



The Social Housing Ageing & Disability Crisis:

How AKW can help social landlords meet the 6 main challenges...

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The Impact of Demographic Change on Social Landlords

Almost half of social housing tenants have a limiting long-term illness or disability

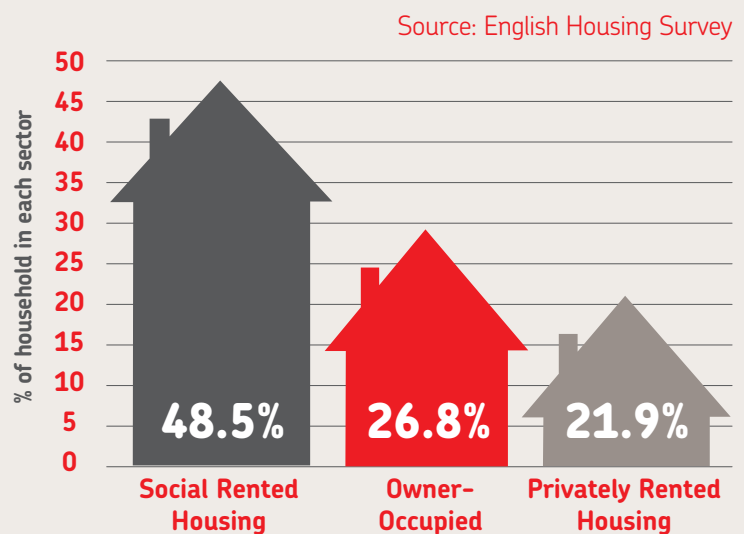
Allied to our rapidly ageing population and the rising number of people developing dementia, the need to provide safe social housing for those who are older and/or disabled is becoming increasingly urgent and intense.

A major piece of recent research by the Smith Institute forecasts that by 2034 there will be 170,000 more residents with mobility problems living in housing association properties and 45,000 more with serious memory loss problems^{*1}.

How to safely house this huge increase in the number of vulnerable residents is now becoming a high priority issue for social landlords to address.

The current challenge for social landlords regarding older & disabled tenants...

Percentage of households with at least one person with a limiting long-term illness or disability by tenure

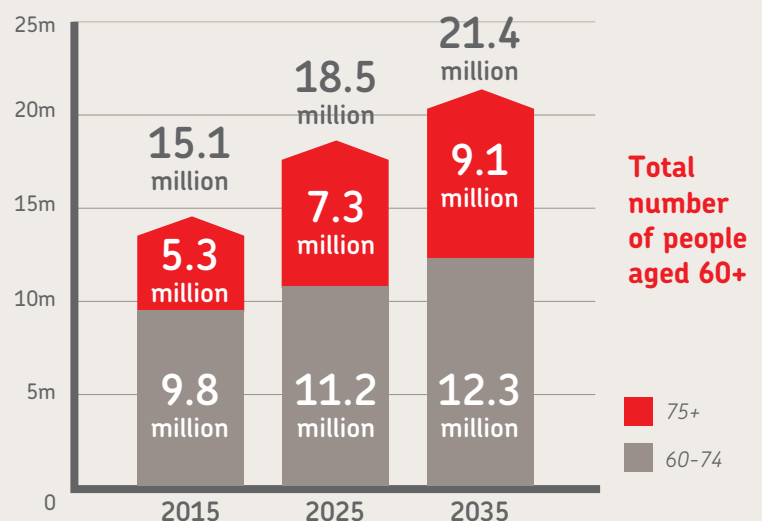


The future challenge for social landlords will be significantly greater...

In 20 years time the UK will have **42% more people aged 60+** (6.3million more people)^{*2}

This massive growth in our population of older people will include:

- an extra 2.5million people aged 60-74
- an extra 3.8million people aged 75+
- 215,000 more residents with mobility and/or serious memory problems who will be living in housing association properties by 2034 ^{*2}



Contents

The 6 main challenges of demographic change

This document:

- ✓ Outlines 6 of the main challenges that demographic change will present to social landlords.
- ✓ Highlights how flexible and future-proofed bathroom designs can help address the rapidly growing demand for safe housing that will result from these population changes.

1. Our rapidly ageing population (pg 4)
2. Poor health and disability (pg 5)
3. The movement of older & disabled people from other tenures (pg 6)
4. Dementia (pg 7)
5. Sheltered housing (pg 8)
6. Younger people with disabilities (pg 9)

AKWs 2 future-proofing bathroom solutions:

1. Bathroom for Life (pg 11)
2. Dementia-friendly bathroom design (pg 13)



Of particular concern to social landlords is the fact that a significant percentage of the extra 6.3million 'elderly' (60+) people who will be living in the UK by 2035 will already be living in social housing or will be looking to move into social housing from other tenures. Approximately 40% of those new 60+ residents will have some degree of disability*³.



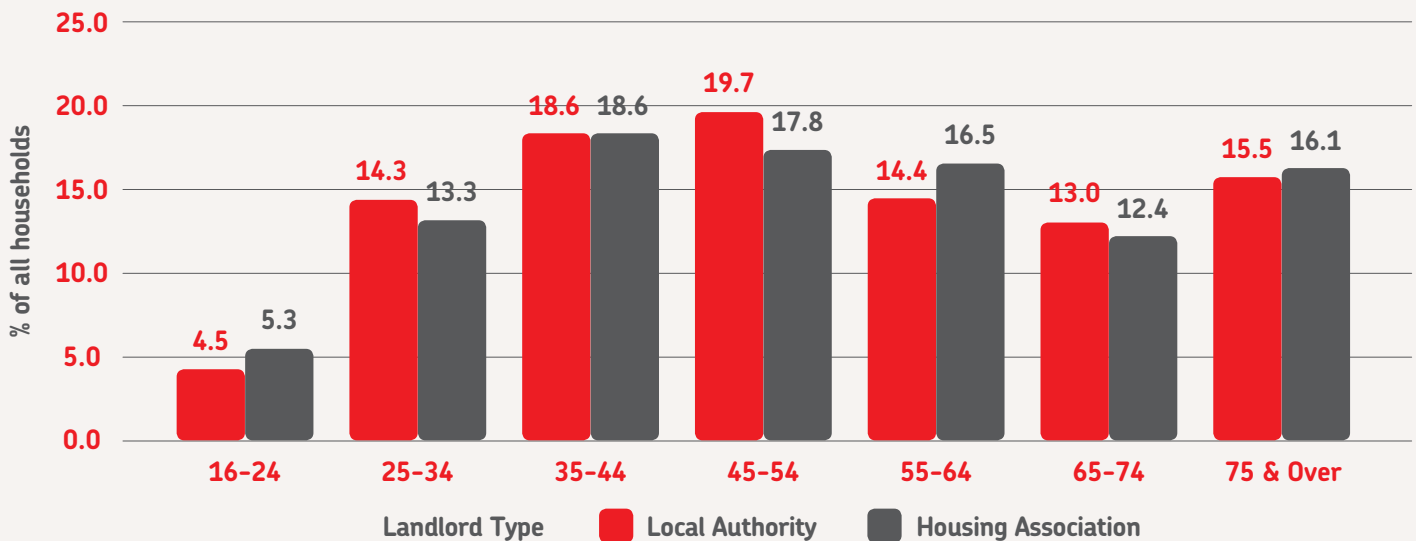
The 6 Main Challenges

1st Challenge

Fig 1 below:
Percentage of social rented sector tenants in older age groups 2012/13*

Our rapidly ageing population

- ✓ In the social rented sector in England alone, there are over **1.6 million** people over 55 years of age; representing almost 45% of all socially rented households.
- ✓ This number will continue to rise rapidly over the next 20 years as the significant bulge of those now in middle age enter their later years (Fig 1) – with the total aged over 55 living in social housing projected to increase from 1.6 million to over **2.2 million** by 2035 (if social housing maintains its current share of the housing market).



Source: English Housing Survey – Age of household reference person

“ ...there are over 1.6 million people over 55 years of age; representing almost 45% of all socially rented households. ”



The 6 Main Challenges

2nd Challenge

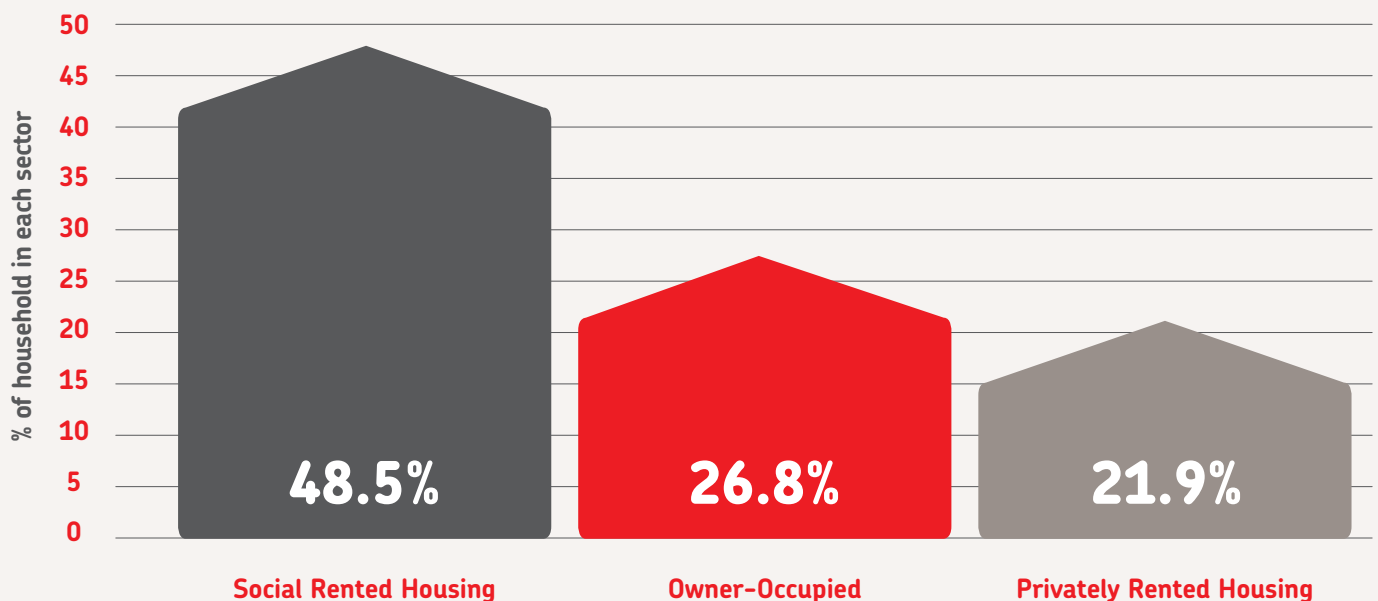
Poor health and disability – A high proportion of tenants are disabled or in poor health:

- ✓ Disabled people are twice as likely as non-disabled people to be social housing tenants.
- ✓ Almost half (48.5%) of all social rented households have at least one person whose illness or disability limits their activities (Fig 2). This is much higher than other tenures.
- ✓ People with sight loss are more likely to be in social housing and visual impairment increases with age; 1 in 7 people over 65 and 1 in 3 people aged over 85 have sight loss.
- ✓ A recent survey of local authority waiting lists shows that 23,886 wheelchair users are in urgent need of wheelchair accessible social or affordable housing in England.



Fig 2 below:

Percentage of households with at least one person with a limiting long-term illness or disability by tenure



Source: English Housing Survey

The 6 Main Challenges

3rd Challenge

Fig 3 below:

Percentage of households with at least one member in bad/very bad health

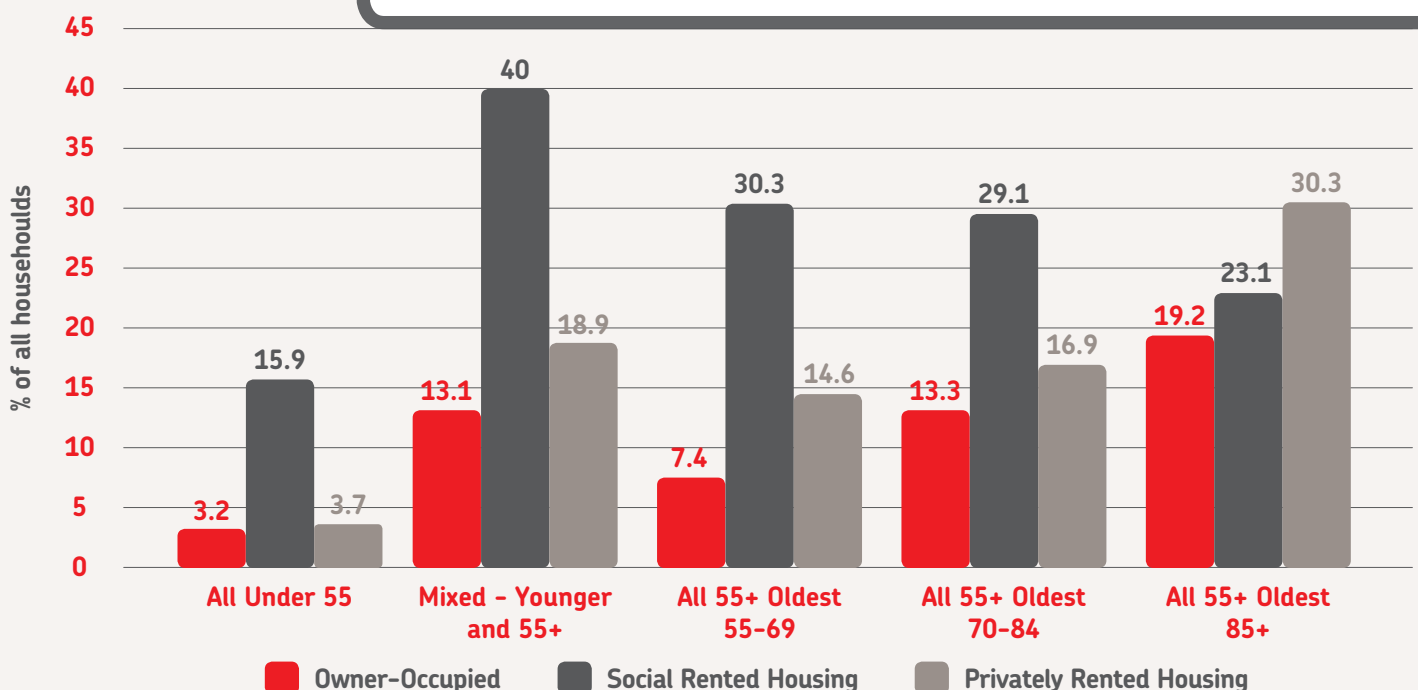
Movement of older & disabled people from other tenures – Social landlords cannot ignore the needs of other tenures:

Movement from private rented accommodation

- ✓ The 2011 census highlighted that the private rented sector (4.2 million households) overtook the social rented sector (4.1million households) in England and Wales.
- ✓ The private rented sector contains a large proportion of older residents and those in poor health (Fig 3).
- ✓ It is hard for private tenants to find suitable adapted properties, or to get their private landlords to agree to adaptations due to these changes reducing the general letting appeal of their properties.
- ✓ Therefore in the next 10-20 years, many more older & disabled people living in private rented properties will need to try and find more suitable, adapted accommodation.
- ✓ Inevitably, many of these will apply for social housing, putting further significant pressure on housing managers.

Movement from owner-occupier accommodation

In some areas almost half of older owner occupiers find it hard to downsize as they have insufficient equity and cannot afford the cost of private retirement housing. This is likely to increase demand for accessible social rented and shared ownership properties.

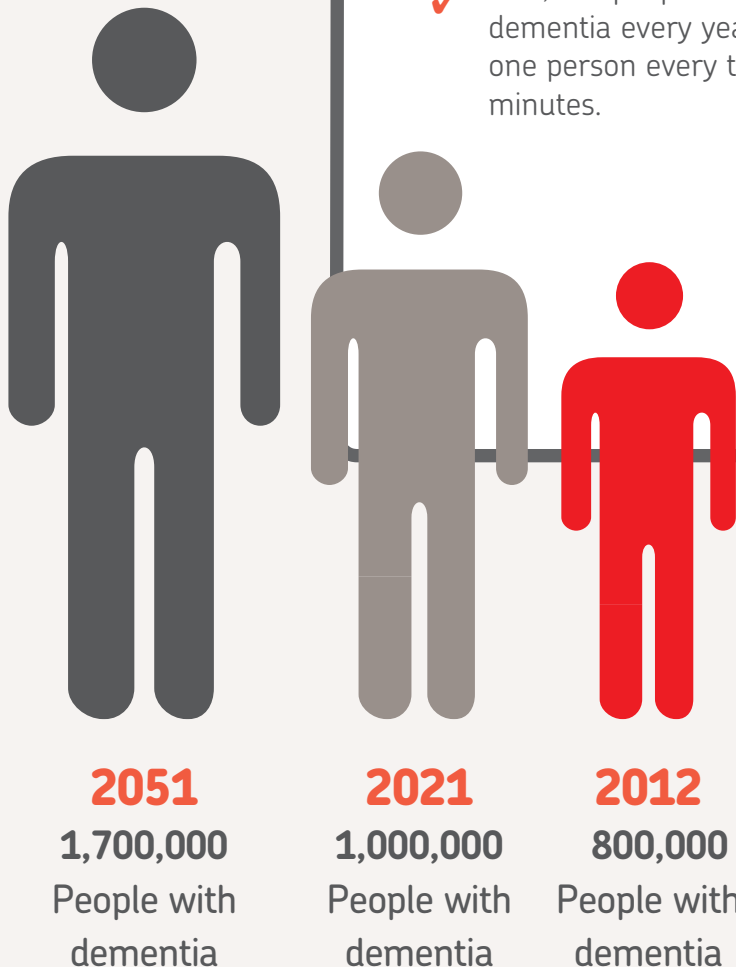


Source: English Housing Survey

The 6 Main Challenges

4th Challenge

Fig 4 below:
Rise in dementia



Dementia - Dementia is presenting a growing challenge for landlords:

- ✓ The number of people in the UK with dementia is currently over 800,000.
- ✓ Two-thirds of people with dementia live in the community and 50% live on their own.
- ✓ 95% are aged 65 years or over.
- ✓ It affects 1 in every 14 of those aged over 65 and 1 in 6 of those over 80.
- ✓ 225,000 people develop dementia every year – roughly one person every three minutes.
- ✓ Numbers are projected to increase by 40% over the next 12 years.
- ✓ 70% of sufferers are also living with another medical condition.
- ✓ Someone with dementia is twice as likely to fall as others in same age group, and the resultant mortality rate 3 months later is 3 times higher.
- ✓ Quality of life can be significantly improved by making sure the home environment is well designed.
- ✓ Design changes for dementia that usually revolve around enhanced safety are beneficial to all tenants, especially those with sight loss as colour contrast is key for both conditions.

Source: Alzheimer's Society

The 6 Main Challenges

5th Challenge

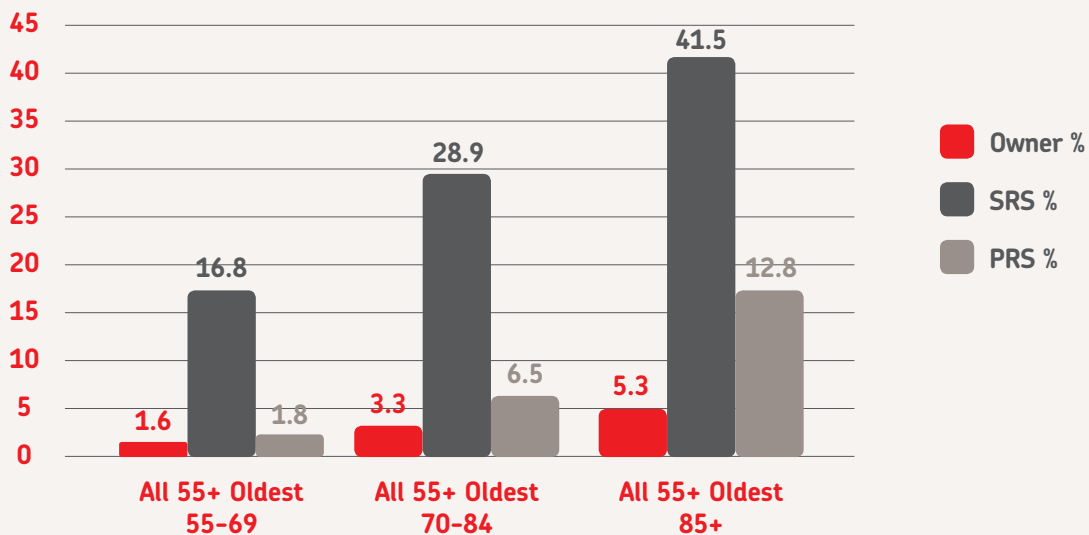
Fig 5 below:
Percentage of households in sheltered housing

Sheltered housing - A high proportion needs updating:

- ✓ More than two-thirds of all sheltered housing is in the social rented sector (Fig 5).
- ✓ Over 40% of social tenants over 85 years of age live in sheltered accommodation.
- ✓ Most of the stock was built last century – much still needs upgrading.
- ✓ One style of bathroom does not suit everyone – personalisation is required.
- ✓ Incorporating effective designs for dementia and sight loss is essential.



For selected age groups the % of households that are classed as living in sheltered housing



Source: English Housing Survey

“ Incorporating effective designs for dementia and sight loss is also essential. ”



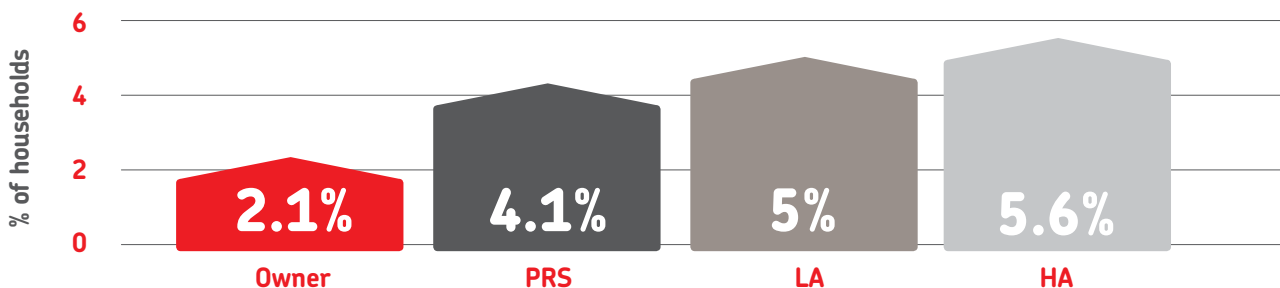
The 6 Main Challenges

6th Challenge

Fig 6 below:
Percentage of households with at least one child 0-17 with a limiting long term illness

Younger people with disability

- ✓ More disabled children are surviving infancy and children under 16 are the fastest growing group of disabled people. One child in 20 is disabled and 99% of these live at home supported by their families.
- ✓ Surveys have shown that families with disabled children make up 5% of all households in the social sector (Fig 6).
- ✓ A quarter of these families have more than one disabled child.
- ✓ Often one, or both parents, have to give up work to act as carers so low incomes are common – a third earn less than £15,000 a year.
- ✓ As disabled children grow and develop, their needs change. A bath may be good for a small child but as lifting becomes difficult a shower may be more suitable.



Source: English Housing Survey

■ Owner occupiers

■ Private Rented Sector

■ Local Authority landlord

■ Housing Association landlord

““ Often one, or both parents, have to give up work to act as carers so low incomes are common... ””

Traditional wet room adaptations aren't always the answer....

For someone who is frail or disabled the bathroom can become a difficult and dangerous place. If it's not accessible and they require help with washing, not only can they experience an acute loss of dignity, but social services are more likely to have to fund carers to help with bathing and toileting.

The most common solution is to install a level access shower or wet room, either in a new development or while retrofitting adaptations. But this is not always the right answer. When general needs accommodation is re-let, the next occupier may be a family who wants a bath so the wet room is fully stripped out and replaced. This is a serious waste of limited resources and delays the re-letting process.

Even in sheltered housing, or other accommodation designed for older people, standard wet room solutions do not always work. Not all older people want showers, either because they are not used to them, or because they enjoy alleviating their aches and pains by soaking in a warm bath.

'Personalisation' is a common buzz-word but it is expensive to deliver in practice. So what can housing providers do to provide both value-for-money and flexible solutions to keep all tenants happy? It's clearly a big challenge that urgently needs to be addressed



Meeting the 6 Challenges with flexible bathroom designs

AKW offer 2 'Bathroom-for-Life' design concepts that can improve the 'disabled-friendly' nature of your housing stock

“ Both can future-proof your bathrooms by introducing greater flexibility to housing stock at little or no extra cost. ”

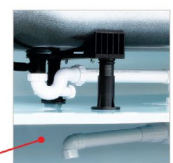
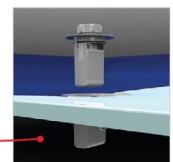
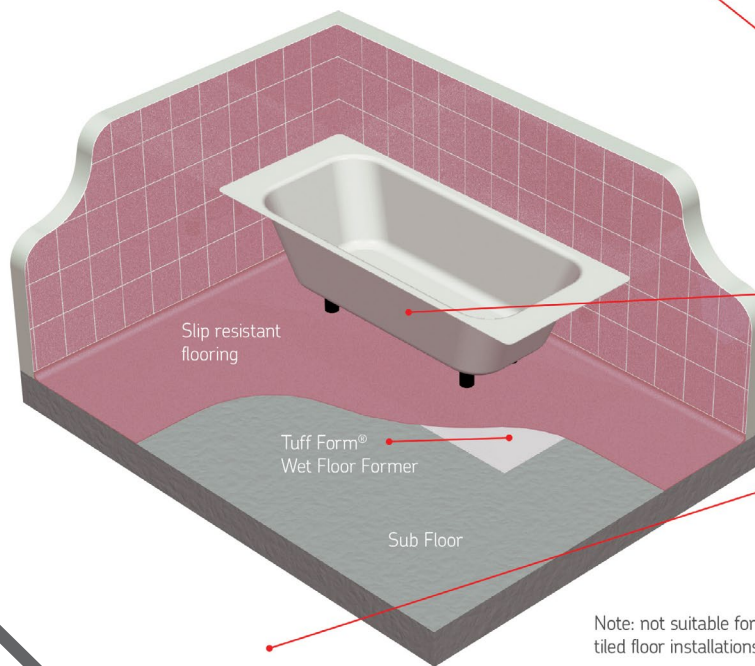
Bathroom For Life Adaptors

This simple solution allows the creation of a conventional bathroom layout with bath that is capable of being very quickly and easily adapted to being a level access wet room showering area (and back again if required).

The bath effectively becomes more like a piece of furniture – keep the bath for families or remove it for older people or those with disabilities.

This minimises any adaptation costs for a housing provider by reducing the amount of building work needed. It also reduces disruption to tenants. Once installed, it takes about half a day to either install a bath or take the bath out and return it to a wet room.

It makes it easy for new residents moving into a property – they can have the choice of a bath or shower depending on their needs or preference.



**typical
extra cost**

**per new bathroom or
bathroom refurbishment**

(includes labour + the wet room former,
tanking kit and B4L adaptor)

“ With an AKW Bathroom for Life the bath becomes an item of furniture – remove for those tenants whose limited mobility means they need a wet room, and quickly replace when a new tenant with family requires a bath’ ”



The key benefit of 'Bathroom for life' installations that changes lives

There is no protracted wait for DFG assessment and funding – converting to a wet room will typically only take a 2-3 hours to remove the bath and make-good the room (remove bath frame & pipes that feed bath taps etc) – giving the older or disabled tenant a quick solution to often desperately needed and desired bathing independence and dignity.

The new 'Bathroom for Life' housing solutions leaflet can be downloaded here:

www.akw-ltd.co.uk/products/wet-rooms/bathroom-for-life/

CASE STUDY:

The 'Bathroom for Life' adaptor solution in action

Sovereign Housing Association:

Willow Close in Newbury is one in a series of developments by Sovereign that provides modern homes for older people. In spring 2012, 63 apartments and 7 bungalows were completed for people over the age of 55. Built to the Lifetime Homes standard, they were designed to meet the existing and future needs of tenants. An AKW 'Bathroom for Life' was installed in each of the bungalows.

Paul Clayton, Contract Manager from Sovereign Housing, explains the benefits of this approach.

"When tenants move in they start off wanting and needing a bath, but as time moves on, their needs change. When this happens with a 'Bathroom for Life', very little disruption is experienced. A trusted local installer is

employed to undertake minor adaptations without any structural damage. The bath is simply taken out and, because the plumbing is already in place, they only need to fit a waste adaptor to create a level access shower room."

Two years on the flexible approach has already proven its worth. Some tenants have already had their bath taken out and so they can have a shower for health reasons.

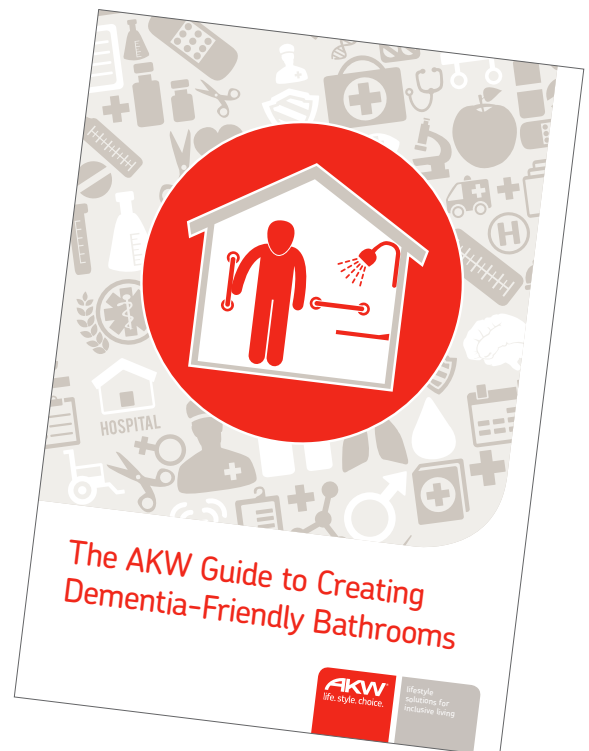
Paul Clayton commented: "Our tenants were particularly pleased that they didn't have to wait a lengthy period for their bathroom to be adapted. There was hardly any disruption and they now have a level access showering area that suits their daily needs. We are extremely pleased with the results"

Dementia – friendly bathroom design can benefit all elderly & disabled residents

The bathroom is one of the most challenging and dangerous places for a person with dementia.

Bathroom hazards are numerous, including: trip points, slippery floors, hot water and confusing layouts. Some people with dementia struggle with 3D perception. Primary design challenges include the fact that a change in colour of the floor surface can look like a step resulting in the risk of falling.

If you adopt some simple 'safe bathroom' design considerations for people with dementia then people with other common conditions such as sight loss and arthritis will also benefit. In summary you will create safer bathrooms for a much wider group of residents.



have researched
and produced a
new comprehensive
Dementia-Friendly
Bathroom Guide covering
essential bathroom
design considerations

Download a free copy at
www.akw-ltd.co.uk/dementia

“ A dementia-friendly
bathroom doesn't need
to cost more than a standard
adaption; it just needs housing
professionals and contractors to
understand key safety issues and
design & build accordingly ”



Bathroom for Life – the benefits

- ✓ Where an AKW 'Bathroom for Life' former & adapter has been built-in to the bathroom the extra building and materials cost is usually less than £500. This then means that the bathroom with a bath can be quickly converted to a wet room for a disabled person by removing the bath – typically in less than half a day by a handyman.
- ✓ The wet room can then be converted back to a family bathroom easily by simply re-installing the bath and bath adaptor
- ✓ No protracted wait for funding to adapt a bathroom to a wet room
- ✓ Eliminates the noise, dust and disruption of full adaptation build
- ✓ Gives social landlords flexible stock
- ✓ Can respond to tenants' needs quickly
- ✓ Keeps people independent and restores dignity
- ✓ Avoids wastage – no more costly adapted bathrooms having to be ripped out
- ✓ A value-for-money solution with minimal extra cost

Dementia-Friendly Bathrooms – the benefits

- ✓ Person-centric design approach
- ✓ Falls protection and protection against scalding
- ✓ Reduces confusion
- ✓ Design changes are beneficial to all tenants as they introduce greater safety into the bathroom
- ✓ Tenants are able to remain independent for longer
- ✓ Reduces stress for family carers
- ✓ Reduces pressure on health and care services
- ✓ **Does not cost more than a standard bathroom adaptation**

“ The speed and efficiency with which adaptations are provided can make the difference between older people staying in the comfort and security of their own homes or being forced into residential care ”

(Age UK, 2014)



The major challenges

- ✓ There is a concentration of people with disabilities in social housing.
- ✓ Landlords are being encouraged to work more closely with health services to help accelerate hospital discharges and to keep people independent in their own homes for as long as possible.
- ✓ Tenants are getting older, but most live in general needs housing which does not have special features to help people bathe safely.
- ✓ Dementia is becoming a big issue – bathroom design needs to include the extra safety requirements of these particularly vulnerable tenants.
- ✓ Although there is a large amount of sheltered housing, most was built 30-40 years ago and needs upgrading.
- ✓ There are a high proportion of children and younger people with disabilities in social housing, but specialist designs are expensive and may make the house difficult to re-let.
- ✓ It is essential that building work for people who are ill or disabled creates minimum disruption to their daily routine as the upset can worsen health conditions.
- ✓ Value for money is increasingly a key driver of all expenditure plans.

The economic advantages of maintaining independence

Integration of health, social care and housing is increasingly needed to provide more cost-effective services as the population ages. It also helps to provide more 'joined-up' customer pathways. The introduction of the Better Care Fund in April 2015 brings integration a step nearer.

The inclusion of the disabled facilities grant in the better care fund will bring home adaptations under the scrutiny of the health service for the first time and they will want to see that it saves money for health.

To this effect:

- ✓ 70,000-75,000 hip fractures occur in the UK each year at an annual cost for health and social care of about £2 billion. Any reduction in falls that adaptations deliver can therefore save considerable sums, as well as reducing the suffering and loss of independence for the persons concerned.
- ✓ There is evidence that by increasing well-being and independence, adaptations can delay entry to residential care by 3-4 years potentially saving up to £73,000 per person (based on typical residential care costs of £20,000 per year and adapting a property costing £7,000).
- ✓ If people can bathe independently and safely it can reduce the costs of home care and the strain on informal carers and other family members.

Joint working between housing and health can reduce pressures on the NHS and improve an individual's overall wellbeing

(National Housing Federation, 2014)

Talk to the experts

If you work in social housing, contact us today to book an accessible bathroom or kitchen consultation with a member of our 60-strong team of sales and surveying experts. They can tailor solutions to your specific tenant, building and budget needs.

www.akw-ltd.co.uk

You can request a visit at
www.akw-ltd.co.uk/contact-us
or alternatively contact us
using the details below.

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Fax: 01905 823274

Address: AKW, Pointon Way,
Hampton Lovett,
Droitwich Spa,
WR9 0LR



About AKW

AKW are the leading designers and manufacturers of accessible bathroom and kitchen products having supplied this market for over 25 years. With over 1 million installations worldwide we supply the majority of social landlords, local authorities and care and nursing home groups in the UK as well as customers internationally.

We work closely with occupational therapists and other healthcare professionals when designing our products to ensure they meet the specific needs of our end users.

Our broad range of products include:

- ✓ Specialist care showers (electric and mixer showers)
- ✓ Wet room (level access showering) kits
- ✓ Low level shower trays
- ✓ Safety shower screens and curtains
- ✓ Raised height sanitaryware with paddle flushes and seats designed for side transfer
- ✓ Geberit shower toilets
- ✓ Lever taps
- ✓ Grab rails
- ✓ LST radiators
- ✓ Underfloor heating
- ✓ Doc M packs
- ✓ Accessible kitchens with optional ActivMotion® rise and fall units

Sources - *1 Martin Wheatley, The Smith Institute, Jan 2015, 'are housing associations ready for an ageing population?'

CHALLENGE 1: Our rapidly ageing population

- Department for Communities and Local Government, English Housing Survey, 2011-2012: Household Data [computer file]. Colchester, Essex: UK Data Archive [distributor], August 2013. SN: 7362, <http://dx.doi.org/10.5255/UKDA-SN-7362-1.1>
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CHALLENGE 3 - Movement of older & disabled people from other tenures

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CHALLENGE 4 - Dementia

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CHALLENGE 5- Sheltered housing

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CHALLENGE 6 - Younger people with disability

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- Contact a Family (2014) Counting the Costs 2014: Research into the finances of more than 3,500 families with disabled children across the UK, London: Contact a Family.

The economic advantages

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Note: This paper uses analysis of raw data from the English Housing Survey 2011-12 produced by the Department for Communities and Local Government and provided by the UK Data Archive. The data creators, depositors or copyright holders, funders of the Data Collections and the UK Data Archive bear no responsibility for the analysis or interpretation of the data in this paper. Crown copyright material is reproduced with the permission of the Controller of HMSO and the Queen's Printer for Scotland.