

Housing Options for Our Ageing Population





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#### **Foreword**

The ageing of our population will represent one of the most significant demographic and societal developments that Ireland has ever faced. The number of people over the age of 65 is expected to reach 1.4 million by 2040, or about 23% of the total population. The implications for areas of public policy as diverse as housing, health, urban and rural planning, transport, policing, the workplace and the business environment are considerable. Careful planning is now required to ensure that resources can be used effectively for the whole population in the years ahead.

Irish people are living longer and healthier lives and that should be celebrated as a sign of the significant progress we have made as a country in recent decades. However, I recognise that it presents both challenges and opportunities for us particularly in the spheres of housing and health. This Policy Statement is an important step in this Government's response to those challenges. The fundamental building block of that response is one of choice. We are aiming to develop a far reaching range of housing options to provide appropriate housing choices for older people, suited to their individual needs so they can plan ahead and, insofar as possible, choose the right home for them.

We will build on the excellent work underway in the housing and health sectors, examples of which are showcased in this document. Both Departments are committed to respond to the preferences of older people by putting in place initiatives, and working with key stakeholders, to provide a systematic response across the continuum of care to enable older people to remain living independently in their homes and communities for longer. We have listened to the voice of older people and heard that this is what they want.

Living in appropriate housing with timely access to health and social care services can result in measurably improved health status for older people and contribute to a greater sense of well-being, in addition to being financially sustainable.

Older people are not a homogenous group and the Policy Statement recognises that varying levels of support, based on need, will be required by individuals to continue living in their own homes and communities, including care needs. This is one of the first times that both Departments have formally come together to collaborate and work together towards a common



goal that can deliver improved outcomes for all citizens, the taxpayer and most importantly, for older people themselves.

The Policy Statement also supports the development of housing and services on centrally located sites within urban areas as research shows that good quality, well connected, urban centres with a range and choice of housing tenures and types actively supports ageing in place. Older people can choose housing that is appropriate and responsive to more complex needs, enable them to enjoy more active, healthy and socially connected lives and to age healthily and safely within their community. Simultaneously we recognise that older people contribute a wealth of skills and experiences that enhance all of our communities bringing significant value across the generations.

The actions and initiatives in this Policy Statement and their publication are an important first step. We are determined to put in place the structures that will ensure that these actions are implemented.

We recognise that this requires a whole of government approach and the importance of working in partnership with key stakeholders to ensure that we provide a collaborative response to our current ageing population and future generations. We are committed to ensuring we provide a sustainable Ireland where we can all live, work and age in our own homes and communities.

## Damien English, T.D.

Minister with special responsibility for Housing and Urban Development at the Department of Housing, Planning and Local Government

#### **Foreword**

We are living longer now than ever before. Yet instead of celebrating this, there is talk of a demographic time bomb. As a nation we have become very successful at adding years to life, the challenge now is to add life to those years. We can all agree our ageing population poses significant challenges that need to be recognised and addressed across a wide range of areas. However, just as there are challenges there are also opportunities.

We all want to live full and meaningful lives on our own terms. We know that many factors have a bearing on the quality of life we experience. Many, if not most, originate at local level, where we live. The needs, rights and expectations of our older citizens are different today than they were in the past, and I have no doubt will continue to change. I believe, therefore, it is important that the ways in which we care for our older citizens should evolve. I want to see all stakeholders. ranging from Government Departments to older people themselves coming together in partnership to build a more sophisticated response to the requirements of an ageing population. We must endeavour to develop our communities and the supports provided therein to ensure that we all, especially our older citizens, have more options to facilitate living longer in those communities.

There is a compelling case for examining the potential of new housing models, including those with associated care and support models which fall between home care and full-time nursing home care. The objective is to ensure older people stay socially connected within their community and to provide essential care and supports where needed, while preserving and protecting independence, functionality, and social connectedness for as long as possible, in a way that is as affordable as possible for older people themselves and sustainable for the State.

Effective support, at both individual and community level, is a constant that we seek in a rapidly changing society. In the health sector we are looking at a significant shift in our model of care



to one that is focussed on prevention and early intervention and which will provide the majority of care in the community. It is crucial that the appropriate supports are in place to match each person's needs at whatever point they find themselves in their interaction with the healthcare system. This is the vision of Sláintecare and this is what we must all endeavour to achieve.

It is important that people are supported and encouraged to live independently, in a supportive environment for as long as possible, and to plan for this. This is something the Government is deeply committed to. The Department of Health and the Department of Housing, Planning & Local Government have adopted a collaborative, cross-sectoral approach that recognises the need to address the critical issue of creating housing choices for our older people, one that requires the various elements - housing, health and social care supports - to be brought together and developed under a single policy framework. This policy statement is an important step in that process and showcases the importance of joined up, cross government work and action. We have set out an ambitious programme of work to support this objective, which will contribute to the delivery of the vision of Sláintecare.

#### Jim Daly, T.D.

Minister with special responsibility for Mental Health and Older People at the Department of Health

## **Acknowledgements**

Both Departments would like to acknowledge the support of key stakeholders across a range of sectors who contributed to the collation of this Policy Statement. Stakeholder engagement is critical to the successful delivery of the vision and objectives of this policy statement and in achieving demonstrable outcomes that will impact positively on us all as we age in Ireland.

- Steering Committee
- Cross Department Officials
- **■** HSE
- ▼ City & County Managers Association | Age Friendly Ireland
- Irish Council for Social Housing
- **▼** CEUD
- Housing Agency
- And all those who participated in the joint housing conference including
  - Members of Older Peoples Councils, NGO Sector, the Private Sector, Academia, An Garda Siochana and all those who contributed to the consultation.

## **Introduction & Policy Objectives**

Ireland's population is living longer than ever before and our older population is consistently growing in size. As the numbers of older people in our society increases, more of us can expect to see and enjoy our older years. It is a clear testament to the social and economic progress we have made as a State over the past few decades. This is something that as a nation we can celebrate and be justifiably proud of. However, we also need to be aware of the challenges it will bring us over the coming years in almost every aspect of public policy. Housing and health care will be no exceptions. We need to plan ahead to meet the accommodation needs of an ageing Ireland. This policy statement is an important step in that process.

The changing demographics and the implications for future health care costs underpin the importance of developing a wider choice of appropriate housing options for older people suited to their needs. The aim of this policy statement is to encourage and facilitate timely planning by older people, and to rebalance the care model away from inappropriate residential and/or acute care, to supporting older people to remain living independently in their own homes and communities for longer, as opposed to fast tracking into long term stay or acute settings. Much of the current research reflects<sup>1</sup> the preferences of older people themselves and their advocates, that is to continue to live as independently as possible in their own community.

As people age, their housing needs are likely to change. A key principle underpinning Government housing policy is to support older people to live in their own home with dignity and independence for as long as possible. The aim is to ensure that older people will have greater choice by developing a range of housing options that are suited to their needs, so they can plan ahead and, insofar as possible, choose the right home for them. Varying levels of support will be needed to enable older people to continue living in their own homes and communities, including meeting health & social care needs where appropriate. Older people are not a homogenous group and this policy statement recognises the diversity and uniqueness

of individuals. This policy statement takes account of the views expressed by older people which are in turn reflected in the broadly-based, expert membership of the Steering Group who have contributed to this policy document, as set out below.

Two key actions outlined in Rebuilding Ireland are being progressed together to help achieve the objective of developing a range of housing options for older people:

- 2.18: Department of Housing, Planning and Local Government (DHPLG), in conjunction with Department of Health (DoH), is developing policy options for supported housing/housing with care so that older people have a wider range of residential care choices available to them.
- 5.8: We will explore ways to promote the availability of stepdown, specialist housing, for older people and incentivise down-sizing, where appropriate.

The policy statement provides a framework by which the Government can facilitate and promote a variety of housing options, including housing with care/supported housing, for older people. While a number of different models of housing for older people have emerged at local level, there is a need for a more strategic and collaborative approach to ensure the best possible outcomes for all. It is also important to recognise that housing with supports is a vital element of facilitating older people to

<sup>1</sup> See Research Findings

remain in their communities. Accordingly, this statement has been developed jointly by the Department of Housing, Planning and Local Government (DHPLG) and the Department of Health (DoH), with support from a Steering Group, comprising of DHPLG, DoH, the Health Service Executive (HSE), the City & County Managers Association (CCMA) / Age Friendly Ireland (AFI), the Housing Agency, the Centre for Excellence in Universal Design (CEUD), and key stakeholders, who provided expertise and guidance. At policy level it is a first step

in supporting older people to start thinking about, and planning for, their housing needs as they age and to future proofing Ireland so that we have a sustainable range of housing options to meet the needs of the rising ageing population in Ireland. The statement sets out the general guiding principles that will underpin the development of housing options for older people. It also identifies a programme of actions required to further progress and evolve data gathering, research, policy options, services and departmental and agency collaboration.



## Six Principles | Housing for an Ageing Population

The following principles have been derived primarily from, and are reinforced by, the various research findings outlined in this document and learnings and experience to date from the case studies appended. The principles are intended to inform strategic thinking and practical planning in developing housing options and supports for older people. This is not an exhaustive list and will be built upon to develop new thinking and innovative solutions.





## **1:** Ageing in Place

Where you live impacts on how you live, therefore choosing the right location is critical. It is about focusing on supporting our existing and new communities in a sustainable manner by securing high quality design elements that provide greater quality of life for all. To best facilitate social interaction and to provide appropriate support for our older people, housing should be located close to amenities and services to enhance their general independence. Developments and neighbourhoods should incorporate a mix of dwelling type, size and tenure to support sound social and environmental policy objectives. These factors contribute to an improved quality of life and are therefore more successful in terms of residents' satisfaction and long tenure.<sup>2</sup>

Each case study in Appendix A highlights the importance of location when choosing appropriate housing. The range of schemes demonstrates, in different ways, how a suitable location can help older people to age in place whether in an urban/suburban town or a rural village setting.

## 2: Supporting Urban Renewal

Actively supporting the renewal and regeneration of our towns, villages and urban centres is a key Government priority as articulated in *Project Ireland 2040*, the Programme for a Partnership Government and Rebuilding Ireland. A key element of urban renewal is not just supporting high quality development but also a focus on the quality of place making<sup>3</sup>. To achieve this the quality and design of housing is crucial as demonstrated by the Healthy and Positive Ageing Initiative (HaPAI)<sup>4</sup> which found that poor design and quality of housing can reduce quality of life as people age and may actively prevent ageing in place.

Quality of placemaking is not limited to buildings but about making our streets and urban spaces attractive, accessible and safe. It is also about supporting the development of housing and services on centrally located sites within the urban area. The development of good quality, well connected, urban centres with a range and choice of housing tenures and types actively supports ageing in place. It allows older people to choose housing that is appropriate to their needs, which will help them to enjoy more active, healthy and socially connected lives and



to age confidently and comfortably within their community. This will help people to choose the most suitable home to meet their needs and enable them to 'rightsize' as they move through different stages of their lives. A further key finding of the HaPAI Survey shows that housing that is suited to people's needs as they age can help compensate for any reduction in functional capacity arising from their physical, mental, social and medical needs.

Many of the case studies highlight how urban renewal and public realm works to meet diverse needs and can actively support and enhance housing options for older people.

<sup>2</sup> Age Friendly Ireland (2015) Housing for Older People: Future Perspectives (Executive Summary)

<sup>3</sup> Place making can be defined as a multi-faceted approach to the planning, design and management of public spaces. Place making capitalizes on a local community's assets, inspiration, and potential, with the intention of creating public spaces that promote people's health, happiness, and well-being.

<sup>4</sup> Healthy and Positive Ageing Initiative – Housing and Health Ageing Report (2017)

## **3:** Promoting Sustainable Lifetime Housing

Lifetime communities are key to achieving sustainable environments across the life course. The ambition will be guided by Universal Design principles in so far as practicable, whilst maintaining the domestic scale. This means that the design and composition of an environment is developed in a way that it can be accessed, understood and used to the greatest extent possible by all people regardless of their age, size, ability or disability. The concept of sustainable lifetime housing is supported and clearly defined in the Government's 2007 Quality Housing for Sustainable Communities policy. This document sets out that 'successful design of a good quality sustainable housing project depends on the balance struck between a range of factors' and that planning and design should allow for flexibility as the needs of the occupant change. All new housing should be reasonably accessible for older people and, in so far as possible, the design should provide for flexibility in use, accessibility and adaptability. The aim is to ensure that dwellings can meet both the immediate and changing needs of



the occupant over the course of their lifetime including needs associated with moderate mobility difficulties and the normal frailty associated with the ageing process. This will enable older people, who wish to remain independent in their own home, to do so without the need for costly and disruptive remodelling of the dwelling.

The majority of case studies, particularly 2, 7, 8, and 9, demonstrate how sustainable lifetime housing principles can be incorporated into housing for older people.

#### **4:** Using Assistive Technology



Technologies, and in particular assistive technologies, are a critical intervention in allowing people to remain at home. The use of assistive technology solutions can improve the quality of life of older people immensely, and oftentimes, with a relatively low installation cost. A simple technological adaptation to

the home can prevent or delay deterioration in health and wellbeing, thereby decreasing the need for a higher level of support. When used appropriately assistive technology has the potential to support older people to age with dignity and independence and allow them to continue being active members of their community. Assistive technologies such as TeleCare, TeleHealth, Home Automation (domotics), Remote Monitoring, and Smart Technologies supported by effective broadband play a vital role in enabling older people to manage activities of daily living and are a key component of the supports needed to enable people to remain living in their own homes independently

Case studies 7 and 8 in appendix B are projects where assistive technology forms an integral part of the design.

## **5:** Staying Socially Connected

Social isolation can be associated with a higher mortality rate amongst older people. The importance of social interventions and interaction is vital in ensuring that the ageing population is adequately cared for and supported. Social interventions are centred around a person centric model of care where tailored care and support services meet the needs of the individual. Social supports can substantially increase a person's quality of life. A person centric approach is essential to ensure a good standard of living for older people and this should be a key consideration in choosing a home that will best meet the person's needs. Furthermore, the importance of a sense of community should not be underestimated. Research suggests that older people wish to remain in place, however for many people this desire is based on a link and connection to the community rather than the actual physical dwelling.<sup>5</sup>



The importance of social connectedness is illustrated in all case studies, and is particularly well demonstrated in 2, 5, 6, 8 and 12.

## **6:** Working Together



A collaborative and integrated approach is critical in ensuring the best possible outcomes for older people when developing housing options that are appropriate to their needs. The provision of suitable housing is only one element in supporting older people to live at home and in the community for as long as possible. It is essential that all stakeholders work together in a spirit of common purpose.

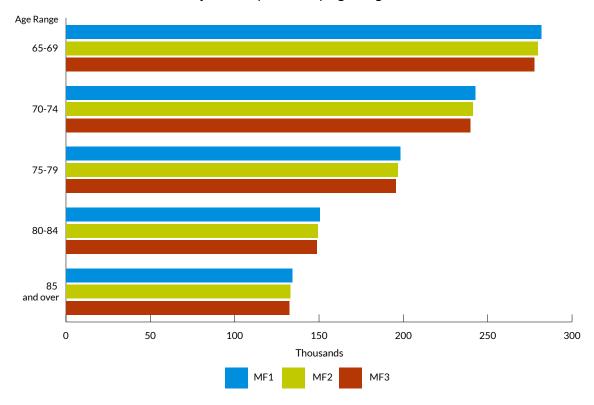
Collaborative, cross-sectoral and multi-agency projects that recognise the need for a joined-up approach are a crucial element in creating appropriate housing options and choice to support people as they age. This will require an integrated approach and greater collaboration between all relevant housing and health and social care agencies. This policy statement recognises that there is excellent practice and structures already in existence that support the ethos of a partnership approach to service delivery at both local and national level. We wish to harness those existing structures and collaborative opportunities to support the implementation of this policy statement.

The Dublin City Age Friendly Housing project (case study 8) is an exemplar of a collaborative cross sectoral project.

<sup>5</sup> Age Friendly Ireland (2015) Housing for Older People: Future Perspectives (Executive Summary)

## Our projected need for older person housing





The overall population in Ireland has been on a largely upward trajectory since the early 1960s. In 1961 the population stood at 2.8m people but by 2016 this had increased to 4.74m, an almost 60% rise (CSO). In its Population and Labour Force Projections 2017 - 20516 the CSO sets out various projection scenarios for the Irish population out to 2051. These projections indicate that by 2051 the population may grow from between 17.7%<sup>7</sup> to 41.2% when compared to 2016. This would mean that the population in 2051 could be between 5.578m and 6.7m people. Irrespective of the projection scenario considered, Ireland's population is expected to continue to grow in the decades in the ahead.

Birth rates, while largely stable at the moment, have fallen considerably in recent decades, while death rates have also decreased. Life expectancy has increased considerably and people are now living longer. This means that the structure of

the population has changed and is likely to change further in the future, with a greater proportion of the population falling into the older (65 years +) cohort. The Department of Health's Capacity Review<sup>9</sup> outlines that, on the basis of the CSO's moderate population projection scenario (M2F2), the 65-74 age cohort will increase by 42.9%, the 75-84 age cohort will see an increase of 75.9% and the 85+ cohort will see an increase of 95.5% by 2031 over 2016 figures. Conversely the three youngest age cohorts all see negative change in the same period. This will mean that the 65+ age cohort could be 1.0m by 2031 (18.8% of the population) compared to 1.39m in 2016 (13% of the population). The youngest cohort of the population structure (0-15 years) could change from 1.066m in 2016 (22% of population) to 0.925m in 2031 (17.44% of the population). The middle cohort of the population could change from 3.04m in 2016 (64% of the population) to 3.376m in 2031 (63% of the population).

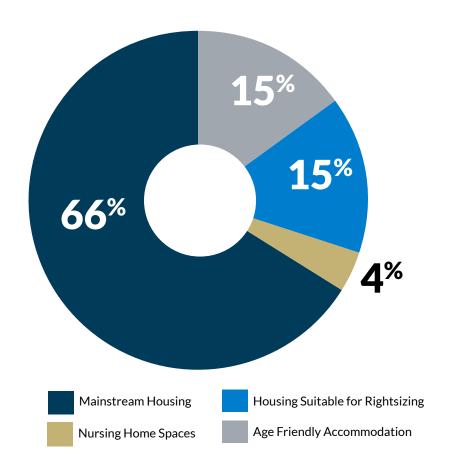
<sup>6</sup> https://www.cso.ie/en/releasesandpublications/ep/p-plfp/populationandlabourforceprojections2017-2051/populationprojectionsresults/

<sup>7</sup> M3F2 Projection Variant

<sup>8</sup> M1F1 Projection Variant

<sup>9</sup> Department of Health. (2018). Health Service Capacity Review 2018 Executive Report Dublin: DOH."

The report, Housing for Older People – Thinking Ahead<sup>10</sup> estimates that 15% of those 65+ would be willing move to a different home in their community and that a further 15% would choose to move to age-friendly accommodation, if it were available. A further 4% of older people may live in nursing homes.<sup>11</sup> It is estimated that 66% of those over 65 would prefer to stay in mainstream housing.



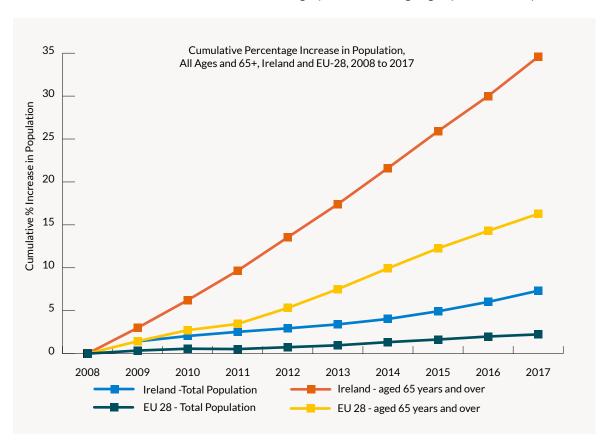
Based on these estimates the requirement for housing suitable for older people by 2031 is as follows:

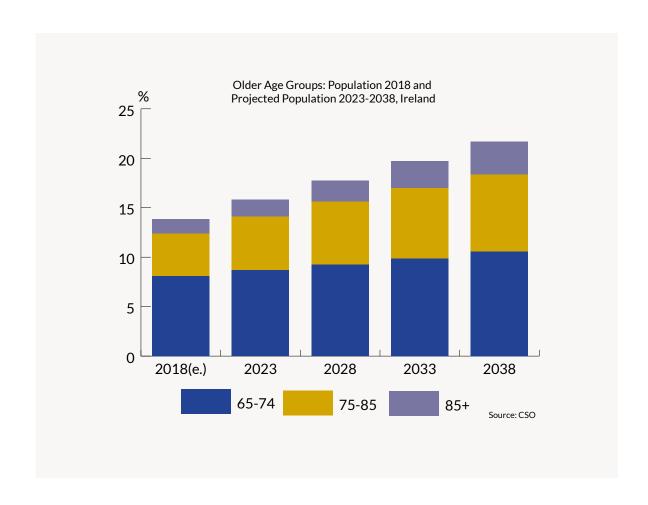
- Rightsizing housing, within existing communities (i.e. smaller dwellings designed to meet the needs of older people) 150,000
- Age friendly accommodation 150,000
- Nursing home spaces approximately 36,000<sup>12</sup>

<sup>10</sup> ISAX, Housing Agency, Amárach Research, Housing for Older People - Thinking Ahead, October 2016

<sup>11</sup> This figure is based on current demand, though an increased supply of age friendly accommodation might result in a reduction in the demand for nursing home accommodation. Conversely the demand could increase as the very old population increases.

<sup>12</sup> Department of Health. (2018). Health Service Capacity Review 2018 Executive Report Dublin: DOH. p.125





## **Our Adult Population - Key Health Findings**

One of the core objectives of this policy statement is to articulate and set out an approach to the development of a greater suite of options for housing for older people. Equally recognised is that housing for our ageing population is not about bricks and mortar alone. Embedded in the principles underlining this policy statement and a driving factor in the collaborative approach adopted by both Departments is the need for joined up thinking, planning and delivery of both housing and health and social care services, to support our older population to live longer, and to live longer independently in their communities.

To achieve this, we must understand our adult population, particularly older adults, in terms of their needs, health profiles, the type and range of services used, how those services are used, and the behaviours that impact on health and wellbeing, along with the interventions that may support longer and more independent living. The older population (65+) are more intensive users of health and social care services. <sup>13</sup> In 2016 even though they represented only 13% of the population, 39% of people who had a day case procedure were over the age of 65.

The Healthy Ireland Survey<sup>14</sup> is an annual interviewer-administered face-to-face survey commissioned by the Department of Health. It is part of the Healthy Ireland Framework to improve the health and wellbeing of people living in Ireland.

The fourth wave of the survey, conducted between September 2017 and June 2018, was published in 2018. In relation to older adults, the survey found that:

- Older people are more likely to report having at least one of 25 specific health conditions (75 and older: 82%, 15 to 24: 20%) The conditions most commonly reported are high blood pressure (12%), arthritis (10%), high cholesterol (9%), asthma (8%) and depression/anxiety (6%)
- Older age groups are more likely to have visited a GP than those who are younger (94% of those aged 75 and older; 64%

- of those aged 15 to 24). Those who are older also visit the GP more frequently than those who are younger. Those aged 75 and older have on average 6.4 visits per year, compared with an average of 2.5 visits for those aged 15 to 24
- 26% of those aged 75 and older have been admitted to hospital as an in-patient during the past 12 months. 7% of those aged 15 to 24 have been admitted during this time
- Usage of Emergency Departments in public hospitals is highest among those aged 15 to 24 and 75 and older (14% and 13% respectively)
- Those aged 75 years and older are more likely (38%) than those aged under 25 (32%) to consume at least one type of unhealthy food daily
- Consumption of fruit and vegetables is lower among those aged 75 and older (25%) and those aged between 15 and 24 (27%)
- Older drinkers are more likely to drink more frequently. 59% of those aged 65 and older who drink do so at least once a week, and 38% do so on multiple days each week. This compares to 47% and 21% respectively among those aged under 35

<sup>13</sup> Department of Health. (2018). Health Service Capacity Review 2018 Executive Report Dublin: DOH. p.35

<sup>14</sup> Healthy Ireland Survey 2018

## PROPORTION RATING HEALTH AS GOOD/VERY GOOD



The proportion describing their oral health as good or very good declines with age. 89% of those aged 15 to 24 describe their oral health as good or very good, declining to 65% of those aged 75 or older.

These findings reinforce the general expectation and experience that our older population have a greater reliance on and utilisation of health and social care services. The Oireachtas Committee on the Future of Healthcare Sláintecare Report (May 2017) concluded that there is a need to shift from hospital-centric models of care to a system that places greater emphasis on care in the community. The Sláintecare Implementation Strategy (Department of Health, 2018) sets out the strategic vision and framework for the implementation of the reform required to deliver the type of health and social care system that Ireland needs. Strategic action 4 commits to and provides the high-level framework to expand community-based care to bring care closer to home. This recognises

that a range of illnesses and care needs can be managed in the community with a focus on prevention, self-management, and proactive and coordinated care. In recognising, for example, the key finding in the 2018 Healthy Ireland Survey that a high percentage of over 75s report having at least one of 25 specified health conditions, it is clear that better and increased management of illnesses in the community may significantly impact, positively, on the lives of our older population.

Enhanced, better structured and integrated community supports are part of the larger health and social care reform programme that is underway in the context of Sláintecare. This policy statement recognises the important role of community supports in facilitating people to live in the community for as long as possible. It is also recognised that the integration of such supports with existing and new housing choices is key to ageing well in the community.

## PROPORTION WITH AT LEAST ONE VISIT/ADMISSION IN LAST 12 MONTHS



## **Background and Context**

The National Planning Framework (NPF) *Ireland 2040* | *Our Plan*, will, among others, plan for the future development and sustainability of our cities, towns and rural areas. It will address issues such as providing a better quality of life for people and communities, the provision of homes to meet future needs and the coordination of place making with our neighbours. The NPF draws on key demographics in devising national planning policy for the years ahead and provides a broader policy context and long term vision in addressing the needs of older people.

The changing demographics in Ireland, including projected population growth and the expected substantial increase in our older population have been discussed in the previous section "Our projected need for older person housing". The implications of this for public policy areas as diverse as housing, health, urban and rural planning, transport, policing, the workplace and the business environment are considerable. 15

The impact of the growth in the number of older people will be seen primarily in relation to pension provision and in health and social care provision. Demand for health and social care is set to increase dramatically as a result. The Department of Health's Health Service Capacity Review, published in 2018, outlines projections of demand and capacity requirements for a range of health services to 2031.

The key findings of the report indicate:

- The current system is operating at or above capacity across most services, and demand will grow significantly over the period to 2031.
- If key reforms and productivity measures are implemented, the following additional capacity will be required by 2031:
  - nearly 2,600 extra acute hospital beds
  - 48% increase in Primary Care workforce
  - 13,000 extra residential care beds (older persons services); and
  - ✓ 120% increase in homecare services.

Long-term residential care is often the most appropriate care option where an older person's needs are complex. In Ireland the care model, however, for the older population is disproportionately geared towards residential care as opposed to supporting older people to remain living independently at home for longer (the HaPAI Survey<sup>17</sup> found that 78% of older people would like to stay in their current home, with adaptations being carried out to customise their homes and make it appropriate for their needs. This issue is now being addressed through various measures such as the development of a new statutory scheme and system of regulation for homecare, details of which are outlined in 'Developments to Date' section below. Clearly there is an urgent need to plan ahead and to acknowledge that there are both challenges and opportunities. Living at home extends beyond accommodation and care supports. It is about creating an external built environment or public realm that will be more comfortable for people as they age, where they can readily access everyday services and be socially connected as envisaged in Goal 3 of the National Positive Ageing Strategy Department of Health, (2013).

The design and maintenance of a community's housing continuum and built environment can indeed make the difference between a healthy and active lifestyle, or one characterised by limited mobility and high levels of social isolation. In providing a more seamless and appropriate continuum of housing choices with appropriate supports for older people and a built environment that is attractive, accessible and safe such

<sup>15</sup> Rebuilding Ireland, p54

<sup>16</sup> Projections of Demand for Healthcare in Ireland 2015-2030 (2017): ESRI Dublin

<sup>17</sup> Healthy and Positive Ageing Initiative. A profile of attitudes towards future housing options among community-dwelling adults aged 55+ in Ireland. Dublin: Department of Health; 2017.

older people will be supported and indeed motivated to enjoy more active, healthy and connected lives and to age comfortably in the community they belong to.

When the risk factors (both environmental and behavioural) for chronic diseases and cognitive impairment are kept low, while the protective factors are kept high, people will enjoy more years and better quality of life; they will remain healthy and be better able to live independently and manage their own health as they grow older. Fewer older people will need costly medical treatment and care services.<sup>18</sup>

For many, living in adapted or specialist housing may reduce reliance on health and social care services and can result in measurably improved health status, lower rates of hospital admissions while also contributing to a greater sense of wellbeing.

There is, therefore, a requirement for a more seamless and appropriate continuum of housing choices and options for older people. Such a continuum would provide for an appropriate blend of good age friendly design, easy access to public and other essential services and tailored, flexible supports which would suit a range of needs and enable older people to stay independent for as long as possible.

A further important issue for future planning for housing, in the context of the rising population of older people, is that the increase in the ageing demographic is not seen uniformly throughout the country. Fingal and Kildare continue to have the youngest population and are areas of rapid growth while Kerry and Mayo, followed by Leitrim have the oldest population. The economic cost of providing services to an ageing population will drive the need to provide suitable housing in existing communities.



<sup>18</sup> HSE. (2015) Healthy Ireland in the Health Services National Implementation Plan 2015 - 2017. Dublin. Page 16

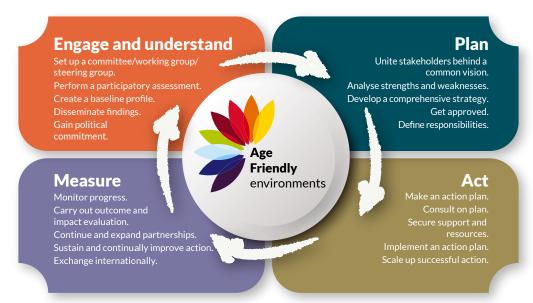
## **Developments to Date**

In 2007 the World Health Organisation (WHO) produced a Global Age Friendly Framework of Age Friendly Cities & Communities to enable leaders, policy makers, practitioners and citizens across the world to prepare and plan for the massive shift in demographics.<sup>19</sup> The WHO Global Network consists of more than 500 cities and communities in 37 countries. working to improve their physical and social environments to become better places in which to grow old. In May 2016, the World Health Assembly adopted a Global strategy and Action Plan (GSAP) to be implemented across the 15-year period of the SDGs. The vision of the Global Strategy is a world in which everybody can live long and healthy lives. Goals over the next five years include filling the evidence gaps and establishing partnerships to ensure a Decade of Action on Healthy Ageing from 2021 to 2030. In 2018 the World Health Organisation (WHO) produced the latest available data for 36

health-related Sustainable Development Goal (SDG) indicators. It also links to the three SDG-aligned strategic priorities of the WHO's 13th General Programme of Work, 2019 - 2023: achieving universal health coverage, addressing health emergencies and promoting healthier populations.

The Global Strategy outlines a framework for action by Member States, the WHO Secretariat and international and national partners across five strategic objectives:

- 1. Commit to action.
- 2. Develop age-friendly environments, including through developing age-friendly cities and communities.
- 3. Align health systems to the needs of older populations.
- 4. Strengthen long-term care options
- 5. Improve measurement, monitoring and research.



In April 2013, in line with a commitment in the Programme for Government, the Department of Health published the National Positive Ageing Strategy. The Strategy outlines Ireland's vision for ageing and older people and promotes older people's health and wellbeing so that they can continue to contribute to social, economic, cultural and family life in their own communities. It is an over-arching

cross-departmental policy that provides a blueprint for age related policy and service delivery across Government and society in the years ahead. The Strategy sets out a vision for an age-friendly society through the achievement of four national goals, one of which is to ensure that people can 'age with confidence, security and dignity in their own home for as long as possible'.

<sup>19 [</sup>https://www.who.int/ageing/age-friendly-environments/en/][Accessed 23/01/2019]

The review of the Nursing Homes Support Scheme (2015), considered a number of alternative initiatives that could assist in reorientating residential services towards the community and recommended "Exploring the potential of a collaborative approach across the Departments of Health, Environment, Community and Local Government to provide appropriately supported sheltered housing." In relation to supported housing and sheltered housing, the review report said that such schemes, linked to appropriate community health and social care services, can offer an alternative option to support older people and should be considered in the context of future service planning as an integral component of long-term care. The report notes that sheltered housing, which is underdeveloped in Ireland, may offer significant benefits in the longer term and emphasises the importance of ensuring that health sector funds remain effectively focused on healthcare requirements. The Department of Health is also currently engaged in the development of a new statutory scheme and system of regulation for home care. The new scheme will introduce clear rules in relation to the services for which individuals are eligible. It will be an important step in ensuring that the system operates in a consistent and fair manner as well as helping to improve access to home care services in an affordable and sustainable way. The development of a new home care scheme is a complex undertaking and a significant amount of preparatory work remains to be undertaken before final decisions are taken on the form of a home care scheme and the regulation of these services.

The Department of Housing, Planning and Local Government supports the ongoing provision of housing for older people through various schemes under its housing capital programme, including the Capital Assistance Scheme (CAS) which provides funding of up to 100% to Approved Housing Bodies (AHBs) for the provision of sheltered housing accommodation to meet the needs of people requiring specific categories of housing, such as older people and people with a disability. Adaptation works are central to facilitating older people to continue to live at home.

The Department provides funding through the Housing Adaptation Grants for Older People and People with a Disability towards the cost of necessary works to the private houses of older people to allow them to continue to live independently in their own homes and the Programme for Government committed to support further increases in funding. Funding is also provided to local authorities for adaptations and extensions to the existing social housing stock to meet the needs of local authority tenants. A pilot arrangement has also started between the local authorities and the city hospitals to expedite applications for those whose discharge from hospital is dependent on the adaptation of their homes. This example of joined up thinking presents an integrated approach to helping the person get home quicker and at the same time enabling the release of hospital beds on a more timely basis. A new initiative was also introduced under Rebuilding Ireland, which saw a design challenge entitled 'Homes for Smart Ageing Universal Design Challenge' undertaken by the Department in 2017 in support of smart ageing solutions that will improve the quality of life of older persons in Ireland. Over 60 high-quality entries were received highlighting the potential to create homes suitable for lifetime living and to create economic and social benefits for the community. The ideas were spread broadly across three distinct areas; smart technologies in housing for older people, adaptation of existing homes to meet the needs of older people and life-time Ava Housing, supports homeowners to reconfigure their two-storey house and future-proofing the garden level.<sup>20</sup>

The Department of Rural and Community Development (DRCD) is responsible for the Senior Alerts Scheme which enables older persons (65 years +) of limited means to continue to live securely in their homes with confidence, independence and peace of mind by providing them with a free personal monitored alarm. A review of the scheme was undertaken in 2016 and on foot of the report published in 2017 a new version of the Seniors Alert Scheme was launched

<sup>20</sup> Information on Ava Housing can be found at <a href="http://abhaileproject.ie/">http://abhaileproject.ie/</a>

in October 2017. Under the new scheme those eligible to apply no longer have to be living alone. The scheme also includes new features such as the introduction of self-declaration of limited means, free monitoring of the alarm service for the first year and an increase in the administrative payment to Community Groups involved in rolling out the scheme. The DRCD also has other schemes in place to support older people in the community. Core funding is provided through the Department's "Scheme for supporting National Organisations" to a range of national nongovernmental organisations dedicated to supporting older people to help them achieve their goals.

#### Sláintecare

Under the Programme for a Partnership Government, an All-Party Oireachtas Committee on the Future of Healthcare was established in June 2016 to create a crossparty vision for the future of our health and social care services. The Committee sat for almost a year, engaging with stakeholders across the system and published the Sláintecare Report in May 2017.

Sláintecare represents cross-party political consensus on the future of our health and social care services that is unique in the history of the State. The Sláintecare Report advocates for a healthcare system where the majority of services are delivered in the community, where care is safe, timely, and accessible, and access is based on need not ability to pay.

Sláintecare is the cross governmental policy framework for a ten-year system-wide reform programme to transform Ireland's health and social care services. In 2018 the Department of Health published its Sláintecare Implementation Strategy which sets out the actions to be taken in the first three years of the Sláintecare implementation process.

Over the next ten years, Sláintecare will:

- Promote the health of our population to prevent illness
- Provide the majority of care at or closer to home
- Create a system where care is provided on the basis of need not ability to pay
- Move our system from long waiting times to a timely service – especially for those who need it most
- Create an integrated system of care, with healthcare professionals working closely together Sláintecare will provide an unprecedented opportunity for the realisation of real and sustained improvement in the provision of healthcare to all citizens.

#### Age Friendly Ireland

Ireland is a member of the WHO Global Age Friendly Network via its leading internationally recognised Age Friendly Ireland programme. Over the last ten years, significant progress has been made across Ireland in adopting the global World Health Organisations Age Friendly Framework. To date 31 City & County local authority led age friendly programmes are fully operational and are committed to embedding age friendliness through sustainable built environments, lifetime housing, appropriate health services, accessible transport and continuous economic development. Internationally Ireland is considered as a front-runner country in terms of the achievements it has made. The National Age Friendly Ireland Programme is a shared service function of local government sector and provides a national centralised service to support the ongoing development, implementation and sustaining of the programmes national strategy. The national Age Friendly Ireland Office is hosted by Meath County Council on behalf of the local government sector.

To date each of the multi stakeholder Age Friendly Alliances, supported by senior level executives, have implemented real change in imaginative and cost-effective ways. Local Age Friendly programmes are making commitments to shared action plans spanning built environment, housing and health services, transport, and employment. Enhanced quality of life and health and wellbeing is fundamental to the vision set out. The National Age Friendly Ireland Programme provides a robust framework and infrastructure to pioneer and drive innovation. One of the key achievements of the programme is that it has provided a mechanism for direct citizen engagement by the creation of a local Older Peoples Council at local level. Older Peoples Councils are made up of a diverse range of older people ensuring that the process of engagement reflects the varying issues and solutions required to address the needs of an ageing population. To date the Age Friendly Ireland programme has consulted with over 20,000 older people across Ireland and invited them to co design and propose solutions that respond to the challenges and opportunities. As a key collaborator this national programme and structure will support the vision and implementation of this Policy Statement.

2011 marked the signing of the International Dublin Declaration on Age Friendly Cities & Communities by all 31 Irish local authorities, demonstrating the local government's commitment to our Cities and Counties developing themselves as places where older people can live full, active and healthy lives. Age Friendly Ireland provides the links between the National Positive Ageing Strategy and the WHO Global Age-friendly Cities Guide. The Age Friendly Cities and Counties Programme represents the formal localisation, in Ireland, of this defined global programme. (www.agefriendlyireland.ie). Providing technical guidance and support to each of the local Age Friendly Programmes is a strategic objective of the national programme. Translating implementation into meaningful outcomes for Ireland's ageing population has been a role of Age Friendly Ireland. To date a huge volume of initiatives

have been delivered particularly in the context of housing and health that have led to better outcomes for older people. The learnings from best practice and informed guidelines in housing and the public realm, for example, have been delivered through workshops to over 1000 practitioners in key roles across Ireland.

# The National Smart Ageing Housing Programme

The National Smart Ageing Housing Programme (June 2018 – May 2020) aims to optimise the independence, participation and well-being of older adults and meet their strongly held desire to stay living in their own communities. The intention is to address the diverse needs of older adults whilst at the same time delivering other socially important benefits – regenerating communities and releasing larger family homes onto the market. It involves a unique collaboration between Local Authorities, the Housing Agency, financial institutions, care agencies and others.

The programme will involve at least six demonstrator clustered developments of housing units, show casing a range of different types of housing developments, from zero to low, medium and high levels of care and own home adaption programmes. The housing projects will be measurable and the investment of experience and best practice will underpin the objectives in the National Planning Framework 2017 and in the Housing Programme set out under Rebuilding Ireland.

The Programme is informed by the findings from the 2016 research report "Housing for Older People – Thinking Ahead"<sup>21</sup> funded by the Department of Housing.

<sup>21</sup> https://www.housingagency.ie/Housing/media/Media/About%20Us/Report-Housing-for-Older-People-Thinking-Ahead-(2016).pdf

#### **CEUD**

The Centre for Excellence in Universal Design (**CEUD**) was established by the National Disability Authority (**NDA**) in January 2007 under the Disability Act 2005. The Centre for Excellence in Universal Design is dedicated to enabling the design of environments that can be accessed, understood and used regardless of age, size and ability. The Centre is dedicated to the principle of universal access, enabling people in Ireland to participate in a society that takes account of human difference and to interact with their environment to the best of their ability.

## County Development Plans

Local authorities are required to make a development plan every six years. The development plan sets the agenda for the development of the local authority's area over its six year lifespan. Development, whether it be residential, industrial, commercial or amenity, must generally take place in accordance with the development plan. The plan is therefore a blueprint for the economic and social development of the city, town or county for which it has been made. Critical to this is the provision of sustainable housing to meet the needs of all citizens.



## **Research findings**

The ESRI published a report on 26 October 2017 providing annual projections of demand for public and private health and social care services in Ireland for the years 2015-2030. These are based on new ESRI projections for population growth, the first projections to be published based on the 2016 Census. According to the report. titled Projections of Demand for Healthcare in Ireland, 2015-2030, Ireland's population is set to increase by between 640,000 and 1.1 million people in the next decade-and-a-half. Those aged 65 and over will number one in six of the population by 2030 while the number of people aged over 85 will double. Demand for health and social care will jump across the board as a result. The report contains the most comprehensive mapping of public and private activity in the Irish healthcare system to have been published.

The population of people aged 65 and over is expected to increase by a third over the next 8 years, and to double over the next 25 years. Thus the demand for ageing in place services and the demand for appropriate housing, including housing with support, for older people can be expected to increase correspondingly. This was also acknowledged by the Joint Committee on Housing, Planning and Local Government in their report of July 2018 on Housing Options for Older People.<sup>22</sup>

Among the findings of this report is that by 2030:

- Demand for long-term and intermediate care places in nursing homes and other settings are projected to increase by between 40 to 54 per cent from 29,000 in 2015.
- Demand for home help hours is projected to increase by between 38 to 54 per cent by 2030 from 14.3 million in 2015.

The report states "The additional demand projected in this report for the years to

2030 will give rise to demand for additional expenditure, capital investment and expanded staffing and will have major implications for capacity planning, workforce planning and training. Additional investment will be required in most forms of care to meet the needs of a rapidly growing and ageing population."

# Housing for Older People - Future Perspectives

The Report on Housing for Older People: Future Perspectives, published by Age Friendly Ireland in April 2016, presents the research and findings of the Sustainable Living Integrating Older People with Technological Advancements in Regeneration Limerick (SLIOTAR) project. The study aims to provide insight and guidance to planners and designers in creating more liveable, sustainable and resource effective housing options for older people. The research for this project focused on identifying good practice nationally and internationally with an in-depth review of the Great Northern Haven development in Dundalk.

The report notes that there is a limited number of housing options for older people which can sometimes result in a person unnecessarily entering a long-term care setting, with its associated costs and potential reduction in quality of life. Based on research findings that older people want to stay in their own homes or communities for as long as possible, the report shows that many older people can live satisfactorily in their own home. As the diagram<sup>23</sup> on the next page shows, there is a continuum of needs in the type and levels of support that may be needed and some may need to adopt a form of 'supportive housing'. The report demonstrates that specific housing designed for older people and their support needs, allows older people improved choice as to how and where they will age. The findings from this study supports the argument that by developing housing that meets the needs

<sup>22</sup> https://data.oireachtas.ie/ie/oireachtas/committee/dail/32/joint\_committee\_on\_housing\_planning\_and\_local\_government/reports/2018/2018-07-10\_housing-options-for-older-people\_en.pdf

Housing for Older People: Future Perspectives (Figure 7 Housing with care continuum. Cullen et. al. (2007)

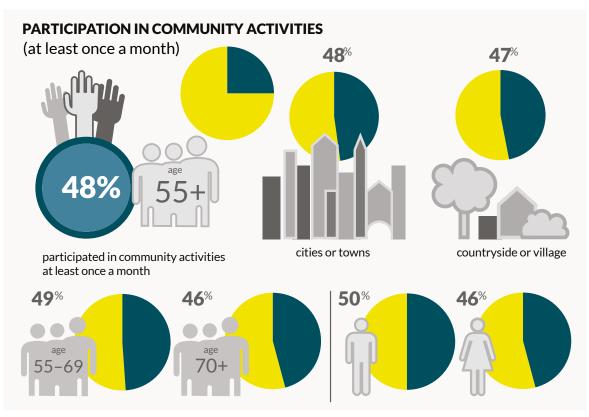
of older people in the future, significant improvements can be gained by both the older person in terms of quality of life, and also by the State in terms of potential financial economies.

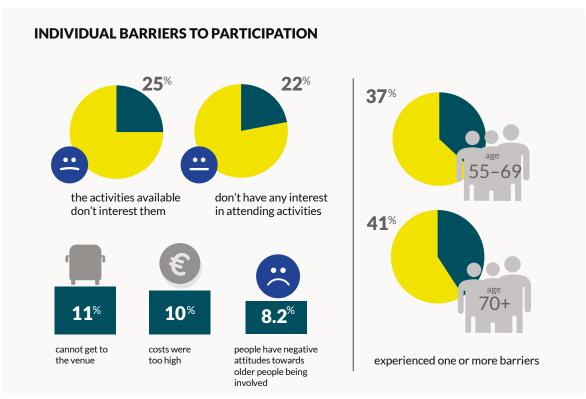
Additionally, the National Age Friendly Ireland Programme has consulted with over 20,000 older people across Ireland and conducted intensive research particularly in the context of housing. The findings from this research inform many of the recommendations put forward in the SLIOTAR project particularly around providing more suitable housing options to allow people remain living independently, with or without supports, as opposed to in residential care.

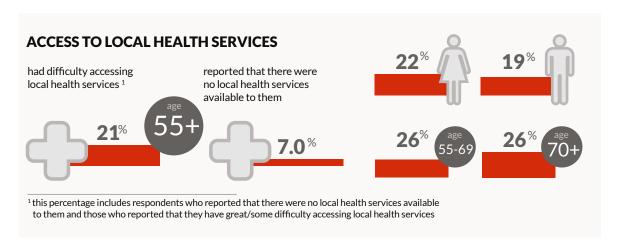


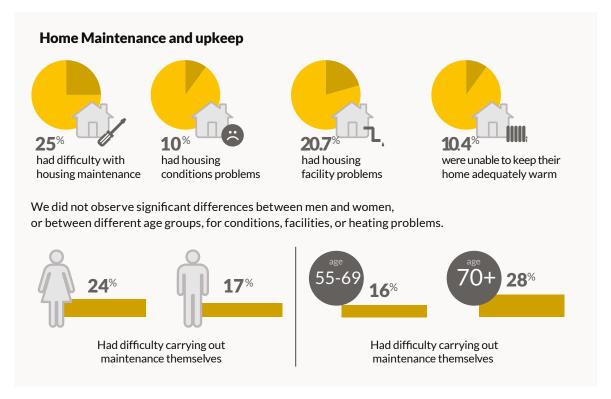
#### The Healthy and Positive Ageing Initiative (HaPAI)

A joint initiative between the Department of Health, the HSE, Age Friendly Ireland and Atlantic Philanthropies was established to monitor changes in older people's health and wellbeing, linked to the Goals and Objectives of the National Positive Ageing Strategy (NPAS). The Initiative is intended to provide evidence of the factors contributing to healthy ageing, both nationally and at local level, and will help inform policy responses to population ageing in Ireland. The first National Positive Ageing Indicators report was launched in June 2018 and highlights many of the positive and negative aspects of growing old in Ireland.









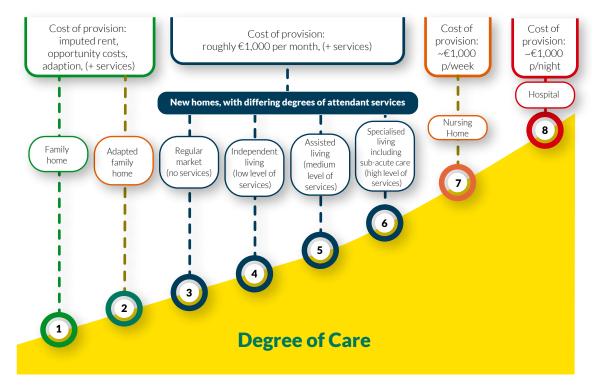
In 2015, the Initiative collaborated with the Age Ireland programme to carry out research aimed at developing evidence to support the implementation of the NPAS at local level. The Initiative carried out a random sample survey in 20 local authority areas, interviewing more than 10,500 people aged 55 and over. The survey covered a wide range of areas including housing related issues. It asked people about their preferences for the future, in the event that their own homes became unsuitable for them or their spouse/partner. The survey found that:

- The first preference **for the majority** of older people is to adapt their own home (78%)
- Almost one-in-three (30%) older adults feel positive about moving to an adapted type of house
- 21% were positive about moving into supported housing (living together with a few older people)
- One-in-ten (11%) older adults feel positive about moving to a nursing home.

## **Housing for Older People - Thinking Ahead**

In order to review the housing needs of our ageing population, the Housing Agency commissioned a report entitled Housing for Older People: Thinking Ahead. This research was commissioned to identify the important issues associated with housing for older people such as the current and future requirements of our older population and the models of housing/ housing with care to best suit these needs. The research also considered potential obstacles to achieving these goals as well as the broader impact a supported housing initiative may have. Perhaps the most important concept emphasised within the report is the preference of the people concerned to 'age in place' and that if more 'age appropriate' housing was available within the persons existing community they may be more inclined to rightsize or could avoid unnecessarily moving to residential care. The report identified a potential market for up to 100,000 purposedesigned homes in Ireland and representing €25 Billion worth of unmet need.

It also highlights a number of the key issues and also crucially identifies the gaps with regards to housing options for older people, which can be seen in the figure below. It does this by using the spectrum of care which is a useful way of matching the housing needs of older people with what is available, actually and potentially.<sup>24</sup> The diagram below taken from the report sets out the eight stages of the housing and care needs of Ireland's older people and it concludes that, in the context of an ageing population, the Irish housing and healthcare systems seem mainly to cater for the first two and last two: staying at home, with or without adaptation and at the other end, nursing home or hospital. It identifies that options need to be considered for the alternatives in between (stages 3-6 in the diagram), to allow people in these categories to continue to live in their own homes and communities and prevent an unnecessary transition to a care facility.



In addition, in 2018, the Housing Agency published a report 'Thinking Ahead: Independent and Supported Housing Models for an Ageing Population' which outlined a range of case studies of independent and supported living models

in Ireland. These case studies document best practice currently in existence and identify the key elements that contribute to the success of housing for an ageing population.

<sup>24</sup> Housing for Older People: Thinking Ahead (p14/15)

#### **Actions to Deliver**

The methodology for preparation of this statement was informed by the key objectives underpinning it as expressed in the Programme for a Partnership Government (PPG), Pillar 2 of Rebuilding Ireland Action Plan for Housing and Homelessness (RI) and Review of the Nursing Homes Support Scheme, A Fair Deal (2015). These are to support older people to live in their own homes with dignity and independence for as long as possible and, in so doing, to examine the potential of targeted schemes to meet differing housing needs.

The National Planning Framework (NPF) **Project Ireland 2040** is the overarching policy and planning framework for the social, economic and cultural development of Ireland. The Framework is grounded on key demographic data to inform the broader policy context and long-term vision in addressing the needs of the population, including older people. Objective 30 of the Framework provides that local planning, housing, transport/accessibility and leisure policies will be developed with a focus on meeting the needs and opportunities of an ageing population, along with the inclusion of specific projections, supported by clear proposals in respect of ageing communities as part of the core strategy of city and county development plans.

Planning policy requires under section 94 of the Planning and Development Act 2000 that planning authorities must include a housing strategy in their development plans. This strategy must include provisions to ensure that any developments being provided during the lifetime of the development plan must have a mix of housing types and sizes to reasonably match the requirements of different kinds of household, including the special requirements of older people and people with disabilities.

Sláintecare and the Sláintecare Implementation Strategy set out a vision and key actions to comprehensively reform the way in which health and social care services are designed and delivered in Ireland. At the core of this vision is a significant shift of the delivery of care from an acute centric system to greater care in the community and care delivered in a more integrated way. To deliver on this vision, new and revised policies and projects will be designed including those aimed at supporting people to live independently in their own communities for longer. This policy statement fully aligns with Sláintecare and will be a component that supports the implementation of redesigned policies and services as envisaged in the Sláintecare Implementation Strategy and action plans.

In pursuit of these objectives the

Departments of Housing, Planning and Local Government and Health have been working together to develop policy options for supported housing/housing with care so that older people will have options to choose accommodation that is suited to their needs. A cross Department/Agency Steering Group was convened comprising the Department of Health, the Health Service Executive, the Department of Housing, Planning and Local Government, the Housing Agency and other key stakeholders to consider the issues and provide guidance on drafting a joint policy statement.

In November 2018 an expert conference was held in Farmleigh House hosted jointly by Ministers, Damien English and Jim Daly. This was a consultative forum for all stakeholders and interested parties to identify and discuss the range of issues of concern and to participate in a discussion on how the future of housing provision for older people should look. The participants, and other interested parties who were not there on the day, were invited to make written submissions on the issues by Mid-December 2018.

The work between the Departments, the assistance and support of the Steering Group and the input of experts and stakeholders at the Conference on Housing for Older People have informed the development of this policy statement. Through this process we have identified a number of challenges and opportunities by hearing directly from older

people and key stakeholders. The challenges and opportunities include:

- a rapid ageing population across Ireland
- a large number of people aged 55+ on the social housing list interested in moving to more age appropriate accommodation
- a large number of under occupied dwellings indicating older people who are living in homes that are too big for their current needs would like options to right size but that there is a lack of appropriate housing stock
- many older people are living with a disability which impacts on their quality of life in their home
- there are a number of brownfield sites across Ireland in both urban and rural areas suitable for housing developments for older people
- there is a lack of alternative housing options available to people in their own communities
- while there is a wide range of services, social opportunities and existing facilities in place many people still feel socially isolated, have difficulty accessing information and may not have access to transport

The purpose of this policy statement is to provide a policy framework, underpinned by and aligned with the six principles developed, to support our ageing population in a way that will increase the accommodation options available to them and give them meaningful choice in how and where they choose to live.

This process has also led to the development of a suite of actions required to further inform and develop policy in this area. These actions, set out below, require significant inter-departmental and agency working and collaboration.

In order to deliver these actions, an Interdepartmental/agency Implementation Group will be established, including membership from the two Departments, the HSE, Local Authorities and relevant stake-holders. This group will have responsibility for progressing the actions set out in this statement with a view to contributing towards the objective of supporting older people to live in their own homes and communities with dignity and independence for as long as possible and, in so doing, to progress the development of various housing options and improving the integration of services and inter-agency collaboration. The Implementation Group will be chaired by an independent Chairperson who will report to the Ministers on progress and issues arising.

Through this policy statement, we will identify a number of strategic actions aligned to the six principles that will provide solutions to the concerns raised that will be delivered by a range of stakeholders.

#### Current

Address the housing needs of the diverse current older population in and implement a range of actions to provide responsive solutions to meet these needs

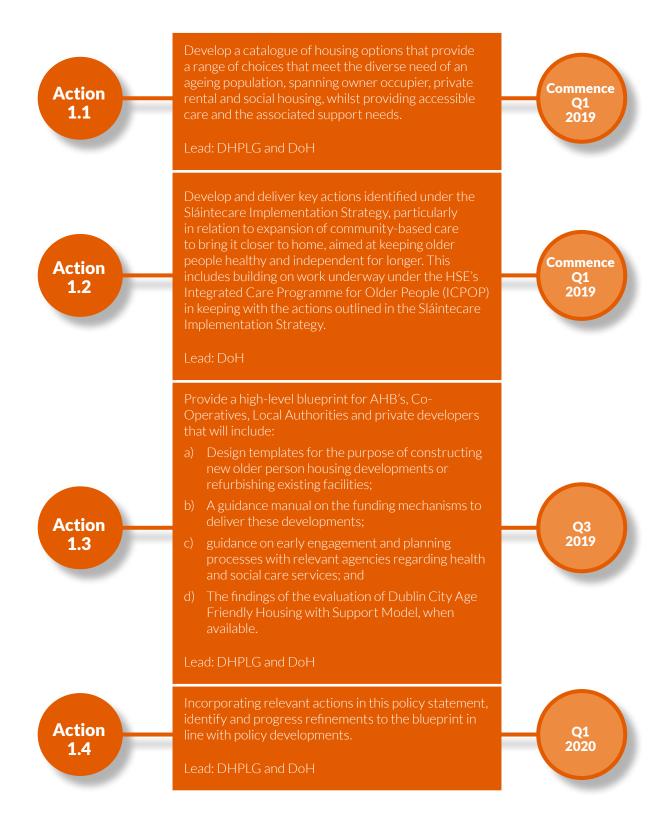
#### **Future**

In order to build sustainable environments and future proof Ireland for the projected increase in older people we need to plan now for the provision of housing options to meet those needs

# **ACTIONS**

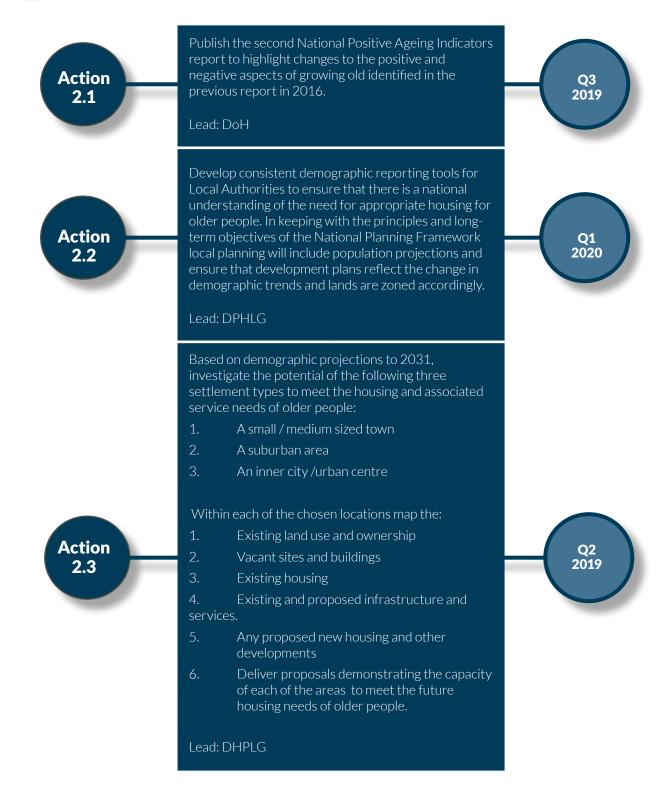


## 1 Housing Options for our Ageing Population

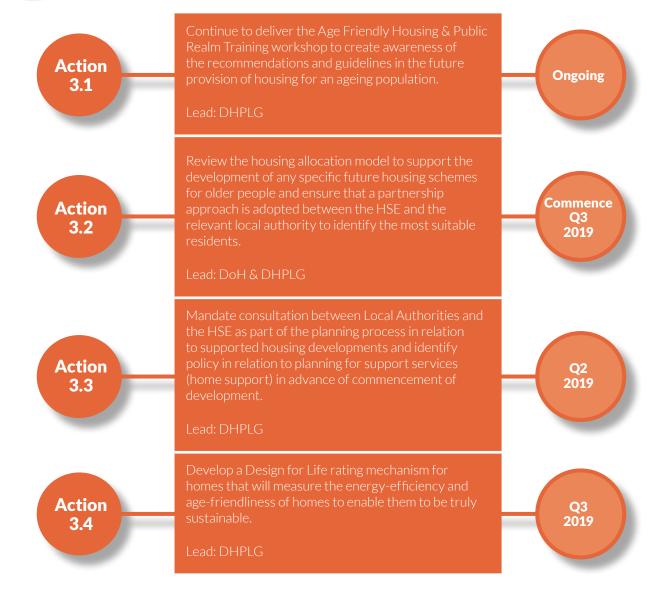




## 2 Consistent Data

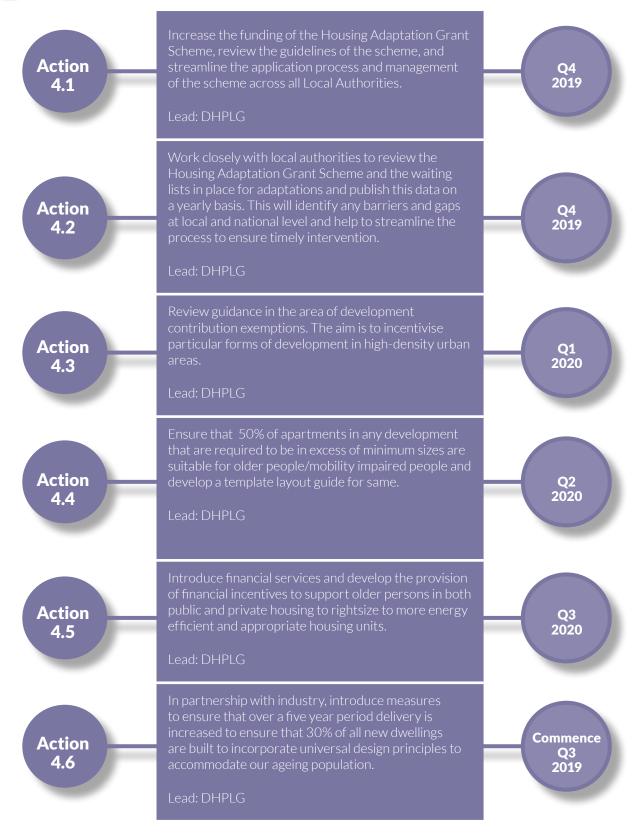


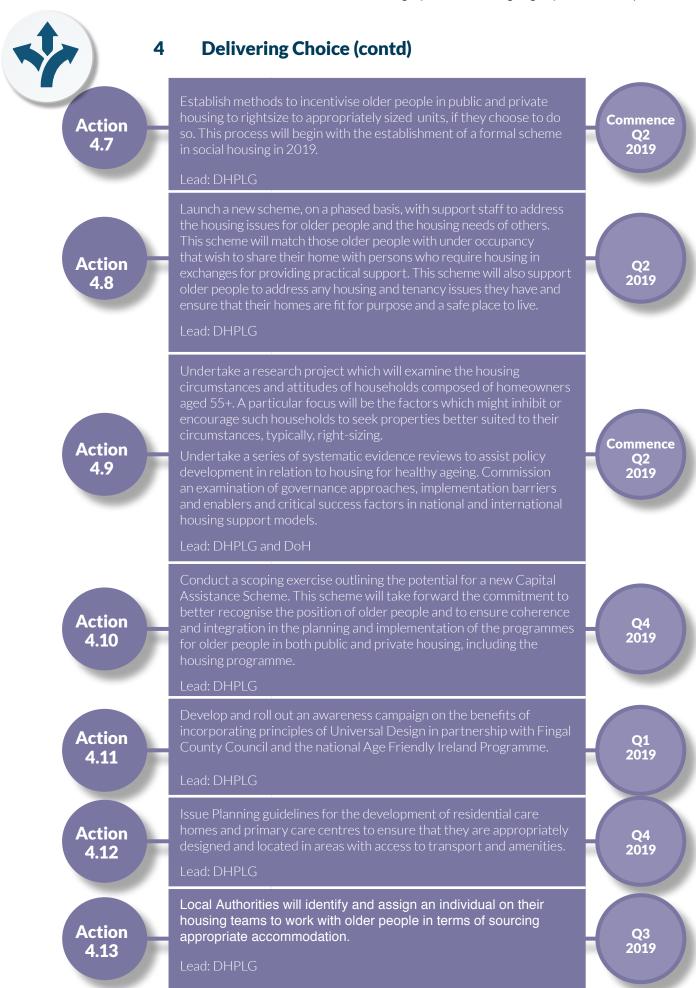






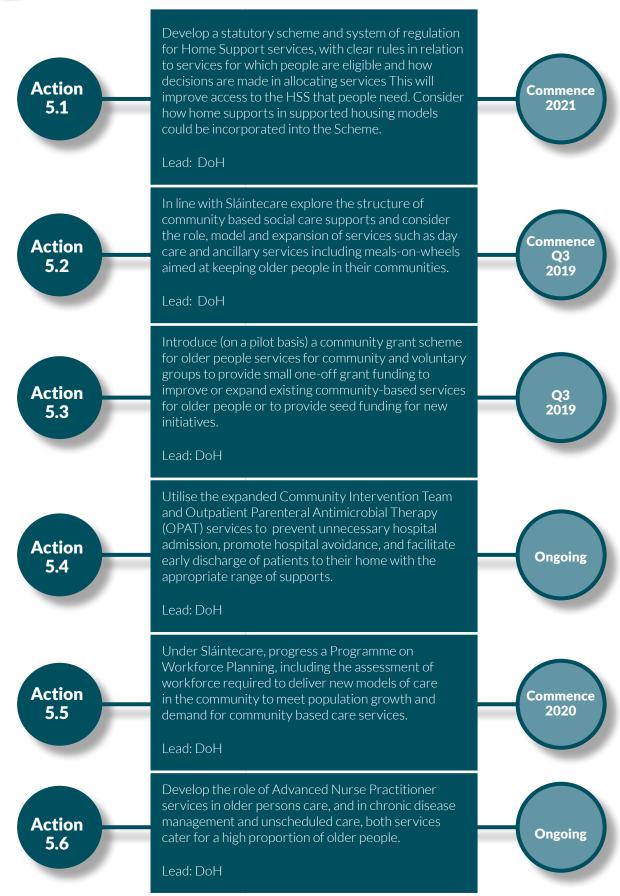
## 4 Delivering Choice

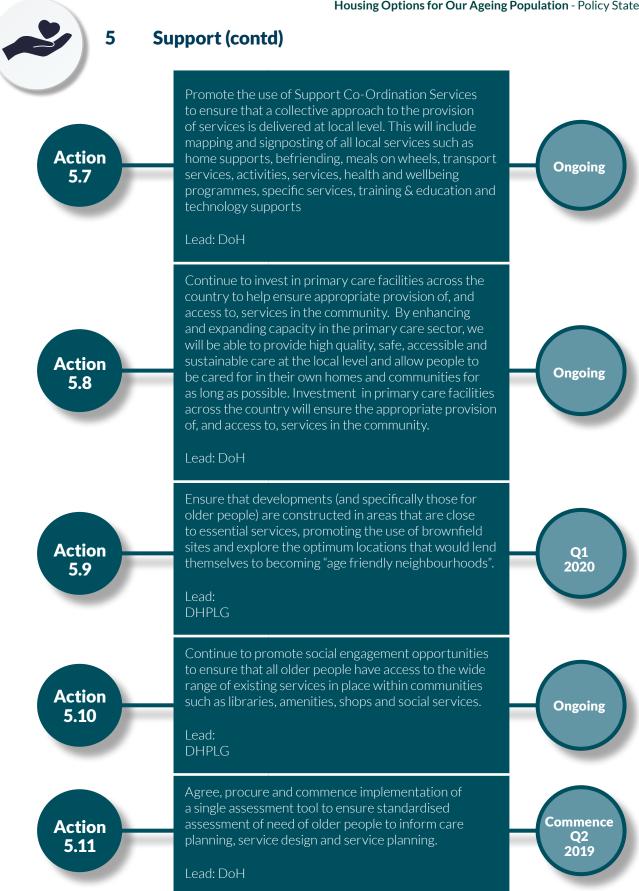






### 5 Support







## **6** Comfort and Security

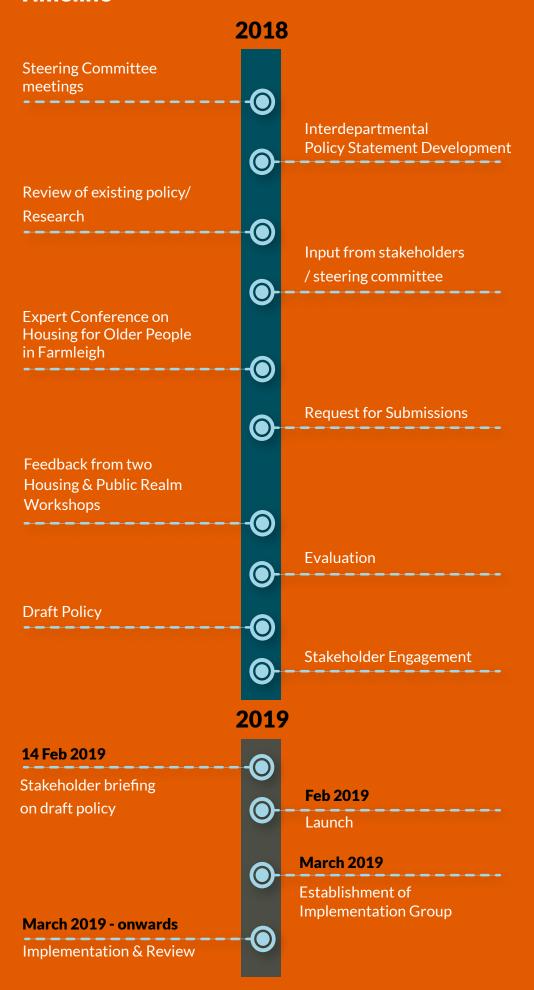




#### 7 Maintain Momentum



# **Timeline**



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Central Statistics Office Population and Labour Force projections 2017 -2051

CSO (2016), An Age Profile of Ireland

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Housing for Older People: Future Perspectives (Figure 7 Housing with care continuum. Cullen et. al. (2007)

Housing for Older People: Thinking Ahead (p14/15)

Housing for Older People - Thinking Ahead

Joint Committee on Housing, Planning & Local Government report on housing options for older people

Housing for Older People - Thinking Ahead. The Housing Agency

Housing for Older People - Thinking Ahead, October 2016

Projections of Demand for Healthcare in Ireland 2015-2030 (2017): ESRI Dublin

Rebuilding Ireland

World Health Organization, Age Friendly Environments

# **Appendices**

## Group Members

Name	Organisation
Derek Rafferty (Chair)	Department of Housing, Planning and Local Government
Patricia Curran	Department of Housing, Planning and Local Government
Niall Redmond	Department of Health
Patricia Lee	Department of Health
Joan MacMahon	Department of Housing, Planning and Local Government
Belinda Treacy	Department of Housing, Planning and Local Government
Colin Ryan	Department of Housing, Planning and Local Government
Colm Downey	Department of Housing, Planning and Local Government
Jason Kearney	Department of Rural and Community Development
Deirdre Kearney	Department of Rural and Community Development
Samantha Rayner	Health Service Executive
Roslyn Molloy	Housing Agency
Catherine McGuigan	Chief Officer, Age Friendly Ireland Shared Service, Meath County Council
Ger Craddock	Centre for Excellence in Universal Design, NDA
Karen Murphy	Irish Council for Social Housing
Ashley Tonge (Secretary)	Department of Housing, Planning and Local Government

## **Case Studies**

		AGEING IN PLACE	URBANRENEWAL	SUSTAINABLE, LIFETIME COMMUNITIES	UNIVERSAL DESIGN	ASSISTIVE TECHNOLOGY	PARTNERING
1	Colivet Court, Southill, Limerick						
2	Leighlinbridge Housing, Co.Carlow						
3	Father Lemass Court, Ballyfermot, Dublin 10						
4	SVP Malahide, Co. Dublin.						
5	Rochestown House, Co. Dublin.						
6	McAuley Place, Naas.						
7	Great Northern Haven, Dundalk, Co. Louth						
8	St. Michael's Housing with Supports, Dublin 8						
9	Glór Na Srútha, Clonlara, Co. Clare						
10	Cuan an Chláir, Ennis, Co. Clare						
11	Ballygall, Dublin 11						
12	Annamore Court, Ballyfermot, Dublin 10						

1	Colivet Court, Southill, Limerick		Regeneration
No. Units	35 one bed units + communal facilit apartment and guest room.	This regeneration project in Limerick, combines active	
AHB/LA	Limerick City & County Council / C	úid	street frontages with a secure, central landscaped courtyard.
Architects	ABK		This arrangement fosters interaction with the residents,
Description	Underpinning the brief was the prin should be a catalyst in both the sociaregeneration of the area, generating empowerment, ownership and mutu which are typically lacking in areas a social exclusion.  The project responds to the need of to interact with the broader commu while feeling safe, secure and protect is designed to provide animated and frontages to the outer face of the pecreating similarly active internal elegarden. Buildings surrounding the gabeen designed to provide life and cothis most important space while not the activity on the streets. Access to the refore appropriately varied to accept the social streets and the section of the streets.	their immediate neigbours and the wider community	
Funding Model	DHPLG Capital Assistance Scheme		
Budget	€5.25M		
Design team details			~
Photo Credits	Paul Tierney		













URBAN RENEWAL SUSTAINABLE COMMUNITIES

2	Leighlinbridge Housing, (	Co.Carlow	Rural Village Housing
No. Units	15 two bed units + Commu	This village infill project creates	
AHB/LA	Leighlinbridge Housing Ass Council	sociation / Carlow County	a new street, adressing the parish church and community centre, fostering interaction
Architects	Paul Keogh Architects		with the residents, their immediate neigbours and the wider community.
Description	The site is located in the ce beside the parish church ar the grounds of the old pres structure.	A second phase of development is currently under construction	
	Creating a street, overlook provides for security and p landscaping and seating are sense of community among a two-bedroom apartment double occupancy. An addias a guest bedroom, study		
Funding Model	DHPLG Capital Assistance	Scheme	
Budget	€2.1M		
Design team details	Client: Leighlinbridge Housing Asso Architect: Paul Keogh Architects Engineer: Roughnan & O'Donovan Cor Quantity Surveyor: Kerrigan Sheanon Newman		
Photo Credits	Peter Cook		









SUSTAINABLE COMMUNITIES

3	Father Lemass Court, Ba	llyfermot, Dublin 10	High Density Urban Infill
No. Units	32 one bed units, and com	This development achieves a	
AHB/LA	Dublin City Council		high density of 32 units on a very constrained site of 0.13
Architects	DCC City Architects / Coa	ady Architects	Ha, replacing a former curate's residence.
Description	This project was the devel residence site on Ballyfern for older persons. The site of Ballyfermot Road, the site of Ballyfermot Road, the site opportunity to conside location and densify the site at four storeys provides ar Road. The density of the cacre or 272 units per hect. The object of the development of the de	The development is located at close proximity to all facilities, and public transport and its strong building form creates a bookend to the main street.	
Funding Model	DHPLG - Social Housing C Programme	Capital Investment	
Budget	€5.5M		
Design team details	Architect: Structural Engineer: Services Engineer: Quantity Surveyor:	Dublin City Council City Arc Carl Bro Ltd. Delap & Waller Dublin City Council QS Divis	·
Photo Credits	DHPLG		











URBAN RENEWAL SUSTAINABLE COMMUNITIES

4	Malahide, Co. Dublin		Suburban Housing
No. Units	37 two bed units (31 one b Communal Facility	This suburban infill project groups individual units	
AHB/LA	Society of St. Vincent de Pa	aul / Fingal County Council	around a central landscaped courtyard.
Architects	Paul Keogh Architects		This arrangement fosters interaction with the residents and their immediate neibbours.
Description	The design consists of two ranges of housing along opposing sides of the site, making an enclosed garden the focus of the scheme provides a secure ambience for the elderly residents.		A second phase of development is currently under construction
	All living rooms face into the passive surveillance and ge communal engagement am		
Funding Model	DHPLG Capital Assistance	Scheme	
Budget	€6.1M		
Design team details	Client: Architect: Engineer: Quantity Surveyor:	Architect: Paul Keogh Architects Engineer: Horgan Lynch Consulting Eng	
Photo Credits	Peter Cook, Ros Kavanagh	, Paul Keogh Architects	









SUSTAINABLE COMMUNITIES

5	Rochestown House, Co.	Dublin.	Refurb & Energy Retrofit
No. Units	34 one bed units and con	This project involves the	
AHB/LA	Dun Laoghaire Rathdowr	County Council	refurbishment and energy retofit of a 1970s social
Architects	Dun Laoghaire Rathdowr Department	County Council Architects	housing scheme. The existing scheme included 34 bedsit units, which were
Description	Situated in the former wa House, this first phase of and deep energy retrofit comprises 34 one bedroof facilities.  The intention of the scher of units on this well locate services and public transpunderused existing larger reletting as family homes. renovated to a low-energ fuel poverty for its older in the services and public transpunderused existing larger reletting as family homes.	amalgamated to create larger units to meet current standards. An additional floor was added to the existing block, and a lift was added, to improve accessiblity.  In parallel, the building underwent a full energy retrofit, and beneifts from higher insulation and energy saving measures.	
Funding Model	DHPLG Capital Assistand	e Scheme	
Budget	€3.5 million		
Design team details	Client: Dún Laoghaire Rathdown Co Architect: Dún Laoghaire Rathdown Architect: Dún Laoghaire Rathdown Architect: Mosart Structural Engineer: Hanley Pepper M&E Engineers: Ramsay Cox & Associates Quantity Surveyor: Walsh Associates PSDP: Scott & MacNeill		,
Photo Credits	Donal Murphy		







before renovation



URBAN RENEWAL SUSTAINABLE COMMUNITIES

6	McAuley Place, Naas.		Town Centre Renewal
No. Units	53 one bed units	The redevelopment of this	
AHB/LA	Nás na Ríogh Housing Asso Council	ociation / Kildare County	Protected Strucuture in the centre of Naas and conversion into self contained apartments
Architects	Tom Cowper / Campbell C	onroy Hickey	has regenerated a previously underused site in the town centre, which is now a
Description	The development consists apartments in the centre of of the former Convent of N providing centrally located who are capable of independent of the location offers easy at the church, the post office apartment comprises one lequipped kitchen/sitting relevel-access shower. Wirel units.	shared facility with the wider community.  The re-use of the existing building has required some compromise in the layout of the apartments, which is compensated by the central location and connection to the community through its café and communal spaces.	
Funding Model	DHPLG Capital Assistance construction costs + AHB		
Budget	€7.4M		
Design team details	Client: Architect: Structural Engineer: Quantity Surveyor:	Nás na Ríogh Housing Assoc Tom Cowper / Campbell Cor Gerry Gallagher Martin O'Neill	
Photo Credits	Nás na Ríogh Housing Asso	ociation Ltd	









URBAN RENEWAL SUSTAINABLE COMMUNITIES

PARTNERING

7	Great Northern Haven, D	Dundalk, Co. Louth	Assistive Technology	
No. Units	316 No. 2 bed units	This pilot project was		
AHB/LA	Clúid Great Northern Hav Louth	developed in conjunction with the Dundalk Institute of Technology, and		
Architects	MCO Projects		included extensive wiring for technology to assist independent living which could	
Description	and was constructed with adaptability at its core. All to be fully accessible, and i accommodate a carer or or have their own front door electronic fob and an interresident to view who is wa has a semi-internal porch, space for an electric wheel deliveries. The scheme also which is open to the wider social interaction.  While designing 'life-time at to make the physical featur (spacious apartments, barr technological features are new telehealth or monitori	This scheme consists of 16 self-contained apartments and was constructed with the concept of life-time adaptability at its core. All apartments are designed to be fully accessible, and include a 2nd bedroom to accommodate a carer or overnight guest. All residents have their own front door access, controlled via electronic fob and an intercom system that allows each resident to view who is waiting at the door. Each unit has a semi-internal porch, which can be used as storage space for an electric wheelchair or safe area to drop deliveries. The scheme also includes a communal facility which is open to the wider community, to promote		
Funding Model	DHPLG Capital Assistance	e Scheme		
Budget	€5.1M			
Design team details	Client: Dundalk Town Council – Lou Architects: MCO Architecture / PRP		•	
Photo Credits	Great Northern Haven			







URBAN RENEWAL SUSTAINABLE COMMUNITIES

UNIVERSAL DESIGN ASSISTIVE TECHNOLOGY

**PARTNERING** 

8	St. Michael's Housing with Suppo	orts, Dublin 8	Housing With Supports	
No. Units	52 (36 x 1.5 bedroom units @ 63m (30%) @ 80m²)	2 16 x 2 bedroom units	The basis of the "Housing with Supports" concept	
AHB/LA	Circle VHA/Alone	1. Lifetime adaptable housing, which is based on		
Architects	OBFA Architects	universal design principles to require the minimum of		
Description	Inchicore 'Housing with Supports' I demonstrator project introducing to with Supports' for OP into Ireland. Dublin 8 on the old St Michaels Est been jointly commissioned by DCC one of the 5 demonstrator projects Ireland Action Plan for Housing and The overall aim of the project is to chousing for OP where the key comenvironment, appropriate care and on site, integrated wihtin the local of accommodation and communal fact with Age friendly and Universal destaction of the Age Friendly Programme. The projinnovative partnership between Ci who are currently progressing the scheme from concept to operation externally evaluated through the Hamiltonian the Projects.  Circle VHA and ALONE have been building and operating this unique in which will set a new standard for the housing provision for older people, can be replicated, transferred and country in urban and rural settings.	che concept of 'Housing Based in Inchicore, ate, the project has and the HSE, and is under 'Rebuilding d Homelessness'.  develop a new model of ponents are; physical supports provided community. The ilities will be built in line sign principles.  The with an embership from the CSH and the Dublin ect was awarded to an rcle VHA and ALONE development of the are to be a model that scalable around the	later adaptation, and easily adaptable to meet changing needs.  2. Ageing in place, which underpins contemporary thinking on ageing, enabling people to stay in their own homes and communities.  3. Autonomy of housing and supports, older people who move into the 'Housing with Support' project will be given a Tenancy Agreement and will have ultimate autonomy of what supports are provided to them.  4. Appropriate housing design backed by assistive technologies when and as required.  5. Suitable location, building units in realistic places for sustainable living with full mobility access in both the scheme and its local environs. A key component of the demonstrator project is is integration into the local community of Inchicore and a resource for residents (especially OP in the vicinity of the scheme) to be part of the life of the scheme  6. Availability of supports, which is recognised to be the key determinant of quality of life for older people.	
Funding Model	DHPLG Capital Assistance Scheme			
Budget	€15M			
Design team details	Client: Architects: Civil & Structural Engineer: Quantity Surveyor: Building Services Engineers:	reyor: Scollard Doyle		

AGEING IN PLACE		SUSTAINABLE COMMUNITIES		ASSISTIVE TECHNOLOGY	PARTNERING
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St. Michael's Housing Project - Circle VHA/Alone

9	Glór Na Srútha, Clonlara	, Co. Clare	Lifetime Adaptable
No. Units	12 (mixed between two ar	The scheme was designed	
AHB/LA	Clare County Council		with a view to helping people to stay in their homes longer.
Architects	Clare County Council		Lifetime adaptability, efficiency of technology, sustainability, accessibility, and adaptability
Description	comprises of twelve A rate houses consisting of 3 bed adaptability, efficiency of t with the existing communi the scheme design and cor The design responded to s conditions, and the traditic communities in the locality sense of community encloof the design whilst retain adjoining housing scheme The single storey dwelling passive surveillance is enco	es Age Friendly Design esign principles. The scheme ed single and two storey and 2 bed homes. Lifetime echnology, and integration ty were all key components in insideration. ite contours and poor ground onal styles of clustered in the overall design creates a sure through the slow curveing its connectivity with through a pedestrian link. In sook end the scheme and ouraged through the feature of dwelling types reflects the tures within the grouping	to address changing life circumstances were all key components in the scheme design and consideration.  A mix of dwelling types reflects the range of tenancies and cultures within the community which includes single person occupancy, older persons and family units.
Funding Model	DHPLG - Social Housing C Programme	apital Investment	
Budget	€1.9M		
Design team details	Architect: Structural Engineer: M&E Engineer: Quantity Surveyor:	Architectural Services, Clare Hassett Leyden & Associates Moloney Fox Consulting Tom McNamara & Ptnrs	,
Photo Credits	Clare County Council		









SUSTAINABLE COMMUNITIES

10	Cuan an Chláir, Ennis, Co. Clare		Combined Funding		
No. Units	12 units + communal facility.		This project combines active		
AHB/LA	Clare County Council	street frontages with a central landscaped open space. Funding for the project was from a number of sources, including the DHPLG, Private donations, JP McManus, and the Diocesan Trust.			
Architects	Hassett Leyden & Associates				
Description	This development of 12 single store communal facilities is located within the town centre.  Funding was received from a mix of million) and private sources - donati from JP McManus) and fund raising collected locally to fund the building and home care centre, the land was				
	Willie Walsh and the Diocesan Trust. Further funding of €1.8 million has been received to build phase 2 of 11 more units.				
Funding Model	DHPLG - Social Housing Capital Investment Programme				
Budget	€2M				
Design team details	Architect: Structural Engineer: M&E Engineer: Quantity Surveyor:	Architectural Servi Hassett Leyden & A Moloney Fox Cons Tom McNamara &	ulting		
Photo Credits	Cuan an Chláir				









SUSTAINABLE COMMUNITIES

PARTNERING

11	Ballygall, Dublin 11		Refurb & Energy Retrofit		
No. Units	50 (46 No. 1 bed , 4 No. 2 bed units) + commu facility.	nal	This project involves the refurbishment and energy retofit of a 1970s social		
AHB/LA	Fold Ireland / Dublin City Council	housing scheme. The existing scheme comprised small bedsit units, which were amalgamated to create			
Architects	ASI Architects Ltd				
Description	scheme comprsed of 78 No. substandard beds which were amalgamated to create 39 larger umeet current standards, and communal facility. The existing units were Remodeled and fully refurbished to be fully accessible, with level acall units, and lift access to the upper floors. Acbathrooms were installed in all units. In paralle building underwent a full energy retrofit, and by from higher insulation and energy saving measures.	of a 1970s social housing scheme. The existing ecomprsed of 78 No. substandard bedsit units, were amalgamated to create 39 larger units to urrent standards, and communal facility. isting units were Remodeled and fully shed to be fully accessible, with level access to s, and lift access to the upper floors. Accessible oms were installed in all units. In parallel, the g underwent a full energy retrofit, and beneifts igher insulation and energy saving measures. ocks were constructed to address and enclose			
Funding Model	CALF & Private finance. Regeneration with Dublin City Council.				
Budget	€2.7M				
Design team details	Architect: Structural Engineer: M&E Engineer: Health & Safety Consultants:	Integrated	ects Associates I Services Design Ltd om CS Limited		
Photo Credits	ASI Archictects				







AGEING IN PLACE URBAN SUSTAINABLE COMMUNITIES UNIVERSAL DESIGN ASSISTIVE TECHNOLOGY

12	Annamore Court, Ballyfermot, Dublin 10		Regeneration
No. Units	70 No. 1 beds + communal facility		This project involves the replacement of a run down 1960s 2 storey social housing scheme with a higher density development, which has almost doubled the number of homes over that previously provided on this site.  The provision of larger unit sizes in the new development has incentivised a substantial number of the new tenants at Annamore Court to 'rightisze', relocating from existing larger local authority properties, freeing up those older underoccupied houses for families on the housing waiting list.
AHB/LA	Iveagh Trust / Dublin City Council		
Architects	Edward Brady & Associates		
Description	This project involves the replacement of 38 units in an existing derelict 1960s two storey social housing scheme with a higher density development of 70 units within a well established local community. One of the real positives of this scheme is that a substantial number of the new tenants at Annamore are downsizing from 3 and 4 bed houses, unlocking capacity in existing stock by freeing up these larger homes for families on the housing waiting list. The AHB will provide a range of additional supports and services on site with the aim of supporting independent living in the community for as long as possible; including a visiting nursing service, a resident caretaker, tenant liaison officers, a community room, guest room and laundry.  The project was the first social housing new-build to benefit from funding provided by the Housing Finance Agency and the European Investment Bank, leveraged against 30% CALF finance.		
Funding Model	CALF & Private finance.		
Budget	€10M		
Design team details	Client: Architect: Structural Engineer: M&E Engineer: Quantity Surveyor: Fire Safety Consultant: Health & Safety Consultant:	The Iveagh Trust / Dublin City Council Edward Brady & Associates Lohan & Donnelly JWHA Consulting Engineers Austin Reddy & Company Andrew O'Rourke & Associates JWHA Consulting Engineers	
Photo Credits	The Iveagh Trust		









URBAN RENEWAL SUSTAINABLE COMMUNITIES



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