

LEE LI MING
PROGRAMME IN
AGEING URBANISM

Housing for Older Population¹

United Kingdom

Belinda Yuen²

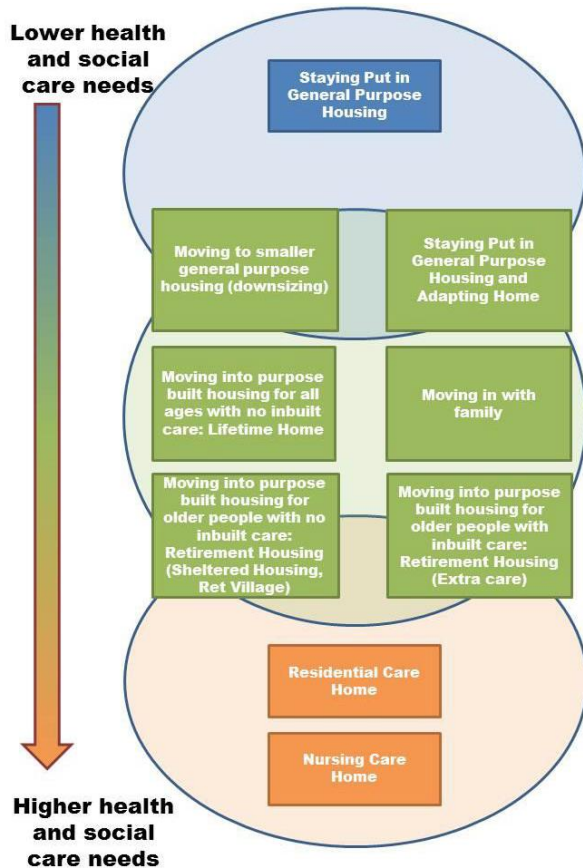
Projections indicate that 10 million people in the United Kingdom are over 65 years old (with 3 million people aged more than 80). This number is anticipated to increase to 19 million by 2050 (8 million of which will be aged over 80). In United Kingdom, older people (65+) may choose to stay in different forms of housing, from general purpose (mainstream) housing to some form of specialised housing and residential care for older people (Figure 1). The growing preference is for housing models that provide greater independence and a less institutional approach to housing and care.

¹ This is an evolving database. We will be adding more examples and cases over time.

² We acknowledge the research support provided by past SUTD Campus-builders: Felix Soo and Samuel Ng

who completed placements with the Lee Li Ming Programme in Ageing Urbanism.

Figure 1: Older People Housing Landscape in United Kingdom



Source: D. Kneale (2013) ILC UK Country Paper.

Extra care housing is a fast growing and popular model of housing for older people in the United Kingdom. Since its first development in the 1980s, the number of extra care housing schemes in England has increased to 935 by the beginning of 2008, providing 39,141 housing units. Extra care housing can be found in East Midlands (e.g. Derbyshire, Northamptonshire), East, North East, South East and South West England (e.g. Bedfordshire, Cambridgeshire, Durham, Northumberland, Buckinghamshire, Kent, Bath, Gloucestershire, Bristol), West

Midlands, Yorkshire, Northern Ireland, Isle of Wight, Channel Islands, Scotland and Wales (Box 1).

Box 1: Hillside Court, Bristol

Hillside Court is provided by Housing and Care 21, UK's largest non-profit care provider that specializes in housing for older people with hearing impairments and dementia. Hillside Court is located about 10 minutes drive from Bristol city centre. There are 49 flats (1 and 2 bedroom flats with en-suite bathroom) for rent. The minimum age of residents is 55 years. The property has site-based care staff, non-resident scheme manager and a therapist trained in massage and aromatherapy. In terms of facilities, it has a residents' lounge, kitchen and dining room, communal laundry, restaurant (open to residents and surrounding community), hairdresser and salon as well as a manicured garden where residents can have a small plot or patio pots to look after themselves. The development is located close to local shopping and market.

Source: Housingandcare21.co.uk Accessed 10 January 2015.

The extra care housing model is defined as 'purpose-built and ergonomically designed housing for older people with onsite flexible care that adapts to residents' changing needs'. It is based on three key tenets: flexible care (e.g. availability of 24-hour care), self-contained

dwellings (with legal rights to occupy that are underpinned by housing law) and homeliness of living at home, not in a home (an ethos of independence where couples stay together and relatives and friends continue to contribute to care).

Extra care housing is provided by the public and the private sectors. It comprises different scale of development (30 to 330 units), building types (from apartments, bungalows to houses or a mix), tenures (rented accommodation, owner occupation and shared ownership), facilities and assistive technology (e.g. sensors, security and community technology, lifestyle monitoring, SMART home technology). Generally, the larger developments tend to have more facilities such as communal activity rooms, dining rooms, assisted bathing rooms on all floors, offices and rest rooms for on-site staff, shops, library, etc. that can account for 40% of development floor space. Such provision, though well appreciated by residents, has financial implications for residents and providers. Some extra care housing developments have been adapted or specially built for people with dementia.

Studies have found residence in extra care housing associated with a lower likelihood to enter institutional accommodation, deceleration of diminution in functional abilities, lower incidence of hospitalisation, better social wellbeing and lower costs in some

cases. The average age of extra care housing residents on entry is in the mid-high 70s; about 30% enter as part of a couple. Extra care housing is seen to fill the gap between general housing and residential care, offering an option for people whose needs may previously have been met through residential care alone.

Source: D. Kneale (2013) ILC UK Country Paper, http://www.ilc-alliance.org/index.php/reports/report_details/housing_for_older_people_globally_what_are_the_best_practices_an_ilc_global Accessed 9 Jan 2015; D. Kneale (2011) *Establishing the Extra in Extra Care: Perspectives from Three Extra Care Housing Providers*, London: ILC-UK; M. Riseborough and P. Fletcher (2008) *Extra care Housing: What Is It?* Care Services Improvement Partnership Factsheet No. 1.