



Homes and Healthy Ageing

Homes and health

- Our home should be somewhere we feel safe, secure and that supports our wellbeing but too often this is not the reality and instead they undermine residents' wellbeing. The Town and Country Planning Association have developed a set of [Healthy Homes Principles](#) as part of their campaign for healthy homes. These apply to new homes for residents of all ages.
- These principles should be considered alongside those developed specifically for healthy ageing outlined later in this resource pack.



Healthy Homes Principles



Fire safety

All new homes must be safe in relation to the risk of fire



Liveable space

All new homes must have, as a minimum, the liveable space required to meet the needs of people over their whole lifetime, including adequate internal and external storage space



Access to natural light

All new homes must have access to natural light in all main living areas and bedrooms



Inclusive, accessible and adaptable

All new homes and their surroundings must be designed to be inclusive, accessible, and adaptable to suit the needs of all



Access to amenities and transport

All new homes should be built within places that prioritise and provide access to sustainable transport and walkable services, including green infrastructure and play space



Climate resilient

All new homes must demonstrate how they will be resilient to a changing climate over their full life time



Reductions in carbon emissions

All new homes must secure radical reductions in carbon emissions in line with the provisions of the Climate Change Act 2008



Safety from crime

All new homes must be built to design out crime and be secure



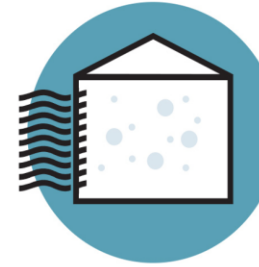
Limit light and noise pollution

All new homes must be free from unacceptable and intrusive noise and light pollution



Thermal comfort

All new homes must be designed to provide year-round thermal comfort for inhabitants



Prevent air pollution

All new homes must minimise and not contribute to unsafe or illegal levels of indoor or ambient air pollution

To find out more about the Campaign for Healthy Homes please visit:
www.tcpa.org.uk/collection/campaign-for-healthy-homes/

Guiding principles on housing and healthy ageing in Yorkshire and the Humber

- Everybody has the right to live in a home that is safe and supports/promotes their health and wellbeing, but too many homes do not meet [decent homes standards](#).
- Homes should be part of wider healthy communities which include people of all ages. Housing for older people should sit within, and be connected to, well designed and managed communities that promote wellbeing.
- Working collaboratively with older adults (and their families and carers) will help us understand their diverse needs and requirements, and to learn from their valuable experience and perspective.
- Work with a wide range of partners, including Public Health, from the earliest stages when planning housing related policy and services.
- Using evidence-based design principles such as [Housing LIN's HAPPI principles](#) can ensure that housing schemes for older adults meet standards for space, light, layout, efficiency, accessibility and adaptability, supporting health and wellbeing in later life.

Guiding principles on housing and healthy ageing in Yorkshire and the Humber

- All new homes should be designed to adapt to suit the needs of diverse family groups, throughout their life course. It is important to build homes that have good accessibility built into their design or are pre-fitted for future adaptation as needs and uses change.
- A healthy home is one that is affordable to live in, run and maintain. There should be a range of housing options with secure tenure available for older adults including homes to own, to rent through social housing providers and private landlords, and in shared ownership schemes, providing choice for people whatever their income level.
- Older adults should be supported in making '[rightsizing](#)' decisions about their home, as an active and positive choice to improve their quality of life, including their physical, social and emotional needs. This may mean moving home, but it can also mean making adaptations to their existing home in anticipation of future needs and enable them to age in place.
- Digital connectivity and smart homes can support care needs and enable people to live independently for longer, but should take account of digital access and skills. Many older adults have no online access; those living in rural areas may not have fast broadband and the cost-of-living crisis means many people are cutting back on the cost of digital connectivity.

Data and evidence on housing and healthy ageing

- The House of Commons Library has published a [Housing and Health reading list](#) that draws together reports and other evidence demonstrating the interconnectedness of housing and health
- The Centre for Ageing Better's Homes collection provides [evidence and opinion](#) pieces on housing and older adults
- The Yorkshire and Humber Housing Data Dashboard is an invaluable local resource for housing data and information [Microsoft Power BI](#)

Policy context

- [Levelling Up the United Kingdom](#) white paper (2022) committed to increase the housing choices available to older adults and to launch a cross-Government task force on housing for older people. The task force will look at better choice, quality and security of housing for older people, how to address regional disparities in the supply of appropriate and specialised housing.
- [People at the heart of care](#) (2021) sets out plans for increasing choice and control including making every decision about care a decision about housing

Workforce and organisational development

- Alzheimer's Society has information on how to make your [home](#) and [environments](#) more broadly dementia friendly
- The Healthy Places Network hosted a [webinar series](#) on Housing and Health, including one focused on the needs of older adults.

Healthy Ageing and Housing Resources

Why housing is important for healthy ageing

- The Building Research Establishment's 2023 [Cost of Poor Housing Report](#) outlines the costs to the NHS of poor housing, including costs in relation to cold homes and falls.
- [NICE Guideline NG6](#) details the health risks associated with cold homes and demonstrates the importance of housing conditions
- The Centre for Ageing Better's [State of Ageing 2023 report](#) contains a Homes chapter that makes the case for improving health through the home
- The Health Foundation's [Why Housing Matters For Health](#) online resource provides data, downloadable charts and articles outlining the inequalities, risks and opportunities in relation to health and housing
- The House of Common's Library's [Housing and Health Reading List](#) contains further reading to support making the case of housing and healthy ageing

Housing quality and standards

[Decent Homes](#) is a factsheet from Care and Repair England (no longer operating), outlining the key issues in relation to healthy aging and housing

[Good homes for all: A proposal to fix England's Housing](#) is the final report from the Good Home Inquiry. It examines the problem of unsuitable and low-quality housing in England's existing housing stock.

Collections, overviews and resource pages

[Homes for health](#) is a government repository of strategies, plans, advice, and guidance about the relationship between health and the home.

[State of Ageing in 2020](#) is an online report with multiple chapters, capturing a snapshot of ageing today and considering our future prospects.

[Talking about Homes and Health](#) is a framing toolkit that contains essential guidance and tips for how to communicate to the public about the importance of decent and affordable homes as fundamental to a healthy, decent life.

[Housing our ageing population](#) (LGA) makes a number of recommendations to government on how we can best meet the needs of people in later life with case studies demonstrating how councils are addressing the housing needs of an ageing population

Place-Age, a collaboration between a number of academic institutions, explores how older adults experience ageing across different neighbourhoods [Age Friendly Policy and Practice Guidelines](#)

Housing LIN has produced a reading list on [Age Friendly Housing: Future design for older people](#).

Housing design and planning

The Town and Country Planning Association's [Healthy Homes Principles](#) provide a benchmark for what we should be achieving in new homes

The Planning Practice Guidance for [Housing for Older and Disabled People](#) guides local plans for housing.

Accessibility and suitability

Alzheimer's Society has produced [guidance](#) on delivering a dementia-friendly approach to housing: from planning and design, to management and adapting

The Royal Town Planning Institute, Chartered Institute for Housing (CIH), Centre for Ageing Better, the Older People's Housing Champions Network and Associated Retirement Community Operators (ARCO) have joined together to publish [Housing and Older People](#). This practice advice demonstrates how the planning system can enable the development of accessible, well-maintained, and affordable homes in locations that provide access to essential local services and opportunities for social connections.

West Yorkshire Housing Partnership has worked with, West Yorkshire Health and Care Partnership, West Yorkshire Combined Authority, WDH, and Together Housing Group to develop a new campaign [Your Home, Your Choice](#). The aim of which is to empower older people across West Yorkshire to find the right home for them

Evidence and Data

[The Yorkshire and Humber Housing and Health Dashboard](#) is a comprehensive data dashboard produced by the Local Data and Intelligence Services

Home improvement and support (or homes for the future)

[Thinking ahead: Housing and related care options in later life](#) is intended as a “teach yourself” resource for older people, their families, carers or professionals who would like a basic knowledge of housing & care options in later life

[Putting people at the heart of new housing development: Co-producing the place we call home](#) is a best practice guide, published by East of England Local Government Association. It features case studies demonstrating integrated working and co-production drawn from a variety of organisations across the eastern region and further afield.

[New Housing and Care: Good Practice Guide](#), produced by Housing LIN and the South West Association of Directors of Adult Social Services (ADASS), is an accessible and practical resource that supports councils, with their local partners, to plan for and deliver the range of housing and care options needed by older people and working age adults with care/support needs.

[Resources](#) developed by the Commission on the Role of Housing in the Future of Care and Support, funded by the Dunhill Medical Trust and led by the Social Care Institute for Excellence (SCIE), set out a vision and roadmap for providing more options for housing with care and support. It is a 10-year plan to support the health and social care sector to understand how housing with care and support could be planned, commissioned, designed and delivered.

[Older People's Care in Social Housing](#) research from Altair, sponsored by The [Guinness Partnership](#), [Housing 21](#) and [Devonshires](#), asks about the role of registered providers in the future of care. Drawing from learning from home and abroad on housing and care the report sets out a manifesto for change and calls on all UK providers of social housing to commit to taking action against ten critical areas.

Health conditions

[Housing for people with dementia – are we ready?](#) This Inquiry report by the All Party Parliamentary Group on Housing and Care for Older People pulls together the evidence presented to the Inquiry's expert Panel and makes over 40 key policy and practice recommendations for dementia-readiness.

The [Dementia-friendly housing guide](#), from the Alzheimer's Society, is aimed at professionals working in the housing sector to help them support people living with dementia in their homes, and to facilitate consistency and good practice. It seeks to make the housing sector aware of the challenges of living with dementia so that all projects consider ways of minimising risks and enhancing wellbeing for people living with dementia.