

HLIN Summit

Housing in later life

The ExtraCare Charitable Trust

The strands of the new development brief



Homes older people want

Design our apartments and spaces to make them optimal for our current and future customers with their evolving needs and circumstances.



A Lifestyle they can enjoy

Create buildings which are ideally suited for the community spirit and active lifestyle we want our residents to benefit from.



Care when they need it

To create spaces that best accommodate different levels of care, enabling residents to live through all stages of ageing in comfort, and enabling our care services to meet the highest quality and efficiency standards.



Financially, environmentally and socially sustainable communities

Build locations that maximise return and minimise (lifetime) cost, to support the affordability of our offer and the viability of our charity.



Care if it's needed

Infrastructure for intense/palliative care

Consider the infrastructure for care (e.g. wifi, powerpoints near the toilet/bed/ceiling), and possibly other built-in features in preparation for the use of care equipment if needed.

Design a space suited for care

Design the apartments to make them desirable and attractive yet also user friendly and adaptable if high-level or palliative care is needed (e.g. circulation space around the bed)

Dementia friendly design

Use the learnings from our previous work (Worcester ADS and Motionspot) to optimise our spaces for the residents (currently 16% and growing) who live with dementia.

Consider the routes for ambulance/undertaker stretchers

Design spaces where emergency services can enter and exit with minimal impact on the community.

Care office design

Ensure the care office is located and designed to maximise the quality and efficiency of the care provision (e.g. in terms of distance travelled, proximity to a health/wellbeing hub, etc).







3 BUILD YOUR RESILIENCE

Whenever we make an effort to change our habits, we are sure to face some setbacks. And as you explore new ways of engaging and connecting with your community, you will face some of these challenges too.

Maybe you arranged to go out with a friend to the theatre, but they had to cancel at the last moment. What should you do?

Dealing with unexpected challenges is where resilience comes in – the ability to 'bounce back' from difficulty.

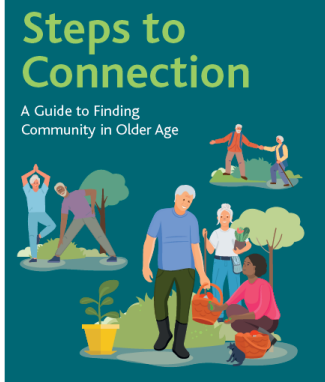
Being able to bounce back is important when we are in the process of expanding our social activities because it might take us a while to get to grips with new situations, and we might need to try out several different things before we find something that provides real satisfaction.

So what makes a person resilient?

A resilient person is:



You will know other people who have overcome challenges in their life – people with some of the above qualities. Thinking about these people can stimulate ideas about how you can overcome your own challenges.



DEVELOPING A PERSONAL VISION OF COMMUNITY

From coffee meetings and cooking classes, to croquet clubs and wildlife conservation, the opportunities to engage our communities in older age are endless. What do you want to do?

A real sense of community and belonging comes from doing things that we really care about. So, try one or two of the exercises below – there are three for you to choose from – to help you reflect on what matters most to you.

