



Extra Care Housing Prospectus

April 2018

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1. Strategic Context

Your life your well-being is Kent County Council's strategy for Adult Social Care.

Its vision is 'To help people to improve or maintain their well-being and to live as independently as possible' and is achieved through three themes.

- Promoting well-being
- Promoting independence
- Supporting independence

<http://www.kent.gov.uk/about-the-council/strategies-and-policies/adult-social-care-policies/your-life-your-wellbeing>

Kent's Accommodation Strategy further builds on the vision for Adult Social Care.

http://www.kent.gov.uk/_data/assets/pdf_file/0018/14634/Kent-social-care-Accommodation-Strategy.pdf

The vision is that people should live independently in their own home receiving the right care and support and it sets out the strategic direction for suitable housing and care home provision for all Adult Social Care client groups. The strategy concludes a need for more extra care housing and exploring the opportunities to develop mixed tenure models of extra care housing.

Extra Care Housing is for Older People aged 55+ and is a significant enabler for the authority to achieve its strategic objectives. Extra Care Housing can provide an alternative to residential and nursing care and is designed to promote individual wellbeing and keep people safe, help people do as much as they can for themselves and allow people to live in their own home.

This prospectus is to stimulate interest and ideas in meeting the needs of older people and, potentially, vulnerable adults across the county in viable and cost-effective housing. This is not a descriptive document for applying for any funding, although submissions will be carefully considered to potentially develop and advertise an opportunity in line with Procurement Regulations.

2. Definition of Extra Care Housing and Supported Accommodation

Extra Care Housing is a form of accommodation where older people live independently with their own front door in a scheme that has a range of communal facilities and has access to care staff 24 hours a day. The design of the living accommodation is to be as flexible as possible to meet the changing needs of a person as they age. This means the apartment needs to be fully wheelchair accessible with adjustable height kitchen facilities, wet room and able to have ceiling track hoists. It also needs to be fully technologically supportive for tele-technologies.

Supported Accommodation is a form of housing where younger vulnerable adults live independently with their own front door in a scheme that has some communal facilities and has access to care staff 24 hours a day. The design of the living accommodation is to be as flexible as possible to meet the changing needs of a person. This means the apartment needs to be fully wheelchair accessible with adjustable height kitchen facilities, wet room and able to have ceiling track hoists. It also needs to be

fully technologically supportive for tele-technologies. In Kent, Supported Accommodation is more likely to be designed for people to move through into more independent living.

What is crucial to note is that both types of accommodation need the combination of the housing and the care. It needs to support people as a direct alternative to residential care and must be able to address night time needs of people.

Extra Care Housing in Kent is for older people aged 55+ and for some a home for life. Within Kent, the current over 55 population of 488,200 (2016 data)¹ is forecast to increase by 34.6% by 2031 to 657,200. The greatest increase is the current over 75 population of 136,700 which is forecast to increase by 63.8% by 2031 to 223,800. Research conducted by the Public Health Observatory and the Councils Business Intelligence Division concluded that Extra Care Housing can have significant positive impacts on a person's quality of life and health, whilst having a reduction in Social Care and Health Care costs. These benefits can be realised where the care needs and wealth of tenants is mixed.

Extra Care Housing can be a mix of rented, shared ownership or outright sale and Kent County Council is committed to ensuring the availability of high quality, sustainable accommodation with care and support for older people across the county. As the population changes, so do their needs, wants and aspirations.

Because of this, KCC is looking to stimulate the development of alternative housing with care services for older people which will allow people to remain active, independent members of the community for as long as they are able. Reference to Supported Accommodation for younger vulnerable adults is due to having mapped needs for this type of accommodation on sites that could facilitate this where it would complement the service provision of the Extra Care Housing.

Kent is a county of two halves with some very deprived areas and some incredibly wealthy areas. The private sector has developed some good examples of housing with care/support and this can meet the need in the wealthier areas. However, the costs of some of these services are prohibitive to some and therefore KCC wants to promote as many affordable options for people of all tenure across the county. An aspiration is for Extra Care Housing to become a hub in its community, allowing people with needs to live around the scheme to be part of the wider community and linked either by the schemes activities programme or care service.

For many people, Extra Care Housing is the ideal solution as it means that they live in a home of their own, can stay together as a couple even with different levels of need, live as part of a supportive environment, in a location situated in the heart of the local community, and with the added reassurance that help is at hand.

Extra Care Housing allows people to move out of houses, where they are finding it difficult to cope, into a home where they can be secure and live independently. In some situations, Extra Care Housing also allows people to move out of residential care and return to independent living.

¹ Source: Population Estimates Unit, ONS (Crown Copyright) Presented by Strategic Business Development & Intelligence, Kent County Council - June 2017

In Kent, Extra Care Housing and Supported Accommodation is part of a continuum of care and support, ranging from support within communities and care for people in their own homes, specific retirement accommodation with or without care, to high-level residential and nursing care home accommodation.

3. Benefits of Extra Care Housing and Supported Accommodation

Extra Care Housing and Supported Accommodation have many benefits; both for the people who live there, and for the wider community. These benefits cover a wide range of areas, including:

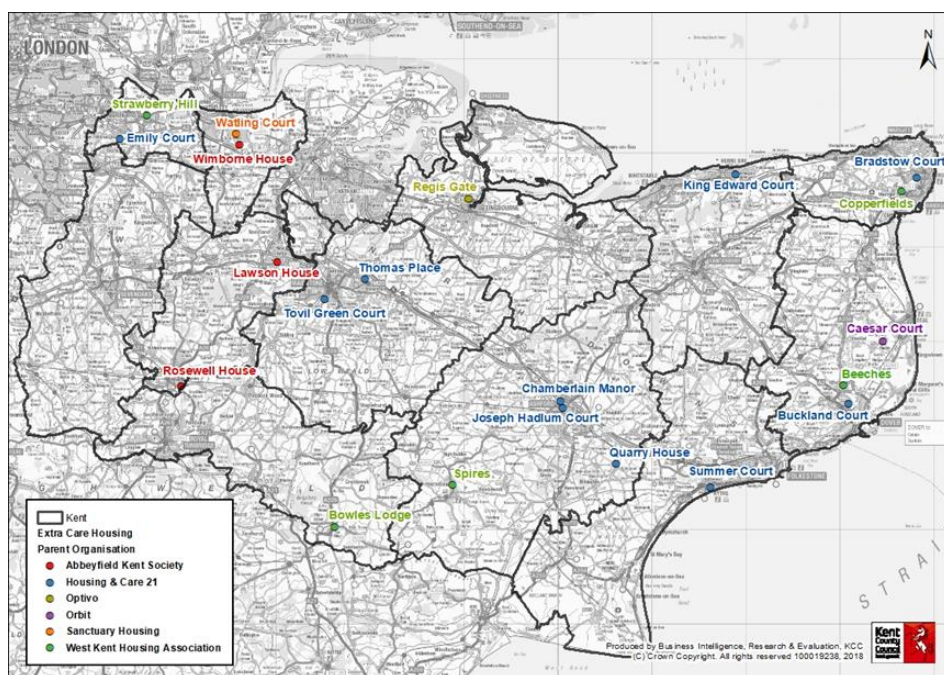
- Increased financial autonomy and flexibility for people
- The promotion of greater independence, wellbeing and choice
- Providing a security of tenure through tenancy agreements or ownership
- Access to flexible care and support 24 hours a day
- Spacious personal living spaces compared to a traditional residential care home
- Reducing social isolation by providing communal spaces and activities onsite and/or support to access the community and mainstream groups or activities
- Shared ownership/outright ownership enables the protection of capital assets

To help achieve these benefits for tenants and for the wider community Extra Care Housing has a range of facilities available including communal lounges, restaurant/dining facilities, meeting areas, assisted bathrooms, accessible outside space, space for personal facilities such as hair salons and podiatrists, accessible buggy stores and laundry facilities.

4. Kent Landscape

There are 900 Extra Care housing apartments in Kent where KCC has nomination rights in 19 schemes across the County. Of the 19 schemes where KCC has nomination rights, 12 of these schemes were funded through PFI. The remaining seven were part funded either through Grants from the Homes and Communities Agency, Section 106 contributions or organisations own access to funding. There are currently six active Registered Providers delivering the housing component of the schemes.

Current Supply



Kent County Council works very closely with its District Council partners in the development of Extra Care Housing/Supported Accommodation. It is expected that any prospective tenant to the schemes will have a housing need, be registered for housing and have eligible social care needs.

Access to the schemes is through Kent Homechoice, the County's current lettings route. The operator will be required to advertise properties through this route for the rented apartments. There will be a lettings panel for each scheme/cluster or district who will prioritise need for flats.

5. Options

To elicit responses from innovative organisations to shape a number of solutions to deliver more Extra Care Housing, and/or Supported Accommodation in locations with the greatest need, a range of options have been developed that would be considered and can be summarised under two main headings. However, the list is not exhaustive and KCC is open to considering options from the sector.

KCC is seeking responses that deliver benefits and outcomes to the County Council and the partner with strong delivery of social value.

Market engagement will be framed around securing the provision of circa 1,000 apartments across the County as soon as possible which could be split in to packages.

Option 1 - One entity under one arrangements finances, builds, and maintains the place of residence as well as provides the care services. This could be a prime contractor or a consortium. Consideration should be given to whether or not the entity will provide care in the wider community.

Option 2 - Separate arrangements are made for the provision of the place of residence (finance, build and maintain) from the provision of the care services. Consideration will be given to whether or not the care provider is the provider of care in the wider community.

It is expected that there will be one care service provider for each Extra Care Housing scheme.

KCC is not obliged to honour the development of Extra Care Housing/Supported Accommodation if no suitable proposals are forthcoming.

6. Site Suitability

One of the key principles of Extra Care Housing/Supported Accommodation is that it needs to be situated in the community, close to local amenities and facilities to ensure that people within the scheme can stay independent and involved members of that community for as long as possible.

Site suitability criteria is being developed by the council and will be shared in due course. The suitability of the site will be reviewed by Strategic Commissioners and possibly a Housing or Planning Officer at the District Council. The outcome would be made available to the partner.

In terms of site size, as a rule, a 60 bed Extra Care Housing Scheme has approximately 5,400m² of space based on 50 one bed apartments of 60m², 10 two bed apartments of 72m² and communal space. It would be expected that a 60-flat scheme would be a minimum consideration of size.

7. Areas of Need

The forecasts of need for older people are available to 2031 and are broken down into each District Council boundary. This can be found at www.kent.gov.uk/accommodationstrategy (due to publish the 2031 forecasts and the refresh of the Strategy in July 2018) which were adjusted after the announcement of the Future Funding of Supported Housing, there is a forecast need to deliver an additional 3,788 units².

	2021	2026	2031	Total	Population Forecast 2031
Ashford	120	127	74	321	55,900
Canterbury	165	165	86	416	65,800
Dartford	82	82	40	204	39,300
Dover	131	129	73	333	56,100
Gravesham	87	79	33	199	38,300
Maidstone	156	165	86	407	69,700
Sevenoaks	121	109	51	281	48,500
Shepway	128	129	67	324	53,300
Swale	124	135	72	331	61,400
Thanet	149	151	82	382	68,200
Tonbridge Mall	119	113	58	290	53,000
Tunbridge Wells	119	115	66	300	48,300

Demand for older people (aged 55+) Strategic Business Development and Intelligence April 2018
<http://www.kent.gov.uk/about-the-council/information-and-data/Facts-and-figures-about-Kent/population-and-census#tab-3>

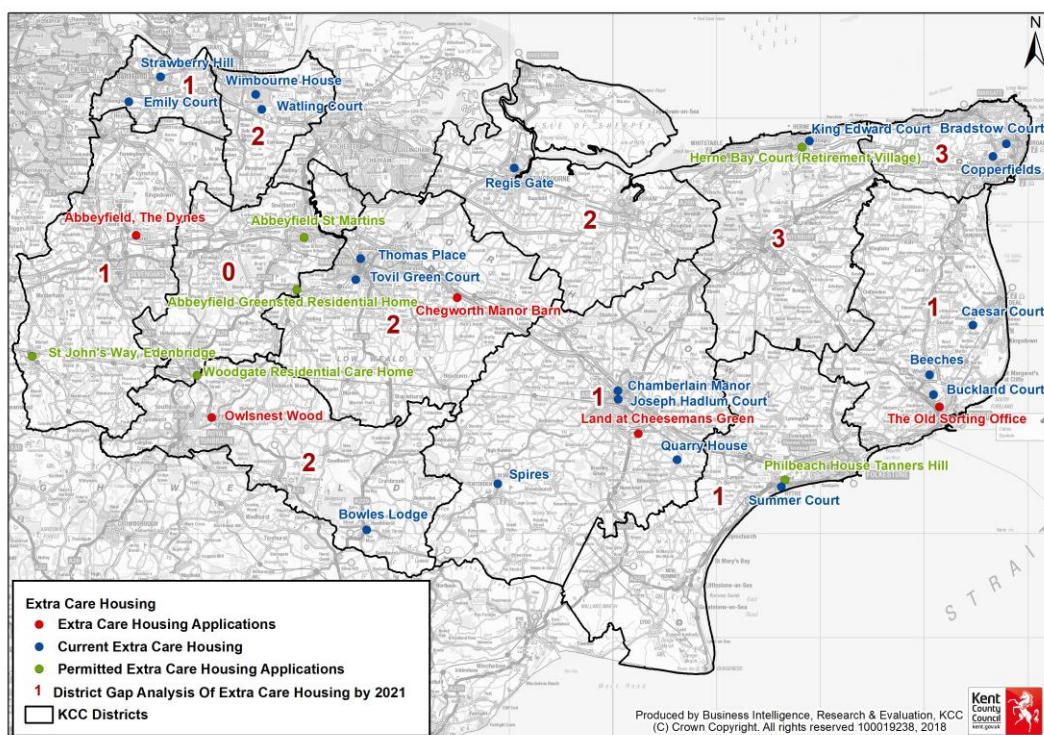
The forecasts for Supported Accommodation for people with a Learning Disability or Mental Health needs can also be found through the link and are www.kent.gov.uk/accommodationstrategy forecasting to 2021. All forecasts are tenure neutral and capture the expected reliance on the different accommodation type.

Each District Council has undertaken a Strategic Housing Market Assessment that identifies the needs of people wider than those with Social Care needs. These should be used in conjunction. There are also a range of helpful documents and policies that can be found on the Kent Housing Group website www.kenthousinggroup.org.uk such as 'A Guide to developing Affordable Homes in Rural Communities' and 'Housing for the Third Age'.

² SBDI Forecasts for Growth and Infrastructure Framework and Accommodation Strategy (Oct 2017 V3 even count)

Priority areas of need are ranked in the map below on a scale of 1-3 where 3 is the highest priority and indicates the number of schemes (based on a 60 units) required in the area for development. The council will welcome development and delivery of Extra Care Housing for older people on the Isle of Sheppey, Folkestone town centre, New Romney, Canterbury City centre and Sandwich areas.

The council has not identified any specific land assets for this programme but will consider options for KCC owned land following discussions with interested parties at the Market Engagement event.



8. Additional information

Extra Care Design Principles (March 2014)

http://www.kent.gov.uk/_data/assets/pdf_file/0017/14255/Final-Extracare-Design-Principles.pdf

There is no single 'model' of Extra Care Housing but there are a significant number of built examples upon which to draw feedback. The specifics of each site, the local need, the scale and size of development, the types of service and care to be provided and both the capital and revenue funding available will determine the brief in each instance. However, flexibility and different tenure options should be considered to offer a mix of rented, shared ownership and private sale flats. HAPPI design principles must be central to Extra Care Housing.

Of importance is the location of extra care housing. Consideration should be given to the site's security, proximity to other shops, facilities and public transport. The scheme itself may be the opportunity to enhance or rectify a deficiency in local amenities e.g. by provision of a base for occupational therapy and podiatry services or library services and should not enter into competition

with existing local facilities e.g. grocery stores, hairdressers etc. The development of a scheme should be seen as an opportunity to enhance the locality and existing services.

The principle objectives of Extra Care Housing are to promote independent living for older people. An important feature of Extra Care Sheltered Housing is the creation of lively balanced communities of older people, ranging from active, independent residents to those requiring a higher degree of care.

The design of the accommodation, selection of equipment, signage, internal colour and finishes and landscaping should enable the independence of people who have mobility problems, may be physically frail, or who may have a visual, hearing or cognitive impairment.

The physical environment must be “care ready” and ‘enabling’ in terms of the likely progression of impairments and long-term conditions that residents will experience with increasing age and frailty.

Developments should provide vibrant community facilities and encourage intergenerational activity in a secure part of the building whilst maintaining progressive privacy concepts.

Where practicable developments should embrace the ten key design elements of The Housing our Ageing Population Panel for Innovation (HAPPI) Reports:

- New retirement homes should have generous internal space standards, with potential for 3 habitable rooms and designed to accommodate flexible layouts.
- Care is taken in the design of homes and shared spaces, with the placement, size & detail of windows, to ensure plenty of natural light, and to allow daylight into circulation spaces.
- Building layouts maximise natural light and ventilation by avoiding long internal corridors and single aspect flats, and apartments have balconies, patios, or terraces with enough space for tables and chairs as well as plants.
- In the implementation of measures to ensure adaptability, homes are designed to be ‘care ready’ so that new and emerging technologies, such as tele-care and community equipment, can be readily installed.
- Building layouts promote circulation areas as shared spaces that offer connections to the wider context, encouraging interaction, supporting interdependence and avoiding an ‘institutional feel’, including the imaginative use of shared balcony access to front doors and thresholds, promoting natural surveillance and providing for ‘defensible space’.
- In all but the smallest developments (or those very close to existing community facilities), multipurpose space is available for residents to meet, with facilities designed to support an appropriate range of activities - perhaps serving the wider neighbourhood as a community ‘hub’, as well as guest rooms for visiting friends and families.
- In giving thought to the public realm, design measures ensure that homes engage positively with the street, and that the natural environment is nurtured through new trees and hedges and the preservation of mature planting, and providing wildlife habitats as well as colour, shade and shelter.
- Homes are energy-efficient and well insulated, but also well ventilated and able to avoid overheating by, for example, passive solar design, the use of deciduous planting supplemented by external blinds or shutters, easily operated awnings over balconies, green roof and cooling chimneys.
- Adequate storage is available outside the home together with provision for cycles and mobility aids, and that storage inside the homes meets the needs of the occupier
- Shared external surfaces, such as ‘home zones’ that give priority to pedestrians rather than cars, and which are proving successful in other countries, become more common, with due

regard to the kinds of navigation difficulties that some visually impaired people may experience in such environments.

Dementia Friendly Design

Many residents living in Extra Care Housing will be living with or will acquire a dementia related illness. Therefore, it is vital to include dementia friendly design principles within any Extra Care Housing development.

Building design and interior design is especially important for people with dementia and bad design can impair memory, reasoning, learning and cause stress.

Detailed advice on dementia friendly design can be obtained from the Dementia Services Development Centre at the University of Stirling at <http://dementia.stir.ac.uk/> and the Kings Fund especially the EHE Environmental Assessment Tool at

http://www.kingsfund.org.uk/sites/files/kf/field/field_pdf/is-your-care-home-dementia-friendly-ehe-tool-kingsfund-mar13.pdf

Bariatric Care Design

Current trends in obesity may prompt some consideration given to the level of care and need that the facilities can offer and be designed to meet. Apartments designated for Bariatric Care (care of residents over 26st) if included should be located on the ground floor. These will require wider door sets to accommodate larger specialist equipment, wheelchairs, shower chairs, etc.

The bedroom and bathroom should have the ability to take a heavy-duty ceiling track hoist capable of lifting up to 45st. Consideration should also be given to floor-mounted rails, larger WC pans, bidet-toilets, etc.

Resources

The Housing Learning and Improvement Network (LIN), is the leading 'knowledge hub' for a growing network of housing, health and social care professionals in England involved in planning, commissioning, designing, funding, building and managing housing with care for older people.

Details of developing ideas in the design of Extra Care housing for older people, can be found on its website at: http://www.housinglin.org.uk/Topics/browse/Design_building/

Better Homes: housing for the third age - A FRAMEWORK FOR DELIVERING OLDER PEOPLE'S ACCOMMODATION ACROSS KENT AND MEDWAY was developed by a Task and Finish Group set up by Kent Housing Group following recommendations within the Kent Forum Housing Strategy, which identified housing an ageing population as a key concern for Kent and Medway.

<http://www.kenthousinggroup.org.uk/uploads/OPFrameworkFINAL.pdf>

Future Funding of Supported Housing Consultation October 2017

The Authority acknowledges the recent Government consultation, 'Funding for Supported Housing' and recognises that this might cause some uncertainty for Registered Providers regarding future funding. Government has released an interim response and the Authority anticipates a full response to be made public in the Summer.

<https://www.gov.uk/government/consultations/funding-for-supported-housing-two-consultations>

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/696847/Supported_Housing_Consultation_Interim_Response.pdf