

# PLANNING FOR AN AGING POPULATION

## Some things that need doing

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I am a complete non-expert  
(though I am 76 years old)

Almost everything I mention is already being  
done at some level

But it needs much more urgency and vigour

# The NHS is facing big trouble

Life expectancy at birth:

1991	2010
75	80

Increases by 6 hours every day

**Was not predicted by the actuaries**

# Behavioural economics

Gus O'Donnell:

70% of treatment by the NHS is because of things we do to ourselves.

Huge savings if we

- Eat less and more healthily
- Drink less alcohol
- Smoke not at all
- Take exercise

70% of over 65s have a medical condition

# The natural health service

(Cambridgeshire Local Nature Partnership)

- Getting people out to walk in the woods is better than going to the gym, because fewer drop-outs
- Dancing for fun is successful with older people

The money is with GP commissioning groups: lobby them

- Vigorous house cleaning is good exercise – there needs to be more awareness

# Need to spend more on dementia research

Annual research spends:

- **Cancer £590 million**
- **Dementia £50 million**

Dementia costs the UK economy £23 billion per year, twice that of cancer

(<http://www.alzheimersresearchuk.org/>)

There are currently 800,000 people with dementia in the UK

There will be over a million by 2021

(<http://www.alzheimers.org.uk/>)

# Urgent need to reduce the burden on the NHS

- 40% of people in hospital beds ought not to be there
- The different services need to work more together
- Social services funding is decreasing

The government aims soon to monitor 3 million people in their homes

- The technology is there
- But how will all the data be handled?
- And the NHS and social services have different data systems!

# Technology can help

- <http://www.wavelength.org.uk/> provides televisions and radios for isolated and lonely people, beneficiaries typically over 75, and living with chronic sickness, disability or mental illness
- And being connected to the internet is an enormous benefit



# The biggest killer is loneliness

<http://www.campaigntoendloneliness.org.uk/>:

- Over half of all people aged 75 and over live alone
- Half of all older people say television is their main company
- 6% of older people leave their house once a week or less

# Some remedies

- Careful design of new communities: no steps, seats, cafes, green spaces, community halls – should engage old people in the process  
But environments should not make things too easy: there needs to be a bit of a challenge
- Neighbours should make sure nobody is neglected – residents associations get active
- Get older people to volunteer – the biggest benefit is to themselves  
The Cambridge Rank Hospice has a volunteer aged 93  
Important to keep Meals on Wheels going
- People need help to get help: “Community Navigators” <http://www.care-network.org.uk/>

# Lifetime communities

<http://www.lifetimehomes.org.uk/>

- An environment that is accessible and inclusive, aesthetically pleasing and safe (in terms of both traffic and crime)
- A community that offers plenty of services, facilities and open space
- A strong social and civic fabric, including volunteering and informal networks
- A culture of consultation and user empowerment amongst decision makers
- A strong local identity and sense of place

# HOUSE OF LORDS

## Select Committee on Public Service and Demographic Change

Health and Wellbeing Boards, on which local planners should be represented, should draw up plans for how communities can prepare themselves for older populations and involve housing associations and private developers to ensure that there is enough specialist housing, adequate transport and other easily accessible facilities for older people.

Health and Wellbeing Boards should consider housing in tandem with health and social care provision because well-designed housing, as well as older people's capacity to avoid social isolation, are strongly linked to better health outcomes.

<http://www.publications.parliament.uk/pa/ld201213/ldselect/ldpublic/140/140.pdf>

Keep local services going  
Jura Stores – Community Right to Buy  
<http://www.juradevelopment.co.uk/shop/>



Serves population of 180 – partly funded by The Big Lottery Fund, staffed by volunteers

There are currently 301 community shops in the UK.  
Only 13 community-owned shops ever closed.

Jura's ambulance service also is staffed by volunteers

# Keep the bus pass

- Helps old people to stay warm
- Gives them something interesting to do
- Stops them thinking about themselves and so keeps them away from the NHS – the saving surely is huge
- Subsidises bus services, to the benefit of all

Bathroom planned to give side access to WC and bath

Easy route for a hoist from bedroom to bathroom

Provision for a future stair lift

Sockets, controls, etc. at a convenient height

Identified space for future platform lift to bedroom

Low window sills

Accessible entrance level WC (opportunity for shower later in 3 bed or larger homes)

Walls able to take adaptations

Width of doors and hall allow wheelchair access

Identified space for temporary entrance level bed

Turning circles for wheelchair in ground-floor living rooms

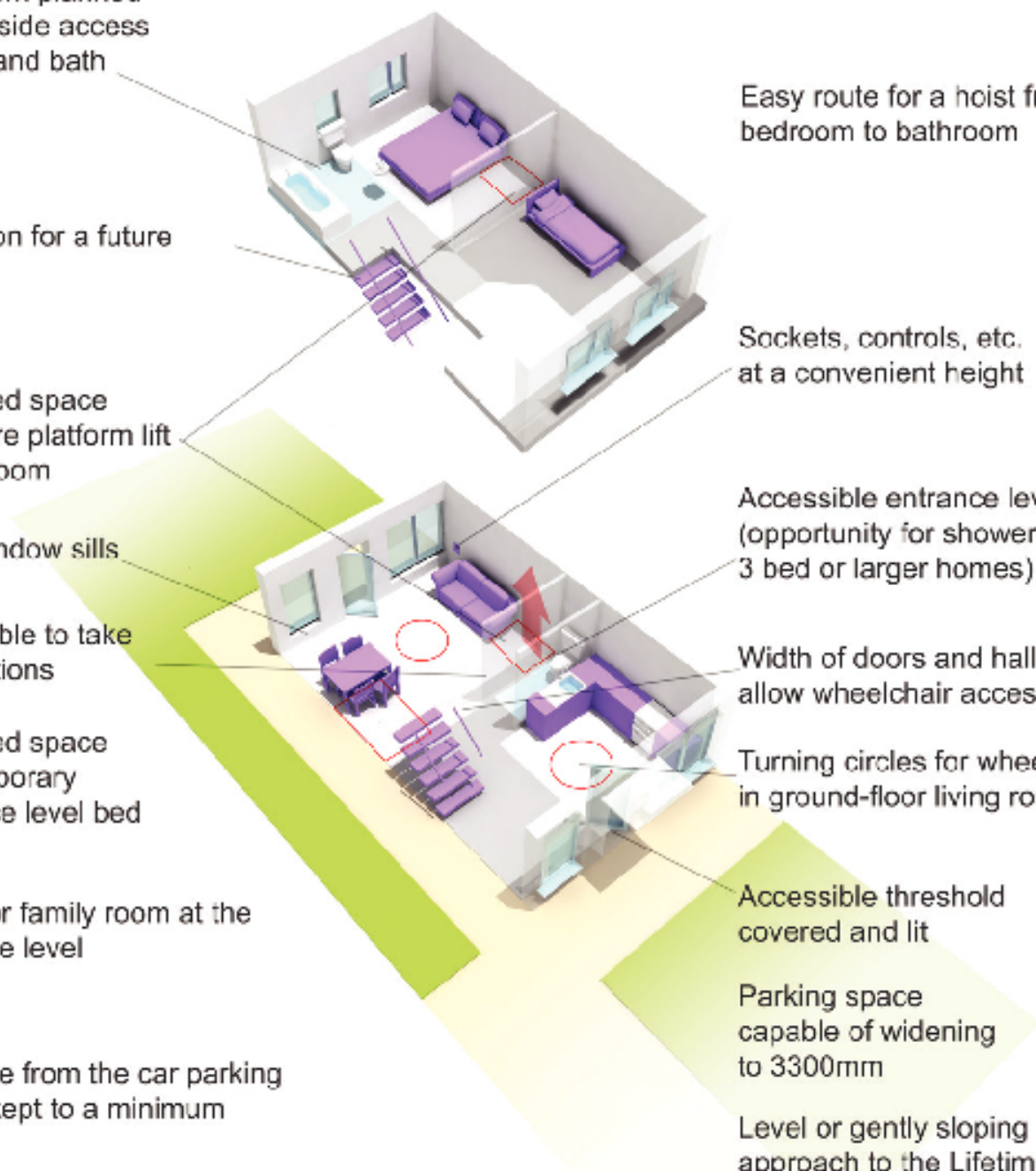
Living or family room at the entrance level

Accessible threshold covered and lit

Distance from the car parking space kept to a minimum

Parking space capable of widening to 3300mm

Level or gently sloping approach to the Lifetime Home



# ALL new homes should be lifetime homes

- So that, when people become frail or are suddenly disabled, they can stay in their own homes for as long as possible -- 90% of older people live in mainstream housing
- Costs range from £545 to £1615 – less if done in bulk
- Includes small increase in floor area – our houses are the smallest in Europe

BUT older people should be helped to downsize to match their changing need – design houses easily divisible into two?



# Need to lobby planners, architects and builders

Needs vigorous campaigning – there is a lack of awareness among architects and builders, and planners are not taught about it

90% of older people live in mainstream housing.

21% of dwellings have one or more person with a mobility problem

# Scope for big savings

AgeUK estimates cost of falls and accidents in the home at £1.7 billion a year

Providing simple things such as

- **level access**
- **circulation space**
- **walk-in showers**

could save the country more than £5 billion over the next 60 years

(But those who have to pay are not those who will benefit)

IF THINGS ARE BETTER FOR OLDER PEOPLE THEY WILL  
BE BETTER FOR EVERYBODY



The one on the right is much better – but the switches should be painted red (like at Cambs Police HQ)

And why are sockets usually at floor level?



Stephen Hawking: if you and I can get from A to B then so must he, and by the same route

Johnny Winter (Cullinan Architects): going round the site with Stephen when it was finished was a sobering experience

800,000 in the UK are profoundly deaf

10 million have some hearing difficulty (2/3 are over 65)

<http://www.actiononhearingloss.org.uk>

- They need persuading to get hearing aids earlier
- Public address systems need improving and those that use them must speak slowly, clearly and loudly
- There need to be more loops and they need better maintenance

Almost 2 million people in the UK have sight loss that has a significant impact on their daily lives

<http://fightforsight.org.uk/>

- Very high (> 5.0%)
- High (0.1% - 5.0%)
- Low (-4.9% - 0.0%)
- Very low (<-4.9%)

**Don't expect us to distinguish colours**  
**Make text large enough for us to read**



(Centre for Cities: house price growth)



# Number of centenarians

ONS: 25.7% of boys born in 2011 will live to 100  
33.4% of girls

(Beware of spurious accuracy of predictions)

ONS predicts between  
60,000 and 105,000  
in 2031

**BIG CRISIS!**

