

<b>16 January 2019</b>		<b>ITEM: 12</b>
<b>Decision: 110497</b>		
<b>Cabinet</b>		
<b>Healthy Housing for the Third Age: Improving Older People's Health through Housing.</b>		
<b>Annual Public Health Report 2018</b>		
<b>Wards and communities affected:</b>	<b>Key Decision:</b>	
All	Key	
<b>Report of:</b> Councillor James Halden, Portfolio Holder for Education and Health		
<b>Accountable Assistant Director:</b> Andrea Clement, Assistant Director and Consultant in Public Health		
<b>Accountable Director:</b> Ian Wake, Director of Public Health		
<b>This report is Public</b>		

## **Executive Summary**

It is the statutory duty of the Director of Public Health to prepare an independent report on the health and wellbeing of the local population each year. Last year's Annual Public Health Report focussed on the sustainability of Children's Social Care in Thurrock. This year, the report considers the current and future needs of older people with respect to housing.

The report reviews evidence for what works for older people's housing to describe a vision for Thurrock, and then analyses local and national data, including residents' views, to identify older people's needs and preferences, then translating these into a set of specific recommendations.

### **1. Recommendation(s)**

#### **1.1 That Cabinet recommend the report to full Council.**

### **2. Introduction and Background**

2.1 One of the main goals of our Health and Wellbeing Strategy is to make sure Thurrock provides "Healthier Environments" and this encompasses ensuring that homes are developed that keep people well and independent and that strong, well connected communities are built.

- 2.2 There is a wide body of evidence that shows the link between good housing and health. Housing is widely accepted to be a key determinant of health and can impact positively and negatively on an individual's physical and mental health, in turn affecting the demand for and use of health and social care resources.
- 2.3 Thurrock has a growing and ageing population. Nationally, the population is living longer, albeit not necessarily healthier, lives. Within Thurrock, the over 65yrs+ population is estimated at 23,700 (2017) and is projected to grow by 5% by 2020, and potentially by 46% by 2035. As a result, it is anticipated that there will be a significant increase in the number of older people requiring health and social care services. Housing can contribute positively or negatively to the prevalence and management of health conditions.
- 2.4 Evidence suggests that issues related to accessibility, affordable warmth, managing gardens, maintenance requirements and running costs, and in some cases isolation from facilities, services and friends and family can make the existing homes of the population unsuitable for their needs in older age.

### **3. Issues, Options and Analysis of Options**

- 3.1 These are set out in detail in the report itself.

### **4. Reasons for Recommendation**

- 4.1 This report fulfils a statutory duty of the Director of Public Health (Health and Social Care Act 2012). The specific recommendations contained in the report arise from a detailed analysis of local and national data, as well as a review of evidence about what works for older people's housing.

### **5. Consultation (including Overview and Scrutiny, if applicable)**

- 5.1 A wide range of stakeholders were consulted and contributed to this report. These are set out in the acknowledgements section of the report. Additionally, a local public engagement exercise was undertaken to ascertain the views of residents as to their housing needs and preferences and this is set out in the Appendix of the report.
- 5.2 The report was presented and discussed at Housing Overview and Scrutiny on the 18 December 2018. Following discussion around recognising local good practice examples, the report was subsequently amended to include greater reference to developments underway in Thurrock.

### **6. Impact on corporate policies, priorities, performance and community impact**

- 6.1 The report makes the case for focus on four key areas for older people's housing: the need to build a bespoke range of specialist homes, the need to build mainstream homes which are suitable across the life-course, the need to

ensure existing housing is suitable for older people, and a need to develop healthy places which incorporate age friendly features.

- 6.2 The report suggests that these changes will help mitigate the effects of unhealthy, unsuitable, unsafe or insecure houses on the health of older people. Additionally, the report suggests that there are a number of ways in which housing can be used as a vehicle within which to enhance existing services and engage hard to reach groups to improve health.
- 6.3 The recommendations contained within the report have implications for planning and housing policy, and the development of The Local Plan.

## **7. Implications**

### **7.1 Financial**

Implications verified by: **Joanne Freeman**  
**Management Accountant Social Care & Commissioning**

The report looks at potential future needs for older people's housing. Whilst forecasting has not been done as part of this report, the report indicates that health and social care costs will increase as the population of older people increases, and that by ensuring housing is appropriate for this population, there is an opportunity to mitigate this increase in costs. The report makes a number of specific recommendations about reviewing and developing/expanding current initiatives for which there may be a financial implication. Specific investment decisions arising from the recommendations in this report would be subject to the approval of detailed business cases for individual services and these would be approved through the normal governance processes.

### **7.2 Legal**

Implications verified by: **David Lawson**  
**Assistant Director of Law & Governance**

There are no legal implications. This report has been prepared in accordance with the statutory duties of the Director of Public Health.

### **7.3 Diversity and Equality**

Implications verified by: **Roxanne Scanlon**  
**Community Engagement and Project Monitoring Officer**

The report outlines evidence that older people's health and housing needs are not equally distributed across the borough and that older people cannot be classed as a group with the same needs in regards to attitudes and preferences about housing. The recommendations made in this report would reduce or prevent the escalation of health and social care needs and help older people live independently and healthier in the home of their choice for longer. No group with protected characteristics, as set out in the Equalities Act 2010, will be negatively impacted by the recommendations in this report.

7.4 **Other implications** (where significant) – i.e. Staff, Health, Sustainability, Crime and Disorder)

N/A

8. **Background papers used in preparing the report** (including their location on the Council's website or identification whether any are exempt or protected by copyright):

- Detailed references are given in the main report.

9. **Appendices to the report**

- Appendix 1: Annual Public Health Report 2018: Executive Summary
- Appendix 2: Annual Public Health Report 2018: Full Report (copies available online, and in the Civic Offices reception)

**Report Author:**

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Public health