

HNDA 2020 - Supplementary Paper 7 - Specialist Provision for older adults

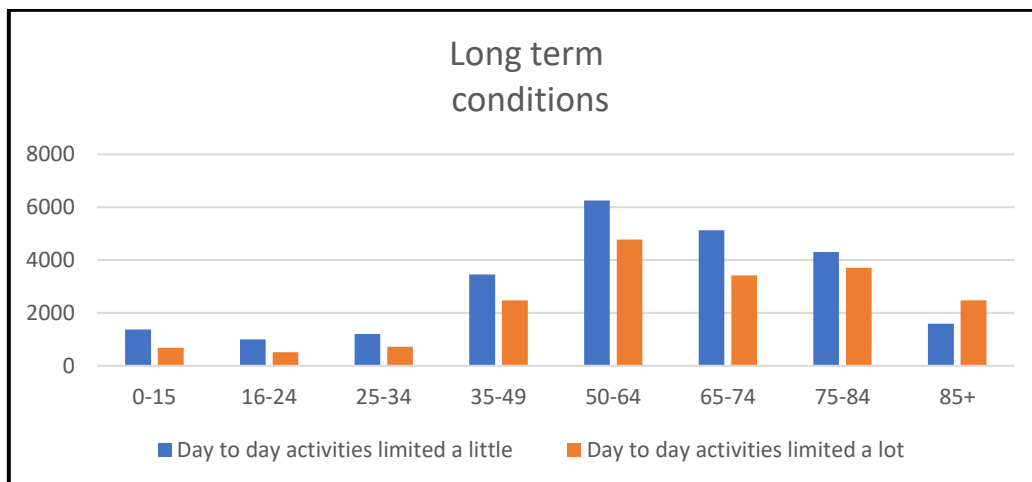
1. Introduction

- 1.1. This paper draws extensively from a March 2018 NHS Highland study titled “Assessing the needs of individuals with high levels of dependency in NHS Highland”
- 1.2. The full paper is available here: [AssessingHighDependencyNeeds_NHSH_V2.pdf \(scot.nhs.uk\)](#)

2. Demographic and social care needs

- 2.1. The ageing population of Highland will result in considerable change in the demand for housing over the next 25 years. The proportion of households where the oldest person is over 75 years will grow faster than any other age group. By 2039 there are projected to be 15,000 thousand more such households in Highland, an increase of 100 percent.
- 2.2. Suitable housing plays an essential part in the overall response to demographic change and adequate supply of well-designed safe, adaptable, and accessible housing with the appropriate use of technology can reduce demand on informal, community and institutional care.
- 2.3. As the population ages, there is an increasing prevalence of age-related health conditions. The risk of having several chronic health conditions at the same time increases with age and is correlated with limitation of day to day activity.
- 2.4. The oldest elderly is the fastest growing age group in Highland and have a substantial risk of requiring long-term care. This results in a spectrum of care needs from early mild impairments in functionally independent people through to complete dependence in daily living in those with severe impairments.
- 2.5. About 43,000 people, or nearly 20 percent of the population in Highland, live with one or more long-term conditions. In those over 65 years of age 11,000 (25% of the age group) experience conditions that limit daily life ‘a little’. A further 9,600 (22% of the age group) have conditions that limit daily life ‘a lot’. Long-term conditions are more prevalent in areas of multiple deprivation, where people will experience life limiting health problems on average 20 years earlier than people living in the least deprived areas.
- 2.6. The graph at Figure 1. below shows the numbers of people with one or more long-term conditions by age group in Highland

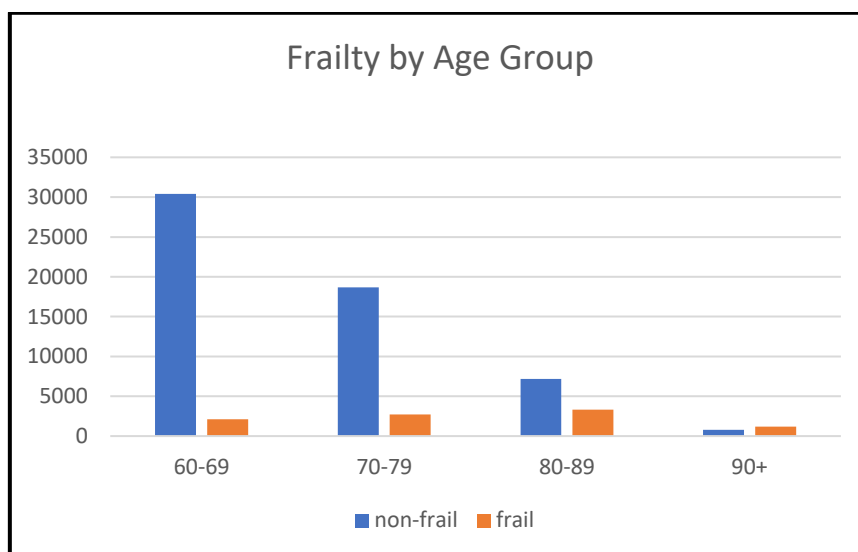
Figure 1 - NHS Highland area - People with one or more long term conditions



Source: Census 2011 - Table DC3016SC © Crown Copyright

2.7. While having a health condition does not necessarily impact on daily life, having more long-term conditions or experiencing frailty will increase the likelihood of someone needing health and social care support. Between a quarter and a half of people over 85 years of age are estimated to be frail, which is associated with disability and requirement for formal care.

Figure 2 – NHS Highland area - Frailty by Age



Source: Gale CR et al applied to Highland Council NRS mid-year population estimate for 2016 as quoted in the Report of the Director of Public Health (NHS Highland 2017).

2.8. While having a health condition does not necessarily impact on daily life, having more long-term conditions or experiencing frailty will increase the likelihood of someone needing health and social care support. Between a quarter and a half of people over 85 years of age are estimated to be frail, which is associated with disability and requirement for formal care.

2.9. There is a need to ensure that new homes are designed to meet the needs of people as they age, and it would be expected that more adaptable and specialised housing will be required in all communities in Highland.

- 2.10. NHS Highland has estimated how many of the Highland population are likely to require care due to dependency in the next 10 to 20 years, and with what intensity of care.

Table 1 – Dependency Status

Projected population over 65 and dependency status					
	2015	2025	2035	Increase over 10 years	Increase over 20 years
Independent	28880	34920	40080	21%	39%
low	14770	19130	23840	30%	61%
medium	2840	3780	4930	33%	74%
high	2660	3480	4450	31%	67%
Total	49150	61310	73300	25%	49%

Source: NHS Highland

- 2.11. If future needs are to be managed within the current direction of national policy, to promote care at home, then specialist housing provision will have to increase to support an increasing number of older people living in the community. Housing solutions are likely to be focussed on older adults who require low level or less formal care settings.

3. Current provision / assessment of needs

- 3.1. The Highland Council currently has 270 properties which are wheelchair accessible based on the Scottish Government definition as fully wheelchair liveable (fully accessible housing for people confined to wheelchairs indoor and outdoor). Information on applications and lets to wheelchair accessible and level access housing are shown in Table 2.

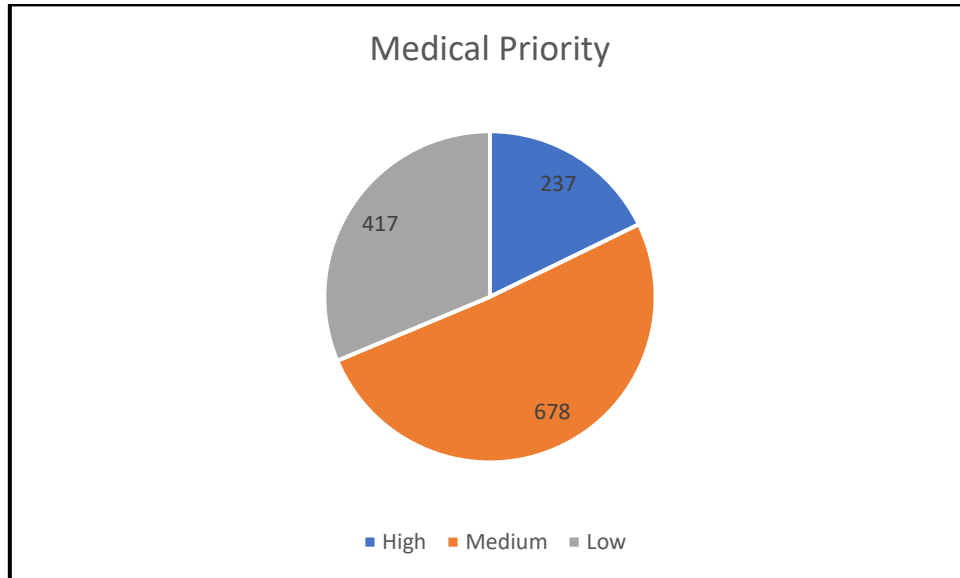
Table 2. Applications in Highland Council areas for accessible housing FY2020/21

	Apps Requiring Wheelchair housing	Lets to Wheelchair applicants		Apps Requiring Level Access	Lets to Apps Requiring Level Access
Badenoch & Strath.	5	0		36	5
Caithness	5	1		51	15
Inverness	43	9		252	54
Lochaber	19	0		83	6
Nairn	9	2		39	16
East Ross	20	3		97	13
Mid Ross	17	1		96	14
West Ross	3	1		18	5
Skye & Lochalsh	3	0		30	3
Sutherland	3	0		21	13
Highland	127	17		723	144

Source: Highland Council Housing Information System

- 3.2. This does indicate an under provision of wheelchair accessible housing and this is a key issue to be addressed in the Local Housing Strategy.
- 3.3. Out of 9,959 Housing applicants (Highland Housing Register (HHR) annual report March 2021) 1322 (14%) have been assessed as needing to move because their current accommodation does not meet their functional needs. These are categorised as low, medium and high priorities, and the proportions in each category are shown below.

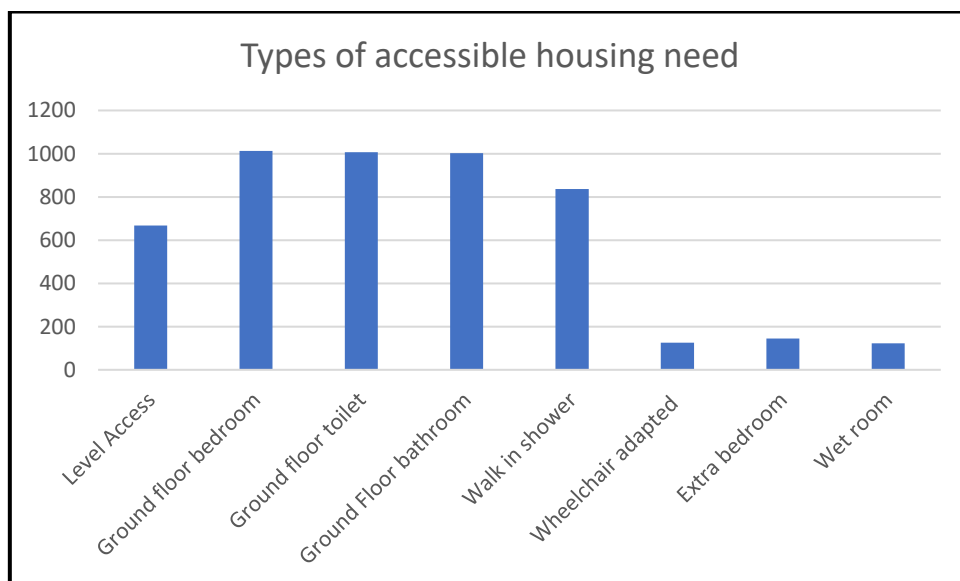
Figure 3 - Highland Council area – Medical Priority



Source: HHR October 2021

- 3.4. The specific requirements assessed by Occupational Therapy services are summarised in the table below:

Figure 4 – Accessible Housing Need – by Type



Source: HHR October 2021

- 3.5. There has been little change in the proportion of housing applicants requiring different house types over time. These needs tend to be a function of changes to individual health needs and new needs emerge as existing needs are met.
- 3.6. We would expect this level of emerging accessible housing needs to remain broadly the same, with the potential for increased needs and / or more complex adaptations as demographic changes take place.
- 3.7. Highland Council are able to house about 350 applicants with accessible housing needs each year (25% of total lets).
- 3.8. As well as moving people to new houses that meet their needs we undertake around 400 housing adaptations to existing stock a year. Around 75% of these involve the following work:
 - Grab rails and handrails
 - Level access shower
 - Removed thresholds
 - Ramps
 - Wet rooms
 - Over-bath showers
 - Toilets
- 3.9. Sheltered housing continues to play an important role in helping people with mobility or other health needs whose current housing is unsuitable. We allocate between 60-100 sheltered housing units a year. Good communication and joint working arrangements with local health and social care teams can help to make sure that sheltered housing is best used to meet individuals and communities needs and relieve pressures on other services.

4. Conclusions

- 4.1. Data from existing social rented supply and demand suggest the need to increase the proportion of housing suitable for wheelchair users and to meet the needs of an ageing population where greater numbers of single elderly people will be affected by frailty and long term / chronic health conditions.
- 4.2. Additional community-based housing solutions will minimise future pressure on health services and particularly care homes.

Highland Housing Team

October 2021

Appendix A

Wheelchair accessible housing by Highland Council ward

Highland Council Ward Number and Name	Fully wheelchair accessible ground-floor Council stock
01 North, West And Central Sutherland	8
02 Thurso And Northwest Caithness	18
03 Wick And East Caithness	23
04 East Sutherland And Edderton	11
05 Wester Ross, Strathpeffer, Lochalsh	12
06 Cromarty Firth	31
07 Tain And Easter Ross	13
08 Dingwall And Seaforth	10
09 Black Isle	3
10 Eilean A' Cheo	2
11 Caol And Mallaig	3
12 Aird And Loch Ness	16
13 Inverness West	7
14 Inverness Central	41
15 Inverness Ness-Side	14
16 Inverness Millburn	25
17 Culloden And Ardersier	15
18 Nairn And Cawdor	6
19 Inverness South	2
20 Badenoch And Strathspey	9
21 Fort William And Ardnamurchan	2
Total	271