Integration Briefing 4

Sustainability and Transformation Plans

Analysis of extent to which housing & ageing are mentioned in STPs

Purpose	To analyse the extent to which Sustainability & Transformation Plans are taking account of the potential contribution of housing to achieving the STP aims of greater investment in primary care and focusing more on prevention. To consider whether STPs address the implications of population ageing.
For whom	Briefing for those who plan, commission and provide health care, social care and/or housing related provision; Patient and Service User Representatives
Where	44 STPs covering all of England
When	Published July 2017
Produced by	• Care & Repair
Supported by	quality of life

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At a Glance

This Briefing provides an outline explanation of Sustainability and Transformation Plans (STPs), commenting on why housing is so critical to achieving the future vision for the NHS and the importance of addressing population ageing.

Based on a search of all 44 STPs, the Summary Table in this Briefing shows the wide disparities with regard to inclusion of any references to housing and ageing, ranging from zero in a number of areas, to a few which are far ahead in terms of integrated analysis and cross sector planning.

About Sustainability and Transformation Plans (STPs)

STPs covering 44 areas of England were published in late 2016. They are intended to set out how health and care will be delivered in the specified STP area by 2021.

STPs are required to address how local partners will meet key national commitments set out in the *NHS Five Year Forward View* including;

- returning NHS services to financial balance
- provision of seven day services
- meeting targets for cancer treatment and outcomes
- investment in primary care
- focusing more on prevention

'STPs began life as pragmatic vehicles for enabling health and care organisations within an area to chart their own way to keeping people healthier for longer, improving care, reducing health inequalities and managing their money, working jointly on behalf of the people they serve.'

Extract from Next Steps in the NHS Five Year Forward View (p32)

Why is housing relevant to STPs?

Where people live, the physical quality, suitability and stability of their home, has a significant impact on their health, and hence on demand for NHS services.

'The distribution of health and well-being needs to be understood in relation to a range of factors that interact in complex ways. These factors include whether you live in a decent house.'

Sir Michael Marmot Fair Society, Healthy Lives

There are direct quantifiable costs to the NHS of housing disrepair, with resulting annual first year treatment costs to the NHS in excess of £1.4bn (Nicol et al, 2015).

In addition, a forward looking view of the NHS, which envisages not only prevention but also more health care delivered at or closer to home, will only be achievable if patients live in decent homes where such care can be provided effectively.

Why ageing?

Warm, safe, suitable, stable housing underpins health and wellbeing. This is particularly the case in later life, when people spend an increasing amount of time at home.

Older people are the majority users of NHS services, hence prevention of NHS crisis interventions and sustaining better health and independence in later life are critical to achieving STP headline objectives noted above.

Older people are more likely to live with the chronic health conditions that are exacerbated by poor housing. There is a quantified evidence base for the housing/health link (Nicol et al, 2015) to many of the most common long term conditions including respiratory disease, COPD, arthritis & mental health problems, whilst the risk of acute episodes, such as incidence of stroke, heart attack, fractures, is significantly increased by housing factors, such as excess cold and presence of falls hazards.

Action for integration across health, care and housing

The NHS England and Dept of Health backed national *Memorandum of Understanding to support joint action on improving health through the home* sets out a shared commitment to joint action across government, health, social care and housing, alongside principles for joint-working to deliver better health and wellbeing outcomes.

It has stated aims of co-ordinating health, social care, and housing policy, improving collaboration, and integration of healthcare and housing in the planning, commissioning and delivery of homes and services.

As they currently stand, these high level commitments and aims are not reflected in the majority of STPs.

There is a compelling case for Sustainability and Transformation Partnerships to show the way on cross-sector action that includes housing, in order to achieve the aims of the NHSE Five Year Forward View – and beyond.

With significant funding constraints in local authorities, particularly for adult social care, and in the context of growing pressures on the NHS, sustaining good health in later life is more important than ever. Housing plays a key role in this prevention of health decline.

Taking the longer view about health and housing, when building much needed new homes there needs to be equal emphasis on quality as well as quantity, building healthy homes that will benefit future occupants' health for decades to come.

As important as new homes are, 80% of the homes we live in today will still be in use in 2050. Current housing stock condition needs once again to be on the radar* of housing, health and care policy, with systematic action to make homes safe, healthy places to live across all tenures.

NHS Transformation: The key role of housing

A fundamental issue within the STP process is for health services to shift away from hospitals to delivering more health care at home; for shorter stays when hospital care is essential; with faster, effective hospital discharge.

Housing services can play a critical role in this transformation, particularly with regard to older patients, the vast majority of whom live in mainstream housing

Priority actions include:

- Integrate provision of home modifications (adaptations, equipment, repairs) to facilitate effective discharge to safe home environment. This delivery need to be embedded into discharge systems for both elective and non-elective admissions, and would include jointly agreed plans/ joint commissioning eg. use of disabled facilities grants (DFG) *see illustrative example here*.
- National provision of handyperson services to undertake fast-track smaller adaptations and essential minor repairs embedded into NHS processes eg. linked to avoidance of admission in case of falls at home, as well as faster discharge *see illustrative example here*.
- **Provision of impartial information, advice and practical housing help** delivered within NHS settings (hospital, GP practices) to prevent delayed transfer of care, reduce hospital admissions, extend independent living at home, and/ or assist fast moves to a more suitable, supported home *see illustrative example here*.

The NHS England Quick Guide on Health and Housing identifies how housing and health can work together to prevent and reduce hospital admissions, length of stay, delayed discharges, readmission rates and ultimately improve outcomes for people.

Sustainability and Transformation Plans Analysis

A search for key words (Home/ Housing/ Accommodation/ Adaptations/ Ageing) followed by examination of the sections where key words were identified, revealed the following extent of inclusion of housing and ageing related policy.

Footprint area	Numbe	er of men	tions			Page No.	Action on housing: main report	Page No.	Link to report /comment
	Home	Housing	Accom /adapt ations	Ageing		Main or Summary			, comment
MIDLANDS & EA	AST								
Nottingham & Nottinghamshire	62	28	4/1	2	'Support and provide care for people at home and in the community as much as possible – which implies shifting resources into those settings - and ensure that hospital, care home beds, and supported housing are available for people who need them' 'One of three areas for continued improvement - Improve housing and environment – it is critical that our citizens, particularly those with complex needs, have suitable accommodation that keeps them safe and secure. We will work with our partners to establish clear housing standards and to offer suitable housing while improving engagement of the housing workforce on health issues'	P 6 Summary P 10 Summary	 By 2020/21 Improved standards and quality in private sector housing to meet the needs of citizens both now and in the future People supported to live independently in adapted and appropriate housing to reduce demand for health and care services A planning system that takes full account of future health needs through the provision of green and open spaces to encourage participation in physical activity, quality adaptable housing and employment opportunities Next two years Develop and implement a common hospital discharge scheme across the STP footprint that supports citizens with housing needs to access safe and supported housing in a timely manner Achieving 5 year vision Improve private sector housing standards Develop a Nottinghamshire 'Health and Housing Profile' that will allow better targeting of interventions towards those with long-term health conditions and who live in the poorest housing conditions Implement a programme to remove the most serious hazards from the home environment through a combination of advice, support for repairs and enforcement 	P 39 Main P 40 Main	<i>Nottinghamshire</i> An active housing agenda

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	Home	Housing	Accom /adapt ations	Ageing		Main or Summary			/comment
MIDLANDS & E	AST								
Nottingham & Nottinghamshire Continued							 Expand the Nottinghamshire 'Warm Homes on Prescription' scheme, which will improve the thermal efficiency of homes inhabited by people with health conditions that are made worse by the cold Support health professionals by establishing a single point of access for housing-related referrals, which will facilitate the delivery of timely and appropriate housing advice and assistance 	P 40 Main	Nottinghamshire An active housing agenda
							 Support people to live independently at home Provide timely, safe and supported home environments for people who are medically fit to leave hospital through a common discharge scheme Deliver a common approach to home adaptations that create suitable and safe environments for people to live Work with key partners to identify and implement a common referral pathway that supports people who would benefit from Assistive Technology in their home 		
Bedfordshire, Luton & Milton Keynes	20	2	1/0	3	'Greater integration between health and social care professionals across primary, community and social care, but also between health and other Council services, such as housing.'	-	Integrating the workforces providing primary care, community health and social care to deliver linked/ integrated care at/close to home and also bringing health and other council services (such as housing) alongside each other through, for example co-location in community hubs	-	<i>Bedfordshire, Luton & Milton Keynes</i> A co-location agenda
Birmingham & Solihull	43	6	0/0	11	'Identify alternative models for long term support, for example, extra-care housing.' 'Ensure an effective, integrated approach to commissioning and delivery between social care, health services and wider partners including housing.' 'Ensure care 'close to home."	P 59 Main P 59 Main			<i>Birmingham & Solihull</i> Extra care and integrated commissioning

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MIDLANDS & E/	AST								
Cambridgeshire & Peterborough	38	9	0/0	10	'Working in partnership with communities and businesses to provide employment, housing in new developments, and an environment to keep people healthy'	P 2 Summary	Where possible, we are influencing the design of new housing developments to reinforce active lifestyles and introduce smart technology that promotes independence for older people. will seek to influence the planned new housing developments so that they include sufficient affordable homes. Housing and business: We believe that our communities represent an untapped asset and that by working in partnership with Health and Wellbeing Boards and local populations we can build social capital through exploiting common interests with local enterprise partnerships and businesses to develop employment opportunities. Where possible, as a HCE, we are influencing the design of the housing developments, which will see 100,000+ new homes built in Cambridgeshire and Peterborough, to reinforce active lifestyles and introduce smart technology that promotes independence for older people. In this regard we need to work more closely with district councils. We must also make the most of the inclusion of Northstowe as part of the national Healthy New Towns programme by thinking differently with our partners about how the built environment impacts on health.	P 2 Summary P 18 Summary P 14 Main	Cambridgeshire & Peterborough A housing agenda but only focused on new build
Coventry & Warwickshire	19	1	0/0	0	None				Coventry & Warwickshire

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	Home	Housing	Accom /adapt ations	Ageing		Main or Summary			/comment
MIDLANDS & E	AST								
Derbyshire	67	5	1/0	0	'Give patients who have lots of health needs the support they need to stay well at home so they recover fully and more quickly' 'Wider determinants such as employment, housing and education have a significant impact on the population's health' 'Too many patients are admitted to hospital from care homes, home care and housing providers when care could be delivered in the patient's place of residence'	P 7 Summary P 18 Main P 29 Main	 The establishment of a coordinated 'Wellness System' is proposed which will have nine Wellness Hubs/ Localities delivering a range of provision in a holistic way, including not only a focus on an individual's lifestyle and behaviour but also on their social networks, housing and wider socio-economic factors which we know have an impact on health. There are also activities to support community capacity and resilience and to tackle wider determinants such as Local Area Coordination, Healthy Homes Project, Healthy Housing Hub, CABx in GP practices etc. 	P 25 Main P 27 Main	Southern Derbyshire Focus on housing as part of the hubs
Hereford & Worcs	27	1	0/0	0	'We want to work better with housing providers'	P 5 Main	Organisations such as the Fire Service, Housing Agencies will be working alongside Health and care to deliver the prevention and self care agenda (eg Home Safety Checks).	P 38 Main	Hereford & Worcestershire Focus on home safety checks
Hertfordshire & W Essex	22	3	0/0	1	'Housing conditions, such as poor heating and ventilation, overcrowding and insufficient home insulation, can profoundly affect residents' physical and mental wellbeing'	P 7 Main	Together with district councils, we will work with public and private landlords to ensure they provide safe housing and good housing advice.	Ρ7	Hertfordshire & W Essex Focus on housing advice in rented housing
Leicester, Leics & Rutland	67	2	1/0	5	'Work with planning/housing' 'Greater choice in housing'	P 41 P 46 Main			Leicester, Leicestershire & Rutland
Lincolnshire	86	5	2/0	6	'Investment in supported housing' (mental health)	P 66		Main	Lincolnshire

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	Home	Housing	Accom /adapt ations	Ageing		Main or Summary			/comment
MIDLANDS & E/	AST								
Mid & S Essex	10	3	2/0	0	None				Mid & S Essex
Norfolk & Waveney	36	1	0/0	2	(see action note)		Community hubs for referral pathways to housing and welfare advice, mental health, healthy lifestyles, alcohol intake, falls prevention, financial and benefits advice, physical activity, befriending, to support outcomes for children and young people, working age adults and older people	P 11	Norfolk & Waveney
Northants	65	5	2/0	0	'VCSE & housing sectors involved as key partners & enablers' 'Working in partnership with other agencies to improve holist outcomes to further the wellbeing of people e.g. housing, employment etc. Prevention'	-			Northamptonshire
Shropshire and Telford & Wrekin	31	1	0/0	2	'Future Planning, Housing and Fire Service Safe and Well Visits'				Shropshire and Telford & Wrekin
Staffordshire & Stoke on Trent	9	1	0/0	1	'Poor housing, social isolation and a missing sense of community all contribute to poor health, particularly mental health'				Staffordshire & Stoke on Trent
Suffolk & NE Essex	19	3	0/0	3			Bring health, social care, housing and police closer together in 13 areas in Suffolk. This is called Connect Suffolk.	P 9 Summary	Suffolk & NE Essex
Black Country	42	5	0/0	2	'To act together, and in partnership with the West Midlands Combined Authority, to address the wider determinants of health such as employment, education and housing'			P 6 Main	Black Country

Footprint area	Numbe	er of men	tions		Key quotes on housing	Page No.	Action on housing: main report	Page No.	Link to report
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NORTH									
Cheshire & Merseyside	23	0	0/0	2	None				Cheshire & Merseyside
Durham & Darlington	17	2	2/0	2	None only in relation to NHS estates				Durham, Darlington & Tees Valley
Greater Manchester	22	10	0/0	4	'We know that people who have jobs, good housing and are connected to family and communities feel and stay healthier' 'The impact of air quality, housing, employment, early years, education and skills on health and wellbeing is well understood' 'Fragmentation in services is seen most clearly in the referral into acute services and on discharge from them; between primary, community and social care, between those services and wider public services which can enhance health outcomes or prevent poor health emerging such as housing, fire and rescue and employment services'	P 1 Summary P 7 Main P 34 Main	 Note – 10 locality plans developing which will ensure there are a wide range of facilities within local communities including parks, open spaces, leisure, safe cycling routes, good quality housing. For example, connecting health and care to housing providers will extend their established role in building communities and improving individual wellbeing by working in partnership across the region to support health services, particularly around prevention, early intervention and re-ablement. 	P 9	<i>Greater Manchester</i> Manchester has developed an earlier integration plan which includes housing and which has been accepted as the STP – this is working in 10 localities
Humber, Coast & Vale	34	2	3/0	2	'with all partners working collaboratively on the wider determinants of health including housing, education and employment'	P 5 Summary	Increase the employment and stable housing rates for people living with mental ill health	P 22	Humber, Coast & Vale

Footprint area	Numbe	er of men	tions		Key quotes on housing	Page No.	Action on housing: main report	Page No.	Link to report /comment
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NORTH									
Lancashire & South Cumbria	20	3	1/0	4	'Voluntary, community & social enterprise and housing sectors are involved as key partners' 'Development of housing and care models to meet the variety of needs of individuals from standard through to complex'	P 22 Main P 29 Main	Production of a pan Lancashire Housing strategy with market position statements and map demand to supply	P 29	<i>Lancashire & S Cumbria</i> Focus on developing a housing strategy
Northumberlan d, Tyne & Wear & North Durham	54	6	1/0	2	'Responding to housing growth, population and demographic changes across the STP area'	P 14 Summary	Work with partners in health and social care, public health, housing, leisure, policing and the Charitable and Voluntary sector, where possible and appropriate, to signpost people into services to support them with issues relating to the wider determinants of health	P 6 Annex	<i>Northumberland, Tyne & Wear and North Durham</i> Focus on signposting
South Yorkshire & Bassetlaw	188	44	0/0	8	 'We also focus on other factors affecting health, including education, employment & housing' Place plans: ' also home in on improving health & well-being and the other factors that affect health, such as employment, housing' Housing: ' poor housing can cause or add to many avoidable diseases and injuries. Cold homes are behind many winter deaths - through exacerbating circulatory conditions and worsening of other conditions, including dementia and Alzheimer's.' Non decent homes: 'non decent homes are below the legal minimum standard for 'reasonable' heat and repair.' 	P 2 Summary P 4 Summary P 17 Main	Developing other local 'wraparound' services, including local voluntary organisations alongside health and care support, for example, debt advice, housing advice, employment support and independent living support.	P 18 main	South Yorkshire & Bassetlaw Action focused on advice

Footprint area	Numbe	er of men	itions			Page No.	Action on housing: main report	Page No.	. Link to report /comment
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NORTH									
W, N & E Cumbria	20	6	0/0	5	Mentions extra care housing		There will be investment in Extra Care Housing, high quality dementia and nursing care, assistive technologies, digital solutions to support self-help, telecare and support from the community sector. This will reduce the need to send people a long way from home, and reduces the risk of hospital admissions and increases the potential to achieve recovery and independence.	P 19	<i>West, North & East Cumbria</i> Focus on extra care housing
W Yorkshire & Harrogate	26	1	0/0	1	'We know that people prefer to remain at home independent and safe, for as long as possible and we want to fully support this'	P 9 Main			W Yorkshire & Harrogate
LONDON									
North Central London	69	12	10/0	3	References are on the lines of 'closer to home' & 'ready to go home' ' the wider determinants of health such as poverty, housing and employment have a significant impact on individuals' health and well being' 'There are high levels of homelessness and households in temporary housing: Four of the five boroughs are in the top 10% of areas in England for number of homeless households with a priority need, and all five are in the top 10% for number of households in temporary accommodation. Poor housing is one of the main causes of poor health and wellbeing (especially for children), and buying or renting housing locally is very expensive'	P 22 Main P 6 Summary			North Central London

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LONDON									
North East London	53	9	0/1	3	'We will also work with local authorities to promote healthy environments to enhance the quality of life for people in NEL. We have significant health inequalities and deprivationBy linking in with housing, employment with education we are better able to address the needs of our population'	P 8 Main	 2) Housing and planning We recognise NEL has a lack of affordable housing, and high levels of overcrowding and homelessness, which will be exacerbated as our population grows. This requires us to collaborate to better influence decisions on new building developments, ensuring health impact assessments are conducted. We already utilise the Healthy Urban Development Unit (HUDU) model to help us access Community Infrastructure Levies (CIL) that guarantee there is funding to build the facilities that ensure our developments support health and wellbeing. We will also monitor pilots for private sector licencing schemes to understand the impact on housing quality and feasibility to roll out across NEL. We will ensure health and housing interventions are better aligned by commissioning joint pathways to ensure that those who need support, such as falls adaptations, are able to receive it in a timely manner. 	Ρ9	North East London Some focus on new housing, private housing and housing's role in fall's prevention
North West London	34	14	5/0	3	'improving the wider determinants of health and wellbeing such as housing, education and employment'	P 2 Main	Providing supported housing for vulnerable people to improve quality of life, independent living and reduce the risk of homelessness. Also explore models to deliver high quality housing in community settings for people with learning disabilities Ensuring care planning recognises wider determinants of health and timely discharge planning involves housing teams	P 22 P 30	North West London

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LONDON									
South East London	19	4	0/0	2	See action		Ultimately, our ambition is that Local Care Networks will be able to integrate the entire community based system, driving transformation in areas such as housing, as well as traditional players in health and care. Currently, this includes the delivery of a number of high impact schemes including services such as improved step up / step down, and admission avoidance for identified members of the population.	Ρ8	South East London
South West London	24	2	0	2	See action		Work with local housing associations and providers of extra care housing care and support to reduce unnecessary admissions, reduce delayed transfers of care, and ensure that people are discharged back to home wherever possible.	P 15	South West London
SOUTH									
BANES, Swindon & Wilts	28	7	0/0	7	" impact of a growing aging population, and the impact of local housing strategies" The HWB is developing a proposal to move beyond integration of health and social care to take a much broader view of the role of housing, education, regeneration and economic development and perhaps most importantly, the assets of our people and communities.				BANES, Swindon & Wilts
Bristol, N Somerset & S Glos	4	0	0/0	0	None				Bristol, N Somerset & S Gloucestershire
Bucks, Oxfordshire & Berks W	45	6	1/0	1	Only in relation to Healthy New Towns		Oxfordshire CCG is a lead partner in innovative plans for a new housing development in Bicester as part of the nationwide Healthy New Towns Programme.		Bucks, Oxfordshire, & Berkshire W

Footprint area	Numbe	er of men	tions		Key quotes on housing	Page No.	Action on housing: main report	Page No.	Link to report
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SOUTH									
Cornwall & Isles of Scilly	18	11	1/0	2	'We also know that factors such as housing, employment and education have a major impact on people's health and wellbeing' 'People told us they want 'Improved housing options, particularly for older people' 'We know that the current volume and quality of accommodation does not support independent living with too many people relying on residential care. We want to invest in additional housing with care and support and review our use of public sites to support a community based housing strategy. We know that high quality, safe, warm homes will make a big difference to independence and quality of life'	P 10 Main P 18 Main P 20 Main	Priority action - More affordable housing and insulated homes to keep people warm and well. Priority action - Provide more housing with care and support to enable independent living.	P 17 P 21	Cornwall and Isles of Scilly Focus on affordable homes and housing with care and support

Footprint area	Number of mentions				Key quotes on housing	Page No.	Action on housing: main report	Page No.	Link to report
	Home	Housing	Accom /adapt ations	Ageing		Main or Summary			/comment
SOUTH									
Devon	18	6	0/0	2	 'We will take a place-based approach which links health, education, housing and employment to economic and social wellbeing for our communities through joint working of statutory partners and the voluntary and charitable sectors' 'Housing issues defined as low incomes high cost/poor quality of private rented housing' 'There is increasing collaboration across the wider local authority agenda including housing, economic development and public health' 'Based on key health and wellbeing challenge themes identified in our JSNAs as follows: Settings – place based health, care homes, workplace, housing' 	P 4 Main P 22 Main P 25 Main P 38 Main P 38 Main	A single pathway. Increase the choice of local housing, care and support.	P 37	<i>Devon</i> Focus on choice
					'Increase the choice of local housing, care and support'				

Footprint area	Numb	er of men	itions		Key quotes on housing	Page No. Main or Summary	Action on housing: main report	Page No.	Link to report /comment
	Home	Housing	Accom /adapt ations	Ageing					
SOUTH									
Dorset	41	9	0/0	1	'with improved housing conditions, fewer people will become unwell with lung problems' 'Housing interventions to keep people warm, safe and free from cold and damp could save the NHS £70 over 10 years for every £1 spent'	P 20 Main P 40 Main	Creating job opportunities and access to affordable housing: Dorset's local authorities have formed a single local economic partnership (LEP) and produced a countywide strategic plan that focuses on building skills, developing the local economy, increasing job opportunities and access to affordable housing. Revitalising communities: Each local authority is leading projects to address housing needs, job opportunities, community facilities and cultural attractions in areas identified as being in need of regeneration. These areas include Boscombe, West Howe, Bourne Valley and Melcombe Regis.	P 17 P 17	<i>Dorset</i> Focus on the role of housing in prevention and affordable housing
Frimley Heath	38	3	2/0	0	'Voluntary, community, social enterprise and housing sectors are involved as key partners'	P 7 Main			Frimley Heath
Gloucestershire	16	0	1/0	1	None				Gloucestershire
Hampshire & the Isle of Wight	13	3	0/0	0	None only in relation to NHS estates and release of land				Hampshire & Isle of Wight
Kent & Medway	6	0	0/0	1	None				Kent & Medway
Somerset	28	0	3/0	5	'To shift more health care from hospitals to settings closer to people's home, and from reactive care to prevention'	P 16 Main	Hospital at home model developing	P 16	Somerset
Surrey Heartlands	18	3	0/0	1	'Placing health and wellbeing as part of the infrastructure of prosperity and aligning with wider work around education, skills, work and housing, we will secure the best outcomes for the people of Surrey Heartlands'	P 10 Main			Surrey Heartlands
Sussex & East Surrey	18	0	0/0	3	None		Use of hospital at home and discharge to assess models	P 10	Sussex and E Surrey

'The right home environment is essential to health and wellbeing, throughout life. We will work together, across government, housing, health and social care sectors to enable this.'



This is an extract from the joint **'Memorandum of Understanding to support joint action on improving health through the home'** signed by twenty organisations including Government Departments and national statutory and voluntary organisations.

About Care & Repair England

Care & Repair England is an independent charitable organisation which aims to improve older people's housing. It innovates, develops, promotes and supports practical housing initiatives & related policy and practice which enable older people to live independently in their own homes for as long as they choose.

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