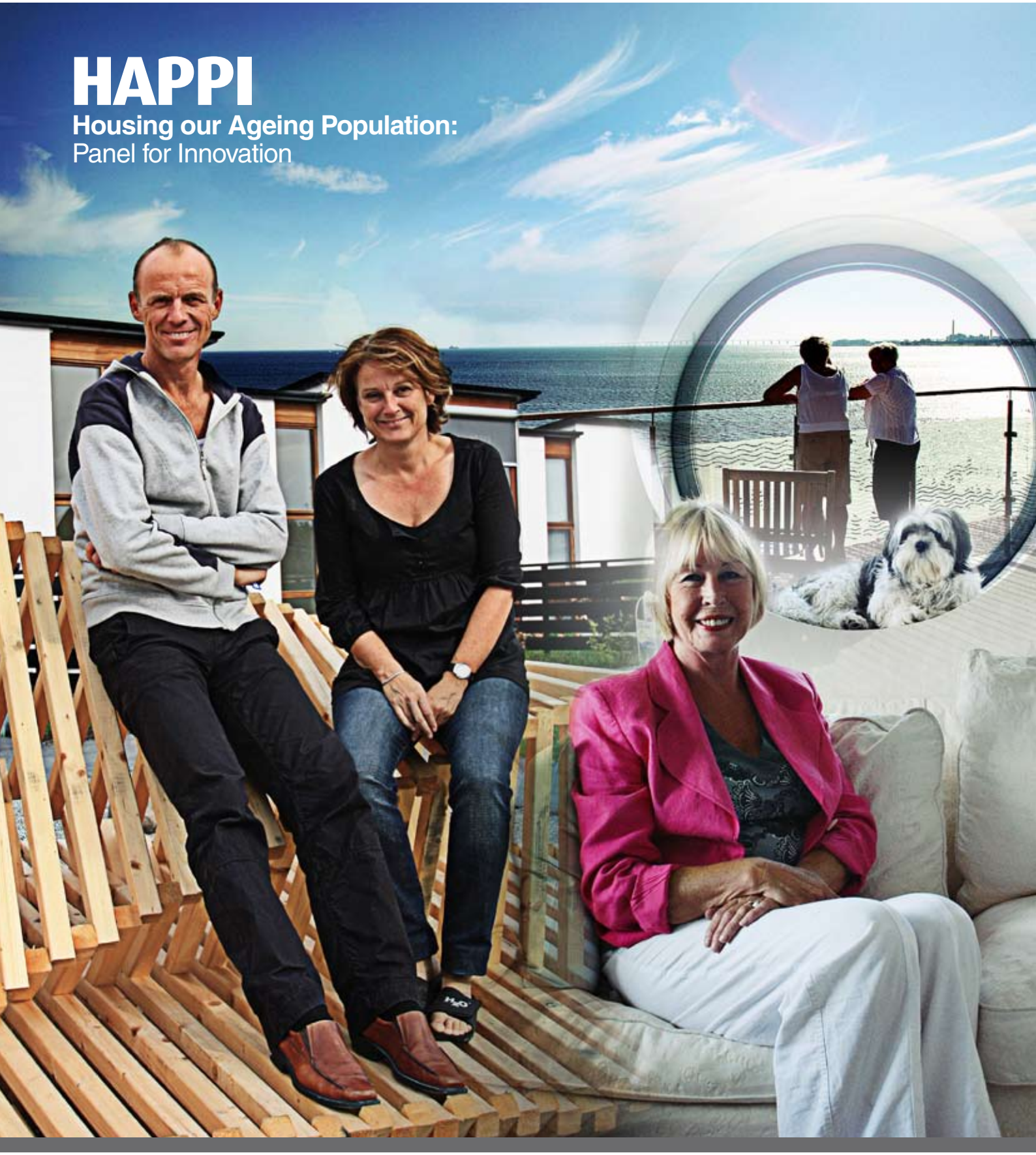
Communities and Local Government

DH Department of Health

Homes & Communities Agency

HAPPI

Housing our Ageing Population:
Panel for Innovation



DESIGN FOR HOMES

Levitt Bernstein

PTEa
Pollard Thomas Edwards architects

Lord Richard Best OBE, chairman of HAPPI, is an authority on social housing in the UK and a member of the House of Lords.

'In retirement, space really matters: we spend much more time in our own home; we may want to have family or friends – or a carer – to stay; and our possessions of a lifetime need a home too.'

Roger Battersby is managing director of PRP architects.

'We need to start with the labels that stigmatise housing for older people; sheltered housing, supported housing, extra care, close care.... all describe places where none of us would wish to go if we had any choice.'

Dr John Belcher CBE is former chief executive of Anchor Trust.

'We should never mention the word "independence" again. We are all interdependent and we rely on others to do things on our behalf.'

Vera Bolter MBE has led a senior citizens health action group since retiring as chief officer of a community health council.

'We need to encourage people to think ahead, and work to raise expectations. Unless you have a vision about how things could be, you will be confined by what is available now.'

Antony Hamilton is a Hanover Housing Association resident with a particular interest in resident/tenant involvement.

'We don't get to 55 and suddenly change our outlook on life. We should be able to carry on our lifestyle, in a different environment probably, but with all the same facilities and atmosphere as we had before.'

Peter Maxwell is head of enabling (public buildings) for the Commission for Architecture and the Built Environment.

'It is important to acknowledge the diversity of "the client" – to understand the variety of the "who" we are talking about when we talk about older people.'

Sir Richard MacCormac CBE is chairman of MJP Architects.

'Good architecture, if it connects (with people), has real value; it conveys care and confers dignity.'

Aggie MacKenzie is a journalist and TV presenter, best known for her role as 'dirt detective' in Channel 4's *How Clean is Your House*?

'The European examples we saw were so inspired – now we know what's possible – let's move on from institutional models to strive for more space, homelier homes and much better standards.'

John Penton MBE is an architect with over 40 years of experience designing settings which acknowledge disability.

'Older people are repositories of stories. Many have stories about the place itself; the home in which they brought up their children, or where they grew up – where they have roots.'

Professor Anne Power CBE is professor of social policy at the London School of Economics.

'There is an imaginative leap to be made … providing for older people within existing communities can bring together different interests, older and younger generations, different ethnic and income groups, isolated households and families while saving energy and protecting the natural environment.'

Tony Pidgley is chairman of The Berkeley Group Holdings PLC, a leading urban regeneration company in the South East.

'There is clearly no "one-size-fits-all" solution. The provision of the right housing for older people will need to be addressed across a number of fronts. We can easily achieve early wins by addressing the new build element.'

Judith Torrington is a reader in architecture at the University of Sheffield. Her research area is the design of living environments for older people.

'People must be able to maintain the activities they have carried out through their active lives…and this comes down to space and storage'

Dru Vesty MBE is a board member of the Homes and Communities Agency.

'If there's an opportunity to buy a well-designed apartment, with flexible care available, in the middle of town, near your children, and to sell your family house, you're buying more than just a good product: you're buying a home which means that – as you get older – you're less of a burden on your children. The offer is peace of mind.'

The Panel

The time has come for a national effort to build the homes that will meet our needs and aspirations as we all grow older.

We should all plan ahead positively, creating demand for better choice through a greater range of housing opportunities.

Housing for older people should become an exemplar for mainstream housing, and meet higher design standards for space and quality.

Local Planning Authorities should play a key role to ensure delivery of desirable housing in great places, tuned to local need and demand.

Foreword

We are grateful to Lord Best and the HAPPI panel members for their enthusiasm and commitment in developing this report.

We all want a future in which we can enjoy our later life to the full – and live it in the way which is best for us and our families. Homes and communities have an essential role to play in supporting older people's health, wellbeing and independence.

Good quality housing for older people in accessible neighbourhoods can bring considerable benefits – not only to the lives of older people, but in contributing to inclusive, safer, sustainable communities; and supporting older people to live healthy, active lives can potentially mean longer-term efficiencies across housing, health and care services.

So it is essential that we look to the future and ensure that the housing we build positively reflects the hopes and desires we all have for our later lives. That is why the Government is committed to building on the achievements of Lifetime Homes, Lifetime Neighbourhoods, which highlighted the need to reexamine how we approach the building of housing for older people. The HAPPI report sets out some wonderful examples of housing which promotes lifestyles to which we can really aspire, whatever the future holds.

We hope that everyone involved in delivering our future homes and communities will be inspired by this report, and rise to the challenge of creating the best possible homes for older people, and for our future selves.

Lord McKenzie of Luton
Parliamentary Under Secretary of State, Communities and Local Government

Phil Hope MP
Minister of State for Care Services

Over recent years this country has built very few new homes specifically to meet the needs and aspirations of our ageing population. Without a sufficiently attractive 'offer', most of us will stay put in homes that may gradually become harder to manage, maintain and keep warm, increasingly inaccessible and, sometimes, insecure and lonely places to spend a large part of every day.

Yet offering accommodation that has real appeal for the older age group actually helps the next generation. Selling and letting homes designed with the older occupier in mind – attractive, light, spacious, accessible, manageable, inexpensive to heat and cool, alongside good neighbours – means freeing-up badly needed family homes, often with gardens.

HAPPI – the Housing our Ageing Population: Panel for Innovation – has been finding out how this 'best of both worlds' can be achieved in the UK as it has been in many other European countries.

This report brings together our findings and recommendations and I'm hugely grateful to my expert colleagues – including representatives of residents and champions of older people's causes – who have worked so hard on this task; and to our advisers and organisers who have created this highly readable document. I hope very much it will herald a new era in the design and delivery of housing which can make all our later lives more fulfilling.

Lord Best OBE
Chairman of HAPPI

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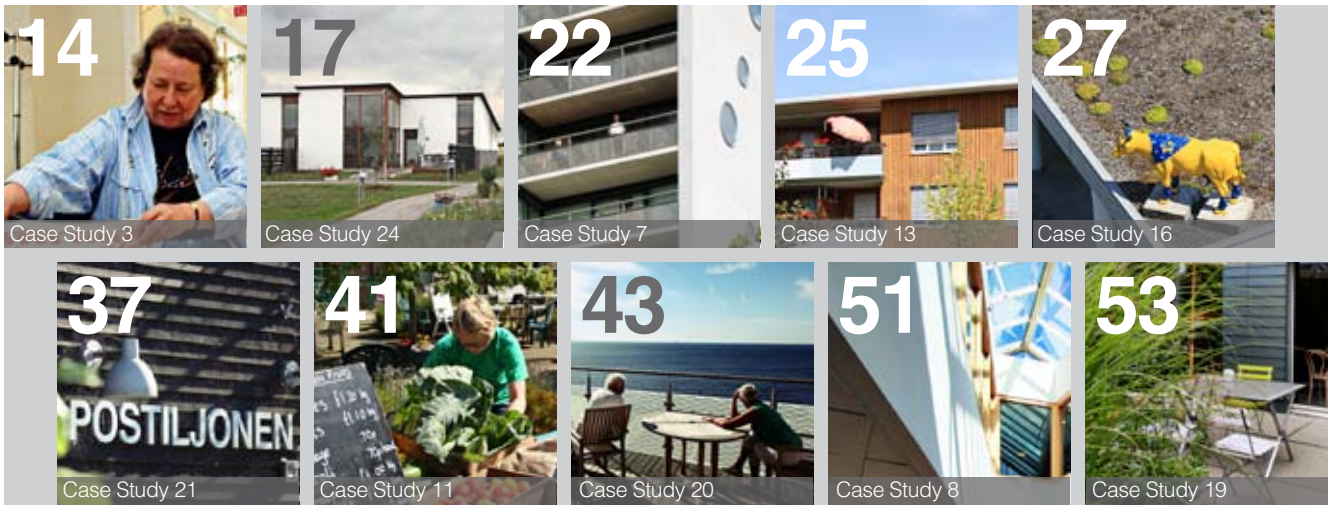


Introduction

Waterfront view at Neptuna (Case Study 20, p.43)

Contemporary design challenges our idea of the bungalow at Herfra til Evigheden (Case Study 24) in Denmark (opposite page)

‘Every man desires to live long; but no man would be old’, wrote Jonathan Swift nearly 300 years ago.[1] One thing at least has changed since his time: men and women live longer – and in better health. As a result, most of us will enjoy the freedom to pursue our interests, and the company of friends and family. But still we fear growing old, rather than looking forward to a fulfilling and productive ‘third age’.

Background to HAPPI

The concept of ‘Lifetime Homes’, in tandem with its counterpart ‘Lifetime Neighbourhoods’, underpins current government thinking directed at making the UK housing stock more suitable for all.[2] Integrated across government to wide international interest as *Lifetime Homes, Lifetime Neighbourhoods: a national strategy for housing in an ageing society*, this set of policies resolved to commission an ‘innovation panel’ to advance existing good practice and promote new ideas. HAPPI – Housing our Ageing Population: Panel for Innovation was established in June 2009 in order to tackle the following question.

What further reform is needed to ensure that new build specialised housing meets the needs and aspirations of the older people of the future?

The focus of the work of the panel has been on:

- **Improving the quality of life** of our ageing population by influencing the availability and choice of high quality, sustainable homes and neighbourhoods;
- **Challenging the perceptions** of mainstream and specialised housing for older people, for existing and future generations;
- **Raising the aspirations** of older people to demand higher quality, more sustainable homes;
- **Spreading awareness** of the possibilities offered through innovative design of housing and neighbourhoods.

1 Jonathan Swift (1727) *Thoughts on Various Subjects*
2 Communities and Local Government (CLG), with Department of Health (DH), Department of Work & Pensions (DWP) (2008) *Lifetime Homes, Lifetime Neighbourhoods: a national strategy for housing in an ageing society*

Aggie MacKenzie
Panel member

What an ostrich society we are, acting as if old age and diminishing mobility belong to another world - they don't.

I'm 54 and what this exercise has taught me is that if we getting-oldies acknowledge the inevitable, we can plan for and be in control of where we live for the rest of our lives.

I have been hugely inspired by many of the schemes visited, particularly in Europe - homes generously proportioned, of enduring quality and spiritually uplifting, all within empathetic neighbourhoods. It's what we all deserve.

The Panel at work

Combining breadth and depth of experience – from housebuilding to the social sciences; from first hand knowledge of life in retirement housing to design expertise – the Panel was equipped to get to the essentials of the complex issues under consideration; to arrive at conclusions and recommend both policy and further work needed to implement it.[3] The panel began by listening to stakeholders, who contributed viewpoints and detailed specialised knowledge, following HAPPI's progress via monthly newsletters.[4] Briefed on the most pressing areas of concern, and armed with evaluation tools to structure their discussions, the panel undertook a tour of 24 schemes in six countries, covering a variety of locations, a range of income groups, diverse lifestyles and cultures and every level of care provision.[5]

At each scheme, the panel met residents, managers, architects and those involved in procuring the development, listened to what they had to say and asked questions. Feedback was recorded and films that show the panel's encounters with the buildings and their occupants are available to download at www.homesandcommunities.co.uk/Housing-Ageing-Population-Panel-Innovation.

Following the study visits the Panel met in two sessions to develop ideas and discuss what they had seen. These deliberations led to the conclusions described in this report.

How the report is organised

Each of the four chapters of this report asks a question:

- *Why* is meeting older people's housing needs a national priority?
- *What* kind of housing will meet our needs as we grow older?
- *How* can this housing be delivered?
- *Who* can make it happen?

Why is reform needed? Buildings are slow to reflect changes to the structure of society, or to its aspirations. The figures make their own case: the population of pensionable age will grow by 3.8 million over the next 25 years and the number of 'oldest old' – those over 85 – will more than double.[6] Injuries due to falls among older people have been estimated to cost the state over £1 billion a year – 1 in 4 falls involve stairs and the majority take place in the home;[7] postponing entry into residential care by one year could reduce non-care costs by £26,000 per person.[8] Taken with the mounting challenges of climate change, affecting transport and fuel poverty, the obligation to address how and where older people live is self-evident. Against this background, the panel sought to collect existing knowledge and inspire new thinking to enhance housing choice for an increasingly diverse older population.

What kind of housing will meet the needs that have been identified? The panel has travelled around the UK and to European countries to meet people who have similar cultures and concerns to our own. Inspiring case studies cover a range of contexts, from village to city centre; a variety of social formations, from faith groups to co-housing; and every level of care including acute nursing for frail older people provided in a comfortable domestic setting.

How can such housing be delivered? The best examples, here and abroad, are inspirational because they show that better housing solutions are not only possible but also available, if we look for them. The challenge is not just to accommodate the 11% of over-65s currently living in nursing care or retirement housing, but the majority of this age group, who will not move in later life and whose independence and well-being could be improved by appropriate housing.[9] To tackle this challenge the panel has identified:

- design recommendations that improve quality of life and contribute to wellbeing, many of them desirable for all new housing;
- planning policy approaches that encourage providers to build attractive homes for older people in the places where they want to live, releasing equity and increasing the supply of larger homes.

The potential of these measures to generate incentives that can shape new and revitalised homes and neighbourhoods for everyone also represents a once-in-a-lifetime opportunity to achieve the socially and financially sustainable – and low carbon – future to which we all aspire.

Who has a part to play in making this vision of better housing for older people a reality? The final chapter identifies the public and private housing providers, government departments and third sector organisations who can work together to deliver these changes.

The number of over-60s is projected to increase by 7 million over the next 25 years

Office for National Statistics, 2009

Spreading the message

As the culmination of the HAPPI process, this report:

- highlights key design recommendations
- offers case studies to guide and inspire innovation
- proposes further work to make the panel's vision a reality
- links to parallel studies that emphasise the role of place-making in enhancing quality of life[10]
- forms the basis of advice to Ministers.

A film has been produced to give an overview of the work of the panel and the case study projects visited in the UK and Europe. It contains interview footage with residents and those involved in the procurement and management of housing for older people.

Further information and links to HAPPI reports on study visits – including case study reviews, newsletters and other supporting material – are available at www.youtube.com/user/HCAuk.

Meeting the housing manager at the Brunswick Centre, London (opposite page)

Debate on the train to Yorkshire; film crew at Allerton Bywater (above, from top)

3 Panel biographies can be found at www.homesandcommunities.co.uk/Housing-Ageing-Population-Panel-Innovation
4 A full list of stakeholders is available at the above webpage
5 Study visit reports are available at the above webpage
6 Office for National Statistics (2009) *Statistical Bulletin* 21/10/09
7 Help the Aged (2007) *Preventing Falls*
8 Adams, S. (2006) *Small things matter: the key role of handyperson services.* Care & Repair England
9 Home improvements are linked to better mental health (Heywood, F, 2006) and reductions in symptoms and use of health services (Thomson P et al, 2001)
10 Key publications include CABE (2009) *Our Homes in Our Old Age: Independent Living by Design*, CLG (2009) *World Class Places*, Wel_HOPS (2007) *European Housing Experiences for Senior Citizens*, CLG (2008) *Lifetime Homes, Lifetime Neighbourhoods*

Chapter 1

FIG.1: Spectrum of housing options according to intensity of care, with case studies and statistics (see also fig. 3, p.16, and the list of case studies, p.58.)

LESS — SPECTRUM OF CARE

Mainstream housing
Fully independent

60% of older households have no dependent children but occupy multi-bedroom homes.[1]

Life expectancy at age 65 is 17.4 years for men and 20.0 for women;[2] **a rise of over five years since 1997.**[3]

1.3 million people of pensionable age are working. This group, which has increased by 50% since 2000, reports higher job satisfaction and is growing faster than younger workers.[4]

Older people spend 70-90% of their time in their homes, much more than any other age group.[5]

68% of those over 65 owned their own homes in 2001, a figure set to increase to 75% by 2026.[6]

1 Centre for Housing Policy (CHP, 2008)
2 Interim Life Tables 2006-08
3 ONS (2006)
4 DWP (2009)
5 Centre for Policy on Ageing (2002)
6 CLG, DH and DWP (2008)

Specialised housing
Independent/ semi-independent

100,000 private and 400,000 rented properties are classified retirement, sheltered or extra care. [7]

Postponing entry into residential care by a year could reduce costs by £26,000 per person.[8]

A third of those moving to smaller accommodation are motivated by a wish to downsize. Others accept smaller homes for financial, health, or personal reasons.[9]

7 DH (2005)
8 Lansley, McCreadie & Tinker (2004)
9 CHP (2008)

Care homes
Dependent living

Approximately 5% of the over-65s live in residential or nursing care accommodation.[10]

Why is meeting older people's housing needs a national priority?

MORE

In 2008-25, the number of people with dementia will rise by over a quarter of a million, and older people registered blind or partially sighted will rise to 1,178,000, an increase of 380,000.[11]

The projected increase in long-term limiting illness 2008-25 among the over-65s is 39%.[12]

10 EAC (2007)
11 DH (2006)
12 ILC UK (2008)

Not only are we living longer, so that our 'oldest old' are twice as many as 15 years ago, but the average Briton is now comparatively middle-aged.[11] Although the young population (aged 5–15) is shrinking, more than half of babies born now in the UK will live to be a hundred.[12] These recent figures come as a shock and yet such uncomfortable statistics have been slowly creeping up on us. In this report, the Panel argues that the time has come to ensure that this discomfort becomes a managed opportunity rather than a housing crisis.

The need for change

Stakeholder organisations take the issue of older people's housing and care needs very seriously, and indeed continue to achieve excellent results, above all in caring for the 'oldest old'.[13] Government has recognised its share of responsibility in making better provision for older people, aiming to increase the quality and delivery of housing and care. In *Lifetime Homes, Lifetime Neighbourhoods* the government sets out why this is such a pressing issue, and the Department of Health Green Paper on social care consults on' the agenda for the personalisation of care.[14]

But, as carers know, old age often still means isolation, especially when a spouse dies or children move away. Inadequate housing exacerbates health problems and creates others; poor insulation and time spent indoors can lead to difficulties in meeting the cost of winter heating. As things are, without better housing in the community to which we belong, the choice often lies between 'getting by' in unsuitable accommodation or up-rooting to some form of institutional home, often removed from familiar surroundings. Such moves are usually triggered by crisis rather than planned ahead, adding to the stress of the experience.

This scenario unfolds in spite of the fact that the majority of older people do have the means not only to be self-sufficient and enjoy a good quality of life, but also to contribute to the community. The financial worries that are common among this relatively well-off majority are compounded – or even caused – by a common tendency: to measure our 'life's worth' by the size of our financial legacy. For many years property has been the most lucrative form of long-term investment and this has encouraged us to stay put, often under-occupying multi-bedroom houses that don't meet our needs very well and which could better serve younger families.[15]

Without a vision of an alternative, more positive future, 'selling up' tends to be a last resort – realising a valuable asset as well as losing a much-loved home. For some couples, where one partner develops acute care needs, the choice is stark: to sell up and move to an expensive care home or end their lives apart. Few people want either.

11 Dunnell, K (2008) "Ageing and Mortality in the UK" *Population Trends*, (134)
12 Christensen, K. et al (2009) "Ageing Populations: The Challenges Ahead" *The Lancet* (374)
13 A list of HAPPI stakeholders is available at www.homesandcommunities.co.uk/Housing-Ageing-Population-Panel-Innovation
14 DH (2005) *Independence, well-being and choice*
15 ILC (2007) *Older people and the housing stock in an era of under-occupancy*

Diversity in age informs the design at Ellesmere nursing and extra care scheme, London. Image by Tim Crocker (this page, right)

Allerton Bywater implements several 'Lifetime Neighbourhoods' principles (opposite page)

FIG.2: The small pie chart shows housing in the UK, with the specialist housing sector slice then broken down, in the larger pie chart, by type (this page, below)

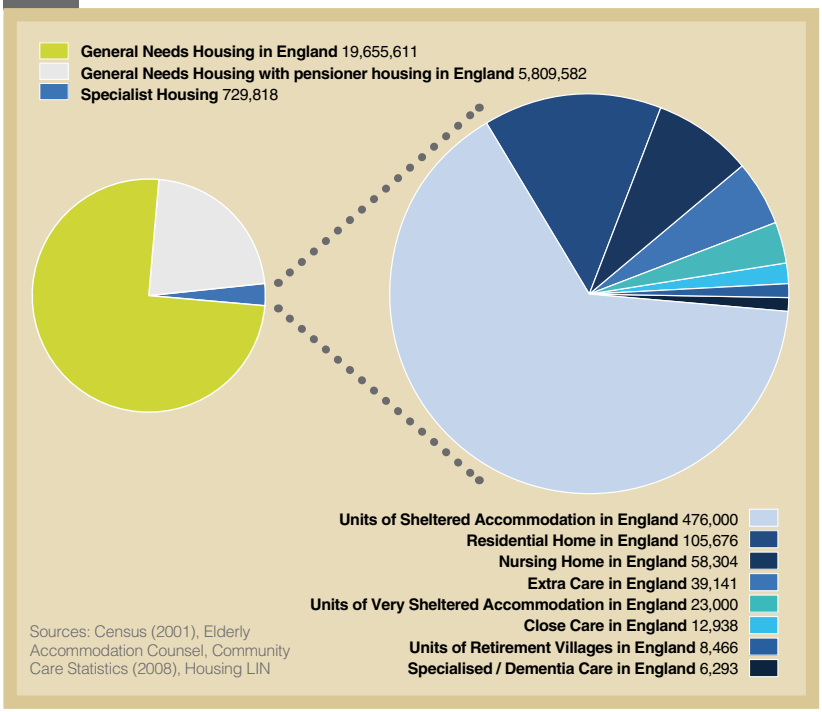
Much of what we see on television or read in magazines tells us how to fight old age rather than enjoy it, leading us to question our self-worth. This adds up to a general reluctance to imagine our 'future selves'.[16] Policy and the quality media are beginning to tackle 'ageism' – to dismantle the poor image of old age – but we have been slow to recognise needs and the opportunities – particularly in housing – and progress has not kept pace with demographic and social change.

Demographic and social change

Social and cultural shifts have made it less certain that successive generations will be able and willing to take on the responsibility of looking after others. Some older people who have cared for their own parents expect their children to do the same for them, but others are adamant that they want to avoid 'becoming a burden' themselves. Our family structures are now routinely complicated; our days and nights are busier and our household budgets stretched by priorities that are less clear cut.

We have a higher proportion of single-parent families and more households in which both partners work than, say, two generations ago.

FIG.2



Much of our housing stock remains inaccessible for many disabled or older people

CABE, 2009

The nation's multicultural composition, which is reflected in civil society and family structures, adds a level of diversity which we as a nation are still learning to embrace, but which dictates the composition of the future older generation. Gay and lesbian households, homes shared by friends into middle age and an explosion of 'singletons,' reflect a range in lifestyle choices; this variety has come to express a kind of freedom. But, even for cultural traditions in which extended families have been the accepted norm, there are new uncertainties about concepts of family that our grandparents may have taken for granted.

This increasing diversity of lifestyle and identity is matched by the variation of peoples' circumstances as they age. The interplay of these factors – lifestyle, income, biography, age and culture – will affect housing and demand, and it is important that such factors are captured in the assessments of need made to guide the development and provision of services by local authorities.[17]

Our tendency to have children later in life, and support them for longer, means that there may be no break between raising a family and caring for our parents. With property price rises, few sons and daughters have room to accommodate older relatives; sharing out the load between siblings can cause family conflict, especially at the 'superdensities' now considered desirable in much urban development.[18] Smaller homes means that just having our ageing parents to stay can be stressful; the likelihood of getting planning permission for a granny annexe seems more remote than ever.

The role of Lifetime Homes, Lifetime Neighbourhoods

Lifetime Homes, Lifetime Neighbourhoods sets out why we need to do better.[19] It reports on evidence that, as we age, most of us want to remain at home, and goes on to acknowledge the costs of failing to address our increasing longevity.

In doing so, it reinforces the original aims of the Lifetime Homes standard, published by the Joseph Rowntree Foundation in 1997. The standard applies the twin principles of accessibility and adaptability to ordinary housing with the aim of ensuring that it can accommodate the wide ranging physical needs of our society, particularly in later life. Due to be applied to new affordable housing by 2011 and with the aspiration that from 2013 all homes will meet the standard, Lifetime Homes should increase our ability to remain at home as we get older, responding to problems of reduced visual acuity, physical dexterity and mobility. Just as importantly, it will allow those with impaired mobility to visit others in their homes. Even for older people who live in homes that do suit their mobility needs, being able to visit friends and family is often a lifeline.

Twelve years after publication, implementation of the 16 Lifetime Homes principles has been patchy – especially in the private sector – and adoption has been left to individual Local Authorities. Work is actively underway to update, refine and promote the standard prior to adoption.

'Lifetime Neighbourhoods', a newer policy initiative, has home-grown roots that can be traced back beyond the garden-city movement.[20] The World Health Organisation's widely respected *Global age-friendly cities* guide builds on this tradition, and is premised on the role of 'active ageing' in sustainable urban communities everywhere.[21] CLG is due to commission a report shortly on Lifetime Neighbourhoods for local authorities.

Notwithstanding historical precedent, mixed-tenure neighbourhoods that integrate housing, employment and local services with the natural environment remain the exception. Instead, suburban sprawl punctuated by out-of-town shopping centres that promote car travel and detract from the sense of place dominate the inhabited landscape. Lifetime Neighbourhoods is a timely reminder that people want safe streets, access to amenities and public transport, and that – at the same time – we should use greener technology and safeguard the world's diminishing resources. This is an ethos of physically well-connected places which help to create and sustain social connections – connections that become increasingly important with age.

Yinka Bolaji, Head of Portfolio and Business Planning, Anchor Trust

It is important to understand the real needs of older people, and the housing models that can be put in place to address these.

We need to watch out for focusing too narrowly on design, because although design is important there's only so much it can do. Planning policies should be looked at, and also existing stock. These are things that have a major impact.

16 Croucher, K (2008) *Housing Choices and Aspirations for Older People*, CLG
17 Edwards, M & E Harding (2006) *Building our futures: meeting the housing needs of an ageing population*, ILC-UK
18 Design for Homes with HTA, Levitt Bernstein, PRP and PTEa (2007) *Recommendations for Living at Superdensity*
19 CLG (2008) *Lifetime Homes, Lifetime Neighbourhoods*
20 Howard, E (1902) *Garden Cities of Tomorrow*. Secular idealist urbanism has a longer history in the UK, with international origins that identify it as a timeless theme in community building.
21 WHO (2007) *Global Age-friendly Cities: A Guide*

Pat Kelly, resident, Darwin Court, London

Well I love it – it's got the security. It's got everything anyone would want – the IT room, the restaurant, the swimming pool: everything. I've been here five years now.

Grandchildren come and go. If you have to have them stay for a weekend, like if someone's in hospital, well then you've got to have them. There's a park opposite – you can take the kids to play.

I couldn't move out of here, I love it. It's the best flat I've ever had.

Specialised housing

As 'Lifetime Homes' built in 'Lifetime Neighbourhoods' become the norm, choice rather than circumstances will increasingly guide the decision to move; this reinforces the need to carefully consider future provision of specialised housing. The current picture, as illustrated in FIG.3, is confusing. Over the last 20 years, the range of specialised or supported housing options has expanded from 'sheltered housing'; it now includes 'very sheltered', 'assisted living', 'retirement homes', 'retirement villages', 'extra care', 'close care', 'continuing care', and more besides (see FIG.2). Newer typologies – often 'complexes' designed to serve a range of care needs – often feel institutional. Residential and nursing care home types have also compounded and now include specialist facilities for dementia, palliative care, and the shorter-term functionality of respite and intermediate care.

The impression is one of almost bewildering choice. But when push comes to shove – especially in a crisis – there is no choice at all. Even if we plan ahead, we are constrained by location, availability, tenure and – above all – by cost. Within this complex model there are gaps and overlaps. Responsibility for care delivery and funding is split between government bodies, with private sector interests, social landlords, care, management and housing trusts, combining in hybrid configurations to address the management challenges.

CASE STUDY 3: **Darwin Court** Southwark

Located in the London borough of Southwark, this six-storey mixed-use building with open café offers a welcoming street presence that signals its status as a community hub.

This is appropriate because community integration and the promotion of healthy living are the defining aims of Darwin Court, recognised as an exemplar in the influential Wel_HOPS report (2007). The resource centre, with pool, café, IT suite, fitness and activity rooms, is free to residents (who must be 50+) and also open to local people.

Access to the building is well organised. Residents can choose to enter their flats more privately, via two lift and stair cores from a quiet street on the park side of the building; or more publicly, through the main entrance.

The scheme and its managers adopt a 'can-do' approach, geared towards the well being of residents whose care needs range from none to 24-hour attention. The balance within the resident profile – in ages, care needs, and backgrounds – is carefully managed, and this is evidently one of the keys to Darwin Court's success.

Everyone is encouraged to live independently, but there is no stigma about needing help. A choice-based lettings policy ensures that all residents who live here have taken the decision to do so.

Darwin Court is well liked by residents, staff, visitors and local people. The success and value of the development's place-making contribution should not be underestimated. It makes connections with local community, and – at the same time – combats the poor image associated with housing for older people.

Community craft afternoons at Darwin Court (opposite page)

Calm but assured street presence; social life in the hub with pool beyond; swimming pool: the front door with café sign invites local people in (this page, clockwise from top)

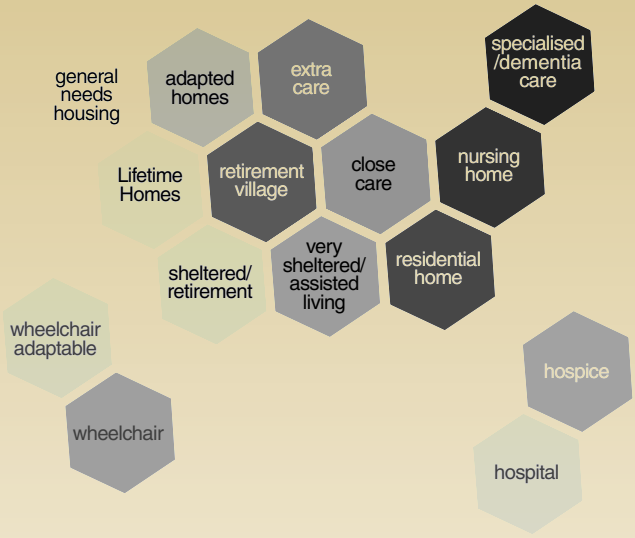
TYPE:
General needs through to frail care housing and resource centre
ACCOMMODATION:
76 rented apartments (1-2 bedrooms, 8 wheelchair) including 16 flats for frail older people; extensive shared facilities including café/restaurant and pool
DEVELOPER:
The Peabody Trust
ARCHITECT:
Jestico and Whiles
COMPLETION:
2007

Recent reductions in the number of on-site wardens in sheltered housing have left many residents without the personal touch they feel was part of the original offer. Extra care schemes, expected to cater for many who would previously have been accommodated in care homes, are now moving towards the higher end of need. At the same time, the sector is struggling to cope with the dramatic rise in dementia and to respond to calls for more personalised, less institutionalised, delivery of care.

Much work is needed to rationalise the range of other specialised housing provision mapped in FIG.3. It is important to provide for the range of acute needs, particularly dementia, more comprehensively and yet more straightforwardly. We must also deal with income inequality more fairly, and address diversity as part of genuinely increased choice.

While this will improve the quality of life for the 'older old' and those with greater care needs, there will be little that appeals to the 'younger old'. The latter group, comprising the majority of the over-65s, is less well provided for – in terms of quality, quantity and choice. HAPPI takes the view that it is this group's preconceptions that we should work to change.

FIG. 3: Housing typology diagram – the spectrum of care (see also FIG.1, p.10)



A spectrum of housing options is available to older people. The options fall into 3 groups:

1 mainstream housing (not designated for a group)

2 specialised (older people's) housing, usually designated for the over-55s

3 residential care, including various forms of care home

Reference: Battersby, R (2009) *Current provision and emerging trends for housing and care for older people in the UK*

In addition, older people may live in wheelchair or wheelchair-adaptable housing, or spend time in hospital or a hospice.

Specialised housing options are complex. Sometimes different names refer to very similar typologies. These names seek to define different levels of independence, care and support.

The following definitions summarise this complexity. Each type may be provided within the public or private sectors, be available for rent, part-ownership, leasehold, or for sale.

1 MAINSTREAM HOUSING

General needs - Housing with no specialised features.

Lifetime Homes - Housing designed to meet access and adaptability standards for everyone including older people.

Adapted homes - Housing which has been changed to meet the needs of its residents.

2 SPECIALISED HOUSING

HOUSING SPECIFICALLY FOR OLDER PEOPLE WITH ACCESS TO SUPPORT AND CARE.

Sheltered/retirement – Independent living (own front door). May include: 24-hour alarm system, warden, lounge, programme of activities.

Very sheltered/assisted living – Independent living with managed care and support services. Features as above, may also include: meals, domestic help, assisted bathing.

Extra care - Independent living with managed on-site care and support services. Features as above, may also include: hairdressing service, 24-hour staff.

Close care housing - Independent living with on-site care and support, linked to a care home.

Retirement villages - Large developments (often 100+) with a range of housing types and levels of care and support (sheltered, very sheltered/extra care, close care and nursing care) on one site.

3 RESIDENTIAL CARE OR CARE HOMES

INSTITUTIONAL ACCOMMODATION (SUITES OF BEDROOMS) WITH CARE SERVICES AND FACILITIES.

Residential homes - Accommodation with meals, personal care (physical and emotional), staff on call.

Nursing homes - Care homes with 24-hour nursing care.

Specialised care homes - Care homes for specific needs including dementia.

CASE STUDY 24: **Herfra til Evigheden** Roskilde, Denmark

Crisp, contemporary 'bungalows'; the homes form a coherent group in the landscape; residents; stylish, open-plan living space (clockwise from top)

Established in Roskilde in 2004, 'From Here to Eternity' – an elegant new take on the idea of the retirement bungalow – is the work of a group of enthusiastic Danes: mostly couples, and mostly still working.

The two founding couples have taken part in every stage of the project: finding and buying the land, getting a loan, selecting consultants, and networking to find future co-residents – who need not only enough money but must also take their turn to cook for the group of 22.

The relatively affordable homes have two or three bedrooms, sometimes a study too. All share the cost of the 300m^2 'common house' and pay a modest monthly service charge of £125. To the south and west, a disused quarry has been turned into a nature reserve; a large field lies to the east. The decision to make all living rooms west-facing means that almost half of the houses front onto the 'village green' garden rather than outwards towards the landscape, and they feel somewhat exposed as a result.

The common house lounge features a large fireplace; a meeting room is served by a restaurant kitchen and accessible toilets.

Upstairs comprises two comfortable guest suites and space for a pool table, all looking out onto the first (of possibly many) public artworks.

Acting as developer, client and occupier, the residents have been able to oversee the design and construction, and to sponsor variations between dwellings. A pleasing overall coherence to the scheme still leaves room for personalisation, contributing to the quality of place.

Residents agreed that procuring a project in this way demands stamina as well as a sense of humour. More tests lie ahead for the small group of like-minded pioneers. But as they evolve into a community, they will gain increasing control over their lives and the benefits of mutual support.

TYPE:
Co-housing
ACCOMMODATION:
26 contemporary 'bungalows' (2-3 bedrooms, some with study), common house
DEVELOPER:
Co-housing
ARCHITECT:
Vandkunsten Architects
COMPLETION:
2009

Dr Leonie Kellaher, London Metropolitan University

There is a link between environment and identity; like anyone else, older people manage their sense of self through and in places.

People adjust as their capacities decline. They may not adapt their environment, but they will adapt their sense of self.

Most older people are not unreasonable – they know the extent to which they can manoeuvre around their declining capacity. But if the housing that is on offer does not support their sense of self, and allow them to maintain control, they will resist it.

An opportunity for a new kind of housing

Clearly the 'younger old' represent a massive, growing and unsatisfied market. Here lies the opportunity. Many of the individual issues which have led to negative perceptions and inadequate provision can be taken apart and pieced back together to advantage. We should start by recognising our own worth in later life.

Older people are valuable to society in terms of experience, wisdom and the capacity to contribute to community life. Five million over-50s already take part in unpaid voluntary work.[22] This age group is the source of over half of unpaid care, the total value of which was estimated in 2007 to be £87 billion – more than the budget of the NHS.[23] As part of valuing ourselves more highly, we must take more responsibility by planning for the future and not just our next holiday.[24] We must celebrate our individuality and diversity, and resist the idea that age is a defining characteristic; an inevitable decline.

Our economic muscle should be recognised. Older people have control over the larger part of the £932 billion of equity tied up in UK homes, and yet so few of those homes enhance our quality of life in older age.[25] Their location rarely supports engagement with the community or gives us access to the services we want. We need to widen the attention of local authorities and national directives, which have seen young couples or families as the key consumers of housing and meant that a great deal of effort – in policy, guidance and marketing – has gone into imagining new communities in terms of the 'starter home' rather than other sectors of the population.

New interest should be focussed on attractive, spacious and manageable housing for people approaching retirement. High quality, innovative design is crucial to improving perceptions and delivery, to meet tenure needs, and to suit the diversity of society. The panel has seen excellent examples of this kind of housing across Europe and has brought home lessons for the UK.

Homeowners aged over 65+ England and Wales have £611 billion of equity in their property

Prudential equity release index, 2009

View of Flurgarten housing block from roof of geriatric hospital, with dementia garden in foreground and nursing home to right – a 'care campus' integrated into the town, St Gallen, Switzerland

What we have to gain is improved quality of life as we grow older. Clearly, the upshot of getting this right is that many more people will be happy to trade homes and gardens that have become a burden, and which are much needed by overcrowded families, when they see something which they prefer. Some 37% of all households in the UK under-occupy, but with half of these (3.3 million homes) in the 50-69 age group, it is clear that the 'young old' should be seen as a key target market.[26] By providing a desirable alternative, the last resort of 'selling up' could become a positive choice.

For all these reasons, the housing needs of older people are a national priority. Now that we are living longer, we need to be aiming higher and shouting louder. Although we are as diverse as any other age group, we are united by our need for the promise of increased worth and recognition, coupled with better housing and care delivery, to allow us to recognise that in older age, we have much to enjoy and to contribute – and that we matter more than ever.

22 Age Concern England (2004)
23 Carers UK (2007)
24 Croucher, K (2008)
25 CLG (2008) *Lifetime Homes, Lifetime Neighbourhoods*
26 Elderflowers (2007) *A new type of housing for active older people: the Elderflowers model*

We conclude that the time has come for a new national effort to build the homes and create the environments that will meet our needs as we all grow older.

We recommend that

central government prioritises the building of new homes for our ageing population as a key component of its housing, health and care policies

local authorities play the strategic role in co-ordinating new efforts by housing providers, adult care services, primary care and health trusts, private and third sector organisations to meet the housing needs of older people across the country

housing associations maximise the potential of design and innovation in reinventing housing opportunities for the next generation of older people

house builders use their entrepreneurial skills to identify, capture, and meet the demands of this burgeoning market

institutions, agencies and organisations concerned with research and development in the built environment push the topic up the agenda, promoting debate about how better design can add value to older people's lives and homes

the media raises awareness of the significance of this issue which touches the lives of all citizens and communities

all of us recognise the benefits of releasing under-occupied family homes for sale and rent when high quality, manageable, sustainable accommodation is created for older people.

Chapter 2

Gibeleich centre for the elderly, a continuing care facility with a neighbourhood hub at its heart, features beautiful gardens and public access route (see Case Study 16)

FIG.4: push and pull factors affecting the decision to move (opposite page)

What kind of housing will meet our needs as we grow older?

The question 'what' makes us think about ourselves – about what we want our housing to do for us, and where we want to live. What kind of housing would meet our needs and make us feel 'at home'?

The 'second half of life'

The idea that the 'second half of life' is a new beginning is gaining ground.[27] For many, middle age is the aftermath of domestic priorities that come with building a family; for housing, such priorities may include access to schools and gardens for toddlers to play in. But a surge in the energies and ideas of the 'younger old', liberated from their children and settled into established careers, adds up to an opportunity – to downsize and to rediscover social life.

HAPPI has considered the potential impact of this burgeoning market on housing and neighbourhoods, debating how best to answer to its aspirations and make the most of its considerable resources – what economists call the 'grey pound'.[28]

As property owners with the experience and discernment of a lifetime, we need to be tempted by an appealing lifestyle vision if we are to trade in our family homes for something new. We will want housing that celebrates the things we like about our lives – what we've achieved and a view of ourselves that we want others to see. Providers and designers should put effort into understanding what appeals to the 'younger old'.

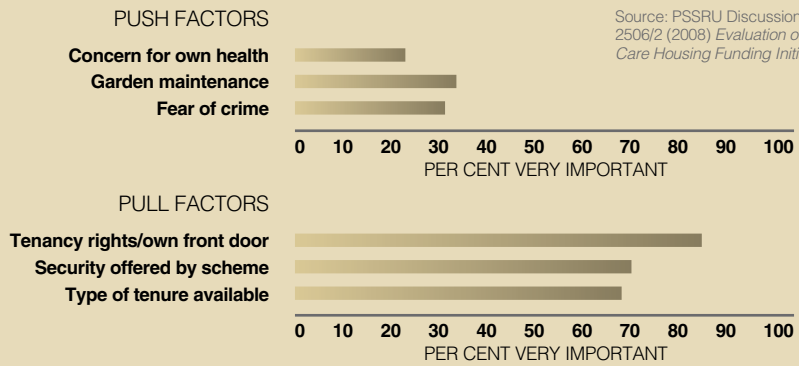
What do we want?

Considering 'push and pull' factors that underpin the decision to stay put or to move, as we grow older, HAPPI has asked two key questions: what do older people want from their housing? And what are the barriers that prevent them from getting it? (See FIG.4)

What we want is sometimes contradictory: we want to be alone and yet with others; we want tradition and also to be 'up-to-date'; we want independence, but we also want to know that help is close to hand.

27 Schenk, H (2008) "The Adventure of Growing Old: On Growing Old and Staying Young" in A. Huber (ed) *New Approaches to housing for the Second Half of Life*, ETH Zurich
28 Lucy Farndon, *Daily Mail* (14 February 2007) "More weight to the grey pound"

FIG.4



Source: PSSRU Discussion Paper 2506/2 (2008) *Evaluation of the Extra Care Housing Funding Initiative*

Jacqueline van Wijngaarden, resident

We like the new exciting image of the building. I like the L-shape of the apartment because I look across from my bedroom to my balcony and get lots of sun.

My (ornamental) hedgehogs sit everywhere in my flat – even my dog has a toy hedgehog to play with!

We had – before in the working life – a business and lived above it. After that we had a little apartment and a farm. I liked working in the garden but it was too much. Now I am near the city life and friends. We have very much to do – concerts, theatre shopping: it's an old town, so there are lots of things to see.

CASE STUDY 7: **De Rokade** Groningen, Netherlands

De Rokade's iconic apartment tower, aimed at 'younger seniors', is a beacon for the extensive Maartenshof continuing care facility which has a neighbourhood hub at its heart. The design pushes at the boundaries of the public image of elderly housing. Instead of the sector's customary low-key, traditional architecture, this building makes a spectacle of itself.

Although the complex, which inhabits a city block, boasts several types of accommodation including over 200 daycare and nursing beds and a kindergarten, the HAPPI visit focused on the de Rokade tower – a private for sale residential development – and the double volume hub which is styled as an indoor 'town square'.

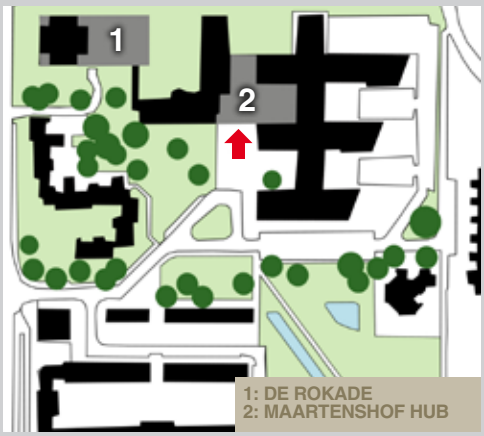
Each of the 74 apartments in the cruciform-plan tower offers up to 115m^2 of floor area, and has its own store room and parking place in a podium raised above ground floor commercial space. Signature round windows, bubbling up the tower elevations, define the building's droll personality.

The enthusiasm and commitment of the scheme manager, Annet van Zuylen of care services organisation Zorggroep Groningen, was palpable. Van Zuylen underlined the need for all partners involved in the development, including housing developer, care provider, consultants, local stakeholders and the city authority, to be fully on board throughout the procurement process.

This sense of common cause emerged as a theme throughout the Dutch visit, providing food for thought for the panel who remarked on the joining-up of spatial and social themes.

De Rokade resident; the circular windows work from inside and out; site layout; residential tower – de Rokade - rising from commercial podium (this page, clockwise from top)

Café culture on market day at the entrance to the Maartenshof 'town square' (opposite page)



1: DE ROKADE
2: MAARTENSHOF HUB

TYPE:
Private for sale flats for 55+ within a continuing care complex, and a community hub
ACCOMMODATION:
74 apartments (2-4 bedroom, 115m^2 average) in de Rokade tower
DEVELOPER:
De Huismeesters (housing cooperative)
ARCHITECT:
Arons en Gelauff
COMPLETION:
2007

43 per cent of residents say their move was influenced by the fact that they needed some help but also wanted their independence
Centre for Housing Policy, 2008

Choice, control and reassurance

Choice, control and reassurance are three of the things we feel most strongly about. They inform our sense of being 'at home' and when satisfied, allow us to extend our aspirations. Study visits have pushed debate within HAPPI beyond the comfort zone of the UK sector.[29] Continental case studies offer practical lessons about the design, form and technologies of the home, and sustainable approaches to place-making.

The most important choice we should face, but often ignore until it is too late, is whether to stay put or move as we grow older. Should we:

- remain at home and have care delivered to us as we need it?
- move to a type of housing that is more specifically geared to the needs of older people, but which promotes independent living?

It need hardly be said that moving into a care home is rarely a matter of 'choice', but this third broad type of housing – the right hand band on the diagram showing the 'spectrum of care' (FIG.1 p.10) – can define choice in certain circumstances. Such circumstances, including the scenario in which one partner in a couple falls ill, underpin the popularity of the continuing care community model.

Reducing this dilemma to a series of either/or options belies the range of typologies (see FIG.3, p.16) and the complexity our lives. But too often complexity does not equate to choice. Many of us wish the really big decisions – where to live and how to receive care – were easier in themselves, leaving us with other, less daunting choices. These difficulties are addressed by advice and information initiatives, such as the FirstStop[30] online and telephone service and the "Should I Stay or Should I Go?" programme.

Although care services today are driving towards greater 'personalisation',[32] there is a perception that current combined housing and care services are geared to 'packaged options'. This does not reflect the way most people think about organising their lives. A central plank of today's acknowledgment of the principle of diversity is the recognition that each of us is an individual with the right to make our own decisions. We expect to be able to pick and choose when we eat, how we spend our time, when we go to bed: we expect to be in control.[33]

If and when we become less able to manage our lives and our homes, we seek reassurance. We want to know that help will be available if we need it and that we can turn to someone we trust and know for advice. We want to know that we will be able to afford the long-term costs of the housing choice that we have made.

29 Of the preceding research projects in the sector, four merit particular attention: CABE (2009), Wel_HOPS (2007), Huber, A (ed) (2008), and Croucher et al (2007) *Comparative evaluation of models of housing with care for later life*, Joseph Rowntree Foundation
30 firststopcareadvice.org.uk, 0800 377 7070
31 www.careandrepair-england.org.uk
32 Department of Health (2008), Local Authority Circular 9337, "Transforming Social Care"
33 HM Government *Opportunity Age: meeting the challenges of ageing in the 21st century*, p.xvii

Specialist care integrated into a suburban neighbourhood; plan showing single-storey 'loops' of accommodation; naturally lit 'street' circulation; green roofs; inviting 'go nowhere' spaces. (this page, clockwise from top)

Pad 55, Pickering offers a designer lifestyle in the Yorkshire countryside (opposite page)

CASE STUDY 13: **Gradmann Haus** Stuttgart, Germany

Gradmann House is recognised as a test bed for cutting edge research on the role of the living environment in promoting wellbeing for dementia sufferers.

Located near the top of a hill, the building's simple plan is made more interesting through its splayed geometry, which arranges 24 ground-floor bedrooms in two loops. Each contains a small, secure courtyard garden and a central homely dining space.

The loops are connected to a street-like social space – a light-filled, friendly environment designed to stimulate the senses without overloading them. Above this, 18 apartments give the partners of the dementia sufferers the opportunity to live close-by but independently from their loved ones.

Spatial and therapeutic functionality is matched by effective environmental design. While outside temperatures pushed above 35°C on the day of the HAPPI visit, inside it felt cool and fresh. Together with external blinds and green roofs, ground-sourced heat pumps moderate the ambient temperature, working within a carbon-friendly strategy to sustain comfort levels.

Despite the fact that dementia now affects so many – one in five of the over-85s – some suggest that we don't know how to deal with it. This stigma adds to the difficulties of faltering memory, alienating sufferers from the places and people who can help them maintain continuity with the world around them.

Combining innovation in social and spatial ideas to offer a warm and dignified way of living with dementia, the design of Gradmann Haus shows that it doesn't have to be this way.

1: DEMENTIA UNITS
2: 'STREET'
3: APARTMENTS
4: GARDEN

TYPE:
Dementia residence
ACCOMMODATION:
25 rooms for dementia sufferers; 18 independent living apartments; day centre and café
DEVELOPER:
Eric and Liselotte Gradmann Foundation and Protestant Society of Stuttgart
ARCHITECT:
Hermann & Bosch
COMPLETION:
2001

Torben Ankærgaard, founding resident, From Here to Eternity

We discussed what we were going to do when we get old – how were we going to live? We could agree on one thing: We don't want to spend our mature age like our parents, alone for too many of them in their big houses. Loneliness – we didn't want that.

We found it important to start this project when we were not too old – we were 50 to 55 when we started

Our ageing selves

The HAPPI brief concerns our housing needs and aspirations – not in general, but as we grow older. In an age of steadily increasing longevity, what does 'older' mean? Retirement or 'pensionable' age is the widely accepted 'official' beginning of the end of middle age, whereas 55 years – the entry threshold for most types of housing designated for older people[34] – is roughly 25 years below the current UK life expectancy of 77 for men and 82 for women.[35]

At 55, most of us are feel closer to how we felt at 45 than how we expect to feel at 85. Few of us welcome the idea that we are now 'older'. Yet statistical likelihoods can be easily recognised as we contemplate our ageing selves. The children will usually have moved out; we will be enjoying reasonable health (although most of us will be reaching for reading glasses and creaking in the morning). We may well be close to paying off the mortgage. Unless things change, if and when we do think ahead, we will expect to stay put until we decide that we aren't coping and need to move (or be moved) into residential care.

In our determination to stay put, we often overlook the fact that our home – the home we have spent years struggling to own outright – may not suit us very well. Future occupants of 'Lifetime Homes' should not have to face this dilemma unless their care

needs are acute. Even so, many will find themselves with more rooms than they need, garden maintenance they can't manage, fuel bills that are a burden and unsuitable storage.[36]

One's own sense of being 'older' – whether at 55 or 85 – has implications at home and for the community. Many retirement-housing providers and managers concern themselves with maintaining a mix of ages and care needs so as to avoid 'old-age ghettoes'; others extend this idea, to promote interaction between generations. Hartrigg Oaks (Case Study 11) and Maartenshof – on the same site as de Rokade (Case Study 7) are two examples of continuing care communities which incorporate nursery schools.

Lessons about 'home' and 'place'

Although many of the European case studies incorporate features commonly associated with care environments, such as wet rooms and level access, these are never allowed to become their defining quality. As a result, every development HAPPI visited was unique, and none felt conspicuously like an 'old people's home'. Schemes reflected the identities of their location, occupancy, and interests. Shared spaces at Gibeleich (Case Study 16) include a multi-faith prayer room; an

34 The 55-years threshold is derived from planning guidance historically associated with housing categories 1 and 2, cf: Butler et al (1983) "Sheltered Housing for the Elderly: policy, practice and the consumer"
35 Interim Life Tables 2005-07
36 Bernard, M. et al (2007) "Housing and care for older people: life in an English purpose-built retirement village," *Ageing and Society* (27), Cambridge

CASE STUDY 16:
Gibeleich
Zurich, Switzerland

A broad forecourt is overlooked on three sides by residents and by a brightly coloured sculpture of a cow which has found a home on one of the planted roofs of the complex. Comprising four buildings – a nine-storey 'tower' of independent living apartments, two blocks providing different levels of nursing care in studio rooms and a community centre that includes conference facilities and a second-hand shop – Gibeleich extends itself literally, as well as in a range of community services.

Dating back to 1967, the scheme's original architecture is utilitarian. The nineties conversion uses the building form to make outdoor places which invite people into and through the site. Café tables spill out onto the forecourt, leading the eye through a foyer dining area and out into the garden, itself crossed by a public route that children use on the way to a neighbouring school.

Whether enjoying a card game or sitting with a book, residents can watch the world go by at Gibeleich. Agile management ensures that events and opportunities are always on offer, bringing in family, friends, and neighbours. The scheme operates a laundry at neighbourhood scale, and sends out 50 'meals-on-wheels' a day, with the help of volunteers.

Gibeleich functions as a community hub in a suburban setting. Evidently, the confident, outward-looking management style has been pivotal to establishing its importance in the locality, but it is worth noting that the architectural form of the scheme has played a significant supporting role.

The café acts as a neighbourhood hub; sentry cow on an ecological roof; rooftop terrace; gardens surround Gibeleich; assisted living resident; second-hand shop (this page, clockwise from top)

One of the 'young old' founders of Herfra til Evigheden; summer fair at Hartrigg Oaks (opposite page, from top)

TYPE:
Complex catering for a range of care needs including dementia; neighbourhood hub and outreach services
ACCOMMODATION:
37 independent living apartments (1-2 bedrooms, 35-62 m^2), nursing care beds, café, conference facilities, therapy garden, etc
DEVELOPER:
Municipality of Opfikon-Glattbrugg
ARCHITECT:
Hans Andres (refurbishment architect)
COMPLETION:
Originally built 1969; refurbished 1999

‘Architecture is actively changing the image of housing for older people’

active community engagement strategy at Lingham Court in Lambeth, London includes hosting meetings for an older gay and lesbian group.[37] De Rokade (Case Study 7) boldly puts older people’s housing on the local skyline in a design statement that contrasts with the low-key approach of most UK developments. Here, and at developments such as Neptuna (Case Study 20), architecture is actively changing the image of housing for older people.

Several case studies place an emphasis on community, reinforced by shared spaces, shared experiences and shared values, but not at the expense of privacy. On several study visits, the Panel heard from residents that they value being able to choose when to be alone and when to be with others.

Do-it-yourself communities

An entirely self-funded co-housing project in St Gallen, Switzerland, combines the two Italian words *solo* (alone) and *insieme* (together) to form the invented word ‘solinsieme’, which it takes as its name.[38]

At Wohnfabrik Solinsieme (Case Study 19) every apartment is kitted out with common features – smart industrial flooring and a ‘bathroom box’ pod – reinforcing the equality of the residents while leaving scope for each home to reflect its owner’s personality. In the shared meeting-cum-dining room the four women who had conceived and realised the project spoke about what they had wanted from it, and how they went about getting it.

The room itself was large and elegantly designed, but had a ‘kitchen table feel’ about it too – a sense that here problems are aired and solved. Now all over 60, the founders had been in their 50s when they initiated the project; they hope to share many more years of living ‘together and apart’, looking out for one another rather than having to rely on institutional or technological forms of social care.

In terms of commissioning and managing new housing the panel has been impressed by models of mutual and co-housing seen in Europe. In these developments, future residents have got together to decide what they want, organised its delivery, and handled the subsequent management of the scheme and its collective activities. Similar ideas are gaining ground in the UK. Initiatives such as Elderflowers Projects and the Older Women’s CoHousing are making a positive, collective housing choice to ‘own’ the process and create the product.

Potential occupiers seek to pool their resources and explore other funding mechanisms to acquire leases in each new scheme and to bring in tenants in mixed tenure developments. Further impetus for housing for older

37 Lingham Court (a Metropolitan Housing Trust scheme designed by Pollard Thomas Edwards architects) is one of the case studies in CABE (2009); on diversity issues in housing, see Penoyre & Prasad (1993) *Accommodating Diversity*, NHF
38 Huber, A (ed) (2008)
39 Help the Aged (2009) *One Voice: Shaping our ageing society*
40 Bernard, M et al (2004) *New Lifestyles in Old Age*, Policy Press, Bristol
41 Sustrans/Socialdata (2004) *Travel Behaviour Research Baseline Summary: Sustainable Travel Demonstration Towns*
42 CLG and the International Longevity Centre (2007) *Towards Lifetime Neighbourhoods: Designing sustainable communities for all*

people organised on these lines may come from the Commission on Mutual and Cooperative Housing which is due to report later this year. The panel would wish to see an end to legislative and fiscal barriers to mutual and co-housing projects.

Throughout the HAPPI visits, the importance of a sense of belonging to a neighbourhood was evident. However accessible and attractive a home may be, our capacity to enjoy it will be undermined if we feel isolated or insecure. Such feelings increase with age, especially if we are left alone after the death of a partner.[39] Remaining active in the context of a community, in a neighbourhood we know, is crucial to our quality of life and how we feel about the future.[40]

‘… a positive, housing choice to “own” the process and create the product’

Neighbourhood integration

In a presentation at Hartrigg Oaks (Case Study 11) researcher Karen Croucher reminded us that neighbourhood is a ‘powerful determinant of housing choice’ for older people (see p.32). Underlining the relevance of location she emphasised not only convenient access to shops and transport networks but also the capacity of a neighbourhood to foster a meaningful sense of place.

Investment often favours new or ‘flagship’ projects, but building on what we have is equally important. We should integrate housing for older people into existing towns, cities and suburbs, as well as incorporating it into future plans. Urban living has

advantages; being close to shops and facilities encourages us to get out and about, fostering a comparatively autonomous lifestyle. We are likely to feel a stronger sense of community and contribute more, if we live close to the centre of it.

Older people are among those who would happily give up their cars, if good public transport were available. In Germany the over-60s are among the most active cycle users, with an average of 16% of trips made by bike – whereas in the UK the figure is 4%.[41] Most European schemes visited provided generous secure bicycle storage. Attitudes to cycling tie into the government’s promotion of healthier lifestyles, wellbeing in later life, and sustainability. The virtuous circle described in *Lifetime Homes, Lifetime Neighbourhoods* is a convincing model and one in which older people should be centrally placed;[42] Neptuna (see Case Study 20), which integrates cycling, walking, and public transport strategies into a coherent urban plan, sets an example.

Home comforts in a social rented flat at Maartenshof (de Rokade), Groningen; a bicycle has pride of place in a study at Herfra til Evigheden, Roskilde; café invites the neighbourhood in at Darwin Court, London (this page, clockwise from top left)

Co-founders of Swiss cohousing scheme Solinsieme (opposite page)

Karen Croucher, researcher, Centre for Housing Policy, University of York

Neighbourhood is a powerful determinant of housing choice – as important as the home you live in. Alongside the obvious things – safety and security, convenience, location, affordability – neighbourhood is about familiarity and personal identity, which people reflect on through place.

Rather than duplicating local services, new developments should complement them. A swimming pool and canteen restaurant at Darwin Court are open to the community, as well as to residents (Case Study 13). The building responds to the access and management challenges posed by a sophisticated, mixed-use building in a historically tough neighbourhood without compromising security. Other schemes, including most existing extra-care schemes and retirement villages, choose to provide facilities for residents only, which – although often the practical or preferred solution – may restrict opportunities for community interaction.

Dementia is projected to increase 44% among the over-65s by 2025

ILC UK, 2008

Specialised care housing

Notwithstanding demands for active lifestyles and integration with the local community, the panel is mindful of the restrictions on mobility implied by physical frailty and impaired mental health. The need for specialised provision in safe, supportive environments remains. Dementia is on the rise, and those who live with this and other debilitating conditions deserve the best possible quality of life.

Gradmann Haus (Case Study13) demonstrates the value of good design in specialised care settings. Coupled with expert knowledge and committed staff, the stimulating, non-institutional architecture provides a best-practice example of how we can hope to live well, and maintain our relationships, even if our minds and bodies let us down. While Gradmann Haus is at the edge of the panel's remit, providing as it does full-time residential care rather than just housing, it shows – with Postiljonen, which is an exemplar in neighbourhood integration (Case Study 21) – that even in situations of acute need there are ways to rise to the design challenge of creating a home.

Gradmann Haus protects its vulnerable residents, but its design offers a welcoming public face to the street; residents' pool at Pad 55 designer homes, Pickering (this page, from top)

What kind of housing will meet our needs as we get older? The preceding chapters have shown that the answers to the questions 'why?' and 'what?' support the case for mainstream housing to be guided by the inclusive principles of *Lifetime Homes, Lifetime Neighbourhoods*. At the other end of the care spectrum, the demand for specialised housing remains. All these, as well as compound housing options (such as continuing care communities) should be governed by the same place-making principles. Locally responsive, integrated models of extra care will remain good options for those with medium to high care needs.[43]

We have identified the need for new housing products to appeal to an increasingly discerning, image-conscious market. These homes must be well located, offering some autonomy but integrated into a community and they must complement local character and services. In terms of design, form and content, each should be an appropriate typological response to a unique set of physical and social circumstances, rather than a formulaic solution.

43 Housing LIN & CLG (2008) *More Choice, Greater Voice: a toolkit for producing a strategy for accommodation with care for older people*

We conclude that

most of us want our housing to help us maintain our chosen lifestyles as we grow older

because we are likely to spend more time in our homes, we will need more space and light, comfort and convenience to live our lives to the full as we grow older

we will look for safe and secure, healthy, attractive environments, close to the shops and amenities we need, and to our social networks

we will want homes that are easy to maintain, that can be adapted to our changing needs, and that do not force us to move to an institutional setting if we require more care and support

we will wish to feel in control of our destiny, able to take our own decisions about our homes

while we believe strongly in greater accessibility – using Lifetime Homes standards (even with modifications) for all new homes – solutions to our housing needs will very often be found in purpose-built new homes that are specially designed and planned with older people in mind.

We recommend that

all of us plan ahead to achieve the kind of housing for older people that suits us best, by creating demand for better choice, influencing central, regional and local government bodies, encouraging providers, and raising our aspirations in line with social change.

Chapter 3

De Rokade housing, a residential tower in the Maartenshof continuing care development in Groningen, offers Jacqueline van Wijngaarden and her husband the lifestyle to which they aspire (this page – see also Case Study 7)

Up-to-the-minute architecture at de Plussenburgh, Rotterdam (opposite page)

How can these housing requirements be met?

The quality of the internal domestic environment becomes increasingly important with age. Space, light, views and ventilation all matter much more when we spend more time indoors. Although the external appearance of our home may affect us less directly it is also important because of what it says about how we see ourselves, and how we are seen by others. Buildings that contribute by helping to shape and make places echo the contributions to society made by the people who live in them.

Quality by design

Many of the inspiring case studies seen by the panel challenge what we mean by 'quality', confronting established preconceptions about how best to design for older people. De Rokade (Case Study 7) is a good example. An exciting, contemporary building, it shows how aspirational, open-minded architecture can help to raise the profile of older people, demonstrating that we can enjoy a good quality of life in urban locations and at high density in older age, if we are given the choice to do so.[44]

In Europe, where apartment houses are a conventional part of urban culture, many older people have lived in flats throughout their lives. They have experienced the benefits of greater security and less maintenance, and enjoyed the conviviality of shared space.

With some exceptions, contemporary European homes are bigger than in the UK, where there is a history of building small in older people's housing. In Sweden, space is governed by the strict imposition of standards.[45] Here, while we do have minimum standards for housing which receives public subsidy, space in private sector housing is unregulated. This may provide lessons for our mainstream housing, across all tenures, as well as a case for higher space standards for housing for older people.

Over 700,000 over-65s don't get out more than once a week

Help the Aged (2007) Spotlight Report

44 CLG (2009) *World class places: the Government's strategy for improving quality of place*
45 SS 91 42 21:2006, Swedish Standards Institute

Open plan living at Solinsieme, St Gallen (this page, right)
FIG. 4: deck-access apartment plan at Flurgarten, St Gallen, shows flexible layout (this page, bottom)

Shared circulation space in the 'orangery' at Pad 55 overlooks a semi-private courtyard garden, and invites occupation by residents; walk-in store room area at Sankt Antonius, Stuttgart (opposite page, from top)

Most households, including older households, now seek at least one spare room as a minimum

Centre for Housing Policy, 2008

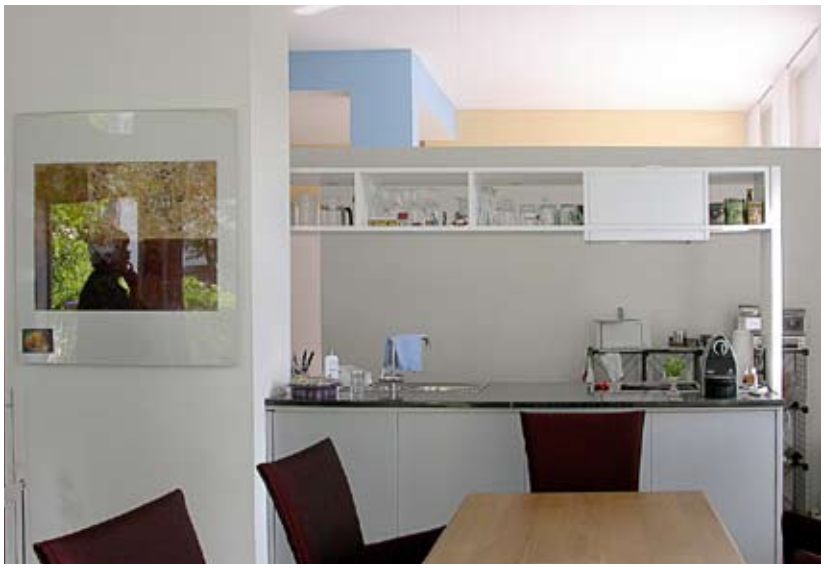


FIG 5

1: ACCESS DECK
2: OPEN PLAN LIVING AREA
3: SLIDING DOOR
4: FULL WIDTH BALCONY

A better use of space

How we allocate and arrange space is as important as how much we have. In older age we have accumulated treasured possessions that we want to display or store. And most of us will need a second bedroom for visiting friends or family, or a carer staying overnight.

In the UK, we attach importance to the number of rooms we have, and use this as the way we describe our homes; a status symbol that – perversely – encourages us to under-occupy our homes as we get older and makes us reluctant to 'give up' rooms. But open or flexible-plan homes with fewer, larger bedrooms tend to feel more generous, offering alternatives and choice (rather than bedsits, which do not.)

Some aspects of UK regulation work against the idea of flexibility. Without sprinkler systems, fire lobbies must be provided within flats. Open plan arrangements are thus more difficult to achieve. Families may prefer to separate kitchen and living spaces, so that activities interfere less with each other and cooking smells are contained, but this is less relevant for people living alone or with a partner or companion. Many European examples, including Flurgarten in St Gallen (see left), and de Plussenburgh in Rotterdam, demonstrate the ease with which more flexible living arrangements can be achieved – for example, using sliding partitions between living spaces and bedrooms. Easy to use, these enable a flow of space, light and ventilation through the home.

The right amount and kind of storage is important for older people. It gets harder to reach the bottom and top shelf, so the amount of usable space reduces. To avoid at least some of the many preventable falls estimated to carry a healthcare cost in the region of £1 billion a year, it is vital that we have enough accessible storage for our possessions.[46] This is still more

important for the blind and partially sighted, who rely on knowing exactly where to put and find things in order to retain their independence. An individual's circumstances must be fully understood in order to generate appropriate design solutions. An area of walk-in store rooms – often in basements – is a standard feature of most housing on the continent, as seen in HAPPI visits to schemes in the Netherlands, Germany and Switzerland.

Many older people find it hard to give up their garden even when they are struggling to maintain it. Large, sheltered or semi-enclosed balconies, which can feel more like extra rooms, provide a practical substitute. Outdoor spaces that offer a fully accessible extension to the home, usable for much of the year, are valuable to those who leave the home less frequently; approximately a third of older people cross the threshold of their front doors only twice a week.[47]

The same applies to circulation space, both within and outside of the home. The wide and sociable access decks seen at Flurgarten and Solinsieme (Case Study 19) offer settings for convivial conversation and sitting out. Like balconies, they connect us to the outside world, as well as to our home. In much of the UK, internal corridors with doors off both sides – often artificially lit – are commonly accepted as a necessary evil required to maximise development efficiency. Though often finished to a 'hotel-like' standard at considerable expense, they lack character and are used only for access.

Tom Welch, housing developer, Pad 55, Pickering

We're offering elegant lock-up-and-go homes, designed to appeal to discerning over-55s, especially expats returning to the UK. Pickering is a great location – it has easy access to northern cities and the coast, but it feels rural.

We have been unlucky with our timing; the downturn has resulted in market pricing moving away from us. But we think there are learning points in what we've done at Pad 55.

46 Help the Aged (2007)
47 Sinclair, D., A. Swan and A. Pearson (2007) "Social Inclusion and Older People" Help the Aged

‘… a sustainable way of thinking that benefits everyone, but older people in particular’

Sustainability

Although some of the UK schemes visited were at the forefront of green technology – the Pad 55 development in Pickering, North Yorkshire for example, generated its own energy and boasted a range of sustainability credentials – we do have some catching up to do in terms of environmental design. On the hottest two days of the summer, schemes including Gradmann Haus, Stuttgart (case study 13), and Gibeleich, Zurich (case study 16), were cool and comfortable. Green roofs, passive stack ventilation and sun awnings are everyday environmental solutions rather than ‘extras’. This sustainable way of thinking benefits everyone, but older people in particular. As we get older, we are less able to control our own body temperature and get too hot or too cold more easily. Because we spend more time at home, we spend more money on lighting, heating and cooling, unless our homes are well designed. It is perhaps unexpected to find that older person’s housing could lead the way in terms of sustainable environmental design, but it makes sense that it should.

This observation echoes earlier calls for the integration of agendas. The Code for Sustainable Homes does not acknowledge the particulars of this sector, as it is not currently set up to apply to housing provision with integral communal facilities. As with the need to join up thinking between government departments, between agencies and institutions, and between the private and public sectors, there is a need to rationalise the various regulatory and advisory design frameworks, so that new-build standards in this sector at least match the environmental standards that compliance with the code requires elsewhere.

There is also a need for the integration of design agendas. Building management environmental systems and person-centred equipment, which perform monitoring, information and security functions through ‘telecare’ and assistive technologies, help to manage thermal comfort and support independence. When we know that the alarm will be raised if we fall, or fail to get up in the morning, and that a ‘smart’ energy system will moderate the extremes of hot or cold weather while looking after our fuel bills, we have a greater sense of security.

As well as technologies, housing design should actively promote wellbeing through its structure and fabric. A growing body of evidence shows that daylight exposure – which plays a role in the production of hormones, regulating daily rhythms and affecting moods – contributes to good health. This theme is important at the scale of the building and the neighbourhood. Visual contact with the outside world, as well as proximity to parks and exercise facilities, are important factors.

Learning from the case studies, and pooling its collective experience and insights, the panel has chosen to highlight ten practically focused design priorities, set out with examples in the following pages. Rather than focussing on specific care needs, these recommendations provide a baseline for all housing for older people. Needs in terms of mobility, accessibility, and sensory support – especially for visual impairment – merit consideration.

CASE STUDY 21:
Postiljonen
Skanör, Sweden

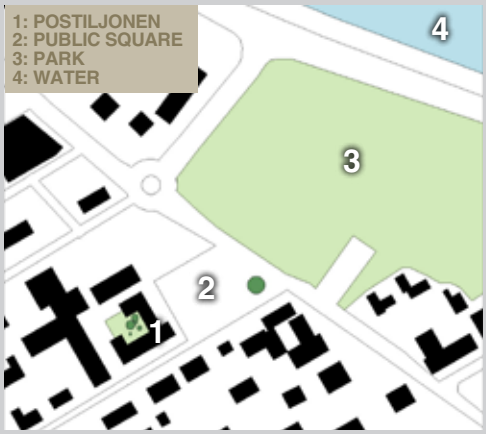
With its colour-washed exterior and elegantly proportioned common room overlooking the village square, Postiljonen is enchanting. Swedish country furniture complements the courtyard garden ambulatory; interesting objets d'art are everywhere.

But the strengths of the project are more than aesthetic. In common with Neptuna, Postiljonen is located in the thick of things. The front door gives onto a village square; to the rear, the garden's open corner links to the care home next door. As at Collier's Gardens, circulation spaces are more than just a way to get around. French windows open onto the court, providing access as well as sunlight, views, and a sense of calm.

Members of the panel were bowled over by the scheme's architectural quality – by the relationship of the rooms to the ambulatory and in particular by the 'very special' day room overlooking the village square. Of note was the high level of personalisation of residents' rooms.

Our guide – a Postiljonen employee of some 15 years – told us that anyone moving in 'should not feel you are coming to an institution, you should feel like: "I am still at home; this is my place" … you have to knock on the door before you enter.' Such staff attitudes contribute to the tactful domesticity of the building.

Self-assured management and a good level of investment have played a role in the success of Postiljonen. But the contributions of design and location are equally important. In combination, these factors allow those for whom this is a final home to make the most of their last days.

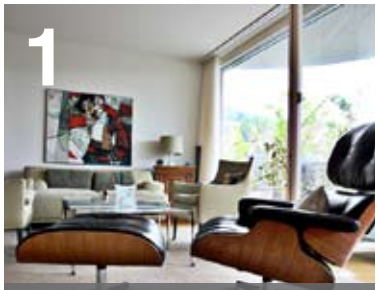


High quality landscaping creates calm sense of place within the courtyard at Postiljonen; sunny spaces for dignified enjoyment; general plan; easy connections between inside and outside; main entrance; site plan (this page, clockwise from top)

Neptuna (Case Study 20) in the Bo01 district, an emphatically sustainable urban development (opposite page)

TYPE:
Nursing home and hospice
ACCOMMODATION:
24 studios (30m^2 average), 4 beds for respite/ palliative care, dining room, winter garden, service and staff areas
DEVELOPER:
Vellinge Municipality
ARCHITECT:
White Arkitekter, Malmö
COMPLETION:
1994

Ten components for the design of housing for older people. **HAPPI** RECOMMENDS THAT:



Generous top floor flat at Flurgarten, St Gallen

the new retirement homes should have generous internal space standards, with potential for three habitable rooms and designed to accommodate flexible layouts

Sunny circulation with a view, de Plussenburgh, Rotterdam

care is taken in the design of homes and shared spaces, with the placement, size and detail of windows, and to ensure plenty of natural light, and to allow daylight into circulation spaces

Balcony as garden in Maartenshof dementia unit, Groningen

building layouts maximise natural light and ventilation by avoiding internal corridors and single-aspect flats, and apartments have balconies, patios, or terraces with enough space for tables and chairs as well as plants

Fully accessible shower in Gibeleich Alterzentrum, Zurich

in the implementation of measures to ensure adaptability, homes are designed to be ‘care ready’ so that new and emerging technologies, such as telecare and community equipment, can be readily installed

Access deck as defensible space at Sankt Antonius, Stuttgart

building layouts promote circulation areas as shared spaces that offer connections to the wider context, encouraging interaction, supporting interdependence and avoiding an ‘institutional feel’, including the imaginative use of shared balcony access to front doors and thresholds, promoting natural surveillance and providing for ‘defensible space’

Lively social space at de Plussenburgh, Rotterdam

6 in all but the smallest developments (or those very close to existing community facilities), multi-purpose space is available for residents to meet, with facilities designed to support an appropriate range of activities – perhaps serving the wider neighbourhood as a community 'hub', as well as guest rooms for visiting friends and families

Manicured gardens for sustainable drainage, Pad 55, Pickering

7 in giving thought to the public realm, design measures ensure that homes engage positively with the street, and that the natural environment is nurtured through new trees and hedges and the preservation of mature planting, and providing wildlife habitats as well as colour, shade and shelter

Expressive awnings at Irchel, Zurich

8 homes are energy-efficient and well insulated, but also well ventilated and able to avoid overheating by, for example, passive solar design, the use of native deciduous planting supplemented by external blinds or shutters, easily operated awnings over balconies, green roofs and cooling chimneys

Spacious and convenient bike store, de Rokade, Groningen

9 adequate storage is available outside the home together with provision for cycles and mobility aids, and that storage inside the home meets the needs of the occupier

Shared surfaces, Bo01, Malmö

10 shared external surfaces, such as 'home zones', that give priority to pedestrians rather than cars, and which are proving successful in other countries, become more common, with due regard to the kinds of navigation difficulties that some visually impaired people may experience in such environments.

Silvia Jaeger, 93-year old resident, Konradhof, Switzerland

When I joined, I compared with other old people's homes, and it's quite good value for money.

And you know they do look after us here. The manager – Herr Buchs – he's extremely sensitive. He runs the place in a most clever way: he understands us.

The modern design gives you the feeling of liberty and freedom. My apartment is perfect … every day I say "thank you" that I have done the decision.

Flats step back in section and overlook the shop-filled public plaza at the Brunswick Centre, London (above)

The HAPPI visits have shown how housing for older people could set an example for mainstream housing design, rather than lag behind. Some of the ideas have an initial cost, but there would be savings too. We need to improve the fit between our lifestyles and our housing, especially in later life. Even the largest two-bedroom flat will be smaller than most four-bedroom two or three-storey houses, and as we grow older we don't need acoustic privacy between living and sleeping areas that stairs and hallways provide for families. For older people living alone, stairs are often a physical barrier; many living out their years in the family home haven't been above the ground floor for years.

Town and country

Saving space by shifting from family houses to flats or compact homes has obvious implications for density. This is particularly appropriate and beneficial in urban areas where land values are higher. As the panel saw at the Brunswick Centre, town and city-centre locations have numerous advantages for older people. Where there is already easy access to shops, cafés, banks, health, leisure and community services, it makes sense to reduce the scope of such facilities within developments; indeed the 'Lifetime Neighbourhoods' development model advises against such duplication with the proviso that commercial space should not be expected to fulfil the social role of communal space. Good public transport allows older people to take advantage of bus-pass concessions and have better access to an even wider range of services and facilities, as well as friends and family. These benefits are not confined to cities but apply equally to towns, suburban centres and rural hubs.

'Housing for older people could be an exemplar for mainstream housing design'

Suburbia – its appeal and its attributes – should be reappraised as part of an investigation into new ideas about housing for older people. An increasing range and density of housing and services in suburban locations could improve the quality of life, enhance the local economy and support community cohesion. The panel acknowledges the enduring popularity of suburban and rural life in all its forms, including the much-maligned bungalow. Often associated with poor quality place-making, this housing typology could be reinvented at higher densities,

CASE STUDY 11:
Hartrigg Oaks
York

Active residents preparing for a 'bring and buy' summer fair; cafeteria servery; 'room-in-the-roof' space for hobbies in new Lifetime Homes housing at Elmtree Mews; bungalow gardens back onto communal green; main entrance of the community building (this page, clockwise from top right)

Hartrigg Oaks – a continuing care retirement 'village' – has a timeless charm that resonates with the 'classless' tradition of Joseph Rowntree's garden village of New Earswick, in which managers and professionals lived alongside workers.

The 152 bungalows come in four variations and are ranged symmetrically around the community building which provides a generous forecourt and a warm welcome. The 42-bed nursing home wing attached to this centralised facility makes care and catering viable.

The continuing-care model offers residents reassurance about the future, particularly when, as here, it is combined with an actuarial model of payment. This operates like an insurance scheme, whereby residents pay a fixed annual charge which covers a maximum of three hours/day home care and all care costs for those who move into full-time care. In practice, fewer residents than had been expected make this move, so the care facilities are able to serve the wider community and offer respite care.

For its part, the Joseph Rowntree Housing Trust seems very good at reviewing financial and tenure arrangements to suit market conditions and changing lifestyle priorities.

The residents met by the panel seemed active and positive, and clearly value the pool, gym, restaurant and other facilities.

Despite their uniform appearance, each home has a unique charm and quality. This impressed members of the Panel, who were buoyed up by the idea of exploring possibilities for a new, 'high-density bungalow' typology.

TYPE:
Continuing-care retirement village
ACCOMMODATION:
152 bungalows (1-2 bedroom), 42 nursing-care beds and community building
DEVELOPER:
Joseph Rowntree Housing Trust
ARCHITECT:
McNeill Beechey O'Neill
COMPLETION:
1998

To 2029, the population aged 75+ is projected to rise by 47% in urban areas, and by 90% in rural areas

Lifetime Homes, Lifetime Neighbourhoods

drawing on courtyard and almshouses traditions that underpin the approach adopted for many years by the English Courtyard Association, a not-for-profit housing organisation.

We should also seize opportunities to revitalise unused offices and industrial buildings – such as the redundant embroidery factory at Solinsieme (Case Study 19) – and consider their suitability for conversion to housing. By putting older people in the heart of the community and providing facilities which complement what exists, everyone could benefit. In rural locations, where local services are often few and far between, it may be necessary to provide more extensive communal facilities within new retirement developments. Painswick Village is an example of a 'large development' (in this case nearly 60 flats, a nursing care unit and a range of shared facilities) which has been designed to respond to its Gloucestershire countryside setting, reproducing its hotel-like design brief in a village-like form. Although the homes are quite small, finishes and facilities verge on the lavish; amenities include an à la carte restaurant and a spa pool.

The architectural approach breaks down the scale of Painswick's modern continuing care development to mimic a rural village (above)

High quality design and a prime waterfront location combine to give older people priority; Neptuna's front faces out to the harbour; an everyday holiday on the terrace; balconies look onto the courtyard garden; the lively urban fabric of Bo01 (clockwise from top left, opposite page)

CASE STUDY 20: **Neptuna** Malmö Sweden

Having lost its heavy industry in the 1980s, Malmö has reinvented itself as a sustainable city with a services-orientated workforce and an active higher-education sector. The district of Bo01, the first phase in this transformation, is regarded as an exemplary Lifetime Neighbourhood. Within it and boasting the best position on the Western Harbour waterfront, the Neptuna affordable housing development for the over-55s gives few clues that its residents are older people.

As is often the case for housing of this type, most residents are over 75, and one – who visits the gym twice a week and swims in the sea in fine weather (all before breakfast) – explained that she knew she would be able to count on the support of those around her should her health fail. Her only regret is that there are not more younger people to vary the mix.

Nevertheless, Neptuna is part of a thriving public culture. Both the common room and the top spa facility, with its terraces, have excellent visual connections to the outside. All flats have balconies – some in exposed positions looking out to sea, but most facing a sheltered courtyard with oblique views of the water.

The scheme sits comfortably within the new, high-quality neighbourhood. Neptuna provides an appealing lifestyle choice for those who wish to trade in family homes for sustainable urban living. Shops and cafés on the ground floor of the doorstep waterfront square extend the potential of the kind of high density, mixed-use architecture that can improve access to services while reducing reliance on energy intensive transport. Shared surfaces help by prioritising pedestrians and cyclists over cars.

Bo01 leads in a sustainable direction, giving practical expression to the concept of Lifetime Neighbourhoods.

TYPE:
Housing for 55+ at the heart of a flagship 'Lifetime Neighbourhood'
ACCOMMODATION:
95 apartments (1-2 beds, 43-65m^2), restaurant, common room and fitness suite
DEVELOPER:
Public/private partnership: SWECO Projektledning AB
ARCHITECT:
Arkitektgruppen i Malmö AB
COMPLETION:
2005

Sir Richard MacCormac, panel member

During our visit to the de Rokade scheme in Groningen, my reaction was that I got a wonderful sense of civilised values about elderly people, which was reflected in the architecture. I was very impressed and affected by it.

I was reminded that while the kinship system that supported family ties and social coherence has fallen away in advanced European countries, we don't need to abandon the idea of there being a social fabric.

The 'civilised' hub at Maartenshof, of which de Rokade is a part, offers an anchor for the many activities of the site and for the wider neighbourhood; Cards and companionship, Neptuna; Residents at de Plussenburg (from top)

By exploiting the revenue potential of its location, Painswick is able to cater for the complete range of care needs. The 'independent living' housing units stand apart from the main building and those who buy homes retain full choice and control, with the reassurance of easy access to care and facilities that being part of a retirement community provides; this is similar to Hartrigg Oaks, but on a different business model.

The key message in the delivery of better housing in better places is to aim higher generally, whilst producing a site specific response to location and local need. Space is one of our most valuable assets; we need the right amount of it, and it must be well designed, with the flexibility to fit our needs and circumstances.

Based on unsatisfied demand and rising aspirations, the panel also acknowledges the need for greater choice, and a better image for housing in the sector. European and innovative UK examples suggest a new 'easy-fit' form of housing for older people which can take us through later life with pride, rather than the stigma attached to sheltered housing. This design challenge calls for spacious, practical, desirable homes which reflect our differences as individuals and offer us opportunities to come together as a community, to share what we have in common.

Among the recommendations in Chapter Three, the panel makes ten specific suggestions for the design of new housing for older people (see p.38). While these may not be ground-breaking ideas, they go beyond what is currently on the market. Many of them could – and should – apply to all of our new housing, but this is an opportunity for older people and their housing providers to lead the way, starting a virtuous circle of downsizing and reinvestment.

We conclude that

a major shift of perceptions and national priorities is needed to match the quality and quantity of desirable housing for older people now found in many other European countries.

We recommend that

in all major housing and regeneration projects, consideration be given to how best the housing needs of older people will be met

mutual and co-housing models be supported, where a group of households meet their own needs by collectively procuring and managing their retirement housing

new retirement homes are created in Lifetime Neighbourhoods – sustainable places with easy access to shops and facilities (from parks to doctors' surgeries), with good transport connections – and are designed to be inclusive, safe and welcoming

in addition to urban locations, housing for older people be built in the suburban areas where the majority currently live, making the best possible use of new developments to create Lifetime Neighbourhoods by, for example, reinvigorating a failing shopping centre or fostering community involvement through design processes

more projects are undertaken that turn outdated and underutilised existing buildings in central locations into spacious housing for older people

more support is given not only extra care housing but to retirement villages and continuing-care retirement communities that cater for a wide age range, with a tenure mix and economies of scale that make possible extensive facilities for healthy living and social activity in sustainable places

due regard should be given to the role of consultation in the design process, to encourage and make it possible for diverse stakeholders – including local people, future users and the voluntary sector – to stake a claim in the wellbeing of a new development within their community.

Chapter 4

Sun-screened balconies become outdoor rooms at Irchel, Zurich

Who can make it happen?

This report has implications for national and local policy makers, planning and funding authorities, housing and care providers across all sectors – and for each of us. The issues raised are worthy of debate in Parliament and around the country at every kitchen table, so that words can be turned into action.

Through *Lifetime Homes, Lifetime Neighbourhoods: a national strategy for housing in an ageing society*, central government has already set out its vision for a sustainable built environment that recognises the needs of people of all ages. It now needs to provide the resources and regulatory framework that can make a real difference.

Government has announced its intention that the Lifetime Homes standards of accessibility and adaptability will apply to all new affordable housing by 2011, and its desire to extend this to the private sector by 2013. The standards are currently being revised by Habinteg Housing Association to reflect technological and other changes since the original standards were devised. These relate to the provision for future lift and overhead hoisting, space required for wheelchair access in bathrooms and WCs, as well as energy efficiency and the impact of assistive technologies including 'telecare'.

In addition to revisiting these standards prior to their wider adoption, the time may be right for consideration to be given to a new requirement for lifts in apartment blocks and for a different approach to two/three-storey narrow-fronted houses and other high-density typologies. The Building Regulations Advisory Committee (BRAC) has been actively considering these issues which are of particular interest to the panel in the context of housing for older people.

HAPPI recognises that Government needs to ensure that any savings achieved from health and social care budgets, and made across local economies and systems, are reflected in increased resources for housing.

In partnership with housing associations, the Homes and Communities Agency (HCA) has the opportunity to exercise public sector leadership by an increased emphasis on the provision of housing for older people, and in the review of its Design and Sustainability Standards. Private sector developers are encouraged to recognise both our right to a more desirable housing product which responds to the priorities we have in later life and the commercial prowess of this age group. With genuine cooperation, public/private partnerships can deliver the best of both worlds, ensuring an integrated mix of tenants and owners. Meanwhile, the theme of joining-up – of a 'single conversation' – is equally important in relation to collaboration between departments and authorities.

Local Development Frameworks can identify suitable sites on the basis of well-informed local analysis, and planning authorities can develop Supplementary Planning Documents for housing for older people and encourage its provision through Section 106 Agreements. Architects, developers, planners and commissioners can all play their part in understanding and supporting the mutual benefits of this approach.

Amy Swan, policy officer, National Housing Federation

There are barriers to innovation in the specialist housing sector, some of them embedded in the housing and planning system.

The duty for public agencies to "secure greatest public benefit" can be a barrier to finding affordable sites.

Few authorities secure specialist housing through Section 106 schemes. This restricts the level of provision and the sites available.

Regional strategies should aim to include specialist housing delivery targets.

UK providers face difficulties in developing co-housing for older people. These include the risks of an untested market, associated funding barriers, and questions of governance.

To ensure coordinated delivery at local level, Local Strategic Partnerships represent a mechanism for setting up local groups to consider the housing, health and care needs of older people. We need to put the issue on the agenda for all major projects across the country, and carefully consider the diverse needs of rural, suburban and urban communities. Project briefs should focus more on maximising specific opportunities, and less on generic solutions. Project leaders need to ensure that stakeholders are fully consulted early on in the process; those whose opinions are sought should feel confident that others really do want to hear what they have to say and that they have genuine influence on how projects are taken forward. This focus on the end user is felt, by the HAPPI panel, to be critical. Prioritising the involvement of the people whose lives are to be shaped by developments, and the support of those who can actively procure their own housing, can engage important social and financial instruments for change.

Social tenant in affordable housing at Maartenshof; 'sheltered' resident at the Brunswick Centre; resident in de Rokade; on the 16th floor of de Plussenburgh the panel met a Dutchman who had spent much of his life in the UK, but "didn't want to grow old in England"; a 'younger old' Herfra til Evigheden founder member; 93-year-old Konradhof resident (this page, from top)

Coordinated feedback will be needed to make sure that we are getting this right. The results of post-occupancy surveys can be used to filter back effectively to providers and policy makers to ensure continual improvement.

Preface to recommendations

a) Regulation:

We recognise existing problems of over-regulation, inconsistency and/or duplication of regulatory controls and guidance which can lead to conflicting requirements (e.g. to comply with Lifetime Homes Standards, Secured by Design, HCA Design and Sustainability Standards, fire regulations, the Code for Sustainable Homes, Building for Life criteria, the demands of planners, highways, utilities and refuse authorities), and we understand the case for a reduction of the current regulatory burden – which means that compliance and audit procedures add significant cost to every home.

There is clearly tension between our wish to improve provision through regulatory reform and our acknowledgement of the risks of simply recommending further stipulations for design specifically for housing for older people. However, we believe this tension can be resolved by the various regulators allowing greater flexibility in the application of existing requirements and by the new guidance which we are advocating, being based on the "comply or explain" principle: i.e. an expectation of voluntary compliance but compulsion to explain why deviating from this norm is justified in particular circumstances.

b) Cost benefits:

We realise that many of our recommendations have cost implications. Overall, and over time, we believe that these are likely to be cost-neutral, or better, because:

- savings can result from some of our design and planning recommendations
- the future-proofing approach can prevent the need for costly adaptations and home energy improvements at a later date
- moves to high cost residential or care homes can be avoided
- facilitating safe and timely transfer of care from hospital to home avoids prolonged and expensive in-patient stays
- freeing up under-occupied homes (often with gardens) reduces demand for land-hungry larger family housing.

However, we recognise the need to provide short-term assistance to developers particularly in view of today's challenging economic environment. In addition to flexibility in planning requirements, reducing the extent of communal space in new developments would lower capital/maintenance costs as well as service charges. It may also be inappropriate to provide expensive non-essential facilities such as spas except where these would generate revenue.

We conclude that it is in the interests of all the public and private enterprises to seize the opportunities to create desirable homes and neighbourhoods that will satisfy the aspirations of our ageing population.

We recommend coordinated action by the following organisations to turn the challenges HAPPI has identified into a 'once in a lifetime opportunity' for us all

1 HM Treasury
2 Communities and Local Government
3 Local Authorities
4 Homes and Communities Agency
5 Housing Associations
6 Housebuilders and Housing Developers
7 Department of Health/Adult Social Care/Health Authorities/PCTs
8 Department of Work and Pensions
9 Financial Institutions
10 Police Authorities/ACPO/Fire Authorities
11 CLG/HBF/RIBA
12 RIBA/RICS/CABE and other professional bodies

Roger Battersby, Panel Member

In Europe we saw examples of attractive, aspirational housing, usually with communal facilitates but not care services, built without subsidy by groups of like-minded people. These showed individuals taking collective control of their future, living independently yet together.

Such schemes would not fall into an existing UK planning use class. I would like to see our planning system being more flexible and supportive, encouraging similar innovation in flexible and sustainable housing developments which cannot necessarily be defined as mainstream residential (C3) or a care home (C2).

Recommendations

1 For HM Treasury, we recommend that:

- because the costs of our recommendations may fall predominantly on the housing budget, HM Treasury assess the wider savings and system efficiencies in order to ensure the necessary interdepartmental integration of funding which a joined-up approach demands.

2 For Communities and Local Government (CLG), we recommend that:

- the excellent analysis of Lifetime Homes, Lifetime Neighbourhoods: a National Strategy for Housing in an Ageing Society be followed through with the resources and regulatory requirements that will turn rhetoric into reality
- CLG promotes good practice amongst Local Planning Authorities in provision of housing for older people, including through future revisions to Planning Policy Statement (PPS 3)
- to ensure the ongoing development and adoption of the Lifetime Homes standards, CLG should support HCA in forming an expert panel to review and comment on proposed revisions to the standards and consider related work undertaken on this subject. The updated standards will be published for consultation by Habinteg Housing Association later this year and they and the panel should then work together to ensure that the standards are fit for inclusion in future revisions to Part M of the Building Regulations
- continuing its current work on the future of building control, CLG takes a lead in undertaking a regulatory audit to establish points of overlap, inconsistency and incompatibility between different regulatory regimes in order to ensure simplification and rationalisation
- advice be given to Local Planning Authorities on the appropriate application of planning use classes to recognise that today's projects for older people may represent a hybrid option between that for standard, general needs housing (C3) and that for residential care and nursing homes (C2) because such projects comprise both self-contained apartments and communal facilities/ provision for care services.

Colliers Gardens rises up at the entrance; sunlight streams into the 'street'; an architecture of screens and sunshades; relaxed outdoor seating area; ethnic diversity reflected in dual language signage (clockwise from top, opposite page)

CASE STUDY 8:
Colliers Gardens
Bristol

Colliers Gardens takes its name from the former use of the site as allotments. Whilst the building is modest in scale and somewhat tucked away on the edge of town, the entrance makes a colourful and dynamic statement.

The architect's organising idea is a central street-like corridor. Zig-zag in plan, it cranks in a series of shallow, paved ramps, gently climbing towards the back of the site. At regular 'junctions' the space widens, branching into short 'cul-de-sacs' that serve groups of homes. Windows and glazed doors give views and access to the gardens between opposing flats. Cut-away voids at first floor level allow skylights to flood the street below with daylight.

The main double-height lounge, dining and activity space is the social hub of the place, though a sunny coffee spot was also busy mid-morning. Upstairs, facilities include an IT room, hair-dressing salon, library, assisted bathrooms as well as more flats.

The diverse resident profile includes a group of Chinese residents, but they tend to keep themselves to themselves. This is not a neighbourhood hub in the sense of Darwin Court or Gibeleich, and so wider integration has been limited. However, the restaurant and community activities are popular, and the 'pay-as-you-go meal deal' offers residents flexibility and good value. Many residents (some perhaps, previous allotment holders) are keen gardeners, and the ground-floor flats are highly prized. It would seem churlish to criticise provision in what is a generous and exemplary scheme, but balconies to first-floor flats might have helped to even out demand.

Overall, circulation and shared spaces account for half the total floor area and this is an expensive balance to sustain. However, many elements, including the daylit street, high quality central space, and shared and individual gardens add up to a good role models.

TYPE:
Extra care housing
ACCOMMODATION:
50 apartments (1-2 bedrooms), extensive shared facilities including multi-purpose space
DEVELOPER:
Brunelcare (Bristol based RSL)
ARCHITECT:
Penoyre and Prasad
COMPLETION:
2006

Elisabeth Merkt, resident, Solinsieme, Switzerland

When we were 50 we thought: now we must do it, or we will never do it!

Our architect had the idea for Solinsieme – that means you are alone, but also together. So if my door is open, everybody can go in. When it is closed, they know that they should stay outside.

We celebrated in 2007, because Solinsieme won the $¼ million Age Award, which promotes innovation in older people's housing.

3 For Local Authorities/Local Planning Authorities, we recommend that:

- in their strategic role, Local Authorities acquire a detailed understanding of the age profile of those in their area, consider current and future housing requirements for older people, and foster the public and private partnerships that can create the homes that are needed
- in their place-making role, local authorities take the lead in bringing together local housing providers, PCTs, Adult Social Care Services and the voluntary sector to pursue the policies which will ensure sufficient, well-designed homes, having regard to the ethos of Lifetime Neighbourhoods
- planners recognise the special characteristics of housing for older people in Local Development Frameworks covering both new developments and the regeneration of existing neighbourhoods, and in any Supplementary Planning Documents covering additional local requirements for specialist provision such as extra care, retirement villages and continuing care retirement communities
- in entering into Section 106 agreements (or equivalent measures) to secure planning gain from private developers, Local Authorities balance the value of achieving a higher level of affordable/social housing for younger households with the advantages of securing housing for older people for those on a range of incomes
- in disposal of land in their ownership, consideration be given to the importance, for economic and social sustainability, of development of housing for older people
- all Local Strategic Partnerships be invited to establish a sub-group to consider older people's housing, health and care needs
- in providing advice on housing – often on a one-stop shop basis – special attention is paid to the value of assisting older people to meet their housing requirements.

4 For the Homes and Communities Agency (HCA), we recommend that:

- a greater emphasis be given to the provision of housing for older people when deciding on the allocation of funds
- the HCA strongly encourages the inclusion of housing for older people in all major developments it funds
- in the disposal of land in its ownership, it gives consideration to the importance of housing for older people
- it adopts the philosophy and practice inherent in the concept of Lifetime Neighbourhoods, having regard to the public realm and the wider context for all the developments it supports
- the HCA initiates more pilot schemes to test innovative approaches to design, to construction and to management of housing for older people
- it promotes self-help and mutual housing projects for older people, drawing on the successful co-housing models from continental Europe
- the HCA's Design and Sustainability Standards seek to adopt the ten points of detail for all housing designated for older people, as set out in Chapter 3 above.

CASE STUDY 19:
Solinsieme
St Gallen, Switzerland

The inspiring story of Solinsieme shows how a group of motivated women in their 50s took control of their lives and together embarked upon a journey into old age. Through their everyday involvement in the process of creating a home for themselves, the four friends developed a deep understanding about place-making – a kind of situated knowledge that is easy to overlook.

For co-founder Verena Bruderer, finding the right building in the right location was a priority, but she tells of the group's need to first visualise their organisational ideas as a living environment. Having an architect on board helped them to think through issues in a way that could be expressed as spaces. Together they decided to redevelop a former embroidery factory in central St Gallen, rather than build from scratch.

Working out how individual households could merge yet retain their separateness meant learning what it is about 'home' that matters most. Bernadette Wang said: 'it is important to be able to retreat from collective life, but to know you can go back to it anytime'.

The refurbishment arranges 17 apartments and a guest suite on two floors and an attic storey above the shared ground floor. A rear extension anchors the back of the building to a patio terraced into the hill, out of which a planted steel structure rises to create a vertical garden of walkways, trellises and vines. This structure forms a shared threshold – a defensible space that belongs to those who live in the flats accessed from it, filtering privacy for each dwelling.

Steel trellis clips onto the refurbished embroidery factory and provides a threshold to homes; one of many inviting garden settings; homes are open plan and stylish; Verena Bruderer; hallways are occupied spaces (clockwise from top)

TYPE:
Co-housing
ACCOMMODATION:
17 apartments (56m^2-93m^2), shared kitchen/ dining/meeting room, fitness suite, laundry, sundry service spaces; 'community room' for rent
DEVELOPER:
Solinsieme cooperative
ARCHITECT:
Archplan AG, St Gallen
COMPLETION:
2002 conversion of 1880 building

Tony Pidgley,
Panel Member

If HAPPI really wants to encourage the private sector to produce a new type of home, some incentive is needed. My recommendation would be to allow developers to offer housing for older persons in full or part replacement of affordable housing requirements, provided such housing meets HAPPI standards on space, light, ventilation etc.

We need to move forward on model floor plans and specifications. A good starting point would be to compare the best UK schemes with specifications from case studies in Scandinavia and elsewhere. This would enable us to come to a well thought through proposal.

5 For housing associations, we recommend that:

- as the main providers of affordable and subsidised housing, they take a new look at emerging opportunities for mixed-tenure housing for older people that meet the needs of older people, some 75% of whom will have a property to sell
- they adopt procurement techniques that do not surrender control over quality, long-term costs and design details to contractors, but which instead maintain the centrality of the client's role on behalf of the future occupiers, as well as proactive control and management of the land and public space associated with their developments
- they carry out post-occupancy evaluations, as a matter of course, to learn lessons from residents in completed projects, in order to inform future developments (and that they share the findings with CLG and CABE to inform policy development and promote the growth of the sector)
- household surveys are conducted in partnership with relevant bodies to obtain qualitative and quantitative data on issues relevant to diversity and equality concerns, including age, disability, income etc.
- they consider sponsoring co-housing projects that explore, for example, the use of commonhold tenure, self-help initiatives by groups of older people, and participatory design and management processes.

6 For housebuilders and housing developers, we recommend that:

- the extent of the commercial opportunity be recognised, and the entrepreneurial skills of this sector be applied to developing new types of housing for older people – housing products that respond to the aspirations of this burgeoning market, with due regard to a range of factors including design, social formation, tenure, and lifestyle;
- bold steps are taken to accelerate innovative approaches, to develop construction techniques that make use of new technology and increase efficiency, and to recognise cost-in-use/lifetime costing as well as initial construction cost
- ways are explored of achieving higher density, concentrated single-storey/courtyard homes in sustainable places that meet consumer demand for low-rise housing
- that the benefits of cross-sectoral cooperation are explored through public/private partnerships which share financial exposure and achieve tenure-neutral solutions; developments that are equally attractive to leaseholders and tenants.

7 For the Department of Health/Local Authorities/ Adult Social Care Services/ PCTs/Health Authorities, we recommend that:

- at a local level, partnership support is given to the preventative (and care-giving role) of housing in reducing the need for institutional care and hastening discharge from hospital to a domestic environment – one that that fosters well-being and helps, rather than hinders, the delivery of care
- joint planning is undertaken to determine the need for intermediate care, rehabilitation and respite stays within new housing schemes for older people, and/or to facilitate day care, homecare and wider community outreach;
- care and support is commissioned locally and delivered by providers in a personalised way – whether using personal budgets, direct payments, Supporting People or other funding sources – to those in self-contained apartments even when care needs (including for dementia sufferers) are at higher levels
- joint strategic partnerships prioritise housing for older people in locations where health and wellbeing can be fostered, with acknowledgment, where appropriate, of the contribution of outdoor settings and the role of local authorities, e.g. exercise equipment for adults in parks.

8 For the Department of Work and Pensions, we recommend that:

- in the calculation for Housing Benefit/Local Housing Allowance, the requirement for a single person to occupy only a bedsit or one-bedroom flat should be waived in the case of older people for whom there may be a need for an additional bedroom to accommodate a professional or family carer.

9 For financial institutions, we recommend that:

- pension funds, insurance companies and other financial institutions look carefully at opportunities for investment in housing developments for older people, perhaps through use of real-estate investment trusts
- insurance companies undertake further market research into equity-release products that would enable older people to pay for housing costs such as adaptations or extra care within their own homes;
- insurance companies revisit their policies on required measures for fire prevention, following recent changes in recommendations for care homes, to facilitate greater use of sprinkler systems that would allow for more flexible housing-design for older people.

10 For police authorities/ ACPO/fire authorities, we recommend that:

- those responsible for devising and promulgating revisions to the Secured by Design and fire regulations participate in a CLG review of regulatory regimes as advocated above.

11 For the CLG/LGA/HBF/RIBA, we recommend that:

- a new category of Housing for Older People be added to the annual Housing Design Awards
- 'innovative housing for older people' be a theme of the new Local Innovation Awards (LIA) which are jointly owned by CLG and LGA and administered by IDeA.

12 For the RIBA/RICS and other professional bodies, and CABE/Architecture Centres and other organisations concerned with the design and delivery of the built environment, we recommend that

- a strategy is put in place to promote knowledge development and incubate innovation in the design and procurement of housing for older people
- the theme of housing for older people is incorporated into education, professional training and career development including continuing professional development (CPD) modules.

Conclusion

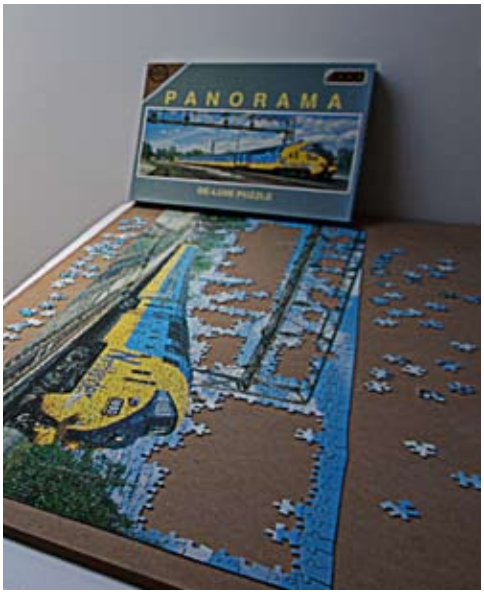
At Solinsieme (Case Study 19) the 'vertical garden' moderates between private and public – between space to be alone and space to be together – enhancing and supporting the residents' chosen lifestyle (this page)

Putting the pieces of the puzzle together in the hobby room, Hartrigg Oaks (opposite)

The HAPPI panel urges all those who have a role to play in improving housing choice and quality for older people to start work now. The challenges are huge and must be tackled head on. Having met residents, engaged with stakeholders, and considered built evidence at home and abroad, the panel is convinced of the need to do better.

The case studies threw up many excellent and innovative housing ideas. They respond to a variety of care needs and offer the full range of tenure. Space, light, accessibility and a shared sense of purpose – the idea of being part of a community, and of ordinary people taking control of housing processes – have been recurring themes. Knowledge gained from the HAPPI project has been embedded in the downloadable study visit reports, and in the films available to view online. The panel encourages designers and developers with an interest in housing for older people to make use of this resource; relevant web addresses are listed in the introduction.

Whether we call it a hub, focal point or common room, the best examples all have some sort of 'heart' which offers residents the opportunity to be with others, sharing space even if they don't share the same interests, beliefs, or lifestyles; spaces that accommodate diversity. And, of course, each also provides the private spaces which we can shape into the kind of home that reflects who we are, allowing us to be alone when we choose to be.



We have also seen that older people's housing can be entirely compatible with ideas about good place-making, environmental sustainability and interaction with the natural environment – factors that contribute to a better quality of life. The new housing can be contemporary and exciting, or calm and understated. It can promote community interaction and provide facilities and resources that offer wide-reaching benefits.

A successful outcome relies on the piecing together of many components. We must find the right sites, design the homes with creativity and flair, access appropriate funding, and forge close working relations with local authorities. We should aim higher and work harder; we need a joined-up conversation and must make a concerted effort to put words into action. The outcome could be longer, happier lives for many more of us in good homes in great places.

Case Studies

1 **Brunswick Centre**,
Bloomsbury, London
2 **Holly Street**,
Hackney, London
3 **Darwin Court**,
Southwark, London
4 **Patching Lodge**,
Brighton, Sussex
5 **Oranjehof/de Lombarde**,
Lombardijen, Rotterdam,
Netherlands
6 **De Plussenburgh**,
IJselmonde, Rotterdam,
Netherlands
7 **De Rokade/Maartenshof**,
Groningen, Netherlands
8 **Colliers Gardens**,
Bristol, Avon
9 **Painswick Retirement Village**,
near Stroud, Gloucestershire
10 **Spire View**,
Pickering, Yorkshire
11 **Hartrigg Oaks**,
New Earswick, York
12 **Allerton Bywater**,
Wakefield, Yorkshire
13 **Gradmann Haus**,
Stuttgart, Germany
14 **Sankt Antonius**,
Stuttgart, Germany
15 **Irchel**,
Zurich, Switzerland
16 **Gibeleich**,
Zurich, Switzerland
17 **Konradhof**,
Winterthur, Switzerland
18 **Flurgarten**,
St Gallen, Switzerland
19 **Wohnfabrik Solinsieme**,
St Gallen, Switzerland
20 **Neptuna**,
Bo01, Malmö, Sweden
21 **Postiljonen**,
Vellinge, Skänor, Sweden
22 **Opus**,
Ljunghusen, Skänor, Sweden
23 **Flintholm Care Home**,
Copenhagen, Denmark
24 **Herfra til Evigheden**,
Roskilde, Denmark

The Team

Communities and Local Government (CLG) and the Department of Health (DH) commissioned the Homes and Communities Agency (HCA) to manage the HAPPI process and publication. HAPPI has been project managed by Kevin McGeough (HCA) with support from James Berrington (HCA). The client representatives were Amy Campbell (CLG) and Donna Brandford-Adams (CLG), with support from Jeremy Porteus (DH) and Michelle McDaid (DH).

HAPPI has been supported by a team of consultants who organized the panel process, conducted background research, and produced outputs including this report. Pollard Thomas Edwards architects (PTEa) and Levitt Bernstein Associates (LBA) anchored the team, working with Design for Homes (DfH) who arranged case study visits and commissioned the films.

The report was written by Matthew Barac (PTEa) and Julia Park (LBA), and the project as a whole coordinated by Patrick Devlin (PTEa), with specialist input from Andy Staniford (Brighton & Hove City Council) and Clare Melhuish. Ivan Lazarevic (DfH) took charge of logistics on the whirlwind study visits, and Mairead Devlin (HardHat Communications) produced the films with a team comprising cameraman Graham White (Insight Communications Ltd) and director Richard Mullane (DfH). Graphic design was carried out by Rejash Bhela (PTEa), who also photographed several of the case studies, alongside colleagues Natalie Willer (PTEa) and Steve Arnold (PTEa). Peggy Mead (PTEa) managed the project secretariat. The leadership team included David Birkbeck (DfH), Stephen Fisher (PTEa), Matthew Goulcher (LBA), and David Levitt (LBA).

Homes & Communities Agency (HCA) has welcomed the opportunity to manage HAPPI, on behalf of Communities and Local Government and the Department of Health, in a role which illustrates its proactive approach to guiding future policy. Housing our ageing population in high quality homes within great places is central to delivering sustainable development through good design. HAPPI highlights the scale of the challenge ahead. HCA aims to engage with this challenge, and to embrace the HAPPI recommendations as a foundation for its future policies and standards in new and specialised housing.
www.homesandcommunities.co.uk

Pollard Thomas Edwards architects (PTEa) is committed to making our towns and cities better places to live in. Combining high-quality design with explicit social purpose, we marry an understanding of community needs with a commercial acumen. Research experience and innovation in our design approach to award-winning schemes for older people positions PTEa to actively contribute to debate on the future of housing and care. We appreciate the capacity of the built environment to improve wellbeing, and believe that good architecture always puts people first.
www.ptea.co.uk

Levitt Bernstein Associates combines a fresh and practical approach to design with a strong background in research and development.With extensive housing experience across all sectors and specialist in-house urban design and landscape skills, our 'people-based' approach is central to the way in which we work and to the homes and places that we create. The HAPPI project has allowed us to consolidate this wide-ranging expertise through a collaborative process which has maximised the expertise of the HAPPI panel.
www.levittbernstein.co.uk

Design for Homes (DfH) was set up in 2000 to improve housing by promoting good practice and spreading awareness of what works best. Our investigation of trade-offs between consumer preferences and professional imperatives has shaped published research into housing density, car parking, and space in the home. We manage the UK Housing Design Awards, and have collaboratively produced design assessment tools including Building for Life (2002), a similar statutory instrument for Ireland (2008), and the www.swingacat.info website. DfH is currently working with the Zero Carbon Hub on low-carbon strategies for UK housebuilding.
www.designforhomes.org

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Why do we spend so much time planning our next holiday and yet choose not to think about the rest of our lives? HAPPI – Housing our Ageing Population: Panel for Innovation has asked many such questions in the course of considering how best to improve the housing options available to older people in the UK.

This report challenges the perception that we are worth less as we get older, by suggesting that we are in fact worth more. Learning from built examples across Europe, the panel proposes that housing for older people can, and should, lead the way in terms of space standards, design quality, place-making and sustainability, rather than lag behind. The fact that when we get older we spend up to 90% of our time within our homes turns this unlikely idea into a logical conclusion.

And this is not a minority issue. Half of all babies born today will live to 100 years old. We must all ensure that the second half of their lives is comfortable, manageable and fulfilling, and that society recognises their right to a high quality of life.

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