
Housing, care and health



Suitable accommodation that is safe and warm is one of the foundations of personal wellbeing, whether in childhood, when vulnerable as adults, or in old age. It enables people to access basic services, build good relationships with neighbours and others, and maintain their independence - all resulting in a better quality of life.

The King's Fund and the National Housing Federation recently ran a joint learning network on integrated housing, care and health.

These slides are an output of the network to show how housing associations and other organisations have an important role to play with the NHS and care sector in improving and maintaining people's health.

Nearly one in three social housing residents is over the age of 65.



Helping people to stay well and maintain independence as they grow older is critical for health and helps to reduce pressure on the NHS. Good housing and preventive services can make a fundamental difference to health and wellbeing.

Housing associations can support older people through:

- falls prevention
- dementia-champion training
- programmes that reduce social isolation
- programmes that encourage healthy eating and exercise.

In 2014 one in three homeless people admitted to hospital were discharged on to the streets.

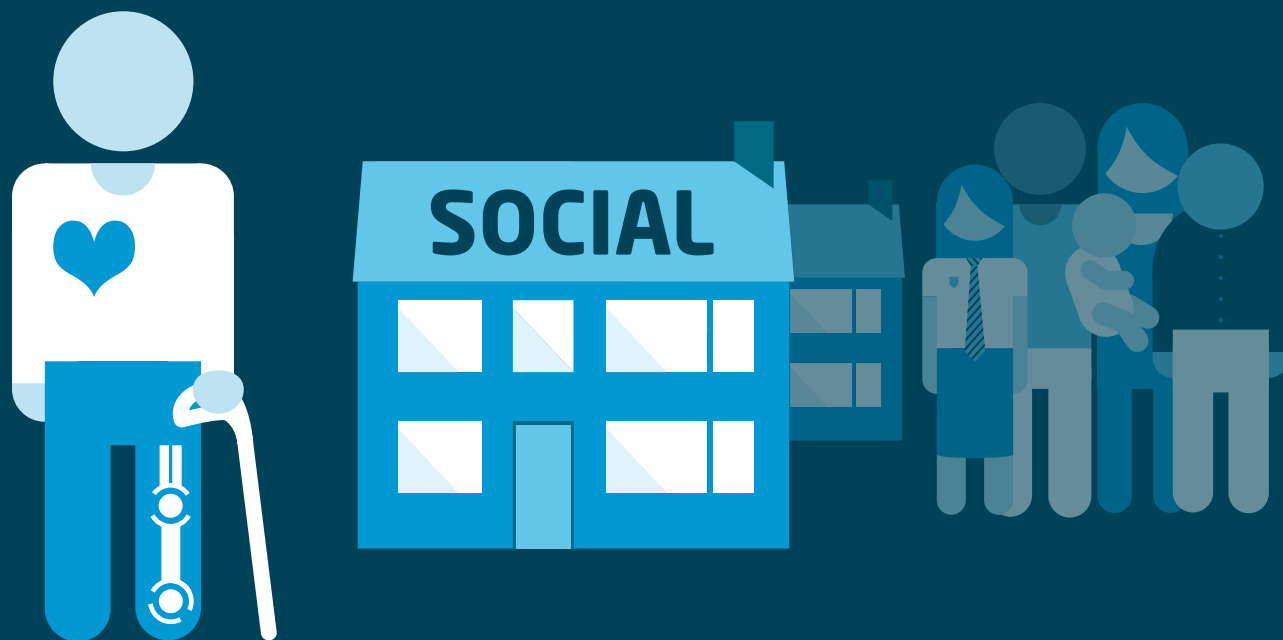


Housing associations provide homes and refuge for thousands of vulnerable people through supported, personalised and adaptive housing. They are well placed to provide a wide range of services and to support access to primary and community care, both helping residents and avoiding use of expensive NHS acute care.

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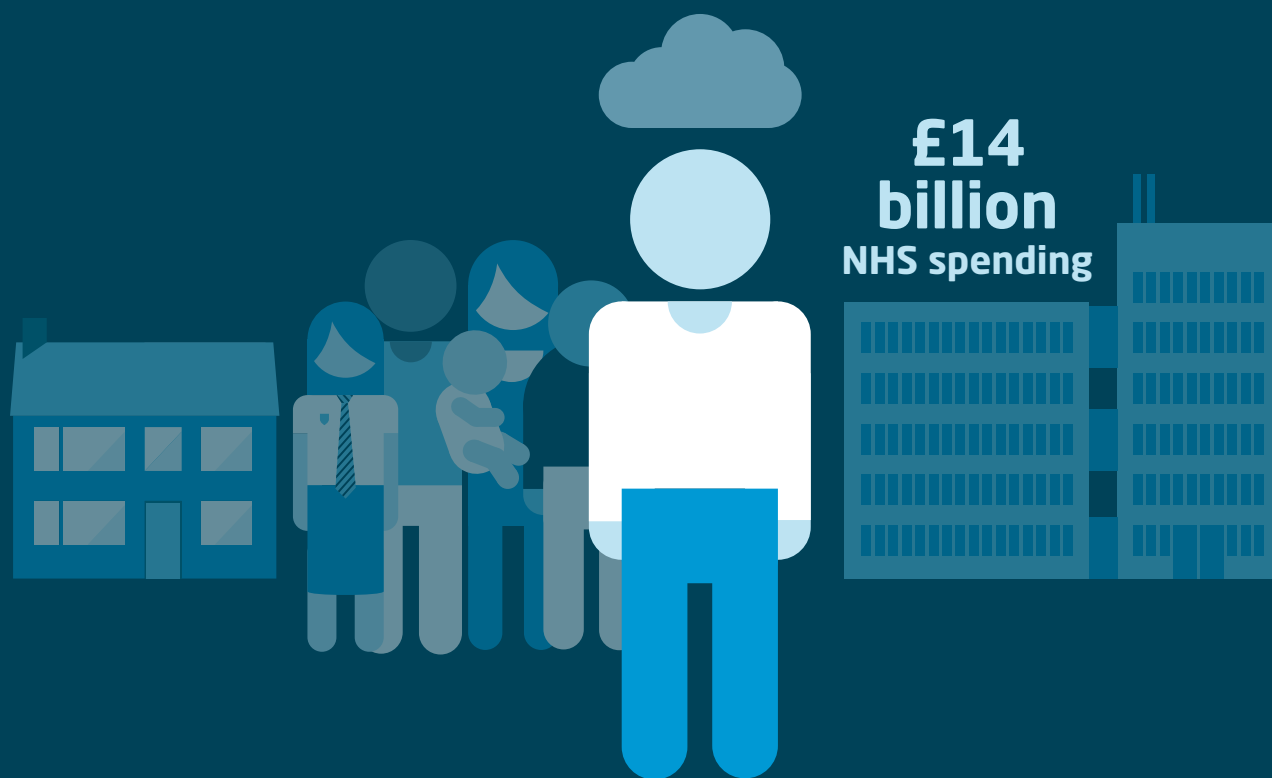
One in two social housing residents have a long-term condition or disability, compared to around one in four in other types of housing.



Housing associations have a key role to play in the management of long-term conditions. They can support:

- people with hearing, sight and physical mobility problems to maintain their independence, dignity, security and safety through adaptations
- people with learning or physical disabilities through extra care, supportive housing (including schemes with communal dining and social areas) and support with personal care.

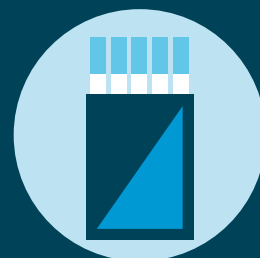
One in four people in England experience a mental health problem each year, costing the NHS at least £14 billion a year.



A settled home is vital for good mental health. Housing associations can:

- offer appropriate support and accommodation to people recovering from a mental health problem
- signpost people to relevant community-based mental health services
- work with mental health providers to ensure treatment is provided in the most appropriate setting.

Social isolation and loneliness can have as big an impact on health as moderate smoking, excessive alcohol consumption and obesity.



Housing associations can play an important role in alleviating social isolation for their residents. They provide homes for more than 5 million people. Many of these are at risk of social isolation because they are on a low income, live alone and have other risk factors.

Interventions such as befriending, volunteering and community schemes can improve health and wellbeing and reduce the pressure on NHS and social care services.

To find out more about how housing, health and social care can work together go to:

www.kingsfund.org.uk/housing

www.housing.org.uk/health



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