

## Towards an active ageing at home

Hacia un envejecimiento activo en casa  
Cap a un envelliment actiu a casa

Barcelona Conference | October 24-25 th, 2012

***Improving living conditions to  
enable active ageing at home  
Joining up strategies - the UK experience***

***Sue Adams, CEO, Care & Repair England***

Creating a strategic vision of enabling older people to live well at home in later life

*Achievements and challenges of a national strategy*



## LIFETIME HOMES, LIFETIME NEIGHBOURHOODS A National Strategy for Housing in an Ageing Society



## Why?

***"Older people see housing as ....the most essential factor in whether they will be able to manage and live well"***

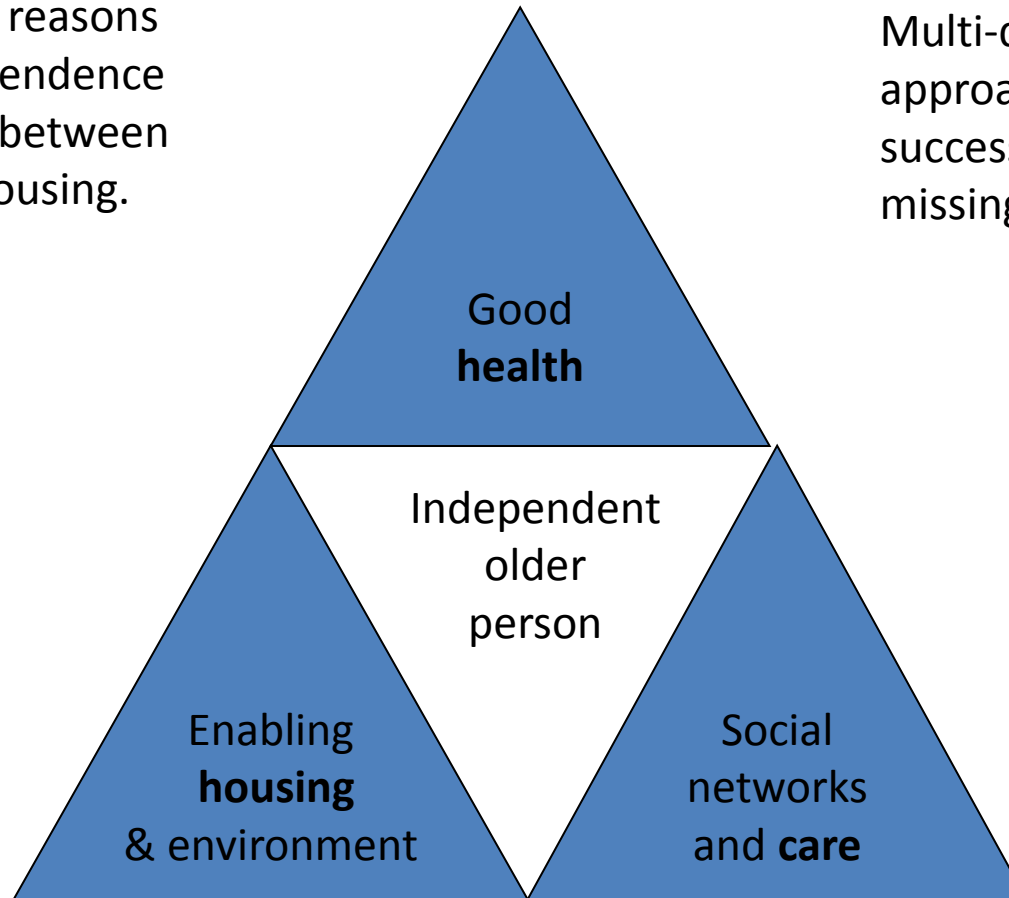
Clough R et al(2003) *Homing in on Housing* Lancaster ESR



## 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***

## Strategy based on

### **\* Data**

- *Analysis of housing stock, population*

### **\* Intelligence**

- *Older people's views*

### **\* Research**

- *What makes a good place to live in later life?*

### **\* Conjecture**

- *Older people today and in the future*

### **\*[Political perspective]**



## Data: Where do older people live now?

- **90% live in mainstream housing stock** (*6% sheltered/retirement, 4% residential/ nursing/ other*)
- **75% owner occupation**
- **30% of all homes lived in by older people**
- **28% of older people live in non-decent homes**

## Projected household growth

- **48% of all new households will be over 65s to 2026** - *older people major economic contributors, consumers [voters]*

## Projected population growth

- **number of 85+ doubles & 69% of this age group have disability/ long term health condition/ dementia**

### Intelligence: What do older today say is important?

- *Aspiration to live independently in a home of their own choosing for as long as possible*
- *Choice and a variety of housing options for all stages of later life – older people are all different, not a homogeneous group [50yrs - 100yrs +]*
- *Involve older people in designing and planning homes and services*

## C&RE - Key Messages from Older People

- ***Enable independent living in own home***
  - *homes that are warm, safe, secure*
  - *practical help with home adaptations, repairs, care delivered at home*
  - *accessible public transport, shops, facilities*
  - *impartial information and advice to enable choice*
- ***Design all homes and neighbourhoods to enable older people to live independently and play an active role in the community***
  - *Lifetime homes and lifetime neighbourhood design*



## Research: What makes a good place to live?



- ***Good design of the home***  
*: Adaptability, flexibility, space standards*
- ***Location:*** *Neighbourhood accessibility/features, transport, shops, services, social opportunities, proximity to family & friends, safety, security, outdoor space*

## Research: What makes a good place to live?

- ***Access to services:*** to practical support for daily living at home
- ***Wider social factors:*** history, identity, status



## Conjecture: Older people tomorrow

- **Building for the future**

*What will tomorrow's aspirations be?*

- Higher? Expect more choice? Technological?
- Learn from past mistakes in design of sheltered housing bedsits and small one bed flats
- *Even more reason to build in greater flexibility*

**[Current counter pressures:** *Building even smaller, un-adaptable living spaces / welfare reform & 'under-occupation']*



## Main Solutions in the Strategy

### Current housing

- *increased help with home adaptations*
- *‘handyperson’ services to do small tasks*
- *expand home improvement agencies*



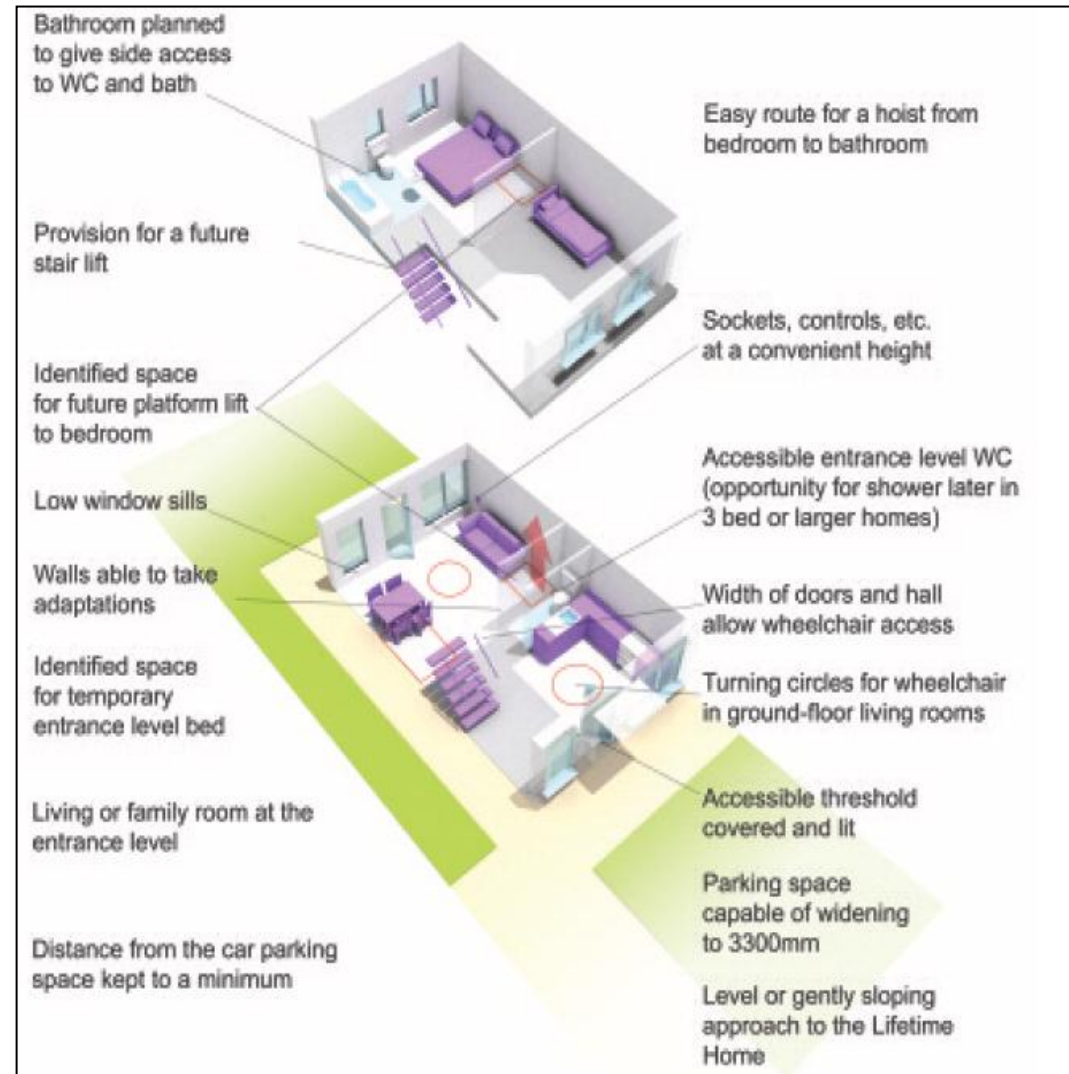
## Main Solutions in the Strategy

### Future homes - *recommended*

- Build new homes to Lifetime Homes Standards\*
- Design Lifetime Neighbourhoods

*\*Applied in London to all new homes but not a national requirement*

[www.lifetimehomes.org.uk](http://www.lifetimehomes.org.uk)



## Main Solutions in the Strategy

- **Stimulate better specialist provision**
  - HAPPI panel report
  - DH money for extra-care
- **Independent information & advice** about housing and care options / empower OP as informed consumers – *FirstStop*  
[www.firststopcareadvice.org.uk](http://www.firststopcareadvice.org.uk)





## **Key Lessons for Vision of Active Ageing**

### **Evidence *plus* ethos, vision and shared values across government**

- *choice and self determination in later life*
- *enable older people to remain active and socially engaged*
- *enable independence and quality of life*
- *older people viewed as a positive contributor*
- *home vs 'accommodation' - acknowledgement that home is more than bricks and mortar*

## Key Lessons for Vision of Active Ageing

- Demonstrable benefits across government were important, including:
  - *Better homes and neighbourhoods have measurable impact on health and well-being (hence demand for health and social care)*
  - *Extending independence and active ageing has economic benefits (Treasury)*

## Current State of Play: Austerity

- *Older people increasingly defined as a burden*
- *Housing market dysfunction - accusations of under-occupation and a blame culture ("There is no housing shortage, just too many older people living in them")*
- *Deregulation culture (planning and design impact)*
- *Welfare reform, social care reform, reduced local services, self help expectations*

# The Research and Evidence Challenge

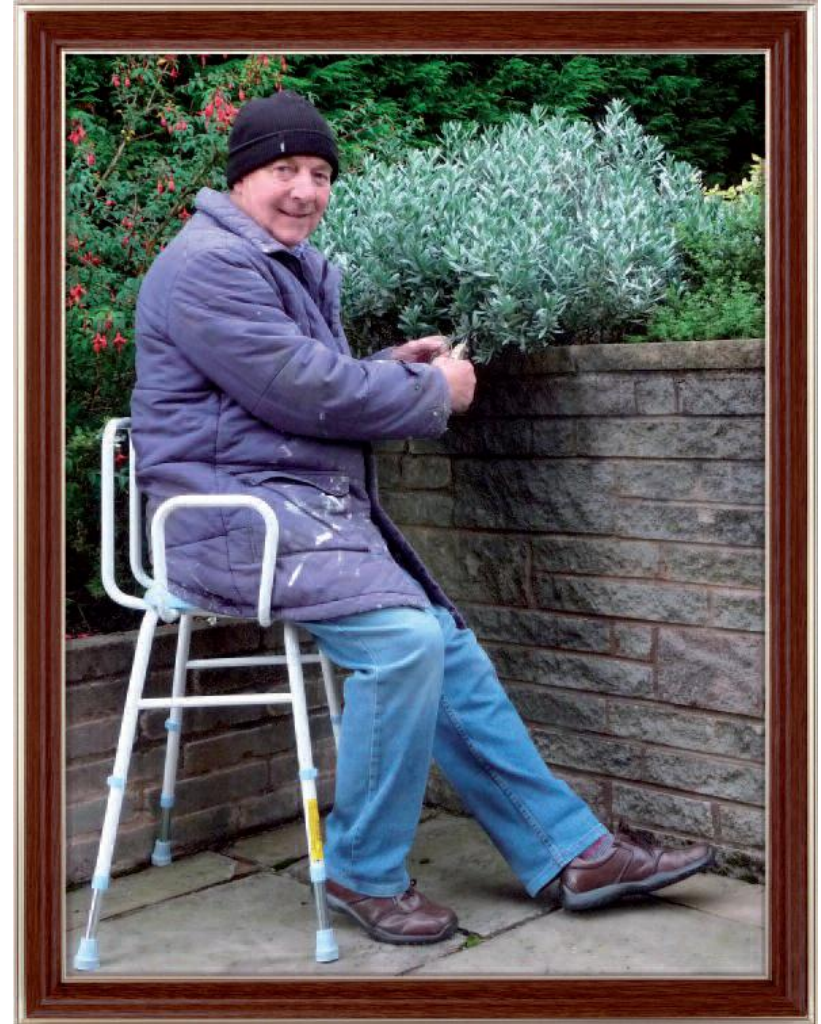
*Better housing for older people has to demonstrate*

- ***Savings to the NHS** through reduced ill health, accidents, falls, delayed hospital discharge etc*
- ***Social care savings** eg. delay admission to residential care*
- *Encourage older people to use **housing equity***
- ***Economic stimulus:** Building more homes creates jobs, build retirement housing to prompt market chain, potential economic gains from new technologies/ home adaptations installations*

## Looking forward together

- Support a positive, active ageing vision and ethos
- Share information & evidence to build the economic case

*It is all our futures.....*



## Contact and Links

[sueadams@careandrepair-england.org.uk](mailto:sueadams@careandrepair-england.org.uk)

Strategy: [www.communities.gov.uk/publications/housing/lifetimehomesneighbourhoods](http://www.communities.gov.uk/publications/housing/lifetimehomesneighbourhoods)

Older people's views: [www.careandrepair-england.org.uk/pdf/kmfop\\_aug\\_09.pdf](http://www.careandrepair-england.org.uk/pdf/kmfop_aug_09.pdf)

Housing & Ageing Alliance:

[www.housinglin.org.uk/AboutHousingLIN/HAA/](http://www.housinglin.org.uk/AboutHousingLIN/HAA/)

Lifetime Homes & related:

[www.housinglin.org.uk/AboutHousingLIN/HAA/](http://www.housinglin.org.uk/AboutHousingLIN/HAA/)