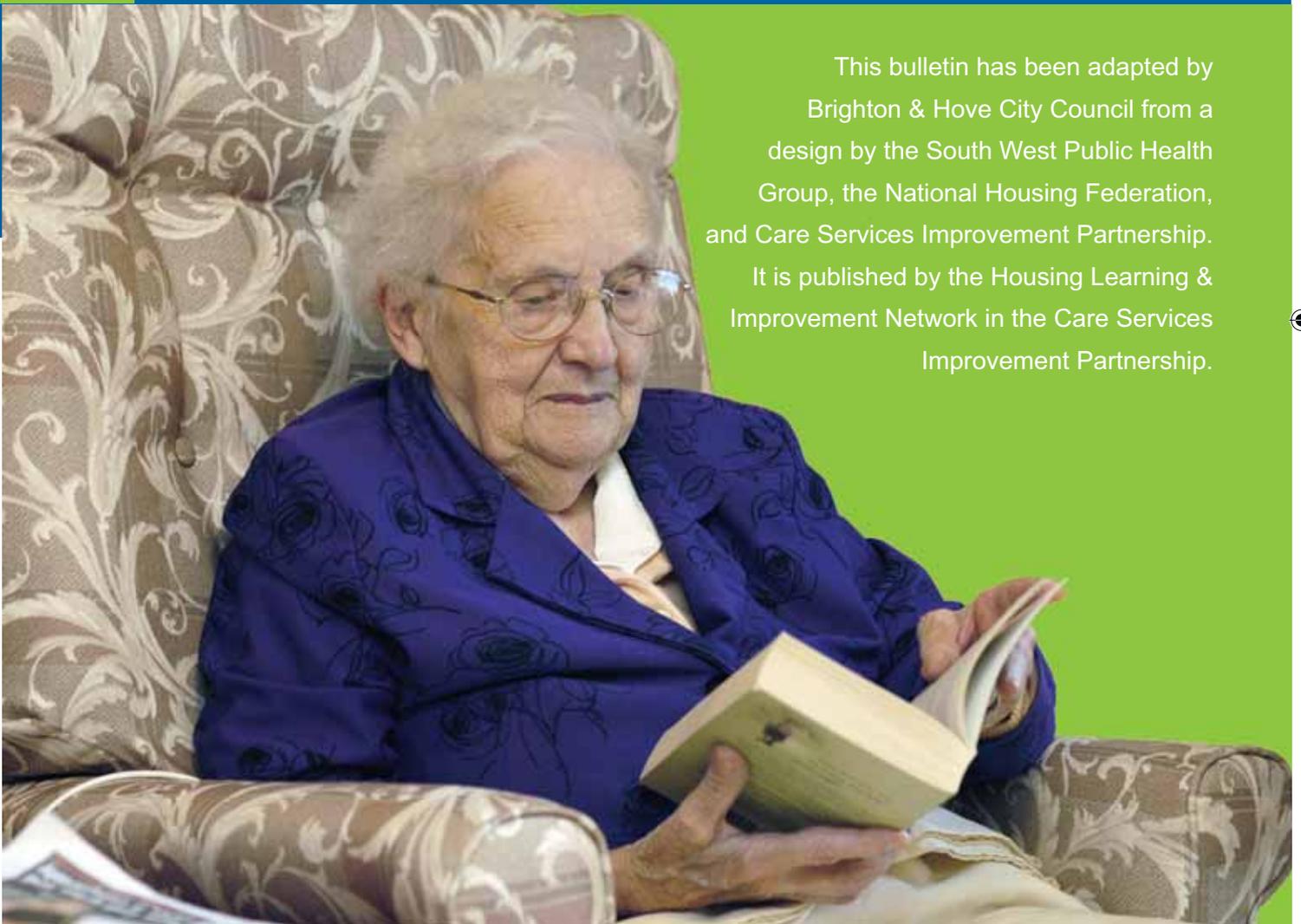


Bulletin for Regional Agencies, Local Authorities Housing and Social Services Teams, Primary Care Trusts, Private Sector Housing, and Housing Associations in the South East

From **Healthier Homes** to **Healthier Lives**

Role of Housing in Improving the Health and Wellbeing of Older People in the South East Region

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This bulletin has been adapted by Brighton & Hove City Council from a design by the South West Public Health Group, the National Housing Federation, and Care Services Improvement Partnership. It is published by the Housing Learning & Improvement Network in the Care Services Improvement Partnership.

Care Services Improvement Partnership **CSIP**

Health and Social Care
Change Agent Team



Aim of the bulletin

The Department of Health aims to improve the health and well-being of the whole population through setting national standards, shaping the direction of care services, and promoting healthier living.

An ageing population calls for a significant proportion of resources to be focused on the health needs of the over 50s.

These resources are needed to promote, support, and extend healthy, active life and make appropriate provision where this is not the case.

This bulletin aims to promote the housing needs of older people in the South East, and how good quality housing relates to maintaining and improving health and wellbeing. It describes the issues, challenges and the changes needed to meet the demands and expectations of older people in the South East.

It is estimated that older people spend between 70-90% of their time in their home, therefore, where and how people live, has a significant impact on their health.

Setting the scene

Links should be made to what older people say they want, reviews of current and future provision, the existing policy context and relevant regional strategies:

What older people want

There has been extensive consultation and research into the needs and aspirations of older people and it is important that older people, not only, continue to be consulted with but their views taken into account when housing and services are developed. The main concerns and aspirations of older people regarding housing issues have been highlighted in policy documents from government, statutory and voluntary agencies. Essentially the feedback says that older people want:

- to be consulted on issues which concern their lives
- to be provided with better information which can be accessed easily
- to be given a choice in the type of housing and services available
- to remain independent and in their own homes for as long as possible

The policy context

The Government recognise that housing and social care and support are linked. The Department of

Communities and Local Government (DCLG), Department of Health and Department of Work and Pensions (DWP), are working together, on capital and policy initiatives that reflect this link.

Research has demonstrated the desire of older people to remain in their own homes. Well-maintained, warm, secure and appropriate housing can help prevent unnecessary admissions to hospital or institutional care. Appropriate support and care services can help people to remain independent for as long as possible. To this end, the Department of Health (DH) have set aside a total of £147m for 2004-2008 to enhance the housing with care choices of older people. The Housing Corporation South East have allocated £13.3m for older people's housing in 2006-2008 through their National Affordable Housing Programme with additional sources of capital and revenue coming from local authority and housing association partnerships, private finance and supporting people arrangements. The allocations include development of new build Extra Care Housing schemes for rent and sale and remodelling and enhancing existing sheltered housing.

To enable older and vulnerable people to live as part of the community appropriate and decent housing plays a key part. In addition the right level of support when required also plays a vital role in helping people to remain in their homes. The Supporting People programme provides housing-related support to vulnerable people, including vulnerable



Securing Good Care for Older People
(King's Fund, March 2006)

Good housing and good health?
(Housing Corporation/CSIP, June 2006)

National Service Framework for Older People
(DH, March 2005)

A New Ambition for Old Age
(DH, April 2006)

South East regional strategies

The most important of these are **The South East Regional Housing Strategy** (2005), which sets out the key housing issues faced by the South East region; **Prevention, not crisis, investing in the future: A framework for joint working to deliver housing related support in the South East 2006** (this document is at present out for consultation and awaiting the final version); **Ageing Assets** (October 2005), that aims to inform regional and local planning by setting out key information and projections relating to the older population, and also the link to the **Local Authority Supporting People Strategies** (2005).

older people, giving the opportunity of achieving or maintaining independence and a better quality of life.

Government and voluntary sector documents that support independence and choice are:

Living Well in Later Life
(Audit Commission, Health Care Commission and Commission for Social Care Inspection, March 2006)

Our Health, Our Care, Our Say: a new direction for community services (DH, February 2006)

Independence, Well-Being and Choice
(DH Green Paper, March 2005)

Opportunity Age (DWP, March 2005)

Excluded Older People
(ODPM/SEU, March 2005)

Improving the Life Chances of Disabled People (Cabinet Office, January 2005)

Consultation Responses to Independence, Well-Being and Choice Green Paper
(DH, October 2005)

Building Telecare in England (DH, July 2005)

Supporting People Review
(ODPM, November 2005)

A Sure Start to Later Life
(ODPM/SEU, January 2006)

In addition, the new **Local Area Agreements** which include a block specifically relating to "Healthier Communities and Older People" will also be a key tool in ensuring better partnership working across statutory and voluntary agencies at local level.



Key issues

1. The South East of England has the second highest regional percentage of people aged 75-84 (5.8%), and 85 and above (2.2%).
2. Just over 1 in 5 females and 1 in 10 males aged 85 and above live in medical or care establishments.
3. The percentage of people living alone increases with age and 70% of women aged over 85 live alone.
4. 10% of those aged 65 to 84 living with a limiting long term illness have no ground floor accommodation, and this figure rises to around 15% in those aged 85 and over.
5. The census indicates that 10% of females and 9% of males over the age of 85 live with no central heating in the South East region.
6. The numbers reporting their health as good despite illness rapidly increases with age and more than half of those aged 85 and over report this to be the case.
7. In the South East region around 5% of males and 4% of females over 65 years old report their health as 'not good' while carrying out 50 or more hours of care each week.

For a fuller description of the demographic and inequality issues see:

Older people in the South East region: information from the 2001 census and 2005 Annual Report of the South East Regional Director of Public Health, South East England Public Health Observatory publications.

Persons aged 65-74		Persons aged 75-84		Persons aged 85 and over		All older people (65 and over)	
South East	8.4%	South East	5.8%	South East	2.2%	South East	16.4%
Highest		Highest		Highest		Highest	
Rother	13.0%	Rother	10.9%	Worthing	4.6%	Rother	28.6%
Arun	12.0%	Arun	9.8%	Rother	4.6%	Arun	26.0%
Chichester	11.4%	Eastbourne	9.5%	Eastbourne	4.4%	Eastbourne	24.7%
Lowest		Lowest		Lowest		Lowest	
Rushmoor	6.1%	Bracknell Forest	3.7%	Bracknell Forest	1.2%	Rushmoor	11.6%
Bracknell Forest	5.9%	Wokingham	3.7%	Slough	1.2%	Bracknell Forest	10.8%
Milton Keynes	5.5%	Milton Keynes	3.6%	Milton Keynes	1.1%	Milton Keynes	10.3%

Percentage of the population aged 65 years and over, highest and lowest proportion by South East local authority

Bridging health, housing and care: CASE STUDY 1

In Brighton & Hove a new 38 flat extra care housing scheme which is a partnership between the City Council, Hanover Housing, and the Department of Health has just been completed. The scheme has been developed with local community and older people representatives from across the City and this activity is showcased as best practice on the Housing LIN web-site. The community space includes a G.P. service funded by the local PCT, a community café and older peoples' day service. As well as 24 hour on site care and support, there is a development worker to ensure the scheme is an active part of promoting well-being across the local community.

For further details contact Hanover Housing Association on 01784 446100 or Karin Divall, Brighton & Hove City Council on 01273 294478

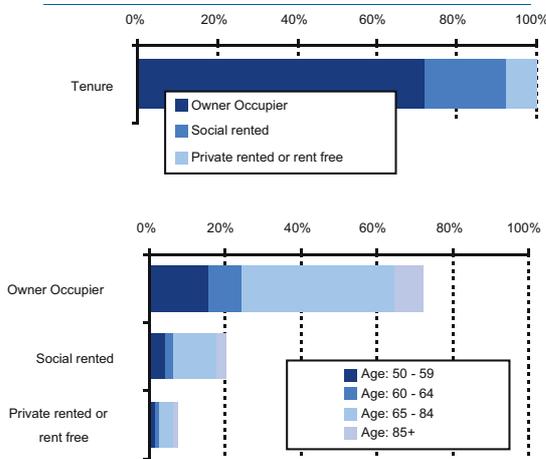
Linking housing with health

Health issues, which are affected by housing, can be divided into the following areas:

- linking information on ill health with housing tenure and area
- poor housing conditions leading to ill health
- ensuring housing is adapted for disability and mobility problems
- importance of community safety issues

Ill health and housing tenure in the South East

People over fifty with limited long-term illness by tenure in the South East region 2001



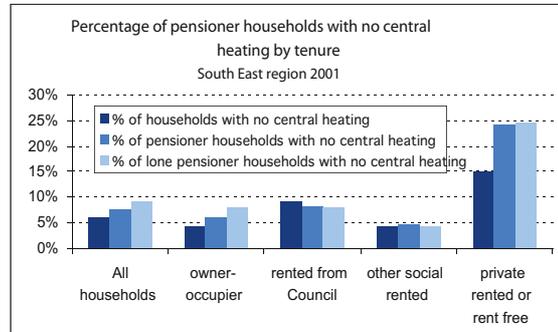
The Census 2001 identified 2,661,217 people aged 50 and over living in their own homes in the South East region. Of these, 31% were identified as having a limited long-term illness. Nearly 3/4 of the people with a limited long-term illness were owner-occupiers and, of those, 55% were aged between 65 to 84 years old.

Poor housing conditions

The South East Regional Housing Strategy aims "to bring decent housing within reach of people on lower incomes" and "to improve the quality of new housing and of existing stock". The English Housing Condition Survey showed that older people (aged 50+) make up the largest proportion of those living in non-decent homes. In 2004, the ODPM reported that just over 120,000 homes in the region were classed as "unfit", with 76,000 being owner occupied, particularly by older people.

Cold, damp and thermally inefficient homes contribute to preventable illnesses and excess winter death in the South East. The most striking illustration of this public health problem is found in

the incidence of excess winter mortality in the region where, on average, more than 4,700 people die prematurely each year. The vast majority of these people are over 75.



Disability and mobility issues: adapting housing

There are a proportion of people with illness and disability that restricts daily activity and the percentage of people reporting a limited long term illness increases with age. In the South East region, around 26% of those in early old age (60 to 64 years), around 40% of those in middle old age (65-84 years) and just under 70% of the oldest old (those aged 85 and over) have a limited long-term illness.

Many older people do not require major adaptation work to enable them to remain in their own homes. The latest SEU report (2006) contains a useful summary of the types of low level support required to maximise independence of those suffering from illness and disability. These include access to new technologies such as Telecare, and home safety devices and services such as Handypersons and home improvement agencies. For the full document go to: <http://www.socialinclusionunit.gov.uk/downloaddoc.asp?id=797>

Community safety issues

There are many wider issues about how safe and secure older people feel in their own communities which are addressed through different government policy areas which need to be incorporated into any work on older people's housing. The Home Office Respect Agenda, for example, builds on the drive to tackle anti-social behaviour and reclaim communities for everyone. See the Respect Action Plan at: <http://www.homeoffice.gov.uk/documents/respectaction-plan>

Key challenges

It is estimated that 80% of people aged 50 years and over living in the South East live in their own homes and most would wish to remain as an owner occupier. Nationally 6 in 10 people aged 65 and over own their home outright and this figure will rise as the population ages.

Research has shown how crucial a safe and decent home is to enable an older person to maintain their independence and good quality of life. Nationally, one in ten older people have problems with their accommodation, such as damp, adaptations, infestation or being too dark. Therefore, the majority of housing issues are about adapting, repairing and improving the general housing stock both nationally and regionally.

With a high percentage of older people living in their own homes, and this number set to increase, the problem of identifying those who are living in substandard housing needs to be resolved. Partnership working between agencies, both public and voluntary, can identify those people at risk and provide solutions.

It is estimated that 6% of people aged 50 years and over living in the South East are either living in the private rented sector (4.2%) or living rent free (1.8%). At 33% these groups report collectively high levels of limiting long-term illness. To ensure that older people living in the private rented sector live in safe, suitable and decent homes that contribute to their well-being, there is a need to engage with landlords through local, regional and national lead policies and initiatives to improve and sustain decent living environments.

Nearly half of people aged 50 years or over living in social rented housing in the South East have a limiting long-term illness. The Decent Homes Standard will contribute towards ensuring tenants

live in homes that are safe, in good repair and suitable. Joint working between housing, both local authority and housing association, health and social services should meet the more individual needs of the older tenants, in areas such as, adaptations, housing support, etc.

Although 90% of older people live in mainstream housing, some 10% live in specialised accommodation such as sheltered housing, extra care housing and care homes with 25% of people aged over 85 years living in care homes. Changes in the supply of residential and nursing home provision will impact on the need to develop a range of choices and services for older people to enable them to remain living independently in their own home with or without support for as long as possible.

Despite growing prosperity, there are and will continue to be poor, vulnerable, isolated and excluded older people within any community. In 2004, the ODPM reported that there were over 176,000 older people in the South East (11.02% of the total) living in Income Deprived Households, a higher number than in North East (105,000), East Midlands (125,000), East of England (140,000) and South West (141,000). To ensure this group are not overlooked and their needs and aspirations addressed, key older people's services, health, social care and housing need to work effectively together.

People who are at greatest risk include:

- older people living in inaccessible and isolating environments without social contacts or support
- older people with mental health issues
- older people and disabled people living in both rural and urban areas
- older people from Black and minority ethnic communities
- older people with learning difficulties

Improving housing conditions for vulnerable people in the private sector: CASE STUDY 2

In 2006 a new low cost loan scheme for homeowners who need repairs or improvements to be carried out to their homes is being launched. The scheme will be delivered by the Southern Home Loans Partnership, which includes 5 south coast local authorities - Brighton & Hove City Council, Chichester District Council, Eastleigh Borough Council, Gosport Borough Council, Portsmouth City Council and South Coast Money Line.

The Southern Home Loans Partnership provides low cost loans to help homeowners finance essential improvements and repairs, ensuring that they meet the Government's Decent Homes Standard. The scheme includes a special interest only option for people aged 70 or over.

More information can be obtained from Simon Frost, South Coast Money Line on 023 9282 6180 or Mike Slagter, Brighton & Hove City Council on 01273 292423.

- older people with substance misuse issues
- older Lesbian, Gay, Bisexual & Transgender people
- older people from the Gypsy and Traveller communities

A key challenge is to ensure that future policy and planning acknowledges the changing expectations and aspirations of older people throughout the South East.

What needs to change in the South East?

- a focus on prevention
- integration of services: including housing with other services
- examining private and public investment opportunities
- remodelling sheltered housing
- a focus on attracting more investment
- the development of better consultation mechanisms
- recognition of changing aspirations and expectation

There are many challenges in meeting the changing needs and aspirations of the older people living in the South East region. Across the region older people have diverse life experiences, from affluence to deprivation, inclusion to isolation, active life-styles to limiting mobility, living in rural communities to living large conurbations. Housing, social care and health support services have a key role in helping to reduce health inequalities and prolonging independence, and meeting the needs of a dispersed, and often isolated, income deprived older people. Current government policy encourages better partnership working across the sector, for examples through Local Area Agreements. Service providers including housing services, social care, health and supporting people need to become more involved in this work.

Several Government initiatives have been introduced to respond to the changing needs of older people and to focus on prevention. For example there are programmes to encourage the expansion of Telecare, Extra Care Housing, and Intermediate Care. There has also been funding for the Department of Health Partnership for Older People Pilots and the introduction of individual budgets. This plethora of initiatives requires a more co-ordinated approach to the management of services for older people than in the past. In the South East there is a need for local services to develop an effective infrastructure to ensure that the region attracts the level of funding to match these needs.

Mixed Tenure in ExtraCare: CASE STUDY 3

Osmund Court in Billingshurst, East Sussex is one of the first ExtraCare schemes to be completed with Department of Health ExtraCare funding. The 40 one and two-bedroom scheme provides mixed tenure accommodation and includes a specialist intermediate care flat. The project was developed through a partnership of Saxon Weald, Tooley Foster Architects, Castle Oak Care Partnership, and West Sussex County Council. Ten of the flats; three two-bed and seven one-bed, are shared equity with the resident buying 75% share of the property.

Further details can be found at:
http://www.saxonweald.com/housing%20options/retirement%20housing/osmund_court.htm

The needs of the older population in the next 20 years will be different than the needs of the elderly now. Not only will there be significantly more older people in the South East, they will also come to old age with a very different life experience. In particular there will be significantly more people living to extreme old age (85+), people are more likely to be living alone, there will be more childless people, more women, more people from Black and minority ethnic communities, more owner-occupiers and more people who have spent their life in good quality, spacious housing. Consequently, their expectations of what they want from housing and support services will be different and diverse.

For this reason, it is essential that the position of specialised accommodation provision for older people be examined to ensure that it is fit for the future. Although relatively few older people live in specialised housing, it does play a vital role in the current spectrum of choices. This review needs to include sheltered housing, very sheltered housing and extra care housing. There are many areas in the South East where there is continuing demand for good quality sheltered housing, but there are some pockets of over-supply and under-demand. The challenge is to re-model specialised accommodation where this can work and funds allow, as well as plan new state of the art housing with care communities, fit for purpose to meet the changing aspirations of older people in the future. For any given area, such a response has to be planned strategically for the long-term.



In addition to remodelling existing provision, thought should be given when providing additional provision that meets the aspirations of the whole community including older people. For example, older people may wish to downsize but continue to live in the local community there they have formed and nurtured lasting friendships and where they have familiar surrounds. A mix of accommodation by size and tenure could assist in the turnaround of both rented and owner-occupied stock and give people the opportunity to find suitable and sustaining housing.

A key element of any policy for older people now is that the older people themselves need to be involved in the how services and housing are designed and managed. Services must be designed for ease of access for older people rather than older people receiving services that providers have decided to arrange for them. The principle of One Stop Service arrangements needs to be considered, especially because of the rural nature of significant parts of the South East, where the availability of transport can be a particular difficulty. Currently, direct and meaningful involvement by older people in housing and service design is under-developed in the South East.

The setting up of consultation groups has been hindered by the size, diversity and dispersal of the older population in the region.

Therefore, the overall challenge is to harness the successes achieved to date, building from the base of being a region with one of the highest proportions of older people, to becoming a region with the broadest range of good quality housing and service options, through creating partnerships between older people, providers, commissioners, planners, funders and others.

To assist in the development of a strategic approach, the Housing and Older People Development Group (HOPDEV), an independent body, supported and sponsored by the Department of Communities and Local Government (DCLG) and the Department of Health (DH), has recently published a document entitled *Delivering housing for an ageing population*. This can help to inform housing strategies and planning policies which gives a useful summary of the issues which need to be addressed. See this document at: <http://hopdev.housingcare.org/downloads/kbase/2719.pdf>



Useful links

HOPDEV

The Housing and Older People Development Group (HOPDEV) is an independent body, supported and sponsored by the Department of Communities and Local Government (DCLG) and the Department of Health (DH). It has recently published a document entitled "Delivering housing for an ageing population" to inform housing strategies and planning policies which gives a full summary of the issues which need to be addressed. See this document at: <http://hopdev.housingcare.org/downloads/kbase/2719.pdf>

Housing Learning and Improvement Network

The Housing LIN is the national network for promoting new ideas and supporting change in the delivery of housing, care and support services for older and vulnerable people. It has the lead for supporting the implementation and sharing the learning from the Department of Health's £147m Extra Care Housing Grant arrangements and related housing, care and support capital and revenue programmes. Visit their website for access to a wide range of information and resources: <http://www.changeagentteam.org.uk/index.cfm?pid=10>

Wel_hops: Welfare Policies for Older People

Wel_hops is a European Union part funded project aimed at improving independence, choice, and quality of life for older people in Europe.

The project is analysing good practice in the design of older people's housing to help develop common design guidelines that can be used across the European Union.

Brighton & Hove City Council are leading on this project on behalf of the UK, with other project partners from Italy, Sweden, Hungary, and Spain. Further information is available from www.welhops.net