

**Cardiff Older Persons Housing
Strategy
2019 – 2023**



Background

Cardiff Housing Strategy 2016 – 2021 set out the intention to develop a separate Older Persons' Housing Strategy .

Research into Housing Needs

- Research was commissioned to identify future housing and associated care requirements of older people across Cardiff and Vale.
- Carried out by Housing LIN (Learning and Improvement Network Housing) and consisted of:
 - Review of **current provision** of older persons housing;
 - Consideration of the impact of **demographic changes**
 - Review of the **care and support needs** of those living in older person's accommodation or on the waiting list for this.
 - Consideration of **residents views** – through survey and focus groups.



Vision

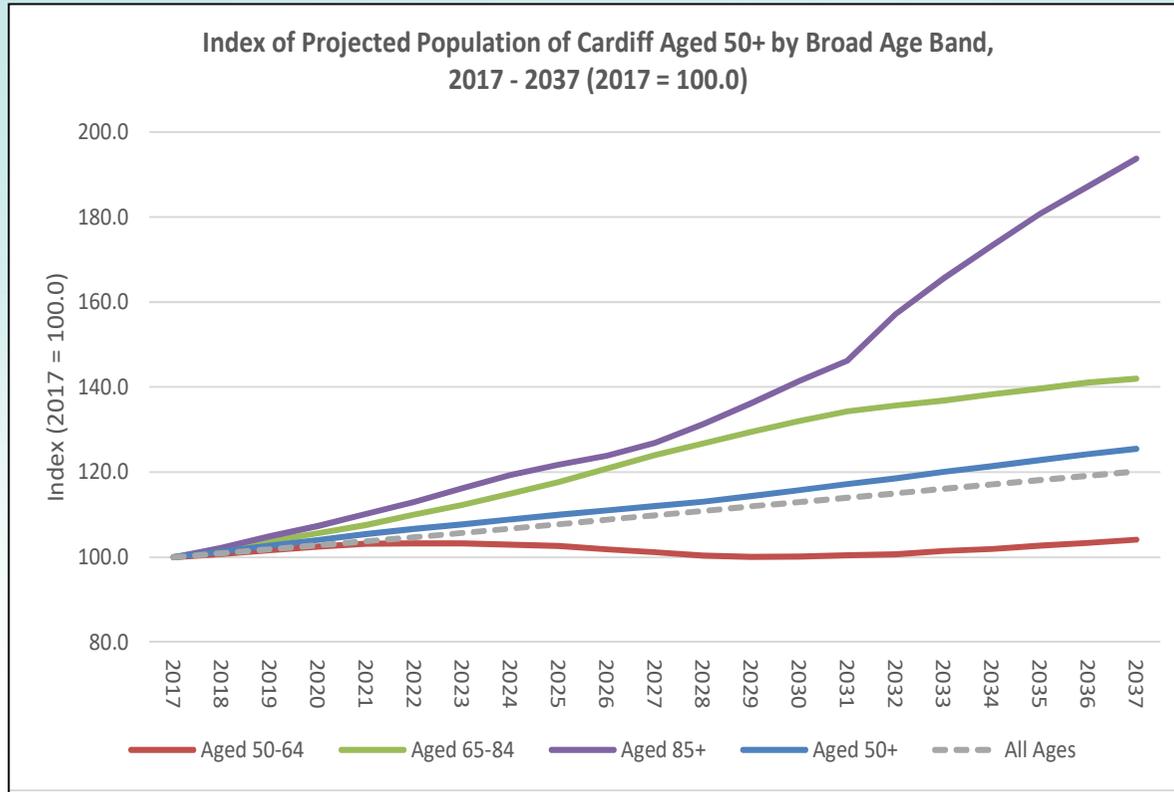
To deliver the best housing outcomes for all older people in Cardiff

Aims:

- **Deliver new homes** that meet older persons' housing needs & aspirations
- **Improve our existing homes** to ensure they are fit for purpose and support independent living
- **Plan new homes** and communities to address future housing and care needs across all tenures
- Provide person centred **information, advice and** assistance
- Help older people to **maintain their independence for longer**
- Ensure the **needs of the most vulnerable** are met
- Build stronger, inclusive communities and **tackle social isolation**



Cardiff's Older Population



Increase in older population by 2037

- those aged 65 to 84 will increase from 43,900 to 62400 (42%)
- those aged 85 will increase from 7,600 to 14,700 (93%)

Increase in number of people with dementia

- 67% for those aged 65+
 - 85% for those aged 85+
- over the period 2015 to 2035. Other health and mobility issues will also increase

This will put significant pressure on social care and will result in more people needing specialist accommodation and assistance.



The Comparative Benefits of Older Persons' Housing

The findings from a range of research clearly shows that suitable older persons housing can:

- Support independence
- Reduce the need for residential care
- Deliver savings to Health and Social Care budgets.

| Average weekly cost of residential care | Average weekly cost for extra care housing |
|---|--|
| £631.33 | £364.42 |

- Extra Care:**
- designed with the needs of older people, some with higher levels of care and support, in mind.
 - Fully accessible and adapted, self-contained accommodation
 - 24 hour on-site domestic and personal care support, communal facilities and activity rooms.

- The cost of Extra Care housing is on average **57%** of the weekly cost of residential care (nb if used for same clients)
- There is a need to optimise use of specialist accommodation to make more effective use of the resources available



The Views of Older People

14% of Respondents had already moved for age related reasons.

50%



Moved to a smaller home

34%



Moved to a more accessible home

33%



Moved to be closer to a town centre

Clients who have already had adaptations made to current home or planning to be made include:



Bathroom
23%



Grab rails
22%



Improved access
9%



Installation of stairlifts/lifts
8%

44%

Of clients considering a move in the future

Main Reasons for considering a move:

Smaller home 44%

Accessible home 25%

Nearer to family or friends
17%

Access to care services 15%

Clients considering a move expressed a preference for the following types of housing:



Bungalow
45%



House
29%



Flat
21%

58% Expressed a preference for moving to a property with at least 2 bedrooms

29% to a property with 3 bedrooms and

10% to a property with one bedroom.

Clients considering a move whose preference is for designated older persons' housing:

45% Of those renting would consider designated older persons' housing

23% of homeowners would consider designated older persons' housing

Homes - Existing Housing

| Existing Older Persons' Accommodation in Cardiff | | | | | | | |
|--|---------------------------|------------------------------------|-------------------------------------|-------------------------------------|------------------------------|--------------------------|-------------|
| Localities | Sheltered housing (units) | Private retirement housing (units) | Extra care housing for rent (units) | Extra care housing for sale (units) | Residential care home (beds) | Nursing care home (beds) | Total |
| City | 247 | 0 | 0 | 0 | 123 | 49 | 419 |
| East | 143 | 70 | 15 | 0 | 91 | 188 | 507 |
| North | 398 | 380 | 102 | 110 | 257 | 221 | 1468 |
| South East | 437 | 83 | 0 | 0 | 70 | 180 | 770 |
| South West | 372 | 107 | 0 | 0 | 122 | 200 | 801 |
| West | 250 | 382 | 40 | 0 | 48 | 213 | 933 |
| Total | 1847 | 1022 | 157 | 110 | 711 | 1051 | 4898 |

Key Findings

- Overall there is a range of housing for older people in the city, however provision is limited outside the north and west of the city.
- There is limited extra care housing - which restricts the potential cost reductions that can be achieved
- Figures exclude age designated housing (1,423 units) – focus on higher needs
- More work is needed to understand how well existing properties can meet the future needs of the older population.

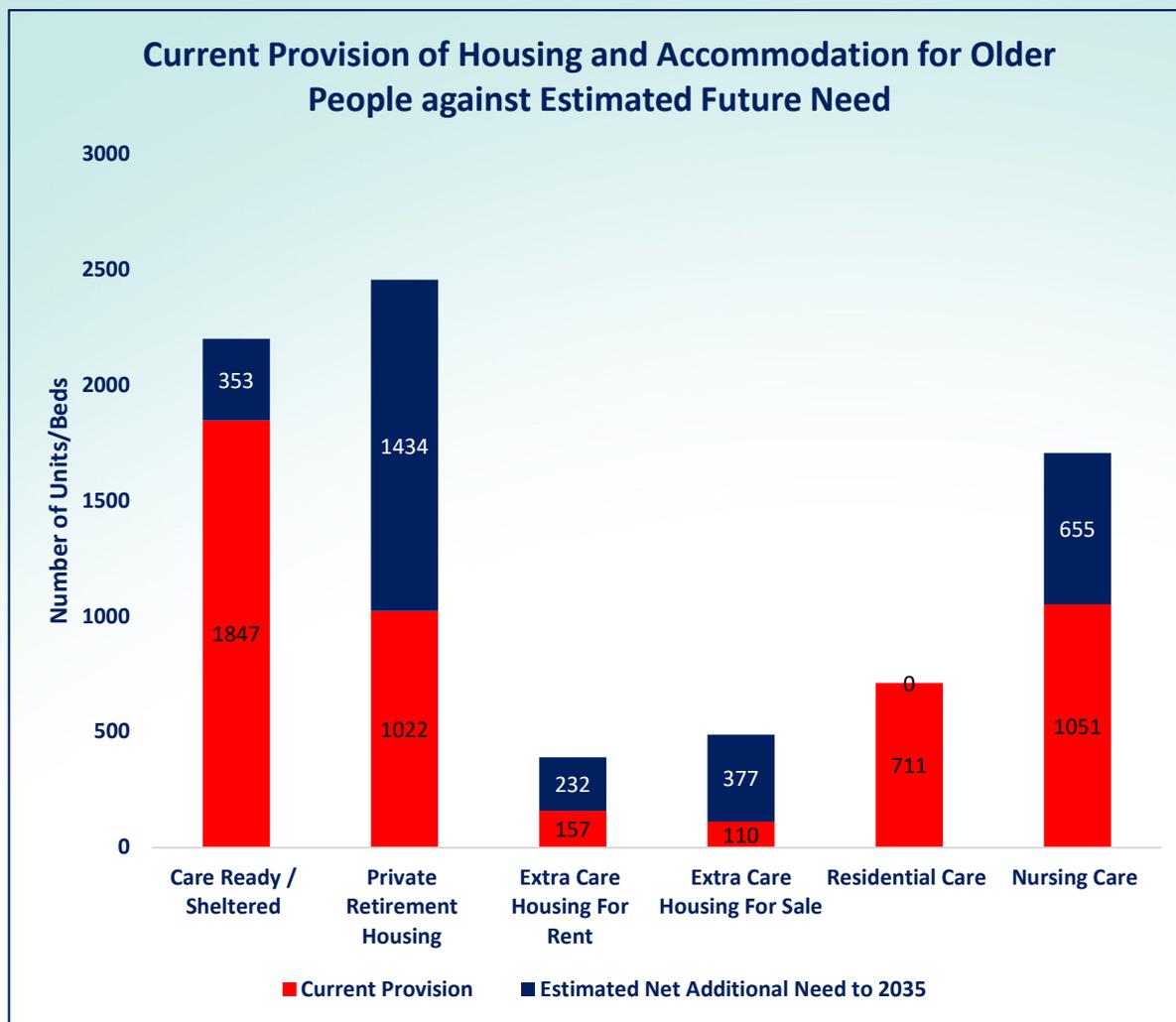
Condition of Existing Older Persons Housing

- Approximately 50% of older persons' stock across Cardiff is more than 30 years old and there is need to review its suitability to meet current and future needs.
- A refurbishment programme has begun across Council sheltered stock to provide flexible, accessible and sustainable homes that meet the current and future needs of older people.

We Will: Improve our existing homes to ensure they are fit for purpose and support independent living

- Work with RSL partners to better understand the condition of existing older persons housing in the city and its potential future use.
- Review all Council "age designated" properties to improve accessibility.
- Continue the refurbishment of the Council's Council Sheltered stock on a scheme by scheme basis, securing RNIB accreditation for refurbished schemes.

Estimating Future Need



Key Findings

There is an estimated additional need for an **additional 3,051 units of older person's accommodation** by 2035. This increase is broken down as follows:

- **Older person's housing (Care Ready / Sheltered and Private Retirement Housing) – 1787 units** (353 rental, 1434 ownership)
- **Extra Care/Housing with care – 609 units** (232 rental, 377 ownership)
- **Residential care – 0 beds**
- **Nursing care – 655 beds**



Meeting Future Demand

We Will - Deliver new homes that meet older persons' housing needs and aspirations

- Work in partnership with Health and RSL partners to develop an evidence-based city wide plan for the future development of affordable housing for older people across the city, including those living with dementia and a wide range of care needs.
- Deliver a minimum of 741 new homes for older people by 2030 and develop additional proposals as part of the Council's commitment to building 2,000 new homes.
- Increase the provision of extra care housing, and use this as a direct alternative to the use of general residential care beds.
- Increasing the supply of 'care ready' housing for older people that is suitable for ageing in place and which allows domiciliary care to be provided as required.



Meeting Future Demand – New Build Plans

A range of schemes for building new older person/care ready homes are already planned and these will deliver 741 new homes by 2030 of which 641 are rented.

| Area | Type | Total Units | Developed By | Current Status |
|-------------------------|--------------------------|-------------|--|---|
| City & South | | | | |
| Grangetown | Care Ready* | 60 | Cardiff Council | Concept Stage |
| Butetown | Care Ready | 54 | Cardiff Council | Design Stage |
| East | | | | |
| St Mellons | Care Ready* | 82 | Cardiff Council | Design Stage |
| Rumney | Care Ready* | 45 | Cardiff Council | Design Stage |
| North | | | | |
| Llanedeyrn | Care Ready* | 45 | Cardiff Council | Design Stage |
| Llanishen | Extra Care/Care Ready | 60 | Cardiff Council/Hafod | Concept Stage |
| Llanishen | Care Ready Over 50 | 82 | Wales & West | On Site. Estimated Completion Date April 2020 |
| South East | | | | |
| Roath | Care Ready Over 50 | 45 | Wales & West | Land Purchased. Start on Site 19/20 |
| South West | | | | |
| Caerau | Designated Older Persons | 18 | Cardiff Council | On Site |
| Ely/Caerau | Retirement Village* | 250 | Cardiff Council/ RSL/Partner/Market | Potential |

*Schemes could include extra care

- If all schemes go ahead these could meet need for rented accommodation of 585 units if designed appropriately
- However not all existing provision is fit for purpose - therefore need to continue to seek opportunities

Meeting Future Demand

Care Ready Housing: what does this mean?

- Provide a 'home for life', adaptable & flexible
- Able to adapt around a person's changing needs
- Reduce the requirement for future adaptations
- Future proofed to enable care staff to operate from the building
- High quality, accessible communal space – tackling social isolation



Meeting Future Demand

Care Ready Housing: New schemes, Maelfa

- Currently in for Planning - 41 flats and ground floor communal facilities



Meeting Future Demand

Care Ready Housing: New schemes, St. Mellon's Community centre



- 82 flats and ground floor communal facilities



View from Private Residents' Community Gardens



Meeting Future Demand

Care Ready Housing: Channel View, redevelopment of existing estate



Planning and Development

- The new version of Planning Policy Wales is clearer in the role planning should play in promoting older persons housing and requires the authority to set specific targets.
- Focus on promoting private older persons' housing will be needed if the estimated **additional 1,811 for sale homes** are to be delivered.

We Will: Plan new homes and communities to address future housing and care needs across all tenures

- Work towards the full implementation of the new Planning Policy Wales as it relates to older persons' housing, including the use of Supplementary Planning Guidance where appropriate.
- As part of the preparation for the next Local Development Plan, set out a target for the delivery of older persons' housing and work with developers to achieve this target.
- Continue to work with market house builders to deliver new affordable older person homes close to or within the new local centres.

PEOPLE - Help to stay independent at Home

Independent Living Service - provides a wide range of support focused on helping older people to stay independent at home. 70% of clients have been supported to stay at home without the need for social services intervention.

Floating Support - Housing related support provided in the persons own home to help them maintain their accommodation.

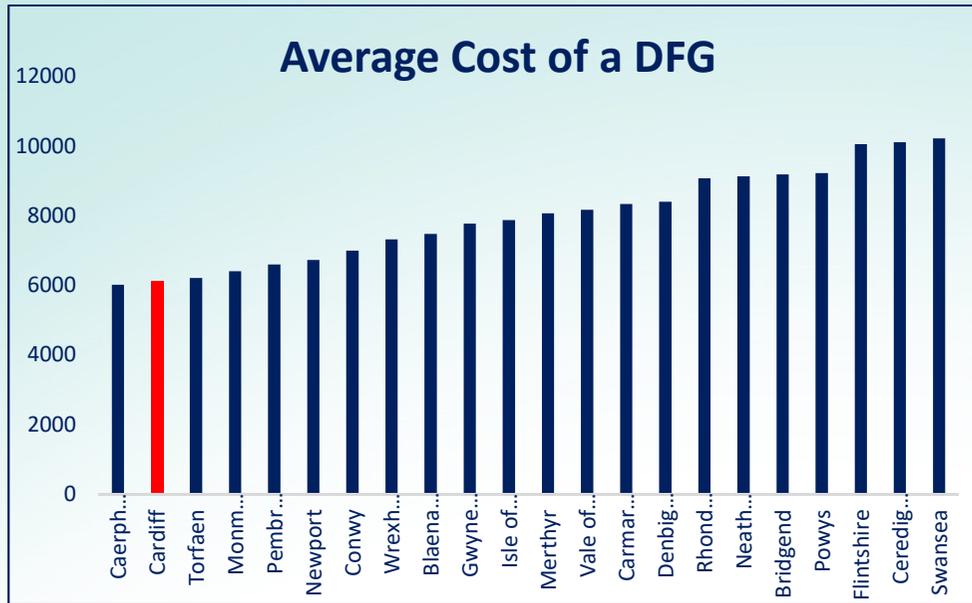
Telecare - Alarms and Mobile Wardens – A specially trained team of operators and mobile wardens respond to emergency alarms.

Meals on Wheels – provide meals to older people across the city on an income recovery basis

We Will :

- Continue to develop the Independent Living Service to help older people remain independent at home
- Work with the Welsh Government to ensure that funding for the service is maintained.
- Further explore the use of new technology to help people remain independent at home for longer.

Supporting Independence



Help to Return Home from Hospital - Step Down Accommodation / New Get Me Home Service.

Disabled Adaptations

- Cardiff has invested in adaptations and the Disabled Facilities Service is working well, delivering adaptations in a timely and cost effective way which compares well with the rest of Wales.
- Demand for disabled adaptations is likely to continue to increase
- There is a need to understand future costs of the service and to ensure that adapted homes and equipment are used effectively to meet future needs.

WE WILL:

- Continue the Council's commitment to the delivery of disabled adaptations
- Review future demand on the adaptations service to inform future funding arrangements.
- Work to ensure the best use of adapted homes/ recycle equipment wherever possible.

Supporting Downsizing

Key Findings

- Downsizing to appropriate housing can play a significant part in helping older people to stay independent at home.
- Large numbers of older people are under-occupying social housing. Providing them with attractive housing options could free up family homes.
- There has been success in assisting older social tenants to downsize. Further work is needed to expand on this success.
- Limited support available for home owners and those in the private rented sector to help them to downsize.

We Will:

- Support older people to downsize to more appropriate accommodation.
- Facilitate exchanges between social tenants through information held on the Housing Waiting List.



Providing Housing Advice

Client survey found :

- Older people are often unaware of the different housing options available and concerned about the financial, legal and practical issues associated with moving.
- There is a need to improve the specialist housing advice available to older people.

We Will: Provide person centred housing information and assistance by:

Developing an “Older Persons & Accessible Homes Unit” to:

- Provide specialist housing advice for all older people, to help them better understand their housing options.
- Ensure that high quality advice and information is available on the Council’s websites, in Hubs and through information sessions and events.
- Support people with disabilities to access adapted properties.
- Actively promote Extra Care Housing as an alternative to residential care and as step down from hospital – raising awareness of the advantages with older people and professionals.

There is an opportunity to bring together existing services to form the Unit and some additional investment has been agreed to meet private sector need



Supporting the most vulnerable

Sheltered Housing Schemes

- On-site support in Sheltered Schemes is important in meeting the needs of the older population – however funding changes have resulted in some reduction in support available. If this continues it will impact on the ability of sheltered schemes to meet the growing needs of older clients.
- There is an opportunity to use existing sheltered schemes to provide different models of support such as “Sheltered Plus” or “Extra Care Light”.

We Will:

- Review the provision of support in sheltered schemes to ensure it is meeting the future needs of the older population
- Explore the opportunity to upgrade some existing sheltered housing schemes to “Sheltered Plus” or “Extra Care” Light, to a greater level of need.



Social Housing Allocation

We Will:

- Improve the allocation of older persons, extra care and adapted accommodation, increasing the information available about individual needs and aspirations and ensuring that those most in need are prioritised.
- Better reflect the housing choices and wider social needs of older people within the social housing allocation policy, taking into account social isolation support networks and the need to remain within the community. Ensure the policy supports those who wish to downsize.

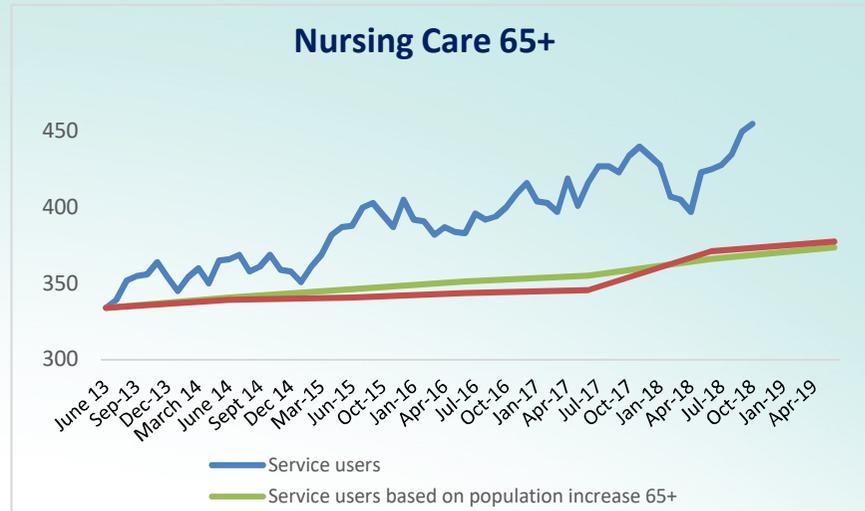
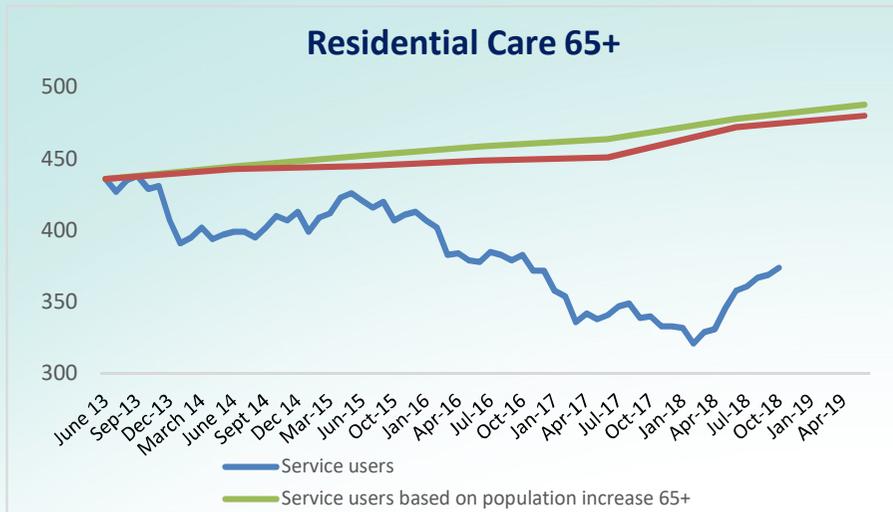
A number of changes to the Allocation Policy have been set out in the cabinet report to give more flexibility, recognising:

- Social Isolation / feeling unsafe
- Need to stay in the community
- The benefits of downsizing

A more person centred approach will be taken facilitated through the new unit



Residential and Nursing Issues



Key Findings

- Residential care placements have decreased over the last five years due to the services now available in the community.
- Nursing home placements are higher than anticipated and if this trend continues an extra 655 nursing beds will be required by 2035.
- An opportunity to make greater use of new technology to support people to stay in their own homes.

We Will: Develop innovative models of care and support and nursing services which enable people to remain in their own homes and communities and provide the very highest standard of care homes for people with the most complex needs.

Make greater use of Technology to help people remain independent

The Importance of Community

Develop Community Wellbeing Hubs to offer advice on Independent Living and engage the community through events and activities for older people.

Open Council's Community Living Schemes to offer services to the wider community.

Provide a **new Health and Wellbeing service**: develop activities and a range of advice to meet wellbeing needs of older people

Pilot a **new approach to social prescribing**

Delivering **dementia cafes** and support sessions with hubs and ensuring all Hub staff are dementia friends .

Social isolation is comparable to health risks such as smoking and alcohol consumption

