



# Happy, Healthy Homes to Age Well in Stockport

A prospectus for All Age Living

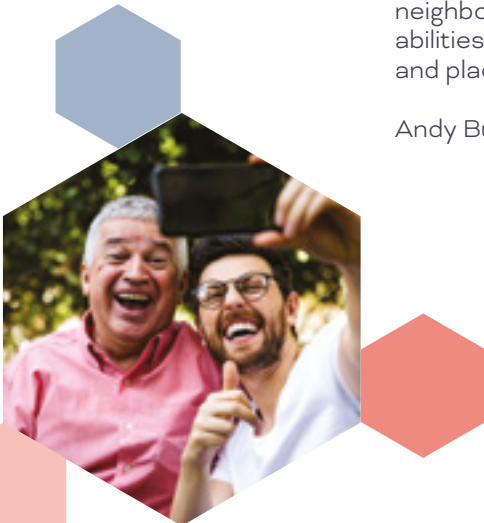


# By 2035, Stockport will be one of the best places to live in the UK.

It will be transformed into a vibrant City where people can learn, play, work and look forward to a positive older age. Stockport will have a wide choice of places and ways to live, providing the right homes underpinned by the right support. This is an opportunity to tackle the health inequalities in the borough and to enable the population to own its own health and wellbeing.

“If we deliver a new wave of housing which is adaptable and accessible, within our existing communities and neighbourhoods, we can enable people of all ages and abilities to live the life they want to – and in the homes and places that make them happy.”

Andy Burnham, Mayor of Greater Manchester







## Cynthia

I have a great life living in Stockport. I'm not afraid of growing old, because I'm looking forward to new opportunities, adventures and making friends.

I live in a vibrant community, connected to great amenities – restaurants, clubs, cinema. I've moved from my suburban semi to a funky flat in the town centre. When I moved into my new pad, I decided to give up on home ownership – who needs the hassle – so now I rent and feel much greater freedom.

I'm even taking a degree with MMU as I wasn't able to take my education further when I was younger.

# Living Well at Home

Housing in Stockport will support ALL people to live well in older age:

- There will be choice in housing type, tenure and location, recognising one form of housing does not fit all requirements.
- It will connect people to their community, fostering relationships across the generations as well as providing access to vital services and supports.
- Aspirational and innovative housing models will be introduced, encouraging people to plan ahead and rightsize. They will be supported in their decision making about their future.
- New housing design and development will encompass inclusive design and HAPPI design principles, meaning housing will support people over their 100 year lifetime and help them stay healthier and independent for longer.
- In existing housing, home adaptations will be easy to source with funding more readily available for those in need through simplifying the DFG and other funding avenues. Advice on home adaptations will be readily available and accessible to all Stockport residents.
- The council will also lead the way in innovative home adaptations and mobility aids, showing that older people deserve design-led solutions rather than products that stigmatize.





## Roxanne

I love what I do. It's not a job, it's my purpose. I love helping people to live a fulfilling life every day. My training, my peers and my customers give me the opportunity to learn, grow and master my craft. I'm part of an alumni of likeminded people with whom I share ideas and ways of doing things. I never feel isolated. I feel valued and integral to a wider health, housing and care team.

And most of all, I have the autonomy to do the right thing for my customers. We're always pushing the boundaries and trying new stuff together. I don't have a work life balance, I have a WHOLE life.

# Workforce and Education



Our care workforce will become sustainable, supporting our goal of helping more older people to age well at home, because our staff will:

- Feel valued, rewarded and respected.
- Enjoy ongoing training and development that allows them to master their profession, contributing to upskilling of the workforce.
- Be trusted in their ability to act autonomously and make customer focussed decisions.
- Be part of an integrated team that understands the role of each other and how they can work together to meet customer needs.
- Work across boundaries on behalf of their customers, unhampered by operational siloes and budgets.
- Have the opportunity to become masters of their own destiny through employee-owned care organisations.





## William

I'm not what you'd call an early adopter. I was one of the last of my friends to have a smart phone. Look at me now with my online video chat built into my TV and on my mobile devices.

While I know I can see the district nurses in person, I can also video conference with my doctor to discuss changes in my blood sugar levels so I can better manage my diabetes.

I feel free to go wherever I want and keep connected to my friends and neighbours. I used to feel a bit isolated. Now I can check out what's happening in my neighbourhood and either go along or join in remotely. My home is wired with fibre optic cable, which means my connection is always superb. And I don't lose any speed if I move outside as there are wireless hubs linked to all sorts of places even the street lamp post.

When we had the first Google Home gadget in our house, we simply asked it the time, for the latest weather report or to play our favourite music. Today, we can programme our lights, heating, close curtains, check what's in the fridge and also check in with our son who has autism. So reassuring. We'll never have to move anywhere else.





# Technology Enabled Living

Technology will support residents to remain living independently for longer by:

- Enabling Stockport residents to better manage their own health through real-time monitoring of chronic conditions, supported by a multidisciplinary team.
- Improving access to health and social care professionals through virtual technology.
- Providing vital information and guidance to help reduce carer burnout, as well as providing peace of mind to carers about the health and wellbeing of their loved one.
- Enhancing not replacing human connection – help people connect with friends, families and like-minded individuals to reduce social isolation.
- Embracing mainstream technological solutions so it becomes part of the everyday, rather than a stigmatised 'care' product that will put people off from using it.
- Linking across systems to allow better sharing of information and informed decision making by health and social care professionals.
- Making it simple for staff to engage with, including ongoing training on how to use it to help them keep up to date.
- Engaging with the public, private and third sector tech providers and experts to ensure products don't stagnate and solutions evolve with the population and emerging technologies.
- Being integrated with housing and social care and not a bolt-on.





## Eileen

Sometimes life comes full circle. Many years ago, it was possible to have a relationship with our family doctor and we'd all know the health visitors and district nurses.

We then went through a period where we were a number of many thousands in a GP practice, so we lost continuity and that feeling of being known.

All that has changed since the NHS moved back towards community-led services. We're back to knowing all those who live and work in our community. And even better, we can access health and care support 7-days a week from people we trust.

And those minor procedures that forced us into big hospitals are now provided at our local health centre. Close to us, more accessible and much friendlier. I've not been to A&E in years!

# Neighbourhood Care

Neighbourhood Care will support people's desires to stay living in their community and the homes that make them happy. It will:

- Focus on local relationships and connections, with local people supporting residents in their own neighbourhoods.
- Provide flexible care and support in each of the eight Stockport neighbourhoods that match neighbourhood needs.
- Understand the relationship and interdependencies between housing, health and social care.
- Advocate for housing related interventions and signpost people to the right services, at the right time.
- Invest in prevention and step-up services and accommodation that helps residents avoid hospital admissions and help them return to home.
- Integrate with the Technology Enabled Living stream so technology becomes a vital platform for prevention and reablement.







# Golden Thread of Principles

- **Community:** builds age-friendly communities that are fully connected, tackling social isolation

## **Design:**

Uses inclusive design and HAPPI principles so the housing meets and adapts to people's changing requirements over their 100 year lifetime

## **Integrated:**

Links housing, health and care together to support residents to live and age well

## **Smart:**

Utilises technology to help provide a choice of great places to live that is affordable and connected, enabling independence

## **Innovative:**

Tests new models of community based social care alongside technology to focus on "Home 1st", self-care and prevention

## **Choice:**

Promotes range of housing type and tenures to meet the needs of older people across all spectrums

## **Accessible:**

Provides easy access to transport, services and the community

## **Capable:**

a strong and empowered workforce that provides dignified and safe care and support.







# Our expectations, goals and how to engage with us

We have a great opportunity to truly bring together housing, health and social care to co-design a future where all Stockport residents can look forward to a positive older age.

This Prospectus responds to the needs of our population and those requiring support, enabling them to live well in their own homes.

It has been designed to kick start the journey to achieving our vision. The next steps involve developing individual implementation plans for our four core areas of focus.

We need your help.

If you'd like to be involved in the creation of the implementation plans, please contact Stockport Council by emailing [prospectus@stockport.gov.uk](mailto:prospectus@stockport.gov.uk).

Together we can create a City where everyone is included, and everyone can flourish.





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**STOCKPORT**  
METROPOLITAN BOROUGH COUNCIL