Housing, health and care programme

directors of
adass
adult social services
North East

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North East and North Cumbria

Baseline needs assessment and our five year roadmap

Summary

November 2024

Part of:

North East North Cumbria Health & Care Partnership

Contents...

Introduction...

The following document is a summary of our baseline needs assessment and five-year priorities for better homes and healthier lives across the North East and North Cumbria.

It has been developed by the Housing, Health and Care Programme, the region's sector led improvement initiative focused on delivering better, more integrated housing, care, and support, so that people can be healthy, live well, and stay independent in their own home.

We know better housing is crucial for the mental and physical health of our communities and the programme builds on the collaborative work already underway across our region to tackle and mobilise on this important issue.

The programme is led by the North East branch of the Association of Directors of Adult Social Services (ADASS), the NHS North East and North Cumbria Integrated Care Board (ICB), the Northern Housing Consortium (NHC), and the TEC Services Association (TSA), with support from many other partners.

Mapping housing and health needs...

As part of developing our five-year roadmap, the programme has teamed up with the Housing Learning and Improvement Network (LIN) to develop a baseline review of housing needs in the region.

This review provides a first-of-its-kind view of the demand for supported housing, helping to identify key areas to target.

It highlights the challenges and opportunities, including:

Warm and dry homes:
- Over 33,500 homes in the region are cold and damp.
- 19.6% of privately rented homes and 6.6% of social rented homes have significant hazards, including damp.
- Rates of chronic obstructive pulmonary disease (COPD) and childhood asthma are higher than the national average.

Housing for older people:
- To keep up with demand, 525 new supported housing units for older people are needed each year.
- The number of people over 65 is expected to grow from 911,578 to over 1.1 million by 2039.
- Dementia rates are higher than average, with increasing care admissions.
- A 15% rise in care home admissions related to dementia is projected.
- Nearly 1 in 5 older people face income-related challenges.

Supporting complex needs:
- To meet the demand for supported housing for those needing complex care, 350 new homes are needed each year - 1,750 homes by 2029.

Our five year roadmap for change...

The baseline review, alongside rich insights and feedback from events, roundtables, serious game (SocialLudo) recommendations, and our community of practice, has shaped our five-year priorities and areas for action. These have all been instrumental in setting our vision, ambitions and delivery plan for 2024/29.

Some of the ambitions in this plan include:

- A significant reduction in cold and damp homes.
- Better quality housing that allows older people to age well, with a 10% decrease in older people needing residential care.
- 525 new units of extra care for older people.
- 1,750 additional homes tailored for people with complex needs.

These are described in more detail in this document. If you would like further information about the Housing, Health and Care Programme you can visit our website.

Better homes and healthier lives
Our roadmap 2024 – 2029

More warm and dry homes

Our challenge: To reduce the (approximately) 33,500+ homes which are damp and cold

Supporting older people to live independently

Our challenge: Ensure suitable homes for a growing and aging population living with multiple long term conditions

Better homes with support for people with complex needs

Our challenge: To provide more accessible, adaptable and affordable homes

We will:

- Share good practice
- Create new referral routes
- Make better use of data to target our work
- Attract investment to fund heating and insulation improvement

- Maximise access to home adaptations
- Agree design standards for 'care ready' homes
- Promote dementia friendly housing approaches
- Build more 'extra care' homes for older people

- Develop an integrated strategy for complex care
- Agree design standards for new homes
- Promote different housing options, including ownership
- Build more suitable homes for people with complex needs

In 5 years:

- **Fewer homes that are cold and damp**
- **Fewer homes with other hazards**
- **Better use of resources**
- **More older people living at home**
- **Better quality homes that support people to age well**
- **10% fewer older people in residential care or hospital**
- **2,625 units of extra care**
- **More of the right type of housing**
- **Fewer people in hospital**
- **Better access to the right homes**
- **1,750 extra suitable homes**

Collaboration
Working together across health, local authorities, housing and VCSE sector

Technology
Making the best use of technology to support independence

Data
Using insights to target our work and develop data sharing

Framework and standards
Jointly developed across the region to achieve fewer category 1 homes

Resources
Joining up resources, working at scale across sectors and supporting our workforce

Be the best at getting better
Sharing and scaling-up best practice

Background...

Our priorities are:

Warm and dry homes:
Ensuring those who live in rented properties have a warm and dry home

Older people:
Better housing options and the use of technology to support people in their own homes

Complex needs:
High quality homes with wraparound support for people with complex needs

The Housing, Health and Care Programme commissioned a baseline needs assessment to provide a starting point for long term planning for all three of our priorities.

We commissioned The Housing Learning and Improvement Network (LIN) who worked with the programme team to gather data and stakeholder insights between January and July 2024.

For each priority, the full report includes:
- Policy context
- Data about the population
- Stakeholder perspectives and insights
- Good practice examples
- Recommendations

The full report by Housing LIN can be accessed here.

The following document sets out a summary of this review, as well as our five-year roadmap highlighting our ambitions and areas of actions which have been developed as a result.

Supporting older people to live independently...

What the data tells us: population of older people...

By 2039, the total **population of older people** is projected to increase from...

1,169,084
↑
911,578

This is an **increase** of
28%
(20.26% - 33.54%)

↑ **22%** increase in 65-74
(16.5% - 26.2%)

↑ **35%** increase in 78-84
(24.2% - 39.4%)

↑ **51%** increase in 85+
(33.6% - 69.9%)

North Tyneside (65+), and **Northumberland** (75+, 85+) have the **highest increase** in each age band

Gateshead have the **lowest increase** in all age bands

Increases are broadly similar for the two combined authorities, but **lower in North Cumbria**

What the data tells us: tenure and deprivation...

Across the region...

74% of older people **own their own** home

18% live in a **social rented** home

8% live in **privately rented** homes

- The Tees Valley Combined Authority (TVCA) area has the highest level of home ownership

- The North East Combined Authority (NECA) area has the highest level of households living in social rented homes
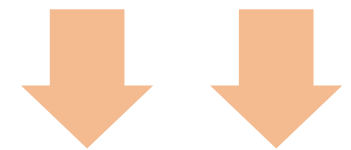
- North Cumbria has a significantly higher level of households living in private rented homes

18% of older people **experience income deprivation**, and there is wide variation across the region

The NECA and TVCA areas have similar levels of income deprivation for older people, and is significantly below the regional average in North Cumbria

What the data tells us: care needs...

Across the region...

3.89%

of older people have been **diagnosed with dementia**

_____

(Compared with **3.76%** across England)

9/14

local authorities have a **prevalence rate** higher than the England rate

There are

5,257

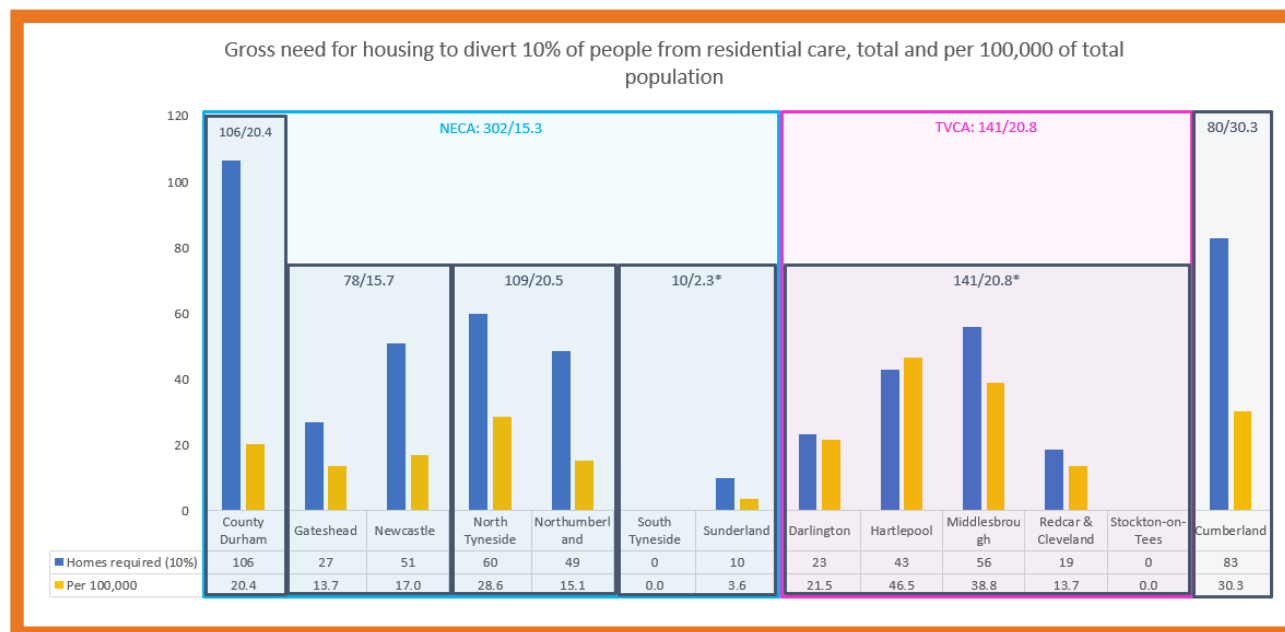older people in local authority **funded residential care**

1,808

of those have dementia related needs

What the data tells us: gross housing need...

Across the region, we need 526 homes every year to divert 10% of older people from residential care. This is a rate of 18 per 100,000 of the total population.

Gross need for housing to divert 10% of people from residential care, total and per 100,000 of total population

	County Durham	Gateshead	Newcastle	North Tyneside	Northumberland	South Tyneside	Sunderland	Darlington	Hartlepool	Middlesbrough	Redcar & Cleveland	Stockton-on-Tees	Cumberland
Homes required (10%)	106	27	51	60	49		10	23	43	56	19	0	83
Per 100,000	20.4	13.7	17.0	28.6	15.1	0.0	3.6	21.5	46.5	38.8	13.7	0.0	30.3

Group labels on chart: 106/20.4 · NECA: 302/15.3 · 78/15.7 · 109/20.5 · 10/2.3* · TVCA: 141/20.8 · 141/20.8* · 80/30.3

*Data on older people in residential care funded by Stockton and South Tyneside was not available at the time of the review.

Stakeholder perspectives: housing need...

Stakeholders told us:

- There's an increasing need for housing for adults with significant health and care needs, including dementia and other complex health conditions, and end of life care.

- There are a growing number of older adults with high support needs in relation to mental health, including people who are homeless.

- That we need to be able to support people in a wider range of housing types and tenures.

Stakeholder perspectives: gaps and challenges...

Stakeholders told us we need:

- Contemporary and attractive 'age-designated' and 'care-ready' housing across types and tenures.

- Support for people to 'step-down' from hospital, and to support people with complex needs related to mental health, homelessness, and substance misuse.

- Creative use/refurbishment of existing sheltered and 'extra care' developments.

- Collaboration on technology innovation.

- Shifting the focus of residential care models into the future.

- Understanding and planning for the housing preferences of older people.

Areas for action...

- Maximise access to support and adaptations that allow people to 'age in place' (which means enabling people to age in their own home and community).

- New build homes that are designed to be more accessible and can be easily adapted as someone's needs change*. That this should be available across all types and tenures of housing, including retirement living, sheltered housing, and 'extra care'.

- Consider age-designated and/or dementia 'care-ready' homes as part of wider developments, and linked to local communities.

- Promote the development and roll out of integrated urgent community response (UCR) services for older people across our places.

*By this we mean homes that are built to M4/2 building standards and HAPPI standards.

More warm and dry homes...
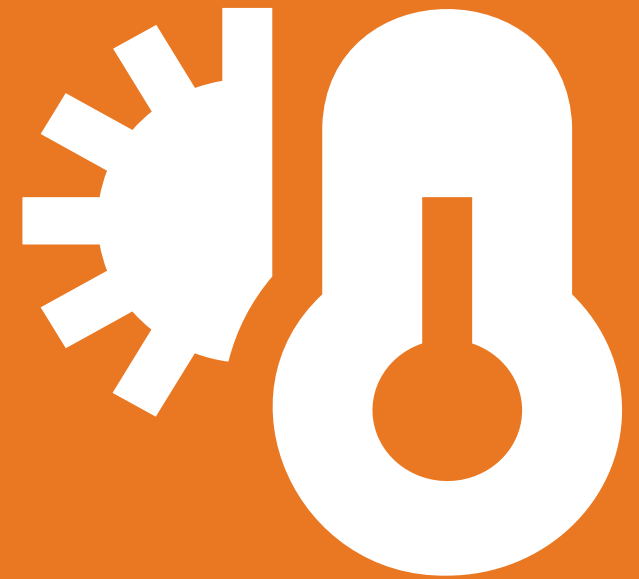
What the data tells us: rented homes...

There are **1,404,645** households **living in a rented home** across the region

Across the North East, the prevalence of **damp in homes** is **2.8-4%** of homes

19% of **privately rented** homes

6.6% of **social rented** homes

are modelled to have a **Category 1 hazard** (including damp)

37.6% **of households in the region are rented**

Social rented housing is more prevalent in the NECA area and private rented more prevalent in the TVCA area

48.9% of dwellings in the North East have an **EPC rating of D or lower**

What the data tells us: households affected by cold and damp...

Households living in a home that is affected by cold and damp are more likely to:

Have at least one person aged **over 60, or under 5**

Be lone parents, multi-person households, or couples **with children**

Be in the lowest quintiles of income, be **living in poverty**, or be economically inactive

Have a long-term **disability or illness**

Be from a **minority ethnic background**

Stakeholder perspectives...

Stakeholders told us:

- There are wide-ranging efforts to tackle damp and mould in both social housing teams and private rented sector regulation teams, with some pockets of excellent practice.

- Existing data and intelligence would be enhanced through more joint working with social care, health, and public health.

- That there are three inter-related challenges that require a sophisticated response:
    - Property conditions
    - Tenant behaviour (i.e. understanding and acting on advice)
    - Financial challenges faced by tenants

Areas for action...

- Shared strategic objectives and planning.

- Shared intelligence about the nature and scale of the problem.

- Shared good practice of what works to reduce the prevalence of cold and damp homes.

- Establish common referral routes.

- Develop a toolkit for front line staff to support identification of cold and damp in homes.

- Shared measurement and recording of outcomes.

- Information, advice, education on existing services and support, to better help tenants and landlords.

High quality homes with wraparound support for people with complex needs...

What the data tells us: population of people who need complex care and support...

The data provided told us that there are:

An estimated
326 people on **dynamic support registers*** (121 children and young people, 205 adults)

139 adults with a **learning disability** in inpatient (hospital) settings

2,727 adults with a learning disability, mental health condition, or who are autistic **in care homes**
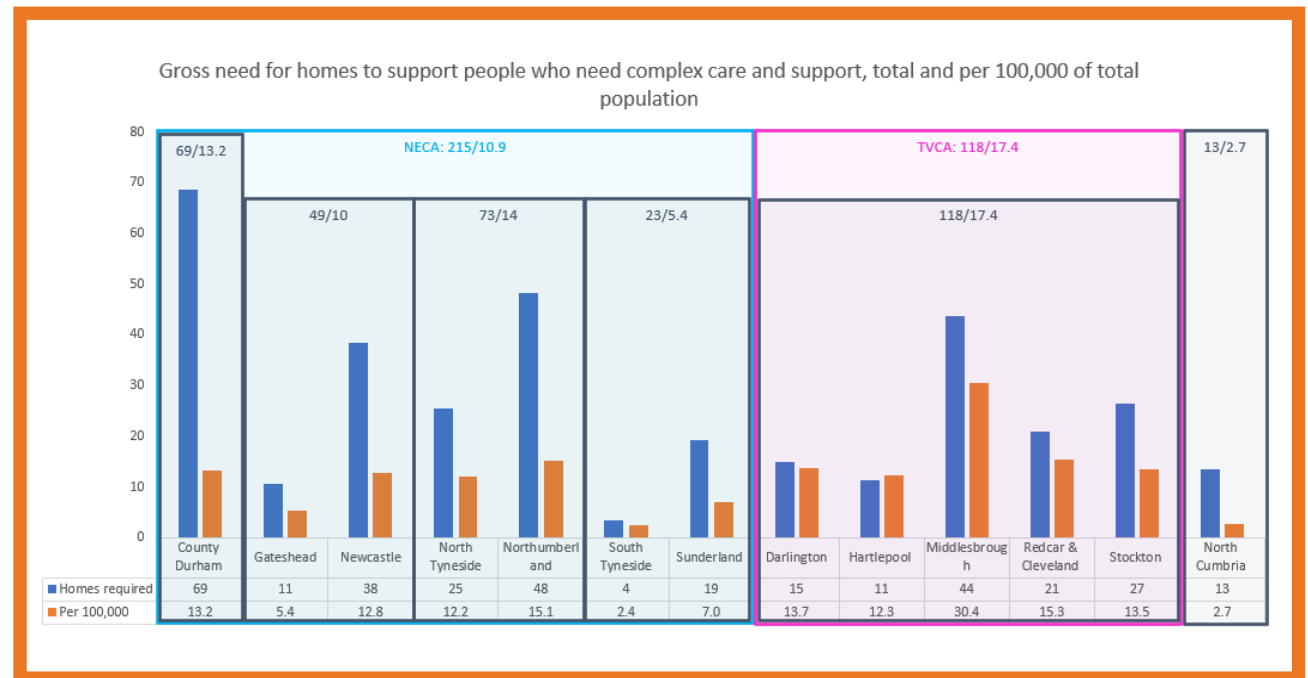
*A dynamic support register is a list of people with learning disabilities and/or autistic people who need extra support and are at risk of going into hospital or residential placements if they do not receive the right care and treatments in the community.

What the data tells us: housing need...

Across the region, we need 350 homes every year for people who need complex care and support. This is a rate of 11 per 100,000 of the total population.

Gross need for homes to support people who need complex care and support, total and per 100,000 of total population

	County Durham	Gateshead	Newcastle	North Tyneside	Northumberland	South Tyneside	Sunderland	Darlington	Hartlepool	Middlesbrough	Redcar & Cleveland	Stockton	North Cumbria
Homes required	69	11	38	25	48	4	19	15	11	44	21	27	13
Per 100,000	13.2	5.4	12.8	12.2	15.1	2.4	7.0	13.7	12.3	30.4	15.3	13.5	2.7

Some data used in this chart was not available at local authority level, which is why the figures in the chart add up to 345 and not 350.

Stakeholder perspectives: housing need...

Stakeholders told us:

- There needs to be better access to mainstream housing and ownership, alongside supported housing, and appropriate use of residential care.

- There are inconsistencies in how we understand and plan for meeting demand and need.

- There needs to be a better understanding of the need and demand for housing for people with mental health conditions.

- The profile of our inpatient (hospital) population includes:
    - More admissions for autistic people
    - Longer lengths of stay
    - Increase in admissions because of offending risks
    - People who need support to step down from hospital

Stakeholder perspectives: gaps and challenges...

- A broad range of housing options, and providers.

- Homes and support that are designed to meet specific needs (e.g. sensory, forensic).

- Step-down pathways from hospital.

- Access to mainstream/general housing, and home ownership, with appropriate support.

- Supported housing focused on people with serious mental health conditions.

- Consistently strong joint commissioning arrangements.

- Consistently strong multi-disciplinary team (MDT) approaches to support providers in the community.

Areas for action…

- A better understanding of need and demand.

- A full range of housing options, from mainstream housing to 'bespoke' homes and support.

- Sub-regional commissioning for people who need highly bespoke environments and support.

- Better and easier access to 'mainstream' and general needs housing, alongside appropriate support.

- Review of existing stock of supported housing to ensure it is still appropriate.

- Better understanding of the type and scale of accessibility requirements and provision of design guidance.

- Joint market shaping across housing, health, and social care.

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To find out more, visit:

northeastnorthcumbria.nhs.uk/housing-programme

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