

Homes fit for ageing



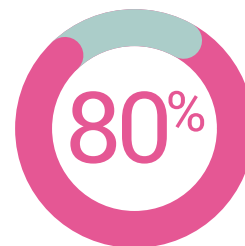
Why ageing well at home is key to health, housing and care

Making homes fit for ageing can save NHS costs
& reduce care needs.

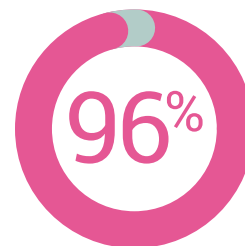
Poor or unsuitable housing costs the NHS **£1.4b** pa.¹

Most of the common chronic health conditions of later life (respiratory illnesses, stroke, heart disease, depression etc), as well as falls risk, have a causal link to housing conditions.

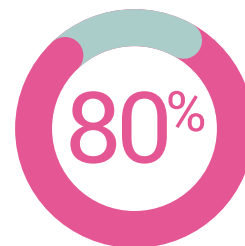
- Adapting and improving the current housing stock will have the greatest impact
- Most older people like their current home and want to live there as they age
- Those who do want to move would like the option of well designed mainstream homes as well as supported housing options.



of homes that
will exist in 2050
have already
been built²



of older
households are
in mainstream
homes³



of older people
say they want to
stay living in their
current home⁴

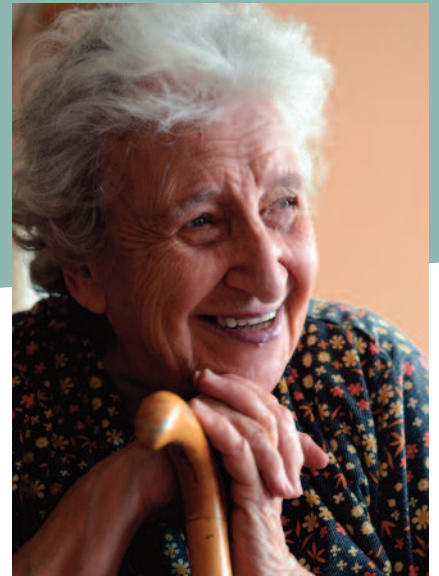
¹ Nicol S, et al (2015) Briefing paper: The cost of poor housing to the NHS BRE Bracknell, IHS BRE Press

² Boardman, B et al (2005) Chapter 5: Building fabric and housing stock, in '40% House', Environmental Change Institute, University of Oxford, UK

³ Garrett H, Burris S, (2015) Homes and ageing in England BRE Bracknell, IHS BRE Press (Analysis for all people aged 55yrs and over)

⁴ Lloyd, J. (2015), Older Owners Research on the lives, aspirations and housing outcomes of older homeowners in the UK. London: Strategic Society Centre

Homes fit for ageing are...



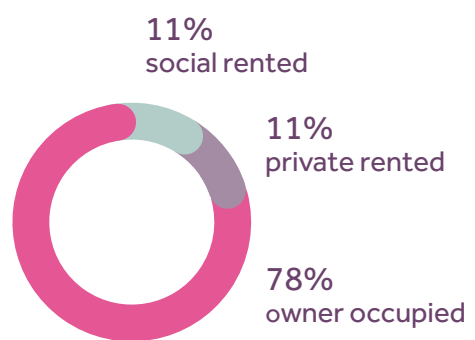
In good repair

2 million older households are living in non-decent homes, the majority of which are owner occupied ¹.

Low income home owners now outnumber low income tenants.

Action: There is a pressing need to reverse the decline in low cost services which help disadvantaged older people repair and maintain their homes, particularly home improvement agencies and handyman services.

Tenure of older people in non-decent homes



Safe and adapted

Home adaptations can transform lives. They enable independence and reduce risks eg. falls.

Nearly 2 million people say that their home needs to be adapted to their needs and nearly half have not had these adaptations made ³.

Action: Fast, effective assistance (both practical and financial) with installing home adaptations should become a core part of future integrated health and care systems.



47% of women and 39% of men over 65yrs report difficulty walking a moderate distance ²



¹ Garrett H, Burris S, (2015) Homes and ageing in England BRE Bracknell, IHS BRE Press

² HSE 200529. Copyright © 2011, Re-used with the permission of The Health and Social Care Information Centre cited in Melzer D 2012 AgeUK health care quality for an active later life

³ DCLG (2017) English Housing Survey Adaptations and Accessibility Report, 2014-15 London DCLG

*Home is the hub of life...
We believe that everyone
should have access to a
decent home, whatever
their age, including in
later life.*

Older People's Housing
Champions Manifesto (2017)⁴

Places we choose to live

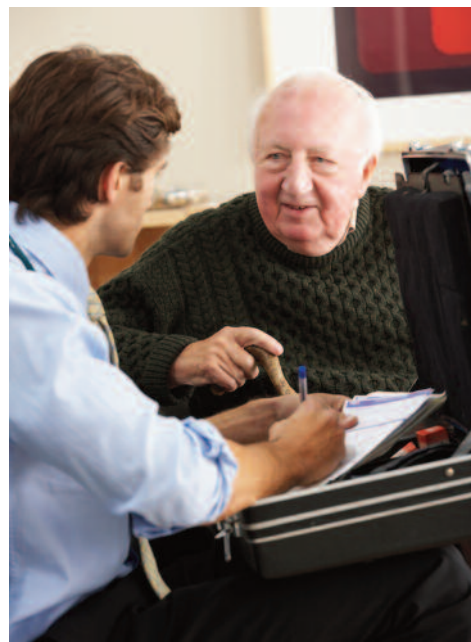
Inequality exists at all ages, and some people have far more options than others when it comes to later life living arrangements. Whatever a person's situation, it is still important to be able to make a fully informed decision about housing, care and finances. Some older people also need help to implement their choice eg. with moving home. Such provision, particularly the EAC FirstStop model, has been shown to reduce costs to the NHS and Social Care⁵.

Action: Increase access to independent, impartial specialist information and advice about housing, care and related finance in later life.

Well designed for a lifetime

Staying put is not for everyone. Some older people will wish to (or have to) move to a more suitable home. This might be a well designed mainstream home or housing built especially for ageing (eg. sheltered, retirement, extra care, co-housing etc.)

Action: Create a wider range of housing options for those with later life care and support needs, as well as future-proofing all new homes through introducing national accessible design & space standards.



⁴ housingactionblog.wordpress.com

⁵ www.firststopcareadvice.org.uk/resources-partners/independent-evaluation.aspx

Homes fit for everyone

Older people tell us that their home is of the utmost importance.

A safe, secure, suitable home underpins health and wellbeing, particularly in later life when people spend an increasing amount of time at home.

Age friendly communities and neighbourhoods can support ageing well at home, enabling people to remain active and involved with their friends and family.



Call for Action Summary

- Repair, maintain and improve existing homes for good ageing through revitalising home improvement agencies and handyman services
- Adapt current homes to enable safe, independent later life through boosting help to carry out home adaptations
- Increase access to independent, impartial specialist information and advice about housing, care and related finance in later life
- Create a wider range of housing options for those with later life care and support needs
- Future-proof all new homes through national accessible design & space standards

"...there has been a collective failure to address the implications [of population ageing] and without urgent action this great boon could turn into a series of miserable crises."

Lords Select Committee on Public Services and Demographic Change Report 'Ready for Ageing?' (2013)

Time for a paradigm shift in policy

All policies related to housing, planning, health and social care should be underpinned by the broader objectives of;

- enabling people to age well at home and
- extending healthy, independent later life for all.

About Care & Repair England

Care & Repair England is an independent charitable organisation (Registered Society with Charitable Status 25121R) established in 1986 which aims to improve older people's housing. It aims to innovate, develop, promote and support practical housing initiatives and the related policy and practice which enable older people to live independently in their own homes for as long as they wish, particularly for older people living in poor or unsuitable private sector housing.

Care & Repair England, The Renewal Trust Business Centre, 3 Hawksworth Street, Nottingham NG3 2EG

Tel: 0115 950 6500 email: info@careandrepair-england.org.uk

website: www.careandrepair-england.org.uk twitter @cr_england

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