

TOPIC PAPER

HEALTH BENEFITS OF SHELTERED HOUSING

HEADLINES

Sheltered housing provides:

- A decent, appropriately designed, and easy to manage home, in a pleasant environment;
- The services of a lodge manager;
- The company of other residents: and
- A sense of security.

In doing so sheltered housing provides older people with safety, security and companionship, thereby helping to maintain good health and general well-being.

HEALTH BENEFITS

Sheltered housing offers benefits that may not be available to older people who remain in their own home and this can provide health benefits.

A DECENT HOME

Many older home owners may be asset rich but still have a property that is a danger to them through its poor state of repair, through inadequate heating/insulation or simply because it no longer meets their physical needs.

Sheltered housing provides a pleasant environment with easy access to local shops and services. It also provides a good quality design, with space, heating, fittings appropriately designed to meet the physical needs of older people including mobility access and a lift to all floors.





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2

Research shows that good housing design can lessen the danger of falls for people with poor vision. Similarly, the risk of falls can be reduced by removing or lessening home hazards. It has also been shown that social isolation is exacerbated by living in a cold home. Costly fuel bills prevent older people from going out, they fear returning to a cold home, or they are reluctant to invite friends into a cold house. Cold, damp homes can also increase the risk of arthritic symptoms which impacts on strength and dexterity, both of which decrease as temperatures drop, increasing the risk of injuries.

A COMMUNITY OF RESIDENTS

Sheltered housing provides a range of communal facilities, including the services of a lodge manager, an owners' lounge, well-being suite, laundry room, landscaped amenity space etc. Sheltered housing therefore provides increased opportunities for social interaction.

A variety of regular social activities is provided in the owners' lounge. The room is used for coffee mornings, fish and chip suppers, bridge evenings, special events and residents meetings. Some of the residents spend a considerable amount of time in this lounge reading and undertaking other hobbies. It is a sociable place in which to meet and converse. Residents are able to gain a sense of purpose through helping another individual or through playing an active role in community activities. Residents say they benefit from improved well-being, less stress and worry through the reassurance of companionship which can help reduce isolation and the feeling of loneliness and the possible onset of depression.

A SENSE OF SECURITY

Routine building maintenance and similar tasks are undertaken by a handy person. The lodge manager and fellow residents are on hand to help in case of emergencies (e.g. a fall) or to assist with short term care (e.g. making a meal). This helps to reduce the feeling of insecurity, which can sometimes lead to stress and consequently ill health.

ABOUT CHURCHILL RETIREMENT LIVING

Churchill Retirement Living has specialised in the provision of purpose built apartments designed for older people, since 1998. Our developments are located throughout England.

Our self-contained apartments are specifically designed to meet the needs of independent retired people, and are provided for sale contained within a single block. The apartments are sold with a lease containing an age restriction which ensures that only people of 60 years or over, or those over this age with a partner of at least 55, can live in them. Our accommodation is managed by Millstream Management Services Ltd, a company wholly owned by Churchill Retirement Living specialising in the management of retirement developments.

Churchill Retirement Living is an award winning developer of retirement housing and won the Best Medium Housebuilder of the Year award in 2012 and The Most Outstanding Retirement Housing Operator in the UK in 2012 for the fourth consecutive year. Details of further awards which the company has won can be viewed at www.churchillretirement.co.uk.