



Adapting homes for healthier ageing

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About Care & Repair England

[Care & Repair England](#); national housing charity aims to address poor and unsuitable housing conditions amongst the older population, esp. low income home owners (est. 1986)

Pioneers initiatives over 30+yrs; Local Care & Repair services, Minor Works Grants, Handyperson, Housing Options Info & Advice, Healthy Homes, Older People's 'Housing Activism' etc.

Policy shaping: Older people's housing – Chair of Housing & Ageing Alliance; Home Adaptations Consortium; member of wide range of Govt/ NHS/NGO Committees & Task Groups

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Why adapt homes?

Why adapt existing homes for healthy ageing?

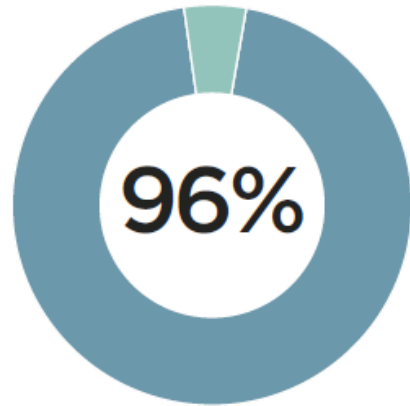
Evidence: Adaptations...

- **Improve quality of life** *for 90% of recipients*
- **Reduce costs to NHS** - *reduce health risks, esp. falls*
- **Reduce care costs** – *delay admission to residential care, reduce care at home needs*
- **Choice & Control** - *adapting the current home to enable greater independence is the preferred option for the majority of people as they age*
- **Address inequalities** – *earlier onset of disability amongst disadvantaged groups, who often have the least housing choice*

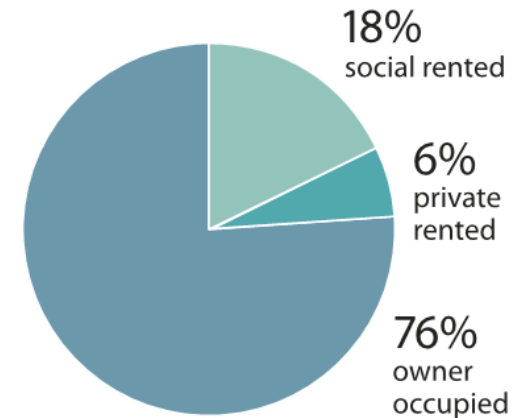
Source: [Heywood F & Turner L \(2007\) Better Outcomes, Lower Costs Dept for Work & Pensions Office for Disability](#)

Where Older People Live

96% of older households live in mainstream homes



Most older people are owner occupiers



- **Around 9.5 million older households** [55yrs+]
- **c.500,000 specialist units** retirement/sheltered/extra care
- **c. 400,000 older people** in care homes

Where Older People Want to Live



Home is more than bricks and mortar. A place of:

- ***Safety***
- ***Security***
- ***Familiarity/ memory/ history***
- ***Part of neighbourhood/ place/ belonging***

Bodies Age – so adapt environment

Common conditions @65yrs+	Incidence	Exacerbates risk of NHS / Care needs
Arthritis	50 %	<ul style="list-style-type: none">• Falls risk• Activities of daily living impacts (loss of dexterity, strength, sight etc.)• Mental health impacts
Cataracts and other visual degeneration	26 %	
Mobility problems / daily living tasks difficult	35 %	

Physical capacity and ageing

Table S11a. Receives help with mobility* (%), by age and sex: ELSA wave 6

Age

	50–54	55–59	60–64	65–69	70–74	75–79	80+	All
Men	22.2	23.9	27.7	27.2	32.4	35.8	55.1	32.8
Women	28.8	32.9	31.2	34.0	37.2	46.0	71.0	42.3

- *Note –just those who receive help with activities of daily living (washing, dressing, medication, making a meal etc)*

52% of older households (HoHH 65+) includes person with activity limiting long term health condition or disability

The Big Challenge: Adapt Existing Homes



80% of 2050
homes are
already built

Home Adaptations: Key to Ageing Well at Home



7% of homes are accessible, 72% could be adapted to 'visitable' standard^{*9}

**9 Level ground floor access, flush threshold, downstairs toilet, widened doorways, turning space [English Housing Survey, Annual]*

Homes, Health and COVID-19

The Covid-19 pandemic has exposed and amplified housing-related health inequalities

It has had a **disproportionate impact**:

- ***On certain population groups** - older people, those with long term health conditions, some BAME groups*
- ***In particular places** - regions, local areas and neighbourhoods, especially North and Midlands*

It has highlighted the **critical importance of the home** as a place of safety and sanctuary, and conversely the extent to which substandard, insecure, overcrowded and unhealthy homes **increased the impacts of COVID-19** on occupants.

- **Deconditioned older population** - 23% older people less fit; 28% walking less; 20% less steady [Age UK Wave 3]

Making Homes Fit for Ageing and Caring

The consequences of COVID-19 for the housing, health and well-being of older people in England



Author: Dr Richard Turkington, FRSA



Home Adaptations

Who, what, where

WHO: Diversity, inequality & disability

Where you live has a major effect on life expectancy, and number of years lived without ill health and/or **disability** (*healthy life expectancy*)

The between the least and most deprived areas of England

Life expectancy gap

- *9.4 years for men*
- *7.4 years for women*

Healthy life expectancy gap:

- *19.1 years for men*
- *18.8 years for women*

(ONS DATA 2019)



WHAT: Most common adaptations [& DFGs]

- **Changes to levels – stairs, steps**

- *Key to being able to live safely & well at home*

- **Bathrooms & WC**

- *Critical to enabling safe self care*





My new bathroom means independence. I don't have to ask for help. If you can manage yourself, then it's half the battle.



CENTRE FOR
AGEING

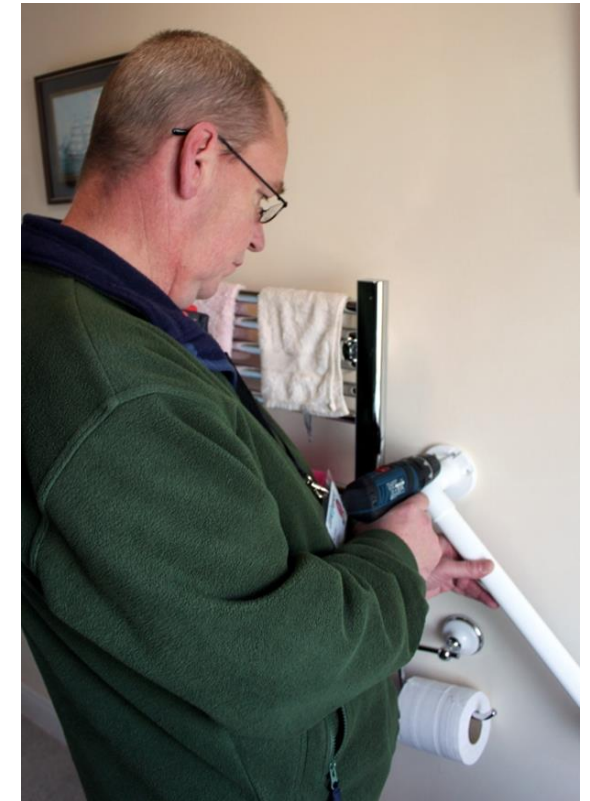
Impact

Mr Green 78yrs lives alone, broke his ankle when he fell at home
Discharged from hospital with no support, has no-one to help.

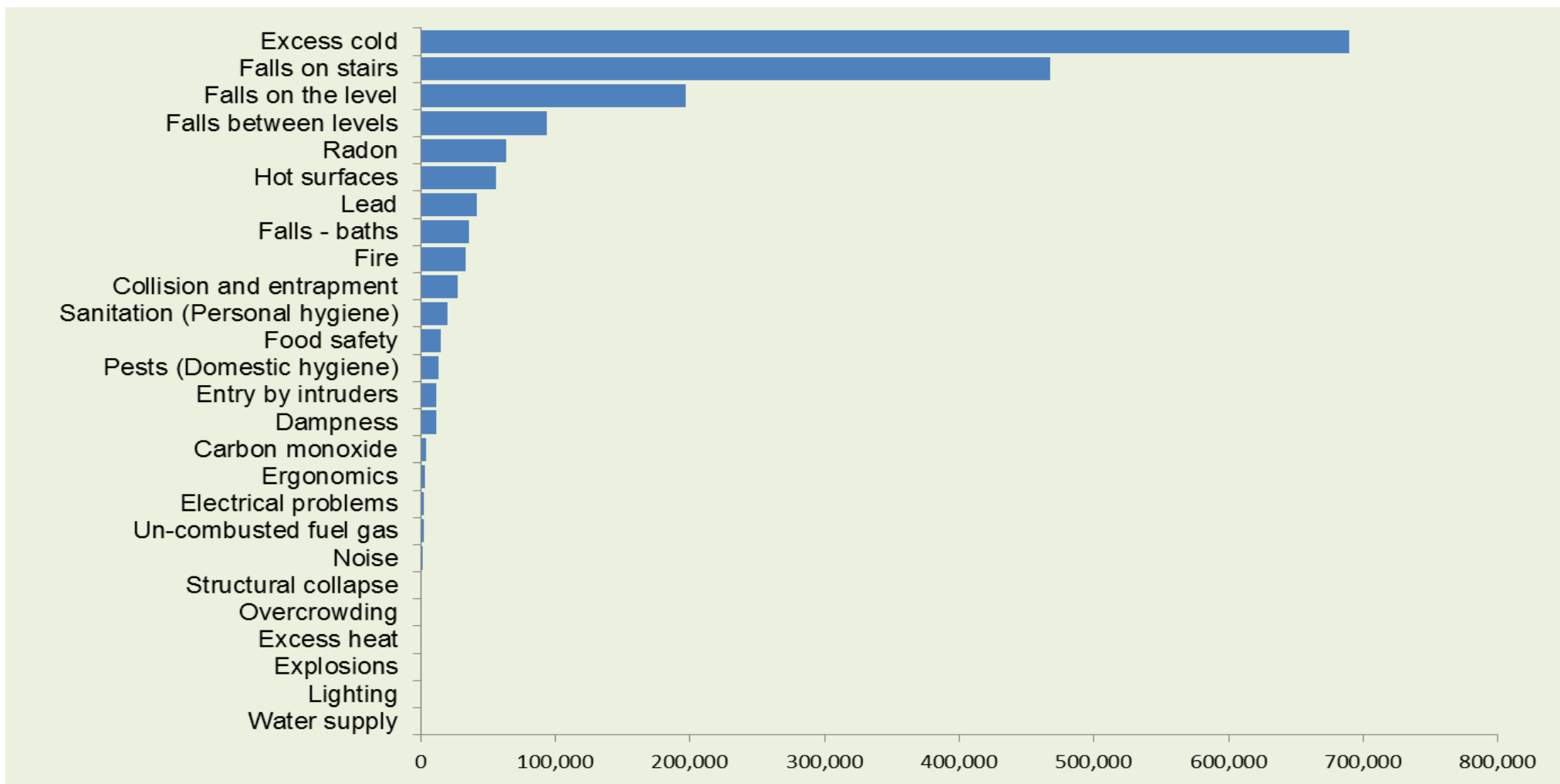
He contacted local independent HIA whose handyman (trained 'Trusted Assessor') carried out Healthy Homes Assessment then delivered and installed:

- Commode
- Toilet seat with frame
- Walking frame
- Bed lever, bath board
- Grab rails
- Banister rails

Cost of all works/items £294.00



WHERE: Non-decent homes → Falls risk



Falls at Home: Measurable Health Impact

Impacts on NHS

- *Main cause of accidental death, injury, non-elective hospital admissions*

Cost NHS c. £2.3b p.a.

REF: [NICE](#)

Impacts on social care

- *Key cause of loss of function/ onset of need for care*
- *Key cause of premature admission to care home*

Impacts on individuals & carers

- *Can trigger/ exacerbate physical and mental decline in person*
- *Added burden on carers*





Home Adaptations

What 'good' looks like

Adaptations: International Evidence Review*

KEY: SPEED

“Available evidence finds that delays in installing adaptations can reduce their effectiveness”



KEY: PERSONALISED

*“There is good evidence that **greatest outcomes** are achieved when individuals, families and carers are closely involved in the decision-making process, focusing on individual goals and **what a person wants to achieve in the home**”*

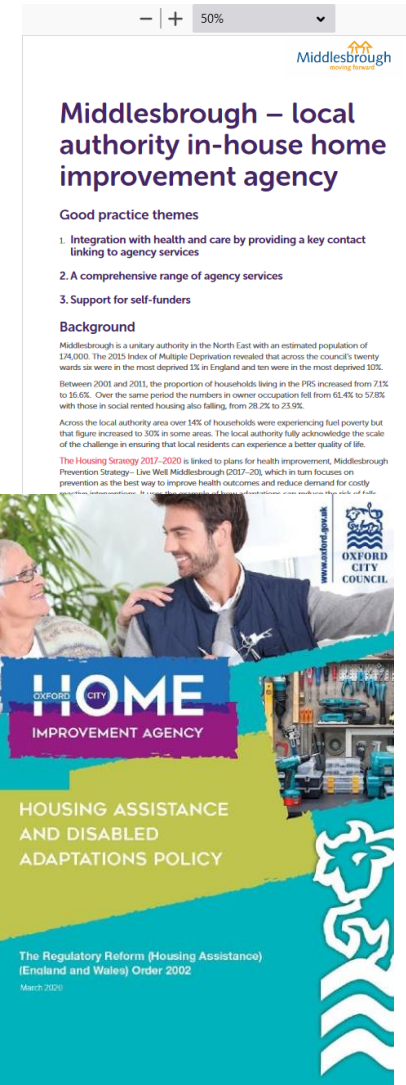
* [Room to Improve \(2017\) Centre for Ageing Better](#)

Older people's 'good adaptation service' list

- **Suitable** – *impartial/ independent information and advice about what would suit me best*
- **Transparent** – *easy to find out about the help available, open and clear process, clear pricing, good communication*
- **Simple** – *process to get help, professionals listen to what I want/ my priorities*
- **Speedy** – *I get what I need when I need it; delivery/ installation fast/ efficient*
- **Trustworthy, good value** – *good job, well done by reputable contractor at reasonable price*

Examples of good practice

- Used evidence review and work with older people to define 'good' practice
- Documents local exemplars – *24 cameos*
- Direct links to their RROs [*LA policy*]



The screenshot shows a webpage for the Middlesbrough local authority in-house home improvement agency. The page includes the Middlesbrough logo, the title 'Middlesbrough – local authority in-house home improvement agency', and a list of 'Good practice themes' with three items: 1. Integration with health and care by providing a key contact linking to agency services, 2. A comprehensive range of agency services, and 3. Support for self-funders. Below this is a 'Background' section with text about the local authority's population and housing challenges. At the bottom of the screenshot is a photograph of a man and a woman in a home setting, with a logo for 'OXFORD CITY COUNCIL' and 'HOME IMPROVEMENT AGENCY' overlaid on the image.



The infographic features the logos for Care & Repair England and the Centre for Ageing Better. The text reads: 'Adapting for ageing: Good practice and innovation in home adaptations'. Below the text is a white house icon and the names 'Sue Adams and Martin Hodges'.


Adaptations: Good Practice Information

Local Government Association
Care&Repair
ageUK
Association of Directors of Adult Social Services

Meeting the home adaptation needs of older people

Is your council actively addressing residents' need for help with home adaptations?

Guidance




Help with home adaptations: Improving local services

A 'Home Adaptation Challenge Checklist' for older people's forums and other stakeholders



Adaptations without delay

A guide to planning and delivering home adaptations differently
Royal College of Occupational Therapists



Housing LIN
Royal College of Occupational Therapists
Housing

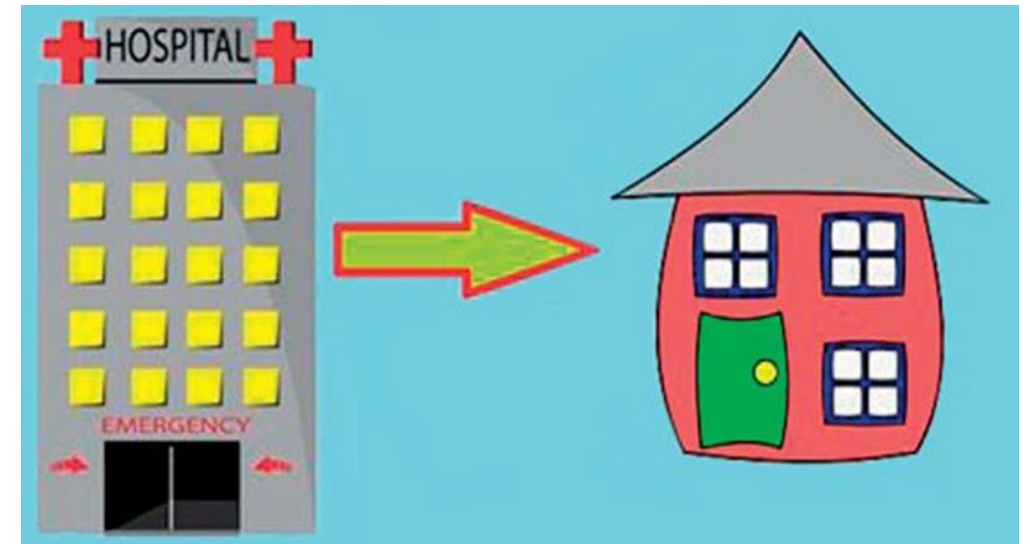




Looking to the Future

DRIVER: Ageing Population- NHS Response

- **Avoid use of hospitals/ minimise hospital stays/speed up discharge:**
Discharge to Assess, Hospital@Home, Virtual wards etc.
- **Reduce inequalities**
- **Integration & Prevention – *new structures, planning Anticipatory Care underway now***



DRIVER: Ageing, Housing & Social Care

- **NEW POLICY: 'Making every decision about care a decision about housing'**
- **Extend independent living at home - more self funders & reliance on informal care**
- **Avoid residential care (unless self funding with enough resources...)**
- **Housing proposals - Joint Strategic Planning, DFG budget/ new Guidance, increase specialist & supported housing supply, handy person services.....**



More than Adaptations: Integration in Action

Integration in Action

The benefits of delivering housing help for hospital patients

How Manchester Care & Repair improves the homes, health and lives of older and disabled people



"Every £1 spent on adaptations to support quicker hospital discharge generates a £7.50 saving for health and care"

Hospital to Health Home Evaluation (2019)
Care & Repair Cymru

This brochure highlights the benefits to patients, the NHS and social care of linking Manchester Care & Repair's home repairs, adaptations, and related housing services to hospital discharge systems.

Outcomes of the housing interventions include:

- Reduced delayed transfer of care and reduced risk of hospital readmission
- Extended safe, independent living at home for people with long term conditions
- Improvements to patient's physical and mental health
- Falls risk prevention
- Frail elderly reduced health risks
- Increased resilience and ability to manage future life changes

Care & Repair



Integration in Action

Small but Significant:
Evidence of impact and cost benefits of handyman services

Preston Care and Repair handyman service



This brochure summarises the impacts and cost benefits to the NHS and Social Care of the Preston Care and Repair handyman service based on the findings of an independent evaluation.

Outcomes include:

- improved older people's physical health
- improved mental health
- prevented/reduced risk of acute health episodes and unplanned hospital admissions
- reduced GP visits/calls on other health professionals' time
- extended safe, independent living at home
- improved wellbeing and quality of life
- High rate of Return on Investment - fiscal and societal
- For falls reduction alone ROI was 4.28:1 i.e. every £1 spent on the handyman service health and social care saved £4.28

Care & Repair



The Rayne Foundation



Integration in Action

Housing services to enable people to stay living independently at home

Homewise Memory Matters: Supporting people with memory loss, dementia and their carers at home in East Lancashire



This brochure describes the Homewise Memory Matters project for people with memory loss, dementia and their carers providing help with the home environment, advice on care and support services and welfare benefits.

Outcomes include:

- Prevention of hospital admission e.g. reduced falls risk
- Reduced risk of admission to residential care
- Extended independent living at home
- Improved wellbeing including support for carers
- Improved safety and security at home
- Reduction in social isolation

Care & Repair



Safe, Healthy, Independent Ageing at Home

- *Do we have the housing stock, home adaptations and other housing related services needed to achieve this?*
- *Are Health, Care, Housing and Planning well integrated (at policy and practice levels)?*
- *Have we taken a fresh look at:*
 - *Integrated home adaptations delivery?*
 - *Preventative housing interventions e.g. Handy person, home safety check with remedial action?*
 - *Housing disrepair solutions?*
 - *Housing options info & advice linked to hospitals?*





Thank you for listening