

Housing with Care Strategy

Health and Adults Scrutiny Sub Committee

12 December 2023



Housing with Care



Context

- Tower Hamlets are in the process of transforming the delivery of Adult Social Care and have established a bold new vision and strategy – “Improving Care Together”.
- One of the primary aims of this strategy is to support people to be able to stay in their own homes as far as possible and to ensure there is a range of high-quality housing with care options for people who need them.
- Our “own home is best” position is supported by a wealth of evidence that the vast majority of people prefer to be in their own home wherever possible

Challenges

- There are projected to be further significant population increases in Tower Hamlets over the next 10 years in the 18- 64 population (@15% by 2033) and more significantly in the 65+ population (@54% by 2033).
- This is likely to bring very significant increases in demand for Adult Social Care.
- The Council currently have limited in-Borough provision to meet existing demand with significant numbers of people currently being placed Out of Borough.



Housing with Care Strategy



Evidence

Modelling using both national and local data sources demonstrates the need for significant additional extra capacity over the coming years – in particular for Nursing care and Extra Care Housing. There are already some new Supported Living schemes in the pipeline for people with Learning Disabilities.

Analysis suggests that there are significant benefits to be realised through the further development of housing with care:

- more choice and control for people receiving Care;
- increased independence; and
- better value for money.



Housing with Care Strategy



Main Findings and Recommendations

- An additional 240 Extra Care flats by 2033.
- An over reliance on residential care beds outside of the Borough (approx. half of the total)
- A reduction in the use of out of borough residential care should be managed with a corresponding incremental increase in Extra Care flats.
- Increase in Nursing care home beds
- Increase in Supported Living for those with LD and MH
- Growth in Shared Lives placements



Existing Housing with Care settings in Tower Hamlets



- **Homecare-** approx. 2,000 people supported at home , approx. £40 million pa.
- **Extra Care Housing-** 6 schemes in the borough, with total of 214 flats. Spend of approx. £3.5 million p.a.
- **Supported Living-** 67 people within 9 supported living settings providing care and support for those with LD, 233 people within 14 settings for MH Spend is approx. £9.8 million p.a.
- **Residential care homes-** 6 Older Adults homes in Borough, total 350 people supported (50% in Borough: 50% outside Borough), spend is £24.4 million p.a.
- **Nursing care homes-** 2 homes in Borough, total 162 people supported, spend is £4.6 million p.a. (excluding NHS contribution)
- **Shared Lives-** total 12 people supported, spend is £128k p.a.



Housing with Care Settings



Housing	Tenure	Type of Support
Own Home	Homeowner Rented	Assessed Homecare
Extra Care Housing	Rented Leasehold - Purchase	Care and support provided as part of tenure, 24 hours, 7 days Adults 18+ Self-contained flat - Live independently, own front door Shared facilities include laundry rooms, communal living areas, guest rooms and gardens Security and safety features e.g., CCTV Choice of Planned activities on a regular basis
Sheltered Housing	Rented Leasehold - Purchase	Warden/Scheme Manager Community Alarm/Assistive Technology Assessed Homecare Some shared facilities include laundry rooms, communal living areas, guest rooms and gardens



Housing with Care Settings



Housing	Tenure	Type of Support
Nursing Care Home	Occupancy Agreement	24 hours, 7 days, Personal care and emotional support Nursing healthcare (Registered Nurses) Catered Meals Leisure activities Laundry, cleaning
Residential Care Home	Occupancy Agreement	24 hours, 7 days, Personal care and emotional support Catered Meals Leisure activities Laundry, cleaning



Why Extra Care Housing and not residential care homes?



- Residents are tenants and have housing rights
- Enablement and independence is maintained- e.g., own kitchen, washing machine
- Residents can maintain connections living as part of the community
- Culturally specific provision e.g., Sonali Gardens
- Prevents spread of infections – much better outcomes during COVID
- Purpose built dementia friendly design
- Adult Social Care pays for the care and support but NOT the accommodation costs – significant savings for LBTH (ASC budget)



Benefits of Extra Care Housing for residents



- Increased sense of autonomy and security
- Fewer falls
- Reduced loneliness and depression
- Higher perceived mental health and quality of life
- Lower death rate in the period following moving in

Evidence base is from Housing LIN at www.housinglin.org.uk



Benefits of Extra Care Housing for residents



- Fewer GP visits
- Fewer community nurse appointments
- Fewer ambulance call-outs
- Fewer and shorter unplanned hospital admissions
- Delayed moves to a residential or nursing care setting (home for life)
- Lower overall health costs
- Less costly social care packages (especially for those with higher care needs)



Nursing care/ complex dementia care



- Strategy highlights the need for between 25-30 additional nursing care beds over 10-year period to 2033
- Development of a nursing home for those with complex dementias would allow for greater control of quality and price in the marketplace
- Other Local Authorities are now building care homes e.g., Cambridgeshire County Council, Central Bedfordshire, Southend City Council
- Local Authorities are also developing new ECH schemes e.g. Newham
- Care operations are usually the responsibility of Local Authority Trading Companies (LATCOs) e.g., Care is Central, Southend Care



Shared Lives (Adult Placement)



- Strategy highlights need for growth in carers and Shared Lives placements particularly for those with Mental Health conditions and Older Adults
- Business case needs refreshing (completed over two years ago)
- Targeted communications and development plan
- Based on experience from other Councils these services grow organically and at a slow pace
- Strategy points to the need for an additional 110 places over the next ten years
- Carers almost all female and high percentage from BAME population
- Great source of local, flexible employment and can tackle deprivation



Housing with Care Delivery Plan- what have we already delivered?



- Established monthly Housing with Care Strategy Delivery Group – membership from Housing Supply, ASC operations, Commissioning, Planning and Capital Programme and Asset Management
- Begun work on site searches and feasibility for new Extra Care Housing development in the Borough (Mayors Capital Project Priorities)
- Updated the Infrastructure Delivery Plan (IDP) to set out high level needs
- Met with Tower Hamlets Housing Forum to begin dialogue with Housing Providers re: private investment required for housing with care developments
- Fed into Local Plan Policy statements on specialised housing developments
- Established North East London (NEL) Commissioning network to share intelligence and plans for Housing with Care
- Retendered the Extra Care Housing care and support contract to strengthen the support for those with complex needs reducing the need for them to move on to care homes



Housing and Care Delivery Plan- what is still to be delivered?



- Develop a Market Position Statement (MPS)/ Investment Prospectus
- Input and influence Capital and Local Planning policies for Housing with Care
- Implement pre – planning application consultation process to influence future housing with care developments
- Further engagement with Housing providers to explore potential development opportunities
- Progress to development of a PID for new Housing with Care schemes
- Develop a Provider Quality & Performance Framework
- NEL Sub-regional Accommodation & Support Strategy
- Improvements to business intelligence to more accurately project future demand and track supply of housing with care
- Refresh business case for Shared Lives Service



Housing with Care- next steps



- Formally adopt Strategy at Cabinet in 2024
- Further develop and approve the annual delivery (action) plan
- Finalise communications and engagement plan
- Progress with Mayors Capital project priorities (development of PID, options appraisal and feasibility studies)
- Develop partnerships with Housing providers to secure additional Housing with Care developments
- Consider this strategy as part of Mayoral Housing strategy and targets

