

Cumbria Extra Care Housing Strategy 2012-2019

Consultation on a strategy for housing with care for older people in Cumbria

**Consultation period
August 2012 - November 2012 (dates tba)**

Foreword

Getting older means it can be more difficult to move about the house and good quality, accessible and warm housing with the right support services is key to independent living for older people. Extra Care housing provides these important benefits and in Cumbria, Housing Authorities and Adult Social Care are in agreement that the choice of extra care housing should be available for older people.

We are pleased to share with you in this document our ideas for an extra care housing strategy in Cumbria, including our suggestions for locations throughout our County where we think new extra care housing schemes should be built. We have no concrete plans in place as first, we would like to hear your views and opinions on our ideas.

Although the current economic climate means that finding the money to develop new schemes will be challenging, we are planning now to develop new services that are fit for the future and for our ageing population. We are already looking to find the best possible ways to achieve our ambition of providing more extra care housing schemes and the feedback from this consultation will mean that we are ready for future funding opportunities from central Government.

Your views will be used to help us develop a plan for the delivery of further extra care housing schemes in the County. Once decisions are made, it will take several years for all the work to be done and for new schemes to open. During that time, we will keep everyone informed of our progress.

Please do take the time to tell us what you think of extra care and the ideas in this document. We look forward to your response.

With best wishes,

Cumbria Housing Group

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Background

Although extra care housing is a relatively new concept, there is an extensive national evidence base for the benefits it brings to older people. Many local authorities in the UK have development programmes in place for new extra care schemes.

The need and rationale for extra care housing in Cumbria was identified within the first Extra Care Housing Strategy for Cumbria published in 2003 followed by a further update in 2006. The ambition of the strategy was to see the development of extra care housing schemes around the county.

In 2010, Cumbria County Council published its Commissioning Strategy for the long-term care and support of older people in Cumbria. This strategy document was published after an extensive consultation period during which the views of a wide range of people, particularly older people, were sought. One of our commissioning outcomes in this strategy included supporting more people at home by growth in extra care housing.

Cumbria Housing Strategy 2011-15 recognises the important benefits to extra care housing as recognised within Key Theme 2 of Cumbria Housing Strategy. Action 8 identifies the need to develop extra care housing that meets current and projected need.

We want to know what you think about the ideas in this document so we can put together a plan for the development of further extra care housing schemes. We welcome questions and comments from anyone who wishes to contribute especially older people who are thinking about their future support needs and Housing Associations, who are key to helping us with these ideas.

Our aim is to consult with everyone who has views, comments, and ideas so that these may be taken into consideration. Our ideas are set out in this document, with a questionnaire at the back for you to complete and return to us.

Section 1: Extra Care Housing

What is Extra Care Housing?

Most people are familiar with sheltered housing – flats built specifically for older people, designed to meet their needs for getting about inside the flat. There is usually a manager or warden on site who can respond to day to day problems and an alarm system for emergencies.

Extra Care housing goes one step further by providing a team of flexible care staff on site, so staff can offer support to residents with personal care, domestic chores and social activities as and when the help is needed, including during the night.

Not everyone living at an extra care scheme will require a care service. For many people, living in an extra care complex is primarily about living in a safe and pleasant environment where they can grow old and have the peace of mind of knowing the care and support services are there if they need it. The ethos is very much about living an independent life in an environment that is not just about care and support but is about living as full and active a life as possible.

Although extra care housing varies in its design and it is provided in many different ways, it can be recognised by a combination of characteristics:

- It is primarily for older people
- The accommodation is designed to a good standard, is self contained (usually flats or bungalows with a choice of one or two bedroomed apartments, each with a living room, accessible bathroom and kitchen and with your own front door)
- Modern, high quality and attractive buildings, close to local facilities
- Qualified care staff available to respond quickly to a variety of care needs
- Shared facilities such as a restaurant, lounges and gardens
- A safe and secure environment
- An ethos of living as independently as possible

The Benefits of Extra Care Housing

There are many benefits for older people living in extra care housing. People remain 'living in their own home' and couples can live together with the necessary care and support services available to one or both of them. Residents can entertain visitors who can stay overnight if they wish and they can enjoy the company of other residents in the communal lounge or café. Having staff on site to give support when needed during the day or night gives peace of mind to the residents and to their relatives.

Social Activities

An important feature of Extra Care housing is the communal space that is provided for use by all residents for socializing with others. Extra Care housing gives people the opportunity to choose to socialize if they wish and residents are supported to take part or to set up activities that they are interested in. Many of the activities and events in schemes are usually available to older people living nearby. This means people can invite their friends from outside the scheme to activities as well as having the opportunity to make new friends as well.

Extra Care housing typically offers:

- Social activities giving people the chance to take part in hobbies such as keep fit, singing groups, book and film clubs
- Coffee mornings
- Entertainment and social evenings
- The opportunity to meet new friends and become part of a vibrant community

In some extra care schemes, such as Station View in Barrow, there is a restaurant on site which can provide the main midday meal for residents and offers a focus for the day and a chance to mix with other people.

What other benefits are there?

There are other important benefits to extra care housing, not least the positive impact it has on health and wellbeing. We know from research conducted with the International Longevity Centre that where housing includes access to extra care, over 80s with care needs are half as likely to move into an institutional care home in the future.

The research also found that residents who have been in extra care housing for five or more years are half as likely to go into institutional care as those in standard housing. Residents in extra care housing are also less likely to be admitted into a hospital for an overnight stay compared to someone of a matched demographic living in the community.

In addition, the research proved that those living in extra care housing are less likely to fall, a contributory factor to a significant number of unnecessary deaths among the elderly in the UK.

Health and Well Being Benefits also include:

- Preventative and well-being services to increase independence and reduce the need for hospital admissions or residential care (*include some Preventative examples*)
- Extra Care housing can be a focal point for providing community based services such as clinics with visiting health professionals such as chiropody
- Hairdressing and beauticians on site
- Opportunities for life-long learning through continuing adult education classes
- Opportunities to learn computer skills such as using Skype to keep in regular touch with family and friends who live away or using Face book to find old friends

What does it cost to live in Extra Care Housing?

Beyond the benefits of support and wellbeing, there are significant financial and economic advantages to extra care housing. The actual charges to residents will differ from scheme to scheme and the amount a person needs to pay towards the cost of their flat and care and support services will depend on the financial circumstances of each resident.

Housing Costs

Flats in extra care housing are usually held under an assured tenancy for which rent is payable and there is also a service charge that can cover the cost of the community alarm, communal facilities and some utility costs for example. The services covered by the service charge will be different in each extra care housing scheme. Housing Benefit is available to help people with their rent and service charge depending on their financial circumstances.

Care and Support Costs

There are also charges for the care and support provided but again, the actual amount payable by each resident will differ depending on

the level of service received and the financial circumstances of each resident. Currently, the maximum amount that can be charged for care and support services each week is *tbi*. People receiving care services will be assessed under the Government's scheme 'Fair Access to Care' to determine their contribution towards the cost of their care. At the current time, people with assets of less than **£23000** do not need to contribute towards the cost of their care package. Attendance Allowance is not means tested or taken into account when assessing housing and care charges and is available for all older people who require support and who meet the eligibility criteria.

Rent, Buy and Shared Ownership

More older people than ever before, around 70%, own their own home and so it is important that people have the option to buy. Most new developments include apartments for sale or for shared ownership which provides a further option for people who wish to downsize into extra care but who do not wish to rent.

Improved Quality of Life

Older people in Cumbria have told us they want to retain a home of their own for as long as possible. Extra Care housing provides a means by which people might exercise greater control over their lives by planning ahead and moving to more suitable housing before developing significant care and support needs. It can also be an alternative to residential care for some people, providing people with a home of their own, behind their 'own front door'. An important feature of extra care schemes is the help they give residents to remain as well and active as possible, and to keep problems caused by illness and disabilities to a minimum.

A short film that shows a range of the extra care housing services currently available in Cumbria is available to watch at www.cumbriacountycouncil/adultsocialcare

Section 2: Extra Care Housing in Cumbria

(Graphic to be included showing a time line of developments of schemes over the last decade)

There are now ten extra care housing schemes in Cumbria. These schemes are run by various Housing Associations with care and support services provided by several organisations. *(more info to be included on each scheme - info will be shown in an interesting way – maybe a map with a photo of each scheme/activities going on etc)*

Carlisle:

Burnside Court at Stanwix is provided by Anchor Housing Association (44 flats).

Heysham Gardens at Belle Vue is provided by Eden Housing Association (60 units).

Copeland:

Monkway Court at Mirehouse, Whitehaven is provided by Anchor Housing Association (46 flats)

Duddon Mews in Millom is provided by Home Housing Association (14 flats).

Furness:

Station View, Barrow is provided by Accent Housing Association (41 flats).

South Lakes:

Birthwaite at Windermere (45 flats) is provided by South Lakes Housing

Jenkins Crag in Kendal, (37 flats) is provided by Impact Housing Association

Rowan Court in Ambleside is provided by Impact Housing Association (18 flats).

Eden:

Lonsdale Court in Penrith is provided by Housing 21 (29 flats)

Rampkin House in Appleby is provided by Eden Housing Association (19 flats).

There are no schemes in Allerdale.

Section 3: Planning for the Future

In November 2009, the County Council used a research organisation called Planning4Care to analyse the projected social care need amongst older people and estimate the likely number of extra care housing units that will be required across Cumbria.

The table below identifies future demand based on the assessment undertaken by "Planning4Care".

District	Current Extra Care Provision	Estimate of Extra Care Housing (2019)	Estimate of Extra Care Housing (2019)
Cumbria	209	1465	1850
Carlisle	70	265	340
Copeland	28	210	275
Allerdale	0	300	380
Furness	47	320	390
Eden	31	110	150
South Lakeland	33	255	320

These district areas have been subsequently broken down into suggested areas for extra care housing development. Further work would be required by the district housing authorities and Adult Social Care at Cumbria County Council to look at opportunities for each area in turn and investigate the local demand in detail before putting together a business case for proposed schemes.

Areas identified as suggestions for development:

The tables below show the projected overall requirement for extra care housing in Cumbria (with an equal 50:50 ratio of sale and rented provision).

Carlisle:

Brampton*	55
City of Carlisle	215
City of Carlisle	19
Dalston	29
Longtown	21
Total	340

** Brampton Community Association are currently looking to develop a 38 unit scheme in Brampton town centre on a site to be transferred from Cumbria County Council. Planning Permission will be sought for this scheme towards the end of 2012.*

Copeland:

Cleator Moor	44
Egremont	67
Millom	45
Whitehaven	119
Total	275

Allerdale:

Aspatria	25
Cockermouth	63
Keswick*	34
Keswick/Wigton	8
Maryport	58
Silloth	24
Wigton	52
Workington**	116
Total	380

**Your Housing Group have recently received planning permission for a mixed tenure 69 unit extra care scheme at Greta Court.*

*** Options for an extra care housing scheme in Workington are currently being investigated.*

Furness:

Barrow	390
Total	390

Eden:

Alston	6
Appleby	22
Kirkby Stephen	19
Penrith	103
Total	150

South Lakes:

Ambleside	19
Grange over Sands	42
Kirkby Lonsdale	9
Kendal	91

Milnthorpe	52
Sedbergh	11
Ulverston	64
Windermere	32
Total	320

Could these ideas be realistically funded?

The funding of an extra care building and the care and support services provided is complex. A real challenge for local authorities and Housing Associations in Cumbria relates to the scale of the national deficit and the resultant austerity measures. This has had a direct impact on the public funding grants available for new extra care housing development.

A typical new extra care housing scheme with around 40 flats costs around £5.5million to build although the cost of building an extra care scheme will vary from scheme to scheme, depending on where the funding is coming from and issues such as the availability of land and the level of facilities provided. The majority of extra care schemes built in recent years have depended on combinations of a number of funding sources.

Capital Funding

The capital cost of development and construction is usually met by varying combinations including:

- Government Grant Funding such as Homes and Communities Agency Grants (available to registered Housing Associations and some private developers)
- Free or discounted land (various sources include local authorities and Housing Associations)
- Sales receipts (both to reduce overall borrowing and if land is provided, to effectively subsidise rental units and/or fund communal facilities)
- Mortgage
- Private Finance (long term loans, repaid from rents)

The Government have recently announced that a key action of it's recent Social Care White Paper, 'Caring for our future: reforming care and support' is the establishment of a new capital fund, worth £200 million over five years, to support the development of up to 6,000 new specialised housing for older and disabled people. Further details on how this money will be allocated are due to be published later this year.

Support for the development of Extra Care Housing in Cumbria

There are several ways in which the local authorities in Cumbria will support the development of extra care housing. Finding a suitable site and location is a key stage in any new housing development and many of the extra care housing schemes built in Cumbria in recent years have got off the ground due to District Authorities selling or leasing their land to Housing Associations at a discounted rate. Plots of land for possible development will continue to be identified and considered for the development of extra care housing. The County Council has allocated £2 million to its Capital Budget to support the development of new schemes.

Care and Support Services

The identification of revenue funding required to provide the care and support necessary for extra care schemes to succeed is key to successful extra care housing development. As opportunities for potential developments in Cumbria are identified, ways in which each scheme can be developed and resourced will be examined.

Please tell us your views on our proposals to develop further extra care schemes in your area. There is space on the questionnaire included with this document.

Section 3: Models of Extra Care

We recognise that one size does not fit all and that needs vary across the County. New developments will vary in scale depending on the location and the constraints of available sites. The level and type of need in each geographical area will also influence the model of extra care housing scheme required.

Support for people with dementia

With numbers set to grow, there will be an increased need for access to extra care housing for people with dementia. Cumbria already has an award winning dementia extra care scheme at Millom called Duddon Mews. Although Duddon Mews is specifically for people with dementia, the evidence shows that extra care housing in general can support people already living in the scheme who go on to develop dementia and where staff are well trained to provide the right care and support. Extra Care housing can also be an excellent choice for a couple where one partner is caring for the other who has dementia.

For people with higher level needs, Extra Care housing schemes developed in other areas of the Country have included a specific dementia area or a separate registered residential care unit.

Support for people with Disabilities

To include a paragraph.

The Virtual Care Village

To include a paragraph.

Choice of Tenure - Rent, Buy and Shared Ownership

More older people than ever before, around 70%, own their own home and so it is important that people have the option to buy. Most new developments include apartments for sale or for shared ownership which provides a further option for people who wish to downsize into extra care but who wish to maintain their investment in housing. We would therefore also like to encourage private developers who are interested in building Extra Care housing schemes.

Conversion from Sheltered Housing

Many Extra Care housing schemes around the UK have been developed from existing sheltered housing schemes including Burnside Court in Carlisle and Rampkin House in Appleby. We would like from Housing Associations who have ideas on potential redevelopments.

Section 4: Have Your Say

Tell us your views

This is your opportunity to tell us your views about extra care housing and what you think of our suggestions for future development. We think the option of moving to extra care housing and the benefits that this type of housing and support offers should be available to more people across Cumbria but we want to know what you think.

We will be holding a twelve week consultation period between ? August and ? November and we will gather feedback and engage with people and community groups in a number of ways, to ensure that everyone has the opportunity to have their say.

We will be setting up a range of meetings to be held throughout Cumbria over the next three months as well as attending many existing forums giving you a chance to give your view directly to Council Officers. There are some meeting dates already set and these are listed below. Further meeting dates will be shown on the County Council's website www.cumbria.gov.uk/socialcare or you can telephone Jackie Dodd on 01228 221553 for further information about public events.

A questionnaire accompanies this document which we would like you to complete and return to us in the stamped envelope included. We welcome questions and comments from anyone who wishes to contribute especially Housing Associations, private developers and people who are currently thinking about their future care and support options.

You can also give us your opinion by telephone on 01228 221553,

in writing to:

Extra Care Housing Consultation
Adult Social Care
Cumbria County Council
15 Portland Square
Carlisle
CA1 1QQ

or by email to Jackie.dodd@cumbria.gov.uk

You can also request further information on any aspect of our plans from Jackie Dodd on 01228 221553 or jackie.dodd@cumbria.gov.uk

This document is available to view, print and download at www.cumbriacountycouncil/socialcare/extracarehousingconsultation

People and agencies we are consulting with include:

- *General Public*
- *Housing Associations*
- *Private Developers*
- *All Cumbria County Council Members*
- *All District Council Members*
- *MP'S*
- *Parish & Town Councils*
- *Care & Support Providers*
- *Carers Organisations*
- *Voluntary organisations*
- *Older People's Forums and groups*
- *Local NHS organisations*
- *Cumbria LINKs*

Meetings we are attending include:

(List the public events and forums – to be provided from Area Support Managers)

Supporting Information:

(weblinks to be inserted for all documents)

Appendix A: “Planning4Care” Final Report Cumbria - November 2009 - Care Equation and Oxford Consultants for Social Inclusion

Appendix B: Extra Care Housing Joint Working Protocol for Partners Delivering Extra Care in Cumbria - Revised 2012

Appendix C: Map to show the location of Extra Care schemes in Cumbria- Jan 2012

Appendix D: Projected future need for Extra Care Housing in Cumbria.

Appendix E: Population Projections for Older People in Cumbria

	2009	2014		2029	
All people 65+	Number	Number	% increase from 2009	Number	% increase from 2009
Cumbria	100,100	116,100	16%	158,300	58%
Allerdale	19,200	22,200	16%	29,800	55%
Copeland	12,900	15,000	16%	21,100	64%
Barrow-in-Furness	13,400	14,700	10%	18,600	39%
South Lakes	24,800	28,700	16%	39,300	58%
Carlisle	19,500	22,000	13%	30,500	56%
Eden	11,100	13,200	19%	18,900	70%

(Planning4Care, 2009)

The size of the 65+ population is projected to grow significantly in Cumbria over the next 20 years, driven mainly by life expectancy. The projected increases in the older population for Cumbria are generally well above those for the North and for England as a whole. This projected increase is likely to drive increased demand for social care in the county.

Appendix F: Cumbria Housing Strategy 2011-2016 There are important benefits to extra care housing as recognised within Key Theme 2 of Cumbria Housing Strategy - Vulnerable People, Supporting Independence. Action 8 identifies the need to develop extra care housing that meets current and projected need.

Appendix G: [Cumbria Commissioning Strategy for Older People and their Carers 2010-2019](#) identifies that Extra Care Housing is one part of ensuring that older people should have choice in their provision and be able to access social care services of the right quality in the right place and at the right time in order to promote their independence.

Appendix H: [Living Well With Dementia: A National Dementia Strategy](#)

Information on the web page [Implementing the National Dementia Strategy - Working together to Improve Life with Dementia in Cumbria](#) identifies progress on Cumbria's Dementia Strategy which will support better outcomes for people living with this condition and their carers. A key part of delivering better outcomes for people will be Extra Care Housing.

Appendix I: [Shaping our Lives](#) is a consultation for Cumbria County Council and the NHS which took place in 2009 to assess future provision for older people. The report explores barriers which stand in the way of people choosing to stay at home. Key messages support the development of Extra Care housing. The views expressed in the report echo those we have heard in other consultation events.

Appendix J: Eden & South Lakes Older Persons Housing Strategy

Appendix K: Link to Housing LIN (Learning and Improvement Network) for the national evidence base for Extra Care housing and its benefits to older people.

Appendix L: Cumbria Extra Care Housing Strategy 2005-2010

Appendix M: Article from the Guardian – Benefits of Extra Care Housing, International Longevity Centre research, July 2012