

Project Title: Housing prototypes for the 'wellbeing' of elderly in Lincolnshire

1.0 Background: Half of the increase in total number of households will be occupied by older people by 2026; therefore 'housing the elderly' is a priority for the UK (DCLG 2013). In Lincolnshire, between 2002 and 2012 the population of those aged 65 plus increased to approximately 22%, showing an increase of 3% than the national average. By 2021, it is projected that the largest increase will be in the 75 plus age group from an approximately 68,000 people to 93,000. As the demographic profile of the population changes, strategies that encourage people to stay independent, active and safe to participate and contribute to society assume importance (Darzi 2008). The priority is to "plan for homes and communities so that people can live out their lives, as long as possible, independently and safely with their families and friends around them... Housing is central to health and wellbeing, so services need to be planned and integrated to reflect this" (DCLG 2011). There is a strong need for a holistic approach to understand how homes and neighbourhoods can sustain the changes of a life time to envision future housing prototypes for the wellbeing of the elderly (ENABLE AGE 2004).

2.0 Aims and Objectives: This research aims to develop a holistic approach to decision making that facilitates 'wellbeing' of the elderly in future housing prototypes in Lincolnshire. Central to this understanding is how several systems work together, such as changing care models and ways of delivery, demands by changing demographics of family types, emphasis on preventive medicine and delay of morbidity and life expectancy, and wellbeing variables of the elderly related to activities, functional ability, personal beliefs and attitudes, home and personal finances (Jackson 2011, Gallaway 2005), and social networks that build social capital (Paranagamage 2010). It is accepted that to enable this, local services such as housing, health, social care, leisure, transport and education etc would need to be integrated to work as a whole system facilitating independent living balanced by needs for interdependence with family, community and neighbourhood. Strategies to promote independent living need to be underpinned by requirements for maximising resources and empowering older people to remain physically as well as economically active; and providing housing in a way that promotes social inclusion and wellbeing (Byrd 2009).

The decision support tool would model the interaction of the range of systems that impinge on one another to recommend pathways for the conceptualization of elderly housing. This would enable all stakeholders concerned with the provision of housing for older adults in the public and private sector, to holistically envision elderly housing both now and in the future. The research will proceed to bridge the gap in its translation to a conceptual prototype of housing. The research will also validate and refine the tool and prototype by working with local housing associations and Age UK involved in the delivery of elderly housing in Lincolnshire. The objectives are 1) to create a decision support tool 2) to develop a conceptual model for housing prototypes 3) work with local housing associations and Age UK to pilot the transition of the conceptual model to design 4) develop feedback mechanisms to validate and monitor work stages

3.0 Methodology: RIF funding is sought for the scoping of P1, P2 and P3. The project is expected to continue to work packages P4, P5 and P6 with additional funding from other sources as detailed in the application form.

3.1 Work package P1 - Establishing database

This WP aims to draw together the diverse knowledge, information and existing datasets on variables affecting wellbeing of the elderly such as physical performance in ageing (ELSA 2009), older people's housing typologies (Hanson 2001), extending to European typologies (Oswald 2007), the I'DGO consortium work (2008) on getting outdoors and wellbeing, social relationships (Herron2013) and integration capacities within the neighbourhoods (Bowling 2007); all integrated factors that research suggests are critical to older people's wellbeing (ENABLE AGE 2004; Mette2005). This work will continue into the main project to establish robust definitions of wellbeing as applicable to residential environments of older people in Lincolnshire.

3.2 Work package P2 - Experiences and perceptions of wellbeing in internal and outdoor environments

This work package will define and model the interaction of wellbeing variables of the elderly living in their own homes in Lincolnshire. One workshop will be conducted during the scoping study to explore issues that are specific to Lincolnshire among those living in the outskirts of the towns and cities but also of those who live in the cities. Individual perceptions such as perceived housing-related constraints; perceived social pressure to leave their homes; satisfaction with the neighbourhood and with the social environment (Rioux 2005) will be explored. The research questions include the following. How do restricted abilities as much as major illness or

disability affect and impinge on the use of their own homes? What are its effects on wellbeing variables related to residential environments, for example control, autonomy, or socialising? Do such variables vary in different typologies of housing? Are there new classifications / typologies that arise? Informed from the findings of WP1 and WP2 this work package may be refined and extend to the main project as further case studies.

3.3 Work package P3 - Integration of service delivery for independent living

During the scoping stage, the policy changes and goals being pursued by the national and local government that raise the need for both physical and behavioural changes in residential dwellings and neighbourhoods will be broadly reviewed. Some of the issues highlighted in new care pathways have an emphasis on early intervention and prevention, choice and control, universal services and encouraging more self-care as opposed to professional care. One workshop will be conducted with stakeholders from Lincolnshire County Council, local councils, AGE UK, and local housing associations (LACE, Longhurst) to understand how integrated service delivery influences elderly housing in the future. This package will need further work during the main research project with interviews held with a range of stakeholders, particularly older adults to understand the dynamics in detail before they can be modelled in relation to the wellbeing variables.

3.4 Work package P4 – Holistic approach to older people's wellbeing to changes in residential dwellings and neighbourhoods

This work package will investigate the adaptive capacity of older people's wellbeing to the dynamics above. The interrelationships between the different value-factors or constituent elements of wellbeing will be analysed to provide a general framework for decision-making and will bring together P1, P2 and P3. The intention of this package is to derive a theoretical construct for predicting the impact of physical environment on the older people's wellbeing. It is recognised that both the old people's perceptions of wellbeing and the social, economic, and physical environment within which they live are constantly changing. This can cause problems particularly if the rate of change in the environment is faster (or slower) than that of the older people's perception of wellbeing. Thus, a better formed understanding of these dynamics is crucial to facilitate a holistic approach of wellbeing. The research will address: What conclusions could be arrived at in a holistic approach to wellbeing of older people living in their own homes. Can a framework or model be proposed in relation to built environment variables of owner occupied homes? What social, economic and environmental factors will be considered in the holistic approach of wellbeing?

3.5 Work package P5 - Developing housing prototypes

Translating knowledge into practice information and recommendations for policy will be an important objective of this package. Key stakeholders' involvement in the research will provide clear and appropriate policy and practice routes to dissemination and further exploration which should extend beyond the life of the project. Resulting from knowledge and usage of WP5, this work package will develop conceptual prototypes for elderly housing that respond to the demands of an ageing society in Lincolnshire. Working with stakeholders this work package will involve helping and using expertise to translate the conceptual model to a physical shape of house, home and neighbourhood to understand the practical implications.

3.6 Work package P6- Dissemination, Monitoring and feedback

The research team will actively participate in the development of housing prototypes with housing associations. They will also participate in dissemination events and stakeholder forums run by organisations in the steering group committee. A monitoring and feedback mechanism has to be developed to collect data on how the tool is used to improve the translation into the design and delivery of elderly housing for the future.

4.0 The Research Team – Detailed on the RIF application form

5.0 References: Please copy and paste this link to your browser to view references.

<https://portal.lincoln.ac.uk/C3/C12/Research%20Proposals/default.aspx>