

VALE OF GLAMORGAN

REPLACEMENT LOCAL DEVELOPMENT PLAN
2021 - 2036

THE VALE OF GLAMORGAN OLDER PERSONS' HOUSING STRATEGY 2022-2036

*Creating Homes and Neighbourhoods for
Later Life*

January 2023



BACKGROUND PAPER - BP22



Foreword

I am delighted to introduce the Older Persons Housing Strategy for the Vale of Glamorgan. There is a growing number of older people across the Vale of Glamorgan and many older people are facing increasing challenges as they get older. Statistics tell us older people are more likely to experience deteriorations in their mobility, more likely to be affected by sensory impairment, chronic diseases, and frailty, meaning assistance is needed in a variety of forms. This ranges from minor adaptations to be able to remain living comfortably in their own home, to needing to move into more specialist accommodation.

Unsuitable housing has a considerable impact on older peoples physical and mental health. It affects personal independence, well-being and happiness. An older person living in a property with lots of stairs without an accessible bathroom is more likely to fall or be confined to living in part of their home. Older people living away from family and friends or without access to support networks or social activities can experience social isolation and loneliness.

It is important therefore, to ensure that older people have decent homes to live in, to secure and maintain their independence, reduce health inequalities and older people have access to care services that are flexible enough to meet the different choices older people will increasingly make.

This Strategy and the proposed recommendations are designed to respond to the current and future needs of the older adult population. The Strategy also supports the aims of the Council's Corporate Plan and several other important Strategic documents, including the Local Housing Strategy, the Commissioning Strategy for Older Persons Services, and the Housing Support Grant Commissioning Plan.

I hope you will support this Strategy by working together to provide a range of quality, affordable and attractive housing options to enable older people to live independently across the Vale of Glamorgan.

Cllr Margaret Wilkinson

Cabinet Member for Housing and Tenant Engagement

Executive Summary

This Older Persons' Housing Strategy sets out how the Council and its partners will enable and deliver housing and related services for older people that meet a variety of needs and aspirations, and how this provision can help address wider health and social care priorities.

Our vision is to secure the best quality of life for older people living in the Vale and to enable older people to live as independently as possible in later life. This means delivering a range of accommodation that enables older people to live fulfilling lives and enjoy good health in attractive homes that meet their needs and allow them to retain their independence as they age.

To achieve this vision, the Council will:

- Review its sheltered housing services, including consultation with residents, to ensure that the council's provision of housing services for older people reflects contemporary standards that will be attractive to existing and future residents. The council will encourage local RSLs to review their sheltered housing services.
- Enable the development of new contemporary housing suited to older people and additional extra care housing in all three localities in the Vale.
- Proceed to develop a retirement village/care village in Penarth.
- Use planning policy to encourage private and social housing providers to develop a range of mainstream housing that is suited and attractive to older people.
- Work with RSLs and private house builders to develop a supply of new adapted, accessible and purpose built homes which can meet the needs of older people, including a range of tenure options.
- Consider how to expand housing options information and advice services aimed at older people.
- Consider how it can increase the number of older people who can be supported to make adaptations to their existing homes to help to maintain their independence.
- With its RSL partners consider options for developing community led housing aimed at older people.
- Take the opportunity of the 2025 digital switchover to enhance the range of telecare options available to older people, both inside and outside of their home by utilising a wider range of digital equipment.
- Make further use of assistive digital technology to provide support to enable people to remain independent in their homes
- Seek to develop the role of housing in supporting hospital discharge where the location is appropriate. As part of this approach the Council with its NHS partners will review the use of the current step-down units at the sheltered housing scheme in Cowbridge.

- With its NHS partners consider the opportunity for co-locating health and social care staff at current and future housing schemes for older people.
- Support and develop further social prescribing services, which will support older people living in both mainstream housing and specialist housing.

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1. Introduction

This Older Persons' Housing Strategy sets out how the Council and its partners will enable and deliver housing and related services for older people that meet a variety of needs and aspirations, and how this provision can help address wider health and social care priorities.

Like elsewhere in Wales and the UK, the Vale of Glamorgan's population is ageing. The latest census showed that the Vale's over 65 population saw the second largest percentage increase in Wales between 2001 and 2021, increasing by 24.9%¹. It is expected to increase by c.27% by 2036. The Vale of Glamorgan's ageing population has implications for where people live and how they are supported to remain independent and live well in later life.

Although many older people (58%) in the Vale of Glamorgan live in good health only 50.2% in the Vale of Glamorgan live free from limiting long term illness². Public health evidence³ indicates an increased prevalence of age-related conditions such as mobility or sensory impairment, frailty and chronic diseases amongst the older population, suggesting that more older people are likely to require specialist accommodation and/or care & support to remain living in their current homes.

The Council's Housing Strategy⁴ emphasises the need for housing that enables older people to remain independent, for example, through provision of high quality, affordable and suitable housing.

The Council wants to ensure that older people in the Vale have access to housing and associated support and care services that enable them to live independently in later life now and in the future.

This strategy sets what is needed in the Vale and how we will work together with our partners to create homes and neighbourhoods for life for older citizens

¹ ONS Census 2021

² Public Health Wales Observatory. Public Health Outcomes Framework. *www.phw.nhs.wales*. [Online] [Cited: 29 10 2021.] <https://phw.nhs.wales/services-and-teams/observatory/data-and-analysis/public-health-outcomes-framework/>

³ Public Health Wales Observatory. Public Health Outcomes Framework. *www.phw.nhs.wales*. [Online] [Cited: 29 10 2021.] <https://phw.nhs.wales/services-and-teams/observatory/data-and-analysis/public-health-outcomes-framework/>.

⁴ Vale of Glamorgan Council. Local Housing Strategy 2021-2026 (Draft)

2. Our vision for housing for older people in the Vale

Our vision is to secure the best quality of life for older people living in the Vale and to enable older people to live as independently as possible in later life. This means delivering a range of accommodation that enables older people to live fulfilling lives and enjoy good health in attractive homes that meet their needs and allow them to retain their independence as they age.

How we will deliver our vision

We will deliver our vision through:

Support to stay put

- Maximising the opportunity for older people to remain in their existing home as they age by increasing the availability of housing that is designed to be flexible and adaptable.
- Supporting people to remain living independently in their homes by extending the provision of aids and adaptations; recognising that there will be a growing demand for adaptations, such as bathrooms being replaced with wet rooms, to enable this to happen.
- Ensuring there is flexible and personalised care and support to enable people to live independently for as long as possible as their care needs change with age.

Moving to housing better suited to needs in later life

- Improving the range of good quality housing available, both mainstream housing that is designed to be attractive to older people and specialist age-designated housing. Some of this may be described as 'care ready' housing for rent and for sale, i.e. without care on-site, but designed to enable people to age in place, to allow for decreased mobility and permit individuals to be cared for easily in their own homes should that be required. This housing offer can vary in size and scale making it suitable for urban and rural settings.
- Enabling housing that is suited to the needs of older people which is affordable to a wide range of people, including housing for sale and for social rent. There is scope to test out new housing choices and ownership models for people in later life including the use of shared ownership aimed at older people.
- Expanding the range of housing with care options, such as extra care housing through to retirement villages, for those that need and want this option.
- Identifying existing sheltered housing schemes that can be improved to be more attractive and to better support ageing in place for an increasing older population with growing care and support needs.

Promoting community connections and housing diversity

- Supporting communities and neighbourhoods to maintain and facilitate healthy lifestyles and social connections.

- Recognising the needs of all older people across the Vale including people with protected characteristics.
- Providing comprehensive information and advice in relation to housing options for older people that enables older people and their families to be well informed about planning future moves. This will help to create a climate where moving in later life becomes a realistic and positive choice for those who want or need to move to meet their housing and care/support needs.

Integrating housing health and care

- Developing a retirement village model that is appropriate for the Vale, with a large number of housing units of different tenures, a wide range of facilities and onsite care and health services, for example we are developing this type of integrated housing, care and health service in Penarth.
- Considering developing a smaller version of extra care housing which may include smaller scale new build development and redesigning some appropriate sheltered housing schemes to include on-site care provision or a care and health 'hub' that can support people living the neighbouring community. This is an opportunity to bring an integrated housing with care service to a greater number of locations including rural areas, for example in the Western Vale.
- Recognising that a generational shift is underway and, that older people are and will become increasingly sophisticated in their use of technology and social media. There is an opportunity to make homes technologically smarter and to maximise the use of technology, including telecare, to enhance the health and independence of individuals.

3. Our older population

'Older people' are not a homogenous group, there is no stereotypical older person. 'Older people' consist of people from multiple generations, different backgrounds, abilities, ethnicities, sexualities, and genders. As such, we see older people as an asset to our communities and neighbourhoods.

Although some have sought to define 'old age', there is no single definition or commonly accepted age at which people become 'old'.

The Older People's Commissioner for Wales defines 'older people' as any person aged 60 years and over. Whereas the Welsh state pension age is 66 and to be considered for sheltered housing in the Vale a person needs to be aged 60+ or 50+ with a diagnosed medical condition.

The social housing waiting list (Common Waiting List) data categorises applicants aged 60 years or older as 'elderly' and in Wales social benefits such as free bus travel and concessions on public transport commence at 60 years of age.

Age Friendly Wales purposely doesn't define 'older people' and recognises that the life experiences and daily reality vary greatly for people in their 50s to those in their 80s and over.

Whilst there would not appear to be a commonly accepted or universal definition of an 'older person', for the purposes of this strategy we use 60 years or older when look at the housing needs of older people. However, we want to ensure we are meeting the diverse needs of everyone that might be considered an 'older person'.

The Vale of Glamorgan has an ageing population; it saw the second largest percentage increase in Wales of the 65+ group with an increase of 24.9% between 2001 and 2021. This is compared to an increase of 17.7% of people age 65+ for Wales.⁵

The majority of households over the age of 65 in the Vale of Glamorgan are owner occupiers (82%) with 11.9% living in social housing and a minority of people aged over 65 living in the private rented sector (4.1%).⁶

Most older people live in 'mainstream' housing; a minority live in 'specialist' forms of housing such as sheltered housing, retirement housing or other types of age designated housing.

The projected growth in the numbers of older people with complex care needs is highly likely to result in increased pressure on health and care services. For example, the number of older adults living with severe dementia is predicted to double by 2040 in Wales.

As people live longer the need for additional care and support increases as a result of more people experiencing difficulties with day-to-day activities.

⁵ ONS Census 2021

⁶ Stats Wales. Population Projections Based on 2008 LA Projections as 2011

4. Strategic Context

National Context

There are a range of national policies and legislation that inform the objectives of this older person's housing strategy.

The **Welsh Government's Strategy for Older People in Wales 2013-23** recognises the importance of older people having the resources to age well, including access to housing and services that support their needs and promote independence.

Older People's Commissioner for Wales Work Programme 2022-24 focuses on enabling everyone to age well and sees housing that supports independence as key to developing age-friendly communities.

Age friendly Wales: our strategy for an ageing society 2021 recommends that an age-friendly Wales should recognise link between housing and health, and that good quality affordable housing should be seen as a preventative intervention.

Social Services & Well-being (Wales) Act 2014 provides the legal framework for improving the well-being of people who need care and support, including older people with complex needs and long-term conditions. The Act requires local authorities and health boards to work together to assess care and support needs and provide integrated, sustainable services. Fundamental principles include supporting and measuring well-being, service user voice and control and a focus on prevention and early intervention.

Well-being of Future Generations (Wales) Act 2015 looks to improve the economic, social, environmental and cultural well-being of Wales. The Act ensures that public bodies think more about the long term, work better with people, communities and each other, look to prevent problems occurring and take a more joined up approach. The Act establishes seven national well-being goals good housing has a key role to play in addressing a number of these, including achieving a healthier Wales and a Wales of cohesive communities.

Welsh Government's National Dementia Action Plan 2018-2022 sets out a vision for Wales to be a 'dementia friendly nation that recognises the rights of people with dementia to feel valued and to live as independently as possible in their communities'.

Planning Policy Wales Edition 11 issued in February 2021 highlights the role of the planning system in delivering housing that addresses the needs of older people. It states that planning authorities must clearly set out the housing requirements of older people in their development plan and identify where interventions may be required to deliver this housing supply, including for specific sites. Planning authorities should promote building to Lifetime Homes Standards to meet the requirements of older people.

Local Context

At a local level, there are a range of strategies and policies that inform and complement the aims and priorities of this older person's housing strategy.

The **Vale of Glamorgan Council Local Housing Strategy 2021-2026** recognises the need to achieve a suitable supply and balance of accommodation types to enable older people to live independently for as long as possible with access to appropriate services and support.

The **Housing Support Grant Delivery Plan 2022-2025** outlines the need to provide an adequate supply of special forms of housing to meet the varied needs of older people to ensure that they can remain independent for as long as possible in a safe and stable environment.

The **Vale of Glamorgan Local Development Plan (LDP) 2011-2026** recognises the recommendations around housing for older people from Planning Policy Wales Edition 11.

The **Cardiff and Vale of Glamorgan Dementia Strategy 2018-2028** sets out how partners across the region will work together to improve the lives of people with dementia and their carers. It recognises the role of dementia-friendly environments in improving the lives of people living with dementia. Making all new buildings dementia-friendly, through working with planners and designers is a key priority as well as enabling a range of suitable accommodation options for people living with dementia.

The **Cardiff and Vale of Glamorgan Integrated Health and Social Care Partnership Board's Market Position Statement and Commissioning Strategy: Care and Support Services for Older People 2017-2022** sets out how the Health Board, social services, third sector and other partners will work together to improve the health and well-being of older people in the region. Key points that link together health, care and housing and are relevant to this older person's housing strategy are:

- There is a recognition that there is insufficient appropriate housing for older people.
- There is a shortage of housing options for older people who need adapted properties.
- Older people are seeking integrated health, housing and social care services.
- A key objective is 'enabling people to live at home, or as close to home as possible, in accommodation appropriate to their needs and where they can live well, thrive and remain independent'.

The **Cardiff and Vale of Glamorgan Integrated Health and Social Care Partnership Board's Market Stability Report For The Regulated Social Services Care and Support Market (2022)** includes the following key points that link together health, care and housing and are relevant to this older person's housing strategy are:

- Innovative housing-based services will need to be commissioned to deliver alternatives to traditional care services.
- The need to develop housing with support capacity as an alternative to older people's residential care and to delay entry to nursing care provision.

- The aim is to continue to shift resources from general residential care services to community services. Much of the demand previously met by residential care will be met from home care, but not all of it. Some will be met by other community-based alternatives provided by Regional Partnership Board partners, through the “@home” locality-based integrated care model.

5. The views and perspectives of older people and other stakeholders

We have drawn on a variety of research conducted with older people and stakeholders across the Vale to identify what older people are seeking from their housing and support options in later life.

This includes key findings from:

- The Assessment of Older Persons' Housing and Accommodation conducted by the Housing Learning and Improvement Network (Housing LIN) for the Cardiff and Vale of Glamorgan Regional Partnership Board in 2018.
- Qualitative engagement conducted in 2022 with members of the 50+ forum and local stakeholders such as registered social landlords and third sector organisations.
- Other research that the Housing LIN has conducted with older people across Wales.

Older people's perspectives

Engagement with older people has identified 3 key themes that underpin this strategy:

My Home

"The place that you live is the foundation to everything"

Many older people are living in homes that aren't suited to later life; the property may be too large, only have an upstairs bathroom, have multiple stairs, require climbing steps to access the property and/or be served poorly by public transport

Older people are seeking a wider range of housing choices that support them to live independently in later life.

More older people might consider a move if there was an attractive range of accessible and affordable housing choices.

Bungalows tend to be the preferred housing type, but people are also seeking smaller houses and flats with a balcony would be a preference for some.

The majority of older people (60%) are seeking a property with 2 bedrooms if they were to move; many people still want their friends and family to be able to stay.

There is a need for affordable housing for rent and for sale that is suited to the needs of older people particularly in areas of relatively high housing costs.

"I want a home that can support me whatever happens in life, we need homes that adapt to people's changing needs. Accessible housing is good for everyone"

The community I live in

"Feeling good about where you live is more than just living in good quality housing, it's about the community you live in supporting one another"

Having connections to the community is key to the wellbeing of many older people; loneliness amongst older people has been exacerbated by the COVID-19 pandemic.

Having access to opportunities for social interaction with neighbours, friends and family is seen as very important by older people in terms of maintaining both their independence and wellbeing.

Having good access to public transport and community services is extremely important to older people, particularly in the rural vale

Many older people do not wish to move from their existing community and want to remain close to friends and family, even if they move to a home that is better suited to their needs.

"In rural locations having access to public transport is a life-line in later life"

The support I need

"I love my home, I have lived here for most of my life. I need help making some changes that would mean I could remain living here for as long as possible"

Many older people want to be supported to remain in their own home for as long as possible. Required adaptations which support people to remain in place may include adaptations to bathrooms/wet-rooms, grab rails, improved access such as ramps, installation of stair lifts.

Moving to a care home is almost never the preferred choice of accommodation. The majority of older people, if they need care and or support, want that in their own home, whether that is in mainstream housing or specialist accommodation, such as extra care housing.

"I don't want to move somewhere that looks like it is for 'older people', I want to live somewhere that makes me feel good about myself"

Moving to accommodation with an 'age-designation' is preferred by some older people but not all; more people might consider this option if it is seen as a lifestyle choice rather than a move linked with receiving care/support.

Many older people want to live in mixed, diverse communities where people can support each other and provide informal support. Older people are seeking access to better information and advice about their housing and support options in later life. This helps people to plan for the future.

Technology that supports people to live independently is important, but a majority of older people want this alongside face-to-face support

Amongst some older people, there is a need for support and assistance to improve digital skills and access, particularly in the rural Vale

Local stakeholders' perspectives

Engagement with local stakeholders identified that an older person's housing strategy should:

- Recognise the housing and support needs of all older people not just those with care needs.
- Consider the housing needs of older people across all tenure types, not just social housing. The majority of older people in the Vale are homeowners that want to stay in their homes for as long as possible.
- Promote housing options that are affordable and environmentally sustainable.
- Reflect the differing housing requirements of older people in both rural and urban areas in the Vale.
- Recognise that housing is not just about bricks and mortar but about the communities we live in reflecting the importance of social and community connections in promoting the wellbeing of older people.
- Promote housing choices and services that reflect the diverse needs and preferences of older people. Some RSLs are starting to consider how to refurbish their existing stock, both sheltered and general needs to make it fit for purpose and aspirational for the 21st century.
- Consider the model of extra care housing in rural areas, large scale developments may not be suitable but a smaller scheme which acts as a 'hub' for the local community may offer a viable option.
- Consider the role of technology to support independence in light of the digital switch over and how to strengthen digital skills and confidence amongst older people.

6. Demand for housing for older people

At present the most prevalent type of specialist older people’s housing is sheltered and age-designated housing in the social rented sector. There is very limited housing with care provision. The current provision of private retirement housing provides some mix of housing choices for different socio-economic groups. There is limited older people’s housing provision in the western Vale.

However, the majority of older people in the Vale are homeowners. The older population tenure profile, i.e. the tenure breakdown of the 65+ population is shown in the table below.

Table 1. Tenure breakdown of the 65+ population in the Vale of Glamorgan.

Tenure	Number of 65+ households	Percentage of total 65+ households
Home ownership	12,544	82.5%
Social rented	1,811	11.9%
Private Rented	853	5.6%
All tenures	15,208	100%

Source: ONS / Nomis 2011 census

An Assessment of Older Person’s Housing and Accommodation including accommodation with Care and Care Ready was produced by the Housing LIN in 2018⁷. The Vale of Glamorgan Local Housing Market Assessment 2021 recognises that the pandemic has had an impact on this demographic cohort and therefore the estimates of need for housing for older people within the 2018 assessment need to be reviewed. For this strategy we have reviewed and updated the estimates of need for housing for older people.

Quantitative estimates of need to 2035 for specialist age designated housing, both retirement housing (for social rent and for sale) and housing with care (extra care housing for social rent and for sale) are shown in the tables below.

Table 2. Total estimated need: Older people’s housing: retirement housing (for social rent and for sale) (units).

Locality	Current Provision (units)	By 2027	By 2032	By 2037
Central	297	367	445	513
Eastern	445	495	549	598
Western	87	140	196	246
Total	829	1,002	1,190	1,357

⁷ <https://www.cvihsc.co.uk/wp-content/uploads/2018/12/An-Assessment-of-Older-Persons-Housing-and-Accommodation-2018.pdf>

Table 3. Total estimated *net* need: Older people’s housing: retirement housing (for social rent and for sale) (units).

Locality	Current Provision (units)	By 2027	By 2032	By 2037
Central	297	70	148	216
Eastern	445	50	104	153
Western	87	53	109	159
Total	829	173	361	528

Table 4. Total estimated need: Housing with care: extra care housing (for social rent and for sale) (units).

Locality	Current Provision (units)	By 2027	By 2032	By 2037
Central	42	43	95	149
Eastern	0	39	86	135
Western	0	41	88	140
Total	42	123	269	425

Table 5. Total estimated *net* need: Housing with care: extra care housing (for social rent and for sale) (units).

Locality	Current Provision (units)	By 2027	By 2032	By 2037
Central	42	1	53	107
Eastern	0	39	86	135
Western	0	41	88	140
Total	42	81	227	382

In summary this suggests that there is estimated net need for:

- Retirement housing (for social rent and for sale): c.175 units by 2027, increasing to c.530 units by 2037.
- Housing with care (extra care housing for social rent and for sale): c.80 units by 2027, increasing to c.380 units by 2037.

Evidence from the Council’s applicant waiting list for social housing shows that there are currently 847 applicants on the waiting list with an interest in a sheltered housing property.

If this data is refined to screen out applicants who have been on the waiting list since before 2019, this shows that there are currently 742 applicants on the waiting list with an apparent interest in a sheltered housing property.

This evidence tends to corroborate the projected estimates of need for retirement housing (which includes need for ‘sheltered’ housing for social rent) and housing with care (extra care housing). However, it should be noted that this does not necessarily mean that there is high demand for *existing* sheltered housing services, either those operated by the council or by RSLs, which may be unattractive to many older people who are seeking alternative housing.

7. Conclusions and Recommendations

Context

The Vale of Glamorgan has three localities: Western Vale, Central Vale (Barry) and Eastern Vale. These areas reflect how services are currently planned and delivered by partner organisations with the Cardiff and the Vale of Glamorgan Integrated Health and Social Care Partnership. Although each area has its own unique characteristics the following are common across all three:

- An increasing number of older people.
- Relatively high levels of homeownership.

The Vale of Glamorgan is an area of growth. The Vale of Glamorgan has seen the largest growth in population in Wales, particularly amongst older people. The Vale's plans in recent years have helped boost businesses and improve living in rural areas of the county and to regenerate areas such as Barry and Penarth. The Vale of Glamorgan is currently aiming to improve accommodation and housing available for older people. The council's objective is to explore sheltered and/or extra care housing as an enabler of the 'Discharge To Assess' model of care, therefore suggesting an increase in the need for these types of housing⁸.

The Vale of Glamorgan is an excellent location, it's a diverse and beautiful part of Wales. The county is characterised by rolling countryside, coastal communities, busy towns and rural villages but also includes Cardiff Airport, a variety of industry and businesses and Wales's largest town, Barry. The area benefits from good road and rail links and is well placed within the region as an area for employment as a visitor destination and a place to live.

This section sets out the requirements and opportunities of both the overall Vale of Glamorgan area and each of the localities in terms of housing and accommodation to support older people to live well in later life. Note that assumptions for the estimated net need projections are presented in Annexe 1.

To discuss with the council: map to use for final version

⁸ [Cardiff and Vale of Glamorgan Market Position Statement and Commissioning Strategy: Care and Support Services for Older People 2017 – 2022](#)



Conclusions and recommendations

Widening the range of housing and accommodation options required

The evidence from the assessment of need for housing and accommodation for older people and from engagement with local older people indicates that a range of housing options are required. These are summarised below:

- *Sheltered/Retirement housing* offers self-contained accommodation with an age-criterion, usually supported by a part-time/visiting scheme manager and 24-hour emergency help via an alarm. There are often communal areas and some arranged activities. Can be with a private or social landlord, to buy or to rent. *The council will review its sheltered housing services, including consultation with residents, to ensure that the council's provision of housing services for older people reflects contemporary standards that will be attractive to existing and future residents. The council will encourage local RSLs to review their sheltered housing services.*
- *'Care ready' housing* typically means that a home is capable of adaptation over time to meet changing needs including space for aids and adaptations. This can be both mainstream housing or age designated housing. Through good design homes can be built to be better suited to possible future requirements such as the need to have an over-night carer, storage for mobility scooters and space to retain independence. Can be with a private or social landlord, to buy or to rent. *The council will enable the development of new contemporary housing suited to older people in all three localities in the Vale.*
- *Extra care housing* is a type of 'housing with care', not to be confused with a care home. It is designed with the needs of people with higher levels of care and support in mind. Extra care housing schemes provide fully accessible, self-contained

accommodation with access to 24 hour on-site domestic and personal care support, communal facilities and activity rooms. Individual flats have level access bathrooms and kitchens, emergency alarms and other assistive technology as standard. Most schemes have eligibility criteria. In the Vale, there is one extra care scheme, Golau Caredig in Barry. *The council will enable the development of additional extra care housing in all three localities in the Vale.*

- *Retirement villages* offer self-contained apartments or houses with readily accessible communal facilities and activities for their residents. The on-site facilities vary depending on the size of the development and provider and staff are on-site 24 hours a day. A retirement village tends to be larger in scale and have more of a 'village' feel. Can be with a private or social landlord, to buy or to rent. *The council will proceed to develop a retirement village/care village in Penarth.*
- *Mainstream housing that is suited to older people* means a typical home within the community that could be a bungalow, house or flat. There is no age-criterion but consideration has been given to the design so that it is suited to older people. *The council will use planning policy to encourage private and social housing providers to develop a range of mainstream housing that is suited and attractive to older people.*
- *Shared ownership* options should be considered as part of the range of housing options above to ensure a range of affordable options are available. The Vale has a high percentage of homeowners age 65+ however not all homeowners have sufficient equity from a house sale to purchase private retirement housing, or indeed in some cases other mainstream housing. *The council will work with its RSL partners to develop a range of tenure options for new older person's housing.*
- Providing *information and advice* about housing and support options means that older people are able to make informed decisions about what they need to live independently and plan their housing futures. There are already a range of organisations that provide information. *The council is committed to expanding housing options information and advice services aimed at older people.*

Supporting older people to live independently in their existing homes

From research with older people living in the Vale, we know that many people would prefer to be supported to remain living independently in their existing home rather than moving. Therefore, a priority is to help people, whether they own or rent their homes, to live independently in their existing home for as long as possible.

The availability of aids and adaptations is key to supporting older people to remain living independently at home in later life. Individuals may require accessible, level access or adapted properties for a number of reasons, including physical disability, mobility issues and illness. *The council is committed to the following actions:*

- Households can access assistance to have changes made to their home:

- Private households are able to access support to have adaptations made to their homes from the Council's Private Sector Housing Team, including assistance from the local Care and Repair agency and financial assistance in terms of grants.
- The Welsh Government fund Physical Adaptations Grants (PAG) to enable Registered Social Landlords (RSL's) to adapt homes for RSL tenants in the Vale with an identified need.
- The Council funds DFG adaptations to Council properties when there is an identified need and when the works are reasonable and practical. Otherwise assistance can be provided to identify an alternative suitable home.
- The Council in its strategic housing enabling role will work with RSLs and private house builders to develop a supply of new adapted, accessible and purpose built homes which can meet the needs of older people.
- The Council will engage with housing developers to include accessible homes on new housing developments.

The role of technology

The Council is committed to expanding the role of technology in supporting older people to remain living independently at home. The Digital Strategy demonstrates the Council's ambition for technology to be at the heart of helping people at home and in their social lives. *The council is committed to the following actions:*

- The Council will apply the learning from the 2021 Technology for our Ageing Population: Panel for Innovation (TAPPI) Inquiry⁹ which identified ten principles to consider when building technology into housing in a way that improves life for our ageing population. This means supporting technologies that are co-produced with older people, adapt to people's changing needs and work across different systems and platforms.
- For example, in relation to the council's Telecare Service Tele V+, we will take the opportunity of the 2025 digital switchover to enhance the range of telecare options available to older people, both inside and outside of their home by utilising a wider range of digital equipment.
- The council will make further use of assistive digital technology via the "Internet of Things" (IoT) to provide support to enable people to remain independent in their homes. We are committed to developing digital skills and confidence amongst older people.

⁹ <https://www.housinglin.org.uk/Topics/type/The-TAPPI-Inquiry-Report-Technology-for-our-Ageing-Population-Panel-for-Innovation-Phase-One/>

Health, care, and housing integration

The council recognises the role of housing in meeting the care and health needs of older people. In this context *the council is committed to the following actions:*

- Supporting the development of housing options for older people, particularly extra care housing, that will support and facilitate the expected decline in the use of residential placements.
- Supporting the development of housing, accommodation and care options, such as retirement and care village models, which recognise that need for nursing care provision is projected to increase, particularly for dementia care needs.
- Enabling the development of a range of housing suited to older people, for rent and for sale, that will support older people to remain living independently in their own homes with care if they need it.
- Developing the role of housing in supporting hospital discharge where the location is appropriate. As part of this approach we will review the use of the current step-down units at the sheltered housing scheme in Cowbridge.
- Meeting more complex needs, such as people living with dementia or with multiple health and social care needs, in housing based settings, such extra care housing and retirement villages, by co-locating these housing types with health and care services.
- In the Western Vale, considering the opportunity for co-locating health and social care staff at current and future housing schemes for older people. For example this may help to improve access to domiciliary care for older people in the Western Vale.

Promoting community connections

Local research has identified that older people see housing as more than simply bricks and mortar; houses are homes, they are about the people that live in them and the communities that they are located within. *The council is committed to the following actions:*

Community Hubs

The 'Shaping Our Future Wellbeing: In Our Community Programme' was established by Cardiff and Vale University Health Board in 2016/17. Its purpose was to develop a strategic programme for the major physical infrastructure required to support improved access to community services and assets, to improve health outcomes, to set the tone for co-production and ultimately reduce health inequalities.

As a result of the programme, the Council is committed to developing a suite of Wellbeing Hubs. The first proposed is the Penarth Wellbeing Hub adjacent to the Penarth Leisure Centre which will support the delivery of health and wellbeing services to the residents including older people within the Eastern Vale Cluster. Services will be delivered collaboratively across organisations to promote a social model of care, focusing on people's physical, mental and social wellbeing.

Social prescribing

Social prescribing is a means of enabling health professionals to refer people to a range of local, non-clinical services. The referrals generally, but not exclusively, come from professionals working in primary care settings, for example, GPs or practice nurses. The Vale has a range of social prescribing programmes that aims to connect people with their local communities and prevent isolation and well as improve health and wellbeing. *The council will support and develop further social prescribing services including:*

- The Senior Health Shop in Barry is a community support project providing healthy ageing activities which incorporate aspects of link workers, community exercise, weight loss programmes at a drop-in café and in the community.
- The Central Vale Cluster offers a social prescribing referral route through GPs or as a self-referral offering a single point of access to multiple agencies to get help with any wellbeing related issues.

Community housing approaches

The council will support models of housing that engender a sense of community. For example, the Wales Co-operative Centre is a key partner in the delivery of co-operative housing and is working with the Vale of Glamorgan Council and RSL partners to look at developing community led housing options.

Recommendations: Local areas

Western Vale

The western Vale area is made up of the following wards: St. Bride’s Major, Llandow/Ewenny, Llantwit Major, Cowbridge, Peterston-Super-Ely, St. Athan, Rhoose and Wenvoe.

Character – A predominantly rural area of the Vale including the market towns of Cowbridge and Llantwit Major.

Population – The 60+ population is 9,553. The graph below shows the projected population of older people from 2022 to 2036.

Table 4. Population projections for western Vale area (2022-2036) for 60+ to 90+ age cohort.¹⁰

Age cohort / year projected	2022	2027	2032	2036
60+	9,553	10,526	11,487	12,111
70+	5,350	5,895	6,433	6,782
80+	213	227	248	261
90+	37	39	43	45

Source: ONS 2021 Census (first results for Wales) and Stats Wales

¹⁰ Data from the [2021 census data](#), and [the Cardiff and Vale of Glamorgan Market Position Statement and Commissioning Strategy: Care and Support Services for Older People 2017 – 2022](#) - which has been derived from ONS 2016-based Small Area Population Estimates has been used to generate the locality-level population projections.

Older population tenure profile –The tenure breakdown of the 65+ population is highlighted below.

Table 5. Tenure breakdown of the 65+ population in Western Vale.

Tenure	Number of 65+ households¹¹	Percentage of total 65+ households
Owned / Shared Ownership	4,296	88.3%
Social rented	279	5.7%
Private Rented	292	6.0%
All tenures	4,867	100%

Source: ONS / Nomis 2011 census

Developments

- In 2019, Churchill Retirement Living completed De Clare Lodge retirement living scheme Cowbridge comprising 37 one and two-bedroom flats for sale.

Future Demand

Estimated demand for specialist housing for older people in the Western Vale is shown in the tables below.

Table 6. Estimated *net need*: Older people's housing: retirement housing (for social rent and for sale) (units).

Locality	Current Provision (units)	2027	2032	2037
Western	87	53	109	159

Table 7. Estimated *net need*: Housing with care: extra care housing (for social rent and sale) (units).

Locality	Current Provision (units)	2027	2032	2037
Western	0	41	88	140

Recommendations for development

- The council will enable the development of c.160 units by 2037 of new contemporary housing suited to older people, including 'care ready' retirement housing, including homes for social rent and for sale (depending on location).
- The council will enable the development of c.140 units by 2037 of additional extra care housing, including homes for social rent and for sale (depending on location).
- The council will use planning policy to encourage private and social housing providers to develop a range of mainstream housing that is suited and attractive to older people.

¹¹ Households: 65+HRP – household reference person

Central Vale (Barry)

Central Vale (Barry) is made up of the following wards: Dyfan, Gibbonsdown, Court, Cadoc, Illtyd, Buttrills, Baruc and Castleland.

Character – A relatively dense urban area that is comprised of Barry, the largest town in Wales and surrounding neighbourhoods. There are a range of community and cultural facilities and good rail links to Cardiff.

Population – The 60+ population is 6,496. The graph below shows the projected population of older people from 2022 to 2036.

Table 8. Population projections for Central Vale (Barry) area (2022-2036) for 60+ to 90+ age cohort.¹²

Age cohort / year projected	2022	2027	2032	2036
60+	6,496	7,158	7,811	8,236
70+	3,638	4,008	4,374	4,612
80+	168	178	195	205
90+	29	31	34	36

Source: ONS 2021 Census (first results for Wales) and Stats Wales

Older population tenure profile –The tenure breakdown of the 65+ population is highlighted below.

Table 9. Tenure breakdown of the 65+ population in Central Vale (Barry).

Tenure	Number of 65+ households	Percentage of total 65+ households
Owned / Shared Ownership	3,962	74.9%
Social rented	1,047	19.8%
Private Rented	280	5.3%
All tenures	5,289	100%

Source: ONS / Nomis 2011 census

Developments

- The provision of specialist housing for older people in Barry is considerably greater than elsewhere in the Vale; it is predominantly available for social rent.
- In 2014 Hafod Housing Association developed Golau Caredig, the Vale of Glamorgan's first extra care scheme comprising 42 one and two-bedroom flats for social rent.

Future Demand

¹² Data from the [2021 census data](#), and [the Cardiff and Vale of Glamorgan Market Position Statement and Commissioning Strategy: Care and Support Services for Older People 2017 – 2022](#) - which has been derived from ONS 2016-based Small Area Population Estimates has been used to generate the locality-level population projections.

Estimated demand for specialist housing for older people in the Central Vale (Barry) is shown in the tables below.

Table 10. Estimated *net need*: Older people's housing: retirement housing (for social rent and for sale) (units)

Locality	Current Provision (units)	2027	2032	2037
Central	297	70	148	216

Table 11. Estimated *net need*: Housing with care: extra care housing (for social rent and for sale) (units)

Locality	Current Provision (units)	2027	2032	2037
Central	42	1	53	107

Recommendations for development

- The council will enable the development of c.215 units by 2037 of new contemporary housing suited to older people, including 'care ready' retirement housing, including homes for social rent and for sale (depending on location).
- The council will enable the development of c.110 units by 2037 of additional extra care housing, including homes for social rent and for sale (depending on location).
- The council will use planning policy to encourage private and social housing providers to develop a range of mainstream housing that is suited and attractive to older people.

Eastern Vale

The Eastern Vale area is made up of the following wards: Dinas Powys, Sully, Llandough, Cornerswell, St. Augustine's, Stanwell and Plymouth.

Character – A area comprised of rural and urban areas including Penarth, the second largest town in the Vale, and more rural communities of Dinas Powys and Sully. There are a range of community and cultural facilities in the area, mainly situated in Penarth. The area has good rail links to Cardiff.

Population – The 60+ population is 8,865. The table below shows the projected population of older people from 2022 to 2036.

Table 12. Population projections for Eastern Vale area (2022-2036) for 60+ to 90+ age cohort.¹³

Age cohort / year projected	2022	2027	2032	2036
60+	8,865	9,769	10,660	11,239

¹³ Data from the [2021 census data](#), and [the Cardiff and Vale of Glamorgan Market Position Statement and Commissioning Strategy: Care and Support Services for Older People 2017 – 2022](#) - which has been derived from ONS 2016-based Small Area Population Estimates has been used to generate the locality-level population projections.

70+	4,965	5,470	5,970	6,294
80+	259	276	301	317
90+	45	48	52	55

Source: ONS 2021 Census (first results for Wales) and Stats Wales

Older population tenure profile –The tenure breakdown of the 65+ population is highlighted below.

Table 13. Tenure breakdown of the 65+ population in Eastern Vale.

Tenure	Number of 65+ households	Percentage of total 65+ households
Owned / Shared Ownership	4,286	84.8%
Social rented	485	9.6%
Private Rented	281	5.6%
All tenures	5,052	100%

Source: ONS / Nomis 2011 census

Developments

- The council with its NHS partners and Wales & West Housing Association plans to develop an older person's village in Penarth to include an extra care housing scheme to link with an existing council owned residential care home and a sheltered housing scheme.

Future Demand

Estimated demand for specialist housing for older people in the Eastern Vale is shown in the tables below.

Table 14. Estimated *net need*: Older people's housing: retirement housing (for social rent and for sale) (units)

Locality	Current Provision (units)	2027	2032	2037
Eastern	445	50	104	153

Table 15. Estimated *net need*: Housing with care: extra care housing (for social rent and for sale) (units)

Locality	Current Provision (units)	2027	2032	2037
Eastern	0	39	86	135

Recommendations for development

- The council will enable the development of c.155 units by 2037 of new contemporary housing suited to older people, including 'care ready' retirement housing, including homes for social rent and for sale (depending on location).

- The council will enable the development of c.135 units by 2037 of additional extra care housing, including homes for social rent and for sale (depending on location). Some of these homes will be delivered as part of a 'retirement village' in Penarth, which combines integrated housing, health and care services.
- The council will use planning policy to encourage private and social housing providers to develop a range of mainstream housing that is suited and attractive to older people.

8. Action plan

A summary action plan is shown below based on the recommendations above.

No	Action	Timescale	Responsibility
1	The council will review its sheltered housing services, including consultation with residents, to ensure that the council's provision of housing services for older people reflects contemporary standards that will be attractive to existing and future residents. The council will encourage local RSLs to review their sheltered housing services.		
2	The council will enable the development of new contemporary housing suited to older people in all three localities in the Vale.		
3	The council will enable the development of additional extra care housing in all three localities in the Vale.		
4	The council will proceed to develop a retirement village/care village in Penarth.		
5	The council will use planning policy to encourage private and social housing providers to develop a range of mainstream housing that is suited and attractive to older people.		
6	The council will work with its RSL partners to develop a range of tenure options for new older person's housing.		
7	The council will consider how to expand housing options information and advice services aimed at older people.		
8	The Council will consider how it can increase the number of older people who can be supported to make adaptations to their existing homes to help to maintain their independence.		
9	The Council in its strategic housing enabling role will work with RSLs and private house builders to		

No	Action	Timescale	Responsibility
	develop a supply of new adapted, accessible and purpose built homes which can meet the needs of older people.		
10	The Council with its RSL partners will consider options for developing community led housing aimed at older people.		
11	The Councils will take the opportunity of the 2025 digital switchover to enhance the range of telecare options available to older people, both inside and outside of their home by utilising a wider range of digital equipment.		
12	The council will make further use of assistive digital technology to provide support to enable people to remain independent in their homes		
13	The Council will seek to develop the role of housing in supporting hospital discharge where the location is appropriate. As part of this approach the Council with its NHS partners will review the use of the current step-down units at the sheltered housing scheme in Cowbridge.		
14	The Council with its NHS partners will consider the opportunity for co-locating health and social care staff at current and future housing schemes for older people.		
15	The council will support and develop further social prescribing services, which will support older people living in both mainstream housing and specialist housing.		



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