A Built Environment for all Ages
Old Themes: New Issues

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Old Themes – the Greying of the population – What's the fuss about?

❑ The current estimated population of Scotland (June 2008) is just over 5 million (5,168,500), of this just over 1.4 million are older people aged 60 and over, this is equivalent to 36% or 1:3 of the population.

❑ Scotland's 65+ population projected to rise by 21% between 2006 – 2016, by 2031 it will have risen by 62%.

❑ For the 85+ age group specifically, a 38% rise is projected for 2016 and, for 2031, the increase is 144%.

❑ **But** … population ageing and longevity is not standard across Scotland

- ❑ Across the 32 local authority areas, while population ageing is highly predicted, it is uneven   - the largest increases being projected in **Aberdeenshire (+65 per cent**) and **West Lothian (+59 per cent),** with the smallest increase in Dundee City (+8 per cent) and Glasgow City (+11 per cent);

- ❑ Life expectancy in Scotland falls below rest of UK and Europe – currently **75 for men and 79.9 for women** – **East Dunbartonshire** has highest life expectancy – 78 for men and 82.5 for women, with **Glasgow** having the lowest with 70.7 for men and 77.2 for women;

- ❑ Above average, female life expectancy is highest in **East Renfrewshire and East Dunbartonshire;**

- ❑ Four councils only – East Renfrewshire, Ayrshire, Perth & Kinross and East Dunbartonshire have an average male life expectancy at birth which is higher than UK average.

What's the fear and what's the concern?

❑ More older people in Scotland , more will have increased health, care and support needs in the coming years, and how this demand for care can be sustained financially;

❑ Higher levels of dementia, mobility and sensory problems – increasing demand on health and care - predicted that virtually all school leavers will need to work in the care sector by 2030 to meet demand;

❑ If nothing changes, then a new 600 bed hospital will need to be built every 3 years for 20 years, and a new 50 bed care home every 2 weeks for 20 years;

❑ That a £2.8 billion investment is required in sheltered housing to "stand still" only.

The Scottish Government's Policy Response

❑ The **Reshaping the Future Care of Older People** framework led by Scottish Government ,agreed in May 2009 by all local authorities and NHS Health Boards;

❑ It is intent on delivering policy objectives in the face of demographic and financial challenges;

❑ Eight workstreams were created –focussing on service redesign , workforce planning, demography and funding, planning for ageing communities, health life expectancy, for example;

Key drivers are - **need for change** – can't keep doing more of the same – not financially sustainable, **important to keep focused on**

➢ **Older people are an asset not a burden** – demographic change poses a challenge but also a solution as older people provide more care and support than they receive;

➢ **We are adding healthy years to life** – need to alter our perception from old as 65 and more on the 75s and over;

➢ **We need a shift in philosophy, attitudes and approaches** – instead of measuring success by how much we do to how many, it should be how many older people can be supported at home and out of the formal care system;

➢ **Services should be outcome focussed** – more personalised and patient-focused;

➢ **Need to accelerate the pace of sharing good practice** – need to build and share examples of good practice across Scotland

New Issues – where we go from here!

- Wish to focus on one workstream – **housing and communities**, known as **Wider Planning for an Ageing Population**

Two key aims

➢ To understand the wants and needs of older people in relation to housing and the wider environment that would increase their independence and quality of life;

➢ To propose short medium and long term actions at national and local levels that will positively impact on agreed wants and needs.

Underpinned by

➢ shifting the balance of care – reducing the number of admissions to acute hospitals and care homes;, delivering more care at home;

➢ enablement and self-management;

➢ Increasing healthy years to life.

Older People, Housing and the wider environment

❑ What older people want– based on 4 focus groups

➢ To continue to live in their same house and local community – substantial numbers of older people are owner-occupiers;

➢ To live in mixed age communities;

➢ For new-build - well-designed housing – adaptable for later life,
 low maintenance, energy efficient, safe and affordable;

➢ Access to aids and equipment, when required, as well as involvement in design standards, planning and testing of equipment, such as telecare;

➢ Support for housing maintenance for older home owners –reliable repairs service such as Care and Repair as well as gardening;

➢ Easy access to open green space, including safe neighbours with access to public transport and local amenities, public seating and toilets important;

➢ Good community and social networks in order to engage in local activities.

What we need to improve!

- ❑ Increase the opportunity for older people to remain independent in their own homes by providing personalised health and social care services, when required, but taking into account housing conditions and requirements;

- ❑ Reduce the number of falls amongst older people – at home and in the community (1 in 3 of people aged 65 and over have a serious fall each year) by improving home interiors, public pavements and roads, introducing traffic calming measures.

- ❑ Increase healthy ageing , including good mental health, through improvement of local environment, for example, that which results from anti-social behaviour and improve physical appearance of the local neighbourhood by reducing vandalism and graffiti ;

- ❑ Reduce older people's fear of crime through improved home safety, better street lighting and policing of local neighbourhoods;

- ❑ Ensure access by public transport/ integrated transport to local health and social care services, shops and banks and leisure facilities.

How we might achieve this!

❑ By ensuring better integration and joint working between housing, health and social care;

❑ By seeking to actively engage with planners in the design of local development plans in order to take account of an ageing population;

❑ By affording older people's housing needs are a high priority on local housing strategies;

❑ By taking into account the different demands and aspirations of different generations for housing and how this influences the future design of sheltered housing or other models of integrating housing with health and social care.