Crossing the housing and health divide
Lancaster University Centre for Ageing Research
16 December 2019

Jeremy Porteus
CEO, Housing LIN
@HousingLIN
Housing LIN – Ideas Lab

- Sophisticated network bringing together housing, health and social care professionals in England and Wales to exemplify innovative housing solutions for older and disabled people
- Recognised by government and the housing with care sector as a leading ‘knowledge hub’ on specialist housing
- Online and regional networked activities (next Housing LIN Cymru event – 7 November)
- We connect people, ideas and resources to inspire, inform and improve the range of housing choices that enable older and disabled people live independently
National Context – An integrated approach?

- **Care Act** - an emphasis on more integrated housing/home based solutions
- **Better Care Fund** – promoting integration including housing eg DFGs
- **Five Year Forward View** – inc Healthy New Towns
- **NHS 10 year plan** – High Impact Changes/DTOC
- **Industrial Strategy** – Grand Challenge on Ageing and Healthy Ageing
- **Prevention Green Paper** – awaiting government response
- **Adult Social Care Green Paper** - what will the new government propose?
National Collaboration

Improving Health and Care through the home: A National Memorandum of Understanding, March 2018

- The national Memorandum of Understanding (MoU), first established in 2015, articulates why housing, care and health organisations need to collaborate.

- The refreshed MoU reflects on success of previous commitments which have led to housing solutions being at the centre of supporting acute health and care services, as well as improving health and wellbeing in general.

- The MoU commits all signatories, a coalition across health, housing and care, to continue to ensure that joint working can impact positively on the experience of people using health and care services.

- Signatories include Department of Health and Social Care, Ministry of Housing and Local Government, Local Government Association, NHS England and more.
Where can housing make a difference around patient flow?

To stop people entering system
- Public Health – exercise, eating, drinking, etc
- Health Care – the right treatment & preventive measures (stroke recovery or falls prevention)
- Information and Advice to support self care / management

To reduce demand within the system
- Recovery, re-ablement, recuperation
- Right level of health care at home/out of hospital
- Partner with community-based organisations and ho

Wider environmental solutions
- Better housing choices, energy efficiency, fuel poverty, telecare, aids & adaptations, equipment & advice
Change 9: Housing and related services

Effective referral processes and good services which maximise independence are in place to support people who have no home, or cannot go straight home. The need for safe and accessible housing, housing and related support services, home adaptations and equipment are recognised early in discharge planning and readily available when needed.

Key points

• Early discharge planning includes housing
• Include housing/housing service provider(s) as real or virtual member(s) of your discharge planning team.
• Fix it now
• Inform your workforce
• Homelessness should not be a reason for delaying discharge
Imaginative solutions: more than a game

- **Nottingham City Council** – a local Memorandum of Understanding
- **Blaby District Council** - The Lightbulb Project: Switched on to integration in Leicestershire
- **Oldham Council** – BME Elders Housing and Health Promotion Project
- **LB Barking & Dagenham** – a ‘care city’
- **United Welsh** ‘Let’s Thrive project’ Caerphilly - Bridging the gap between health and housing. A united approach in South Wales
- **The Enham Trust, Andover** - ‘A place of my own’. Co-designing independent living for people with a learning or physical disability
- **The Debenham Project**, Norfolk – supporting people with dementia and their carers
Local impact of housing on health and wellbeing, and NHS and social care costs: the evidence*

Specialist Housing:
- Residents of retirement communities - more socially connected, therefore less prone to loneliness
- Living in a care village increased life expectancy by up to 5 years
- Social Care savings between 18% and 26% within 1 year
- Residents’ unplanned hospital admissions reduced from 8-14 days to 1-2 days (per year), compared to the community
- 46% reduction in GP Visits
- Total NHS costs reduced by 38% within 1 year

See Aston Research Centre for Healthy Ageing - study of Extra Care Charitable Trust villages in Birmingham - 2015

* Demonstrating the Health and Social Cost-Benefits of Lifestyle Housing for Older People, Housing LIN (report for Keepmoat Regeneration), October 2017
The housing with care health dividend

- Reductions in the number of GP visits (by housing with care residents).
- Reductions in the number of community health nurse visits (amongst housing with care residents).
- Reductions in the number of non-elective admissions to hospital (by housing with care residents).
- Reductions in length of stay and delayed discharges from hospital (amongst housing with care residents).
- Reductions in ambulance call outs, typically linked to reduced incidence of falls (amongst housing with care residents).
An example of award-winning practice – Protheroe House, Bruce Grove, London

- Early hospital discharge and reduces bed blocking – Approx. saving of £400 - £700 pc pw on excess bed days
- 72% return home or other appropriate accommodation
- 30% reduced care packages
- Aids and adaptations installed at home during admission
- 95% of move on’s avoided Residential Care
- 20% of customers previously unknown to ASC
- Improved quality of life through confidence and reskilling
- Continued therapy and support at home if necessary via MDT onsite referrals
- Reablement offers an improved ‘home from home’ experience
Impact of housing on NHS and social care costs and outcomes: the evidence*

Derby City Council, 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
Preventive housing support for hospital pathways

- Scale up provision of extra care housing
- Housing options services as part of hospital discharge teams and in A&E to prevent admissions
- Home improvement agencies – proactive support to enable daily life, prevent accidents, tackle fuel poverty
- Specialist support in hospitals, targeted at people with mental health needs, learning disabilities or dementia
- Fast track adaptations / repairs to get people home
- Step up / crisis accommodation in housing settings, supporting hospital discharge and effective reablement
- Wider neighbourhood and public health interventions that promote healthy lifestyles and exercise
Home from Hospital – Interactive Map

- Developed jointly by Foundations UK and Housing LIN
- Highlights where housing organisations are supporting hospital pathways in range of practical ways

- Projects from across England are profiled, set alongside ‘DToC’ (Delayed Transfer of Care) data
- Aim: to inspire, support and inform local conversations
- Quarterly updates planned to capture new activity
- In future, include examples from Wales

- Visit [https://www.housinglin.org.uk/home-from-hospital/](https://www.housinglin.org.uk/home-from-hospital/)
Imaginative solutions: more than a game

- **Nottingham City Council** – a local Memorandum of Understanding
- **Blaby District Council** - The Lightbulb Project: Switched on to integration in Leicestershire
- **Oldham Council** – BME Elders Housing and Health Promotion Project
- **LB Barking & Dagenham** – a ‘care city’
- **United Welsh** ‘Let’s Thrive project’ Caerphilly - Bridging the gap between health and housing. A united approach in South Wales
- **The Enham Trust, Andover** - ‘A place of my own’. Co-designing independent living for people with a learning or physical disability
- **The Debenham Project, Norfolk** – supporting people with dementia and their carers
Recommendations

• Need a better strategic understanding of the role of housing within health and social care economies
• Enhancing the health and housing offer, especially to older people and the need for advice & information
• Look at extra care in its capacity: an ability to deliver care and support at home, wider health capacity?
• Need for further invest in housing for all ages
• TCPA - a Healthy Homes Act? Produce a design criteria for healthy living
Some final thoughts…

- **Leadership**: What is really important to Councils and the NHS?
- **Ambition**: How can we ensure ‘visioning’ housing so it is best suited to an ageing population?
- **Insight & intelligence**: Where is there robust evidence base to inform decision-making?
- **Integration matters**: What is the connection to wider integration and transformation agenda?
- **Improved outcomes**: how can we best determine promoting and enhancing independent living?
- **Care efficiency**: Reducing demand and (social care) cost pressures
- **Knowledge transfer**: World class practice and design
Looking for inspiration?

- Visit the Housing LIN ‘Health Intel’ and ‘Care and Support at Home’ webpages, [https://www.housinglin.org.uk/Topics/browse/HealthandHousing/](https://www.housinglin.org.uk/Topics/browse/HealthandHousing/)
- [https://www.housinglin.org.uk/Topics/browse/CareAndSupportatHome/](https://www.housinglin.org.uk/Topics/browse/CareAndSupportatHome/)

- Check out all of our free-to-view online resources, including more evidence, inspirational examples, technical guides and videos – [https://housinglin.org.uk/](https://housinglin.org.uk/) & dedicated Welsh pages: [https://www.housinglin.org.uk/HousingRegions/Wales/](https://www.housinglin.org.uk/HousingRegions/Wales/)

- Sign up to receive our free weekly bulletin, LINks - over 40,000+ subscribers

- Get involved and share your learning online and at one of our events

- Follow us on twitter at @HousingLIN and also @HousingLINews

- Contact me, Jeremy Porteus, Chief Executive, Housing LIN – [j.porteus@housinglin.org.uk](mailto:j.porteus@housinglin.org.uk)