

VII CONGRESO INTERNACIONAL  
DEPENDENCIA Y CALIDAD DE VIDA  
INTEGRACIÓN: DE MODELOS A RESULTADOS

VII CONGRÉS INTERNACIONAL  
DEPENDÈNCIA I QUALITAT DE VIDA:  
INTEGRACIÓ: DE MODELS A RESULTATS

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BARCELONA



Jeremy Porteus, Chief Executive  
Housing the Ageing Population in the UK:  
Understanding people, place and associations

CON EL APOYO DE / AMB EL SUPORT DE:



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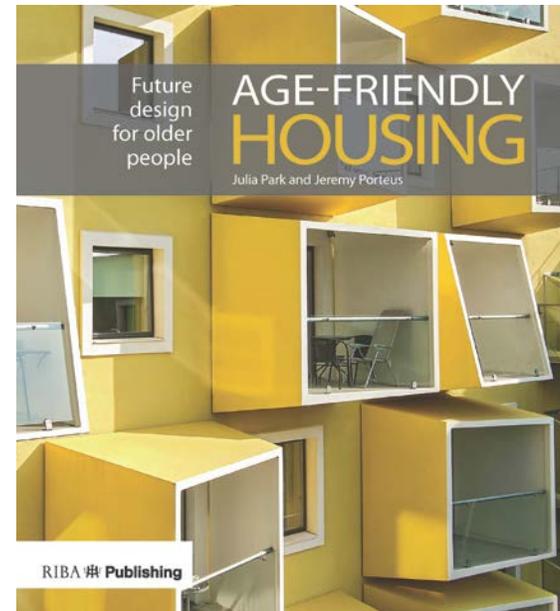
CON LA COLABORACIÓN DE / AMB LA COL-LABORACIÓ DE:





# Housing the Ageing Population in the UK: Understanding people, place and associations

**Jeremy Porteus,**  
Chief Executive  
Housing LIN  
**@HousingLIN**





# Housing LIN – Ideas Lab

**Housing LIN**  
Connecting people, ideas and resources

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**KEY RESOURCES**

- Spotlight on Extra Care Housing**  
Here you can view all 9 short films made by the Housing LIN as part of our 'Spotlight on Extra Care Housing' YouTube video series.
- Housing our Ageing Population: Learning from councils meeting the housing needs of our ageing population**  
Capturing the learning from a selection of exemplar councils which demonstrate how they are playing a significant place-making role in shaping the current and future supply of housing for an ageing population
- Home from Hospital - Interactive Map**  
An interactive map showing a wide range of projects preventing delayed discharges from hospital due to a housing issue
- Adaptations Without Delay**  
This guide sets out a new framework that transforms how disabled and older people can better access advice or support with home adaptations
- Improving Health and Care through the home: A National Memorandum of Understanding**  
Find out more about the MoU and its accompanying Action Plan.
- Going the Extra Step: A compendium of best practice in dementia care**  
Examples of extra care schemes and other housing related community services supporting people with dementia to develop meaningful relationships.
- Age-friendly housing: Future design for older people**  
Sets out the key challenges and practical considerations in designing housing suitable for an ageing population.
- DHCS Extra Care Scheme Directory**  
Information and overview on each of the Department of Health & Care Services (DHCS) funded CASSH and ECH schemes.

[View all Resources →](#)

- Our 'free to use' activities largely supported by a mix of crowdfunded & some consultancy work.
- Sophisticated network bringing together housing, health and social care professionals in England, Wales and Scotland to exemplify innovative housing solutions for older and disabled people.
- Recognised by government and the housing with care sector as a leading 'knowledge hub' on specialist housing and independent living.
- Online and regional networked activities.
- We connect people, ideas and resources to inspire, inform and improve the range of contemporary housing choices that enable older and disabled people live independently.



# A decade of policy indecision in the UK

**Communities**  
and Local Government

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

**DH** Department of Health

**DWP** Department for Work and Pensions

Communities and Local Government  
DH Department of Health  
Homes & Communities Agency

**HAPPI**  
Housing our Ageing Population:  
Panel for Innovation

DESIGN FOR HOUSING  
Levitt Bernstein  
PTEa

House of Commons  
Communities and Local Government Committee

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**Housing for older people**

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Second Report of Session 2017–19

*Report, together with formal minutes relating to the report*

*Ordered by the House of Commons to be printed 5 February 2018*

HC 370  
Published on 9 February 2018  
by authority of the House of Commons



## Getting the message across



“The focus for many has purely been on bricks and mortar. If we’re going to create truly aspirational communities for seniors it needs to move beyond design and be about connection and relationships”

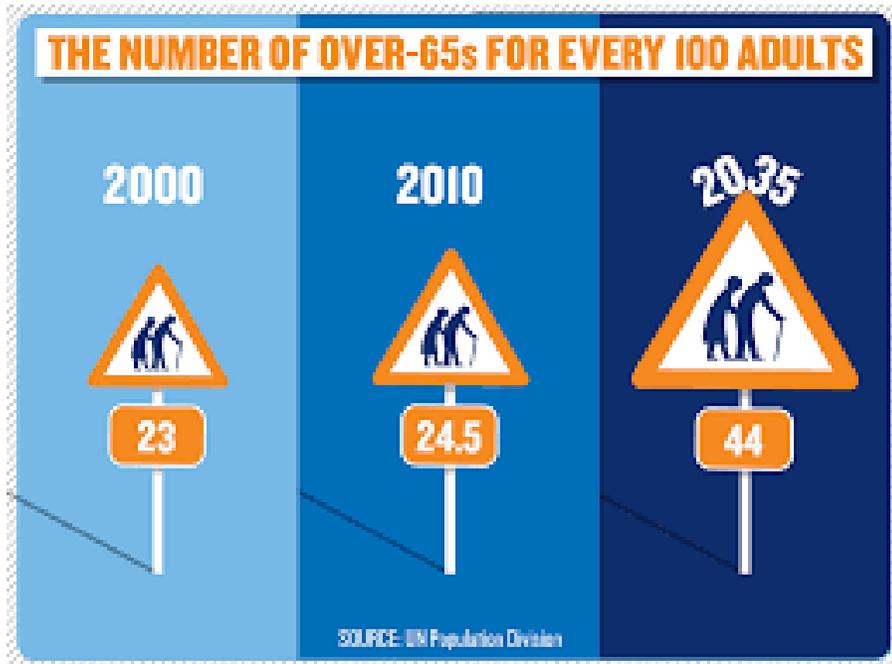
**Sara McKee, Housing LIN Viewpoint**

“The shortage of purpose-built housing for older people is ‘bed-blocking’ the housing market.”

**John Pankhurst, Inside Housing**



## Challenging dependency: Opportunity of Age

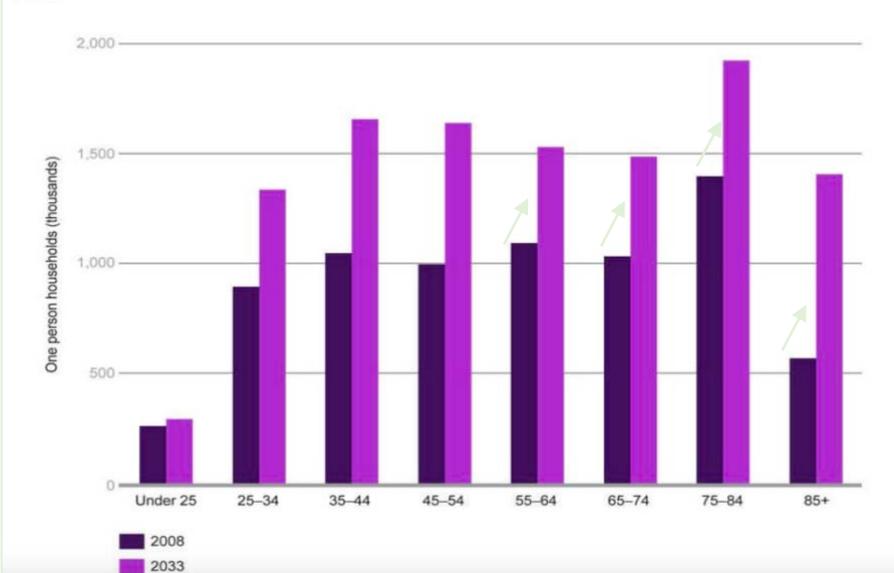


- Older people over 65 live in a third of all dwellings in the UK.
- In 2017, 18% of the UK population was aged 65 or over. This projected to grow to one in four by 2037 or 16.7m people.
- Of particular relevance to housing with care, the number of people over 85 in the UK is predicted to more than double in the next 25 years to over 3.2 million.
- There are c720,000 units of retirement housing (75% affordable sector).
- We need to build at least 34,000 new age-designated homes annually to keep up with age profile (currently c5-7,000 across all tenures)
- Currently 76% of older people (65+) are owner-occupiers but this is expected to decline over the next 20-30 years



# Growing number of older people living alone

One person household projections by age of household reference person, England, 2008-2033



- Whilst today, the majority of people 50 to 69 years old are part of a couple, half of all people aged 70 or over live alone in the UK.
- People live alone more as they grow older, it is expected single person older households will increase in the UK.
- Those living alone were significantly more likely to report loneliness “often/always” and “some of the time” in the UK.



# Independent Living: UK market trends

- **Revenue**

- Tenure diversity (leasehold, shared ownership, market rent and affordable rent)
- Commissioned/self-funded housing & care (pensions, equity release, new financial products)
- Viability/VFM inc not forgetting affordability

- **Quality**

- Stock condition: Age-friendly design standards? Dementia friendly?
- HAPPI 'care ready'

- **Financial Capital**

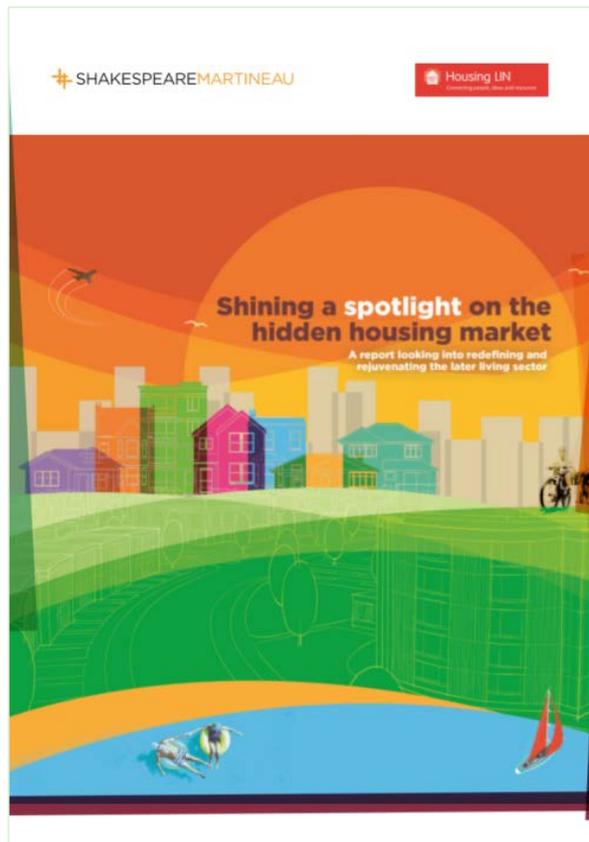
- New stock: business case for extra care housing/over 55s?
- Existing stock: refocus brand - decommission, remodel/upgrade, refurbish

- **Social Capital**

- A Improved health and wellbeing/compress dependency
- Reduce loneliness/isolation
- Community building



# Transforming our homes and communities



**‘Residential Revolution’ (LGA, 2017) estimate shortfall of 400,000 units of housing for older people by 2030.**

**Encourage councils:**

- Having a clear vision: promoting awareness and changing attitudes to later life
- Planning for an ageing population
- Delivering and enabling new housing for older people across the public and private sectors
- Promoting an integrated approach to housing, care and health
- Sustaining older people in mainstream housing



## Grand Designs

*What does contemporary housing for older people look like?*



- Matching different housing options to identified need in particular locations/communities – rural v urban
- Based on strong partnerships – signalling clearly to the market and providers what types of later life housing options will be required, including retirement housing
- From wellbeing to care: new personalised care and support
- Ensuring there is a balance and mix of housing options (dwelling, tenure and styles) developed and available to meet future need
- Growth of downsizer, upsizer, or rightsizer housing? But also 'staying put' options



## CollaborAGE – the 6 Is

- **Involvement:** Ease of maintaining existing social networks and opportunities for wider social interaction including multi-generational contact
- **Independence:** Privacy when wanted by having own front door and with security of tenure
- **Inclusion:** Living in a community which will be “fun” and would foster self-reliance, self-control and determination, interdependence and co-operation. These being factors that contribute directly to continued independent living, successful ageing and enhancement of a longer life
- **Integrated:** With health professionals embedded within but not dominating the scheme, would ensure that residents, when hospitalised - not ‘bed-block’ at time of discharge
- **Inviting:** Having open welcoming public areas and quality apartments provide a retirement complex to which children and grandchildren will be happy to visit and create ‘feel good’ memories for all, plus
- **Inequalities:** Effective housing interventions eg delivering better health & wellbeing outcomes, improving housing conditions, tackling fuel poverty etc,



## 400+ years of Almshouses





# Sheltered Housing





# Co-Living – Multi to Intergenerational housing





# Community-led Co-Housing





# A New Age of Retirement Living





# Contemporary Retirement Lifestyles





## Village People – Community Hubs





# Compressing Dependency

## Identifying the health care system benefits of housing with care

- Reductions in the number of GP/doctor visits (by housing with care residents)
- Reductions in the number of community health nurse visits (amongst housing with care residents)
- Reductions in the number of emergency admissions to hospital
- Reductions in the length of stay and delayed discharges from hospital
- Reductions in ambulance call outs; for example, as a result of a fall

*Source: Housing LIN report for Southampton Council, 2019*





## Dean Hawke's Circadian House



- **Longing and belonging** – the psychology of ageing
- **Combatting loneliness and isolation** – social care of ageing, friendships and family
- **Home, place & community** – the environment for ageing
  - Live in balance with nature – follow the daily and seasonal cycles of the outdoors
  - Adaptability – adapt to changing conditions ie 'care ready'
  - Sensibility – protection from and control of environment ie passive solar gain



## Improving later life

A grid of 14 purple icons arranged in four rows and four columns. The icons include: pills, a person with a heart, a laptop, a map with a location pin, speech bubbles, a first aid kit, a house, a chair, a wallet, an alarm clock, a pair of shoes, and a stethoscope with a heart.

**Improving later life.**  
Vulnerability and resilience in older people.

### **Building personal resilience**

Detachment from social participation in older age can have negative impacts on health & wellbeing, including depression, physical and cognitive decline, and increased mortality.

### **Building community resources to resilience**

Social mobilisation – providing ways and means to build, enable and support older people's connections to social networks in the community and to foster their mutual aid

### **Co-creating lifelong neighbourhoods**

Older people are both the beneficiaries of and contributors to all age-friendly activities that span the generations.



## A pathway from health to wellbeing



- **Citizen activation:** experts by experience and self-advocacy e.g. community empowerment, self care and anatomy of resilience
- **Social prescribing:** self-directed support and personal (health) budgets e.g. community circles, homeshare, volunteering/befriending
- **Outcome based:** Capabilities approaches to health and care e.g. NEF's 5 ways. quality of life improvements and system efficiencies
- **Choice & control:** Co-production and citizen-led commissioning e.g. user led organisations
- **ABCD:** Community development and building social capital e.g. community builders, Village Agents
- **Partnership working:** Networked models of care e.g. community connectors, collaborative care networks, LAC



## A prizing winning homes and community





## Grand Opportunity of Ageing?



- What scope is there for better planning, commissioning and/or access capital funding to promote innovation in **lifestyle and wellness** choices for older people or stimulate a retirement housing market?
- Is there the case for extra care housing for **maximising independence** for people with dementia or is the future more residential care and home based support?
- Are there other **retail** market opportunities such as aids and adaptations, telecare, 'hub & spoke' models of housing and care?
- What strategies and policies are in place at across Europe to further engage, involve and listen to the housing with care needs of older people and their carers, and the wider community to **co-design** solutions? **CollaborAGE!**



# Design our Ageing Futures





## Changing our perceptions of ageing





# Thank you!



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