

# Care and Health at Home

NCASC  
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# Consider...



- The person who has not left their home for 7 years, apart from for hospital visits, because they live on the second floor with no lift and cannot leave the building
- The parent who cannot say goodnight to their children, because their home is inaccessible and they are unable to enter the bedroom
- The person who is living with the knowledge that at any time, they could experience a painful or dangerous accident because they are waiting for an adaptation or repair to their home, which may in itself be relatively low cost
- Anyone who is living in any kind of housing situation where they are uncomfortable, feel insecure, unsafe, isolated, and or have no control over their own life...

How easy would it be for anybody to keep active, and to remain healthy, and mentally well in that situation?

\*For the source of these examples and for much more qualitative and quantitative evidence, see 'Housing and Disabled People: Britain's Hidden Crisis', EHRC, May 2018

# National Policy Context



- **Marmot Review** - need to improve the social determinants of health
- **Health and Social Care Act** - creating Health & Well Being Boards
- **Care Act** - an emphasis on housing/home based solutions
- **Better Care Fund** – promoting integration including Housing
- **Five Year Forward View** – Healthy New Towns
- **Building our Homes , Communities and Futures** – Dec 16 LGA Housing Commission
- **Housing White Paper** – “Fixing our broken housing market” Feb 17
- **Neighbourhood Planning Act** – April 2017
- **MHCLG /DWP Supported Housing Consultation** – 2017/18
- **Social Housing Green Paper** – Summer/Autumn 2018
- **NHS Plan** - in development
- **Adult Social Care Green Paper** - soon?

# Improving Health and Care Through the Home - National MoU



- NHS England initiated discussions with the Housing and Care sector
- Published in 2014 and refreshed March 2018
- ADASS hosted the process supported by DHSC
- Public Health England taking a lead role

# The Cost of Poor Housing

- The cost of poor housing is estimated to be at least £1.4bn p.a. (first year treatment costs only)
- 1.3m homes with Category 1 hazard
- £442m p.a. excess cold
- £131m falls
- >£26m delayed transfer of care – lack of housing
- Only between 4 – 7% of homes are accessible
- Poor housing affects 3.6m children, 9.2m working age adults, 2m pensioners
- 19% of adults in poor housing have poor mental health

# Building the Strategic Case

- Joint Strategic Needs Assessment
- Health and Wellbeing Board and Strategy
- Client Group Strategies (Older People/Learning Disabilities)
- BCF Plan
- Housing Needs Analysis
- Local Plan and Housing Strategy
- Sustainable Transformation Plans (STP)
- Neighbourhood Planning Act
- Developing age-friendly Communities

Underpinned by research to understand the aspirations of current and future generations of people

# Good Practice Examples - Strategic Approaches



- Central Bedfordshire – from a detailed evidence base the Council has developed an Investment Prospectus
- Essex – in collaboration with its 12 District Councils developed an Independent Living Programme (3 schemes completed, one onsite, 6 with planning and 1,400 units in the pipeline)
- North Yorkshire – 15 year strategy has delivered 23 Extra Care schemes with a further 40 planned
- Sunderland – Over 800 units of Extra Care and Supported Living with more in development delivered since 2008 as a result of a long term strategic approach

LGA Housing Commission – Building our homes, communities and future 2016

LGA – Housing our ageing population 2017

# Good Practice Example – Learning Disabilities & Transforming Care

Nimrod House, Newham (Look Ahead)

- Developed in 2016 to support the Transforming Care Programme
- Co-designed with customers, carers, families, clinicians and CQC
- Designed for people with complex needs
- Delivering impressive outcomes for individuals with complex, profound, and multiple needs
- Delivering significant efficiencies

Winner - CIH UK Housing Awards 2017 (Outstanding approach to meeting specialist housing needs)

Winner - National Learning Disabilities & Autism Awards 2017 (Supported Housing Award)



# Good Practice Example – Derby City Council

## Healthy Housing Hub

- Advice and Support
- Prescribed Support
- Healthy Housing Assistance
- Partnership Links
- Evaluation demonstrates positive outcomes and efficiencies

Use of A&E	Acute Hospital	Admissions
39.5% reduction	53.8% reduction in stays	20% fewer hospital admissions
EMAS ↓ reduction in contact and conveyance to hospital	91% of clients still in own homes at 12 months	86.3% felt benefit in health, wellbeing, anxiety, confidence

Highly Commended at The MJ Awards 2013

# Good Practice Example – One Housing Group



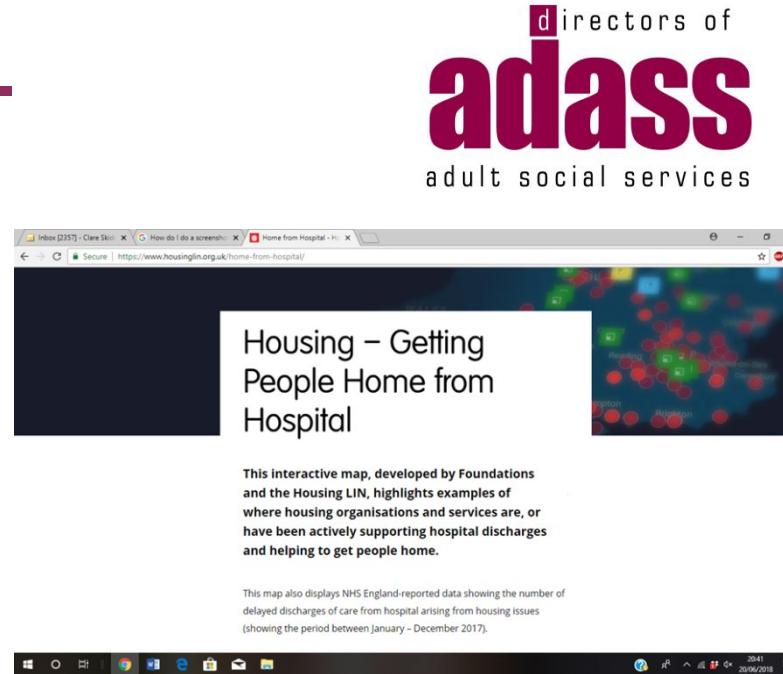
## Step Down Scheme

- Working with London Borough of Camden
- 10 Step down beds in an Extra Care Scheme
- Short Term reablement
- Facilitates early discharge
- Savings of between £400 & £700 per person per week
- 30% reduction in care package

National Housing Federation – Home from hospital 2017

# 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 conversations about what might be possible locally
- Quarterly updates planned to capture new activity
- Visit <https://www.housinglin.org.uk/home-from-hospital/>



# A thousand flowers blooming (3 years on)

## EXAMPLES:

- One team approach – OT's, surveyors, handyperson
- Telecare and Housing
- Trips and falls work with sheltered scheme staff and housing officers
- Hospital Discharge Team, A&E and Telecare
- Mental Health Protocol
- High risk panel for complex cases including hoarding
- Domiciliary Care and under occupation
- Expanded handyperson role including trusted assessors for minor adaptations
- “Just Checking” telecare initiative
- Dementia Telecare Pilot, geo-fencing
- Making Every Contact Count, sheltered staff and housing staff trained
- Restructured Integrated front door to address care and housing prevention agendas including Homelessness Reduction Act
- MASH
- Housing and Children's Services .....

## Questions to ask yourself

- Do you have a local Memorandum of Understanding?
- How is housing involved in your STP discussions and plans?
- How is housing involved in your BCF and IBCF?
- How have you engaged your health colleagues in your housing discussions?
- How do you create opportunities for your frontline care and housing staff to meet?
- Do you know what they say about each other?
- Can your culture support a thousand flowers?
- How often would housing appear if we did a word search on your plans?
- In two tier arrangements, how do you engage with housing?
- How does your organisation create a corporate culture for your housing and social care leaders and staff (and planning)?

# Summary - working with housing is good for you



- Policy Framework is strong
- Poor and inappropriate housing is expensive
- Better housing is an investment in better health and reduced need for care
- Strategic approaches are important
- Delivers efficiencies
- Evidence of much better outcomes for people!
- There are great examples to draw upon