

# Living well at home: housing and dementia in Scotland

**Angela O'Brien**

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# Housing to 2040

Housing to 2040 is Scotland's long-term strategy for housing, which sets out a vision for what we want Scotland's homes and communities to look like by the end of 2040.

# Housing and Independent Living actions

- Reviewing Housing for Varying Needs
- increasing the supply of accessible and adapted homes
- new Scottish Accessible Homes standard
- more wheelchair-accessible housing
- streamline and accelerate the adaptations system
- person-centred approach that aligns Housing and Health and Social Care services

# Dementia Strategy

- The Scottish Government has published 3 National Dementia Strategies since 2010.
- Dementia COVID-19 Action Plan, which was published in December 2020 and is currently being implemented.
- Work is underway for a new National Dementia Strategy for Scotland

# Place and Placemaking

- Place and the places we live have a direct impact on our health and wellbeing and on the environment and can have an enormous impact on the quality of our lives.

# National Care Service

- The National Care Service is being developed to lead on improvements to social care
- Creating the National Care Service is about improving people's lives so they can thrive and lead a full life.
- Everyone should have access to the same high quality community health and social care, regardless of where they live in Scotland or whatever their age.
- The National Care Service (NCS) will end the postcode lottery in care provision in this country.

# National Carers Strategy

- Those diagnosed with dementia living at home often do so with the help of unpaid carers. The support and help they provide enable the person to live at home for longer.

**Questions / Comments ?**

# Living well at home: Housing and dementia in Scotland

Ashley Campbell, Policy and Practice Manager, CIH Scotland  
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# Establishing the National Housing and Dementia Forum



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# Commitment 6:

We will work with health and social care partnerships to enhance integrated and co-ordinated support for people with dementia to live well and safely in their own home, connected to their local community, for as long as possible and to minimise hospital admissions – and do more to support those with dementia who live alone. As part of this we will spread learning from the local whole-system dementia care approach being tested in Inverclyde.

*(Dementia And Covid-10, National Action Plan, Scottish Government, December 2020)*



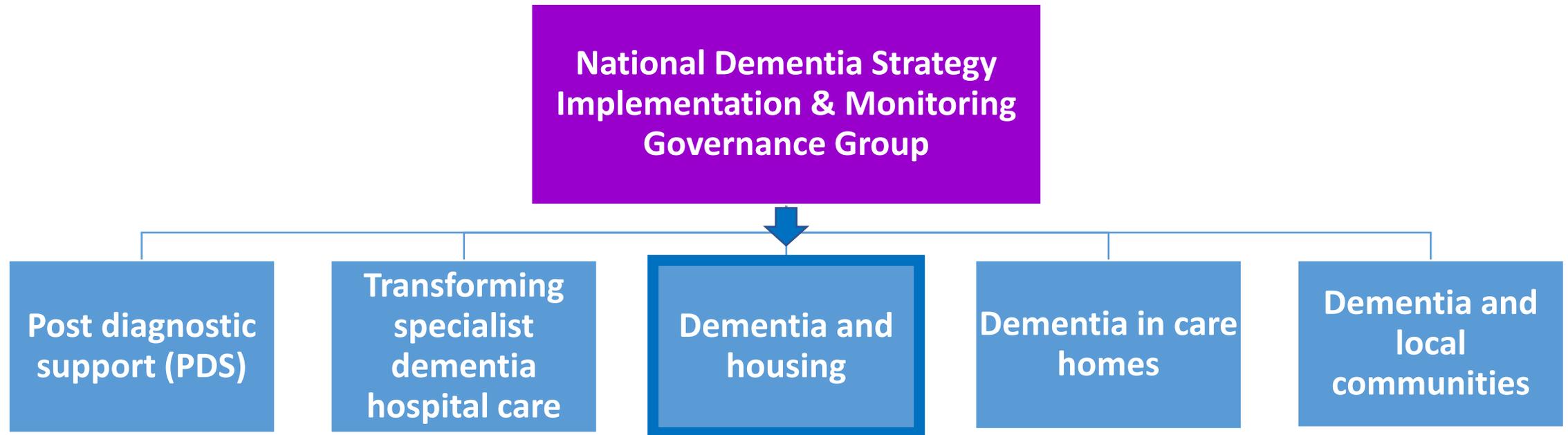
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# Dementia Strategy Sub-Groups



Scottish Government dementia policy sub groups



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# Housing and Dementia Forum objectives:

- Develop an understanding of what housing is available for people with dementia today in Scotland.
- Understand the different routes that people are utilising or the barriers to gain access to advice and information on housing options, and the support which is available.
- Understand the relationship between housing and health & social care.
- Understand the causal factors/journey of a person with dementia moving from one type of accommodation to another in later life.
- Develop outcomes which are tenure neutral in their approach and recommendations.
- Increase awareness of dementia amongst housing providers /housing workforce.
- Increase awareness of the role of housing to support people with dementia.



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# Methodology

- High level of diverse professional engagement via ‘expert panels’
- Held four themed online ‘evidence sessions’ throughout 2021/22
- Separate sessions held for people with lived experience of dementia
- Gathered further evidence on emerging themes through follow up interviews and a session with the Inverclyde Care Co-ordination project
- Regular blogs were published by the co-chairs to share progress and learning throughout the process



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# Evidence from sessions



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# Embedding lived experience in the report



Margaret, who is 74 and was diagnosed with vascular dementia five years ago. She has lived in the same town all her adult life, in the home she bought with her husband to bring up their family in. Margaret was the first person in her family to own her own home.



Frank, who at 58 has been living with a diagnosis of PCS (posterior cortical atrophy) for three years. Frank worked behind the bar of pubs his whole working life but the visual disturbances caused by PCA resulted in him giving up work at 57. He lives alone in a housing association flat where housing with care is available to some.



John is 75 and has recently been diagnosed with Alzheimer's. He lives in a council house with his partner of many years, Jim. Both are retired from the building trade and are keen gardeners.



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# Four sessions, four themes

## Housing options and adaptations

- Inconsistency of access across tenures
- Complex system
- Lack of choice
- Stigma still associated with ageing

## Access to advice and information

- Good information is available but not always easy to access
- Need for earlier discussions about housing at PDS stage
- Need better relationships between housing, H&SC

## Support for people living with dementia

- More support available in social sector
- Third sector organisations provide essential support but often funding is uncertain
- Peer to peer support highly valued

## Moving home in later life

- Planning ahead often delayed by stigma
- Housing issues are highly personal and can be emotive
- Limited choices in exiting communities
- Private house builders not catering to needs



# Recommendations



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## Housing options and adaptations

Understand what housing is available for people with dementia today in Scotland, what adaptations are required people to remain at home and improve these options

## Access to advice and information

Support people to access advice and information on housing options and the support which is available to them.

## Support for people living with dementia

Understand and improve the relationship between housing, health and social care and other forms of support in their community.

## Moving home in later life

Understand the main causes/journey of a person moving from one type of housing/accommodation to another in later life and how they can be better supported.

## Housing Standards & Design

Embed and implement housing standards and design approaches which support people with dementia.



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## Housing options and adaptations

1.	Understand what housing is available for people with dementia today in Scotland, what adaptations are required to support people with dementia to remain 'at home' and improve these options.
1A	Develop effective methods for data collection to support a more detailed understanding of where people with dementia are currently living in Scotland today and in what housing type, and what housing options and number of units are available (for example, consider including a provision for confirming dementia units within the Annual S1B Housing Statistics Annual Return) – <i>Scottish Government</i>
1B	Support Link Workers, Occupational Therapists and Social Workers to ensure that there are skills and capacity within local authorities to collect key information and data to be analysed and understood further – <i>Alzheimer Scotland, NHS and Local Authority</i>
1C	Streamline and adequately fund the process of accessing housing adaptations to ensure needs are met across all tenures. – <i>Scottish Government</i>



## Access to advice and information

2.	Support people to access advice and information on housing options and the support which is available to them.
2A	Commission a national conversation on housing in later life to tackle stigma and encourage individuals to plan for their housing requirements as they age. – <i>Scottish Government</i>
2B	Increase awareness of dementia amongst housing providers (across all tenures) through training for staff. Existing tools, specifically <b>CIH Scotland's Housing and Dementia Framework</b> can help housing providers to identify how to improve their practice. <i>Local Authorities, RSLs, PRS</i>
2C	Integrate an assessment of housing needs via a Housing Health Check as part of PDS provision and develop effective mechanisms for tracking housing/adaptations requirements across the individual's disease progression. <i>Scottish Government working with PDS providers</i>
2D	Commission and maintain an online resource which provides a dedicated accessible platform from which to access housing design, adaptations and support options with downloadable resources from and links to other reputable information providers.  Information needs to be made available in a range of formats to suit different audiences (particularly for people who have been diagnosed with dementia) and reaching beyond the social housing sector. – <i>Scottish Government</i>
2E	Strengthen the role and increase the capacity of third sector organisations that provide impartial advice and support to people across different housing tenures. – <i>Scottish Government</i>
2F	Develop resources and policies which are accessible to people with dementia and include people living with dementia, and which reflect the diversity of our population and housing stock. – <i>All stakeholders</i>
2G	Maintain face-to-face opportunities in addition to digital offerings – <i>All stakeholders</i>



## Support for people living with dementia

3.	Understand and improve the relationship between housing, health and social care and other forms of support in the community.
3A	Promote equal partnerships between housing providers and health and social care partners when funding specialist housing developments in order to share financial risks and rewards more equally. This should apply to capital costs and commissioning care services. <i>Scottish Government working with Health and Social Care Partnerships and housing providers</i>
3B	Develop positive working relationships between housing, health and social care staff to ensure that staff are aware of roles and responsibilities within different departments and work together to ensure that people who have been diagnosed with dementia can access the right support. The development of the NCS makes this a timely priority and opportunity. <i>Scottish Government working with Health and Social Care Partnerships and housing</i>
3C	Build knowledge of local services that are available to people to help maintain community connections, reduce social isolation and loneliness e.g. through PDS, meeting centres and other service and community networks. <i>Local Authorities and RSLs</i>
3D	Develop a standardised approach to adaptations assessment and funding across local authorities. – <i>Scottish Government</i>
3E	Continue to invest in expanding PDS and improving the quality of support provided using the PDS Quality Improvement Framework. – <i>Scottish Government</i>
3F	Widen access to Self-Directed Support to help ensure people have choice and control of their housing options. <i>Local Authorities</i>



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## Moving home in later life

4.	Understand the main causes/journey of a person moving from one type of housing/accommodation to another in later life and how they can be better supported.
4A	Commission research into housing aspirations for older people, identifying gaps in the provision of suitable homes that may be delaying people from moving home if they need to. The Older People's Health and Social Care Strategy offers a vehicle for this. – <i>Scottish Government</i>
4B	Increase the supply of homes that are suitable for older people by ensuring that the housing needs of older people are reflected in national policy and statutory guidance and through local strategies. – <i>Scottish Government and Local Authorities</i>
4C	Provision of practical support for 'right sizing' including help with packing and removals, and provide access to financial advice if needed. <i>Local Authorities and Third Sector</i>
4D	Promote flexibility in social housing allocations and priority to support quicker moves before deterioration and take account of individual needs (e.g. ability to allocate a two bedroom home if this is needed for a partner or overnight care. Or a ground floor flat for accessibility) – <i>Local Authorities and RSLs</i>
4E	Allocation policies (which can be complex and can vary between providers) need to be communicated more clearly to tenants and prospective tenants so that people understand how to apply for a home and have realistic expectations about the options available and how long the process might take. – <i>Local Authorities and RSLs</i>



## Housing Standards & Design

5.	Housing standards & design
5A	Embed ageing and dementia design principles in the design of future housing provision and remodelling of existing stock. – <i>Local Authorities and RSLs</i>
5B	Engage national house builders in a discussion to understand the barriers and opportunities to develop housing that is suitable for this clinical population. – <i>Scottish Government</i>
5C	Improve awareness & knowledge within PRS of landlord responsibilities and legal obligations to make reasonable adjustments to properties and to understand why this is important for the long-term viability of the sector. – <i>Scottish Government, Local Authorities and PRS</i>
5D	Streamline Housing for Varying Needs and Lifetime Homes recommendations into the Building Standards Technical Handbook to ensure the principles are embedded into all housing across tenures – <i>Scottish Government</i>
5E	Integration of dementia friendly design features into planned maintenance cycles of existing housing. <i>Local Authorities, RSLs</i>



# Publishing the report and next steps



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## Living well at home: Housing and Dementia in Scotland



# Next steps

- The report was launched at Varis Court on 18 August
- It's available online and includes links to useful resources
- <https://www.cih.org/media/uozlr0fj/living-well-at-home.pdf>
- The National Dementia Strategy is now being revised by the Scottish Government and we hope to see recommendations reflected in the new strategy

# Thank you

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Lesley Palmer, Chief Architect, DSDC, University of Stirling**



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# Living well with dementia in Inverclyde

Debbie Maloney

Service Manager Access and Rehab Inverclyde HSCP



Health Improvement Scotland Focus on Dementia

Scottish Housing and Dementia Framework

HIS Housing Solutions in practice

Work with Housing Strategy team

Putting it into Practice Some practice examples in Inverclyde

Summary/Learning summary



# Health Improvement Scotland Focus on Dementia June 19-March 2022

To support the redesign of their dementia pathways from point of diagnosis to end of life, and to share learning across Scotland.

Housing was seen as an important aspect across the whole dementia pathway, however it was imperative that for the best outcomes we had housing discussions as early as possible as from experience we were moving people at points of crisis rather than in a planned way which with people and their family's who experience dementia was not the best experience



**#Focusoncoordination**



# Scottish Housing and Dementia framework

- I receive valuable housing advice when I need it
- My home has been adapted or designed to suit me and support me to stay at home
- I feel listened to and involved in decisions that matter to me
- I know about housing choices and feel able to plan for my future
- I am supported to live safely and independently at home and to participate in the life of my community.

Local RSL's signed up to the this work



# Housing Solutions

- Early intervention
- Simple solutions
- Rehousing (at optimal point in the pathway)
- Tech Equipment and technology



Work with the Housing Strategy team around a specialist housing review.

- Review of Specialist Housing in Inverclyde
- Feed actions for next Housing Contribution Statement
- One of the actions is around Dementia
- Riverclyde Homes development new build flats (early dementia pathway)



# Dementia friendly Inverclyde

Aspirations of this work:

- To ensure that older people are well linked into the community and can share their assets or gain support and skills from the wider community.
- To create dementia friendly communities within the complexes and surrounding neighbourhoods. (awareness training for the community)
- To make the best use of technology to ensure safe and independent living opportunities are maximised for people in Inverclyde.



#Focusoncoordination



# Summary/Learning

- Crucial role that housing plays in supporting people to live well at home
- Housing Solutions opportunities across all agencies (Influencing allocations earlier in the pathway)
- Dementia friendly communities and localities
- Technology and equipment and adaptations



# Summary/Learning

- Housing considered at all stages of the care coordination pathway.
- The role of Housing Strategy
- Family care support a consideration of allocations
- Working in partnership with localities to ensure that we maximise organically grown support





Living Well Housing & Dementia Scotland

# Creveul Court, Alexandria



Creveul Court connects housing with positive health outcomes and responds to the challenges of accommodating our ageing population.

Situated in the town centre of Alexandria in the Vale of Leven, the development is West Dunbartonshire Council's first project to incorporate Dementia Friendly Design.

Development comprises 22 homes consisting of:

- 16 flats, over 4 storeys
- 5 terraced bungalows
- 1 detached wheelchair accessible bungalow





## Regeneration

- The previous Creveul Court was a high priority area for regeneration, consisting of post war sub standard housing.
- Following consultation it was decided to demolish the existing stock.
- It was our ambition to re instate the sense of community that had been present at Creveul Court many years before.



## Context

Our aim was to create a development that responded to the historical town centre context.

The massing of the flats reinforces the frontage to the main road and knits together the urban fabric.

The red brick is a nod to the adjacent red sandstone tenements.

Traditional tenement features have been reinterpreted, such as a modern take on blind windows.



The community garden sits to the rear of the flatted block and is at the heart of the development.

All three blocks have a visual connection to the community garden, helping to create a sense of:

- Community
- Security



# Community Garden

Many studies have highlighted that gardening is a very effective way of tackling loneliness and social isolation.

Using Community Benefit funding, we engaged with the Leamy Foundation, a local community gardening group to:

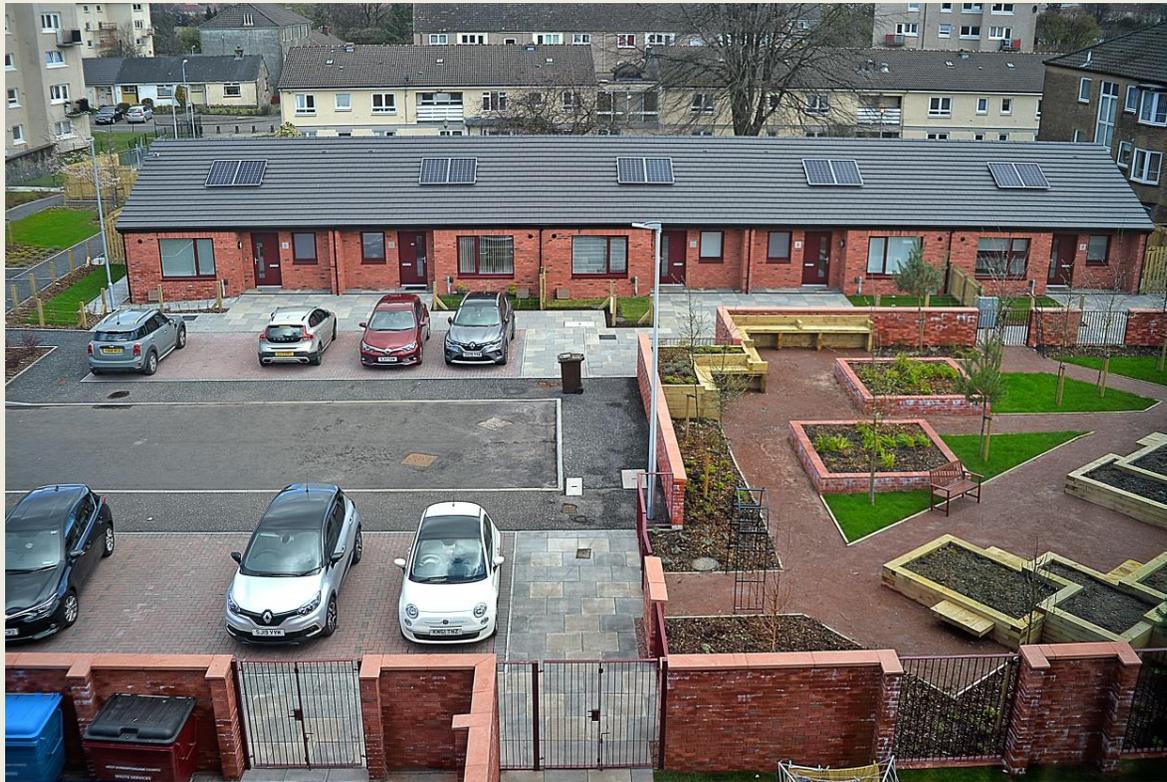
- maintain the community orchard
- develop a gardening program with the tenants



***“We are already feeling a sense of community and we look forward to helping establish the community garden in the summer.”***

# Secured By Design

The development is “secured by design” Incorporating natural surveillance to discourage anti-social behaviour.



- Kitchens are to the front of the bungalows with dining spaces overlooking the garden.
- Glazed curtain walling to the stairway, allows tenants and visitors to overlook the community garden as they circulate within the close.

# Healthy Homes

It is our priority to connect housing with positive health outcomes and to respond to the challenges of housing our ageing population.



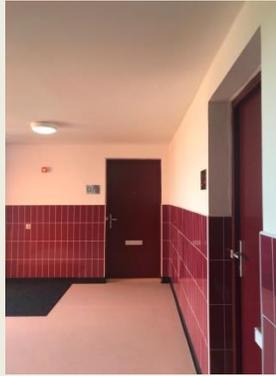
Lift access to flats and level access within the bungalows ensures that properties are future proofed, where tenants can remain in their homes for longer, as their circumstances change.

# Dementia Design

Site start coincided with West Dunbartonshire Council committing to the Dementia Framework. It was decided that Creveul Court would become a dementia design pilot, due to its close proximity to the GP practice, the hospital and high street amenities.

Each floor within the close has its distinctive coloured:

- **Doors**
- **Signage**
- **Tiles**



The identifiable colours assists with orientation and reduce confusion.



# Dementia Design

## Kitchens

- Glass fronted kitchen cabinets make contents easily identifiable.
- Hot and cold taps are clearly marked to avoid the confusion of mixer taps.

## Surfaces

- Contrasting surfaces assist those with visual disturbances



## Lettings plan

A lettings plan was put in place to allow homes to be allocated to tenants who would benefit most from the dementia design elements and lift access where:

- 75% of the homes would go to over 65s with mobility issues.

## Hospital Discharge Property

The end terraced bungalow has been fully furnished to provide temporary accommodation for hospital discharge tenants.

Tenants can further recuperate within a community setting, prior to being allocated permanent housing that meets their needs.



# Wheelchair Accessible Bungalow

The three bedroom wheelchair accessible bungalow features:

- wet room
- hoists
- rise and fall kitchen units
- car port
- electric vehicle charging point



# Sustainability



To reduce energy bills and address fuel poverty Creveul Court has been designed to meet the Silver Active sustainability level,

where homes incorporate:

- Solar Panels to generate renewable energy
- Water butts to capture and reuse rainwater

## COVID 19 Challenges

Having committed to the dementia Framework in 2019 we were faced with the challenge of settling elderly tenants safely into their homes at the height of the pandemic in December 2020.

Many tenants were shielding in their existing homes and were feeling isolated due to the lack of visitors. Some were housebound and unable to access outdoor space. Everyone was given the choice to remain in their existing homes but unanimously rejected that option.



To minimise interactions within communal areas, we adopted a phased handover period. We secured Tier 4 Funding to provide carpets, blinds and whitegoods, to create a turnkey solution. All tenants moved in safely with many expressing the positive impact their new home has had on their health and wellbeing.



***“We feel our whole life and health have benefitted since moving into our new home at Creveul Court. We are more active, we are breathing and sleeping better.”***