

Older People's Accommodation Market Position Statement 2021

Supporting Data

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Summary of Document

This document provides additional information and data relating to Older People's Accommodation Market Position Statement 2021.

<https://www.rutland.gov.uk/my-services/health-and-family/adult-social-care/market-position-statements/>

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Introduction

This document provides supporting data regarding housing requirements in relation to social care and health needs of older people in Rutland and should be read in conjunction with the Older People's Accommodation Market Position Statement 2021.

Current Overview

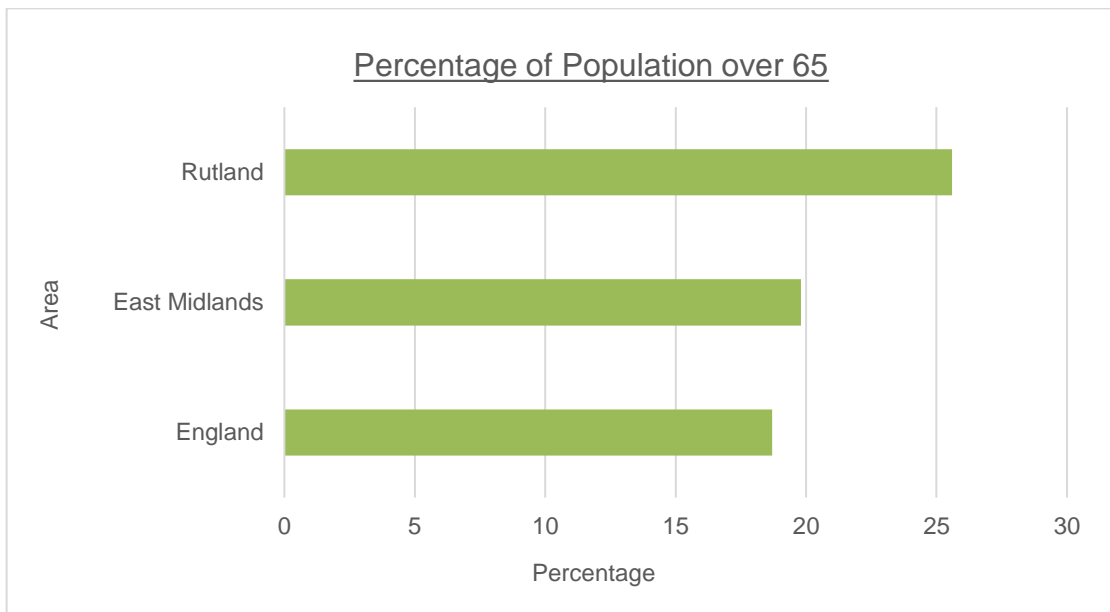
Demographics

- i. The latest estimates for 2021 show Rutland's population as 40,771. The table below shows a breakdown by age band and as a percentage of the total population. Children and young people (0-19 years) represent 21.5% of the overall population, adults (20-64 years) 52.8% and older people (65+ years) 25.6%. It is estimated there are 3,104 people aged 55-59 living in Rutland, the most of any age group.¹

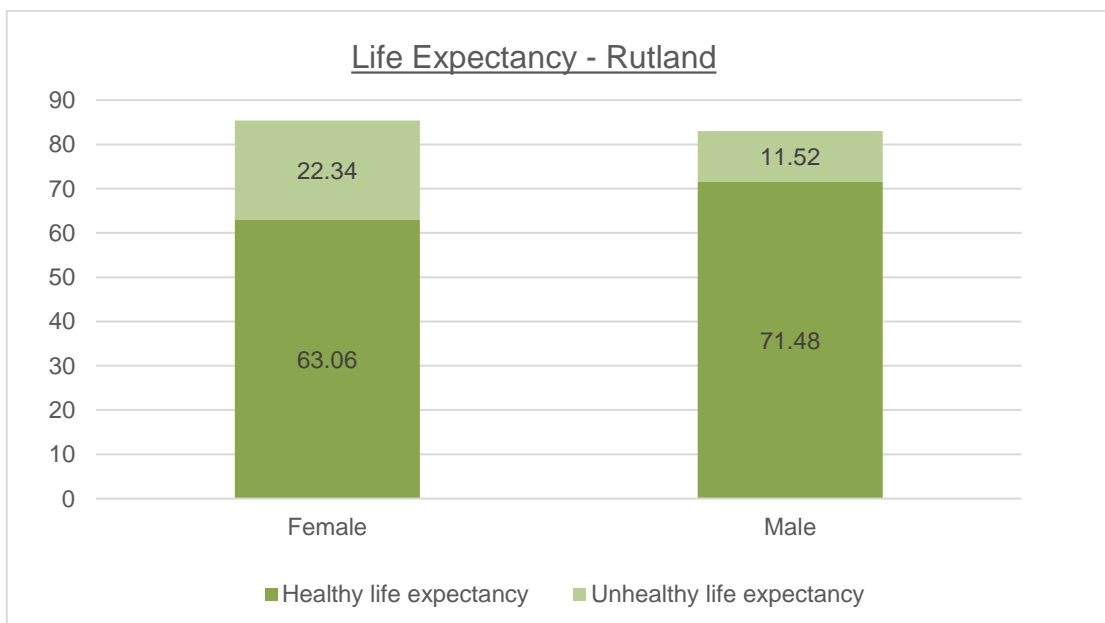
Age Group	Number of People	% of Total Population
0-4	1,822	4.47%
5-9	2,090	5.13%
10-14	2,553	6.26%
15-19	2,310	5.67%
20-24	1,541	3.78%
25-29	2,090	5.13%
30-34	2,016	4.95%
35-39	2,252	5.52%
40-44	2,276	5.58%
45-49	2,516	6.17%
50-54	2,988	7.33%
55-59	3,104	7.61%
60-64	2,759	6.77%
65-69	2,513	6.16%
70-74	2,815	6.90%
75-79	2,218	5.44%
80-84	1,473	3.61%
85-89	897	2.20%
90+	537	1.32%
	40,771	100.00%

¹ Population projections for local authorities, ONS, 2018

- ii. Of the overall population 10,453 are aged 65 years or older. A quarter of all residents in Rutland (25.6%) are aged 65 years or older, which is much higher than the rest of England (18.7%) and the region (19.8%).²



- iii. The graph below shows life expectancy for individuals in Rutland based on aggregated data for 2017-2019.³



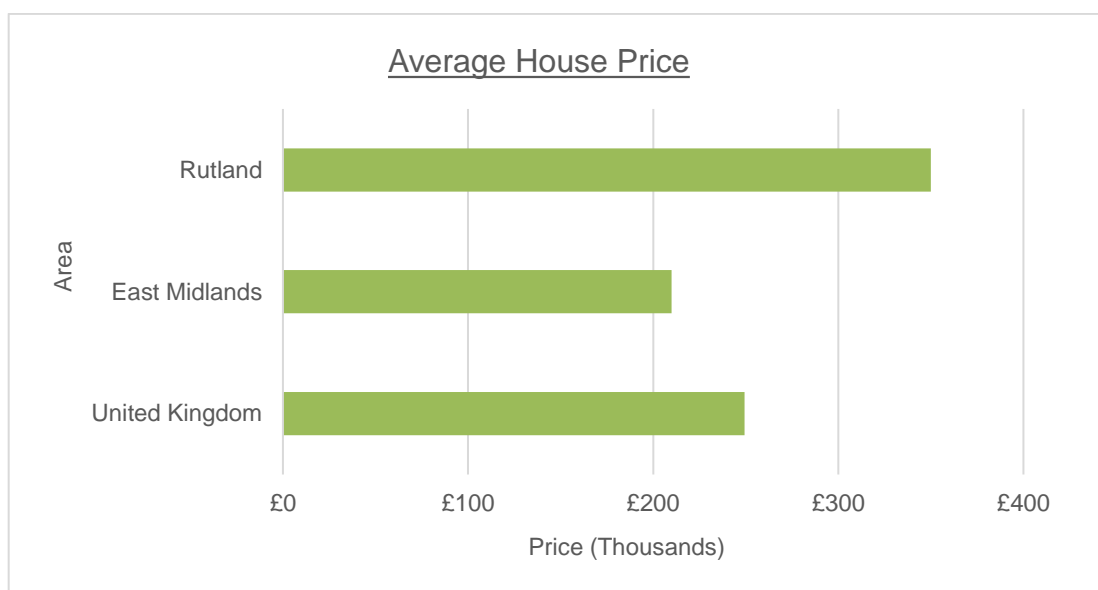
² Population projections for local authorities, ONS, 2018

³ Health and life expectancy, ONS, 2017-2019

- iv. Compared to national figures, males in Rutland can expect to live 3.2 years more than males in England, with 8.3 years more in good health and 5.1 years less in poor health. Females in Rutland can expect to live 2 years more than females in England, with 0.4 years fewer in good health and 2.4 years more in poor health.⁴

Housing Stock

- i. A total of 5% of people aged over 65 live in specialist housing but a third of older adults report they would like to move to a different house.⁵
- ii. According to the National House Building Council (NHBC) 1,942 bungalows were built in 2020 in the UK, accounting for only 2% of all new builds.⁶
- iii. The average house price in Rutland was £350,063 at January 2021, compared with £209,927,694 in the East Midlands and £249,309 in the United Kingdom.⁷



⁴ Health and life expectancy, ONS, 2017-2019

⁵ Later Life in the United Kingdom, Age UK, 2019

⁶ New Homes Statistics Review, NHBC, 2020

⁷ House Price Statistics, Land Registry, 2021

- iv. The average yearly gross pay for people in Rutland for 2019 was £32,231 which is higher than the regional average of £27,935 and the national average of £31,291.⁸
- v. In 2020 the average house price in Rutland was 10.03 times average earnings increased from 5.72 in 2000 and 9.27 in 2010. Compared to neighbouring areas of Leicester, Peterborough and Nottingham it is significantly higher.⁹



- vi. Compared to regional and national figures, Rutland has a higher proportion of 4+ bedroom homes with 29% of dwellings having 4 or more bedrooms compared with 15% nationwide. In contrast the number of 1 and 2 bedroom homes is below national figures.¹⁰

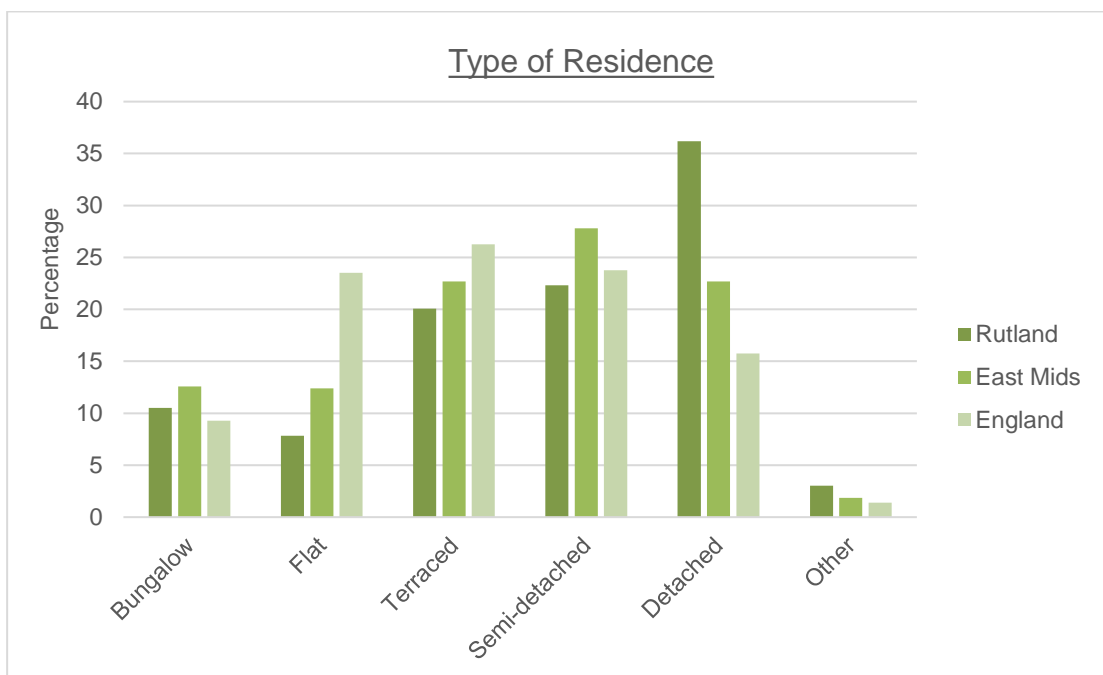
⁸ Annual Pay, ONS, 2019

⁹ Median Affordability Ratio, ONS, 2020

¹⁰ Council Tax Stock of Properties, Valuation Office Agency, 2020

No. Bedrooms	Rutland	East Midlands	England
1	990	179,570	3,037,510
	6%	9%	13%
2	3,510	565,340	6,904,830
	21%	27%	29%
3	7,670	991,760	10,493,490
	45%	48%	43%
4+	4,880	343,960	3,738,110
	29%	17%	15%

- vii. The type of residence graph below shows that Rutland has a much higher proportion of detached properties than regionally /nationally, and a much lower proportion of semi-detached houses, terraces and flats/maisonettes/apartments.¹¹



Accommodation and Support for Older People

- i. Sheltered housing provides specialist accommodation and housing support, mostly through a dedicated development of flats with a mixture of tenure and a variety of care and support options. The level of housing support provided to individual tenants varies according to whether there is an on-site scheme manager, as well as the needs of the individual tenant. Most schemes

¹¹ Council Tax Stock of Properties, Valuation Office Agency, 2020

incorporate a community alarm service which enables tenants to call for support in emergencies, but no on-site support or care service.

- ii. Extra care housing is a model which enables people with a wide range of needs to remain living independently in the community, whilst being able to access care (including some night-time care) from an on-site care team or other care providers. Extra care can sometimes provide a level of care commensurate with residential care and therefore is a direct alternative to residential care for some people. Given the support and care provided, it can also prevent individuals needing to go into residential care. Depending on personal circumstances and the services available locally, nursing care and end of life care can be provided in extra care housing.
- iii. There are a total of 29 extra care cottages at Rutland Care Village which are either rented or shared equity. All occupants of the cottages receive a daily courtesy call to ensure that they are well, and additional support can then be purchased on an 'as and when' needs basis for either care and/or domestic support. The cottages are a mix of 1 and 2 bedrooms, some with private gardens. The 'Living Plus' McCarthy and Stone development provides 29 one bedroom and 29 two-bedroom apartments for over 70s on a private or shared ownership basis. Occupants receive one hour's domestic support included in the service charge, and additional care and support packages can be arranged and purchased on an individual basis from the CQC regulated onsite care provider.
- iv. There are 10 Older People care homes in Rutland, with a total of 379 beds. The 8 smaller homes have an average of 30 beds per home and range from 16 to 48 beds; the largest home, Rutland Care Village, has 82 residential beds (in addition to their extra care provision), of which 30 bed spaces are block contracted to the Council. Oakham Grange, which opened during the latter part of 2020, provides a further 60 nursing and residential beds, but is not yet fully occupied. Aspen Manor, a newly developed residential and nursing home providing a further 80 beds, is expected to open in September 2021.
- v. In 2020/21 the average stay in residential care homes was c.93 weeks, reducing from an average of 107 weeks in 2019/20, and 117 weeks in 2018/19. Taking a longer-term view, the trend indicates that people are spending less time in residential care; down by over a third (38%) since the 2010/11 average of 151 weeks. This is in line with the local and national direction of travel to support more people to remain at home and live independently.
- vi. Currently there are 127 people over the age of 65 receiving domiciliary care commissioned by the Council. The most recent data received from providers as at July 2020 showed a further 252 self-funded care packages, which

equates to approximately 66% of the total care packages provided by domiciliary care agencies in Rutland. There may be additional self-funded care packages delivered in Rutland by providers based out of county.

- vii. The Council have seen a gradual increase in the number of long-term domiciliary care packages due to complex needs being supported at home with the appropriate support provided to meet both the health and social needs of service users. On average a service user receives 14 hours of support a week; those requiring more intense support are on average receiving 36 hours of support each week to assist with managing day-to-day aspects of life.
- viii. Older people in the county have access to a range of information and advice sources, to inform their housing and support choices, including:
 - Rutland Information Service: an online resource directory.
 - Advice provided by the Council on housing options through a range of housing professionals, including Housing Options Officers. Information within the Council's Housing Allocation Policy sets out how the Council's Housing Options Team prioritises and nominates applicants from the housing register to housing associations and other providers of affordable housing. A points-based system is used and is reviewed regularly to ensure that it remains responsive to the need of the local community and promotes fairness.
 - Advice and support from a variety of voluntary organisations, such as Age UK.
 - The Rutland Community Wellbeing Service offers information, advice and support in relation to housing and older people's support.
- ix. The Disabled Facilities Grant (DFG) is administered by local authorities and can support older people who are tenants or owner occupiers to have adaptations to their home. and live independently in their communities for as long as possible. Adaptations undertaken through DFGs tend to be major or complex adaptations which cannot be completed under the financial remit of a Housing and Prevention Grant (see below). Examples include re-modelling properties to facilitate access to and from the building or to rooms within the home and the provision of accessible shower or bath facilities. If internal adaptation is not possible consideration may be given to extending the property.
- x. The Housing and Prevention Grants (HaPs) are non-means tested grants of up to £5,000 which aim to provide necessary and appropriate adaptations to reduce identified risks. The HaPs are to support people to sustain their independence, reduce hospital admission or accelerate discharge, and reduce carer strain. These grants are for adaptations to properties to support access

and suitability through appropriate adaptations such as level access showers, ramps and stair lifts

- xi. The number of formal applications received for home adaptations for those over 65 years old is shown below.

	HaPs	DFGs
2018/19	23	3
2019/20	17	0
2020/21	21	1

- xii. A Housing MOT is a home check service delivered across Rutland which provides information, advice and support to help people to maintain their independence and live as safely as possible in their own home for as long as they choose.

At the home visit, an assessment of the property and individual needs will be carried out, which includes discussions about:

- general wellbeing;
- How you are managing in your home;
- Falls Prevention;
- General housing conditions;
- Alternative housing options;
- Minor and Major Adaptations;
- Assistive Technology;
- Minor Handyperson Works;
- Warm Home/Energy Advice and Support; and
- Eligibility for Welfare Benefits and Grants.

A total of 148 Housing MOTs were carried out in Rutland during 2020. Referrals are predominantly for those aged 85 and over, and common outcomes include the prevention of hospital admissions and injuries due to falls, reduction of carer strain and an improvement in quality of life. A large number of cases result in referrals for minor adaptations (e.g. grab and stair rails) and equipment provision (e.g. toilet or bathing aids).

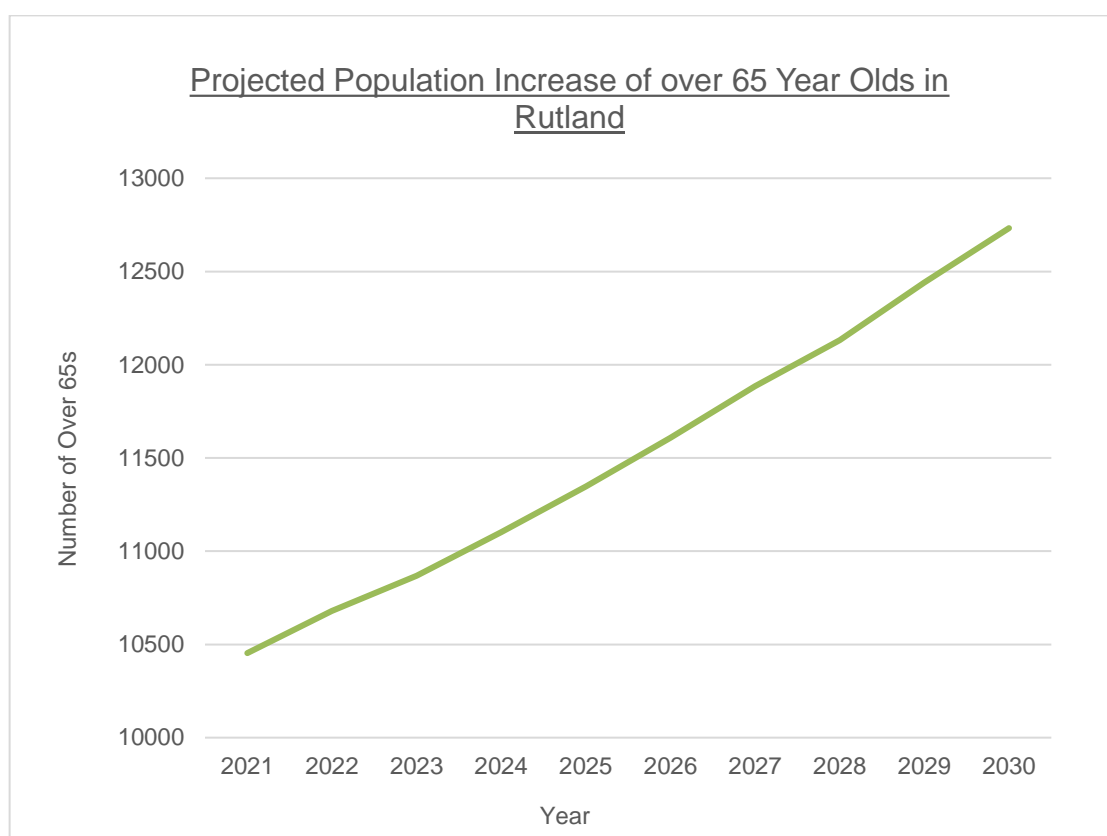
- xiii. Assistive technology and telecare offers a holistic assessment of needs and aims to offer a more preventative and personalised service around digital technology and smart devices in shaping care. This is a progressive area which is rapidly developing and will influence the future of Adults Social Care and the Council is committed to providing 'smarter' home environments.,

A slight increase (10%) in the total number of referrals is evident from 2019 – 2020, however figures fell (a decrease of 18%) in 2020-2021 as a result of the

Covid pandemic. It is expected that this will rise again post-Covid. Despite a fluctuation in the volume of cases the key outcomes remain consistent, the prevention of admission to hospital, prevention of injury due to fall, reduction of carer strain and improvement in quality of life. There is wide range of assistive technology provided, the most common being lifelines, falls detectors and reminder clocks.

Projections and Future Needs

- i. The graph provides an illustration of the projected population increase of over 65s in Rutland over the next 10 years.¹²



- ii. The below table shows the population predictions by age group in Rutland over the next 10 years.¹³

¹² Population projections for local authorities, ONS, 2018

¹³ Population projections for local authorities, ONS, 2018

	2021	2031	Increase
Total Population	40,771	43,997	8%
Over 65s	10,453	13,012	24%
Over 75s	5,126	6,829	33%
Over 80s	2,908	4,424	52%

- iii. The numbers of over 65s who are predicted to be living alone by 2030 will have increased by approximately 25% to 4,169, with twice as many women over the age of 75 years living alone as men of the same age.¹⁴
- iv. Following a revision to the population projections in 2018, the forecast for the total number of residents appears to be increasing at a greater rate than initially predicted: in 2014 there was a projected rise in total population to 41,000 by 2036¹⁵, however the 2018 figures give a projected rise to 45,038.¹⁶
- v. The below figures are the number of people over 65 in Rutland predicted to have dementia in the next ten years.¹⁷

	2020	2025	2030	Increase
Age 65-69	41	46	53	29%
Age 70-74	85	76	85	0%
Age 75-79	126	161	143	13%
Age 80-84	166	210	254	53%
Over 85	350	371	421	20%
	768	864	955	24%

- vi. The below figures show for the number of people in Rutland over the age of 65 predicted to be unable to manage at least one mobility activity on their own over the next ten years. Activities include going out of doors and walking down the road; getting up and down stairs; getting around the house on the level; getting to the toilet; getting in and out of bed.¹⁸

¹⁴ People aged 65 and over living alone, by age and gender, POPPI

¹⁵ ONS 2014-based Subnational Population Projections

¹⁶ Population projections for local authorities, ONS, 2018

¹⁷ People aged 65 and over predicted to have dementia, POPPI

¹⁸ People aged 65 and over unable to manage at least one mobility activity on their own, POPPI

	2020	2025	2030	Increase
Age 65-69	213	238	272	28%
Age 70-74	364	328	364	0%
Age 75-79	351	450	396	13%
Age 80-84	358	452	546	53%
Over 85	625	710	880	41%
	1,911	2,178	2,458	29%

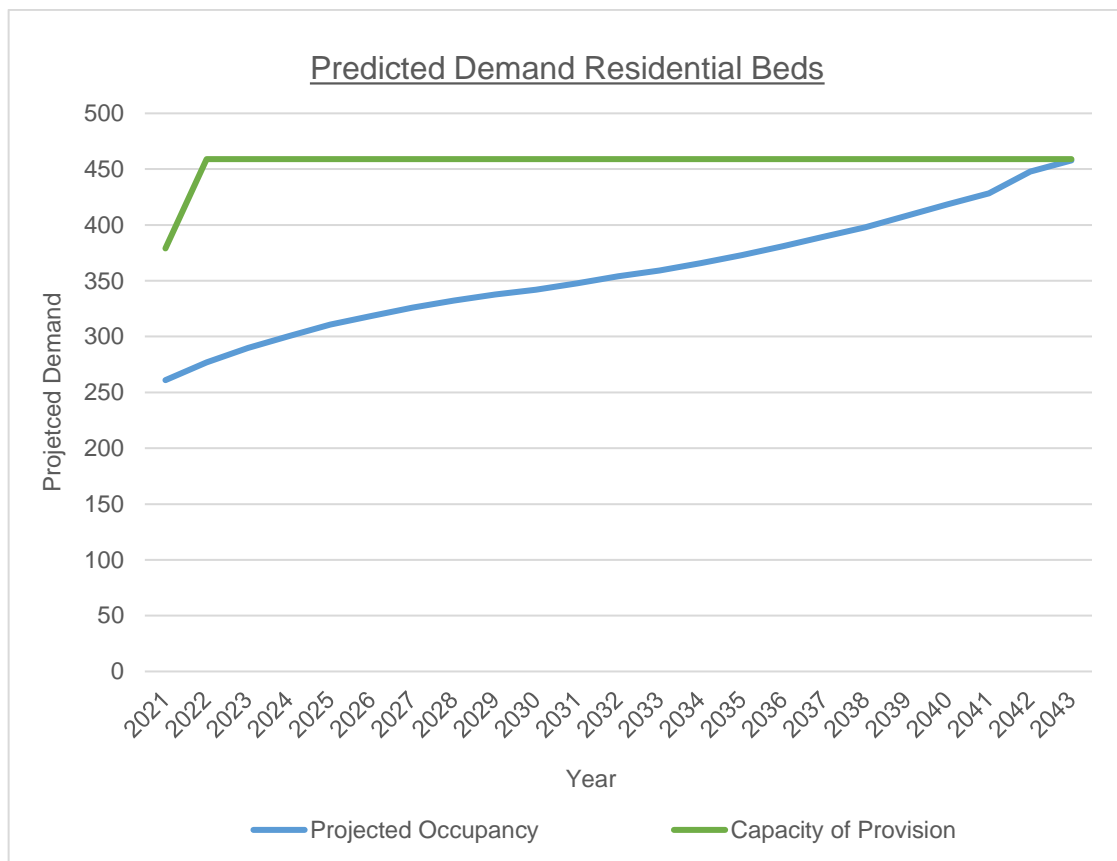
- vii. The Strategic Housing Market Assessment (SHMA) 2019 provides further information regarding estimate need for residential care home beds for older people. However the prevalence rates used in the analysis (between 71 and 110 beds per 1,000 over 75s) differs somewhat to the current residential bed usage rate for Rutland which is at present 51 beds per 1,000.¹⁹
- viii. The below table shows the projected residential bed vacancy levels for the next ten years. This is calculated based on the current number of occupied beds, applying the same level of increase as projected for the rise in population of over 75 year olds.

Projected need based on current occupancy levels					
Year	Over 75's	% increase	Beds	Occupied	Vacancy
2021	5,126		379	261	31%
2022	5,437	6.06%	*459	277	40%
2023	5,689	4.65%	459	290	37%
2024	5,902	3.74%	459	301	35%
2025	6,102	3.38%	459	311	32%
2026	6,254	2.50%	459	318	31%
2027	6,401	2.36%	459	326	29%
2028	6,526	1.94%	459	332	28%
2029	6,635	1.67%	459	338	26%
2030	6,714	1.19%	459	342	26%
2031	6,830	1.72%	459	348	24%

*The increase in the number of beds from 2021- 2022 (379 to 459) is due to the opening of a new 80 bed nursing and residential care home which is expected to accept residents from Autumn 2021.

- ix. The graph below shows the point at which the capacity of our provision is likely to converge with projected demand.

¹⁹ Rutland County Council Strategic Housing Market Assessment 2019, pg. 80



Future Updates

- i. The requirements for housing for older people in relation to social care needs will continue to be assessed on a regular basis to ensure there is sufficient provision for over 65-year-olds in Rutland.
- ii. The data referred to in this document will be reviewed periodically and the relevant information updated accordingly.

**A large print version of this document is
available on request**



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