Homes and health: how housing and the NHS can work together

Repair and adaptation of current homes to improve health:
‘How the right housing can encourage independence and improve health: examples of action in practice’

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About the Housing LIN

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Introduction

• The Equalities and Human Rights Commission: approx. 1.8 million disabled people require suitable housing and approx. 300,000 do not have the adaptations they need in their existing homes.

• Widespread recognition that some simple changes to the home environment can completely transform the lives of older people and disabled people by enabling them to maintain their health & wellbeing in their own homes.
Context

Small flats to general housing to housing for older people
Derby: 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

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<tr>
<th>Use of A&amp;E</th>
<th>Acute Hospital</th>
<th>Admissions</th>
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<td>39.5% reduction</td>
<td>53.8% reduction in stays</td>
<td>20% fewer hospital admissions</td>
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| EMAS | 91% of clients still in own homes at 12 months | 86.3% felt benefit in health, wellbeing, anxiety, confidence |
|  reduction in contact and conveyance to hospital |
Mansfield ASSIST

• Mansfield District Council’s Advocacy, Sustainment, Supporting Independence and Safeguarding Team (ASSIST) service: National Institute for Health and Care Excellence (NICE) Shared Learning Award.

• ASSIST provides a 360-degree service to improve transition of patients from hospital to home. Interventions range from simple adaptations to complex rehousing cases.
Radian Adapt

• **Radian Adapt** for tenants who are older or have disabilities to enable people to remain independent in their own homes.

  • Aim: comprehensive, effective and timely adaptations service to Radian residents to assist them to live independently and safely at home, avoiding delayed transfers of care and promoting older people’s health & wellbeing.

  • Radian has employed its own in-house occupational therapists.
Derbyshire Dales: Housing Options service for older people

- Independent housing advisory and assistance service
- 1:1 support for tenants and homeowners
- Home adaptations and aids
- AgeUK Derby & Derbyshire
- Second homes council tax funded
Leicestershire: Lightbulb project

- Countywide housing support service covering minor and major adaptations
- Partnership between local councils and NHS
- Delivery costs, including Hospital Housing team approximately £1 million per annum against a potential £2 million per annum saving to health and social care reduced admissions/delays in transfers of care.
Evidence of what helps: strategic clarity

Greater Manchester Housing Strategy (June 2019)
- Ensuring existing housing stock is suitable, accessible and fit for the future
- Commitment to explore delivery options for a GM wide Healthy Homes service

GMHSCP Population Health Plan (2017)
- Aligning housing priorities with the GM vision for health
- Targeting of people most likely to be living in unsuitable housing, suffering from respiratory diseases, at risk of falls etc
Evidence of what helps: understanding demand

• Demand for adaptations to **existing homes**

• Assessment by local authorities of demand for **adapted homes**: Part M(4) Category 3 and Category 2

• Greater Manchester Health & Social Care Partnership: By 2030 estimated that there will be 8,680 wheelchair user households in Greater Manchester with unmet housing need
Evidence of what helps: planning policy

- **Planning policy** providing clear steer to housing developers and providers
- Local Plan and Supplementary Planning Documents
  - Maldon: application of the *Lifetime Homes* standards
  - Northampton: 8,186 of homes would need to be built to M4(2): Category 2 standards over the plan period or 630 dwellings per annum
  - HAPPI design standards
Evidence of what helps: fresh approach to assessment for adaptations

- A fresh approach to respond to growing demand
- Describing adaptations based on complexity rather than type and cost
- A framework to support a proportionate response
- Innovations in practice from around the UK
- Sources of design guidance
Summary

• Investing in adapting current homes: significant impact in terms of wellbeing & health gains
• Relatively modest changes can transform health and wellbeing
• Drawing on practical examples of health benefits of assisting people to adapt their current homes
• Key ingredients: strategic intent; understanding demand; using planning policy; flexible assessment frameworks
• Wide range of resources/guides available
Resources

• Adapting for ageing: Good practice and innovation in home adaptations (CfAB/C&R England)
  https://www.ageing-better.org.uk/publications/adapting-for-ageing
• Adaptations without delay (RCOT/Housing LIN)
  https://www.rcot.co.uk/adaptations-without-delay
• Home from Hospital (NHF)
  https://www.housing.org.uk/resource-library/browse/home-from-hospital-how-housing-services-are-relieving-pressure-on-the-nhs/
• Housing our ageing population (LGA)
  https://www.local.gov.uk/sites/default/files/documents/5.17%20%Housing%20our%20ageing%20population_07_0.pdf
• Care & Repair England
  http://careandrepair-england.org.uk/
• Housing LIN
  https://www.housinglin.org.uk/Topics/browse/Design-building/occupational-therapy/housing-adaptations/
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