



What we would like to see in the market

As the population ages, the number of people developing dementia is growing significantly. In the UK, it is likely to double to 1.4 million in the next 30 years. The National Dementia Strategy aims to ensure significant improvements in dementia services to enable people with dementia, and their carers, to 'live well with dementia'. Of 17 objectives, one (Objective 10) is devoted to the role of housing and Telecare services specifically, and includes 'monitoring the development of models of housing, including extra care housing, to meet the needs of people with dementia and their carers'.

In Barnet our proposals for new schemes include those with a dementia specific focus and in the projections detailed in the table below, the figures include 10% provision for people with dementia.

There are several approaches to estimating the need and demand housing for older people and the table below summarises current projections:

Extra care estimated future needs 2012- 2030					
Estimating model	2012	2015	2020	2025	2030
20 x ECH units per 1000 population aged over 75 years					
Strategic Housing for Older people Analysis Tool (SHOP) using Census data (2013)	638	670	745	878	993
National Strategy for Housing in an Ageing Society & GLA population projections (2013)	487	514	573	680	761

The current pipeline of extra care housing will bring the total stock to approximately 339 and the table above shows that demand for extra care housing will outstrip supply after the current pipeline has completed. We will review demand and capacity as the next two extra care schemes are delivered which include some housing for sale. We know that older people have a wide variety of housing preferences, and aspirations are increasingly for well designed, fully accessible housing which is well located and connected.

Our future strategy is to develop extra care housing which acts as a hub for care and

support services for scheme residents and the local neighbourhood. This is particularly relevant in regeneration areas where new development meets lifetime homes standards and neighbourhoods are well designed and 'age friendly'. Making these connections will tackle any possible stigma or social isolation.

What is Extra Care Housing?

Extra care housing is a form of sheltered housing rather than residential care, which is designed primarily for frailer older people and some younger people with disabilities who are able to live safely on their own. The aim is to maximise independence and choice for residents and it is becoming a popular alternative to residential care placements.

Residents have their own self-contained property (usually a flat) and security of tenure whether they own the property or rent via assured tenancy or lease. Residents can determine who comes into their homes and who delivers their support. It provides for people with varying levels of care and support needs and this is available on site at all times. For couples where just one has care needs, they can continue living together in a safe and caring environment. A feature of extra care housing is that it provides a range of community facilities including a communal lounge, dining area, kitchen facilities, laundry, hairdressing, assisted bathrooms and guest rooms and usually meals from a café style facility.

Some aspects of extra care housing such as housing design and management are covered by housing legislation, regulations and standards. Others, such as care provision within the facility, are covered by the non-residential community care framework and care registration requirements.

Current schemes in Barnet offer the communal facilities mentioned above, and:

- help with personal care
- access to meals
- help with domestic support – such as cleaning, laundry, shopping and preparing meals
- 24-hour care services if required
- social and leisure activities
- help with medication.

Current market position

Existing schemes in the borough provide 150 properties, with several further schemes at the design and planning stages. We are currently supporting over 100 service users within Extra Care Housing with an annual cost to the council of around £1m per annum.

As most extra care housing in the borough is rented tenancies are granted and the accommodation and property-related costs are funded through rents with the majority of service users receiving housing benefit. Therefore Barnet Council do not meet accommodation costs, unlike residential care where the placement costs are aggregated.

The majority of services are commissioned by the Council however there is currently one private sector development in the borough which provides many of the features of traditional extra care housing (not directly commissioned by the Council).

Sheltered Housing

Sheltered housing is typically a group of self-contained flats (sometimes bungalows) designed for older people that are fitted with an emergency alarm call system, so that residents can get emergency help at any time of the day or night. It differs from extra care housing in that care and support staff are not on site and whilst there are usually communal rooms and spaces, there is no provision for meals and other services.

The Council's sheltered housing stock is monitored to ensure that demand matches supply. In addition to extra care housing, we are working with housing providers to extend the offer within two existing sheltered housing schemes, which already provide care from on-site teams for sheltered housing residents. This is known locally as 'sheltered plus'. We will continue to work with local sheltered housing providers to ensure the best use of sheltered housing assets within the borough.

The depressed housing market has slowed interest in privately owned extra care housing accommodation, and for the private sector there are significant challenges; including constraints on available investment and higher rates of interest.

And although there is less risk for Registered Social Landlords (RSLs) developing housing for rent rather than sale availability of loan finance is affecting those with fewer assets. RSLs working in Barnet believe extra care housing has real advantages: choice, independence, empowerment, safety, security, continuity, companionship, friendship and social interaction; and they see it as a growth market.

Schemes located in the best housing areas and care models that are working, are those schemes for people with higher needs. The trend is towards schemes that rely on operational surpluses to cover development costs, those that offer a wider range of services, and those for people with higher needs.

There is an increasing amount of extra care housing with a wider range of tenures, including 'universal' tenure offers with bundled services. Providers are interested in Self Directed Support to create larger revenue streams, albeit with commercial risk. Another emerging use of Extra Care Housing is to provide for intermediate care and respite or rehabilitation.

Strategic relevance

Extra Care Housing is envisaged as the main option for older people, increasingly replacing new referrals to residential care which will be reserved people with the highest dependency such as those with later stage dementia. Barnet Council wants to work in partnership with a wide range of providers to continue to develop the market, including mixed tenure developments. We want to increase the use of extra care as an alternative to residential care and provide another option for older people and people with disabilities in Barnet.

We are establishing new relationships with the care and support providers in extra care housing. The accommodation is owned by a registered provider (housing association) but as we introduce Personal Budgets, residents will be able to select their choice of care provider.

Our commissioning intentions for care contracts within existing extra care housing are under review and will be made public later in 2013. We are looking closely at a 'hub and spoke' model for Extra Care Housing on our regeneration estates that can extend housing support and care services to the wider neighbourhood.

As a market, extra care housing is not yet one which tends to attract self-funders - all nominations to the current affordable rented stock are made by the council (excluding one scheme where the most of the properties have been let as private rented). However given the high levels of owner occupation in the borough this is a growing area of interest and we will be working closely with providers to test and expand the tenure offer in extra care housing. We recognise that the constraints on land supply in the borough may limit the size and scope of extra care housing developments.

Profile of entrants to extra care housing

In extra care housing there has been a trend towards an increase in referrals for people with mental health conditions (including dementia) and additional more complex support needs relating to anti-social behaviour such as violence, alcohol dependency, self-neglect, hoarding, non-engagement. Additionally service users are typically frailer and need more physical care to reduce the risk of falling. Younger adults have also been accepted to schemes, and whilst this remains the exception, it means that schemes are no longer exclusively for older adults and a more mixed community has developed.

Outcomes for residents of extra care

Research carried out by the International Longevity Centre (ILC-UK)¹ using longitudinal data from three extra care providers; found that it could play a major part in delivering better health outcomes and reducing the long term care costs facing older people. In this research ILC-UK found that compared to those living in the community in receipt of domiciliary care, those in extra care housing are about half as likely to enter institutional accommodation. The research also found that compared to a matched sample living in the community, extra care is associated with a lower likelihood of admittance to a hospital overnight and a lower than expected number

¹ Establishing the extra in Extra Care, Perspectives from three Extra Care Housing Providers, 2011.

of falls. The findings also suggest that extra care housing could contribute significant financial savings to the public purse, particularly when taking a long-term perspective.

Service type

Extra care housing providers are at present mainly social housing landlords although some private developments have been completed.

We know that future extra care housing must be developed to be flexible enough to respond to a changing care funding landscape, demographics and service user needs including the scope for extra care housing to provide intermediate and respite care. We will be continuing to work on a vision for extra care housing in the borough over the coming months, alongside the review of the Council's housing strategy taking place during 2013. We will include local providers, other stakeholders and residents in this work.

Key contacts

- Adult.commissioning@barnet.gov.uk for queries relating to: the provision or future plans, de-registration or new opportunities relating to assets or capital funding.
- Barnet's [Social Care Connect](http://www.barnet.gov.uk/SocialCareConnect) <http://www.barnet.gov.uk/SocialCareConnect> online directory to market your services online to people who fund their own care or to search for available local providers
- [Barnet Centre for Independent Living](http://www.barnetcil.org.uk) <http://www.barnetcil.org.uk> to get information, advice, advocacy, brokerage and support or if you are a provider to inform independent support planners about your services

Other useful information

- Housing learning & improvement Network
<http://www.housinglin.org.uk>
- Barnet Housing Strategy
http://www.barnet.gov.uk/info/920023/housing_strategy_and_policies/380/housing_strategy_and_policies
- Strategic Housing Market Assessment
http://www.barnet.gov.uk/download/downloads/id/2076/shma_assessment_dec_2011