

# Priority 4

## Improving Health through Housing

### 4.4 Ageing Well

Leeds has an ambition to make the city 'The Best City to Grow Old'. The Ageing Well Board, led by Public Health and Adult Social Care, has good quality housing for older people as a priority area and is overseeing this. Good quality, affordable and accessible housing, complemented by strong community networks, is the key to helping older people maintain good levels of health and wellbeing. This will mean older people are assisted to live independently in their community. Housing services work with hospitals to minimise the number of people whose discharge has been delayed because of an absence of suitable housing. There is a link between housing conditions and health inequalities later in life. Older people can be affected by fuel poverty and are often at risk of becoming isolated because of lack of contact with family or friends, community involvement or access to services.

### Case Study

Mrs A, a lady aged 93, had lived in her own LCC tenancy for the last 60 years. She sustained a fall at home, broke her hip, and was identified as having a housing need by the ward staff at the LGI Hospital. The Independent Living Team carried out a housing assessment on Mrs A as soon as she was admitted to hospital. Her house was also assessed and found to be unsuitable for adaptations. Mrs A's only option was to be rehoused and an assessment of her needs was completed on the ward. She was awarded priority status with a clinical recommendation for a ground floor sheltered property. Mrs A was successfully rehoused close to her old home and community. Early intervention and close working between the ward staff and housing enabled this successful outcome.

### Actions

1. Health and social care work with housing partners to ensure housing adaptations and repairs allow older people to live independently.
2. As part of this, there will be an enhanced focus on falls prevention across partners in Leeds.
3. Hospitals and social care work closely with housing to minimise the number of people whose discharge has been delayed due to housing.
4. Health and social care work with housing to identify social isolation and connect people to groups and activities in their area and connecting to the 'Time of Our Lives,' programme.
5. To tackle the link between health inequalities and housing by addressing fuel poverty and other issues through the Leeds Cold Weather Plan.

### Targets

- Increase the number of older people who are helped to live independently.
- Reduce the number of older people living in social isolation.
- Minimise the number of housing related delays when discharging people from hospital.

