

Presentation by

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Small but  
Significant  
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# The impact of housing modifications – emerging findings from the evidence review

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England

# The role of home adaptations in improving later life

## Evidence Review

- Commissioned by the Centre for Ageing Better
- University of the West of England - Public Health and Wellbeing Research Group
- BRE

## Context

- Why evidence is needed
- The type of evidence required
- Search strategy
- Emerging issues



Picture by Emma Brownjohn - used with permission of the artist



# Aims of the review

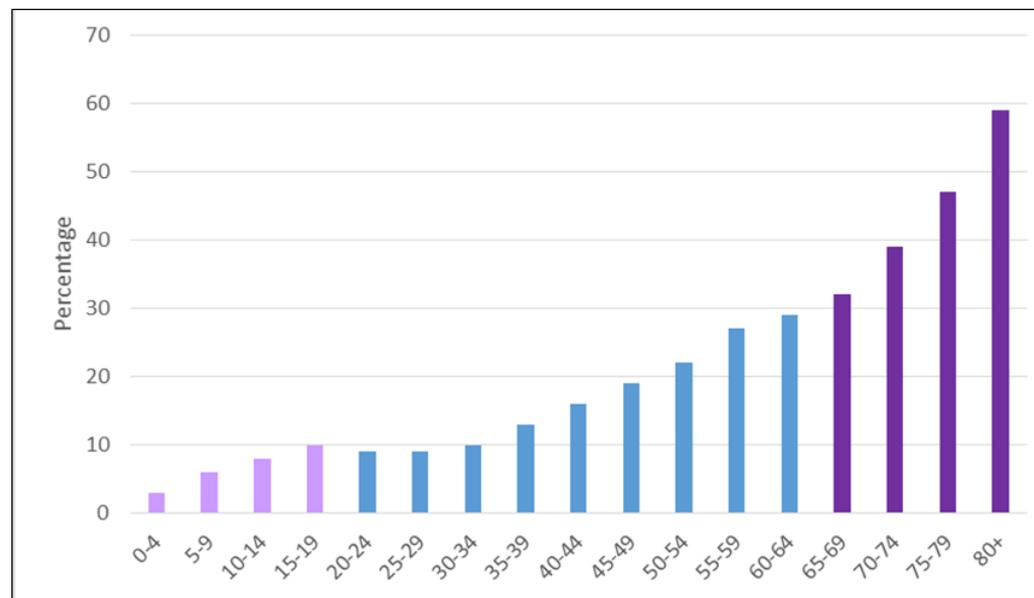
- 1. What outcomes** are associated with the provision of home adaptations for people in later life? What works, for whom, under what circumstances?
- 2. What prompts people** to undertake home adaptations, makes them reluctant, or acts as difficulties and barriers to implementation?
- 3. What are the costs and savings** for individuals/households and for public expenditure (particularly NHS and social care)?

## Using the findings:

- People considering their own or family members' needs
- People providing information and advice
- Practitioners involved in assessment and delivery
- Healthcare professionals
- Policymakers and service commissioners at national/local level
- The supply chain - manufacturers of specialist equipment/supplies
- Housing professionals, architects, planners, building design
- Academics working in the area of housing, health, care and ageing

# Disability in later life

Disability by age



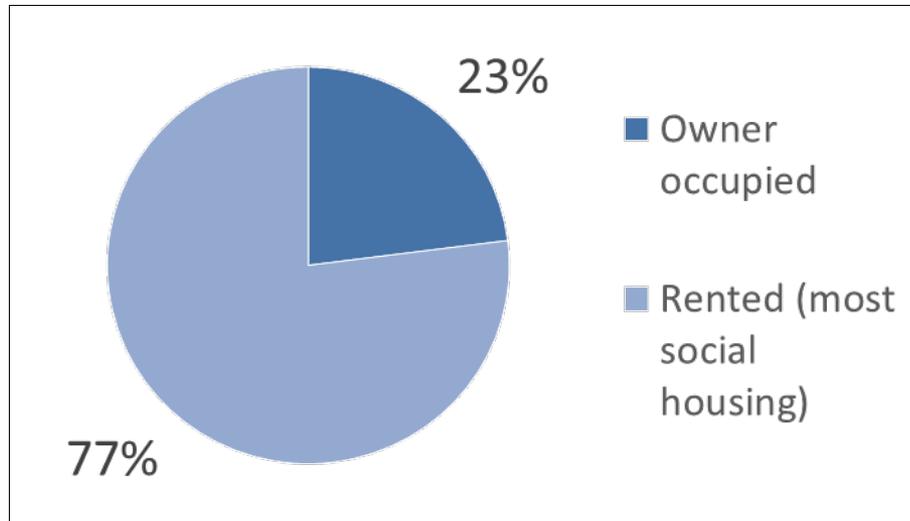
Source: Family Resources Survey 2013-14

## Increase in older carers

Age range	No. older carers 2001	No. older carers 2011	% increase
65-74	582,287	725,251	25%
75-84	261,240	377,923	45%
85 and over	38,291	87,346	128%
<b>Total</b>	<b>881,818</b>	<b>1,190,520</b>	<b>35%</b>

Source: Carers UK and Age UK, 2015

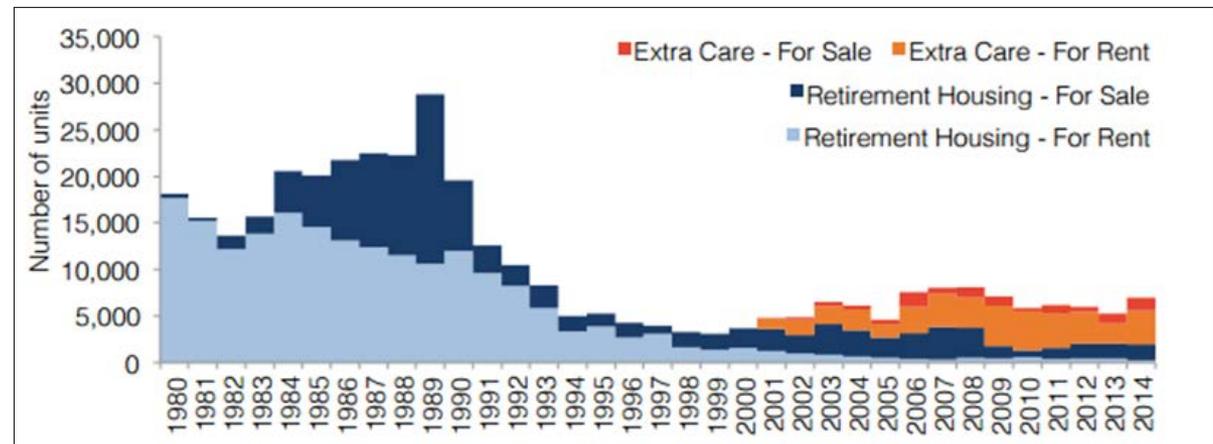
# Lack of specialist housing



Specialist homes by tenure - sheltered, extra care, retirement

Source: Pannell, J, Aldridge, H, & Kenway, P (2012) Market Assessment of Housing Options for Older People London: New Policy Institute

Extra care and retirement housing for rent and for sale 1980-2014



Source: Elderly Accommodation Council - in Lyons et al (2016) How a greater focus on 'last time buyers' and meeting the housing needs of older people can help solve the housing crisis. London: ILC-UK.

# Key role of home adaptations

- Apart from London (all Part M Cat 2 and 10% Cat 3) only 3% of English local authorities had policies to deliver and monitor the number of accessible homes built<sup>1</sup>
- Very little choice for owners with low income/equity – the households most likely to be disabled
- Homes already built that people will occupy in later life
- 65% of all emergency admissions due to falls in people aged 65+ are falls that occur in peoples homes -
- Need effective ways to identify need and adapt and repair homes – before people reach crisis point

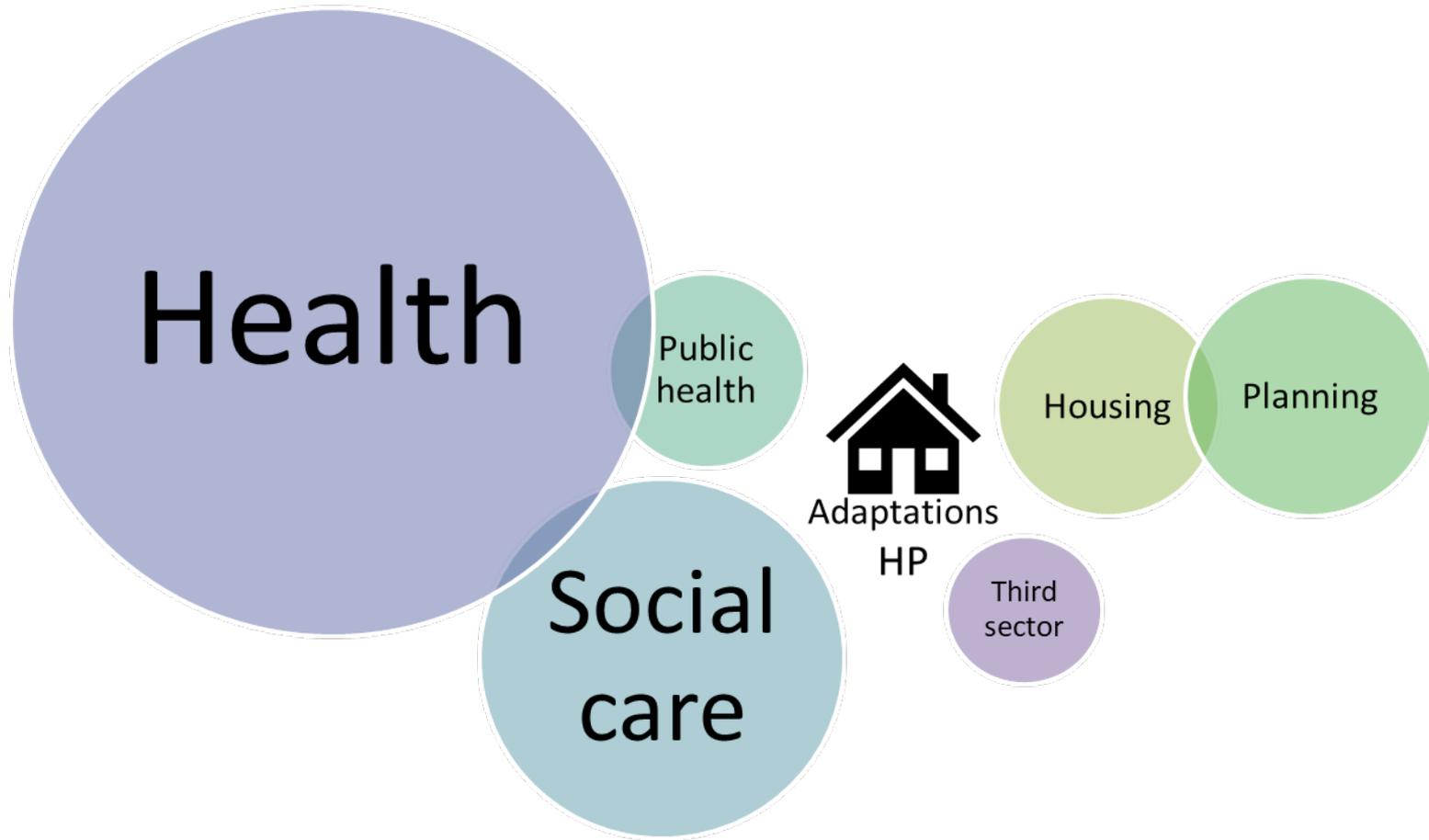


# Changing policy environment England

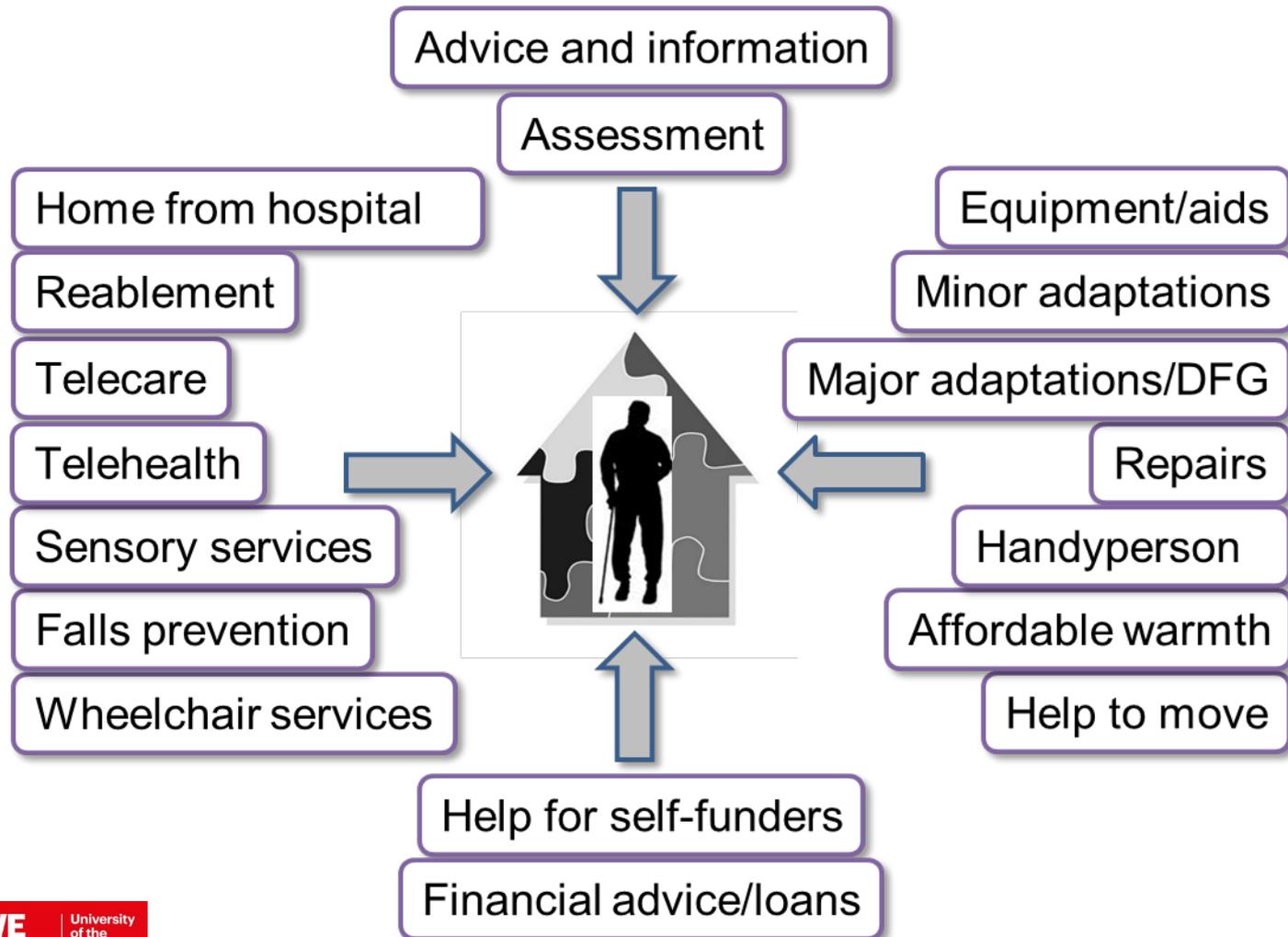
- 70% health/social care spending on long-term conditions
- Fundamental shift beginning - away from focus on single diseases, to co-ordinating care around the individual
- Patients over 75 assigned named GP – better care planning
- New Care Act; Health and Wellbeing Boards; pooled health and care budget - includes DFG, but not Community Eqpt
- More effective discharge, reablement, social prescribing
- Health and social care to be fully integrated by 2020/21
- BUT - Sustainability and Transformation Plans (STPs) - no mention of home environment or need for adaptations/repair
- Some excellent good practice, but localism, fragmented services, fragmented IT systems/lack of data, no single profession involved, lack of respect



# Evidence gap – policy gap



# Integration – putting the person and the home at the centre



# Building the evidence base

## Better Outcomes, Lower Costs (Heywood and Turner, 2007)

- Improved outcomes eg. falls reduction, ADL, mental health
- Some evidence of financial savings:
  - reducing or removing existing outlay – faster hospital discharge, return home from residential care, reduced care package
  - prevention – A&E, hospital admission, residential care, injury to carers
  - prevention of waste – delay in installation of adaptation

## Cochrane Reviews:

- Turner et al (2011) Evidence for prevention of falls inconclusive
- Gillespie et al (2012) Home safety assessment and modification interventions effective in reducing the rate of falls and risk of falling – especially if someone had already fallen. Increased effectiveness in combination with exercise and if home safety interventions delivered by an occupational therapist

# Evidence Review 2017 - Centre for Ageing Better

- English language, Jan 2000-Dec 2016, people 65+
- Home adaptations – minor and major (not equipment or assistive tech)
- Black and grey literature from online search, genHOME repository, genHOME members, other academic, policy and practice contacts, and snowballing
- 60 papers – reviewed for relevance and quality
- 11 randomised control trials – most in relation to falls
- Realist synthesis - real world, complex social interventions are dependent on context and implementation.

# Evidence locations



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# Main issues

Falls prevention/home safety

Impact on activities of daily living (ADL)/independence/ageing in place

Attitudes to adapting the home/barriers/facilitators

Use of adaptations/issues/problems

Impact on specific conditions

Economic assessment

# Using the evidence

- Transformation of services - possibilities for prevention/early intervention
- Increase in DFG funding – opportunities to change the way services are delivered through the RRO
- Learning lessons/overcome reluctance to innovate/learn from good practice
- Getting people to plan ahead – barriers/facilitators – role for HIAs/Handyperson services
- Need for better design – rising expectations

# Contact details

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# Publications

Cameos of good practice  
<https://homeadaptationsconsortium.wordpress.com/good-practice/>

The DFG before and after the introduction of the Better Care Fund  
<http://www.foundations.uk.com/resources/home-adaptations/the-dfg-then-and-now/>