

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