

## **Extra Care Housing**

### **Report by Eibhlin McHugh, Joint Director, Health and Social Care**

#### **1. Purpose of the Report**

- 1.1** The purpose of this report is to seek agreement to the development of extra care housing provision including through the Phase 3 Housing Programme.

#### **2. Background**

##### **Key Objective of Integration**

- 2.1** The integration of health and social care was considered essential to accelerate the redesign of services to ensure their long term financial sustainability. In particular there is a requirement to shift investment towards community based services to reduce the reliance on hospital and care home provision. The context of challenging public finances and the projections about an ageing population led to the Government legislating to ensure these changes are put into effect.

##### **Key Role of Housing**

- 2.2** Although Housing is not formally included in the Integration arrangements it has long been acknowledged that suitable housing is critical to effective delivery of care in the community. This is reflected in the specific requirement to publish a Housing Contribution Statement in conjunction with the IJB Strategic Plan. The Chief Officer is also the Director of Housing Services while both the Council Housing Service and the local Registered Social Landlords (RSLs) are represented on the Strategic Planning Group.

##### **Housing Strategies to Deliver Community Care**

- 2.3 Housing:** Sheltered, retirement, amenity and wheelchair accessible housing provide accommodation suitable for people who have some degree of disability or frailty. There are now 6 Sheltered Housing Schemes for older people in Midlothian with some RSLs having redesigned their services and removed the provision of on site support.
- 2.4 Adaptations:** Many people prefer if possible to remain in their own homes and communities as their needs change. Each year in the region of £1.2m is spent on adapting Council, Private Sector and RSL houses to enable people to continue to manage as independently as possible. New build standards help to reduce the adaptations required in more modern housing.

- 2.5 Dementia Friendly Housing:** Midlothian has, for a number of years, been a test site for the national dementia strategies. A recent focus of this work has been to find ways of improving housing for people with dementia. One approach has been to develop guidance for housing design for designers, builders and property owners. Another is to provide training and resource material for both housing maintenance staff and for relatives.
- 2.6 New Technology:** Technology offers many more opportunities to help people live safely in their own homes. These range from wander-alerts to monitor if someone with dementia has left their house in the evening to automatic lights and safety shut off switches if gas or taps are left on. There is likely to be a growth in the application of technologies to help monitor issues such as sleep patterns and management of medication.

### **Housing Developments in Midlothian**

- 2.7 Cowan Court:** Midlothian Council agreed to build an extra care housing facility, primarily for older people, in Penicuik in part to replace Pentland House Care Home. Cowan Court Penicuik opened in 2013 and was funded through a combination of the Housing Revenue Account and the Capital Programme. It was built to high design standards and has been the subject of considerable interest from elsewhere in Scotland. What distinguishes extra care housing from residential care is that everyone has their own tenancy with kitchen and bathroom facilities enabling people to be as independent as they can be with support from their families. A staff team is based there but the provision of care varies according to individual need.
- 2.8 Complex Care:** Midlothian Council is currently building 12 new homes to meet the needs of people with complex learning disabilities. This will enable people to live in a homely setting and within Midlothian rather than having to move to specialist facilities further afield.
- 2.9 Gore Avenue:** As part of the programme to rebuild housing in Newbyres approximately 12 homes, previously referred to as SMART housing, will provide the opportunity to develop extra care housing in Gorebridge with the possibility of links to Newbyres Care Home nearby. Two of these properties will be purpose built for bariatric use.

### **Extra Care Housing Strategy**

- 2.10 Sheltered Housing:** The demand for traditional sheltered housing is reducing and some RSLs such as Bield Housing Association are reshaping the services provided. There is the opportunity to redesign some schemes to provide extra care housing; Trust Housing have already done so in Loanhead and discussions are actively taking place with all RSLs active in Midlothian. Castlerock Edinvar has now committed to remodel Salisbury View in Mayfield with the adaptation of the building now complete.

- 2.11 Wheelchair Accessible:** There are four wheelchair accessible housing schemes in Midlothian located in Bonnyrigg, Danderhall, Easthouses and Newtongrange. These may lend themselves to some remodelling providing extra care on a core and cluster basis. Potentially this could provide more accessible and consistent care whilst creating efficiencies through a reduction in travel time for care workers. An analysis of current levels of need and care provision is being undertaken for each of these sites.
- 2.12 Council New Build:** The planned Phase 3 Council Housing Programme provides an opportunity to extend the availability of extra care housing elsewhere in Midlothian. In particular Dalkeith and Bonnyrigg are the major population centres without such a facility in relation to older people. The Cowan Court complex is a large provision with 36 flats and communal facilities. To replicate this model will be dependent upon both the availability of land and on funds for communal facilities which would need to come through the Capital Programme. Alongside this, there is the opportunity to take advantage of the Phase 3 Programme to ensure that there is sufficient housing provision for people with both physical and learning disabilities.
- 2.13 New Build-Other Providers:** There has been a tentative expression of interest from a Registered Social Landlord to develop new-build extra care housing. There is also the possibility of the private sector developing extra care housing but that is dependent on their market analysis about potential demand.

### **3. Report Implications**

#### **3.1 Resource**

Care costs will be funded through diverting existing care at home and care home budgets. The Business Case for Cowan Court was predicated on calculations that the financial model for extra care housing was more economical than the cost of care home provision.

The capital costs will depend on the model and size of new provision. Housing build costs could be covered through the Housing Revenue Account but the provision of communal facilities would require funding through the Capital Programme.

#### **3.2 Risk**

Failure to invest in extra care housing would give rise to a significant risk in being able to meet the needs of a rapidly ageing population. A continued reliance on residential care would be counter to both national policy and local public expectations and would also give rise to serious cost pressures

#### **3.3 Key Priorities within the Single Midlothian Plan**

- ☒ Adult health, care and housing
- ☐ Getting it right for every Midlothian child
- ☐ Improving opportunities in Midlothian

- ☐ Sustainable growth  
☒ Business transformation and Best Value

### **3.4 Impact on Performance and Outcomes**

Extra care housing will both support increased independence and yet enable people to feel safer with direct access to support services.

### **3.5 Adopting a Preventative Approach**

Enabling people with long term health conditions to plan ahead and move to extra care housing will increase their capacity to remain independent.

### **3.6 Involving Communities and Other Stakeholders**

This report has been discussed with key staff in Housing.

### **3.7 Ensuring Equalities**

There are no immediate equalities implications arising from this report. However the expansion of extra care housing will make it more accessible to older people who wish to remain in their own communities.

### **3.8 Supporting Sustainable Development**

Not applicable.

### **3.9 IT Issues**

There are no IT issues arising from this report.

## **4 Recommendation**

Council is recommended to:

- i. Note the range of developments in housing which support the health and care agenda
- ii. Agree in principle to the proposal to include extra care housing in the Phase 3 Housing Programme
- iii. Agree in principle to the objective of providing some form of extra care housing for older people in all communities in Midlothian.

**Date:** 10/10/ 2016

#### **Report Contact**

**Name:** Tom Welsh Integration Manager

**Tel No.** 0131 271 3671

**Email:** tom.welsh@midlothian.gov.uk