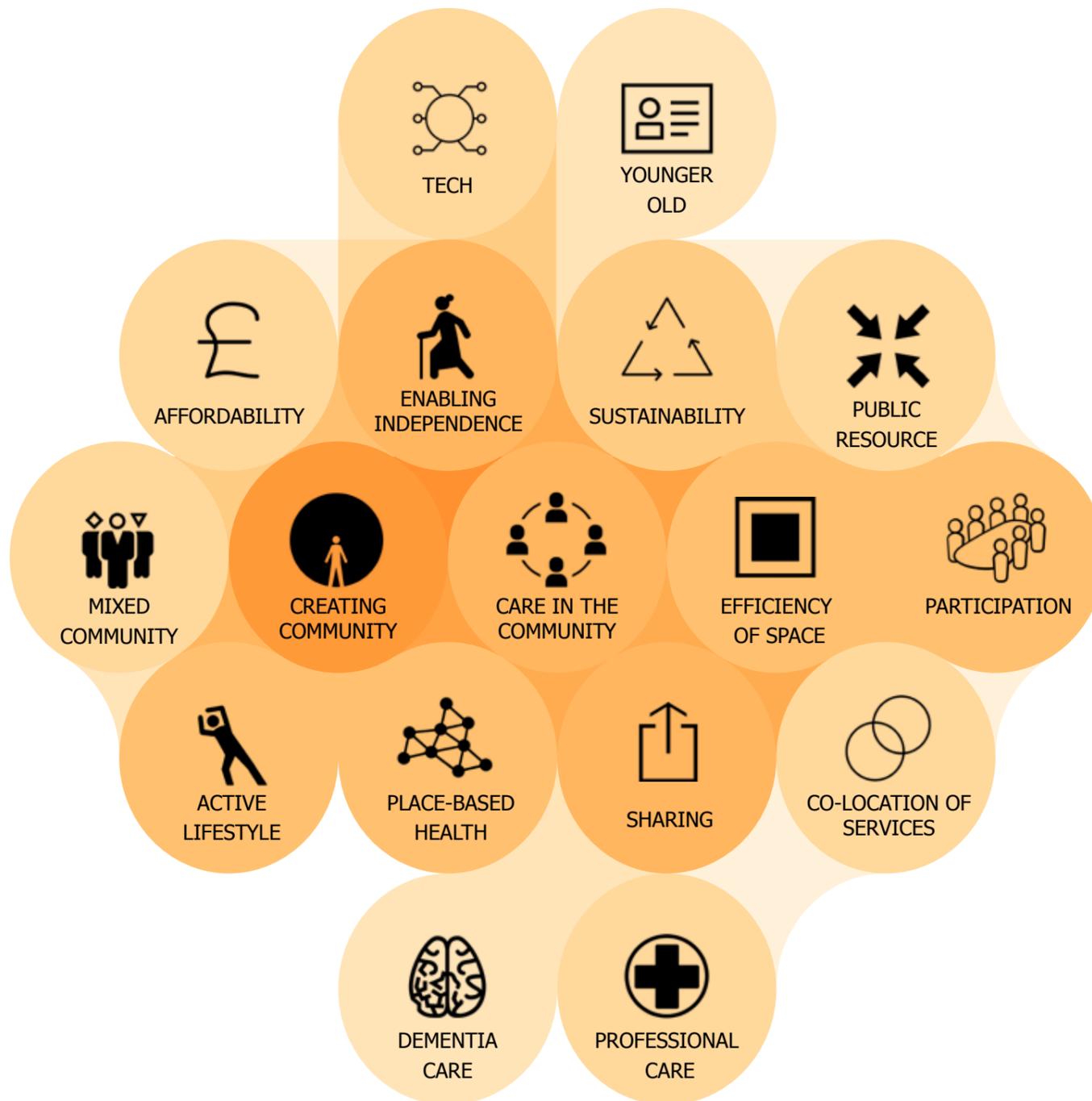


TOWN CENTRE LIVING

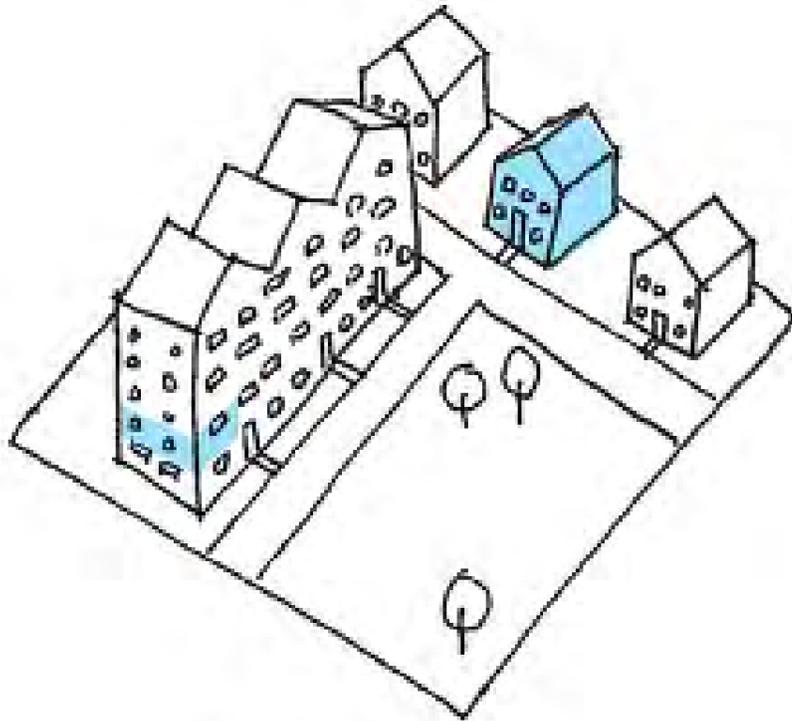
‘CARING PLACE’ CASE STUDIES

EXPLORING OPPORTUNITIES IN BRINGING TOGETHER CARE AND PLACEMAKING TO TACKLE THE CHALLENGES OF THE AGEING POPULATION.



THEMATIC RECURRENCE

DOWNSIZING



**Creating Community/
Addressing Isolation**



Affordability



Efficiency of Space



Shared Space/ Resources



Independence



Younger Old

CASE STUDIES



Hanover Down-sizer SE.England

- Tailor-made housing developments aimed at downsizers over the age of 55. These predominantly consist of one and two bed flats, for both rent and sale.
- Delivered by Hanover Housing Association.
- Built to mobility standards, but not care home standards.
- Aimed at those motivated by economic choice rather than care needs.



Redbridge Freespace London

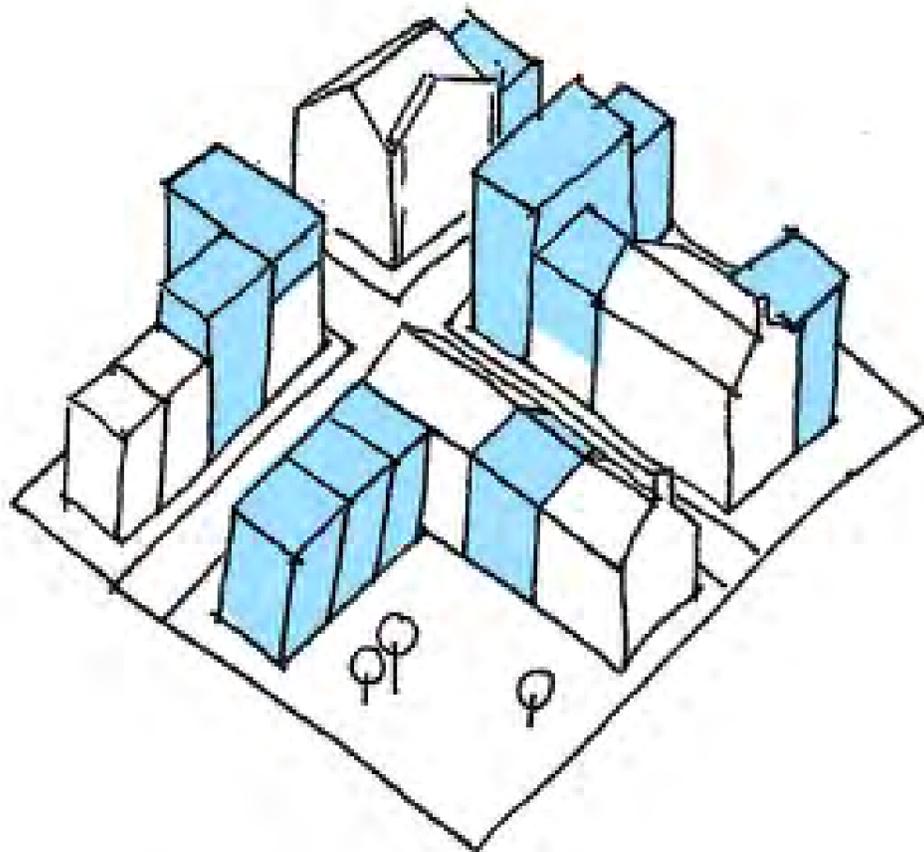
- Run by Redbridge Council, this scheme helped older property owners to move to more suitable accommodation (social or private) whilst letting their home to council nominees. Aimed at those who want to downsize without selling their home thereby freeing up their property for families looking for housing.
- Applicants underwent a 'rigorous financial assessment' by a disability organisation.
- Council took on letting responsibilities (rent collection etc) on behalf of the homeowner.
- Money spent on bringing property up to a rentable standard was paid for through an equity release loan to be repaid upon sale of the house.



McAuley Place Nass, Ireland

- 53 self-contained one-bedroom apartments.
- Established when a group of professionals, aware of their own ageing, came together to plan the type of environment they wanted to live in once they could no longer remain interdependent at home but did not yet need care housing.
- Includes a public tea room, community centre, volunteer centre and garden.

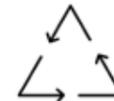
DENSIFICATION



Efficiency of Space



Active Lifestyle
(walkable environment)



Sustainability



Shared Space/ Resources



Mixed Community

CASE STUDIES



De Rokade Groningen, Netherlands

- Mixed community: Apartment tower of 74 private apartments in a complex which also includes 200 day care and nursing beds.
- Aimed at the 'younger old'.
- Situated in a location designated for high density development by the municipal council.
- Adjacent to a nursing and care home.
- Covered square created at ground. Residents have direct access to restaurants, library and market.



Nightingale Housing Australia

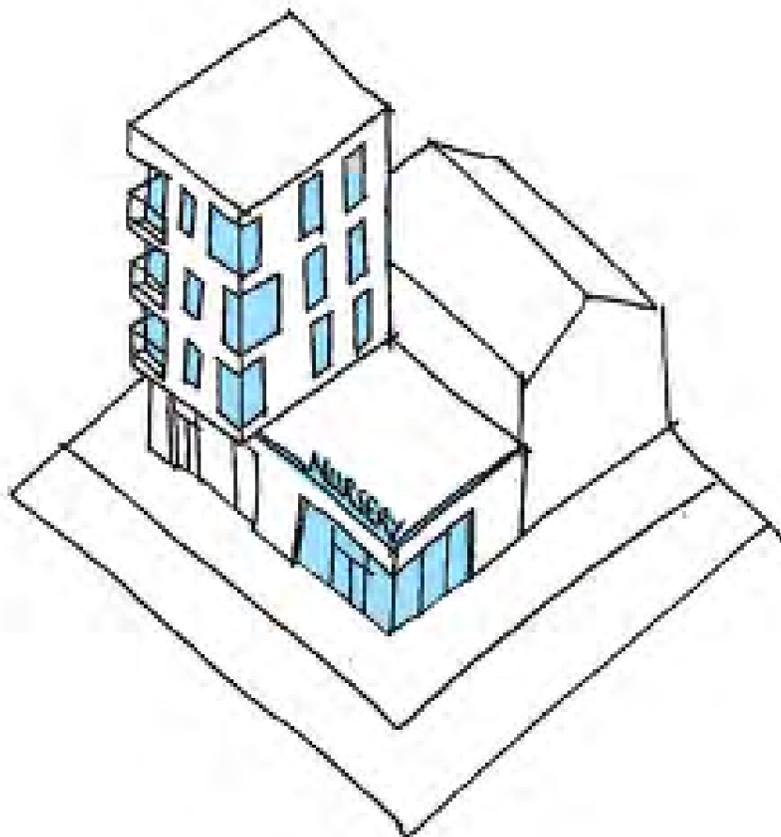
- Medium density housing, addressing Melbourne's population growth. Mixed age demographics.
- Around 15% of the space is devoted to communal facilities.
- Led by a social enterprise looking to address the 'triple bottom line' of social, environmental and financial sustainability. Works with architects, purchasers and communities.
- Four projects complete with seven in the pipeline.
- Started as an architectural model, then became a financial one (similar to Baugruppen).



Scottish Empty Homes Partnership

- This partnership brings private sector empty homes back into use. There are around 34 000 such empty homes in Scotland (unoccupied for 6+ months).
- Funded by Scottish government and hosted by Shelter. Exists to help councils and their partners to develop processes to engage with private empty home owners and get their homes back into use.
- Provides affordable homes and regenerates communities.
- The property shown in the image above, in Campbeltown, was empty for over 20 years. Four privately let flats were brought back into use along with three retail units.

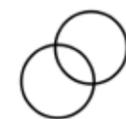
INTERGENERATIONAL



**Creating Community/
Addressing Isolation**



Care in the Community



Co-location of Services



Public Resource



Independence



Affordability

CASE STUDIES



Cullinan Studio

Stonebridge Hillside Hub London

- Inclusive mixed-use development bringing all ages together
- Includes mixed-tenure apartments, health centre, community centre, shop, café, gardens and public piazza.
- Rental value is partly recycled to support education and employment programmes.
- Funded by a government grant, private finance and a Housing Corporation grant.



Image: Charlie Gilmour / Ardrossan and Saltcoats

Buckreddan Care Centre and Little Deers Nursery North Ayrshire

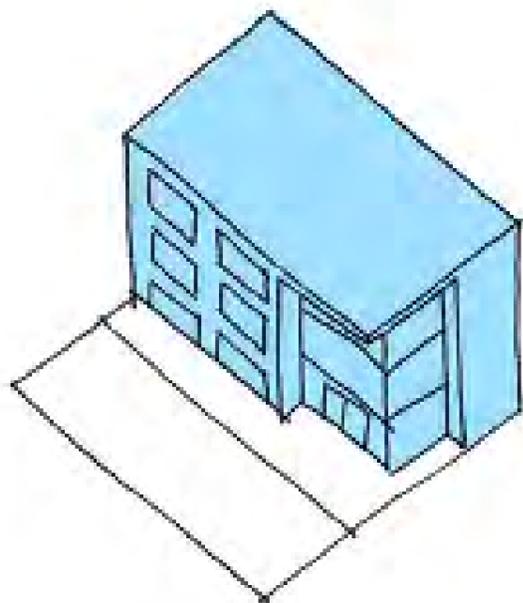
- This nursery hosts a 'Crocs and Tots' programme which arranges visits of care home residents to the nursery.
- Set up to improve emotional and physical well-being of all both children and care home residents.
- Programme started with one visit per week but is now more frequent due to the programme's success.



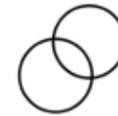
Homeshare UK Nationwide

- This is the UK network for Homeshare schemes. A Homeshare is when an elderly person and a younger person (unrelated) share a home for mutual benefit: one gains support, the other gets affordable accommodation.
- Allows an elderly homeowner to stay living at their home for longer.
- No rent is paid; both parties pay a fee to Homeshare. On average, the younger person will pay £160 and a householder £140 per month. The younger person may also pay a contribution to household bills.

WORK & CARE MODELS



Place-based Health



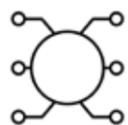
Co-location of Services



Participation



Independence



Tech Integration



Care in the Community



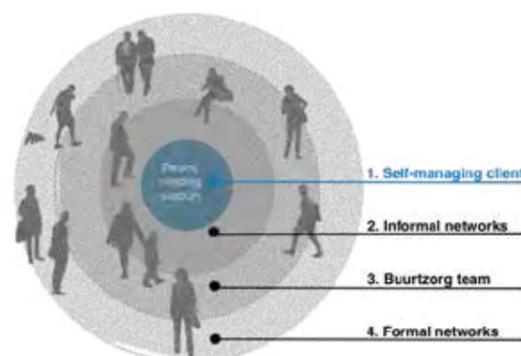
Professional Care

CASE STUDIES



Health Founndry London

- Co-working space for organisations creating scalable digital health solutions.
- Facilitates networks: Community of 130+ members from health and digital tech sectors, as well as team who facilitate connections with those both within and outside the NHS.
- Powered by Guys and St Thomas' charity.
- Aspires to be an innovation incubator. First of kind in the UK.



Buurtzorg Model (Neighbourhood Care) Netherlands

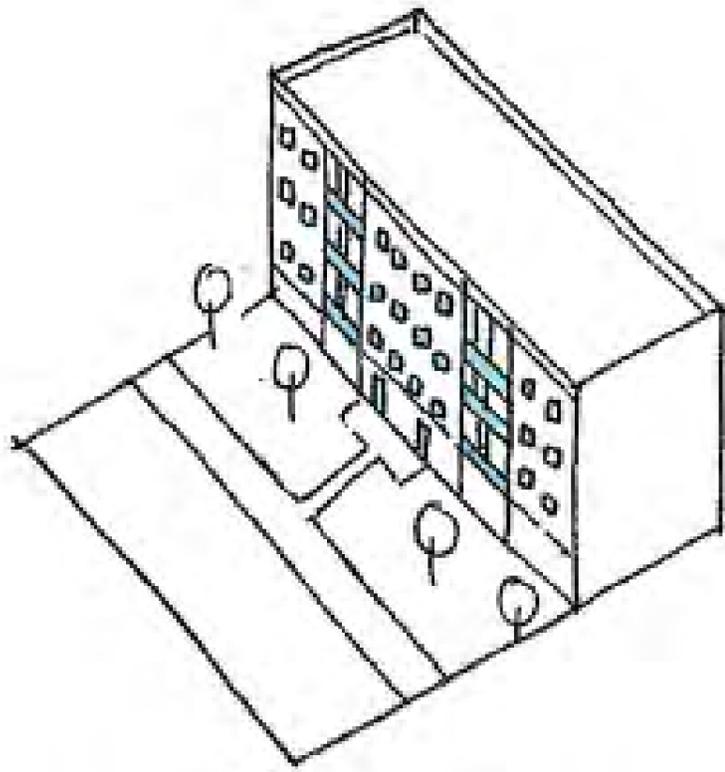
- Innovative district nursing and home care social enterprise with a successful model of person-centred clinical and personal care through neighbourhood teams of up to 12 nurses and assistants, supporting 40 – 60 clients.
- The teams self-manage within an agreed simple framework to ensure quality care, happy staff and financial sustainability.
- Costlier per hour but lower overall costs because fewer hours needed. Emphasis on preventative care.
- Buurtzorg Britain & Ireland is supporting neighbourhood care initiatives throughout the UK.



Health Connections Mendip Mendip, Somerset

- A new service providing peer support, social prescribing, one-to-one and group support to enable Mendip residents to improve personal and community resilience.
- Supports those with health and wellbeing issues (e.g. self-managing a long-term health condition), increasing social connectedness or changing health behaviours.
- Support is additional to that received from traditional healthcare services.
- Builds social capital and peer support.

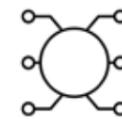
RESIDENTIAL - INDEPENDENT LIVING



Place based health



Younger old

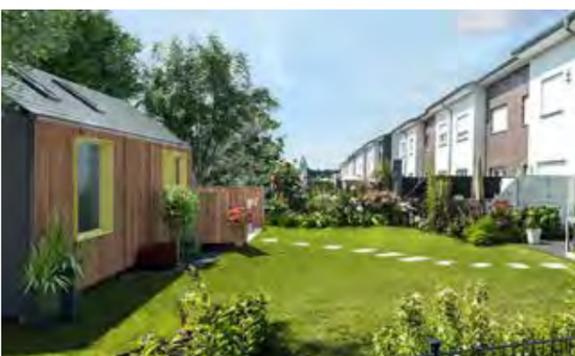


Tech Integration



Independence

CASE STUDIES



Nestus Care Cottage Scotland

- 'Granny Annexe' Cottages built in your garden, which provide independent-living for elderly or disabled relatives.
- Comes with assistive furniture.
- Interior walls and fittings that can adapt for disabled access and also accident prevention systems.
- £70 000-80 000. Claims to be significantly cheaper than the average care home bill.



Blackwood Housing Central Scotland

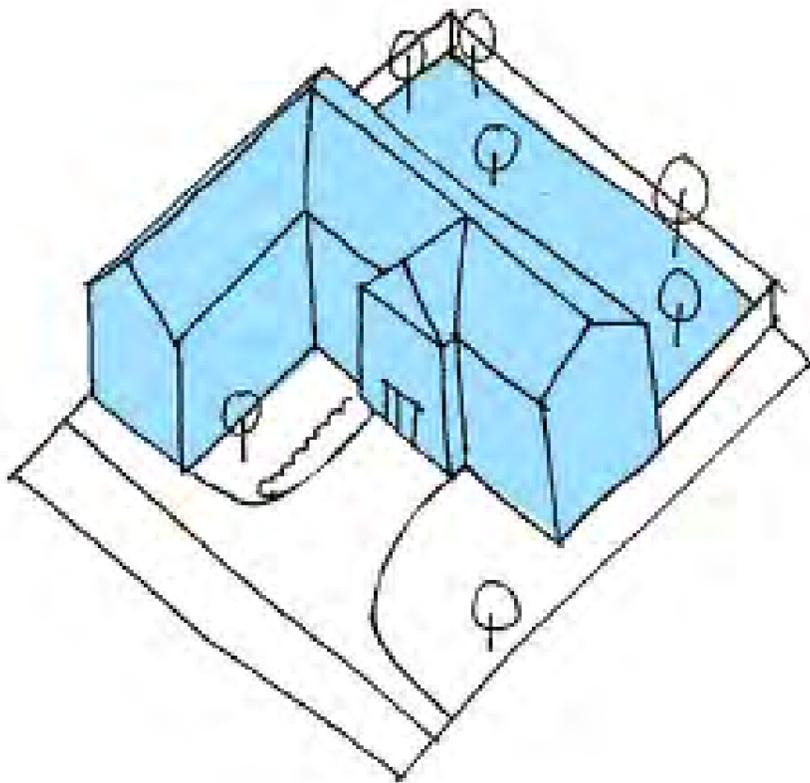
- Specialist provider of housing for disabled people of all ages.
- Housing layout and fittings suitable for wheelchair users.
- Tech enabled independence: uses a digital system called 'Clever Clogs' to manage care provisions for tenants. Enables people to contact family, access internet, receive reminders of appointments, care visits or medication they need to take. Also can control environment e.g. lighting.



Help to Adapt Scotland wide

- Scheme piloted by the Scottish Government to help older homeowners adapt their houses.
- The aim was to help people stay safe and maintain their quality of life in their own home.
- Homeowners aged 60+ were able to apply for a loans of up to £30,000, as well as using equity in their properties.
- Concluded in March 2017 after two year pilot period. Now in evaluation period.
- Was first of its kind to help older homeowners to adapt their own homes.

RESIDENTIAL - CARE



Professional Care



Mixed community



Dementia Care



**Shared Space/
Resources**



**Creating Community/
Addressing Isolation**

CASE STUDIES



Stirling Health & Care Village Stirling

- Being built in the grounds of former Stirling Community Hospital, and aims to fundamentally change the nature of the area from clinical and institutional, to a multi-generational community well connected to adjacent housing.
- Consists of two new buildings: a primary care centre and a more residential building for people with short or long-term care needs, set alongside community clinics housed in the historic heart of the site.
- The £35m development is a joint venture between NHS Forth Valley and Stirling City Council and the Scottish Ambulance Service. Delivered through hub East Central Scotland (a public private partnership)



Bullcreek (Transition Care) Australia

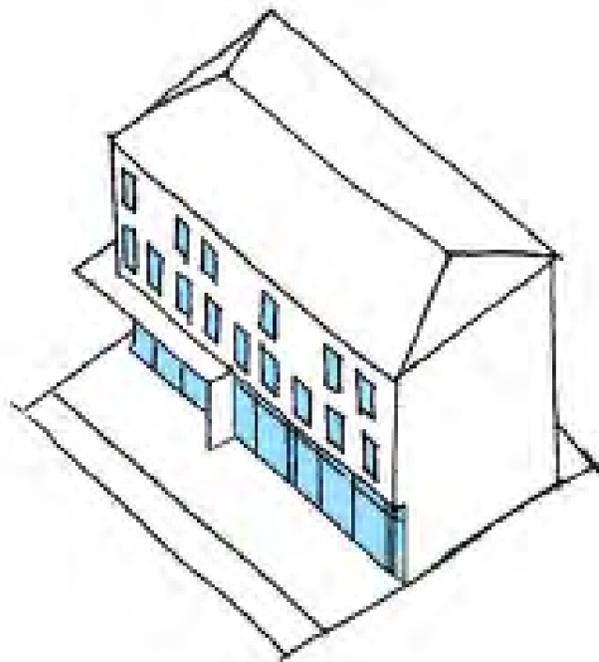
- Short-term restorative care for those who have had an extended hospital stay. It aims to help residents regain independence and give them time to make a decision about their longer-term living options.
- 18 bed secure facility.
- Average stay is 7 weeks.
- Services include nursing and personal care, physiotherapy, occupational therapy, social work support, nursing and personal care.



De Hogeweyck Netherlands

- Gated village operated by nursing home. De-institutionalised approach.
- 23 houses, each with 6-7 residents and a carer.
- Designed specifically as a pioneering care facility for elderly people with dementia.
- Aims to preserve the residents' sense of autonomy: it is a 'nursing home disguised to look like the outside world.' It has gardens, social activities, shops, cafés and a pub.
- A scheme modelled on De Hogeweyck is in development in Kent, called Mountfield Park. It will be a 4000 home site.

MIXED USE



Public Resource



Mixed Community



Efficiency of Space



Active Lifestyle



Service Co-location



Creating Community/
Addressing Isolation

CASE STUDIES



Laan der Nederlanden Netherlands

- A innovative courtyard block, combining 83 mixed-tenure apartments with a sheltered-housing scheme for 26 older residents.
- The three residential floors are above a primary school, nursery, offices and basement car park.
- The scheme is located at the heart of a new district, a short walk away from a local shopping centre.



Darwin Court London

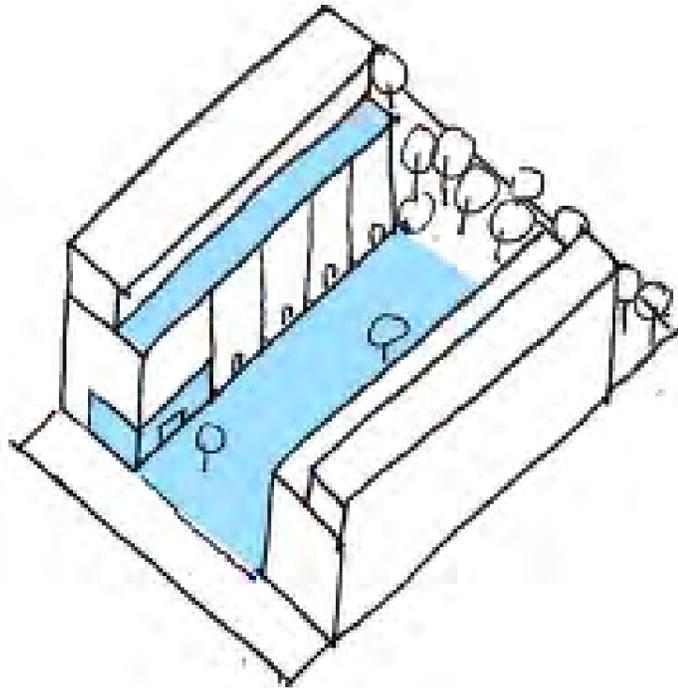
- Housing for those aged 55+ combined with a public healthy-living centre.
- 76 rented apartments (one-two bedrooms) including 12 flats for frail elderly and 8 for wheelchair users.
- Community and resident facilities include: pool, fitness centre, cafe, activity rooms, IT suite and resource centre.
- Balanced resident profile - in ages, care needs and social backgrounds.



Housing & Social Centre Aarschot, Belgium

- Project combines 36 serviced apartments for older people alongside a new community centre and cafe.
- Includes shared spaces within the residential corridors.
- The buildings are organised around a small public square, which responds to the adjacent market and develops a relationship between the residents, users of the community centre, and wider neighbourhood.
- The building is on a prominent site. It is similar size to a school or town hall, and strives for a comparable civic presence.

SHARED SPACES



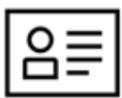
Care in the Community



Efficiency of Space



Creating Community/
Addressing Isolation



Younger Old



Active Lifestyle



Participation

CASE STUDIES



Austin Smith Lord

Pearce Street Housing Glasgow

- Housing designed for those aged 50+
- 27 one-two bed flats.
- Infill development in Govan.
- Communal sunny balconies and terraces on each floor provide a low-maintenance and low-cost way of providing attractive residents' shared space (pictured).
- Social rented.
- Developed by Bield Housing Association.



Image copyright of Homes England

Herfa Til Evigheden Denmark

- Community led co-housing: 26 bungalows and a shared 300sqm common house (with social space, kitchen and guest suite).
- Residents pay a monthly service charge.
- Founding couple sourced and purchased the land, secured a loan, selected consultants and found future co-residents (generally the 'younger old').
- Deck access provides a buffer between shared and private space.



Ash Sakula Architects | Photograph: Jill Tate

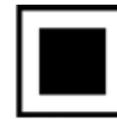
Ousburn Newcastle

- Housing development arranged in blocks which creates a series of shared spaces in between, which each offer different degrees of private and public-ness.
- Front yard gardens and doors help to transform the street into an informal social space, making it easier for neighbours to 'drop by', 'look in', or arrange a social event.
- Small shared allotments.
- The recycling area is placed nearby, with the aspiration that it acts as a 'village well.'

CO-HOUSING



Care in the Community



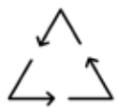
Efficiency of Space



Creating Community/
Addressing Isolation



Shared Space/ Resources



Sustainability



Affordability



Participation

CASE STUDIES



Pollard Thomas Edwards / Tim Crocker

Older Women's Co-housing London

- First co-living development for older women (50+) in the UK.
- 17 leased flats and 8 for social rent.
- Shared common room, guest suite, garden, craft shed and laundry.
- Operates as a fully mutual company. Managed through regular group meetings and a small elected management committee.
- Small service teams have been set up to take care of the building, garden, communal life and outward-facing activities like membership and communication.



Architects: pool Architekten
Image: Niklaus Spoerri

Mehr Als Wohnen (More than Housing) Zurich

- One of largest cooperative housing programmes in Europe.
- Thirteen buildings overall which support: 400 homes, 35 retail units and large shared community spaces and neighbourhood infrastructure (kindergarten, day care etc.)
- The scheme paves the way for the future of urban cohabitation and sustainable living; It offers new typologies for retirement, family and cluster apartments.
- Low-energy design and a masterplan that promotes sustainable lifestyles.

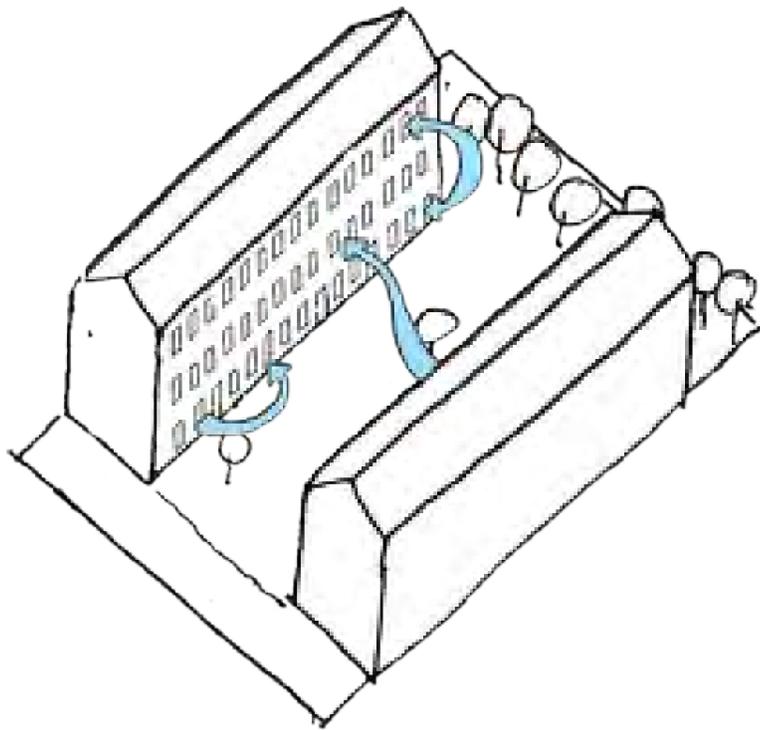


Architects: ifau and Jesko Fezer | HEIDE & VON BECKERAT

Baugruppen Germany

- Baugruppen is a German model for self-initiated, community-oriented living with shared responsibility of the building.
- Model of long-term affordability with a non-profit ideology.
- Each project differs in financial and social make-up, resident desires and the resulting architectural qualities.
- Tend to feature common spaces such as roof terraces, function rooms, playrooms, guest rooms, gardens and even saunas.
- In the last 15 years, around 500 Baugruppen have been built in Berlin.

PARTICIPATORY COMMUNITY



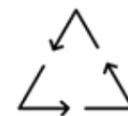
**Creating Community/
Addressing Isolation**



Care in the Community



Shared Space/ Resources



Sustainability



Place-based Health



Enabling Independence



Active Lifestyle

CASE STUDIES



Compassionate Frome Somerset

- Launched at Frome Medical Practice.
- Connects patients with community support.
- Aims to break the cycle of illness which reduces people's ability to socialise, leading in turn to isolation and loneliness which can exacerbate illness.
- Support is given in both everyday routine and social activities (e.g. walking groups, men's sheds, talking cafés).
- Scheme has reduced emergency admissions in Frome by 30%. Hailed by some as a blueprint for helping the NHS crisis.
- Supported by Health Connections Mendip and Frome Town Council.



McAuley Place Nass, Ireland

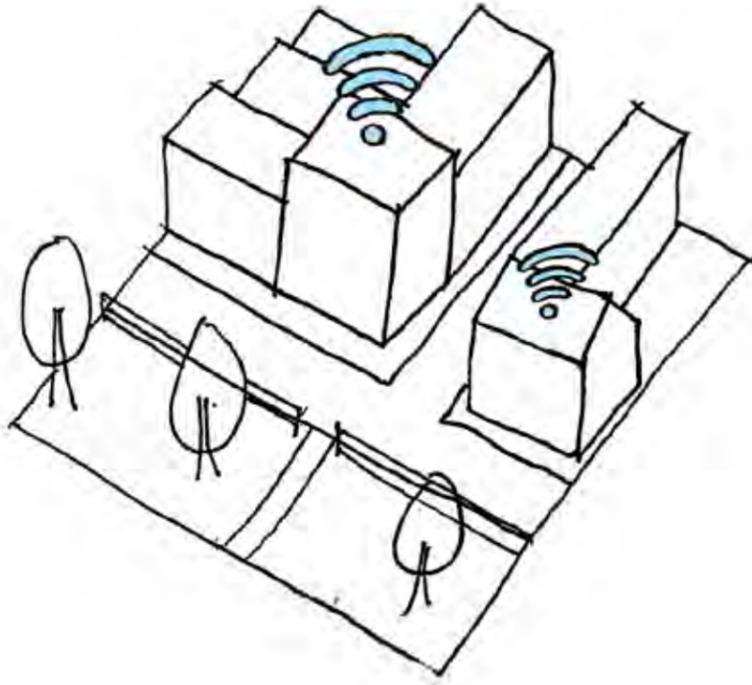
- 53 self-contained one-bedroom apartments.
- Started when a group of professionals, aware of their own ageing, came together to plan the type of environment they wanted to live in if they could no longer remain independent at home, but did not need care housing.
- Includes a public tea room, community centre, volunteer centre and garden.



Fortune Place, Castle Rock Edinvar Edinburgh

- Independent living for those aged over 60 (not a typical sheltered housing complex).
- 54 flats across two blocks, with shared facilities and spaces. Flats designed to cater for different and evolving needs, enabling people to live at home for longer.
- A Community Capacity Builder with a three year position worked to develop neighbourliness through an activity programme - which residents will eventually lead themselves.
- Affordable. Delivered by Castle Rock Edinvar Housing Association.
- Fosters a culture of caring rather than being cared for.

TECH



**Creating Community/
Addressing Isolation**



Place-based Health



Participation



Enabling Independence



Professional Care



Care in the Community



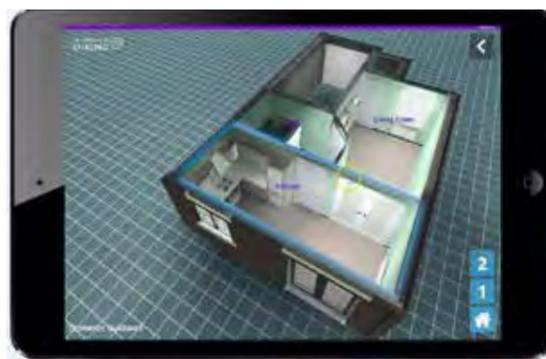
Dementia care

CASE STUDIES



Blackwood Housing Central Scotland

- Specialist provider of housing for disabled people of all ages.
- Tech enabled independence: uses a digital system called 'Clever Clogs' to manage care provisions for tenants. Enables residents to contact family, access internet and receive reminders of appointments, care visits or medication they need to take. Also can be used to control the environment, e.g. lighting.
- Housing layout and fittings are suitable for wheelchair users.



IRIDIS University of Stirling

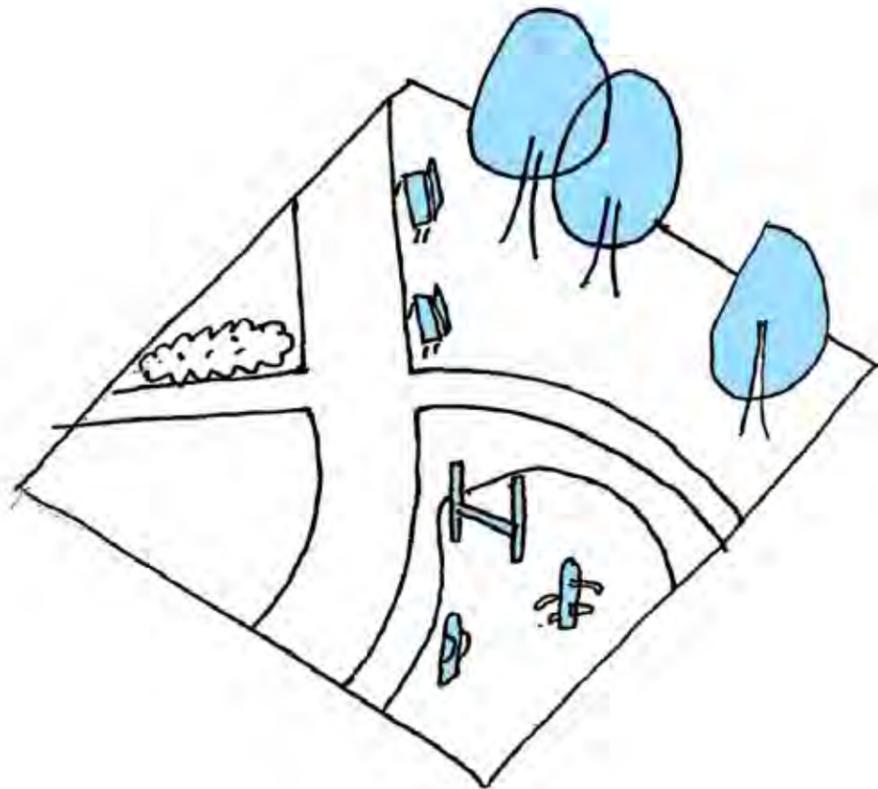
- App designed to enable those with dementia to enjoy better quality of life and independence.
- Digitally provides recommendations on design improvements (of home, workplaces, care and public facilities).
- Enables individuals, families and health professionals to undertake research and evidence-based assessments of their environment.
- Developed by the University of Stirling's Dementia Services Development Centre and Space Group.



DigitalHealth.London

- A collaborative programme aiming to speed up the development and scaling of digital innovations across health and care, and to pioneer their adoption by the NHS.
- Delivered by MedCity and London's three Academic Health Science Networks.
- Established with the aim to put London at the centre of the global revolution in digital health by creating a 'digital health hub': a marketplace where digital health solutions are traded, and a favourable environment for industry to do business in.

GREEN & PUBLIC SPACE



**Creating Community/
Addressing Isolation**



Place-based Health



Participation



Public Resource



Shared Space or Resource



Active Lifestyle

CASE STUDIES



Austin Smith Lord

Colquhoun Square Helensburgh

- Accessible civic square creating an active local centre for use by all demographics.
- Accessible seating, widened pavements and new surfaces have been installed to help promote outdoor activity and encourage greater footfall between the town centre and the seafront.
- Flexible space which can host community events and markets.
- Accessible 'shared-space' ground treatment without kerbs.



Alexandra Park Manchester

- A Victorian era park which was recently refurbished to become Manchester's first 'age-friendly' park.
- Local older residents were consulted as part of the design process.
- Works included: park landscape, benches, buildings, sporting facilities, refurbishment of the pavilion to provide public toilets, a larger flexible community space and a community café.



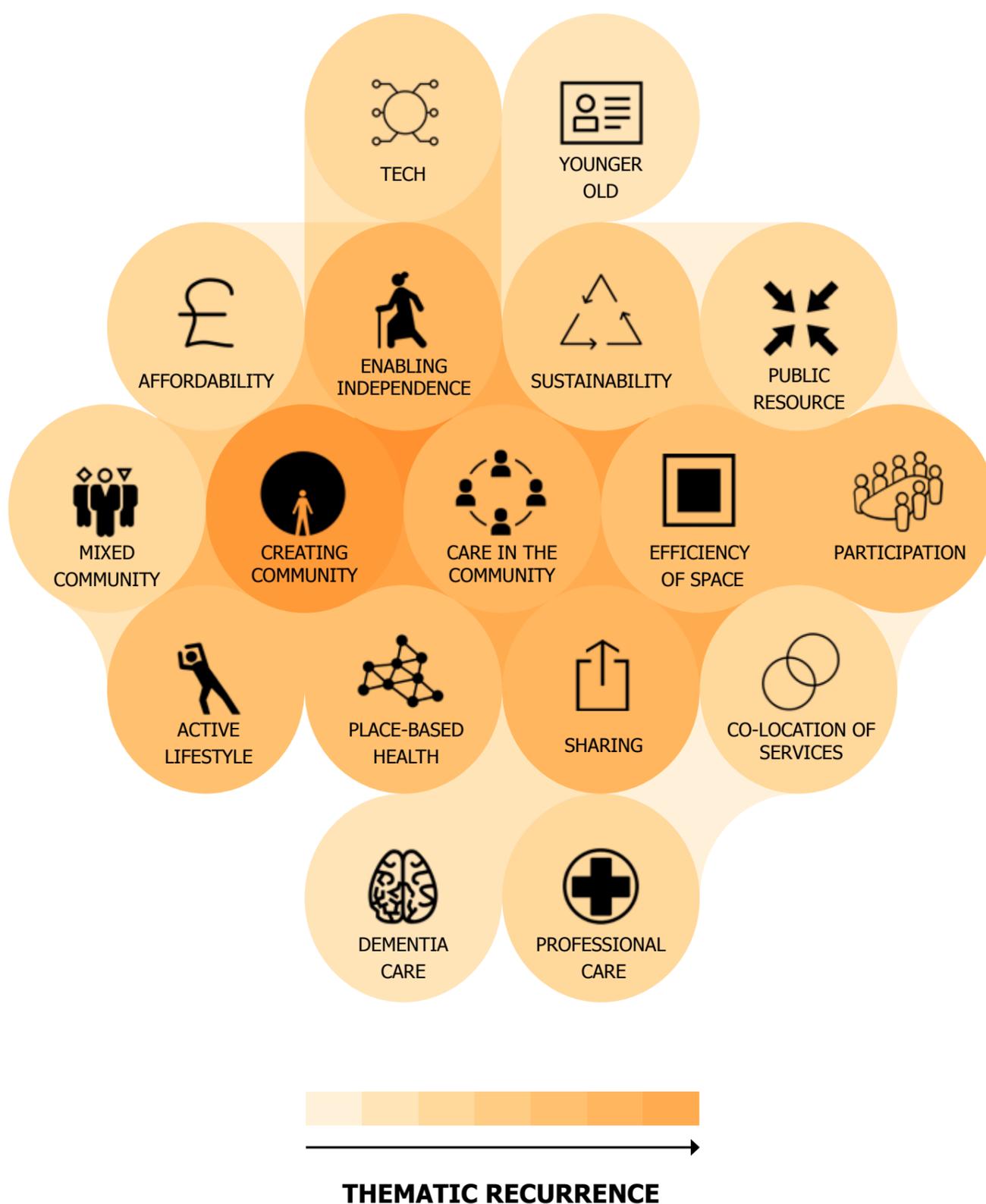
Lappset Group

Taavetinpuisto Senior Park Finland

- Senior Sport Zone developed with healthcare and exercise professionals.
- Designed as an attractive place for older residents to meet and participate in exercise.
- The sports equipment also suits those whose mobility is limited or who use a wheelchair.
- Hosts frequent instructed exercise sessions open to all adults.

Architecture and Design Scotland is supporting the Scottish Government to realise the ambition of the Town Centre Review Action Plan. 'Caring Places' is a thematic approach to town centre living. The focus is on re-purposing the social and physical infrastructure of town centres to support care for older people, their families and carers. The ambition is to create places that work, that deliver choices, that people want to be in.

This set of case studies brings together national and international examples, looking at the physical and thematic components of a caring place. Projects have been grouped by typology/focus area. Themes particularly evident within typology groupings are noted for each typology. The diagram below represents the overall recurrence of themes throughout all typologies.



Icons from www.thenounproject.com. Specific credits as follows, moving from top left to right on the diagram: Made, Hea Poh Lin, Icon 54, Francisca Arevalo, Made, Mark Jayvee Pabilona, Yuvika Koul, Amrit Mazumder, Dirk-Pieter van Walsun, Oksana Latysheva, Alvaro Molero, Alexis Sabarre, Dirk-Pieter van Walsun, Marie Van de Broeck, ADS, DPIcons, H Alberto Gongora