

Extra Care Housing
Market Position Statement
September 2014 – August 2015

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SURREY

Defining Extra Care housing

Extra Care housing is an option of accommodation; primarily for older people, which can offer a choice of independent living in a community setting, where care and support services can be delivered according to individual need.

Extra Care housing offers a way for people to continue to live as independently as possible when their care and support needs increase, without the need to move into more institutionalised forms of accommodation. The accommodation can be owned, rented, part owned/part-rented, or leasehold.

Extra Care housing is about living at home, not in an institution. Within Extra Care housing people have their own front doors and legal rights to occupy. There is a clear distinction between Extra Care housing and residential care as recognised by the Care Quality Commission

What is its purpose?

The primary purpose of Extra Care housing should be to enable people who have care and support needs to remain living in their own homes. This is achieved by the delivery of flexible care and support based on individual need, which can be increased or decreased as required. The building and the services provided within should be designed with “smart” technology to encourage independent living for people with physical disabilities or cognitive disabilities. Extra Care housing can also be an option to support residents who may develop dementia or who may have lifelong disabilities or cognitive impairments. There should be no difference to living in the wider community. Extra Care housing can also support people to meet needs at end of life at home if that is their choice.

Extra Care housing as part of the community

The added value of Extra Care housing is the resources available both on site for residents and the wider community – it should therefore not be developed as “separate” to or isolated from that community. Whilst the on-site facilities are usually extensive and can be used for day activities, clubs, and keeping fit, extra care housing developments should allow easy access to community resources and activities. In addition, the residents should reflect the mixture of tenures and mixed abilities as you would find in any other part of the community.

The Value of Extra Care Housing

Surrey County Council recognises that public and private developments of Extra Care housing (also known as Assisted Living Developments in the private market), are a popular form of accommodation for Older People wishing to remain within their own home, with appropriate care and support services available should they need it.

In Surrey, it has long been recognised that high quality accommodation like this plays a key part in preventing older people from needing more intensive care services. Enabling people to remain in their own homes for as long as possible has been a key driver behind much of Surrey County Council Adult Social Care policy in recent years, and as such the provision of Extra Care housing is seen as a real asset towards achieving this goal.

The impact of the Care Act 2014

As part of a two-tier local government Surrey County Council is primarily concerned with the type of care and support people receive in their choice of accommodation, rather than in establishing “housing need”; this is seen as a responsibility for the Borough and District Councils. However, we

recognise that the Care Act explicitly references housing as part of our statutory duty to promote the integration of health and care. In the light of this, we wish to support Boroughs and Districts to understand the value of Extra Care & Supported housing in helping people to age well in their communities, regardless of their presence on a Housing Register or their financial eligibility for funded care and support.

As with other age groups, older people have a wide variety of housing preferences, and they desire housing which is well designed, well located and fully accessible. Having said this, whilst adaptations can help people to live in their existing home, some environments may prove unsuitable due to the design of the premises. These environments increase the risks of falls, other injuries and, as a result, hospital admissions. The NHS Future Forum estimates that in one year alone, the NHS spends £600m to treat injuries sustained by people living in poor housing¹. We will therefore encourage older people to include housing in their consideration for future care and support needs, as this can make a significant difference to their long-term health and wellbeing.

We recognise that Extra Care housing and Supported housing (a term that covers a range of housing options and support services, including sheltered housing, almshouses, assisted living and extra care) are valuable housing options, and represent positive choices for people whose needs are not being met within standard accommodation. These environments can, depending on the type of facility, offer security; reassurance and support through on-site management and home based care services, and would ideally assist people to live in the community for the rest of their lives.² In addition, in an evaluation of nineteen extra care housing schemes between 2006 and 2008, the Personal Social Services Research Unit at the University of Kent found that the schemes were more cost-effective for people with the same characteristics who moved into residential care.³

Future opportunities for Extra Care housing

Whilst publicly funded Extra Care housing developments focus primarily on older people who are on Borough and District Housing Registers, we are aware that Borough and District planners are currently receiving new applications for a range of specialist housing facilities for private rent or purchase, in particular for 'extra care-type' developments which, in some cases, include a nursing home on-site. It is clear from this that Surrey is favoured as a target area for Extra Care & Supported Housing providers, who recognise the relatively high levels of housing equity held by older people in the county.

Although our knowledge of how this aspect of the market operates is currently very limited, we will support any partnership work with Borough & District Councils to develop both publically and privately-funded Extra Care housing, which respond to local need and which meet the wishes and aspirations of residents in a planned, flexible and personalised way. To this effect, Surrey County Council will promote the development of Extra Care housing that:

- Provides self-contained accommodation to older people in housing need.
- Promotes independence and social inclusion.
- Works alongside other services to meet an individual's needs.
- Has the infrastructure to deliver both care and support in a planned, person centred way.
- Makes greater use of Personal Budgets.

¹ NHS Future Forum, *Integration: A report from the NHS Future Forum* (January 2012), page 12.

² For an examination of the various forms that extra care housing can take please see: http://www.housinglin.org.uk/library/Resources/Housing/Housing_advice/Extra_Care_Housing_-_What_is_it.pdf

³ A. Netten, R. Darton, T. Bäumker & L. Callaghan, *Improving Housing with Care Choices for Older People: an evaluation of extra care housing* (PSSRU/Housing LIN, 2011):

www.housinglin.org.uk/library/Resources/Housing/Research_evaluation/PSSRUsummary.pdf

- Provides Dementia-friendly environments for diagnosed individuals.
- Is designed and built according to the latest regulations and recommendations for Extra Care housing, including infrastructure and transport links
- Works with the relevant Borough/District authorities to become the centre of vibrant communities for people (both resident and non-resident), to live and age well.

Our commissioning intentions

- For our funded extra care schemes, ensure that the model of care and support delivers person-centred care and which enables residents to exercise choice and control
- Build our market intelligence regarding Extra Care & Supported housing in Surrey, especially with regard to facilities focused on self-funders, and recognise and share best practice in both care and support delivery and housing design
- Work together with Borough & District Councils in understanding the long term benefits of Extra Care & Supported housing provision, and to maximise the utility of existing and future Extra Care housing schemes
- Support Borough & District Councils in seeking opportunities for the development of Extra Care housing schemes locally according to locality intelligence

Our recommendations to the market

- Research opportunities to deliver services and support to the wider community around supported housing premises, particularly in rural areas where there are transport challenges and where people may have difficulty in receiving home based care services
- In preparation for the change in adult social care funding as part of the Care Act, Extra Care providers, where an element of care is included within monthly management charges, should make it clear to their residents how much this care costs
- New developers of Extra Care housing schemes, and planning applications regarding Extra Care, should clearly demonstrate that the model of care and support being offered:
 - Mitigates against future care costs as older people's needs change, especially in comparison to more institutionalised care
 - Can support people in the continuum of care through to end of life
 - Reduce risks of hospital admission
 - Follows best practice in dementia design and care
- Care and support providers, regardless of the type of Extra Care or Supported housing facility, should follow the "Home based care" recommendations as outlined in the wider Market Position Statement for Living & Ageing Well in Surrey 2015/16.