

Catering for the Housing Needs of Older People

**Making Ireland a great place to grow old in –
Forward planning to cater for the housing
needs of an older population**

AGE FRIENDLY IRELAND
TRAINING FOR ELECTED MEMBERS

Sept 2016

AILG





Introductions

- Welcome
- Great knowledge and experience in room
- Age Friendly Ireland – Jack Keyes and Aisling Costello
- Today's work focuses on Housing and a brief look at how we plan our towns

An ageing population...so what?

**Community Support
& Health Services**



**Outdoor Spaces
& Buildings**



Housing



**Communication
& Information**



**Holistic Nature of 8 Domain
WHO Framework**

Transport



Civic Participation



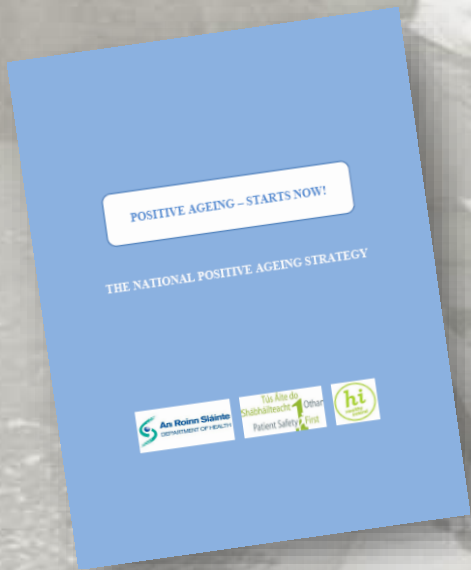
**Respect
& Social Inclusion**



Social Participation



WHERE we live impacts so much on **HOW** we live
LOCAL can be everything



Eyes on the prize: Sustainable co-operative action

Collaboration

Consultation

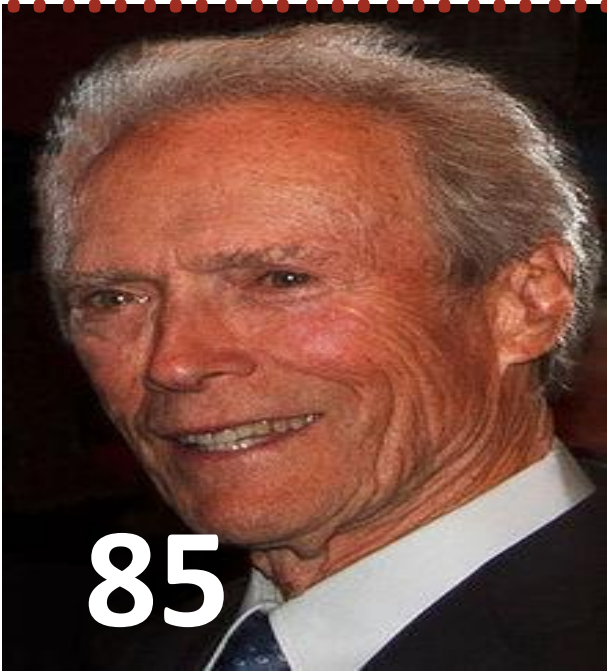


Joined up, Real Change

Age Friendly Ireland – recent work

- Age Friendly Alliances in every County and City in Ireland
- Strategies devised and being implemented in LAs
- Increasing role in research, advocacy and policy formulation
- Sliotar Housing Report
- See www.agefriendlyireland.ie

Life Begins.....



Ireland , More people living longer,

11.67%
65+
(CSO 2011)

Over 65 population will increase
250%
By the year 2036 (CSO 2007)

22%
65+
By the year 2046

Average Life Expectancy
80
(CSO)

Over 65 population will increase to
1.4 m
By the year 2041 (22%)

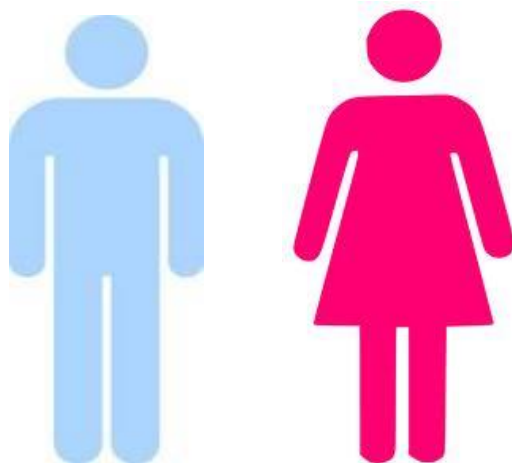
Life Expectancy increase
2 months per
annum
(CSO)

Context- Border and Western Region

6%

aged

75+



95,419
(total population)

Over 11% between
55 and 65 years old

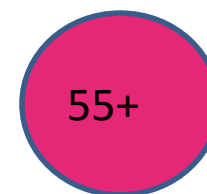
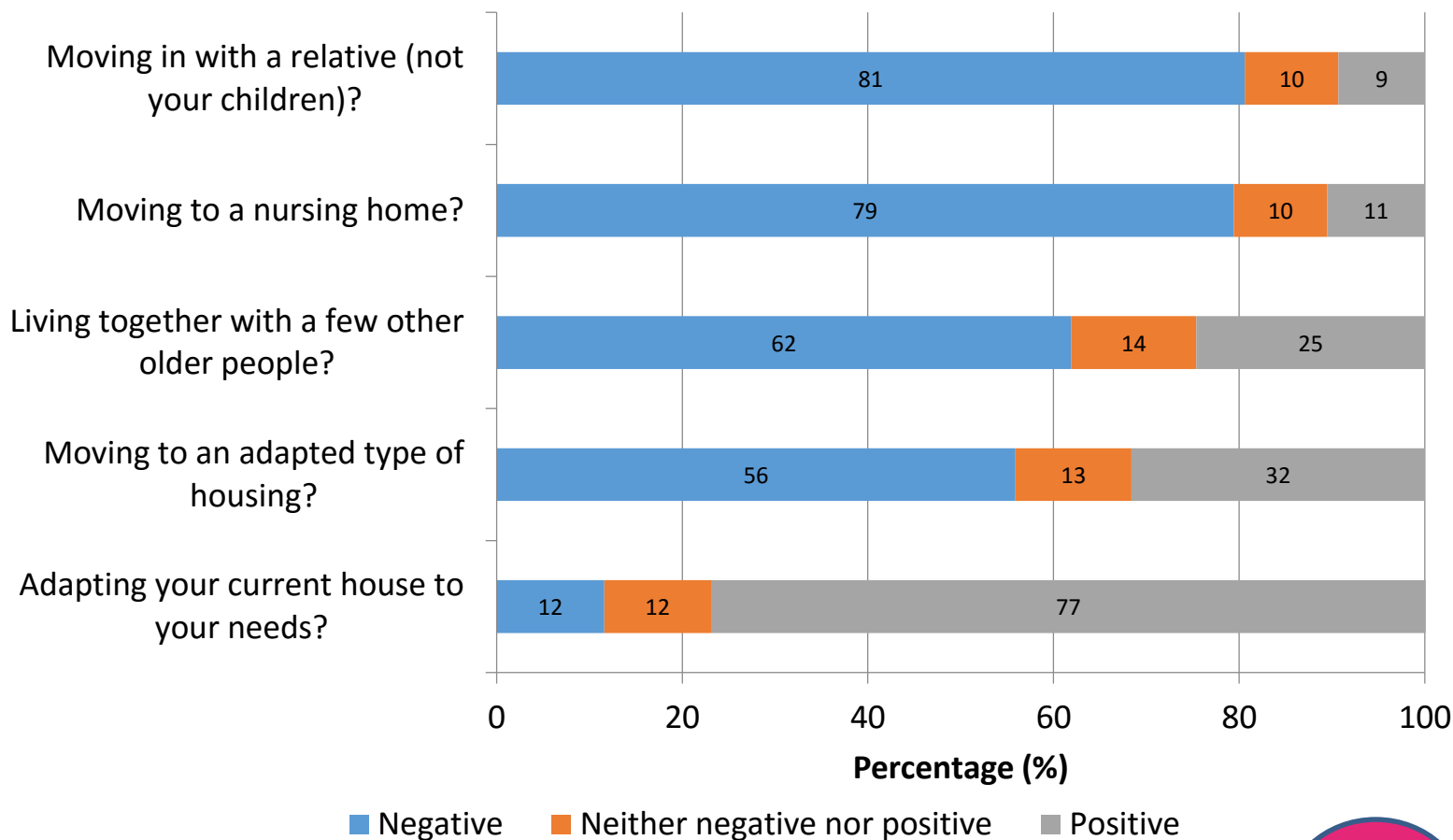
65+ with a disability
is 35%

people aged 65 plus

13% (11.7%NA)

If your home was no longer suitable for you (or your spouse), for example if you were unable to climb stairs or you needed additional support in the home....

How do you feel about any of the following possibilities?



Why be age friendly in the public realm?

- Enhance lives of older people
- Draws on learning from 22 towns
- Focuses on small design considerations
- Early interventions cost very little
- Experience consistent across the country
- Barriers are often placed unconsciously
- Now we have an evidence base

Public Realm - Seating



Seating – a primary requirement



Innovation saves money



Public Toilets



Age Friendly Parking



Exercise for all the family



Pedestrian Crossings



Solar powered litter bins



Bus stop with seating and shelter



QUIZ!!

- **What % of 65+ live in long term residential care?**
- **What % of 65+ in the community are self-sufficient in performing tasks of daily living?**
- **What % of 65+ live with/from Dementia?**
- **What % of 65+ rated their quality of life as good or very good?**
- **Which is the age at which people consider themselves happiest?**

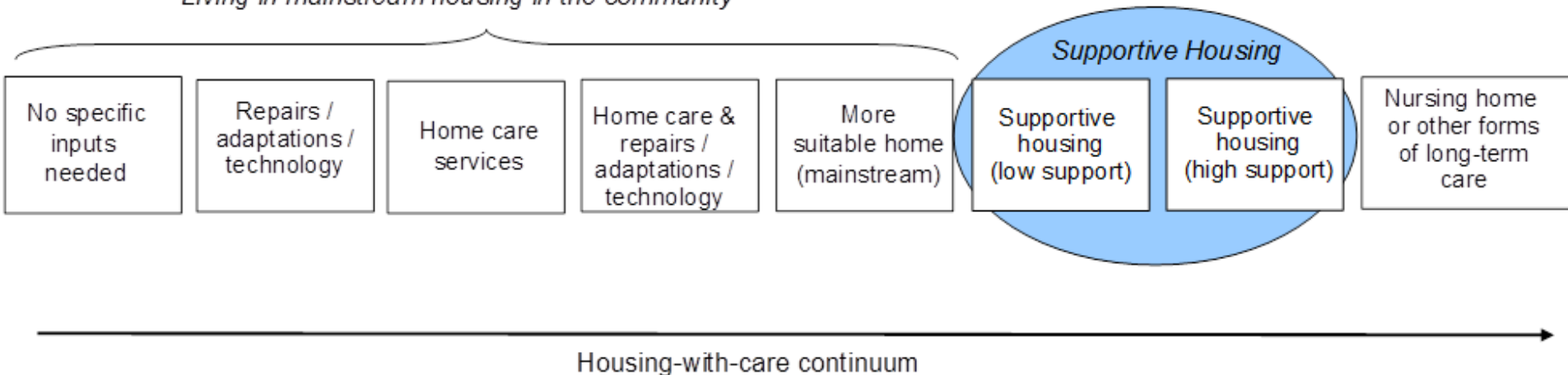
Housing for Older People:
Future Perspectives

***SLIOTAR: Sustainable Living Integrating
Older people with Technological
Advancements in Regeneration Limerick***

Increase housing options for older people



Living in mainstream housing in the community



SLIOTAR Project

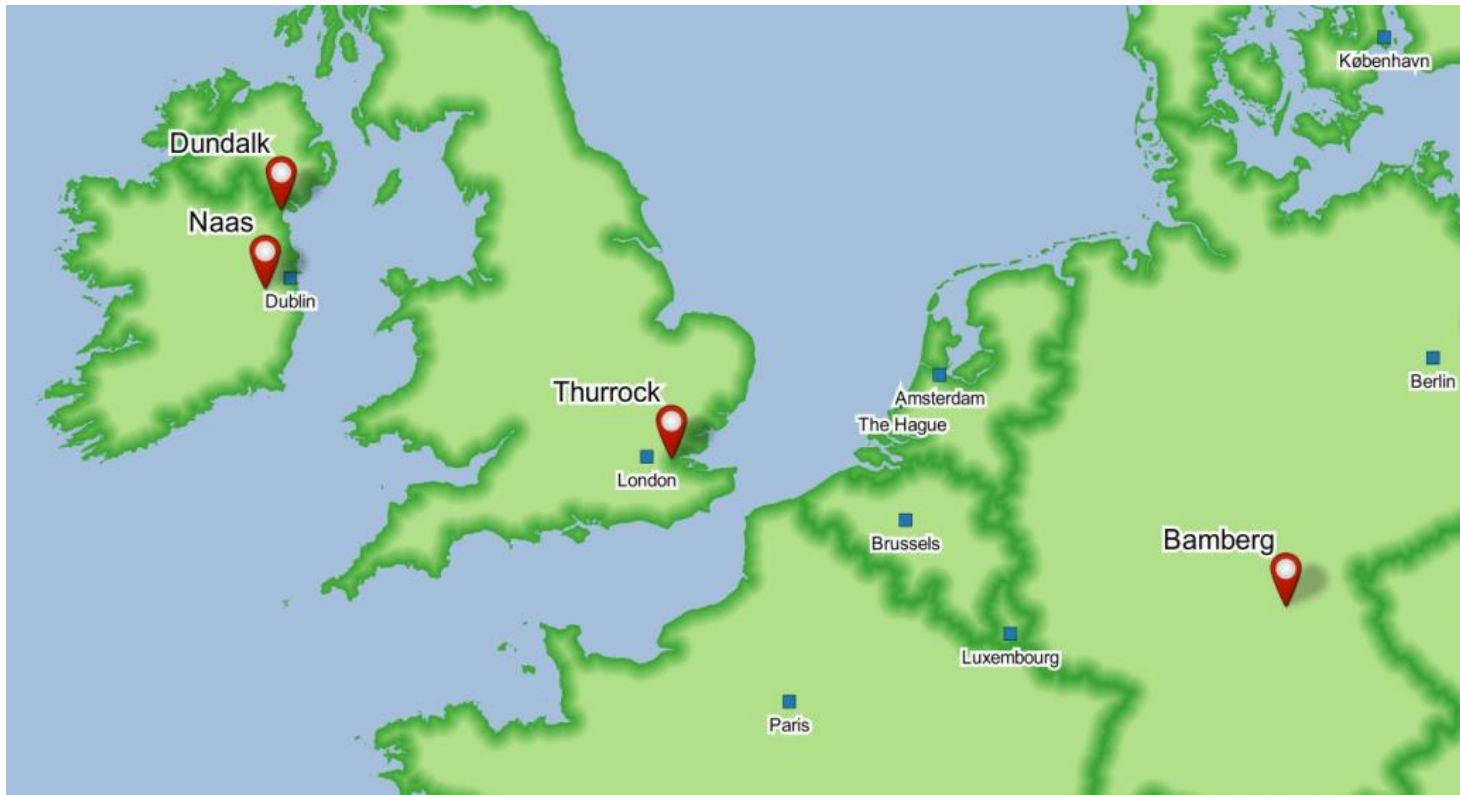
- ▶ Looks at national and EU housing and support models for older people and learned what gives good outcomes
- ▶ To meet the needs, we need to think differently
 - ▶ *Physical considerations:* Locate new developments close (walking distance) to services and include adaptable design
 - ▶ *Technological considerations:* Integrate technology into developments
 - ▶ *Social considerations:* Integrate social supports into developments
- ▶ Change the way we think about housing for older people.

Older Peoples Voice

- ▶ Older people want to stay living in their own home and community
 - ▶ “I want to stay living in my home as long as possible”
 - ▶ “Raheny is my home, whenever I go away, I can’t wait to come back”
- ▶ But in appropriate accommodation
 - ▶ “The stairs are terrible; physically I find it hard to climb them”
 - ▶ “I’m on my own, what happens if I have a bad fall!”
- ▶ And to feel Safe
 - ▶ “Even when I am on my own, I lock myself in and make sure all the doors and windows are closed”
 - ▶ There isn’t a week that goes by where I don’t hear “ about a break in”

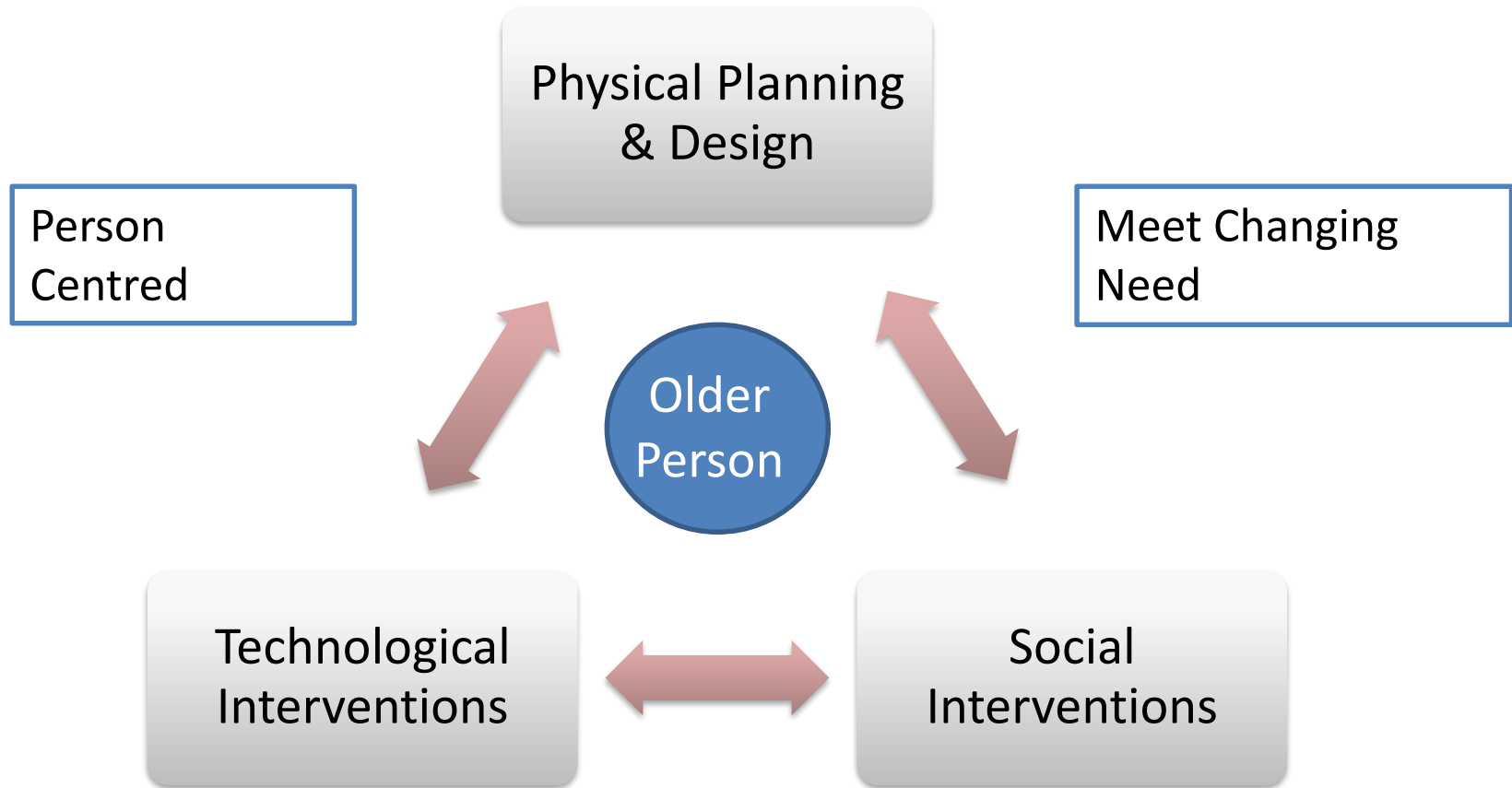
Research – Case Studies

- ▶ GNH Complex, Dundalk
- ▶ Cúltaca, Dundalk
- ▶ McAuley Place, Naas, Kildare
- ▶ Local Area Coordination (LAC) Thurrock, Essex, UK
- ▶ SOPHITAL®, Bamberg, Germany.



Housing Model

- “Develop an approach that provides support and care in the home or community as opposed in an institutional care setting”.

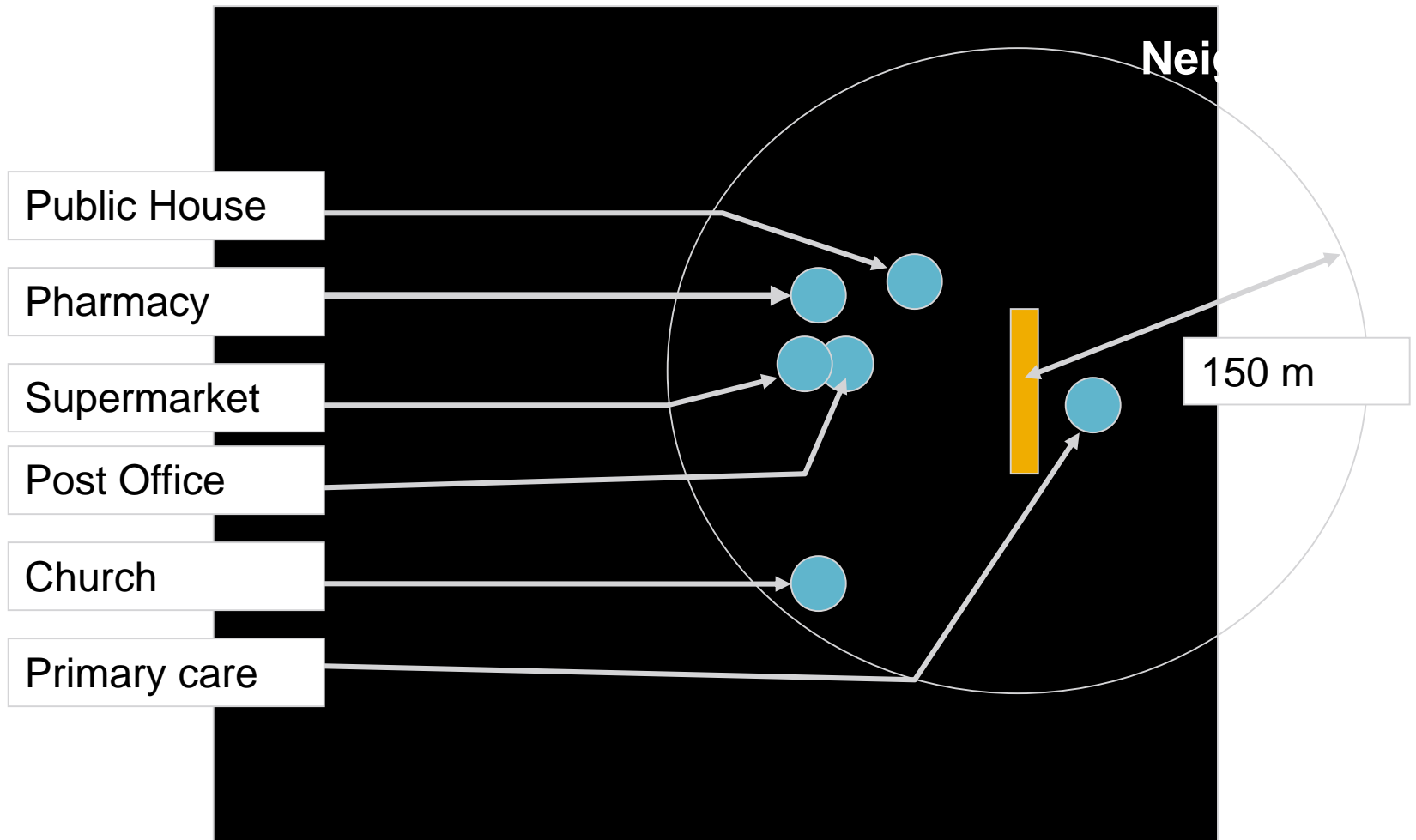


GNH (Great Northern Haven) – Context

- 16 Apartments
- Located 1km from Dundalk town centre.
- ▶ 15 Residents moved in 2010, 10 from Housing List, 5 from HSE care
- ▶ Technology < 2000 sensors.
- ▶ Social Interventions – Cúltaca.



Ageing-in-place initiative





SLIOTAR

Age Friendly Housing



What did we learn? *Physical...*

- Demographic analysis – **predict likely demand**
- **Location, Location, Location...** Town centre.
- Relevance of **brownfield** sites
- Services within **walking** distance (300 – 500m)
- Designed to be **adaptable** to be lifetime home
- **Energy efficient** / Part M
- 16 / 53 apartments with access to common /community facilities
- **Allocation Policy** / Waiting list for apartment; include those at risk of entry to full time care

-
-  **Housing for Older People** Social Supports: Cultaca / HSE – Support for residents

Technological Interventions

GNH

- Technology integrated into design.
 - PIR (passive infra-red) motion sensors
 - Contact sensors on doors and windows.
 - Sensors on light-switches.
 - Electricity sensors.
- Track Feedback to iPad.
- Emergency Call System.
- Home automation - adaptability



TV and Touch screen

SOPHITAL® Germany

- Wireless technology.
 - Can be fitted anywhere in the home.
 - Flexibility – products can be use anywhere in the community.
- Range of technology features
 - Safety and security
 - Health monitoring
 - Comfort
- Emergency support system

What did we learn? *Technological (1)*...

- **Technology is welcomed by older people**
 - where it improves safety and security
 - monitors health and saves journeys.
 - communication technology supports social connectedness
- **Training on the use of technology helps adoption**
- **Technology can**
 - support longevity of tenancies.
 - be tailored to meet the needs of the resident.
 - be used to retrofit existing homes



What did we learn? *Technological (2)*...

- Provide broadband in older person accommodation
- *Minimum* technologies that would support older people;

Safety & Security; Emergency Call System, heat and flood sensors, Door & Window contact sensors, linked to alarm, Hob/Stove connection, All Off switch, Video intercom.

Health Monitoring; Weight and Blood Sugar and Pressure Monitoring, Fall and wander monitors

Comfort; Adjustable heat control, remote using smart controllers, Energy usage monitoring, Door or window actuators.



Social Interventions

- **Working one to one** with the person – develop personal plan.
- Developed an ‘expertise’ in supporting older people.
- Address **service fragmentation** and **poor coordination**.
- **Outcomes**
 - Improved health and wellbeing and independence
 - Reduce demand on acute services
 - Empower older people to make their own decisions



What did we learn? *Social ...*

- Housing providers should partner with local support services prior to developing housing for older people.
- Introduce **further initiatives** (similar to Cúltaca or LAC) which aim to strengthen community capacity and social networks.
 - Person-centred approach,
 - Identifying gaps in service provision,
 - Supporting communication between service providers.
 - Develop 1:1 relationship



Cost Effectiveness

Average cost associated with keeping one Resident in an Apartment in GNH	
Charges	Cost (per week)
Average Rent*	€30
Service Charge*	€12
Average Electricity Bill*	€3.75
Average Heating Bill*	€7
Average Food Bill (@ 31.7% of Income - €230.30)**	€73
Average Local Authority Cost (Differential Rent) ^	€4.90
Total (No Care Package)	€130.65 [A]
Care Package (@ 3 hours x €21.90 p/hr***) ^^	€65.7 [B]
Total [A+B]	€196.35
Care Package (@ 15 hours x €21.90 p/hr***) ^^	€328.5 [C]
Total [A+C]	€459.15

SOURCES

* FIGURES PROVIDED BY CLÚID HOUSING ASSOCIATION

** BANTRY WHITE, ET AL. (2011)
^ COST COVERED BY THE LOCAL AUTHORITY

*** WWW.CAREFORME.IE/RATES/

^^ COST COVERED BY THE HSE

**** WWW.HSE.IE/ENG/SERVICES/LIST/4/OLDERPEOPLE/NHSS/COSTS

Costs of Nursing Home Care - Average across all regions****	
Public (March 2011)	Private/Voluntary (January 2015)
€1,245 p/w	€898 p/w
Average in Co. Louth****	
€1,272 p/w	€910 p/w

Cost Effectiveness - Recommendations

11. Further comparative research on operational costs.
 - This would inform the development of a model of shared costs from an operational perspective.

12. New capital costs funding model.
 - We recommend the development of a model of shared costs from an capital housing and health perspective.

Conclusions...

- To meet the needs, we need to think differently
 - **Locate** new developments close (walking distance) to services and include adaptable design
 - **Integrate technology** into developments, enhancing safety and security, health monitoring, comfort and social connectedness
 - **Integrate social supports** into developments; access to information, find non health service based solutions and reduce demand

‘Whilst the design of accommodation can be beneficial, the accompanying care and support packages are crucial to supporting quality of life. It seems they work synergistically’ (Social Research Centre, 2012).





QUIZ

What percentage of Irish people over 65 live in long term residential care?	5%
What percentage of Irish people over 65 living in the community are self-sufficient in performing the tasks of daily living	75%
What percentage of Irish people over 65 live with/from dementia/Alzheimer's disease?	8%
What percentage of Irish people over 65 rated their quality of life as good or very good?	80%
Which is the age at which people consider themselves happiest?	70

What's next?

- This model of housing can;
 - Support older people to stay living at home for longer.
 - Provide housing that will cater for future demographic changes.

Ask today: consider

1. Assessment of need at local level
2. Reduced parking and green areas facilitate Brownfield sites
3. Engage with Developers to provide homes for this market (Private and Approved Housing Bodies)
4. Procurement – Inclusion of Accessibility (Monaghan)
5. Minimum Design Standards – (CEUD) include low cost elements
6. Technology and social elements can work for existing homes.

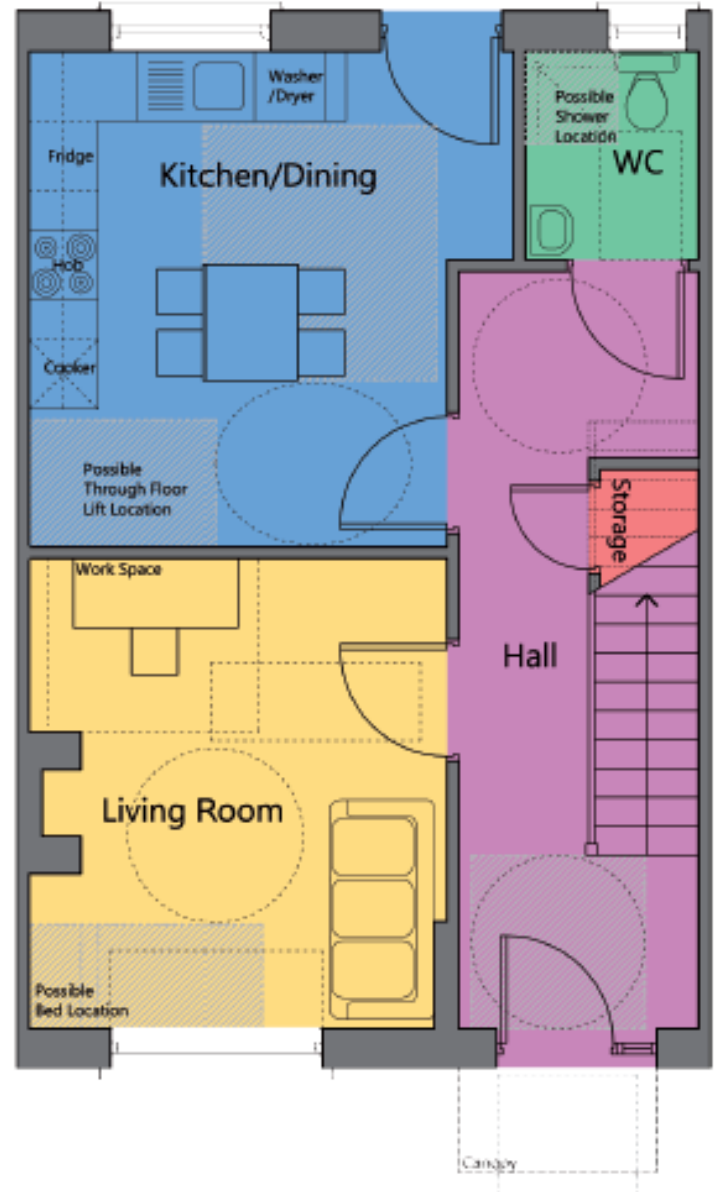
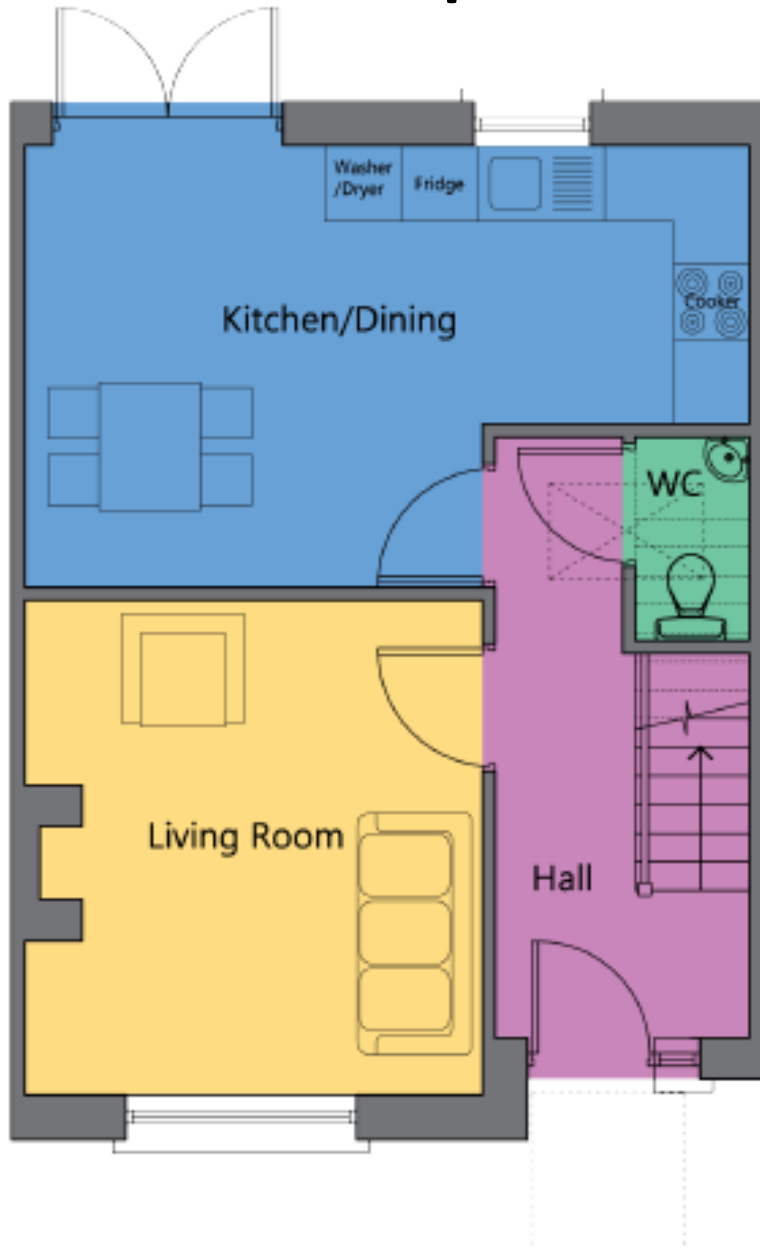
PART M – THE LEGAL IMPERATIVE

- Part M sets out the **minimum requirements** for accessibility that all new homes are obliged to meet
- UNIVERSAL DESIGN : **desired standard** in Ireland, three levels
- Lifetime Homes **go further** than Part M to cater for changing needs

Universal Design

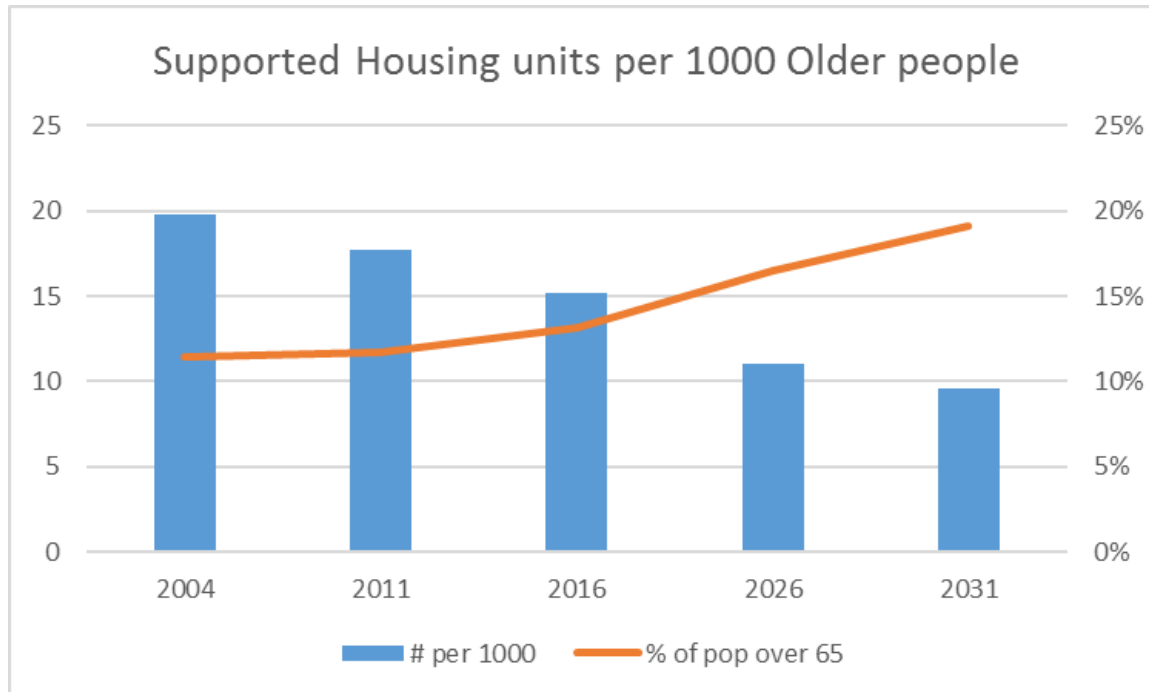
- “Design and composition of the environment so it can be accessed, understood and used to the greatest extent possible by all people, regardless of their age, size or disability. This includes public spaces in the built environment such as buildings, streets or spaces that the public have access to; products or services provided in those spaces; and systems that are available including ICT”
Disability Act 2015

2 bed 3 person terraced house



Where are we now?

- Only aprox. 10,000 supportive houses (2% of older population)
- Other statistics from Dept / ourselves



What needs to happen next?

- Local Authorities have good examples of provision over many years
- Need to accelerate and prepare for future
- Joined up thinking will underpin the model – why build and then adapt?
- Private sector, housing association and Local Authority input
- Keep the issue on the political agenda

Rebuilding Ireland – Action Plan for Housing and Homelessness – Older People

- Recognises the demographic challenge
- Acknowledges the challenge to public policy
- Priority - allow people remain in own homes
- Specific acknowledgement of AFIs work and the Report and local authority training
- New pilot in Dublin with multi-agency work
- Similar proposals for other LAs in parallel
- Strengthen the grants schemes

Conclusions

- A major challenge for the Political System
- Older persons have some different needs
- Balance with other members of society
- Collaboration and consultation essential
- Local Government in the lead role
- We could become world leaders
- Please contact Age Friendly Ireland if you need any further information or assistance