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HEALTH & ADULT SOCIAL CARE SCRUTINY PANEL

Tuesday, 3rd November, 2020 at 7.00 pm (Virtual meeting)

AGENDA – PART 1 TO FOLLOW PAPER

6. REARDON COURT EXTRA CARE HOUSING (Pages 1 - 24)

To receive a report/presentation on the development of the Reardon Court Extra Care Housing Scheme.

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SCRUTINY REPORT EXTRA CARE HOUSING

Purpose To provide information on Extra Care Housing as a model of accommodation and support for older people with support and care needs

Date Tuesday 3rd November 2020

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1. Our Changing Demographic

- 1.1 The demographic of Enfield is changing. People are living longer but not always in good health. The number of people with complex needs is increasing and the number of older people (65+) managing health conditions including long term conditions that limit quality of life is on the rise.
- 1.2 In 2019 it was projected that 45,400 people living in Enfield were aged 65 and over. This figure is set to rise to 61,100 by 2030, when our older population is expected to represent 15.6% of Enfield's total population, placing additional pressure of both housing and care services.
- 1.3 We know that approximately 37% of Enfield's older person population (65 years and over) live alone and the number of people requiring support to carry out both domestic and self care tasks is increasing. The total population aged 65 and over unable to manage at least one self care activity on their own is projected to reach 33% of the older person population by 2030.
- 1.4 Innovative approaches that harness the preventative value of good quality housing with care are required to meet this projected escalation in need and enable people to lead inclusive, active and independent lives for as long as possible.
- 1.5 Information in respect of who the Council currently supports can help us build a view on the local preventative value of Housing with Care, and the role it may play in minimising the escalation of need and the requirement of residential care environments in Enfield.
- 1.7 The number of people receiving care in their own home is rising year on year. Whilst many service users now purchase their own homecare through direct payments, there remain over 500 older people aged 65 or over in receipt of

home care services organised by the local authority. Of these, 326 people receive more than 14hrs of care per week.

- 1.8 Residential care placements are also on the increase. In 2015 was projected that there were over 1,300 older people living in a residential care home (with or without nursing care) and this number is projected to rise to 1,780 in 2025 (POPPI)
- 1.9 Adult Social Care currently place in the region of 200 older people into long term residential care per year. There were 202 new admissions in 2019/2020. This compares to 116 new admissions in 2014/2015.
- 1.10 Placement costs are also on the rise. The average cost of an older person new admission to residential care in 2019/2020 was £812.
- 1.11 Although Enfield hosts a reasonably diverse housing provider market, future development that improves accessibility and environment in line with HAPPI design principles will help the borough keep pace with the changing aspirations of our ageing population.
- 1.12 In terms of capacity requirement, recent demand projections from the GLA support a significant increase in supply of older persons housing, which includes Extra Care Housing. Figures set out in the Draft New London Plan indicate a requirement for an additional 195 units (C3) per annum between 2017 and 2029. Based on current market information, this amounts to broadly doubling our existing older person housing supply over a 12 year period.
- 1.13 It should be noted during the initial COVID pandemic there were restrictions on the movement of people and providers had put a hold on new nominations being put forward due to the vulnerability of the other residents within the schemes. Additionally, there were delays where properties had been returned to the providers for remedial work in order that the accommodation could be offered to a new tenant.

2 Extra Care Housing – Part of the Solution

2.1 What is Extra Care Housing?

2.1.1 Extra Care Housing (ECH) provides purpose built, accessible, self-contained accommodation plus communal facilities, to support independent living and facilitate social inclusion for older people and adults with disabilities.

2.1.2 Round the clock on site support offers a flexible model of care that respects the dignity and privacy of individuals living in their own homes. It also offers opportunities for support and care to be delivered more efficiently, maximising the benefits of 'shared care' and assistive technology and helping to prevent hospital admissions and escalating care packages triggered by falls due to inaccessible environments.

- 2.1.3 Appendix A provides information on where Extra Care Housing sits on the spectrum of older person housing models.
- 2.1.4 The model offers a real alternative for older people and adults with disabilities who may be struggling to remain living independently in their own homes. It also offers an alternative option for people placed in inappropriate or high cost residential care placements, who - given the right support and the right environment - would be able to live more independently.
- 2.1.5 Research undertaken by East Sussex Council (as cited in the ADASS New Dialogue Paper in April 2018) indicates that 64% of residents living in extra care provision would otherwise have been placed in residential or nursing care services.¹ With the development of Enfield's Extra Care Housing offer, there is real scope to increase options and improve lives.
- 2.1.6 There are many different types of Older people's accommodation provision including much provided by the private sector, charities and RSLs. In many cases this provision caters for individuals downsizing and releasing income to supplement their pension or support their families and could be viewed as a lifestyle choice. Whereas older people moving into extra care accommodation support by adult social care are those whose health has deteriorated and are now unable to return to their property due to health reasons. They require a level of care & supervision to ensure that they remain safe but which also enables them to remain living as independently as possible within the community. If they did not have this level of 24 hour supervision and care on site the alternative would often be residential or nursing home care.

2.2 What are the Benefits of Extra Care Housing?

- 2.2.1 The strategic, financial and community value benefits of good quality Extra Care Housing are set out in previous Cabinets Reports on Extra Care Housing. The development of high quality, well designed Extra Care Housing provision is consistent with national drivers for improvement and change set out in the Care Act 2014. Strategic development in this area will help to ensure:
- people receive services that prevent their support and care needs escalating, or delay the impact of their needs;
 - the emotional physical and mental wellbeing of people in need of care and support, and their carer is maximised;
 - people are supported to maximise their independence and feel in control of the support and care that they receive;
 - people have a choice of a range of providers offering high quality, safe and appropriate services from a vibrant and diverse marketplace;

¹ https://www.housinglin.org.uk/_assets/Resources/Housing/OtherOrganisation/A-Better-Offer-for-Older-People-Making-Extra-Care-Housing-work-for-your-community.pdf

- people feel able to maintain the social and support networks that are important to them

2.2.2 From a financial perspective, development of this nature will increase the long-term security of supply, helping to ensure that future costs can be managed, and statutory care requirements can be met. It will also support cost avoidance for Adult Social Care in respect of funding care and support. Local evidence indicates that the average cost to Adult Social Care of supporting an individual in Extra Care Housing is less than high cost residential placements or community packages.

2.2.3 In terms of community value, the development of good quality Extra Care Housing will raise the profile of housing with care options in Enfield. It will help support a positive understanding of what high quality housing with care can offer. It will also improve building quality within the Housing with Care sector, to better meet the changing aspirations of older people with support needs.

3 The Importance of 'Care Ready' Design

3.1 Good building design is crucial to the delivery of positive outcomes cited above. There is much research on the importance good housing design and the role it can play in maintaining independence, health and wellbeing of older people,

3.2 'Care Ready' design is important – it provides a flexible environment to accommodate changes in care should the needs of an individual escalate, preventing unnecessary relocation of people with significant care needs to a residential care setting. But it's not just about accessibility and adaptability.

3.3 Well-designed Extra Care Housing can also play a role in supporting mental and emotional wellbeing. It can assist orientation and aid memory for those with dementia or cognitive impairment. It can also facilitate the development of peer support networks and help combat social isolation through the creation of thoughtfully designed shared spaces that foster social connection.

4. Showcasing Good Design - Reardon Court

4.1 Reardon Court Extra Care provides a fantastic opportunity to extend housing options for older people with care needs in the borough and tackle negative perceptions of housing and care in later life. For some it will provide a more flexible alternative to residential care. For others, it will provide an opportunity to downsize to a more accessible home with support on hand 24 hours a day.

4.2 The user focussed design of Reardon Court showcases good practice in this field. The scheme is non-institutional in design, yet considerate to the support and care requirements of older people and people with disabilities likely to live at the scheme – some of whom may develop significant care needs as they progress in years and/or their condition deteriorates.

- 4.3 Attention has been given to promoting social interaction and involvement through thoughtful design of layout (for example courtyard design), circulation and the 'small spaces' where people may come together. This includes consideration of light, acoustics and outlook, to create spaces that people wish to use and connect.
- 4.4 Healthy, active aging is also integral to design, to encourage movement, exercise and engagement. It is designed as a positive place to be, attractive to tenants and the wider community as a valuable, integrated, community and social resource.
- 4.5 Accessibility standards are intentionally high. All homes and shared spaces are DDA compliant, and good practice in terms of design for people with dementia care needs (Stirling University Design Guidance) has been incorporated.
- 4.6 The design of the accommodation, selection of equipment, signage, internal colour/ finishes and landscaping promote independence for those with living with mobility problems, physical frailty, sensory and cognitive impairment.
- 4.7 Natural light is maximised through dual aspect glazing, and the building has been designed to enable the use of telecare and telehealth equipment.
- 4.8 Appendix B details the ground floor design of Reardon Court, including key features and facilities, such as accessible landscaped courtyard garden, glazed communal lounge and treatment rooms. Elevations of the plans are also provided to demonstrate the accessible courtyard vision.

5. Development Progress Update

- 5.1 Reardon Court is a 91 units scheme for residents with a care and housing need, delivering 81x 1 bed units and 10 x 2 bed units. The Covid-19 crisis has highlighted how important it is for the Council to design and deliver accommodation which helps residents to live independently.
- 5.2 Demolition will commence on site before the end of the year. As we move forward, we are continually reviewing the design specification and construction programme to manage the impact of Covid-19. The construction costs have increased by 16% compared to the approved budget in July 2019.
- 5.3 The market has significantly changed due to the pandemic and continuing uncertainty around Brexit. This is reflected in the low number of bids and the increase in the main construction costs associated with delivering this type of scheme in the current market
- 5.4 The GLA grant allocation requires a start on site by March 2021 which we are working towards achieving.

- 5.5 The completed scheme is currently targeted for 2023/2024, which will help towards reducing the cost of Adult Social care and support in more expensive residential care settings.

Appendices

Appendix A: Older Person Housing and Care Models

Appendix B: Reardon Court artistic impressions of courtyard and entrance

APPENDIX A : OLDER PERSON HOUSING & CARE MODELS

Level of Care	Accommodation Type	Definition
Low	Sheltered Housing	Self-contained accommodation for older people (usually over 60 years) Sheltered Housing may have staff on site that provide concierge-type services.
	Extra Care Housing	Self-contained accommodation for older people (usually over 60 years) in a setting where care & support can be provided 24/7 from an on-site care provider.
	Residential Care	Private or shared en-suite rooms within a care facility. All residents will receive domestic care and some degree of personal care.
	Nursing Care	Private or shared en-suite rooms within a care facility. All residents will receive domestic care, personal and nursing care.
High		

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EXTRA CARE HOUSING SCHEME, COSGROVE CLOSE N21

FACILITIES

- 81 x 1-bed flats, 10 x 2-bed flats
- A large central communal lounge area opening onto a landscaped courtyard & gardens with outdoor seating throughout; including a sensory area, raised flower beds and an allotment space – allows residents to be actively involved in the garden to encourage healthy, active living.
- Hairdressing and treatment salon
- Laundry room
- Library/IT suite which can be used for 'cinema' events
- Multi-purpose room which provides an opportunity for local groups to use for community activities
- Intuitive assistive technology
- Open-space terraces on each floor with outdoor seating
- Roof garden



Ground Floor Plan
1:200

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APPENDIX B : REARDON COURT
ARTISTIC IMPRESSIONS OF COURTYARD & ENTRANCE



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Supporting Independence through Extra Care Housing



Our Changing Demographic

- People are living longer - not always in good health
- By 2030, when our older population is expected to represent **15.6%** of Enfield's total population
- **37%** of Enfield's older person population (65 years and over) live alone and the number of people requiring support to carry out both domestic and self care tasks is increasing.
- The total population aged 65 and over unable to manage at least one self care activity on their own is projected to reach **33%** of the older person population by 2030.
- Innovative approaches that harness the **preventative value** of good quality housing with care are required

Increasing Need for Housing with Care

- Over 500 older people aged 65 or over in receipt of home care services organised by the local authority. Of these **326 people receive 14hrs +** of care per week.
- Placements of OP (funded by ASC) into long term residential care rising year on year – **202 new admissions 2019/2020**
- Projected that **1780** OP will be living in residential care by 2025 (rising from 1300 in 2015)
- National projection tools – indicate under supply of ECH
- GLA projections reinforce this – Draft London Plan indicate requirement of additional **195** (C3) units per annum between 2017-2029. This amounts to broadly doubling our existing OP housing supply over the next 12 year period.

Extra Care Housing – Part of the Solution

- A 'step up' from sheltered housing. Accessible, flexibly designed self contained accommodation with tenancy rights and 24 hour care.
- Much more than a housing solution – if designed and delivered successfully, can play a role in bridging gap between housing and health - preventing the escalation of health and social care needs and offering a real alternative to residential care.
- This includes people with dementia and long term conditions and those moving on from a hospital setting

Benefits of Extra Care Housing Models

- Consistent with national drivers for improvement and change set out in the Care Act 2014, ECH can help:
 - prevent support and care needs escalating, or delay the impact of their needs;
 - maximise emotional physical and mental wellbeing of people in need of care and support,
 - maximise independence and control over the support and care that they receive;
 - people maintain the social and support networks
- Financially – development supports security of supply and cost avoidance for Adult Social Care
- Community Value - raise the profile of housing with care options in Enfield and promote positive understanding of what high quality housing with care can offer

Importance of Care Ready Design

- Good building design is important to the delivery of positive outcomes
- ‘Care Ready’ design is important – it provides a flexible environment to accommodate changes in care.
- But not just about accessibility and adaptability.
- Well-designed Extra Care Housing can also play a role in supporting mental and emotional wellbeing. It can assist orientation and aid memory for those with dementia or cognitive impairment.
- It can also facilitate the development of peer support networks and help combat social isolation through the creation of thoughtfully designed shared spaces that foster social connection.

Showcasing Good Design – Reardon Court

- Development of 91 accessible homes. A fantastic opportunity to extend housing options for older people with care needs in the borough and tackle negative perceptions of housing and care in later life.
- User focussed design of Reardon Court showcases good practice in this field.
- Non-institutional design, yet considerate to the support and care requirements of older people and people with disabilities – some of whom may develop significant care needs as they progress in years and/or their condition deteriorates.

Showcasing Good Design – Reardon Court



- Promotes social interaction and involvement through thoughtful design of layout circulation and the ‘small spaces’ where people may come together
- Healthy, active aging integral to design. Encourages movement, exercise and engagement.
- A positive place to be, attractive to tenants and the wider community

A Courtyard Design

EXTRA CARE HOUSING SCHEME, COSGROVE CLOSE N21



FACILITIES

- 81 x 1-bed flats, 10 x 2-bed flats
- A large central communal lounge area opening onto a landscaped courtyard & gardens with outdoor seating throughout; including a sensory area, raised flower beds and an allotment space – allows residents to be actively involved in the garden to encourage healthy, active living.
- Hairdressing and treatment salon
- Laundry room
- Library/IT suite which can be used for 'cinema' events
- Multi-purpose room which provides an opportunity for local groups to use for community activities
- Intuitive assistive technology
- Open-space terraces on each floor with outdoor seating
- Roof garden



Development Progress

- Demolition to commence end of 2020
- GLA grant allocation requires a start on site by March 2021 which we are working towards achieving.
- The completed scheme is currently targeted for 2023/2024, which will help towards reducing the cost of Adult Social care and support in more expensive residential care settings.

Links

- HousingLIN - What is Extra Care Housing?
- <https://www.youtube.com/watch?v=5fZgQdXwUgM>
- HousingLIN – Designing Homes for Extra Care Living
- <https://www.youtube.com/watch?v=5fZgQdXwUgM>
- HousingLIN – Living with Dementia in Extra Care
- https://www.youtube.com/watch?v=HN__uqNhUoc

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