



# Housing Services Combating Loneliness

Scrutiny Inquiry 17.11.15

A city of opportunity where everyone thrives



**SOUTHAMPTON**  
CITY COUNCIL

# Adults, Housing and Communities

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# Housing Supporting Independent living & Well being

- **60plus Support -early intervention, preventative, re-ablement (tenure neutral)**
- **Age related “quieter” housing 50’s & 60’s– first point access to support**
- **60plus Complexes – Support on site & Community hub**
- **Extra care Housing – 24/7 care onsite**
- **Vibrant Hubs – Socialising, Volunteering, Contributing, Learning, Active**
- **Resident Involvement – projects, groups, neighbourhoods**
- **Supporting Carers**
- **Partnership working e.g. Age Concern, Snr Saints, resident groups**
- **Integrated working – working towards this through clusters 75+ nurses**

# Capital Investment

- **SCC New build – extra care housing**
- **Facilities including restaurant, health and wellbeing suite, communal lounges – open to residents and the wider elderly community**
- **Refurbishment communal areas internal & external**
- **Designed to reduce social isolation and to bring communities together**
- **Decent Neighbourhoods – Well being /Lifetime Neighbourhoods**
- **Accessible facilities – lifts, mobility scooters, entrances**

# Housing with Care / Extra Care

- Independent secure tenancy – own front door, own home, self contained, but can be lonely
- 24/7 Care & Onsite Support
- Telecare individually assessed/tailored – “gives me peace of mind” “someone to talk to”
- Design features – secure communal areas designed for social interaction e.g. quiet lounges, seating, welcoming atmosphere, community information
- Age criteria- new complex 55plus
- Community facilities reaching out local older population
- Restaurant open 7 days a week – encourage social interaction
- Activity Co-Ordinators promoting social inclusion

# Dementia Friendly Fun Fridays

## Social Return On Investment – Well Being Evaluation

### Outcomes measured

- Good overall health
- High confidence (adult)
- Relief from depression/anxiety (adult)
- Feel in control of life
- Member of social group
- Frequent mild exercise
- Regular volunteering

### *Preliminary findings*

**£1 invested in DFFF, there is a return of £44.69 in wellbeing / social value**

**Overall, a return of £212,019p/a cost benefit**

# Projects continued

- **Dementia Friends Champions - raising awareness and giving people confidence**
- **Tablets – house of memories**
- **Memory Cafés– Admiral Nurses supporting Carers**
- **Memory Advisors / Memory Matters**
- **Intergenerational projects eg gardening & IT – Jnr NW's**
- **Activities developing new Senior Saints activity – engage, inspire and improve health and wellbeing**
- **IT support (training and support sessions where people are supported to use social media such as Skype to be able to connect with family and friends)**

# Challenges and Opportunities

- **Erskine Court and other complexes such as Woodside Court**
- **Volunteering**
- **Local shop & businesses**
- **Transport**
- **Understanding and Integrating -Clusters**
- **Loneliness in early age – housing and support**
- **Commissioning – increased demand for services**