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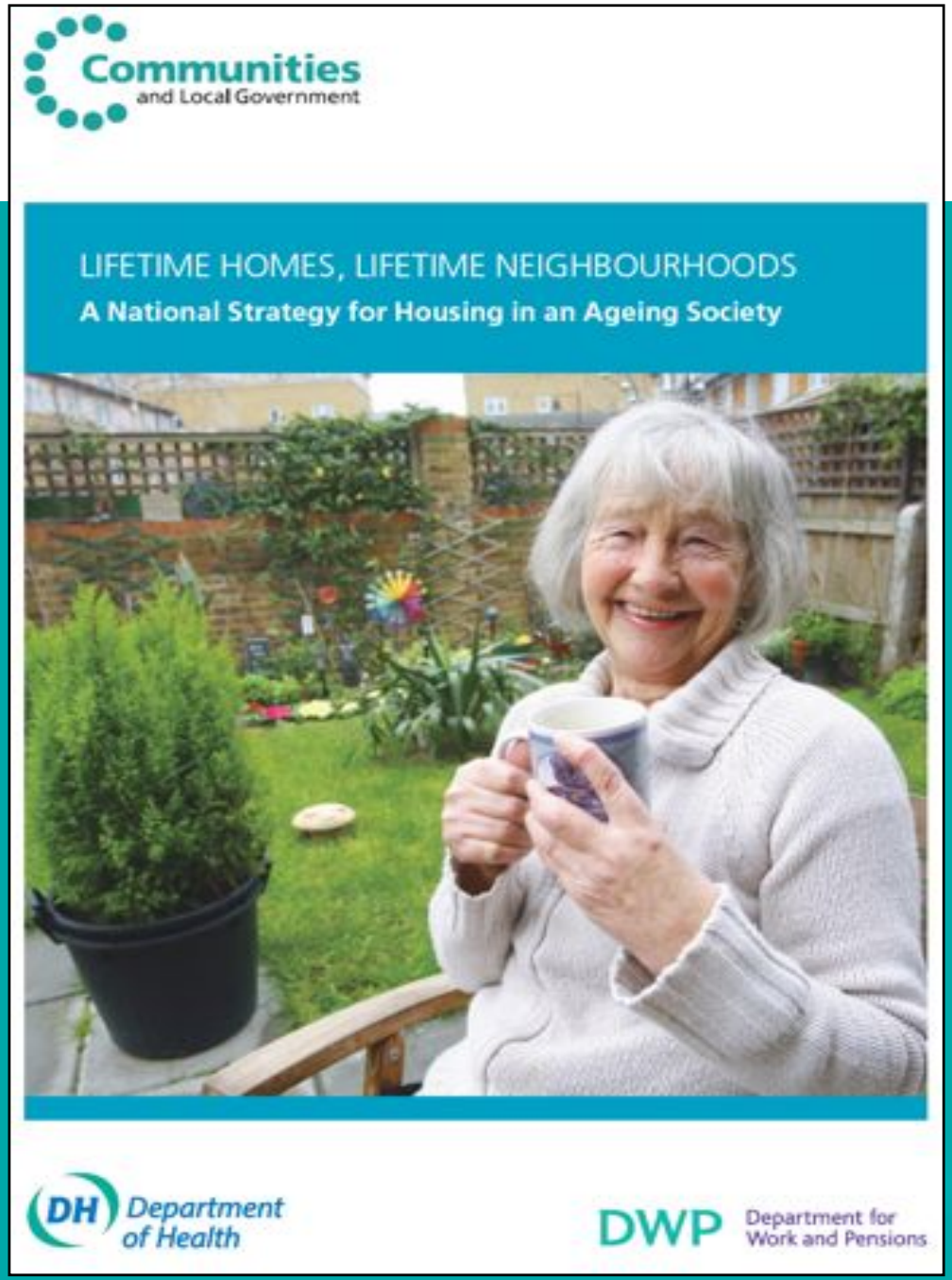
Lifetime Homes, Lifetime Neighbourhoods



Luke O'Shea

2 December 2008

Communities and Local Government

Lifetime Homes, Lifetime Neighbourhoods

1. Ageing housing and communities
2. Health, housing and care.
3. What the strategy will do

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Ageing, housing and communities

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What is the experience of ageing in place? – Do homes and neighbourhoods enable participation?

"I seldom go out at night. Someone I know was attacked twice."

"The clocks alter, you draw the curtains at four o'clockish and you don't see anyone again. And I'm off the main road so I can't even see people going past"

"My husband was only 49 when he died. And I didn't have much time to mix with anybody, because I used to stay here with the children. And we'd say when they're older we'll go out together. But he died when he was 49 so I never got the chance."

Scharf, T, Bartlam, B (2006)

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Embedding ageing into the housing & communities debate

•About all of us ageing not older people as a ‘client group’.

•Goes beyond specialised housing to a mainstream homes and communities agenda.

- Nearly 70% older people own their home and rising.
- Only 5% in sheltered and 5% in care homes.
- Older households make up almost a third of our communities.

•National ageing debate previously seen as about pensions and care, now housing and communities.

•Part of government vision of cohesion and place making.

Ageing driving housing growth in UK and new consumer market

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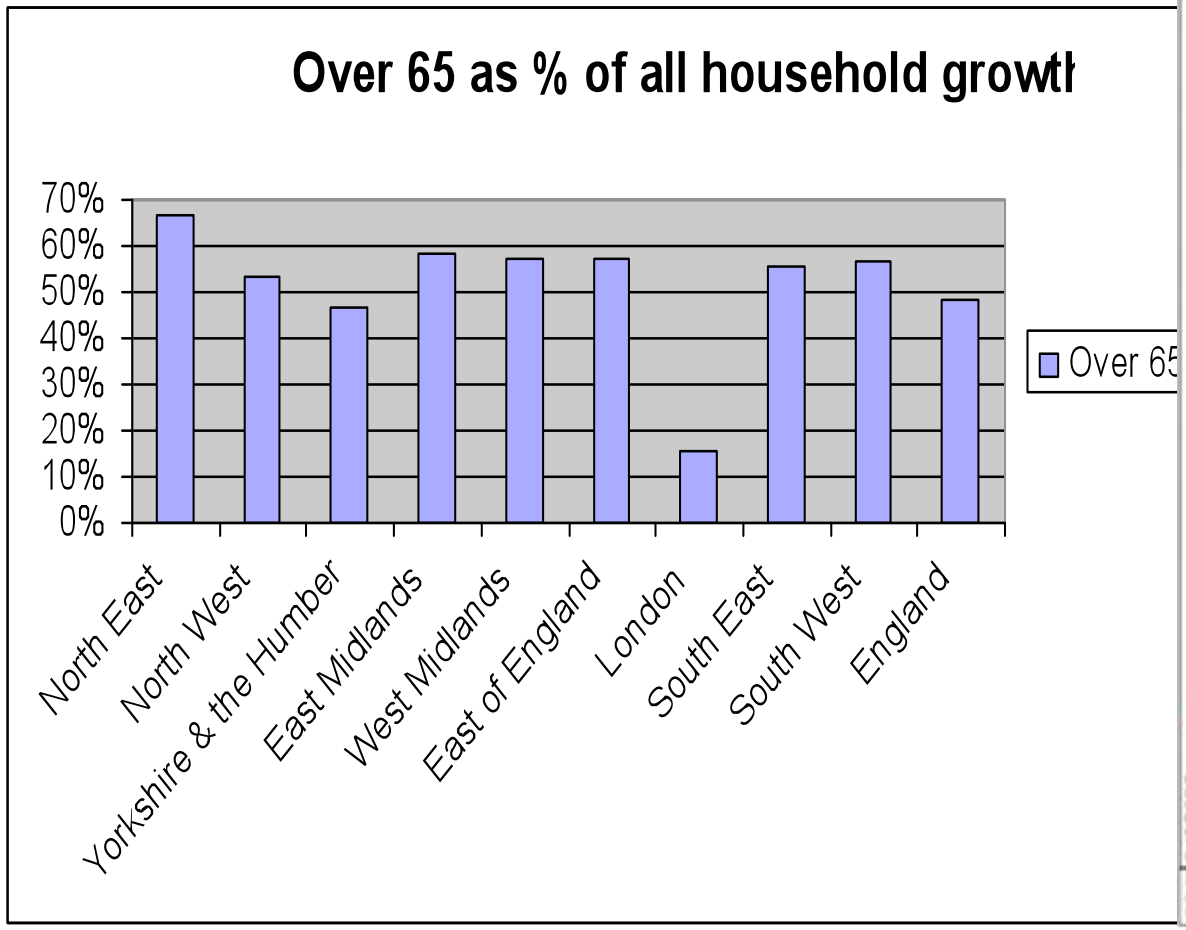
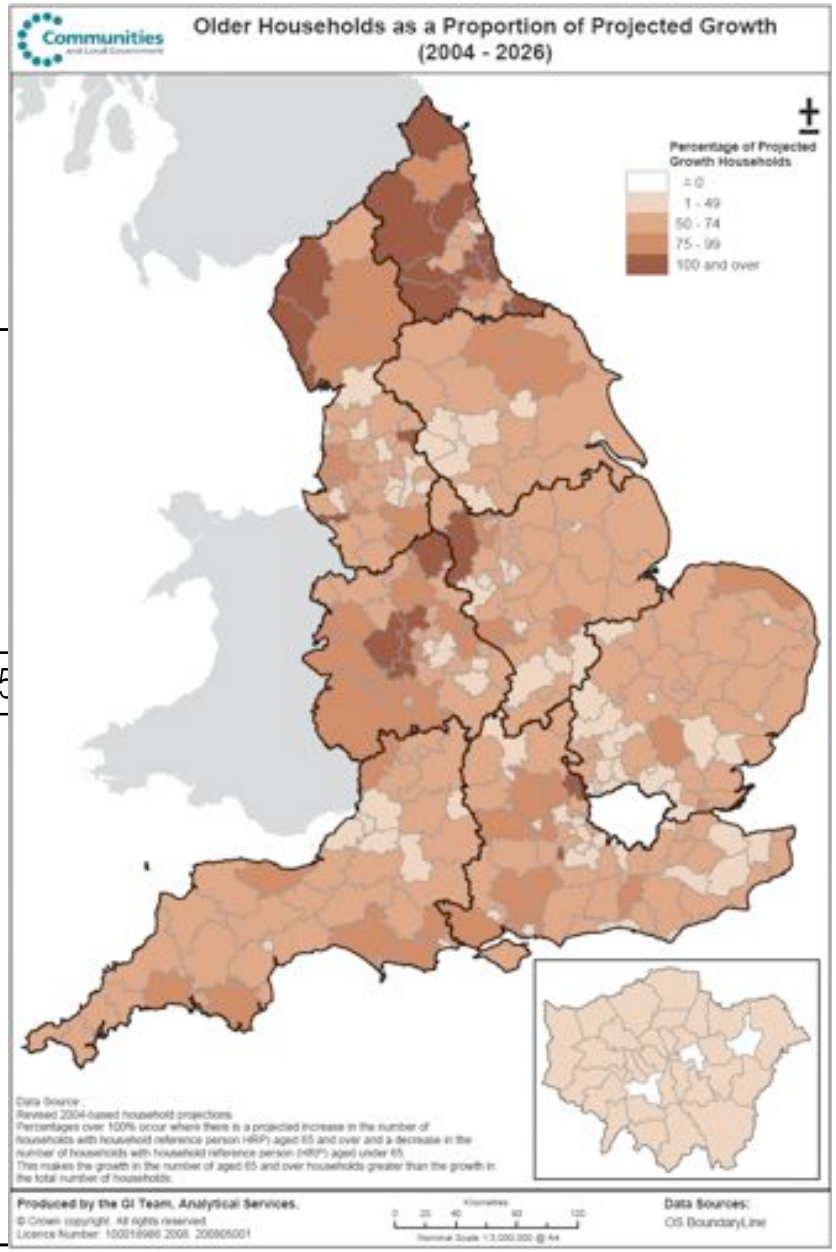
- **48% of all new households will be over 65s to 2026** (2.4m more older households).
- Older home owners have over **£932 b equity**
- Some areas already facing high impact of ageing population. More lone households.





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Shaping the UK in 2025

- Move from dependency model of vulnerable older people to consumer led citizen to universal design model.
- Housing and communities that reduce exclusion and promote participation and new science of happiness
- Stop building disabling environments
- Manage unsustainable projected costs for housing, health and care
- Maximise social and economic participation.
- Align green and grey agendas.

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The triangle of independence – health, housing and care

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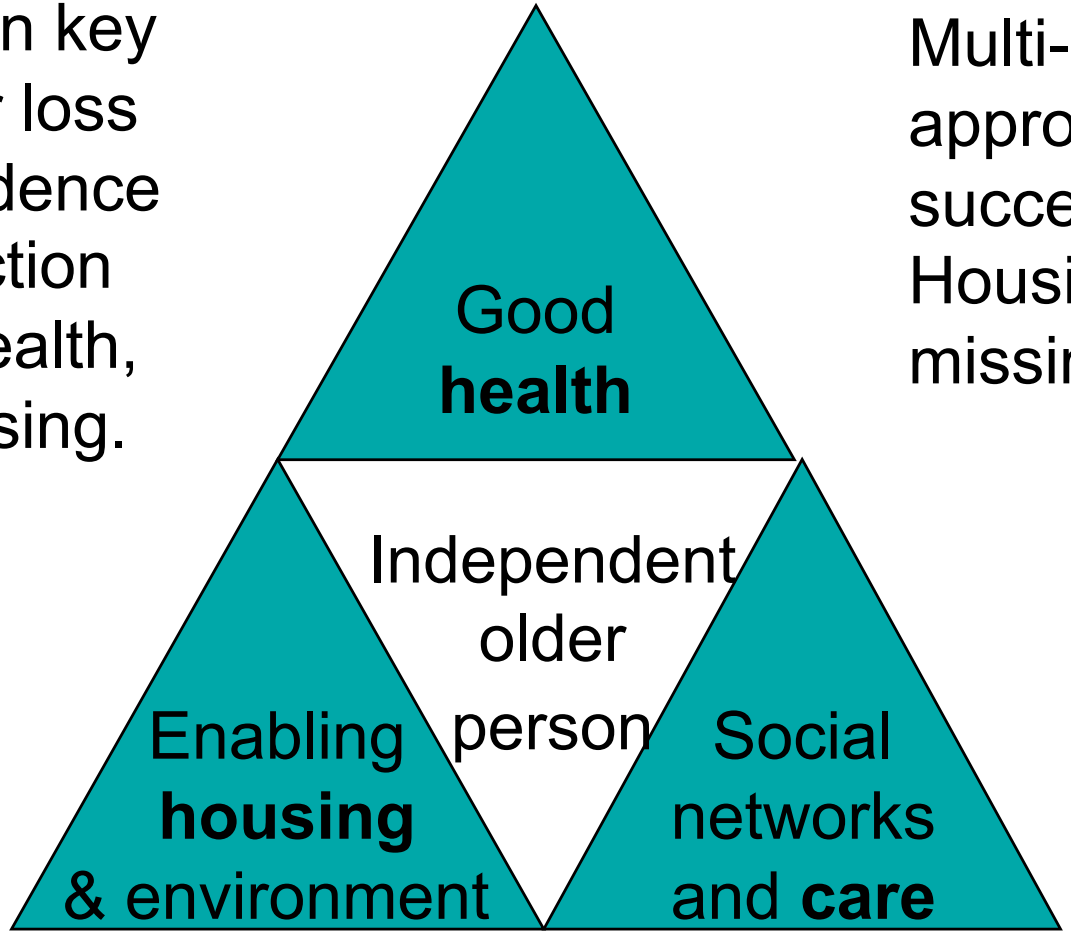
Heath, housing and care. 'The triangle of independence'

Evidence on key reasons for loss of independence are inter-action between health, social, housing.



Multi-disciplinary approach more successful. Housing often missing link.

Services in one area fail the person if other parts missing.

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Poor housing results in poor health and care home admissions

- **Falls** alone cost the NHS £726m a year
- **26,000 "excess winter deaths" last winter** - result from illness connected to cold and damp conditions (ODPM HHSHS research)
- **28% of older people live in non-decent** or hazardous housing or 2.1 million *households* (EHCS 2005).
- **51% go into care home after hospitalisation because a return to home not practical**.
- **Long-term care expenditure** would need to rise by 325% in real terms between 2002 and 2041 if we do nothing.

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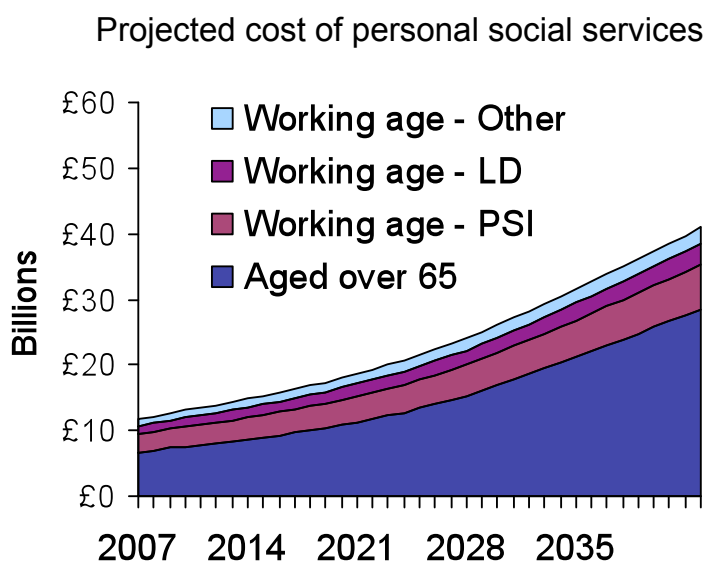
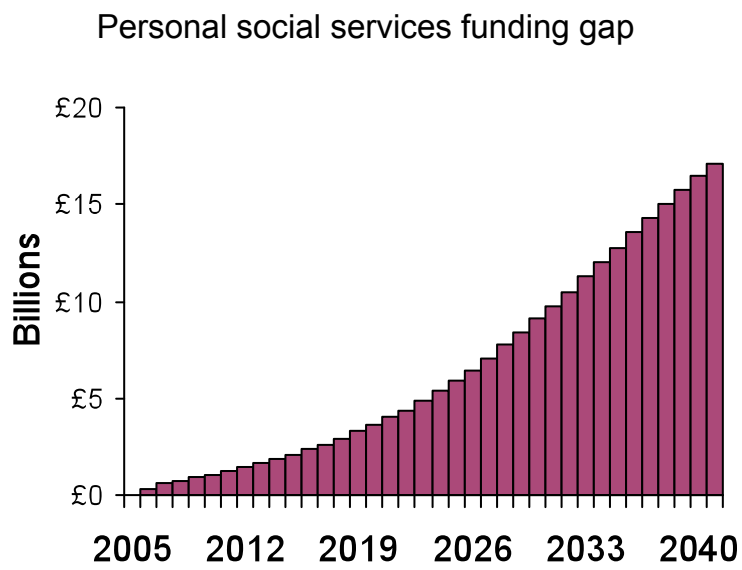
Get housing right and into government debates on care

- Number of **older disabled people to double from 2.3 m to 4.6 m** by 2041.
- People living longer and with higher levels of disability.
- Care costs will rise by 325% by 2041 if we do nothing.

The projected cost of social services to local government…



…leading to a funding gap in twenty years' time



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What the strategy says

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The principles behind our approach

Three principles Prime Minister outlined that underpin strategy:

- **Prevention** - a commitment to boost services that meet the economic challenges of an ageing society. Incentivising individuals and services to behave in long term economic interest for themselves and others;

- **Empowerment** - by promoting a genuine involvement in policy, services and communities, and giving older people the information and resources to take control; and

- **Personalisation** – but that they all join up around what the person's needs and wants.

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Lifetime homes, lifetime neighbourhoods - the headlines

A better deal for older people today.

- Improved advice and information.
- Handyman schemes expanded and improved.
- Investment in major adaptations such as walk in showers
- Supporting Home Improvement Agencies
- Improving prevention technology.
- Embedded in government targets ('PSAs') for first time.

Housing for our future selves

- More homes, more choice, better planning.
- Delivering Lifetime Homes.
- Developing Lifetime Neighbourhoods
- Improving specialised housing

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One stop advice and information

Problem

•Poor access to the right information and advice

•Fragmented advice for housing, finance and care.

•Decisions taken at point of crisis

• Develop joined up national housing, care and finance advice and information service for older people from 2008/9, with major advice providers.

•Linked to development of local information services Help prevention, downsizing and making right decisions at right time

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Expansion of handyman schemes across country

Problem

- Unnecessary home accidents
- Lack of independence.
- Services slow and bureaucratic

To develop new **fast repairs and adaptations services** from 2008-09.

- Older people will get minor repairs, include fitting hand rails, window locks, clearing guttering, fixing a stair carpet, fixing lighting. Home safety checks.

- £33m extra funding. Will reach many people because of low unit costs (under £100 for half day of work).

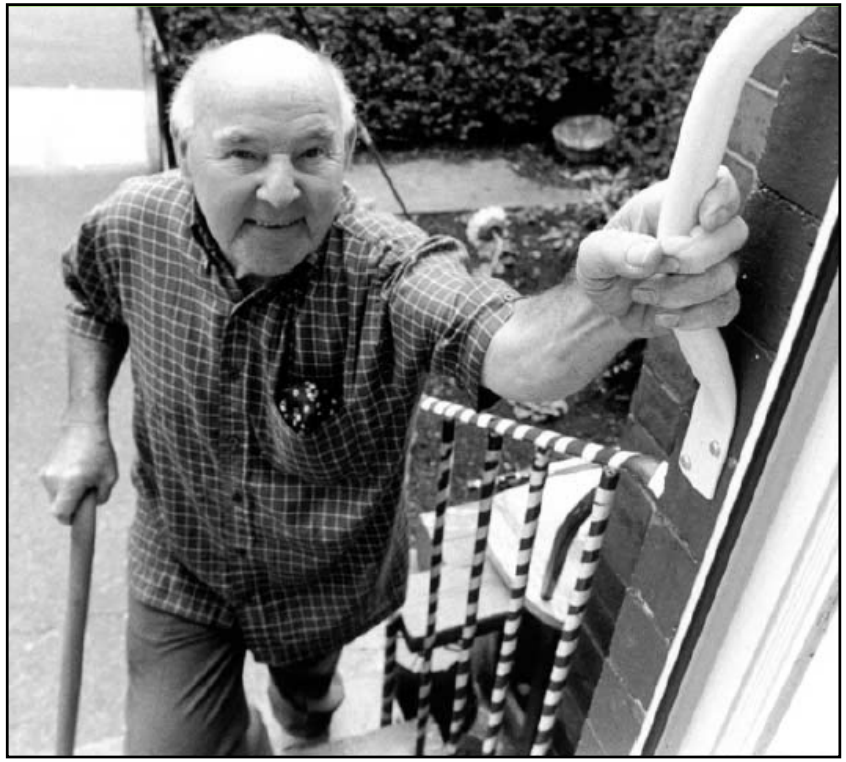

Photo: Care and Repair England

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Handyperson scheme cost effective way of addressing hazards

- Accident risks: falls on stairs, falls on level, fire, electrical hazards
- Cold: energy efficiency and draft proofing
- Fear of violence and crime; entry by intruders;
- Fire, carbon monoxide – free detectors
- Inadequate facilities for hygiene, sanitation, food storage and preparation
- Foot in the door for other services, including state benefits, care, support and more substantial home improvements.

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Major home adaptations

Problem

- Waiting lists despite legal entitlement
- Growth in demand

Disabled Facilities Grant funds bathroom, stairlifts, kitchens.

Increasing the national budget to £166 million in 2010-11.

This represents a 31 per cent increase between 2007-08 and 2010-11.

Adaptations shown to reduce falls by up to 60%

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Rethinking prevention – predictive risk modeling

- Are your services preventative?
- How do you know?
- How do you identify someone at risk?
- What does you intervention prevent?
- How do you know its worked?
- Where are costs made and savings realised?

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What are we preventing?

Unplanned hospital admissions and care home admissions are:

- undesirable
- costly
- potentially avoidable

Commissioned King's Fund to explore how PARR project could be extended to identify people at risk of care home admissions

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Rethinking prevention – predictive risk modeling

BMJ in paper* in 2002 showed *Kaiser Permanente* in California seemed to provide higher quality healthcare than the NHS at a lower cost

*Getting more for their dollar: a comparison of the NHS with California's Kaiser Permanente *BMJ* 2002;324:135-143

Kaiser identify high risk people in their population and manage them intensively to avoid admissions

Inaccurate Approaches:

- Clinician referrals
- Threshold approach (e.g. all patients aged >65 with 2+ admissions)

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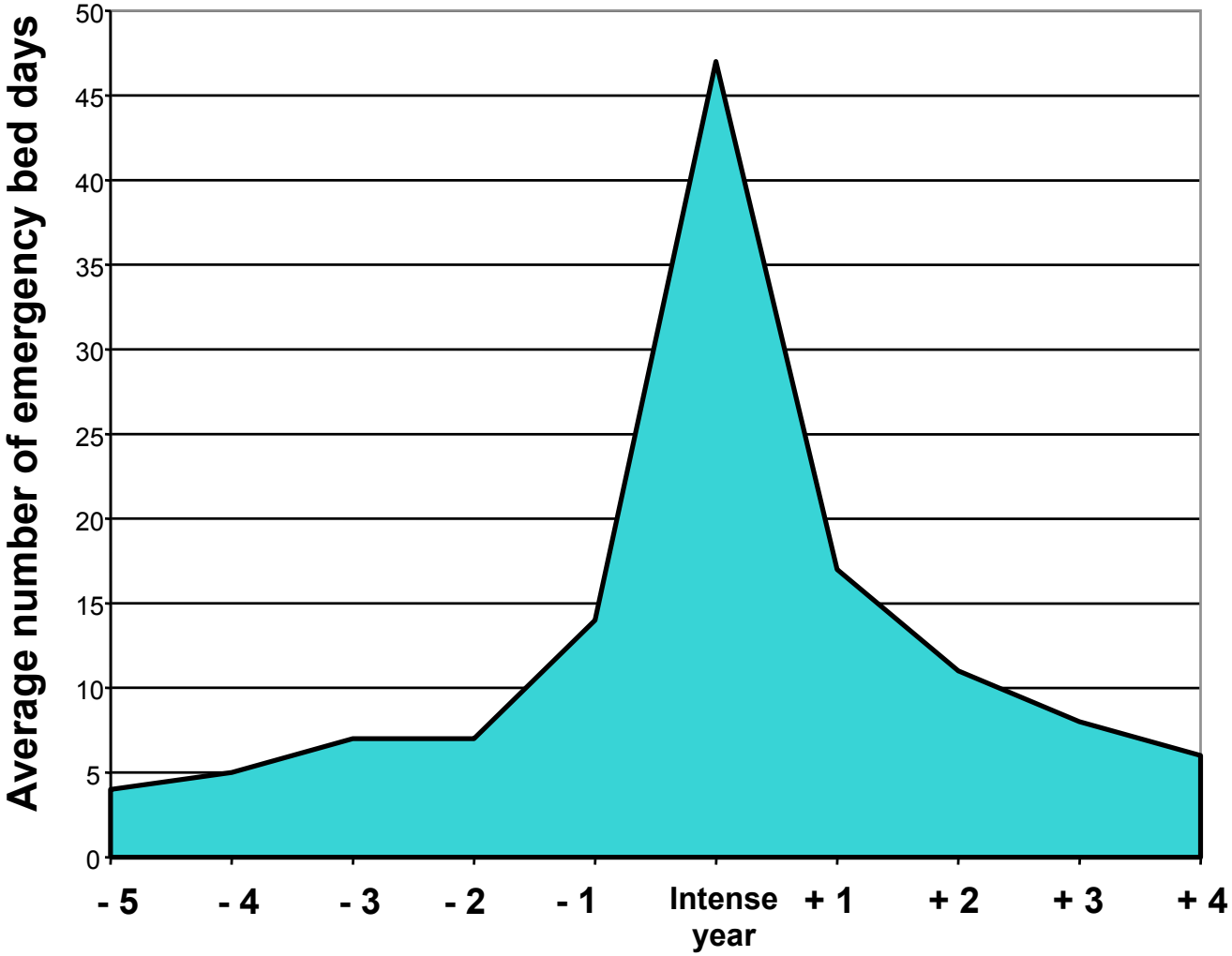
Frequently-admitted patients



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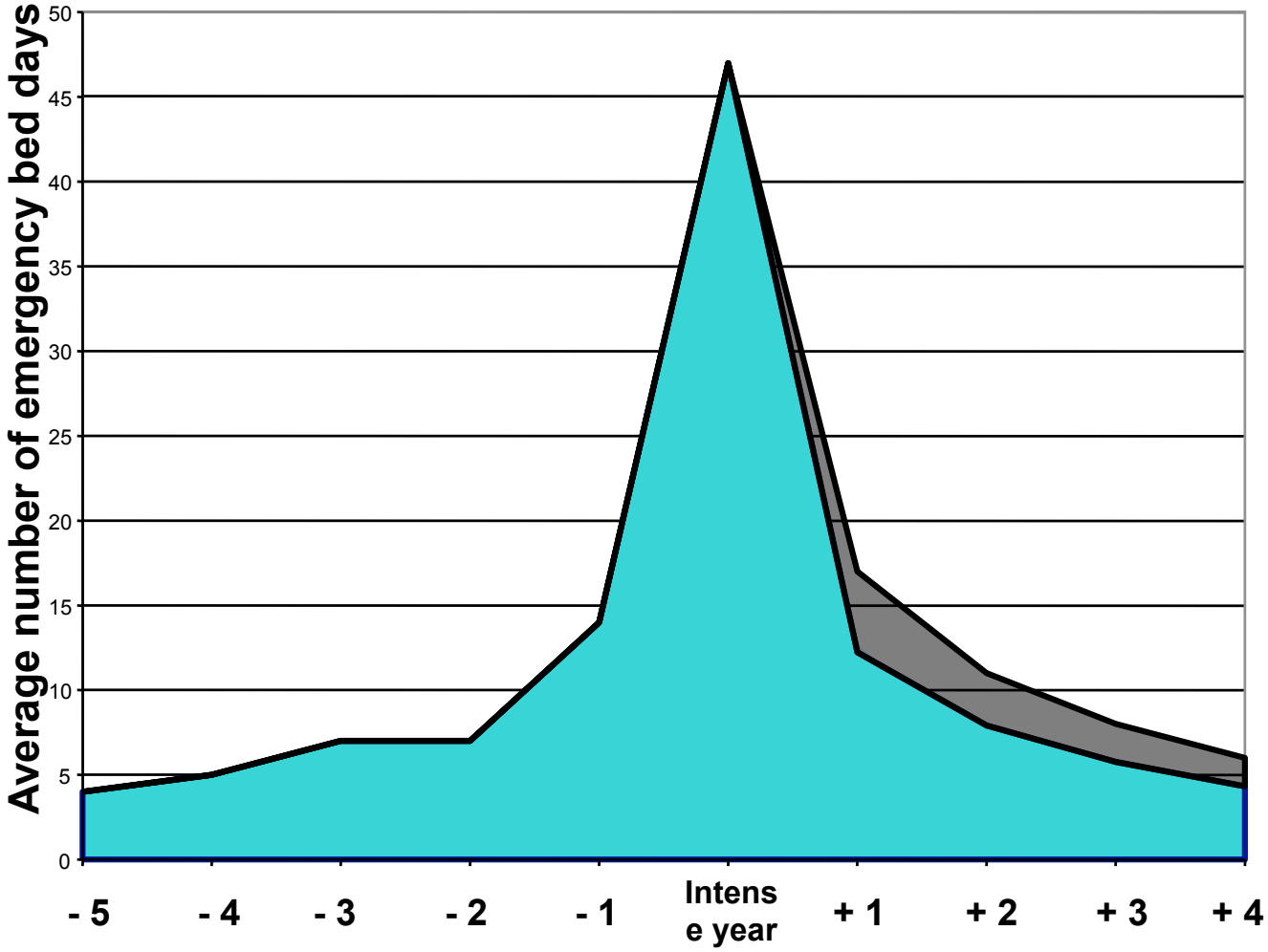
Regression to the mean



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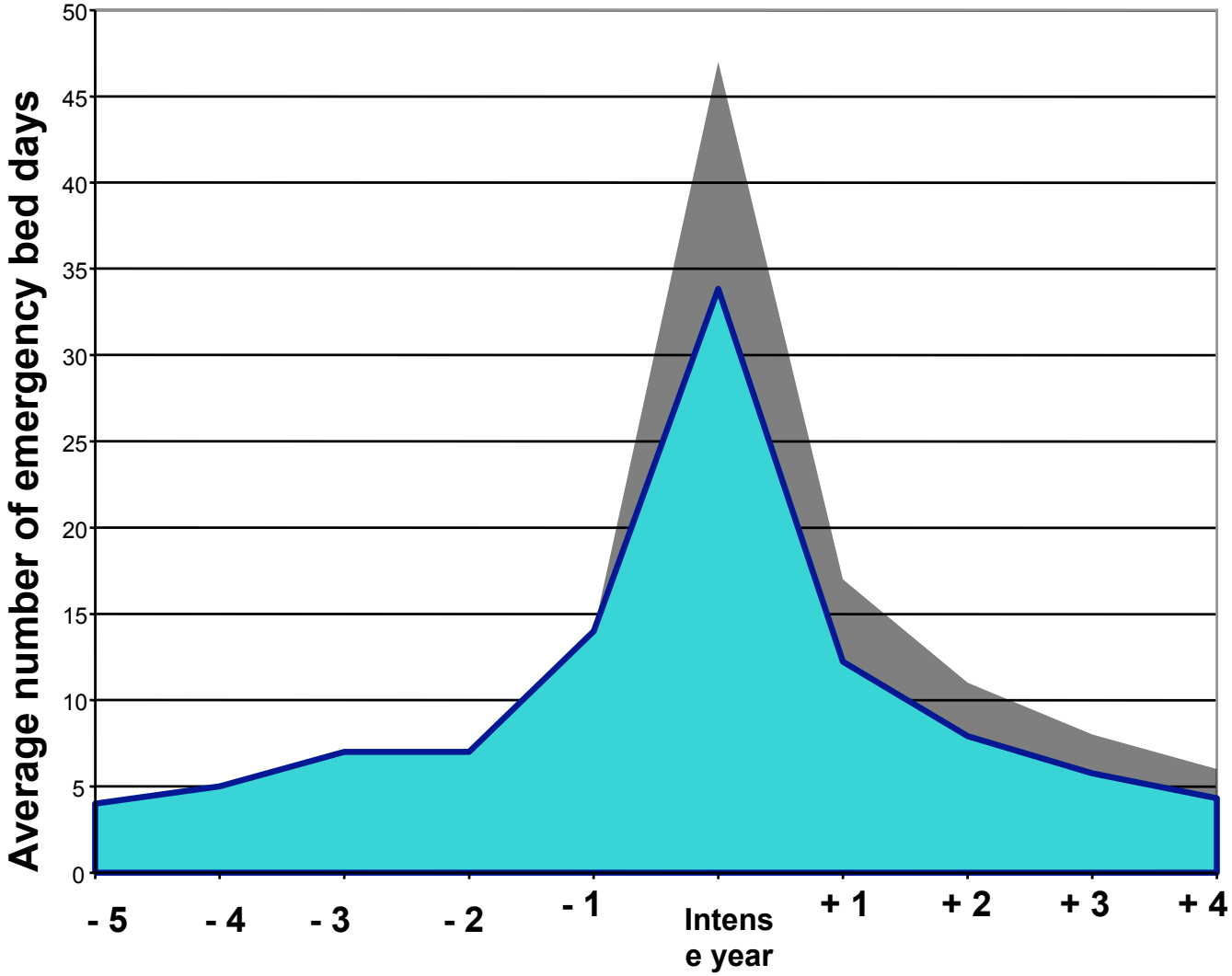
Emerging Risk



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Predicting who will need costly care – Geraint Lewis (2007)

King's Fund research (Lewis, G., 2007) shows that **early interventions** can be much more effective for older people.

'**Predictive risk modelling**' to accurately identify people a year before a care crisis.

- uses routinely collected data
- not affected by the inverse care law
- based on existing tools, e.g. 'PARR' and 'Combined Model', which have been successfully trialled with hospital admissions

http://www.nhsemployers.org/kb/kb-1197.cfm

DH piloting a predictive risk modelling approach that identifies individuals at risk of both health and care crises, a year early.

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Planning Policy to promote inclusion

•Powerful alignment of narratives of grey and green agendas through new localism in planning.

•Planning policy framework now says:

- Housing must be planned for older people and an ageing society
- Essential services and retail must be well located to housing and accessible.
- Town centres must be accessible and inclusive
- housing, shops and services accessible bypublic transport, walking and cycling

•Master planning in local development frameworks

•Developers must submit access statement with plans.

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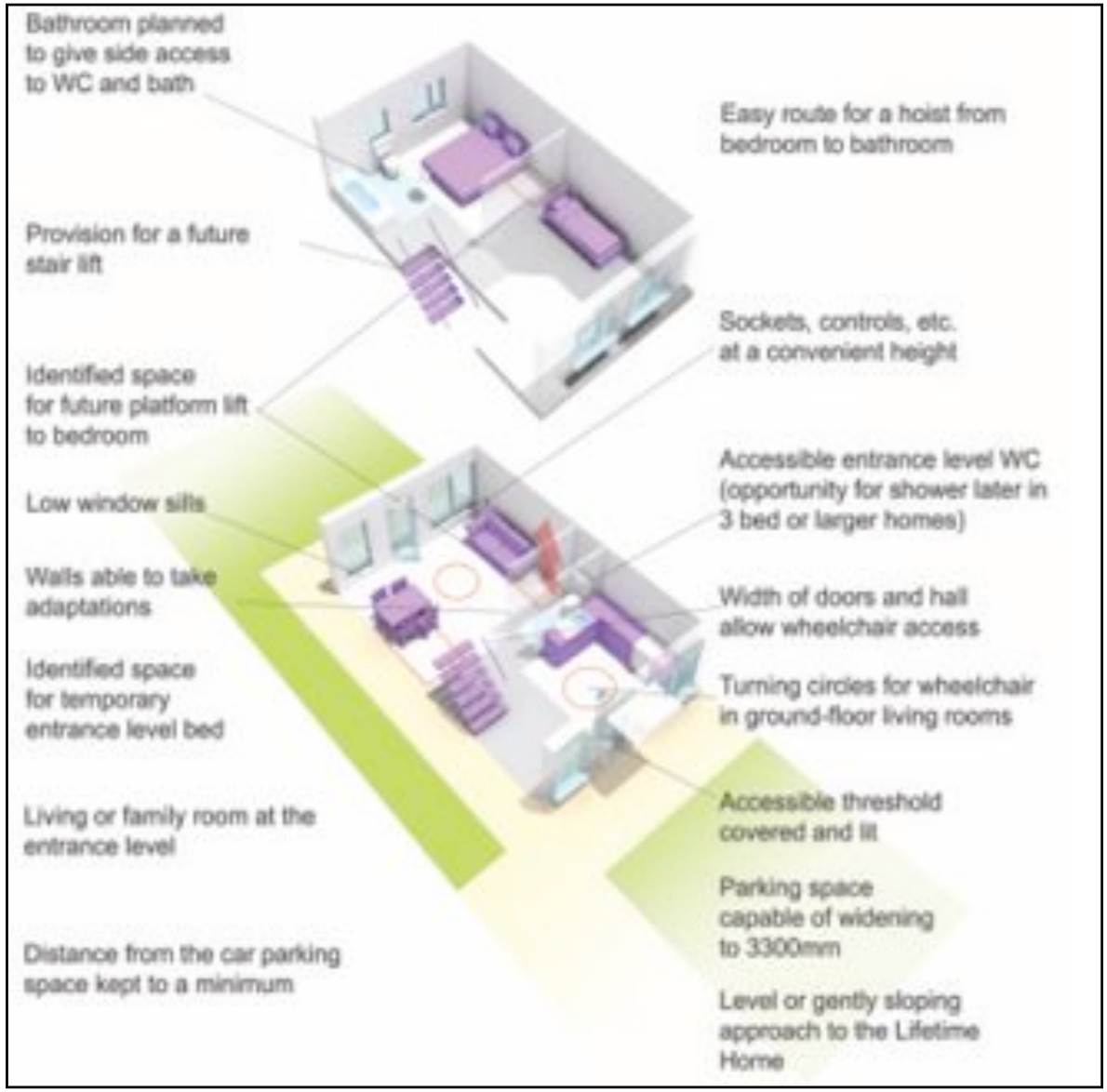
Aspiration for all housing built to Lifetime Homes Standards by 2013

- Include level approach to property, doors wide enough to allow wheelchair or buggy, walls able to take adaptations, bathroom giving side access to toilet and bath, low window sills, electrical sockets and controls at convenient heights.
- Sustainable design.
- Cost £550. Fiscal returns.
- Major demand and rising.
- Consumer opportunity not burden £932 billion equity



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High quality accessible design becomes the norm for everyone

- Inclusive design revolution for homes and communities for all
  - Attractive
  - Easy to use
  - Safer
  - More predictable
  - better quality

Bathrooms as an example:

- Accessible shower with controls outside
- Lever taps
- Non slip floor
- Basin, toilet at right height…

Design by Alison Wright and Kate Sheehan – Living Works for Graham Group

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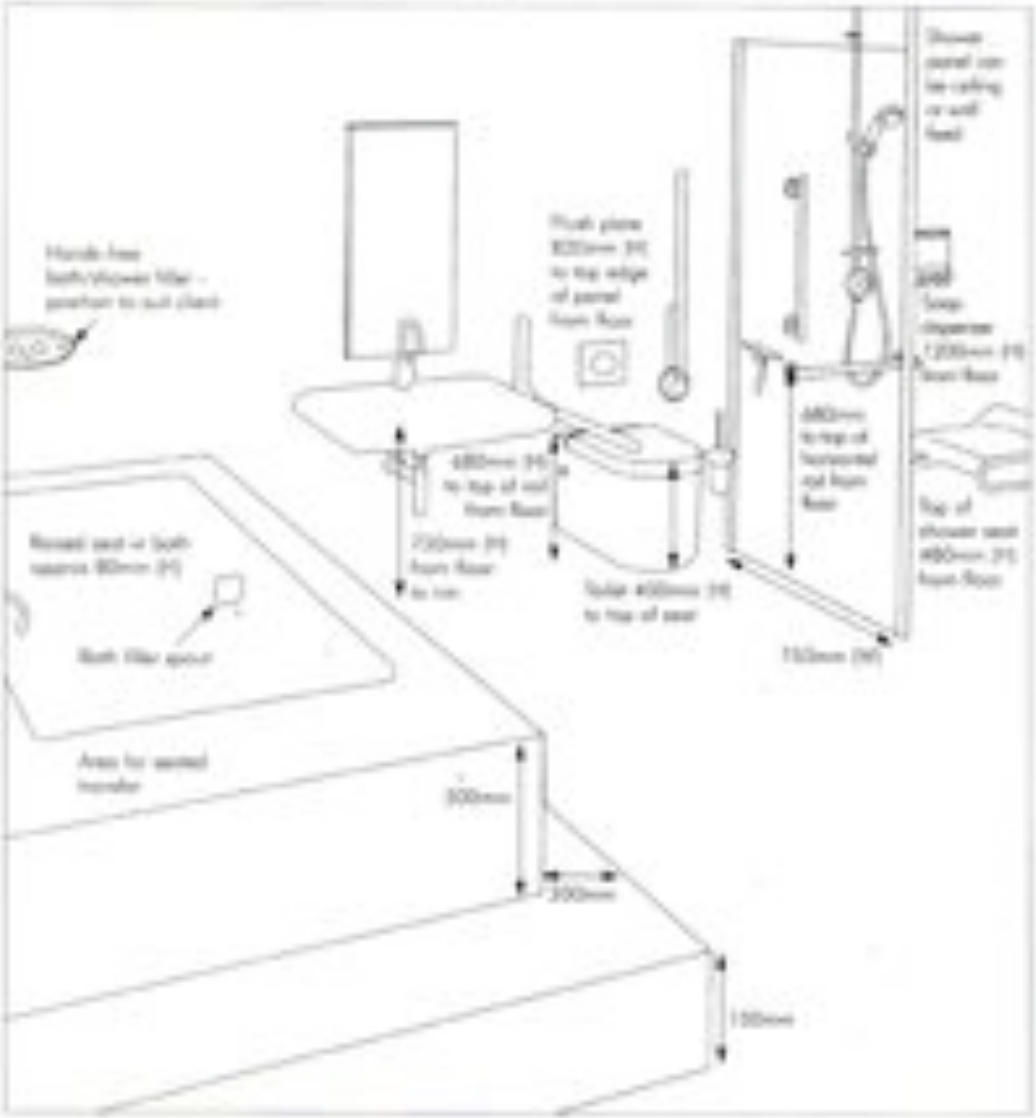
Inclusive design must have consumer appeal

- Bath controls hands free thermostatic & convenient position.
- Wheelchair accessible shower & basin.
- Wall mounted toilet can be fixed at a convenient height
- Area on bath for seated transfer and raised seat in bath.
- Colour contrast of wall and fixtures. Matt tiles.
- Slip resistant flooring.
- Soap dispenser, one handed use
- Lever taps on basin.
- Chrome grab rails.
- Toilet brush at convenient height.
- Easy clean products.
- TV and floating remote!

This slide is not a technical guide!



Design : Living Works for Graham Group

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What do *older people* say prevents or encourages them to get out?

I'DGO 2007 survey of older people.

Common **problems**:

•Poor paving "You can be very unstable"
•Fear of crime "You couldn't enjoy going for a walk at night"
•Lack of benches "I can't walk the same as I used to. I've got to have a seat"
•Lack of public toilets "Getting to a toilet is a big problem".
•Traffic and parked cars (on pavements).

What would help get people out?

•Good barrier free paths.
•Distance/proximity. Places to go 5-10 minutes from home.
•Pleasantness. Trees, plants,
•Socialisation space. children's play, place to meet.
•Waterscape (sea, ponds, river etc). Wildlife. Things to watch.
•Facilities. Seats, toilets, shelters.
•Lack of nuisance. Dogs. People hanging around

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Communities that allow ageing in place - Lifetime Neighbourhoods

- Think differently about communities – good intergenerational mix and 'age-proofed' for the future.
- Sustainability and ageing issues complementary – walking space, public transport and green space for all.
- Economic power of older people in work, families and communities.
- Increased safety and accessibility. Simple and practical - paving & curbs, seating, toilets and good street lighting.
- Community empowerment - people able to have a say about their neighbourhood.

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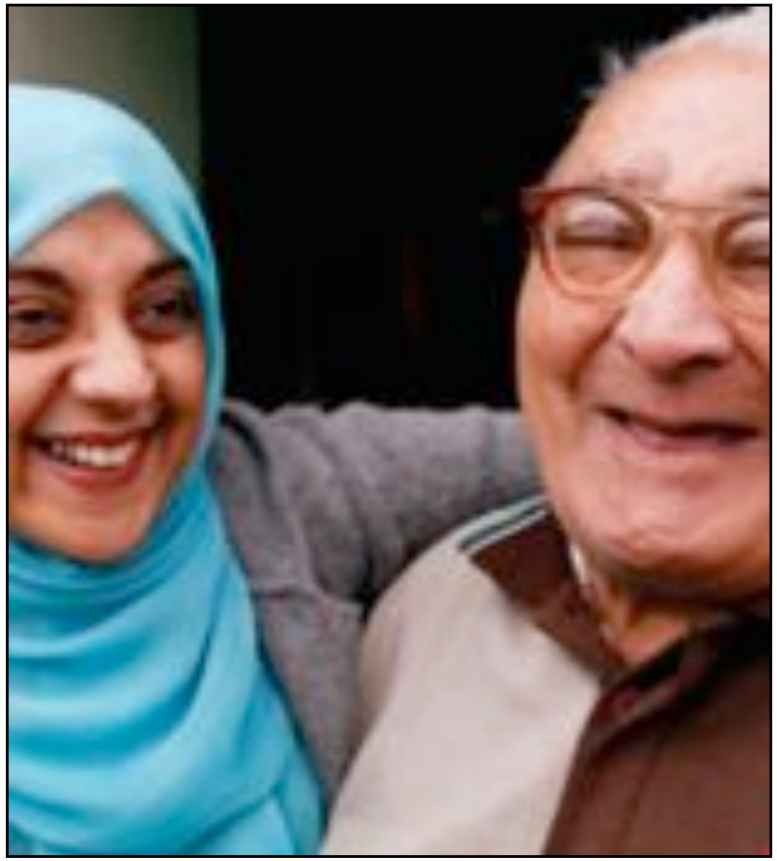
Lifetime Neighbourhoods
Practical and implementable

This will include very practical features, such as:

- **paving** and kerb design
- access to **public amenities**
- **public toilets**
- street **lighting**
- accessible **public transport**
- **appropriately located** bus stops
- disabled **parking** bays
- **green spaces**, and
- **city design**, including information, finding one's way and obtaining services.



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Specialised housing

Problem
- Poor stock in poor locations.
- Projected growth in demand
- Social rented stock despite 70% home ownership

- Positive vision of choice and specialised housing as aspirational with clear focus on well-being.
- New investment in extra care housing – 27 new in July
- New tenure options and private sector delivery.
- Innovation Panel to report to inter-ministerial group.
- Look at how to make most of existing stock and new build.
- Coordinated research on outcomes and cost effectiveness of specialised housing approaches.
- Toolkit to support local strategic planning of housing with care.

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Documents available on our CLG website:

- *Lifetime Homes, Lifetime Neighbourhoods.*
- *More Choice, Greater Voice.*
- *Housing choices and aspirations of older people.*
- *Predicting who will need costly care (King's Fund Geraint Lewis 2008)*.

Google titles above – at www.communities.gov.uk

"…you want to feel that you are of some use to society. That you're not just shoved on the scrap heap and that nobody cares about you or the things that you've done."