



Intergenerational Housing and Age Friendly Places

The Crichton, Dumfries
18th June 2019

Public Sector Client Forum Newsletter

Town
Centre
Living



A Caring Place

Addressing ageing and dealing with loneliness sit at the heart of Scotland communities' priorities. This focus is reflected in Scottish Government policy and investment, including 'A Connected Scotland', the Housing 2040 discussion, the Planning reform agenda, and short life Ministerial working group on intergenerational housing. Building wellbeing through intergenerational opportunities in age friendly places is a key focus for shaping the built environment, creating more 'Caring Places'.

On Tuesday 18th June, 2019, A&DS brought over 70 representatives from the public, private and third sectors to the Crichton Campus in Dumfries to discuss how we can work together to create more age-friendly places to live in Scotland. The focus of the event was around intergenerational housing; what works, what's possible, and what's needed.

The Crichton Trust co-hosted the event, in a part of Dumfries that is developing as an 'intergenerational village'. The aim of this project is to serve the town and the region with more and different opportunities for intergenerational living, work and integrated care to address 21st century challenges in a changing rural context. The event also builds on work curated by A&DS on creating 'Caring Places' which make more of what we already have in communities and places, supported by innovation in design focused on user needs.

The day was chaired by Amanda Britain, housing and wellbeing expert, and opened up with a keynote by Christina McKelvie MSP who set out Scottish Government's commitment to communities and innovation to address loneliness and isolation across generations. Gwilym Gibbons, Chief Executive of the Crichton Trust set out plans for the Campus. Jeremy Porteous, Chief Executive of the Housing Learning Improvement Network [LIN] provided case studies of learning from elsewhere. World Café sessions and a panel session enabled delegates to discuss issues and possibilities in more detail.

Public Sector Client Forum

This event forms part of a series curated by A&DS aimed at public sector clients to promote collaborative learning and support capacity building in shaping the built environment. Further information is available on the A&DS website:

www.ads.org.uk/public-sector-client-forum

Chair's Introduction

Amanda Britain

To set the scene Amanda brought three specific points to participant's attention:

- We know that a good home in the right place that suits our needs and desires makes such a difference for people. The opposite has consequences, not least in terms of health and well-being.
- The Caring Place report released by A&DS with its ten principles. In particular principle 6, "Relationships, Support and Mentoring". The need to tackle social isolation is a clear priority and there is research showing that the negative effect on health can equal that of 15 cigarettes a day.
- Technology and digital connectivity are not just the future, but the present. Technology-enabled care is here to stay and although it will not be able to replace the human interaction aspect of care it will be the complementary other half. A challenge is that it can be difficult for older people who are not IT savvy to access and use this technology, but it will be essential both for care provision and the individual. Related to the IT question, Amanda also raised the benefits of interaction between so called 'old people' and children. Spending time together completely changes children's stereotypical perception of older people as being 'boring', towards valued human beings!

To round off the introduction participants were invited to collaborate, during the event and thereafter, to share ideas on how to take the work of creating intergenerational housing and places forward, and to have fun!



Keynote speech

Christina McKelvie MSP, Minister for Older People and Equalities

In her keynote speech Minister McKelvie outlined some of the work that the Scottish Government is committed to undertake to support and celebrate older people.

Speaking about 'A Connected Scotland', the first national strategy to tackle social isolation and loneliness and build stronger social connections, she said "To support the strategy we committed to invest £1m over the next two years to help build a collective capacity for implementing it. A key priority of the strategy will to support an infrastructure which fosters connections, by enabling people to continue to live independently within their communities and participate in society to the full and in a meaningful way."

She also outlined 'A Fairer Scotland for Older People: framework for action', which was developed to challenge the inequalities older people face as they age and to celebrate older people in Scotland.

Good Home, Good Place

The Minister spoke of the need for a 'good home, good place, with people you like' and the requirement to 'embrace technology, for access, housing, transport and remaining in your own home'. She also spoke of the perceived gulfs between generations;

"We know that the extent to which people interact is heavily determined by their lived environment which is why we need housing solutions in a place personal

need at the centre for everything that we do,"

Minister McKelvie continued.

Housing Approach

In looking to the future, the Minister said "It's clear that Scotland's housing system must address the challenges we face. I'm hoping all the designers, planners and everyone here today will have ideas about how we design out barriers for people, and design in inclusivity and community for that approach."

"The Scottish Government's approach to Housing 2040 is therefore not just about bricks and mortar, it has to be more than that. It has to be about the people that create communities, and it's about creating flourishing communities right across the whole of Scotland. We want housing and the housing market to be flexible enough to enable people to meet their changing needs, especially those of an ageing population."

There is a need for housing that is warm, safe and that is both flexible and adaptable for changing needs – areas the Minister will be looking to A&DS to help address.

"I know that A&DS has been looking at the importance of a caring place, using care as a way of looking at town centres and exploring opportunities to bring together care, placemaking to tackle the challenges of an ageing population.

<https://www.gov.scot/publications/fairer-scotland-older-people-framework-action/>

<https://www.gov.scot/publications/connected-scotland-strategy-tackling-social-isolation-loneliness-building-stronger-social-connections/>

<https://vimeo.com/showcase/6085842/video/343688224>

A Rural Petri Dish

Gwilym Gibbons, CEO, Crichton Trust

The Crichton 21st Century Village

The Crichton Trust is effectively funded by the 80 businesses, four universities and eight residential properties located within its 85 acres. As a self-sustaining social enterprise there is a unique opportunity for the Crichton Trust to respond to an ageing population, to consider how to harness the knowledge and think about how infrastructure could be best used. There is an interesting opportunity to build something of scale – a new village with a bold vision that uses the assets they have - a cross generational community with smart houses that connect into business opportunities. It works both ways - the older generation also have experience and knowledge to start businesses.

There is a huge economic and social impact that we are facing, The NHS and social care are facing challenges today – so new ways of doing things have to be considered within a very short 15-year window. In Dumfries and Galloway there is a massive drop off in the population of 25 to 44-year-olds. Looking ahead 15 years this trend continues. Even if every child in school today went into the care profession by the end of this time frame, there still wouldn't be enough professional carers in D&G to provide enough support for those that need it. If they did all go into the care profession, there clearly wouldn't be anyone to do anything else!

There is a chance to trial and test new solutions - particularly related to the three grand challenges that we are facing today – the ageing population, challenges around low carbon and the future economy. We all have to change the way we live, work and study. Part of the site is designated to 470 houses and the Crichton Trust are talking to Dumfries & Galloway Council to ensure these are designed to be adaptable homes for life. We are living longer - we not only want to live longer but also well, particularly in that last stage of life. How the community and environment can work to support us to be active as long as possible are major considerations.

Intergenerational Housing Case Studies

Jeremy Porteus, CEO, Housing LIN

Jeremy introduced the Housing Learning and Improvement Network (Housing LIN) who bring together housing, health and social care professionals in Scotland, England and Wales to exemplify innovative housing solutions for an ageing population

Jeremy was heartened that Scotland has a minister for older people, and that Wales has a commissioner, as there is not a similar role in England. Noting that it was Loneliness Awareness week he highlighted that the reported NHS spend as a result of poor housing and limited choice is £1.4 billion.

Jeremy cited a number of useful resources for intergenerational housing by design, including the Housing our Ageing Population Panel for Innovation' (HAPPI), and 'Age Friendly Housing: Future Design for Older People' publications, before introducing a number of case studies highlighting their merits and principles applicable to the Scottish town centre context.

In Byfleet at a Housing Association development there was little demand for sheltered housing but a large number of homeless families in the area. This redevelopment offers intergenerational housing suitable for older people and young families, accessible for all and offering flexibility to the HA in housing allocation.

At Cobham Manor, part of the 2012 Olympic Legacy, family houses have been built with annexes suitable for both young and older members of the family. This has been included in both affordable and private sale properties.

At Dewenthorpe, North Yorkshire, a large scale development including different sizes of housing and tenure types has been designed to be intergenerational with houses at Lifetime Homes Standard. The design intends to provide opportunities for residents to come together informally, with a community room provided for more formal get togethers.



World Café Presentations

Learning from case studies

Ian Copeman, Housing LIN

A&DS commissioned Housing LIN to produce a digest of 12 case studies of intergenerational housing drawn from the UK and internationally for Architecture & Design Scotland's project, 'A Caring Place'. The digest provides examples of intergenerational mainstream and specialist housing that have features and components that are applicable to the Scottish town centre context covering: product, services and feasibility.

Ian Copeman opened up with a number of questions to the table, such as if the term intergenerational housing means anything or are we simply talking about mainstream housing accessible to all generations? Who would be best placed to deliver such housing? Could these be realised in the imagined Scottish town or a real one? How would this work in practice? What collaborations and what funding is needed? How do we explain this to people? What is it about the housing that makes it intergenerational? Is it the buildings in themselves or the services/facilities connected to them? What is the applicability and relevance of this as a concept?

There were return questions from the group around what work is needed around 'intergenerational' developments to create communities, how they could be managed and sustained. The tendency to stereotype certain tenures around certain groups, such as mid-market rent primarily being for young, working people was brought up as a barrier to different generations coming together. There was agreement that the 'intergeneration' aspect is about the coming together of people and how it functions, but how does this come about? One answer is co-housing where those moving in have expectations of coming together, but this doesn't suit everyone. Some kind of communal area or facility is necessary, otherwise it's just people living next to each other.

The case studies are available for download from the A&DS website as a complement to the report and to inspire different audiences in how to deliver this in the 21st century.

<https://www.ads.org.uk/intergenerational-housing-case-studies/>

Housing and Ageing - Defining Inclusive Living

Dr Vikki McCall, Stirling University

Dr Vikki McCall, Senior Lecturer in Social Policy and Housing, reported on the work carried out on guidance on accessibility and adaptation. The work was commissioned by the Scottish Federation of Housing Associations (SFHA).

The project undertook a full literature review on inclusive living and age friendly design guidance: there were over 8,000 citations on the themes accessible living, but these were not all that linked. It was whittled down to around 90 key guides currently in use.

The project went on to ask the housing sector – what do you use now? It turns out that the housing sector uses a range of guidance – some are quite old and reflect older concepts and designs (the guidance ranged from 1998-2019). While the quality of guidance is quite good there is a gap in the application of the guidance. It was also noted that most of the guidance is about physical mobility. Dementia design was also increasingly present - however, other issues like hearing or eyesight, assistive technology and access to green space were not as supported in guidance.

Dr McCall noted some wider issues – guides need to include 'moving about' to be truly inclusive. She noted that there are no fully comprehensive guides to develop or adapt housing and the wider environment.

Dr McCall suggested that guidance for achieving inclusive living must include:

- Social inclusion and equality at the core.
- Look at physical space and design – high quality, accessible quality environment. Places need to be 'everyone friendly'.
- Connections, relationships and social connectedness.

If these strands were brought together - under the heading of Inclusive Living - and if considered from the start of the process we could produce friendly, and cheaper, places for all. Having positive user-collaboration and co-production in developing housing would help deliver the best places. The research report will be launched in Summer 2019.



The Crichton, Dumfries

Crichton 21st Century Village: A place to live, work, learn and innovate

Jennifer Challinor, The Crichton Trust

How does A&DS's 'Caring Places' and 'Town Centre Living' work adapt to smaller rural communities? Jennifer put forward A&DS's '10 Principles of a Caring Place' to help discuss how to make D&G a better place to grow old.

- Opportunities and challenges in adopting new ways of caring for people at home. Could technology assist - along with transferrable skills; satellite clinics, community clinics, and provision of flexible spaces?
 - Lack of public transport is a huge issue for maintaining social connections in rural communities, and exacerbates loneliness in rural areas.
 - Young people need employment opportunities to allow them to stay in the region.
 - Explore how to secure and sustain community buildings whilst providing spaces where people can come together.
- Factor this in to the 21st Century Village concept.
- Support and guidance is required on building care-adaptable housing. Care homes in rural areas are closing down and aren't being replaced. People want to stay in their own community, within their support network, where people, surroundings and facilities are familiar.
 - Research had shown that young people (particularly those with small children) feel more socially isolated than the elderly. Provide mentoring sessions by the elderly for young persons.
 - Create communities that are not about location, through digital sources. Accessible transport; digital bus stops; audio narrated travel for visually impaired; community wifi etc.
 - How to make intergenerational spaces? Garden centres are a good place; provide benches where you can sit down; spaces that are designated for 'stillness'.
 - Support carers to feel more confident and recommend technological solutions for caring though empowering carers; person centered solutions; smarter, better ways of finding solutions; exploring ways in which to incentive the right people to go in to the care profession.

Creativity and Public Engagement in Community-led Housing for Dumfries

Matt Baker, Midsteeple Quarter

The Midsteeple Quarter project grew from The Stove initiative which uses art to engage the community and (re) explore the idea of living in the town centre. Dumfries is a market town with no market. Like many other towns across Scotland the once thriving community is home to empty spaces above shops and the town centre empties after 5pm.

A film by John Wallace was produced in 2016 drawing on this issue. A screening was put on at the Stove building in Dumfries town centre, to promote a vision for housing on upper floors and a mixed economy on ground floors, and to explore the idea of community purchase of empty buildings on the High Street. This idea grew to become the Midsteeple Quarter project.

Ideas for the Midsteeple Quarter were invited via a National Architectural Ideas Competition produced in partnership with The Stove Network and Glasgow Institute of Architects. The competition invited architectural concepts from across Scotland and set out to envisage an new approach to town centre living. Entries were exhibited in the Stove – with a People's Choice selected via an open vote. The project attracted interest from Cabinet Secretary Aileen Campbell.

The brief is for a mixed use scheme with intergenerational housing for young and old and a first-floor shared terrace. The designs explore activating Dumfries's medieval closes and creating mixed communities. A Midsteeple Quarter Community Benefits Society was set up to help to enable the local community to deliver on the project and vision for re-inhabiting the High Street and bring prosperity into the town.

Matt described how the project could be realised and managed. Registered Social Landlord is one route, but the Midsteeple Community is keen to develop the project themselves. There was discussion in the group around different ethical models, new models around land use and community transfer. The Scottish Government has set up an Intergenerational Short Life Working Group which is looking for recommendations to inform the Housing 2040 initiative.

World Café Presentations

Can community deliver quality intergenerational housing?

Adam Broadway, Instinctively Green

Demand for customisation and self-build houses shows that more people want to take more control of the homes they live in. National Planning Performance Framework legislation in English local authorities is helping to provide plots of land for this. People want a better product from house builders and by getting involved in the process from the outset, they can improve both quality and affordability. Programs like Grand Designs, while skewing the vision of single plot houses, do show the benefits of custom and self-build housing.

Adam discussed his involvement at Marmalade Lane, a co-housing project in Cambridge. The council revenue funded a facilitation grant to test the self-build concept on land where development had stalled. The 42 homes were to be a standard typology but have flexible spaces, with two houses set aside as affordable homes.

The residents formed from a focus group and with facilitation support from Instinctively Green came up with the client brief. Shared themes were creating a less traffic orientated community, with low energy and water affordability. The group set the rules for how their intentional intergenerational community would operate.

The design had to have three key features:

- Private housing – own front door, legal bond
- Common house - for the group to use for multiple activities
- Open space – the group do all the gardening/maintenance

The houses were designed to the main lifetime homes standard. Stairlifts were not adopted but provision is included. The houses were not designed specifically for dementia as the community didn't feel it was required.

Early adopters to the scheme received a 10 to 15% discount on their homes. The group are keen to manage the resale of properties themselves. Properties are sold at market value to people waiting on a list. If anyone does sell, they pay a contribution to the Co-housing company.

Intergenerational relationships

Bella Kerr, Generations Working Together

At the beginning of the group discussions the scene was set around two points

- The [Joseph Rowntree Foundation](#) publication was cited as saying that loneliness is worse for your health than smoking.
- That intergenerational relationships didn't mean just between very young and very old

The groups were asked to consider intergenerational relationships. Although there is stereotyping and perceived barriers between generations, we have more that links us than separates. We all want to feel safe and have caring relationships. Outdoors we want to be amongst others - good places to grow old in are good places to grow up in.

Older people want to stay in their own homes as long as they can with care and support. Social isolation occurs as we get older with no interaction or stimulation. The strain on the NHS and social care has led to families finding difficulty getting support. Generations are living further away from other family members. We all have responsibility towards each other – if we don't have time to connect with young people how do we expect them to connect with us?

Everyone needs somewhere to meet, and everyone has something to offer so how are these relationships formed? The groups considered where these opportunities are – three main examples were brought to light:

- Perth Grammar and Drumchapel Primary school have older volunteers who help with numeracy and literacy, story-telling and gardening. The volunteers provide someone for young people to talk to that isn't a teacher.
- The Jewish private care home Nightingale House linked to [Apples and Honey nursery](#).
- In the Netherlands the [Humanitas](#) project has students living in rent free accommodation for 30 hours of work a month in a nursing home – they don't call it volunteering, they call it being a [good neighbour](#).



Fortune Place, Edinburgh

Supporting independent living for older people - Learning from Fortune Place

Eugene Mullan, Smith Scott Mullan Associates

Fortune Place is development by Castle Rock Edinvar Housing Association on a site which held two care homes, a new build of 54 mostly two bedroomed dementia friendly units. Four flats are wheelchair accessible. All flats are for social rent. The scheme is next to a primary school, and the tenants like the regularity of the school bell for timekeeping.

A part-time member of staff - Community Capacity Builder (CCB) - links the development with the local community. A co-production process was used to design the garden area which had a positive community impact. The Garden Room is the main communal social space. The CCB facilitated the group of residents working on the design. Once the contract ended engagement levels dropped.

Lessons Learned:

- Upper floor wheelchair flats – issues when lifts break;
- Kitchen cupboards – tenants did not like the clear doors on cupboards, as you can see the “mess”.

Successes of the build:

- Design: open plan living area, good space standards; glass doors - visibility of the bathroom from the bedroom; relationship between the flats and outdoor space; health and wellbeing benefits of communal space and balconies;
- Design for dementia: find a balance to keep people in their own home for longer make properties suitable for all
- Digital skills: WIFI is included in the tenant’s rent. Initial support has been there to help residents with technology.
- Energy efficiency: flats comply with building standards; standard level of insulation; communal heating system

A similar development is being built for the client without a garden room. The communal area was part funded by National Lottery and matched by the client. There is low resident turnover; some residents sold their properties to move into the flats.

Housing delivery models now and in the future

Jenna Monteith, Scottish Futures Trust

Jenna explained that Scottish Futures Trust is an infrastructure company owned by the Scottish Ministers – delivering infrastructure models for the delivery of new tenders by leveraging public and private sector finance.

Jenna spoke about the National Housing Trust, a Scottish Government Supported Model which guarantees public sector debt and has delivered 1,800 high quality energy efficient homes. The homes are offered at a mid-market rent rate to people who don’t qualify for social housing but are required to spend too high a proportion of their income on private sector rents.

Possibly more relevant to the intergenerational housing topic Jenna introduced ‘Home Ownership Made Easy’ (HOME), a shared ownership scheme geared to young and old alike. One branch of this scheme “the 40k house” is aimed at older people looking to downsize or relocate, but without the value in their property that would enable the purchase of a private sector offering.

Local Authorities have noted a large amount of enquiries for social housing from homeowners who do not qualify. This scheme bridges the gap, people sell their homes freeing up family houses and invest £40,000 in a HOME project.

The remainder of the shared ownership is via an occupancy fee set at Local Housing Allowance or lower which also covers shared maintenance and repairs (factoring), offering residents a stake in their property but without the maintenance responsibilities.



Above: Housing LIN Case Studies: Cobham Manor and Parkside Derbyshire



Above: Midsteeple Quarter, Dumfries



Above: Marmalade Lane, Cambridge



Above: Plenary Discussion Slide

Plenary

Chaired by Amanda Britain

Four key issues emerged in the plenary session:

Intergenerational living: is this a good thing?

It was agreed that thinking intergenerationally is a good thing. However, the focus should not be to isolate a category of housing or living. Rather, the focus should be on raising the quality of housing and living experience for all, building social cohesion and social justice. This includes challenging assumptions about what we mean by 'old'; and the needs and priorities of different generations. It invites a partnership approach to places, place management and civic infrastructure.

The importance of relationships

We need to be clear about loneliness across generations. Youth loneliness is a big issue in many places. And often, groups are separated from each other, with specific activities for specific generations. Research has also identified that although the ambitions for co-design are high, the actual level of co-design in places is often low. There are technology gaps and learning gaps around different ways of connecting across communities.

Design and services

Supporting more intergenerational living opportunities is about both [a] improving common approaches to building, improving quality generally, and [b] improving opportunities for individualisation. This may be facilitated by building systems, building specifications and community approaches to building, which shape the brand, sustainability offer and social connected-ness of the future built environment.

Leadership

It was felt that some 'big sticks' are needed to realise the ambitions for intergenerational living. This includes regulation, supportive planning policies and collaborative investment. Key skills include facilitators to build communities of interest, and enablers to shape the right process in

the right way. Many small actions can help build up more connected places. We need better ways of supporting the value of the 'small' as well as big interventions.

Conclusion

Diarmaid Lawlor, Director of Place, A&DS

Diarmaid offered his observations from the day. The intergenerational agenda is about community making, and putting the needs of people at the heart of how we make and remake communities. There are 3 things to consider:

- First challenge the concept of what 'old' is. There are a lot of young lonely people, and the need for intergenerational relationships has never been greater.
- Secondly, it's around whose relationships, and how do we form relationships - getting into the architecture of how relationships work.
- Thirdly, it's around leadership. Are we reacting to a crisis or are we leading by planning? The mood from the event today is let's lead by planning.

In terms of next steps, A&DS seeks to partner with local authorities and communities around making 'intergenerational' part of the community making story. A&DS also looks to gather, share and promote the idea of community-making by design.

Useful Links

Sign up for the A&DS newsletter here.

<https://www.ads.org.uk/newsletter-subscriptions/>

View the Presentations from the day

<https://www.ads.org.uk/intergenerational-housing-and-age-friendly-places-presentations/>

A published a report – Town Centre Living: A Caring Place – which captures the learning to date.

https://www.ads.org.uk/a_caring_place_report/

Intergenerational Housing Case Studies

<https://www.ads.org.uk/intergenerational-housing-case-studies/>



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