

Adur and Worthing Older People's Housing and Support Strategy 2007-2010



**ADULT SERVICES
Coastal**

West Sussex **NHS**
Primary Care Trust



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Whose Strategy is this?

This Older People's Housing and Support Strategy [those aged 60 or over] in Adur and Worthing (AW), has been developed in recognition that agencies in the health, housing and social care sector need to work together to meet the needs of the population. In recent years, increased mobility, better health, greater affluence and improved standards of living in old age, and longer life expectancy have meant that we have significantly higher numbers of older people living in the coastal area. This pattern has severe implications on the demand for services and this strategy focuses on a number of issues that this raises, and looks at what can be done to address them.



The strategy has been produced by the Adur, Arun and Worthing [AAW] Interagency Housing Liaison Group. This group has representation from West Sussex Adults' Services, West Sussex Primary Care Trust [WS PCT], West Sussex Supporting People Team (SP), Worthing Borough Council, Arun District Council, Adur District Council, and Sussex Partnership Trust (SPT). For the purpose of this document the South East area of West Sussex PCT includes the east area of Arun:

This group is part of a well-established structure designed to agree local needs and plan joint service delivery for the health and social care community across AAW.

Arun District Council has been involved in the development of this strategy. They agree to the principles contained within the document, however sign up has not been achieved at the time of finalising this document.

What's the Purpose of the Strategy?

The intention of the strategy is to provide a common, shared approach to meet the housing, care and support needs of older people in Adur and Worthing in order to achieve a holistic, comprehensive, and coordinated response across the agencies to minimise conflict and avoid duplication of resources.

In practice, this means the mutual understanding and appreciation of the different priorities and perspectives of each agency. The agreement and implementation of this strategy for older people needs to be reflected in the strategic plans of each agency. It sets out the priorities for development and investment. No one agency will be able to deliver its programme without commitment from all agencies. Integral to this strategy is the acknowledgement that all agencies have limited resources; however these resources may be more effective if services are developed, commissioned and delivered jointly. It recognises the conclusions drawn in a recent Joseph Rowntree report, 'From welfare to well-being planning for an ageing society', that services need to be more holistic, rather than trying to deal with individual symptoms or problems. They should be more responsive and adaptable to older people's changing needs, and a wider range of housing, care and support options for older people should be made available. '

What Older People Want

The White Paper on Adult Services - "Independence, Well Being and Choice" emphasises that future services should establish outcomes on the basis of "What people have told us that they want" and use them to test and challenge social care progress.

Outcomes mentioned in the White Paper are:

- Improved health
- Improved quality of life
- Making a positive contribution
- Exercising choice and control
- Freedom from discrimination or harassment
- Economic well-being
- Personal dignity

The Joseph Rowntree Foundation funded a four-year research programme (2000-2004) which looked at what older people themselves defined as important for living well in later life. The report warns that many policy and practice assumptions are still based on seeing older people as a burden, as a problem to be solved, or as patients whose rights are restricted by their need to accept Health or Social Care Services.

Whilst being fully aware of the limitations that growing older may bring, older people also acknowledge gains. They have a lifetime of experience to draw upon and they often have internal resources that need to be recognised rather than ignored. The reality of old age is a constant negotiation between losses and gains which few service providers seem to have fully taken on board.

These points are reiterated in a recent report from the Social Exclusion unit: 'Excluded Older People' (ODPM). This consultation highlighted three key ways in which respondents say provision needs to improve if older people are to enjoy a better quality of life:

- Joined up services are key
- Intervening early is important, and investment in low-level prevention can reduce costlier interventions later
- Older people generally know what they need and want and they should be involved in the design and - where practicable - the delivery of services

Vision

Our vision is to improve the quality of life for older people, promoting greater independence and choice, healthier homes, and less reliance on institutional care.

Aims

The Primary Care Trust (PCT), Adults' Services (AS), Sussex Partnership Trust (SPT) and Housing Services (HS) each have their own aims and objectives available on the organisations' websites, listed at the end of this strategy. The AW Housing and Support Strategy builds on these and supports the aims of individual organisations, which:

- promote person-centred provision
- promote choice for older people
- provide care in a more homely environment closer to home
- improve the quality of housing across all tenures, maximising a healthy living environment and adaptable homes
- promote independence and reduce reliance on institutional care
- prevent hospital admissions and facilitate prompt discharge
- enable local communities to have more say in service provision
- achieve national standards for services
- develop services based on evidence of need
- develop flexible services to address changing needs
- work in partnership and develop integrated systems across services and agencies

- improve the quality of housing across all tenures to meet the decent homes standard
- provide equity and fair access to services for all older people
- adopt a “can do” approach within the resources available
- promote informed risk taking and choice for individuals and services
- develop sustainable communities and mixed neighbourhoods
- involve older people in service design and delivery
- ensure a range of preventative services

Commitment to Joint Working

To achieve our aims we need to work together through a range of mechanisms. We will:

- Develop joint protocols for service delivery between the partners to this strategy
- Develop joint assessments of housing and support needs
- Agree a menu of options (home care, assistive technology, extra care, care and repair, adapted housing register) and explore new initiatives to improve older people’s choices
- Consider and investigate flexible funding mechanisms and shared or pooled resources, and work with Supporting People to ensure funding is most effectively targeted at those in need
- Consider how services can be provided on a cross-tenure basis (e.g. delivering extra-care services to people who do not live in extra-care accommodation).
- Assess whether better and more appropriate use can be made of existing facilities and resources to deliver services
- Engage and involve other agencies and forums (voluntary sector, Home Improvement Agencies, Registered Social Landlords, private sector, users/carers etc) in implementing the strategy
- Investigate how to meet the housing, care and support needs of older people with learning difficulties and mental health problems
- Examine how services and provision can be made responsive to changing needs and aspirations (flexible support, lifetime homes, spend to save initiatives, specialist solutions etc).

Context

The largest user group of social, health and support services are older people. The already large number of elderly people is forecast to increase. This means that housing and support for older people has to be a priority for the PCT, AS, SPT, and Housing Services.



The key messages and implications for local service delivery obtained from information about the population, and preventative data and current usage of services by older people are:

- Life expectancy is increasing and the UK has an ageing population. Both the numbers and proportion of older people are forecast to continue to grow, particularly among the very elderly.
- The number of older people in Adur and Worthing is far higher than the national average.
- Many older people are on limited fixed incomes, some of them in owner occupied housing.
- Many older people live alone and rely on external sources of care and support.
- Many others are themselves providing unpaid care to partners and other dependants.
- Many older people live in properties, which are larger than they need and may be hard to heat.
- While demand for sheltered housing is falling, some older people and their relatives would like access to sheltered housing in either the private or social rented sector.
- Many older people have problems maintaining their homes. Significant numbers live in poor quality housing which, in turn, affects their health.
- Health problems tend to increase as people age. Many Adults' Services and Primary Care Trust services are accessed solely or mainly by older people.
- Some older people stay in hospital longer than is medically necessary as their accommodation is not suitable.
- Due to the number of older people in Adur and Worthing there are high levels of demand for services.
- There is a higher than average number of nursing and residential homes in Adur and Worthing. This may foster a culture of residential placement before other options of support are explored.
- There are stark contrasts in the wealth of Older people across AW.

This strategy sets out the implications from key national strategies. These include:

- The National Service Framework (NSF) for Older People
- Quality and Choice for Older People's Housing – A Strategic Framework
- Best Value in Housing Care and Support: Guidance and Good Practice
- Preparing Older People's Strategies: Linking Housing to Health, Social Care and other Local Strategies.
- Housing for People Development Group
- Supporting People
- The White Paper/Individualised Budgets
- Better Care, Higher Standards – the charter for long term care
- Housing Health and Safety Rating System

Key Messages from National Strategies

- National strategies relating to older people all identify the need for agencies responsible for health, housing and social care to work together.
- All policies stress the need to promote independence and reduce the need for institutional care.
- Many older people want to remain in their own homes provided they can access the services they need and their home is, or can be made, suitable for them.
- The impact on health of poor quality housing points to a need for close working between health and housing to reduce risks.
- Strategies need to ensure that the opportunity for older people to access Direct Payments and Individual Budgets is embedded into service provision, and that it enables older people to make informed choices about how and where they receive the care and support they require.
- Agencies need to work together to develop responses to new technologies.

Local Strategies

This strategy also seeks to support local health, housing, care and support strategies relating to older people. There are a great many of these and therefore only the most relevant are highlighted here.

- Vision for Older People's Services" A Commissioning Framework.
- West Sussex Housing and Support Strategy 2005 to 2010
- Joint Commissioning Framework for meeting needs of Older People with Mental Health Problems in West Sussex
- Local Strategic Partnerships and Community Strategies

- Adur's Community Strategy
- Worthing's Community Strategy
- Housing Strategies for Adur District Council and Worthing Borough Council.

Key Messages from Local Strategies

- The "Vision for Older People's Services" highlights the need for a multi-disciplinary approach, continuity of care, choice for service users, integrated services, multi-disciplinary teams, and devolved or pooled budgets
- Joint strategies have focused on methods of service delivery such as Intermediate Care, and the Health Enhancement Programme. Services focus on maintaining people's independence as long as possible, on minimising admissions to hospital and facilitating early discharge.
- Opportunities for transitional housing, post hospital, for short-term rehabilitation or assessment should be fully explored.
- District and Borough Council Community Strategies have mainly focussed on social inclusion, reducing inequalities and integrating older people into the wider community
- Housing strategies examine a range of options including measures to support people in their own homes such as the use of assistive technology, adaptations for older people with disabilities and adapted housing registers, as well as the provision of specialist sheltered and extra-care accommodation

Section 4 sets out what will be done to deliver the strategy.

We would welcome views on these action points to include identifying gaps and priorities for development. This will then form the basis of an action plan for the Inter-agency Housing Group.

Key Action Points - What we will do:

- Develop a menu of housing options for older people ranging from sustaining home ownership and tenancies, through to shared equity schemes and affordable rented units. To learn from housing pilot schemes, such as Homeshare, when these options are developed
- Provide a Housing Options services to anyone over 65 threatened with homelessness
- Complete a comprehensive review of all affordable sheltered housing schemes identifying those which are viable in the longer term and those which need to be updated or replaced. Identify those which might be suitable for use by other people with care needs, for example, people with learning difficulties, for mixed use, or for conversion to Extra Care schemes.
- Complete a review of housing-related support services and reshape provision to cover needs across all tenures
- Explore opportunities for joint funding
- Consider jointly the options for future funding of housing adaptations
- Identify funding for initiatives to reduce fuel poverty
- Develop a range of mixed tenure Extra Care schemes across Adur and Worthing
- Explore opportunities for developing accessible housing and Lifetime Homes- for example, through Local Development Documents
- Improve the quality and control of private rented housing occupied by older tenants. Focus funding / loans and enforcement action on private sector properties occupied by vulnerable older people
- Develop and extend services to enable older people to stay in their own homes, including Community Alarms, mobile response services, assistive technology and Disabled Facilities Grants. Increase the menu of options provided by Home Improvement Agencies.
- Promote private and voluntary sector provision of mobile response services and other preventive services. Extend telecare provision through use of Preventative Technology Grant monies
- Increase the take-up of Direct Payments and Individual Budgets

- Increase the use of housing assets by older owner occupiers to meet housing repair, care and support needs
- Identify opportunities to secure funding from external sources for services to older people
- To explore developing an independent service to assist vulnerable adults with the practicalities of moving home.
- Consult with older people and their carers on the design and delivery of services, ensuring that black and minority ethnic older people and those identified as 'hard to reach' have their needs analysed and included.
- Develop plans to meet the housing, care and support needs of older people with learning difficulties and mental health problems
- Promote voluntary service provision to enable local services to meet the needs of the local community.
- Develop a protocol to reduce unnecessary hospital stays arising from a lack of suitable housing. Ensuring that alternative housing solutions are in place to address these issues
- Improve support for carers in partnership with carers' organisations
- Provide a spectrum of care and support services through statutory and voluntary sector day services
- Develop integrated points of access for all services
- Promote standard information about all services needed by older people e.g. Home Improvements, Fire Safety, Fuel Poverty Grants, Housing Options, Money Advice; through schemes which offer direct contacts with older people
- We need to ensure that we take into account the required increase in health and social care workforce, which will be needed to provide the support to older people living independently.
- Develop a health and social care workforce plan to increase capacity and ensure that older people are able to access the services they need to continue living independently.

Work is being undertaken to draw together a detailed action plan with targets and timescales.

The websites and contact details are available overleaf.

Website Details

National websites

- Office of the Deputy Prime Minister <http://www.odpm.gov.uk/>
- Department of Health <http://www.dh.gov.uk/>
- Department of Trade and Industry <http://www.dti.gov.uk/>
- Supporting People <http://www.spkweb.org.uk/>

Regional websites

- Government Office of the South-East <http://www.sepho.org.uk/>
- South East Public Health Observatory <http://www.gose.gov.uk/>

Local websites

- West Sussex County Council <http://www.westsussex.gov.uk/>
- West Sussex PCT <http://www.westsussexpct.nhs.uk>
- Adur District Council <http://www.adur.gov.uk/>
- Arun District Council <http://www.arun.gov.uk/>
- Worthing Borough Council <http://www.worthing.gov.uk/>
- Sussex Partnership Trust www.sussexpartnershiptrust.nhs.uk/

Additional links:

- Modernising Social Services 1998
<http://www.archive.officialdocuments.co.uk/document/cm41/4169/4169.htm>
- National Strategy for carers 2001
- <http://www.carers.gov.uk/>
- NHS plan and National Service Frameworks
- <http://www.dh.gov.uk>
- Chronic Disease Management agenda
- <http://www.dh.gov.uk>
- Audit commission Report 2004
- <http://www.audit-commission.gov.uk/assistivetechology>
- Adult Services White paper
- <http://www.dh.gov.uk>