What's housing got to do with it?

Clare Skidmore, Strategic Lead,

Housing Learning and Improvement Network

"You cannot deal with the people and their houses separately."

Octavia Hill

*With thanks to Neil Revely for this slide

National Policy Context

- **Marmot Review** - need to improve the social determinants of health

- **Health and Social Care Act -** created Health & Well Being Boards

- **Care Act** - an emphasis on housing/home based solutions

- **Better Care Fund** – promoting integration including Housing

- **Five Year Forward View** – Healthy New Towns

- **Transforming Care: 'Building the Right Home' –** NHSE guidance, Dec 2016

- **Housing White Paper – "**Fixing our broken housing market**"** Feb 17

- **Neighbourhood Planning Act** – April 2017

- **MHCLG /DWP Supported Housing Consultation** – 2017/18

- **Improving Health and Care through the Home -** Memorandum of Understanding

- **Adult Social Care Green Paper ... ??**

NHS Long Term Plan

- More focus on prevention in order to reduce hospital admissions, and improve health inequalities

- Boost 'out of hospital care' and 'properly joined up care'

- Greater integration across health and social care

- Significant increase in digital enabled services

In summary, the Plan includes much that is implicitly dependent for its success on the availability of appropriate housing, but unfortunately there is very little direct reference to the essential role of housing in enabling health, wellbeing and a meaningful, fulfilled life

Making Housing Count

- Housing is critical to enabling independent living

- Housing impacts on our physical and mental well being and health inequalities

- Housing options have evolved to meet new and emerging demand and aspirations (for people with care and support needs)

- Contributes to community solutions

- Instrumental in improving outcomes for people, carers, families

- A workforce in touch with communities that can support integrated working and personalised approaches, and support people to live self-determined lives

- There is still much to do in order to improve the range and quality of housing options – in order to do this, concerted effort, joint working, co-production with people who need the housing, and forward planning is required

Do we really need to keep asking for proof that housing matters? Consider…

- The person who has not left their home for 7 years, apart from for hospital visits, because they live on the second floor with no lift and cannot leave the building

- The parent who cannot say goodnight to their children, because their home is inaccessible and they are unable to enter the bedroom

- The person who is living with the knowledge that at any time, they could experience a painful or dangerous accident because they are waiting for an adaptation or repair to their home, which may in itself be relatively low cost

- Anyone who is living in any kind of housing situation where they are uncomfortable, feel insecure, unsafe, isolated, and or have no control over their own life…

How easy would it be for anybody to keep active, and to remain healthy, and mentally well in that situation?

*For the source of these examples and for much more qualitative and quantitative evidence, see 'Housing and Disabled People: Britain's Hidden Crisis', EHRC, May 2018

'Housing for Older People' – CLG Select Committee Report, 2018

- 25% - 33% of older people interested in moving at any one time – often 'right sizing' rather than 'down sizing'

- Top reasons: too many stairs, too big a garden, concerns about repairs and maintenance, care and health needs which cannot be managed in existing home, wanting to be nearer family, desire to reduce maintenance bills, and to release capital to fund retirement

- Top barriers: cost of moving; 'general hassle' of process, and inevitable physical exhaustion; stressful prospect of sorting through a lifetime's belongings, and emotional toll of leaving family home behind; lack of access to information and advice about housing options; and very often, a lack of suitable, desirable housing options available

Accessible Homes

- Habinteg's new Insight Report: A Forecast for Accessible Homes

- There are 13.9 million disabled people in the UK yet just 7% of homes currently provide even the most basic accessibility features

- The majority of local plans have no specified requirement for a proportion of new homes to meet any accessible or adaptable housing standard. Further, less than one fifth of plans include a requirement for any wheelchair user dwellings

- Unless new homes are accessible, older and disabled people will be excluded from many basic aspects of daily life (indeed this is already a day to day reality for many)

Impact of housing NHS and social care costs and outcomes: the evidence*

Lightbulb Project, Leicestershire: Community based housing support services - aids / adaptations, information / advice, warmth and energy, technology, equipment and housing options (planning ahead)

- Integrated, proactive approach including GPs and other health professionals
- Also includes housing enabler role based within hospital settings
- Evidenced savings to the wider system include
  - Reduction in service utilisation (health and social care)
  - Reduction in A&E attendance, and reduced hospital admissions
  - Reduction in Delayed Transfers of Care
  - Falls prevention
  - Lower DFG delivery costs through more efficient processes and staffing

Derby City Council, Healthy Housing Hub

- Housing related advice and support

- Prescribed housing support

- Healthy housing assistance

- Partnership links across health, housing, social care and the voluntary sector

- Evaluation - positive outcomes / efficiencies

Use of A&E	Acute Hospital	Admissions
39.5% reduction	53.8% reduction in stays	20% fewer hospital admissions
EMAS ↓ reduction in contact and conveyance to hospital	91% of clients still in own homes at 12 months	86.3% felt benefit in health, wellbeing, anxiety, confidence

Targeted housing support for hospital pathways

- Housing options services as part of hospital discharge teams and in A&E to prevent admissions

- Home improvement agencies – proactive support to enable daily life, prevent accidents, tackle fuel poverty

- Specialist support in hospitals, targeted at people with mental health needs, learning disabilities or dementia

- Fast track adaptations / repairs to get people home

- Step up / crisis accommodation in housing settings, supporting hospital discharge and effective reablement

Home from Hospital Map

- Developed jointly by Foundations UK and Housing LIN
- Highlights where housing organisations are supporting hospital pathways in range of practical ways

- Projects from across England are
  profiled, set alongside 'DToC' (Delayed Transfer of Care) data
- Aim: to inspire, support and inform local conversations
- Updates planned to capture new activity

- Visit https://www.housinglin.org.uk/home-from-hospital/
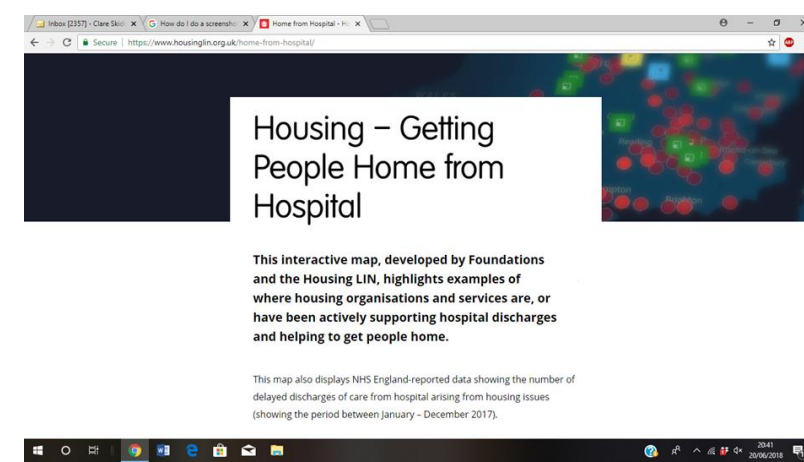
Looking to the Digital Future

The *'Future of House and Home'* report, published by Shelter in 2016:

- People who will be 80+ in 2030 are in their 60s, or younger, today; they will be more familiar with digital than many older people now
- Greater rise of home monitoring technology, 'wearables', and telehealth / 'wellness' apps in everyday life
- Digital technology: even more ubiquitous by 2030 than now. Personal devices will routinely engage with sensors / embedded digital tech.
- Tech will be more lightweight, based on phones and tablet-like devices rather than laptops and computers.
- What do these trends mean for how housing, health and care will be working together in the future? How should we be preparing now?

https://england.shelter.org.uk/professional_resources/policy_and_research/policy_library/policy_library_folder/report_the_future_of_housing_and_home_scenarios_for_2030

Barriers to digital – who are the 'users', anyway?

- Technology companies already embedded in housing, care and support often view commissioners / providers, rather than people themselves, as key target consumers

- With the increasing importance of self-funders in adult social care, this reluctance to engage directly with end-users seems puzzling

You have to understand what are [users] are worried about, what are their fears, what are they trying to do? If we don't engage with them that way, it doesn't matter what technology we use. - **Roy Rosin, Chief Innovation Officer, Penn Medicine**

- Not always easy to define who 'users' are – *'the term "user" hides the diversity of the older population';* even beyond this group, family / paid carers / responders could also be defined as 'users' of the technology

https://link.springer.com/article/10.1007/s10209-016-0499-3
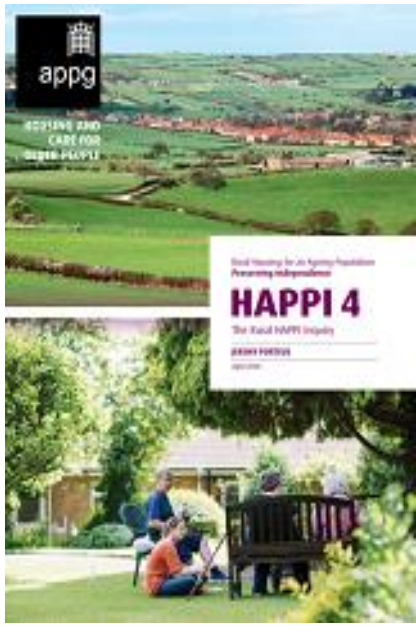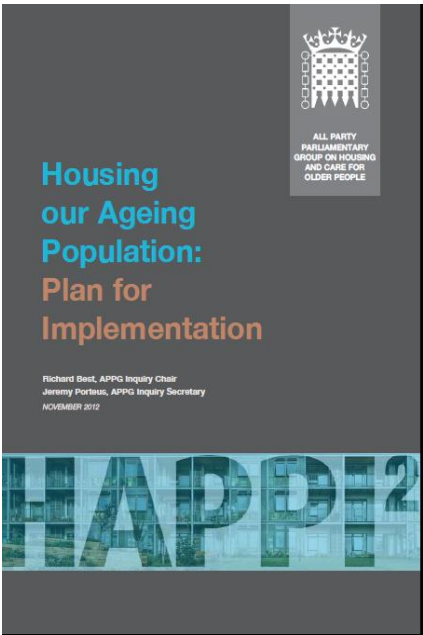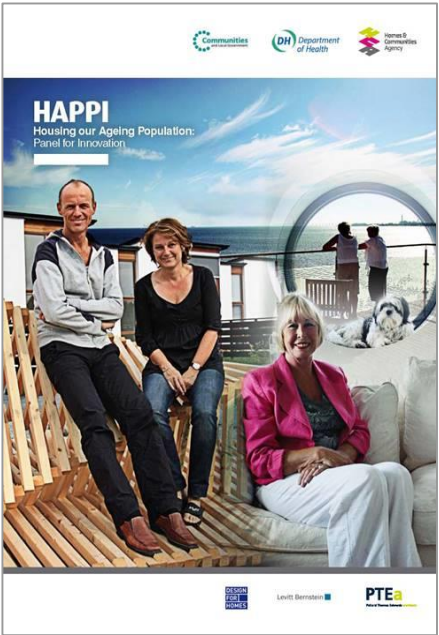
Design Quality

- Perhaps because of historic focus on commissioners / providers, rather than people with care needs, as the primary 'customers', there has arguably been insufficient focus on design quality; few assistive and telecare devices have an aspirational, attractive appearance

Housing our Ageing Population: Panel for Innovation

HAPPI Design Principles

The HAPPI principles are based on 10 key design criteria, reflecting:

- Space and flexibility
- Daylight in the home and in shared spaces
- Balconies and outdoor space
- Adaptability and 'care ready' design
- Positive use of circulation space
- Shared facilities and 'hubs'
- Plants, trees, and the natural environment
- Energy efficiency and sustainable design
- Storage for belongings and bicycles
- External shared surfaces and 'home zones'

Hopeful trends?

- **Doing it for ourselves/co-design:** growing interest and necessity for next generation of older people; resident-led, self-care, mutual ownership, co-housing, 'virtual' villages, age-friendly communities. More focus on 'intergenerational' approaches

- **'Care ready' housing:** Better designed housing which is flexible to changing requirements, and inclusive of a wide range of care, support and mobility needs. Carefully planned to be accessible to local amenities and community connections

Some more positive scenarios…

- Someone is supported to move into bespoke adapted accommodation, either independently, or with support, following a spinal or neurological injury or some other major life changing event

- Someone with learning disabilities and / or autism is enabled to move out of disabling, secure accommodation into their own home

- Someone in later life who has moved into extra care housing, without which they may have felt they had no choice other than to move into residential care

- Someone who has been able to remain living in their own home, with the help of a Home Improvement Agency (HIA), receiving a Disabled Facilities Grant (DFG) to fund a major adaptation such as an extension to their home or the installation of a lift, etc.

- Someone who makes ongoing use of a handyperson's service – assisting with smaller (but really important) things like changing light bulbs, fixing broken windows, putting up shelves, etc.

- Someone who has been helped home from hospital with the support of a fast-track housing service, working closely with hospital discharge teams

Making it Real in Housing

- Personalisation and placing the person at the centre of all thinking and planning is fundamental to getting this right, whether we are talking about housing, health, care or anything else

- The Housing LIN is committed to signing up to 'Making it Real' and to encouraging our members and stakeholders to do so as well

- We would welcome any input and advice from other TLAP partners!

Questions to Consider

- What specific opportunities can you see in your own organisation, area, or in your own lived experience, where housing, health and social care, not to mention local planners, could work more effectively together?

- What could you, or your organisation, do to influence or deliver a more integrated approach?

- Do you have any really good examples of where people have got this right, from your own organisation, or area, or your own lived experience, which you could share?

- If you would like to share any examples (good or bad) of your own lived experiences of housing and its role in personalisation and integration, or you know someone else who would like to share, the Housing LIN would like to hear more… please contact me at c.skidmore@housinglin.org.uk

Looking for inspiration?

- Visit the Housing LIN website, https://www.housinglin.org.uk

- Check out our free-to-view online resources, including more evidence, inspirational examples, technical guides and videos

- Sign up to receive our free weekly bulletin, *LINks* - over 25,000+ subscribers

- Get involved and write us a blog or a case study, or join us at one of our regional or national events

- Follow us on twitter at @HousingLIN, @HousingLINews and me @SkidmoreClare
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