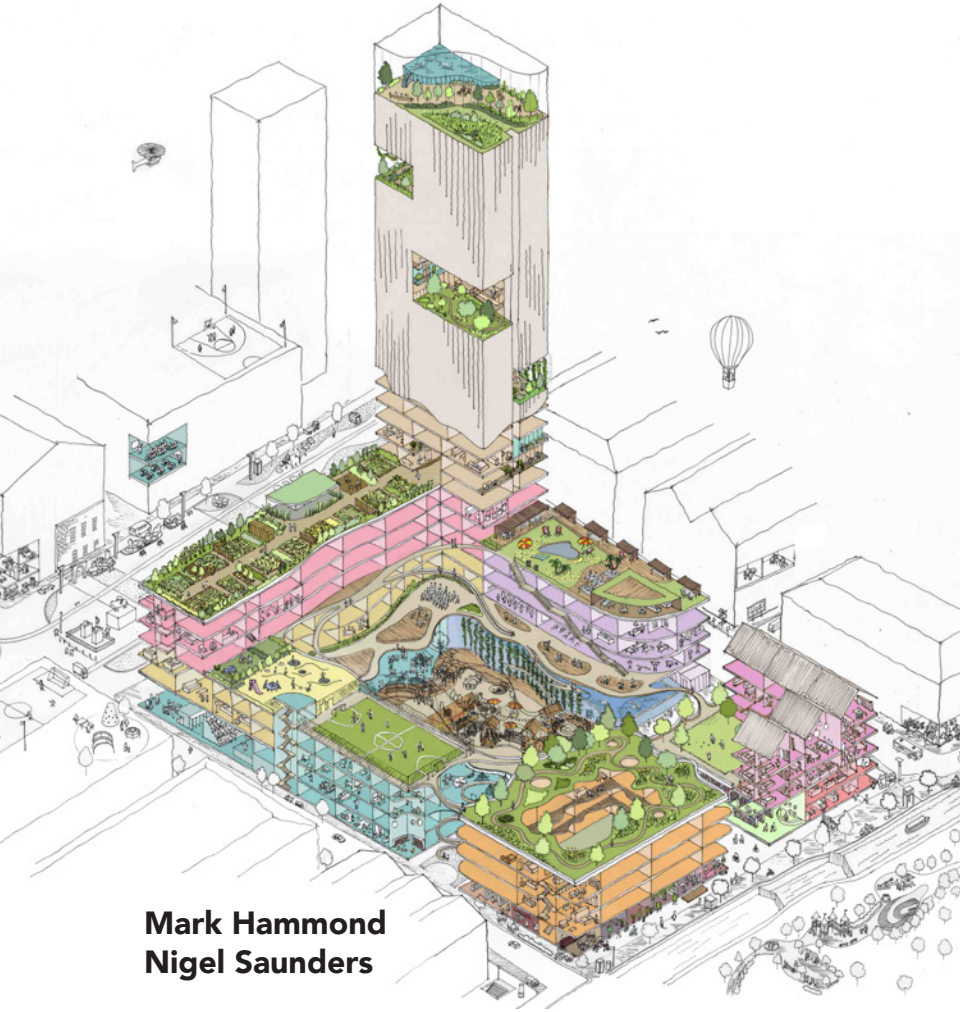
A Design for Life

/// Urban practices for an age-friendly city



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A Design for Life:
Urban practices for an age-friendly city

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https://ageingbetter.resourcespace.com/

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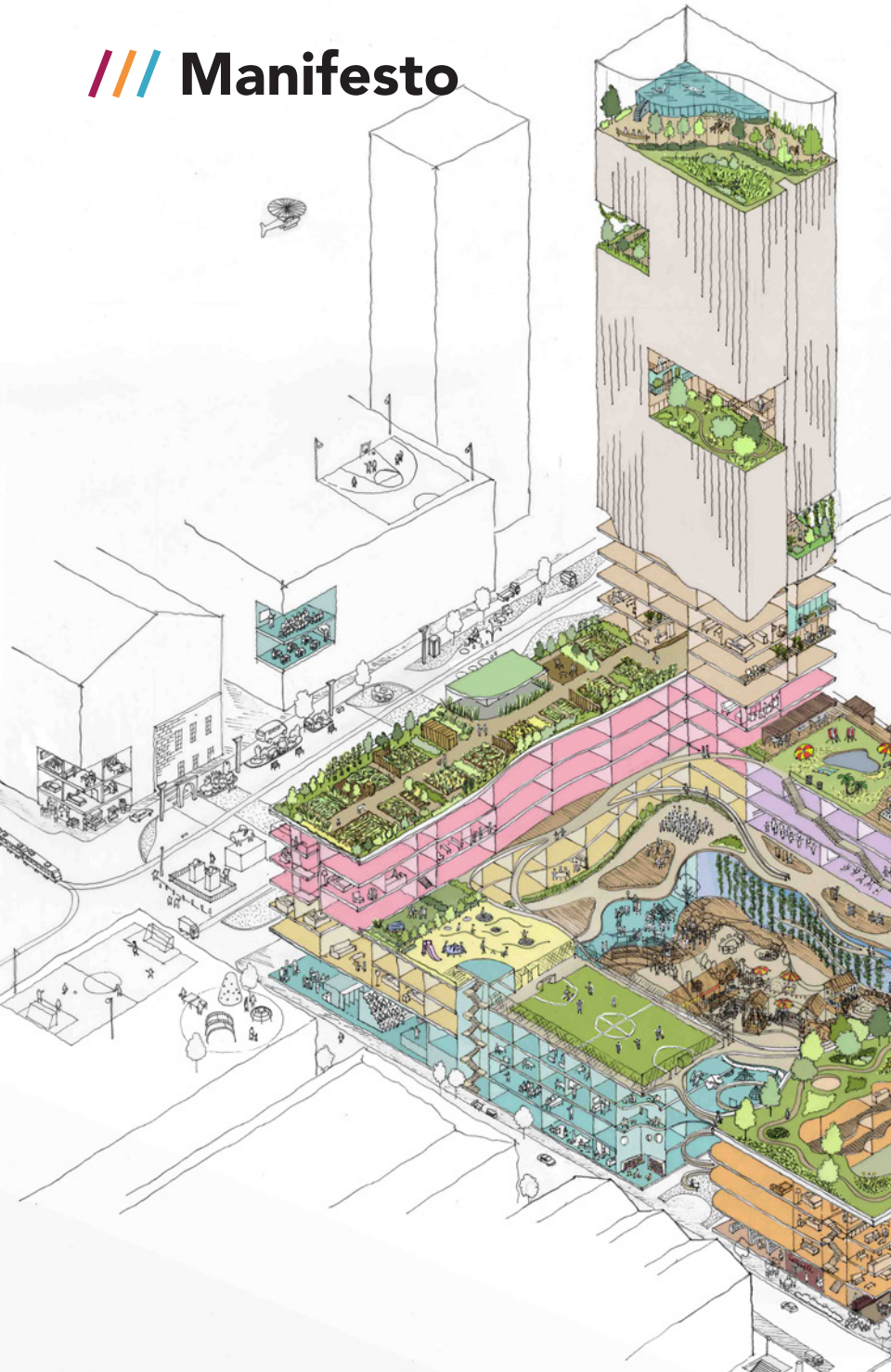
pozzoni MANCHESTER SCHOOL OF ARCHITECTURE Manchester Metropolitan University

/// Contents

/// Manifesto



1 / Ageing is not a 'problem' or a 'timebomb'. Planners, developers and designers must stop thinking about older people as patients or a burden, but as citizens.

2 / Older people are diverse and want different things from their homes and communities. Age is a part of our identities, but so is gender, ethnicity, sexuality, religion, class, politics, jobs, friends and where we live.

3 / We cannot plan and design based on stereotypes or 'putting ourselves in older people's shoes'. We have to put the work in, do the research and engage directly with the older people who live in our towns and cities.

4 / A Design For Life means valuing what makes life good. It's not about a place to live from birth until death, it's about supporting social life, cultural life, community life, family life, night life, an active life, the quiet life and all lives in between.

/// Introduction

The importance of the home and neighbourhood environment to older people is well established, yet movements to address the changing needs and aspirations of our expanding older population have, to date, been slow. For designers, developers and planners, an ageing population requires new ways of thinking and practicing.

An ageing society is one of the defining demographic shifts of the 21st century. Globally, the number of people aged 60 and over is projected to double to 2.1 billion people by 2050. In the UK, the proportion of people aged 65 and over will grow from 18% in 2018 up to 24% by 2043. While older people are more likely to live in rural locations, a rapid acceleration in the older population in urban areas will be a key feature of our cities over the next 20 years[1].

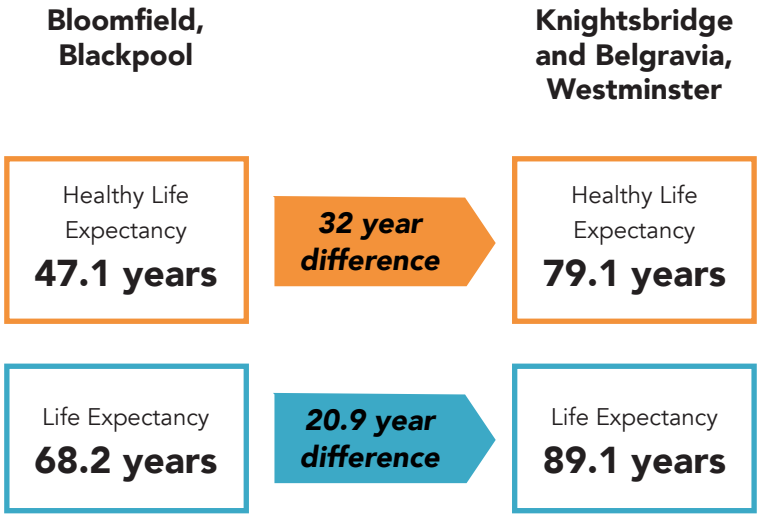
Improvements in life expectancy are cause for celebration, but it does mean that we must intensify our efforts to ensure that our homes and communities, both new and existing, are responsive to these societal changes. Research has shown that an ageing population can generate significant economic, social and cultural opportunities for cities, and that intergenerational neighbourhoods benefit all members of the community[2].

Between 2018-2043, the vast majority of population growth in the UK will be driven by older people...

Age 0-49 — **increase of 0.15 million by 2043**

Age 50+ — **increase of 5.83 million by 2043**

...but chronological age tells us little about someone's quality of life, and inequality leads to significant divergences in older people's experiences. Not only do older people in wealthy areas live longer than those in deprived communities, they also spend less time in poor health.



Source: Office of National Statistics

The last 20 years have, however, seen communities become increasingly segregated by age. This is not just the migration of young people into large city-regions from surrounding towns and villages, but segregation within cities as new residents converge in on the city centre. As a result, the level of segregation between those aged 18-34 and over 65's in major UK cities has doubled in the last 25 years[3]. Without intervention there is no reason to believe this trend will reverse, reflecting a view that "Certain built environments are not hospitable to old people"[4].

We have a duty to make sure that older people are not marginalised by urban policies, developments and designs, and that all older people have the opportunity to live in the kind of homes and communities that they feel will offer them the best quality of life. For many, this means staying in their existing homes, whilst for others this might mean moving to new environments. This guide doesn't promote one option over another, but instead argues that older people should have good options available to them, regardless of income, tenure or location.

This requires us to broaden our approach, acknowledging that the current focus on developing a limited volume of specialist housing is insufficient in addressing the challenge at hand. We need a new generation of homes built to match the changing needs of older people, ranging from supported housing to community-led

cohousing. We must recognise, however, that the majority of older people will continue live in houses that already exist. Beyond the provision of new homes, we need to redouble our effort to ensure that the green spaces, public realm and social infrastructure of our communities are age-inclusive, as well as making sure that support is in place for people who need extra assistance to adapt, modernise and maintain their existing homes.

There are many excellent resources which outline best practice examples of age-friendly housing and neighbourhoods, so instead we focus on how 'best practice' comes to fruition, and what we can do to make it happen more often. Our interest is as much in the processes – financial arrangements, policy innovations, political pressures and innovative collaborations – as it is the final products.

Our focus on process recognises that progress can only be made if architects, planners, developers and policy-makers think differently about ageing, moving away from ageing as a separate specialism and towards a model in which older people are integrated into all facets of urban development. In order to achieve this, we must first dismantle some of the preconceptions that currently prevent this from happening.

This publication is split into four sections. The first is an essay that addresses some of the myths and stereotypes about older people that are currently used by urban professionals, questioning the interpretation that ageing is a 'problem' that needs fixing. We instead argue for older people to be valued as citizens, with diverse identities, capabilities, needs and aspirations, calling for new forms of practice in response. The second and third sections present a series of local, national and international case studies that are used to support our vision, focusing on 'ageing in place' and 'moving home' respectively. The fourth section is a design-led study undertaken by national architecture practice Pozzoni, which demonstrates how some of the different ideas presented in this book can be incorporated into a single age-friendly development.

We are not attempting to provide a 'one size fits all' solution, as the conditions, opportunities and aspirations of older people vary from place to place. For example, we are not suggesting it's possible to simply recreate a Mediterranean case study in the North of England, but perhaps we can learn something about the way the designers and developers have responded to local need or cultures. Accordingly, we call for local strategies, initiatives and developments to engage proactively in issues of ageing, questioning whether there is more we can do to achieve our ultimate goal; supporting older people to live in homes, towns and cities that enable them to live their best possible life.

Modern Life: Modular supported housing for older people in Portugal by Guedes Cruz Architects, emphasising the Mediterranean concept of the street and plaza as an extension of the home.
Credit: Guedes Criz Architects/Ricardo Oliveira Alves.

Part A
From patient to citizen

/// A Design for Life or: How I learned to stop worrying and love the 'ageing timebomb'

The grey tsunami. A demographic timebomb. The ageing crisis. The apocalyptic terms in which we describe the *greatest societal success of the last century* - more people living longer, healthier lives than ever before – are both disappointingly prevalent, and entirely misguided.

Let us review the arguments; a growing older population is positioned as a threat to, amongst other things, the welfare state, social care systems, youth employment opportunities and the housing market. Regardless of the past, present and future contributions they make to the economic, social and cultural life of the city, older people are defined by their deficits, reinforcing an ageist narrative in which they are little more than a burden on younger generations. The flaws of this crisis mentality are twofold; it's not true, and it shouldn't matter if it was true.

Many examples used to demonstrate the demographic timebomb, such as health and social care costs, hide the impacts of real-term reductions on public spending and structural issues in the housing and labour markets[5].

The Good Life: Incredible Edible community gardening project in Salford. Part of the 'Green and Growing' network, led by older people

There are even debates within health economics around the extent to which an ageing population is driving challenges facing the NHS. While *'Old Age Dependency'* is projected to increase over the next 30 years, it is a relatively crude measure that simply compares the number of 'working age' people (age 15-64) to 'dependent' older people (age 65+). Alternative definitions of dependency, which replace these broad age groups with more precise

measures (the actual number of contributing taxpayers, and the number of recipients in the last 15 years of their lives) show dependency at a historically low level, driven by high levels of employment and growth in life expectency[6].

If there is a crisis, it is one of inaction. There is a misapprehension that addressing issues facing older people is poor value for money, promising no economic dividend through increased productivity. Again, this rhetoric is misguided. In the UK, people aged 50 and over spend over £500bn on goods and services per year, the fastest-growing market sector[7]. Older people also make significant contributions to families and their neighbourhoods, including £7.8bn worth of unpaid childcare, £43.4 of voluntary services and £174bn of unpaid care per year[8]. It goes without saying, however, that older people should not need to justify themselves in relation to their gross domestic product or social worth, and shouldn't need to make these arguments in order to receive the same levels of respect, attention and action as any other group in society.

Let us speak no more of crisis, and instead consider an alternative view. Rather than a timebomb, our growing older population presents significant opportunities for societies who are willing and able to plan for, and invest in, their older population[9].

Our response - A Design for Life – calls on architects, planners, developers and policy-makers to be proactive in creating an urban environment in which the diverse aspirations of older people are fully addressed.

To be clear, we use the term 'life' not to define a period of time between birth and death. Instead, we use 'life' to describe all the things we do that makes our time worth living. We need to address and support the things that make life worthwhile, recognising that for each person this is different; A social life, cultural life, an active life, the quiet life, night life, a love life, family life, community life, the high life, the good life. Our aspiration should not be to allow people of all ages to access or occupy space, but to find joy, fulfilment, kinship and opportunity within their homes and communities – a process that requires coordinated efforts from the various professions that play a role in shaping the urban environment.

In focusing on life as a set of experiences, rather than life as a period of time, we seek to address the multitude of different ways that later life is enjoyed. As a result, we have consciously avoided setting out a single definition of 'older people' in this publication. A 50 year old can be retired while a 70 year old is still working, and a 60 year old can have mobility issues while an 80 year old can run

/// Life

The experience of living, often expressed through the ability to think, learn, create, share and emote.

/// A Design for Life

To create environments that enable older people to do the things that make their life meaningful and enjoyable.

marathons. A 55 year old could be a grandparent, or a new parent, or perhaps both.

There is a tendency for older people to be defined only by their differences to the young, rather than the differences between the increasingly diverse older people's population. The stereotypical pictures of later life usually adopted are one dimensional, and rarely consider the multiple intersectional characteristics which make up people's identities, such as ethnicity, class, gender, sexuality or religion). Together, these characteristics can generate experiences of both inclusion and discrimination, which play a significant role in determining older people's quality of life[10–13].

By focusing on 'life' as a set of individually and collectively desired experiences, we can start to bypass the stereotypes and norms around ageing that are engrained in society. Instead, we must embrace the complexity of older people and the relationship they have with their homes, communities and cities as an opportunity for creativity to emerge. This requires new designs, policies and practices that rethink the ways that older people are considered, moving away from an understanding of older people as patients, and towards an approach in which older people are valued as citizens.

/// The patient, the customer and the citizen

In order to engage creatively in a new, fuller concept of life in the production of the urban environment, we must recognise the different ways that older people are viewed. For various professions, this usually falls into one of three categories; the patient, the customer and the citizen[14].

The patient

The patient model defines older people only by their deficits; where success often comes from stopping things from getting worse, rather than improving things. For most professionals, particularly those that see their role as identifying and solving problems, this is the default position that is taken. This is not to be dismissive of the medical needs that some older people have, and we cannot be ignorant about the prevalence of certain medical conditions among older people. One-quarter of people aged 85+ are living with 'frailty', one in five people aged 75+ experience some form of sight loss, and 7% of people aged 65+ are living with dementia[15–17]. These statistics show the need for us all to recognise the diversity of bodily requirements that we might need to address, but we must recognise that these also tell us very little about the complex desires and dispositions of those living with these conditions, the lives they live now, and the lives they want to live.

For many in the production of the urban environment, the medical model is driven by the application of regulatory compliance. For architects, various models of the ideal human such as Le Corbusier's Modulor or da Vinci's Virtruvian Man play a big role shaping how human beings are considered in the design process –as a fixed set of measurable parts that mean we can design buildings with the right measurements. In doing so, however, we fail to consider the diversity of human measurements, and the person behind the measurements, with needs, desires, emotions and habits [18]. This argument is well developed in critical disability studies, where there is recognition that a narrow focus on medical needs always places disability as a lesser version of ability, rather than seeing difference and diversity as an opportunity for creative practice[19–21].

To be clear, accessibility regulation like Part M (2) of the national Building Regulations can have a vital role to play in creating a more inclusive environment. The problem comes when people see it as the end of a process, not the beginning. Accessibility need to be the bare minimum that we aspire to, and we must push back against those who argue that just because they have met the regulations, they have made something age-inclusive. We must instead recognise that inclusion and exclusion are manifest in the social, economic and cultural environments we create, and strive to integrate a more nuanced, non-medicalised understanding of ageing into the design of public spaces and buildings.

Signs of Life: Alternatives to the infamous 'elderly crossing' road signs, developed as part of NB Studios 'Sign of the Times' exhibition in 2015.

Credit: NB Studios - www.nbstudios.co.uk

The customer

In environments designed explicitly for older people (such as retirement homes), older people are often present in the design process as 'customers' whose needs must be met in order to attract them to new environments. This forces urban actors to look beyond accessibility alone, and consider the social needs and aspirations of older people, introducing thoughts about experience, taste, desire, affordability and comfort in the creative process. All of this is undoubtably positive, but we need to recognise the limitations of some of the processes that underpin this customer-led approach, primarily the use of designer 'imagination' rather than direct engagement with diverse older populations.

One of the key tactics used by professionals, including architects and planners, is to 'put themselves into someone else's shoes'; a process known as empathetic work[22]. Empathetic work encourages designers to roleplay

how various people might use the spaces being created, whether they are appealing, or to troubleshoot any issues with a design. These imaginations are self-referential, and most (younger) professionals rely on stereotypes and societal norms to fill the gaps in our own experiences. While it may not be our intentions, these inevitably reinforce many of the ageist prejudices which are widespread within our culture.

Ageism takes many forms, but is largely unacknowledged in many circumstances. One of the key reasons for this is the focus on economic productivity and independence as markers of success in urban planning and policy. Not only does this under-represent the social, economic and cultural contributions that older people make to their cities and communities, but it perpetuates a societal norm of older people as passive or burdensome. Alongside the aforementioned medicalisation of older age, a negative perception of older people as unhealthy, unproductive, unintelligent and uncreative is allowed to take root, presented as an inevitability of ageing[23–26] .

An example of the subtle ageism underpinning the customer model is the common policy narrative that promotes 'freeing up family homes'. Although proponents of this position might be well meaning, terms suggest that older people are blocking the progress of other generations, and thus reinforce the narrative of ageing as a period of burden on society.

Similarly, policy drivers towards increased levels of extra-care housing rarely consider the cultural attitudes to specialist housing in some ethnic communities, or concerns from the LGBT community about prejudices in specialist housing[27]. Other examples of ageism in planning are more overt, including a local authority that recommended that planning permission be refused on a retirement village because they were worried that an increase in older people might undermine the "vitality" of their town centre[28,29].

Considering older people as the customers of the urban environment has some benefits over the patient model, but we must be cautious about its tendency to exclude people, particularly those who don't represent a profitable market. One of the stereotypes that is applied to older people is an assumption of wealth and financial security, although this is often used in a negative light to demonstrate intergenerational injustice. The affluent baby boom narrative is another example of empathetic work, as professionals draw upon their experience of their own parents in retirement to suggest all older people must be homeowners on good pensions. This often leaves experiences of marginalisation in later life under-represented, and masks challenges such as fuel poverty, non-decent homes, insecure rental accommodation, discrimination and abuse[30,31].

We must resist the urge to simplify older people in the production of space and recognise that, like any group, older people are diverse, intersectional and continually changing. Instead, we need to develop practices that engage directly with older people in a meaningful way, grounded wherever possible in real collaborations. Rather than customers who we are looking to persuade, we must understand older people as citizens who we should seek to serve, embracing the complexity of older people's lives as the basis for new creative opportunities.

The citizen

A citizenship approach to ageing calls for older people to be appreciated as equal contributors to the creation of the city, rather than defined by their age alone or their deficiencies when compared to others. This requires us to be pro-active in exploring what it means for older people to have a good life, taking into account the the different personal, social, economic and ethical qualities that people us to define what 'good' means.

By viewing older people through a citizenship lens, ideas such as identity, belonging, prestige and taste are introduced into our understanding of ageing, as are the inequalities and privileges that affect older people's experiences.

Transitioning to a citizenship model of ageing doesn't mean pretending that health is unimportant, but instead includes health as part of broader understanding of the way that older people want to live their lives.

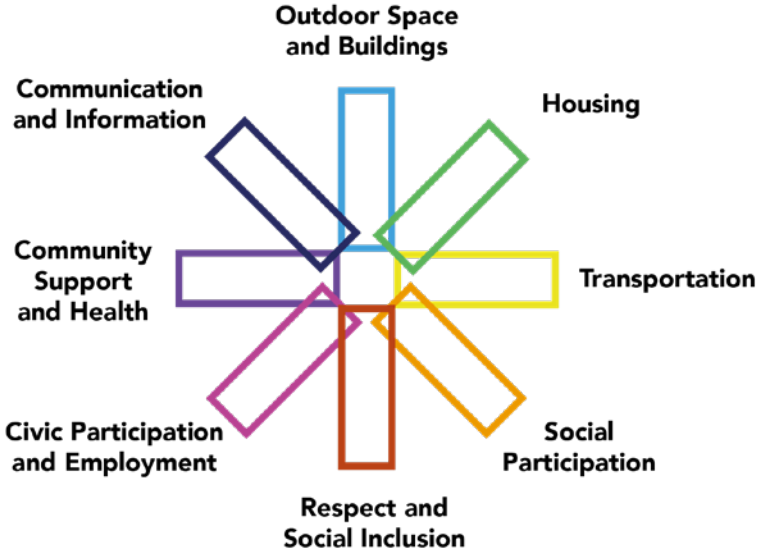
One of questions raised by a citizen approach to ageing is about the role of professional expertise, who has the right to speak and act in the production of the urban environment [5,32]. These can be uncomfortable concepts for professionals, concerned that giving others 'a say' in the process can reduce their own capabilities to make a difference. Rather than a loss of power or a diminished role, a citizenship approach offers new avenues for professionals to express their knowledge to create more than they could alone.

A pivot to citizen-led models of practice should not be seen as a call for architects to set aside their expertise and merely facilitate the views of 'non-experts'. On the contrary, by valuing older people as equally but differently expert, it offers new opportunities for professionals to identify contexts and situations where their knowledge might be productively applied. When done well, a creative process that enables genuine collaboration allows all parties to transform each other's knowledge and capabilities – working together to recognise the constraints each experience and find new ways to address them[33,34].

An example of this is the World Health Organisation (WHO) concept of the 'Age-Friendly City', which seeks to apply a citizen model of ageing into urban policy and practice. The age-friendly model encourages cities to recognise that older people's experiences are informed by all facets of society (see diagram). Critically, it proposed that 'age-friendliness' is defined by the specific lived experience of older people within their home and community and therefore requires older people to be at the centre of defining and prioritising action[35].

In rejecting a medicalised understanding of older people in favour of a process that promotes the rights of older people to contribute to, and benefit from, all parts of

Eight components of an age-friendly city



society, the age-friendly model allows professionals to identify and address the real barriers to older people's quality of life, and the possibilities of new spatial practices in which older people are equal and valued stakeholders [4].

Our call for a greater recognition of older people's citizenship is not blind to the commercial pressures which play a significant role in determining how the built environment is created. When resource is limited, it is unsurprising that the 'shortcuts' that patient and customer models afford professionals are so commonplace. Despite this, the market opportunities of urban developments that address the real and diverse experiences of older people should not be underestimated, as many of the case studies in this book demonstrate.

There is no silver bullet which will resolve these constraints, but the case studies in this publication show that change is possible when the right conditions are in place. The challenge for us all is to be proactive in generating these conditions where good practice can emerge - an alliance of the willing, across all sectors and industries, advocating for change within our organisations and in society at large. A tall order perhaps, but a vital step in creating a more just, inclusive and responsive urban environment that matches the diverse and changing aspirations of our older population.

Part B
Ageing in Place

The vast majority of houses that older people of 2050 will live in have already been built.

Various studies show that most older people would choose to remain in their current homes. While these positions are driven in part by lack of availability or accessibility of attractive options, the neighbourhoods in which older people live play a significant role in determining someone preference to stay (or move) in later life. As a result, many policies and practices are designed to support 'ageing in place', where older people are supported to continue living in the homes and communities where they have existing social networks and a sense of belonging. This approach appreciates the complex relationship between person and the environments (social and physical) that people grow familiar with, through which a sense of belonging, fulfillment and meaning are derived [39,40].

Ageing in place isnt always the preferable option, both due to older people's own preference to move to new environments and the viability of remaining in homes that are poor quality or condition. The UK has the oldest housing stock in Europe. In the north of England, 24% of homes were built before 1919, and 41% were built before 1944. Many of these older homes no longer meet basically levels of amenity, maintenance and thermal comfort, with over 1 million homes in the north classed as 'non-decent'. Consequently, nearly 500,000 households in the

north of England have someone aged 60 living in them [41]. Fuel poverty, home adaptations and the cost of repairs are issues which disproportionally affect poorer older people, particularly low-income homeowners and those in the private rental sector, both of whom do not benefit from centralised investments in housing stock that social landlords have facilitated.

However, it should not just be our ambition to ensure that people's homes aren't causing them harm, or forcing them to move out. We should be proactive in creating neighbourhoods that make people want to stay, and provide the quality of life that older people aspire to. As initiatives like the governments 'Healthy High Streets' point out, this needs to take into account both the physical and social environment – it is rather pointless to make places which older people can access if there is nothing that people want do there[42].

Programmes that provide opportunities for social and civic participation have a significant role in fostering ageing in place, which underlines the importance of 'social infrastructure' - the formal and informal spaces in that support the creation of cohesive and vibrant communities. As such, the case studies in this section outline a range of urban practices, ranging from the physical design of public spaces, to the social programmes in which older people have the opportunity to define how space is used, reclaiming their right to the city.

01 / A Manifesto for the Age-Friendly Movement

Supporting citizen engagement and interdisciplinary collaboration to improve older people's lives

Contributor: Dr Tine Buffel, University of Manchester

Population ageing is putting significant pressure on urban spaces all over the world. Since the mid-2000s, the need to create 'age-friendly cities and communities', meaning places where older people are actively involved, valued and supported, has emerged as a major concern for urban policy development. The World Health Organization has driven this age-friendly agenda through its Global Network for Age-friendly Cities and Communities. The Network has had a rapid increase in membership, reaching 821 cities and communities across the world by 2019. This world-wide growth has contributed to the development of age-friendly initiatives addressing diverse issues such as green spaces, mobility and walkability, home adaptions and community services.

Despite these successes, there are questions about the future progress of the urban age-friendly movement. First, the movement has tended to ignore the impact of social

and economic inequalities along with the problems facing low-income communities within cities. Second, financial pressures on cities, linked with economic austerity, have placed significant constraints on budgets, reducing the scope of age-friendly initiatives. Against this background, we have set out a ten-point manifesto for the age-friendly movement. The aim of the manifesto is to stimulate debate and encourage new approaches amongst stakeholders, including urban planners, community developers, health and social care professionals, policy-makers, NGOs, and not least, older people themselves.

The key question is how to expand and raise the ambition of the age-friendly movement in a difficult economic climate with limited funding and competing demands for resources. This requires creative ways to mobilise new resources, stronger links with academic institutions and researchers, and combining local presence with a true global strategy for the age-friendly movement.

Further Reading:

Buffel, T., Handler, S. and Phillipson, C. (eds) (2018) *Age-friendly communities: A global perspective*. Bristol: Policy Press.

Buffel, T. and Phillipson, C. (2018) A manifesto for the age-friendly movement: Developing a new urban agenda. *Journal of Aging & Social Policy*.

/// *The Manifesto:*

1. **Acknowledging urban complexity**

2. **Integrating neighbourhood change**

3. **Challenging social inequality and exclusion**

4. **Incorporating diversity**

5. **Facilitating community empowerment**

6. **Coproducing age-friendly communities**

7. Developing creative and participatory age-friendly design

8. Encouraging multi-sectorial and multidisciplinary collaboration

9. Integrating research with policy

10. Strengthening international networking

02a/ Age-Friendly Whalley Range
Manchester, UK

Age Friendly Whalley Range and Chorlton (AFWRC) is located 2 miles south of Manchester City's centre and runs activities, events and meetings for older people. Established as part of an academic research project led by University of Manchester, it is part of the Whalley Range Community Forum (WRCF) that was established in 1998 and became a registered charity in 2016, through recognition of their increasing work as a service provider.

Age-friendly activities include social events such as the 'Age-Friendly Benches Walkabout' that took place in October 2020 to celebrate International Older People's Day. It entailed a circular walk with ten age-friendly benches as 'mile stones' and six members of the AFWRC sharing positive messages along the way. Other events such as afternoon tea, arts and crafts for wellbeing, tea and talk discussions and an annual festive feast for those who may be isolated during the festive period play a huge part in reaching out to older people within the community.

Whalley Range Community Forum are committed to continuing the evident positive impact made within the community at all ages. One way in which they ensure

this is documented and reflected upon is by organising a development day event. In September 2019 fifteen people attended the event including trustees, and representatives of local groups (a questionnaire was provided for 26 people who could not attend). This created an opportunity to make suggestions and how to achieve them. These were then discussed and turned in to a five year plan and strategy to work towards including the new priorities from the event such as the current climate emergency and the need to be resilient, sustainable and proactive within the community.

Resource:

http://www.whalleyrange.org/

Image credit:

University of Manchester

02b/ Manchester Age-Friendly Neighbourhoods

Manchester, UK

The Manchester Age-Friendly Neighbourhoods (MAFN) programme, which started in 2016, aimed to provide older people with opportunities to become increasingly active members of their communities, addressing the barriers to participation that many face in marginalised communities.

An age-friendly neighbourhood partnership has been established in each of the four neighbourhoods covered in our programme. The aim of the partnerships was to understand what the neighbourhood is like for older people to live in now and how it can be improve it in the future. There was a focus on how the community can tackle social isolation - both supporting those who currently experience isolation and those at risk of becoming socially isolated in the future.

Each partnership was able to make real changes to their community through an age-friendly investment fund and support from the 'Manchester Age-Friendly Neighbourhoods' team, led by Manchester School of Architecture and Southway Housing Trust. The project was funded by Manchester City Council and Ambition for

Ageing programme - a Greater Manchester wide network of neighbourhood projects aiming to reduce social isolation in the city region.

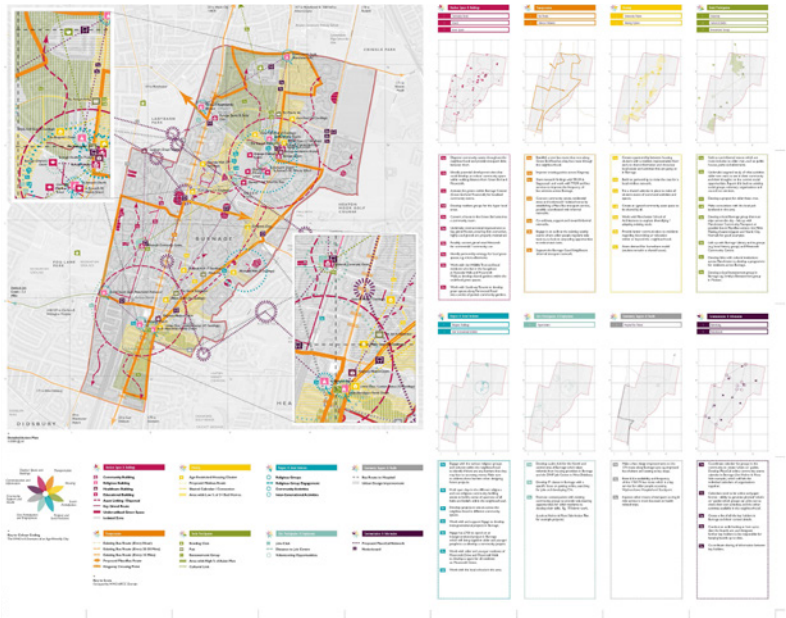
Each programme was established through a series of activities: creating an action plan, supporting and funding small projects; and creating new relationships between organisations and older people.

Creating an 'Action Plan

Each partnership within the MAFN programme was centred around a co-produced neighbourhood action plan. Developed through a series of participatory methodologies in collaboration with local residents and institutional partners, the action plan was a spatial representation of older people's lived experiences, providing both robust evidence for action and a catalogue

of ideas developed by the community. The action plan consists of spatial census data, urban design analysis, action planning workshops and neighbourhood survey data, with a focus on exploring the spatial manifestations of these data sources.

The MAFN research team engaged in 4800 interactions with local people and institutional partners in creating the four neighbourhood action plans, sharing both experiences of living in those neighbourhoods and ideas about how to make it better for older people. The action plans was brought together as a series of maps (see below), which documented the specific recommendations developed and where they should take place.



Developing and Funding Small Projects

Each partnership was provided with a resident investment fund to support the development of small projects (usually less than £2000), which could be used to enact their vision of an age-friendly community. These projects were developed by local residents, with projects supported, reviewed and agreed by a resident-led board in each area. Over four years residents used £300,000 of funding to undertake 120 programmes they led and managed. These boards consisted of older people and representatives of institutions and organisations that are active in the area.

Create new relationships between organisations and older people

The purpose of a partnership approach was to enable new relationships and connections to occur, allowing individuals to affect each other in ways not currently possible. This promoted systemic change within the community, realised through new relationships between older people and service providers about how services are created and delivered. This challenged models of dependency that are implicit in the labels that individuals are often given, such as volunteer, service user, customer or officer. This required agencies and services providers to be open to develop new ways of working (both interagency, and with the community), and residents to be organised and engaged (usually through a commonly recognised issue that they want to respond to).

03 / Penn South Naturally Occuring Retirement Community

New York City, USA

Developing partnerships that building on the strengths, skills and interests of older people to support ageing in place

Penn South consists of 2800 apartments spread across nine residential towers in Midtown Manhattan, and was established by the International Ladies Garment Workers Union in 1962. The ILGWU aimed to establish an affordable housing cooperative for lower income workers, many young couple and single people. The cooperative model means that individuals who wish to move had to sell their properties back to the cooperative at below market rates, so many residents had few incentives to move. As a result, 70% of residents were aged 60 and over by 1985. Penn South was identified as the prime example of a naturally occurring retirement community, or NORC.

In response to this, the Penn South Co-op board of directors set up the Penn South Programme for Seniors (PSPS), initially as with $8000 to set up a committee

to develop a plan and find long term funding. The programme is now funded by a mix of state funding, charitable grants and subscriptions from residents. The PSPS employ social workers to support homecare coordination, information and referrals, alongside the management of an extensive social programme, ranging from lecture series, craft workshops and improv comedy classes. The programme is determined by the strengths, skills and passions of local residents, who are involved through the democratic processes of the cooperative housing structure.

The critical mass of older people in these communities, the close ties between long-term neighbours and the history of self-organisation all provide conditions for a coordinated and efficient programme that support older residents to age in place. The NORC model is a key element of the New York City's ageing strategy. There are 27 NORCs recognised by the city government serving 400,000 older residents, many of whom are on lower or middle incomes.

Resource and image credit:
https://psss.org

Cultural Life: A production of 'Fiddler on the Roof' in 2019 by Penn South residents and the NYU Drama Therapy Department.


MILK
MILK
TEVYES
MILK SERVICE

04 / Park Fiction
Hamburg, Germany

Making the planning process more accessible through creative engagement

Park Fiction is a public park in the St. Pauli neighbourhood of Hamburg. In 1995, the local government were seeking to sell brownfield land around the cities harbour to private developers, with plans for a mixed-use development. A local residents association objected to the development, instead arguing for a park to be constructed on the site. Negotiations with local politicians and planners initially yielded little success. Instead of protesting against the proposed development, a collective of artists, activists and community organisers formed to instead initiate a parallel planning process to design a new park. As a central tactic, the collective (and wider community) simply acted as if the park project was the agreed use of the site, making it a social reality before it was a physical one.

The parallel planning process was financed by a grant from the Hamburg Department of Culture, on the auspices of developing a public space art project, although funding was later withdrawn when a local senator discovered what it was being used for. The collective generated creative tools which aimed to make the planning process more accessible, even entertaining. This included an archive

and outdoor library, a mobile planning studio which would move around the neighbourhood to gather local people's views, as well as a 24 hour 'hotline' for people to submit ideas. They hosted film nights and talks, including films about the residents themselves and their struggles for recognition.

As the movement grew, the city offered the community a compromise – a small amount of public green space on the edge of the proposed high-rise development. This was rejected and caused the community to redouble their efforts, going as far as to install a construction site sign for the park. After further local unrest and facing an election in 1997, the city provided the first support for the park project, giving it outline planning permission and reinstated the budget which had been withdrawn

by the local senator. In 1998, the collective arranged two community conferences in which the final vision for the park was devised. After a number of delays, the park was fully approved and funded by the city in 2003, and opened in 2005.

Park Fiction is a unique combination of actors, institutions and networks which cannot simply be replicated because it builds on a long history of radical politics in the city and specific local factors, such the proposed demolition of a popular punk venue to make way for the new housing scheme. It does, however, highlight the potential for creative approaches to planning, and the role of community engaged art and design practices in generating an alternative vision for the city. Although not created as an 'age-friendly' park, Park Fiction embodies some of the core ideals behind the age-friendly movement – the opportunity for (older) people to actively contribute to the social, cultural and civic life of their communities, including the right to participate in shaping the trajectory of regeneration and urban development.

Resource and image credit:
http://park-fiction.net/the-city-is-unwritten-urban-experiences-and-thoughts-seen-through-park-fiction/

Civic Life: A documentary screening as part of the alternative parallel planning process of Park Fiction

05 / Caught Short
Levenshulme, Manchester

Increasing provision of public toilets through community-led business engagement

The closure of many public toilets across the UK is commonly cited as barrier that prevents some older people from using their local high street. 673 public toilets have closed across the UK since 2010 as a result of real-terms reductions to local government funding.

In 2017, an older person was denied access to a toilet by a number of businesses in Levenshulme, unfortunately leading him to incontinence. As a direct response to this incident, a local task force convened by the Levenshulme Inspire community organisation engaged with the local business community to inform them about issues faced by some older people. The 'Caught Short' initiative worked with a number of business who later agree to offer use of customer toilets to anyone who asks, regardless of whether they purchase anything from their store. The initiative and supportive business were advertised locally via a leaflet, and shops that signed up to this placed a sticker in their window to inform older people of the offer.

Resources:

Levensulme Inspire - https://www.lev-inspire.org.uk/

06 / Graffiti Grannies
Levenshulme, Manchester

Using activist practices to raise awareness of issues facing older people

Alongside the Caught Short campaign, members of Levenshulme Inspire started a media campaign focusing on the poor state of walking surfaces in their community. Aware that it would cause a media storm, older volunteers from Levenshulme Inspire started to draw graffiti around trip hazards along the main shopping roads in Levenshulme, using biodegradable spraypaint. The subsequent profile of the issue led to investments in new drop kerbs and road resurfacing.

Resources:

BBC News: https://www.bbc.co.uk/news/uk-england-manchester-35766883

07 / New York Library Outdoor Reading Room

New York City, USA

Activating space through cultural interventions

NY Library Outdoor Reading Room is an initiative to expand the reach of library services by creating smaller pop-up libraries across the city. The initiative has run during the summer months since 2003 across a number of plaza and public squares in the city.

The outdoor reading rooms include a selection of books selected by librarians which can be borrowed without a library card, a second hand book swap, exhibitions of local history and a programme of free events. The events are supported by corporate sponsorship, and run by the NY Public Libraries service.

The outdoor reading room, like many 'pop-up' interventions, should be seen as playing a key role in place-making, and thus making the public realm more inclusive of older people.They support the idea that a good public space is a used public space. Although not designed explicitly for older people, the demographics of library users suggests that an outdoor reading room

offers the opportunity for intergeneration interactions, but it is important to recognise the transformative potential of pop-up interventions even to those who don't actively use them. They can provide life, vibrancy and sociability to urban spaces, increase natural surveillance, and create shared experiences within the communities they are situated in.

New York's outdoor reading rooms open in June, where their weather is largely comparable to Manchester. On average, both New York and Manchester receive rain on 11 days in June, with Manchester experiencing 66.1mm of rain, compared to 98mm in New York.

Resource and image credit:
https://bryantpark.org/amenities/reading-room

Night Life: My Generation, an over 50s club night at Matt and Phred Jazz Club, Manchester

08 / Alexandra Park
Manchester, UK

Engaging older people in the design of green spaces and outdoor amenities

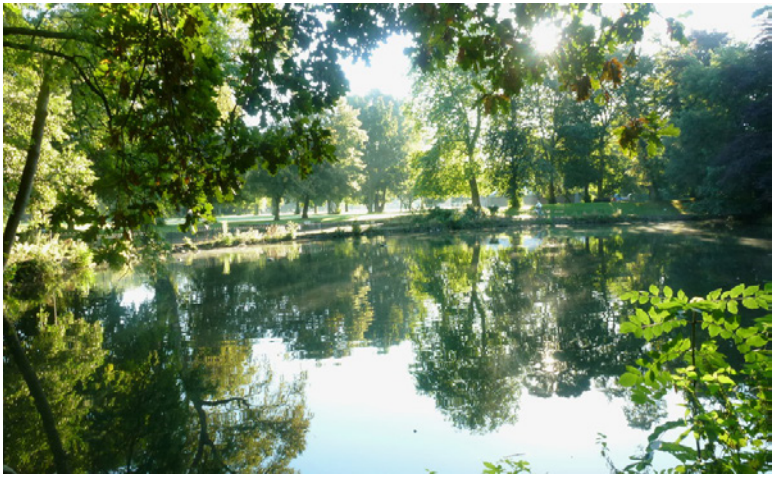
Contributor: Sarah Day, Manchester School of Architecture

Alexandra Park is situated between the Moss Side and Whalley Range neighbourhoods in Manchester, UK. The park was originally designed by Alexander Hennell and opened to the public in 1870. The park had become increasingly run down, until a £5m funding for a 2010, financed by the Heritage Lottery Fund, Manchester City Council, the English Cricket Board, Sport England and the Lawn Tennis Association. Manchester City Council's Age Friendly Manchester (AFM) teams became involved in the programme at an early stage, with the aim of creating the UK's first age-friendly park.

AFM places engagement with older people at the heart of their work, which enables older people's voices to have a strong role in shaping the policy and planning. Building on this, a bottom-up, participatory co-research approach was used, engaging with local older people to inform the overall design of the park, including the location of

features and the design of pathways. The use of older people as co-researchers has been hugely beneficial to the parks future as these people are key in the parks ongoing management.

Alexandra Park hosts a number of age-friendly features. The original landscape of curved pathways has been reinstated and functional street furniture added. Good public transport links to the park are also ensured, an important feature for accessibility, particularly for older and more vulnerable visitors. The local community is now able to utilise the parks upgraded sporting facilities, hosting a range of activities. The parks restoration included the renovation of existing buildings such as Chorlton Lodge, which was restored and extended to provide public toilets, changing facilities, a communal café and a flexible community space. These spaces form a vital piece of social infrastructure, supporting both informal



social opportunities and organised events and activities for older people.

The process of co-production, alongside the cities commitment to promoting age-friendly initiatives, has had a lasting effect on the park. Some groups involved in early development of the park, including the local dementia support group, still use the park for regular walks and to meet in the café. The park has led to wider impact within the city, with the council seeking to establish a new age-friendly standard as part of their ten-year park strategy.

Image Credits:
Previous page: Stephen Taylor (cc-by-sa/2.0)
Opposite page: Age-Friendly Manchester / Manchester City Council

Park Life: Members of Age-Friendly Manchester board at Alexandra Park

09 / Great Sankey Neighbourhood Hub

Warrington, UK

Exploring potential for integrated services within the design process

Great Sankey Neighbourhood Hub is an integrated leisure and library facility in Warrington, UK, operated by LiveWire CIC, a community leisure company which operate services on behalf of the local council. Originally built 1977, the leisure centre was extensively refurbished and expanded in 2018 to serve a growing local population, with 2,500 homes scheduled to be built on a neighbouring site. The new facility was funded by a consortium of Warrington Borough Council, NHS England, Sport England, Football Foundation and the Lawn Tennis Association, and sought to bring together a wide range of services and local activities under one roof. The aspiration at the outset was to avoid simply 'co-locating' services, but to 'integrate' them in the hub to support collaborative working and an improved offer to the community.

An integrated approach can be seen as a necessary product of reduced capital investment in leisure facilities and the need to make efficiencies, but counter-intuitively

this requires a more significant investment in design services to make sure integration can be achieved, and the needs of different groups negotiated within the design. The Great Sankey project was designed by Manchester-based architects Walker Simpson, who were employed for an extensive pre-design phase in which they helped the clients to define their vision and create an integrated design brief (RIBA Stages 0-1).

This pre-design process identified a number of practical overlaps between various building users, particularly ensuring that spaces could accommodate both sport and cultural activities without either feeling out of place. Based on interactions with the various agencies who

would run services on the site, they agreed to having a shared staff room to build better links between workers. The pre-design phase also highlighted the importance of dementia-friendly design for a lot of the services, which became a central part of the brief. Once opened, the hub was the first public building in the UK to receive a 'Gold Accreditation' from the University of Stirling 'Dementia Service Development Centre'.

This project highlights a part of the architect's skillset which is perhaps undervalued in some circles. Creativity in bringing together form, programme, technology and regulation within building design are of obvious importance, but the brief that an architect designs is fundamental in defining the success of any built project. Particularly in complex projects with multiple clients or users, the creativity and time needed to bring together a feasible project brief should not be underestimated.

Image Credit:
Walker Simpson Architects - http://www.walkersimpson.com/

10 / Care and Repair Handyperson Service

Preston, UK

Demonstrating the value of preventative investment in home repairs

Contributor: Care and Repair England

Handyperson services carry out essential small repairs and minor adaptations in the homes of older people so that occupants can live safely and independently for longer. Services aim to be affordable to low-income householders and are usually run by not-for-profit home improvement agencies or voluntary organisations.

Keeping a home in good condition, or modifying it to meet changing needs, can be a major worry as people age. Challenges include being able to find a trustworthy contractor willing to undertake smaller jobs or finding the money to pay commercial rates. The physical impacts of ageing or onset of disability may prevent people from tackling maintenance jobs which they used to do themselves, and it is not always possible to call upon relatives or neighbours for this type of help.

A handyperson may undertake a wide range of jobs, from repairing a broken floorboard (which is a trip hazard), easing a sticking door (which someone with arthritis may struggle to open or close), replacing a rotting side gate (to reduce risk of burglary) to installing a second stair handrail. The range of work undertaken by a handyperson service is largely determined by local funding priorities. For example, some of those funded by Social Services focus exclusively on installing grabrails or other small adaptations as part of the local falls prevention policy and no longer fund essential repairs.

Preston Care and Repair (PC&R) is an independent, charitable home improvement agency offering practical housing help, including a handyperson service, to older and disabled people across much of East Lancashire. Unusually, the PC&R handyperson has qualitative and quantitative evidence of the impacts of the work it undertakes thanks to an in-depth independent evaluation.

This research identified a significant impact on the wellbeing of older people. The handyperson service brought peace of mind and gave individuals a sense of control over their living situation, taking away what older people described as the 'constant worry' about what to do if and when something went wrong with their home. Two thirds of people who used the handyperson service said they wouldn't have otherwise had the essential repair/ adaptation work done for the reasons noted above (concerns about being swindled, unable to afford commercial building costs etc.).

The evaluation included assessment of Return on Investment, demonstrating that every £1 spent on the handyperson service resulted in a saving of £4.28 to local health and social care expenditure.

Resources:

'Small but Significant' report by Care and Repair England: http://careandrepair-england.org.uk/wp-content/uploads/2018/07/Small-but-Significant-Handyperson-Evaluation-CRE-2018.pdf

Evaluation of the Government funded national Handyperson Services programme: https://www.york.ac.uk/media/chp/documents/2012/handypersonfinal.pdf

Handyperson service for older people living with dementia: http://careandrepair-england.org.uk/wp-content/uploads/2014/12/Homewise-Memory-Matters.pdf

11 / Home Improvement Agencies

Greater Manchester, UK

Supporting older people living in unsuitable or non-decent homes in GM to undertake adaptations or repairs

Contributors: Care and Repair England

Home Improvement Agencies (HIAs) aim to support older people to live independently, safely and well in their own homes for as long as possible through providing assistance with home adaptations and (in fewer instances) addressing problems of housing disrepair.

The majority of HIAs assist older and disabled people to adapt their homes through accessing a disabled facilities grant to pay for the works and offering a technical service to specify and supervise the adaptation. Some HIAs offer handyperson services, and a few help those whose homes require more major repairs, such as roof replacement, energy efficiency measures and replacement boilers.

A number of pioneering HIAs, such as **Care and Repair Manchester,** are now integrated with health services, targeting preventative housing measures to assist patients,

making their home a safe, suitable place to live in order to speed up hospital discharge and prevent readmission.

HIA services are predominantly aimed at low income, older owner occupiers, a group disproportionally living in non-decent homes and whose health is more likely to be adversely affected by substandard or unsuitable housing. The problem of ageing in poor housing is particularly acute in North West England, where 82% of all non-decent homes with an occupant aged 60yrs or over are owner-occupied.

Some organisations, such as **Bolton Care and Repair,** provide some assistance for older people whose homes require adaptations but who are not eligible for a grant, e.g. offering a list of local contractors who have undergone checks and signed a code of conduct. Some Home Improvement Agencies, such as **Salford Council's** in-house HIA, offer financial products for those who cannot access commercial loans, including housing equity based loans whereby a charge on the property is repaid when the home is sold.

HIA services that focus primarily or exclusively on disabled facilities grant funded adaptations are usually managed by local housing authorities. Those offering a wider range of repair as well as adaptation services often have a complex mix of funding, including contracts with the housing

authority, Social Services and the NHS, plus a small amount of charitable grants from Trusts and Foundations e.g. for hardship cases. Some HIAs are run by housing associations, others are stand-alone charitable, not-for-profit organisations. Because of the way that HIAs are currently funded, there is a very significant difference in the range and availability of services offered in different local authority areas.

Image:

Preston Care and Repair

Resources:

Northern Housing Consortium - 'The Hidden Cost of Poor Quality Housing in the North
https://www.northern-consortium.org.uk/wp-content/uploads/2018/10/The-Hidden-Costs-of-Poor-Quality-Housing-in-the-North.pdf


STAY IN
STAY IN
4.6m
15'-9"
Stockwell
A203
SQUASH

12 / Dementia in Neighbourhoods

The importance of interactions, activities and environments for improving quality of life for people living with dementia and their carers

Contributors: Sarah Campbell (Manchester Metropolitan University) and Andrew Clark (University of Salford)

Dementia is a progressive condition associated with deteriorating cognitive functions including memory loss, mood change, and problems with communication and reasoning. Dementia can lead to challenges regarding getting out and about, maintaining social connections, for some, difficulties completing everyday tasks. There are around 850,000 people affected by dementia in the UK and 61% of are living at home in the community [43]. It is estimated that there are around 36,000 people living with dementia in Greater Manchester and this is predicted to rise to 61,000 by 2036.

Good neighbourhood design and management can support people living with dementia to live independently. This includes access to retail, health and social care services, or leisure and work spaces, but supportive neighbourhoods are also vital in maintaining health and

wellbeing. People with dementia can feel vulnerable in outdoor settings and it is it is important that they feel reassured and supported, while retaining a level of independence.

The ESRC/NIHR Neighbourhoods: Our People, Our Places study investigated the neighbourhood experiences of people affected by dementia and examined how neighbourhoods can be better appreciated and developed, as sites of support and engagement for people living with dementia and their carers. The work was completed in Scotland, Sweden and across Greater Manchester. The 54 people affected by dementia we were part of the project from Greater Manchester proposed a range of ways neighbourhoods mattered to them. The suggestions will not suit everybody and they are small in scale and scope; but they indicate how ordinary interactions, activities and environments can help people remain included in the social life of local places.

Remaining connected: Neighbourhoods are about people as well as places. Local relationships can provide low-level everyday support and assistance in times of need. Neighbours can be a useful point of call, from taking out household waste to keeping a watchful eye on others.

Keeping up with routines: Routines can help maintain a sense of local familiarity and involved a range of seemingly ordinary activities, from a short walk along a

familiar route to visiting the same cafés and shops. This can enable people to become recognized locally and contribute to a sense of belonging. Local businesses can make customers feel welcome, providing assistance with money, help making purchases, or just by being patient or letting someone sit for a while on their premises.

Being kind: Acts of kindness are often carried out without comment and enable people to continue to live independently. People living with dementia reciprocate support and play their own role in supporting the social life of local places, for example by caring about the local environment, frequenting local shops, or saying hello to others in the street.

Staying in: For those less able to get out and about it is still possible to enjoy connections to others through visitors to their home or chatting to a neighbour over a garden fence. Sitting in the front garden or near a window are small ways in which people can feel more connected to others and enable them to enjoy outdoor sounds or the feel of sunshine through a window.

Further reading and funding information:
This work was supported by the ESRC (part of UK Research and Innovation) and the NIHR. It is taken from work programme 4 of the Neighbourhoods and Dementia mixed-methods study (https://sites.manchester.ac.uk/neighbourhoods-and-dementia/)

13 / Paws for Dementia
Salford, UK

The importance of social programmes that activate the built environment, responding to the diverse (social, medical or cultural) needs and aspirations of older people

Contributors: Cath Riley (Greater Manchester Mental Health NHS Foundation Trust), Sarah Campbell (Manchester Metropolitan University) and Andrew Clark (University of Salford)

Being able to get out and about in the areas where they live matters to people living with dementia, but this can be difficult.

Paws for Dementia was launched in 2018 by the Greater Manchester Mental Health NHS Foundation Trust Open Doors Network with funding through Greater Manchester Mental Health NHS Foundation Trust. It provides group-based dog walking opportunities for people living with dementia and family carers. It supports those living with dementia who are patients at local NHS dementia assessment wards as well as those living in the community. The group meets fortnightly at a park in Salford and is supported by NHS staff and volunteers.

Its a Dogs Life (but it doesn't have to be): The Paws for Dementia group, run by GM Mental Health Trust

Paws for Dementia provides the opportunity for those who own dogs to walk them in a sociable setting with others. It is also open to anyone who wants to come along and who may have no previous connection to dogs. The benefits, though, reach beyond this. It provides a chance to interact with others in outdoor surroundings; enables in-patients to reconnect with non-clinical environments and to interact with individuals away from ward environment; and offers a way for health professionals to assess outside of the clinical setting. Most importantly, Paws for Dementia is a way of supporting people living with dementia to regularly leave their homes and engage with other people and places and remain connected to a wider social sphere.

The park where the group met was crucial and highlights the value of ensuring green spaces are accessible to all. It was well kept and maintained with a range of features including bandstand, play areas, sports facilities, accessible tree lined flat walkways. It was on a regular bus route and had a car park, small cafe, and crucially toilets and ample seating.

The wellbeing benefits of engaging in seemingly 'ordinary' or routine activity such as walking a dog in the company of others should not be underestimated. 'Paws for Dementia' provides proof that people living with dementia can still get out and about in their neighbourhoods provided there are resources available and individuals with the vision to help make that happen.

"It gets me out as well, because it's hard to make friends, you know, because I always had my family around me so I never bothered… Well I can just walk and be out, you're not on your own, are you?"

Person living with dementia

Further reading:

Paws for Dementia was funded by Greater Manchester Mental Health NHS Foundation Trust. The evaluation was completed with the support of work programme 4 of the ESRC (part of UK Research and Innovation) and the NIHR funded Neighbourhoods and Dementia mixed-methods study (https://sites.manchester.ac.u/eighbourhoods-and-dementia/).

14 / EPHAD
Montpelier, France

Creating intergeneration connections by providing subsidised apartments for young people in specialist housing

EPHAD (accommodation establishments for dependent elderly people) are state-run nursing homes in France for people who require daily care which cannot be provided in their home. In Montpellier, there are 7 EPHADs with 561 rooms in total, alongside social, catering and medical facilities at each site. Many EPHADs have accommodation for an on-site warden, but changes to working practices and employee preferences meant that 3 of the 7 warden apartments in Montpellier were unused. In response to this, the municipality set up a scheme to bring these back into use by renovating them and renting them out to younger people.

In 2019, 11 younger people rented bedrooms in the three warden houses as part of a house-share arrangement, paying a subsidised rent in return for 3 hours commitment to social activities with older residents. The scheme provides a small financial benefit for the (financially constrained) nursing homes, but importantly generates an enduring intergenerational programme for the benefit of young and old. Whilst the scheme shares many

similarities to the 'HomeShare' model seen in the UK, its application in nursing homes helps to simplify this process by removing all care responsibilities and providing an institution-led rental model – thus avoiding some of the ethical issues around unmet care expectations and the owner/renter dynamic which make the HomeShare model challenging to develop.

Resource and image:
https://innovationinpolitics.eu/showroom/en/project/218

Part C
Moving out/ Moving in

It has been over 55 years since Peter Townsend undertook the first major study of older people's housing in the UK, which found that much of the purpose-built accommodation for older people didn't meet the physical, psychological and social needs of their residents. Embarrassingly, the recommendations of this report are as relevant today as they were in 1964; the need for greater support for older people who want to remain in their existing homes, to modernise existing specialist housing schemes, to create better links between health providers and the housing sector, and to develop new housing options for older people located at the heart of local communities for those who wish to move [36].

While there has undoubtably been progress over the last half-century, there remains a need for significant policy, development and design innovations, matching the diversity and changing aspirations of older people.

The first national effort to address the design of new housing for an older population was the Lifetime Homes movement, established by Habinteg and Joseph Rowntree Foundation in the early 1990s. They developed the Lifetime Homes Standard, which sought to codify accessible housing standards for 16 areas of housing design, including the design of parking, entrances, hallways, stairs and WCs. The subsequent Lifetime

Homes, Lifetime Neighbourhoods report, developed by Department of Communities and Local Government in 2008, was the first major national strategy for housing in response to an ageing population, later set out the objective of having all new housing built to Lifetime Homes standard by 2013.

A change of government in 2010 led to changes to the planning system, which no longer allow local authorities to use non-statutory regulations (such as Lifetime Homes) as an enforceable planning condition. Despite this, many of the criteria developed in the Lifetime Homes standard have been incorporated into Part M of the UK Building Regulations as part of the 'Category 2: Accessible Housing' standard.

While there has been a lack of national strategy on ageing and housing since the cancellation of the Lifetime Homes, Lifetime Neighbourhoods programme, a number of organisations have stepping into the breach to advocate for an increased supply of diverse, high quality housing options in recent years.

Housing LIN are a knowledge hub which provide expert insight into policy, practice and design in the specialist housing sector, providing a wide range of free resources, weekly bulletins and regular events across the UK exploring the connections between housing, health and social care. One of the key contributions of Housing LIN

has been the development of the HAPPI programme, which identified the need to diversify the housing offer for older people in response to changing needs. Based on this programme, Housing LIN established the HAPPI principles, which set out a series of design criteria that older people's housing should seek to address [37].

There have been five HAPPI reports as of 2020, each developed alongside various All-Party Parliamentary Group inquiries. These five reports exploring best practice in the ageing sector, proposals for scaling up provision, innovative management of retirement properties, the growing housing needs of older rural residents, and supporting older people in rental housing respectively. In addition, Housing LIN director Jeremy Porteus and architect Julia Park co-authored *'Age-Friendly Housing: Future Design for Older People'* – essential reading for anyone with an interest in ageing and design [38].

Resource: https://www.housinglin.org.uk/Topics/browse/Design-building/HAPPI/

The Centre for Ageing Better is a charitable foundation aiming to change policy and practice around ageing. They produce and commission research on housing and neighbourhoods, and coordinate the UK Network of Age-Friendly Cities. Centre for Ageing Better have made an increase in safe and accessible homes one of their priority goals, and have been a driving force in establishing the

Housing Made for Everyone (HoME) coalition and the Good Home Inquiry; building coalitions with various professional organisations to advocate for government change in accessibility standards and policy support for non-decent homes respectively.

Resource: https://www.ageing-better.org.uk/housing

The examples in this section do not seek to replicate the excellent work of these organisations. Instead, we will focus on the identifying the specific conditions which makes these kinds of exemplars possible, recognising the innovative practices and policies which were crucial in their development.

Image: Village 135, Wythenshawe, Manchester. See Case Study 22 for details. https://www.pozzoni.co.uk/projects/village-135.

/// *Downsizing?*

1. **(Wrongly) assumes that the majority of older people who move locate to smaller properties.**

2. **Suggests that older people are only concerned about making their home more 'managable', rather than acting on their own tastes, aspirations or desires.**

3. **Assumes older people only move because they want to, not due to negative events such as eviction or divorce.**

4. **Perpetuates ageist narratives in which older people are seen as greedy for 'underoccupying family homes'**

/// *Rightsizing!*

1. **Understands that older people's choice to move (or not) is a result of a complex, individual decision-making process.**

2. **Recognises that older people move for a diversity of reasons; some planned, some unplanned.**

3. **Places the onus on developers, designers and policy-makers to create options that are appealing to older people, or responsive to situations of crisis.**

Resource:
https://www.ageing-better.org.uk/sites/default/files/2019-02/rightsizing-manchester-school-architects.pdf

15 / Northern Gateway
Manchester, UK

Utilising the convening power of local government to support social change.

The Northern Gateway (later renamed 'Victoria North') is an ambitious redevelopment plan for 15,000 new homes in north east Manchester. The programme was initiated as part of a joint venture between Manchester City Council and for-profit developer Far East Consortium, who envisioned a number of new brownfield developments, regeneration of existing communities and establishing new parks, transport hubs and public amenities. The proposals were developed into a 'Strategic Regeneration Framework' (SRF) for the whole site, which underwent a process of public consultation.

One of the groups consulted was the Age-Friendly Manchester (AFM) board, a group of older residents whose aim is to increase the voice of older people in public decision-making. The AFM board noted that the SRF made multiple references to the needs of young people and families, but didn't mention how older people factored into the planned development. In response to this, the Northern Gateway joint venture proactively sought to understand how they could respond differently. Along with Age-Friendly Manchester and the Centre

for Ageing Better, they commissioned researchers from University of Manchester and Manchester School of Architecture to investigate older people's aspirations and concerns about the proposed Northern Gateway development. The resulting report indicated a series of measures and approaches through which the Northern Gateway might become an exemplar age-friendly development, with the research team continuing to work with FEC and Manchester City Council on the next phase of the project.

The Age-Friendly Northern Gateway project indicates how an ageing 'ecosystem' is vital in promoting innovation around ageing. Without the AFM board, the developers and regeneration officers might not have been aware of the debates about ageing in the urban environment. Without the political support that local councillors give

to Age-Friendly Manchester, the developers might not have been as proactive in exploring and responding to issues of ageing. Without a strong relationship between AFM and urban ageing research community, it might have been unclear to the developers how they might better understand and address the concerns of older residents. Together, these relationships show how local government is able to use its convening power to affect positive change in cities, supporting the 'mainstreaming' of ageing within urban development.

Resource and Image:

https://www.manchester.ac.uk/discover/news/developing-age-friendly-communities-in-the-northern-gateway-urban-regeneration-project

16 / London Community Land Trust

London, UK

Delivering affordability in gentrifying neighbourhoods

Community land trusts (CLTs) are non-profit resident-led organisations that acquire, develop and manage land and buildings, often in order to address social or economic issues such as a lack of affordable housing. Membership to a CLT is limited to people who live and work in the area affected, but many community land trusts have close partnerships with charitable trusts, local councils, building societies and regional development agencies. CLTs take many forms, ranging from urban programmes to bring disused houses back into use (Granby Four Streets), to rural projects to provide affordable new houses and save community facilities that were underthreat (Swaffham Prior, Christow CLT).

London CLT is the largest in the UK, with over 1000 members in East London. Properties were sold to residents who met the eligibility requirements, based on the time people had lived in the area, their contributions to the local community and their inability to afford market housing in the community. London CLT's first project has the former site for St. Clement's hospital in Mile End.

Originally the CLT partnered with a consortium as part of a competitive bidding process to secure the site, but their bid was unsuccessful. The landowner, Greater London Authority, were sympathetic to CLT's aims, and mandates that the successful bidder (Galliford Try) should to seek to include them in their plans. As part of the 252 dwelling St. Clements development, the CLT were gifted land to create 23 truly affordable properties, which alongside other socially rented properties met the section 106 affordable housing requirement for the site. As part of the partnership, the CLT contributed to other key aspects of the regeneration, including the creation of community spaces. Staffing and professional support for the CLT was funded through a charitable foundation (The Oak Foundation) throughout the development process.

23 houses were sold at prices from £130,000 (one bedroom) to £235,000 (three bedroom) – around 1/3

of the market value. Although residents are free to sell these properties, their prices are perpetually linked to the median income of residents rather than local house prices. Whilst St. Clements had the land gifted to them from a developer (via political pressure from the GLA), other community land trusts have instead used community share offers to purchase land, often supported by match-funding schemes such as 'Power to Change'.

At present there are no examples of CLTs that are specifically focused on providing housing for older people, although research by the Housing LIN and Central Bedford Council highlights the potentially opportunities for this approach for the older peoples housing sector, including models such as cohousing and the extra-care sector.
In 2020, Salford-based **Inspiring Housing Community Land Trust** signed a memorandum of understanding with Salford City Council and the Broughton Trust to deliver 69 community-owned houses across two sites. Inspiring Housing CLT are an offshoot of Inspiring Communities Together, a charitable organisation who run a series of programmes in Salford which support older people as part of the 'Age-Friendly Salford' partnership.

Resource and image credit:
https://www.londonclt.org/

https://www.housinglin.org.uk/Topics/type/How-to-Develop-a-Community-Led-Approach-to-Age-Friendly-Housing-Central-Bedfordshire/

Love Life: Street Art by C215 in Northern Quarter, Manchester


CLIFF

17 / Maartenshof and De Rokade

Groningen, Netherlands

Increasing density and accommodation mix to create a more vibrant community

Maartenshof was a nursing accommodation and daycare facility located 1 mile from Groningen city centre. The facilities on site supported those with higher need conditions such as Parkinsons and COPD, but were dated and required refurbishment. In order to do this, the care facility owners sold the large, low density site to a developer (De Huismeesters), who sought to renovate the existing buildings and build new housing on the site. This aligned with a wider development strategy created by the local municipality, which sought to deliver housing growth though densifying the city centre.

As part of the redevelopment of the site, the diversity of housing option was greatly increased across both private and social tenure. There were also efforts to increase the age mix on the site, including 'De Rokade', a 21 storey apartment block aimed at the younger old (55+). The increased density and diversity created a more vibrant community, which could support more facilities such as a shop, café, kindergarten, gym, street markets and an

The High Life: The 21 storey De Rokade tower

indoor 'village square'. These facilities are open to, and used by, residents in the wider community.
The design of 'De Rokade' signalled a shift in perspective about the community, from a care setting to an inclusive community of older people with different aspirations and capabilities. Whilst the opportunities for all residents on site to receive care is open, for the newer properties this is a discrete part of the design.

During the development of the scheme it is said that the 'commitment and enthusiasm' from the scheme manager was palpable and that she underlined the need for all partners involved to be fully on board throughout the procurement process ensuring that no areas were less thought about and enforced a sense of common cause. This sense of investment also lead to the scheme feeling less clinical and more of a community environment where social interactions encouraged putting lifestyle on par with health care.

Resource:
https://www.youtube.com/watch?v=_TdH6TLZ_Tg

Image credit:
Wutsje / Wikimedia Commons / CC BY-SA 3.0

18 / Halton Court
Greenwich, London

Locating older people's housing as the focal point of a new neighbourhood plan

Viridian Housing's Halton Court is a 170-unit scheme for over 55's, part of Kidbrooke Village, the regeneration of the now demolished Ferrier Estate in the Royal Borough of Greenwich, London. Halton Court provides part of the affordable housing contribution under the Section 106 Agreement for Kidbrooke Village – a wider programme led by Berkeley Homes to develop 4200 new homes.

The masterplan had originally placed the accommodation for older people at the edge of the overall Kidbrooke Village site. Working closely with PRP Architects and staff at the HCA, Berkeley Homes altered initial plans

to address HAPPI principles. For example, Halton Court was re-sited to the centre of Kidbrooke Village, and the Village Hall that was proposed as a separate building was integrated into the Halton Court development. This hall now juts out into a public 'piazza' on the north side of the building and is accessed through the main public entrance to Halton Court, ensuring that development is in the vibrant heart of the community.

The village hall is available for all residents of Kidbrooke Village to hire for private functions at discounted rates, with catering provided by the on-site catering company, who run the Back-A-Yard Caribbean Street Food restaurant. Insisting that any catering for the village hall must be booked through the on-site restaurant helps to create a viable level of business for the restaurant without the need for additional subsidy. Viridian Housing work closely with local organisations in the borough to offer a range of health and social activities for both residents and the local community, making Halton Court an integral anchor to their newly redeveloped neighbourhood.

Resource:

https://www.housinglin.org.uk/Topics/type/Halton-Court-Quality-design-attracts-downsizers/

Image Credits:

PRP Architects

The Quiet Life: Residents at Halton Court, overlooking Cator Park in South East London

19 / Loppukiri
Helsinki, Finland

Older people's cohousing as an 'anchor tenant' to a new residential neighbourhood

Loppukiri Cohousing is located in Arabiaranta, a former industrial area which has been redeveloped as a new residential district since 2000. The community consists of 58 apartments and 400m2 of communal space, and sits within a wider redevelopment plan that includes 10000 new residencies, retail and office space and a unified university campus for three local universities.

The Loppukiri project started in 2000 when four older women set up the 'Active Seniors Association', in response to concerns about the declining provision of state supported housing for older people in Finland and a desire to maintain their independence as they grew older. The group grew and agreed that cohousing was their desired response to these issues, but had no prior development experience. The group approached the City of Helsinki Housing Production Department (ATT) to seek support, who later agreed to partner with them in develop their community.

ATT offered the group a plot within the wider Arabiaranta development plan at a market rate and provided a

bridging loan for the group, whose capital was tied to the houses they were still living in during the development process. For ATT, this approach enabled them to develop a more diverse demographic in their new neighbourhood, with the Loppukiri residents providing a social 'anchor' in response to the relatively transient student population. For the Active Senior Association, the arrangement enabled a much shorted development process than most cohousing groups face, particularly overcoming the significant issue of land acquisition.

Resource:

https://thevoiceofseniors.wordpress.com/2014/05/05/loppukiri-project-helsinki/

http://loppukiriseniorit.blogspot.com/p/blog-page_1790.html

Community Life: Residents at Kotisatama in Helsinki, the second cohousing community developed by the Active Seniors Association

20 / Housing Advice Peer Support

Hackney, UK

Making housing advice more accessible through programmes that tackle digital exclusion

The UK Care Act (2014) requires that local authorities provide information and advice about housing options and support, but the quality of this information is often patchy. Many local authorities and regional governments have commissioned a 'HOOP' service (Housing Options for Older People) developed by the Elderly Accommodation Counsel (EAC), while other programmes are often run by housing associations or charities such as Age UK.

Services like HOOP work with individuals to advise and support the exploration of housing options, including adaptations or options for moving home, promoting early planning and signpost to services that support and enable changes. Some services are open to all, while others provide a referral-based service focusing on those at or near a point of crisis. Critically, the enable older people to have conversations about their housing needs without the fear of judgement or exploitation.

One of the concerns about housing information and advice is the increasing prevalence of online-only tools and services, which has the potential to exclude those who need help the most. MRS Independent Living, a charity working with socially excluded residents of north-east London, responded to digital exclusion by developing a peer-to-peer support programme to improve access to housing and care services. They received funding from Care and Repair England to hold seminars which engaged with 90 older people about advice and information that was available to local residents, with 15 participants volunteering to share their new found knowledge with their peers.

Many of the volunteers themselves were new to using the internet, but were supported by a series of group training sessions which itself offered an element of peer support for those getting to grips with unfamiliar technology. The volunteers were provided with tablets, mobile internet connections and training to deliver 'one to one' sessions with those in the community who are digitally excluded.

Further Reading:

https://housingactionblog.files.wordpress.com/2018/07/ideas-for-action-mrs-independent-living-hackney-july-181.pdf

21 / Quadra
London, UK

Responding to new markets for older people wanting to live in the city centre

Quadra is a 29 apartment residential development located near Hackney, London, developed by Hanover Housing Association and private developer Hill. The scheme is a mix of 'affordable' rent and private owner occupiers, with a clause mandating that at least one resident in each property has to be aged 55 or older.

The scheme, consisting of one and two bedroom apartments, is designed and marketed specifically for the younger-old market. Architecturally, there is little to distinguish the dwellings from any other apartment building, which provide comparable space and specification standards to neighbouring contemporary developments. The development does, however, address specific considerations of the older market that aren't commonly addressed in the housing market. Whilst independent, urban living might be desirable for some, there is evidence that some older people have concerns about being the only 'older' person in a community whose norms are defined by the younger majority[44]. Age-restricted accommodation is an obvious counter to this, but can also run counter to the vibrant, active life that

draws people to move back into the city. Rarely for age-restricted housing, the Quadra marketing makes clear that the community is not a care setting and that there is no support staff on site, instead focusing on the benefits of living in an exciting part of the city and the good transport links to cultural and employment centres. Age-restriction also benefits older people in the private rental sector who are regularly excluded from the affordable rental market, which predominantly serves younger people.

Resource:

https://www.theguardian.com/cities/2017/may/31/downsizer-homes-last-stab-baby-boomers-gentrification-london

Image Credits:

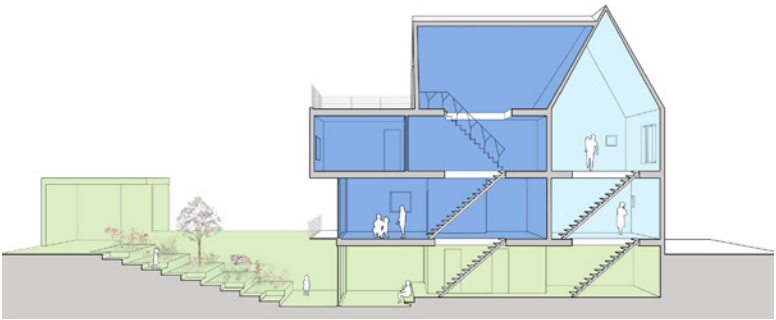
PRP Architects

22 / Choy House
New York, USA

Designing for multigenerational families

There are around half a million 'three generation' households in the UK. Although the majority of these comprise of White British residents (78%), the prevalence of multigeneration living is around five times higher in Asian and British Asian households, where one in ten older people are living with their children and grandchildren. Although designing explicitly for multiple generations is rare in the UK, design studios such as O'Neill West Architects in the US demonstrate how architecture can better address the specific challenges people experience in multi-generational housing.

Choy House was designed for three parts of the same family; a single grandparent, their youngest son and partner, and their eldest son, partner and children. The



house is designed as three discreet dwellings, each with their own front door, to provide the privacy all the family were accustomed to. Rather than a seperate, peripheral 'grannie annex', the three dwellings are connected together through the grandparents accomodation, which features a large shared living spaces and access to the rear garden. This overcomes a common dynamic within multigenerational housing, in which older people often perceive themselves as a burden for entering their childrens home.

Resource and image credit:

https://www.oneillrosearchitects.com/choy-house

https://www.nhbcfoundation.org/publication/multigenerational-living-an-opportunity-for-uk-house-builders/

Family Life: Choy House, an multigenerational family home in Queens, New York

23 / Village 135
Wythenshawe, Manchester

Using funding rules to improve design standards

Village 135 is a £24m extra-care housing scheme developed by Wythenshawe Community Housing. The scheme has 135 mixed-tenure apartments and a 5000sqft^2 community hub, including café, hair salon, guest suites for relatives and 15 communal rooms spread across the 4 buildings. Designed by Pozzoni Architecture, Village 135 has won a number of awards recognising the high quality of the design, including 'Best Large Development' at the 2017 National Housing Awards.

Wythenshawe Community Housing received £5.19m from the HCA (now Homes England) 'Care and Specialist Housing' fund to help finance the development. In order to be elibible for this fund, applicants must demonstrate that they have incorporated standards set out in the HCA's Design and Quality Standards (2007), such as HAPPI principles, Building for Life, and Lifetime Homes.

Since changes to government policy in 2013, these documents cannot be enforced by local authorities as material considerations within the planning system. As a result these standards currently serve as optional guidance

that, unfortunately, many developments do not address. Village 135 not only shows the positive contributions the design standards for older people can have to development quality, but also the potential for alternative mechanisms to ensure they are adopted by developers, such as local housing investment funds.

Resource:

https://www.housinglin.org.uk/Topics/type/HLIN-Case-Study-149-Village135/

Image Credit:

Pozzoni Architecture - https://www.pozzoni.co.uk/projects/village-135

24 / Maison BILOBA Huis

Brussels, Belgium

Ensuring that aspirational housing options are available to all

Maison BILOBA Huis is a cohousing community, social resource and daycare centre in the Schaerbeek district of Brussels. The western side of Schaerbeek has a large BAME population, primarily Turkish and Moroccan migrants, and high levels of economic deprivation. In 2007, three charities came together to develop a social programme with older migrants, setting up a social enterprise (E.MM.A) to develop a community resource

to bring together older people of different ethnic backgrounds.

E.MM.A recognised that many older migrants were living in substandard accommodation and that residents of all ethnicities were often in a precarious economic position, and set out to create an inclusive, multicultural housing community for older people in the neighbourhood. The subsequent development converted an existing, dilapidated building into a 15 dwelling cohousing community with a public community space and a daycare facility. Each individual dwelling has its own kitchens and living room, but there is also a communal kitchen and lounge to enable residents to eat and socialise together.

Whilst most cohousing communities are initiated, developed and run by a group of residents, this model would not be available to people in Schaerbeek, many of

whom are first generation migrants with limited language skills and a lack of financial capital. Maison BILOBA Huis was instead developed and constructed by a social housing provider and the local government, with E.MM.A managing the daycare centre and curating the social programmes that operate within the community space. Residents coproduced elements of the community, and developed a charter for how they wanted to live together. Maison BILOBA Huis demonstrates that exciting models like cohousing don't have to be a preserve of the well-off, and that there is potential for agencies to work together with deprived communities to create socially enriching housing developments that can benefit the wider community.

Resource and Image:

http://www.housingeurope.eu/blog-661/the-highly-symbolic-pilot-project-house-biloba

http://www.maisonbilobahuis.be/

25 / John C. Anderson Apartments

Philadelphia, USA

Developing housing communities that respond to the specific concerns and aspirations of LGBT older people

Built in 2014, John C. Anderson Apartments (JCAA) in Philadelphia, USA is an LGBT-friendly residential community for people aged 55+. It consists of 56 one-bedroom apartments with an onsite community room and library. The community is restricted to those whose incomes are 60% below the area average, and although 90% of residents report to be LGBT, others are not and there are no formal restrictions in place.

The project was the culmination of over 15 years of efforts from LGBT advocates in the city, particularly Philadelphia Gay News publisher Mark Segal. He set up the LGBT rights non-profit DMH Fund in 2004, and in 2009 worked with local health providers to conduct a study of older LGBT people in the city. Based on his finding, Segal approached an affordable housing developer (Pennrose) in 2010, combining DMH's skills in community activism and Pennrose's expertise in affordable development and planning regulations. The scheme opened in 2014 and has a rich social programme, a mixture of resident-led

activities and wellbeing services coordinated by nearby William Way LGBT community centre, who have staff located at JCAA two days a week. There is also a medical case manager from Action Wellness, who is located on-site one day a week. These additional services are subcontracted by Pennrose, who continue to manage the property.

The first 'LGBT-affirmative extra-care' housing scheme for older people in the UK is currently in development in Manchester. The proposed extra-care housing community will feature 77 apartments and is being developed by Manchester City Council. The project has been informed by a research programme developed by LGBT Foundation in Manchester, which found high numbers of older LGBT people unsure how they would fund their future care needs and a high demand of LGBT specific housing

options, highlighting fears that older LGBT people have about heteronormative prejudices they might experience in specialist housing, or isolation they might experiences due to their sexual orientation or gender identity.

Resources:
https://epgn.com/2020/02/05/lgbt-elders-find-community-at-the-john-c-anderson-apartments/

LGBT Foundation: Housing Care and Ageing - http://lgbt.foundation/downloads/HousingAgeingCareReport2

Image: Hugh E Dillon

26 / Future Homes Alliance

Newcastle, UK

Supporting novel collaborations between business, academia, local government and academia to produce affordable, age-friendly housing

The aim of the Future Homes programme is to deliver affordable housing that addresses issues of demographic change (ageing) and sustainable housing in Newcastle. The programme was developed through a 'quadruple helix' partnership - a collaboration between academia, industry, local/regional government and residents. The consortium, initiated by a series of workshops funded by the Newcastle University Institute for Ageing, including diverse partners such as Newcastle City Council, Ryder Architects, Karbon Homes, Zero Carbon Futures and the Newcastle Elders Council. The aim of the programme was to challenge norms within the development process, in which there is often little interaction between disciplines, hindering the potential for innovation and perpetuated silo-ed ways of working.

The Future Homes project sought to bridge these gaps between disciplines by creating opportunities to work together on a live demonstrator project. The project undertook a programme of public conversations and

citizen-led co-design workshops to define the vision of for a new residential development that challenged some of the current ways of working in the housing sector. The consortium has since established themselves as a Community Interest Company and has received a £1.1m grant from Homes England to support their first housing demonstrator, a 48 dwelling scheme in the city centre, which is due on-site in late 2019.

Resource:
https://www.futurehomesalliance.com/

Image credit:
Karbon Homes

27 / Eltheto
Riissen, Netherlands

Appeciating difference between older people in the design of supported housing settings

'Eltheto' is a purpose built healthcare and housing complex for the ageing population in the small Dutch town Rijssen. The scheme was designed by 2by4 Architects and comprises of four housing blocks strategically positioned around several linked green, landscaped spaces. These spaces were always part of the original concept to encourage social interaction and accommodate activities ranging from communal gardening and games to relaxing and enjoying the numerous trees and flowering plants.

One of the main focuses of the design came from identifying the different needs within the ageing groups who would live there. For example, different groups of older people were identified as 'extroverts' and 'introverts'. Identifying these traits enable the scheme to have spaces that reflect their needs and personality. During the procurement of the scheme research was undertaken, that looked into older people who have to move away from their life style, in order to receive health care. It was found that in some cases their life expectancy will decrease as they can become less mobile, more dependent and socially isolated.

Developing spaces within the scheme to encourage social encounters along independently chosen routes attempted to tackle loneliness which has become a major issue among the older people. At the centre of the scheme is the Communal Health Care Centre which is seen as the heart of the complex. It is separate but integral part of the housing community, which provides health care (not only for people living within Eltheto), restaurants, a library, shop, meditation centre, day care, hair dressers and office space. Developing a space like this brings people in to the complex creating even more chance for cross generational interactions.

Image credit:
2by4 Architects - https://www.2by4.nl/

28 / Enfield Intergenerational Design Competition

London, UK

Identifying and fostering innovation through public sector outreach to the design community

Recognising their ageing population and the multi-generational composition of many households in their area, in 2020 Enfield Council and Metropolitan Thames Valley Housing (MTVH) co-sponsored a design competition to identify design concepts for high density, affordable, intergenerational housing. Enfield Council recognised that the proportion of homes featuring multi-generational households was growing and is due to ccount for 17% of all homes by 2040, but that the vast majority of these homes were the result of conversion or adaption rather than new build housing within the public or private sector.

The competition aimed to support local designers to think about how they might respond to demographic change, showcase the creativity of local talent, and shape the boroughs policies and priorities for future

development. Enfield Council set a residential-led design brief on an illustrative site which formed part of a council-led regeneration scheme in a two-stage process, with five shortlisted projects awarded £4,000 honorarium to develop their proposals in more detail.

The competition acted as an opportunity for various public sector stakeholders to engage critically in identifying opportunities to work differently across departmental silos. The competition was judged by the Council Leader, Head of Planning, and Director of Adult Social care at Enfield Council, and London's Deputy Mayor for Housing. They were joined by alongside representatives from Enfield Young People's Forum, MTVH Housing Association and the Quality of Life Foundation.

'Two Front Doors' – the entry developed by Adrian Hill Architects, was selected to win a commendation award. The proposal negotiated the need for privacy and the opportunities of living together. They proposed a housing typology in which a larger apartment and a smaller apartment would share an extra room and some outdoor space, in many ways creating an informal, miniature cohousing scheme. This typology, developed at a high density, was supported by social infrastructure at ground floor level and a community taskforce which would take on certain duties in order to reduce maintenance fees.

Resource:

https://new.enfield.gov.uk/services/housing/design-competition-intergenerational-living/

Images:

Adrian Hill Architects - www.ah-architects.co.uk

29 / Kampung Admiralty
Woodlands, Singagore

Bringing together public sector agencies to acheive ageing in place

Kampung Admiralty is Singapore's first 'integrated public development' that brings together different public services and facilities under one roof to specifically promote ageing in place. Housing, healthcare and large open public spaces are brought together within a tight 0.9Ha site. This is a unique scheme as traditionally in Singapore each government body would develop their own plot of land resulting in disconnected standalone buildings. In this case however, eight public agencies came together to develop an integrated programme. The project was led by the Housing & Development Board (HDB), but other partners included the Alexandra Health System (AHS), the National Environment Agency (NEA) and the National Parks Board.

The complicated nature of the project led the programme team to seek consensus, emphasising potential for integration, rather than a majority vote system. This recognised a central conceit of the proposal – that by bringing together the agencies (and the resources

they each contributed), they could do something more ambitious than any of the agencies could do individually. The collaboration between the agencies resulted in a multi-award winning scheme, designed by WOHA architects. Reflecting the multi-agency nature of the client team, the scheme includes a varied programme of 104 apartments of older people, a neighbourhood plaza, retail units, health services, a 'village green', childcare facilities, a community farm and extensive biophilic landscaping.

Image credit:
WOHA Architects
https://woha.net/project/kampung-admiralty-2/

30 / North Manchester General Hospital Healthy Neighbourhood

Crumpsall, Manchester

Considering ageing as part of social and environmental sustainability of a new community

North Manchester General Hospital is a district hospital, intermediate care facility and mental health hospital located in the Crumpsall neighbourhood of Manchester. The poor physical environment of the dated hospital buildings led the the project partners (Manchester City Council, Manchester Health and Care Commissioning and two NHS Foundation Trusts) to explore opportunities to redevelop their site, viewing it as a way of improving health and prosperity in a part of the city which experiences poor health outcomes.

To achieve this vision, Pozzoni Architecture was commissioned to develop concepts for a 'healthy neighbourhood' for 500 homes within an overall masterplan by Sheppard Robson for a wide-ranging development, combining modern health and social care facilities with new homes, a medical education centre and

social infrastructure to support local people (both new and existing residents) to 'get well and stay well'. This includes a new wellbeing hub and a new research and development facility. This research facility aims to support the wider economic development of north Manchester, and the site includes spaces for small and medium enterprises for those specialising in products and services which support healthy ageing.

One of the core concepts behind the scheme is to promote healthy ageing in North Manchester, but there is recognition that this cannot be achieved by making an age-exclusive community. The healthy neighbourhood establishes the need for intergenerational concerns to be considered, and calls for a diverse housing stock to address issues of age segregation often seen in new developments, as well as the diverse needs of older people. This includes family housing, later living, extra care, step-down, intermediate care, respite, dementia care, key worker housing and supported housing. The development aims to be a net zero-carbon estate, as well as addressing issues of biodiversity and minimising water consumption. This demonstrates that, despite an explicit focus on 'healthy ageing', developers can and should still seek to address wider societal issues such as climate change.

Resources:

https://mft.nhs.uk/transforming-the-future-at-north-manchester-general-hospital/

Healthy Life: Masterplan for North Manchester General Hospital site, Manchester, UK.

Part D
Living together: Investigations in practice

The following section has been written by Nigel Saunders, an architect and director at Pozzoni Architecture, reflecting on his experiences creating an (as yet unbuilt) intergenerational living scheme in Manchester, UK.

The design concept reflects many of the ideas and concepts set out in this book, but seeks to integrate them together into a holistic vision at the scale of an urban block. Based on a speculative concept developed by Pozzoni, he convened a consortium including developers, a housing association, a care provider and an educational provider to investigate the potential to bring the concept to market.

This essay highlights what he learned from this process, and the potential of applying 'a design for life' in real-world development contexts.

The intergenerational opportunity

There are varying interpretations for the meaning of the term "intergenerational". The term is in part a response to what we all know and feel about the direction of travel over recent decades, whereby large parts of our towns and cities have been allocated to distinct age groups, be they students or young workers, but rarely older people. It encompasses a recognition that our urban places are crying out for more diversity of age groups, to re-create the healthy interactions between the generations, to create communities and close the generation gap. People's views on later life are changing too, many choosing to stay economically-active for longer, enjoying the town or city and all it has to offer.

By providing all-age housing solutions in urban locations, we can address spatial segregation of the ages and begin to correct the demographic-imbalance in our towns and cities.

Within the world of housing, the term intergenerational is being widely used particularly to cover solutions for our ageing population. This reflects a simple reality that older people are an essential and hugely valuable part of any balanced society. However, we know from experience that

genuinely intergenerational schemes, which proactively seek to respond to the different needs of different age groups, are few and far between. This is just a product of the way a lot of housing development happens in the UK, with different developers serving separate niches in the market to great success.

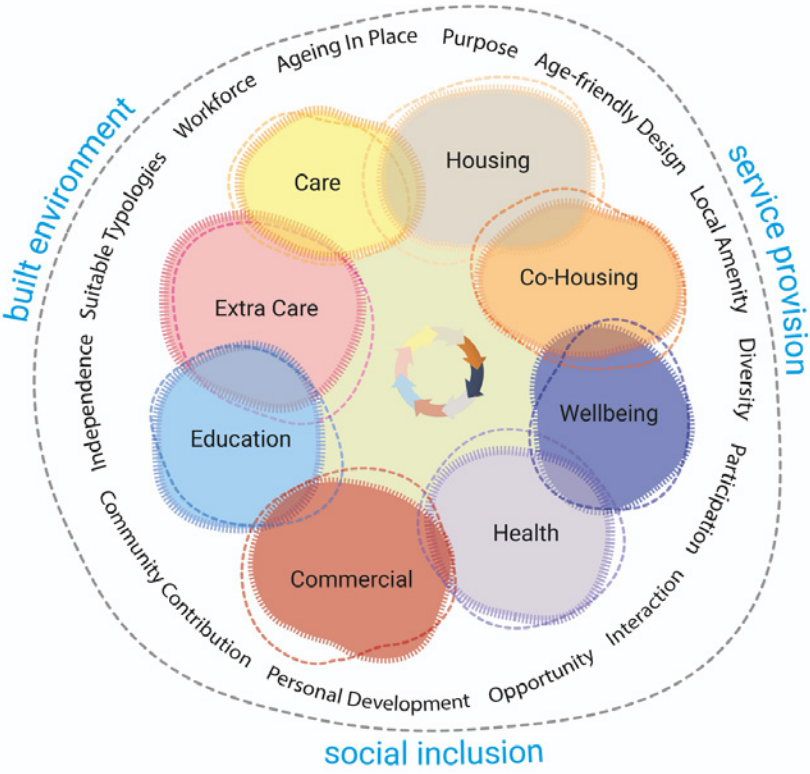
Through Pozzoni Architecture's work designing residential-led schemes for all stages of life, we have seen first-hand the benefits of integrating later living and care within wider communities. Linking older people with the wider community demographic gives diverse possibilities and provides a more rounded and stimulating experience of later life.

The question it raises for me as an architect is around how we can bring people together to make sure we are applying intergenerational thinking to the development of our towns and cities, particularly as the UK grapples with how to provide appropriate homes for all ages. The opportunity we now have, to reinvent how we live in our towns and cities, is huge. Rather than waiting for the perfect brief to come to us, we at Pozzoni decided to take matters into our own hands. Our team of architects developed a speculative concept for an intergenerational, age-friendly development as a way of uncovering some of the potentials it could offer, and then brought together a team of clients to explore how we could make it a reality.

The process

We set ourselves the brief of designing a thriving intergenerational community, integrating all the vital amenities, facilities and services to support each stage of life equally using a citizenship approach to design. Our overall combined objective is to provide an urban environment where families, young people and older people cannot only co-exist – but also thrive and develop together. The design was brought together by a small team of architects from across the practice's areas of specialism over the course of a couple of months, providing an opportunity for our design team to take a step back from their normal duties to engage in an exploratory opportunity for reflection, research and personal development.

We conceived a model built around the idea of a "catalyst for change" – an asset providing social infrastructure for the urban locality rather than simply a collection of different housing typologies, creating a "hub and spoke" concept that would provide an anchor for care, education, leisure, health & wellbeing and demographic balance. In doing so, the concept aims to enable people to age in place in a well-served urban setting and to remain socially-active for longer, combatting loneliness and allowing older people to retain independence with access to transport, culture, amenities, education and care.

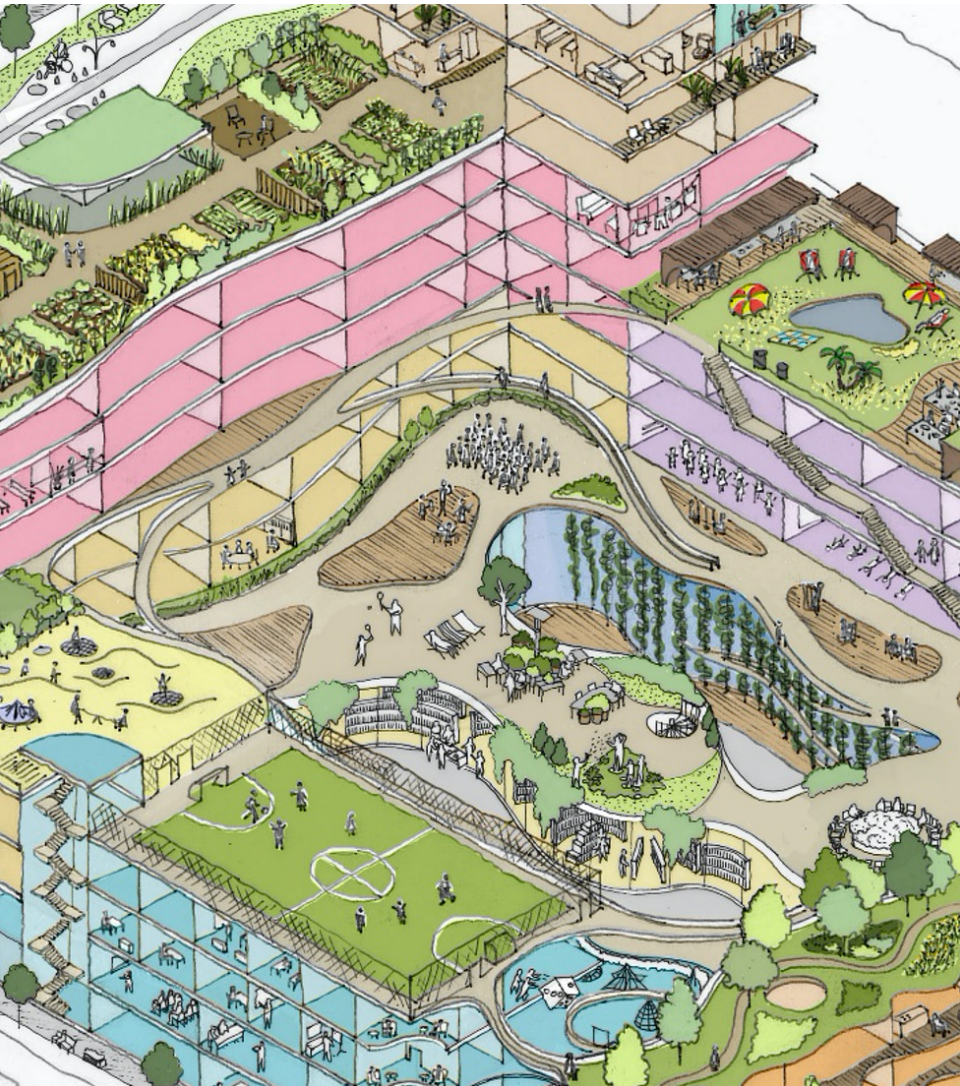


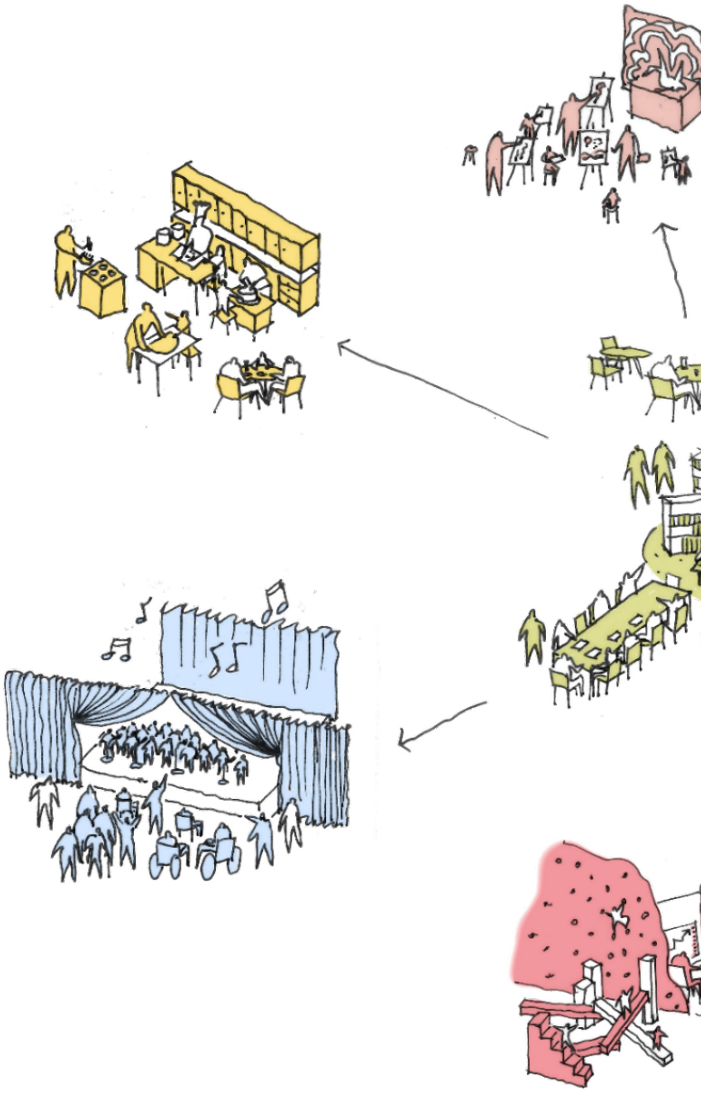
The proposal

Using a notional, city-fringe urban site to explore how an intergenerational community might come together, the proposal includes a variety of urban housing typologies, arranged around a central community hub which provides access to a range of shared facilities and amenities suited to all stages of life.

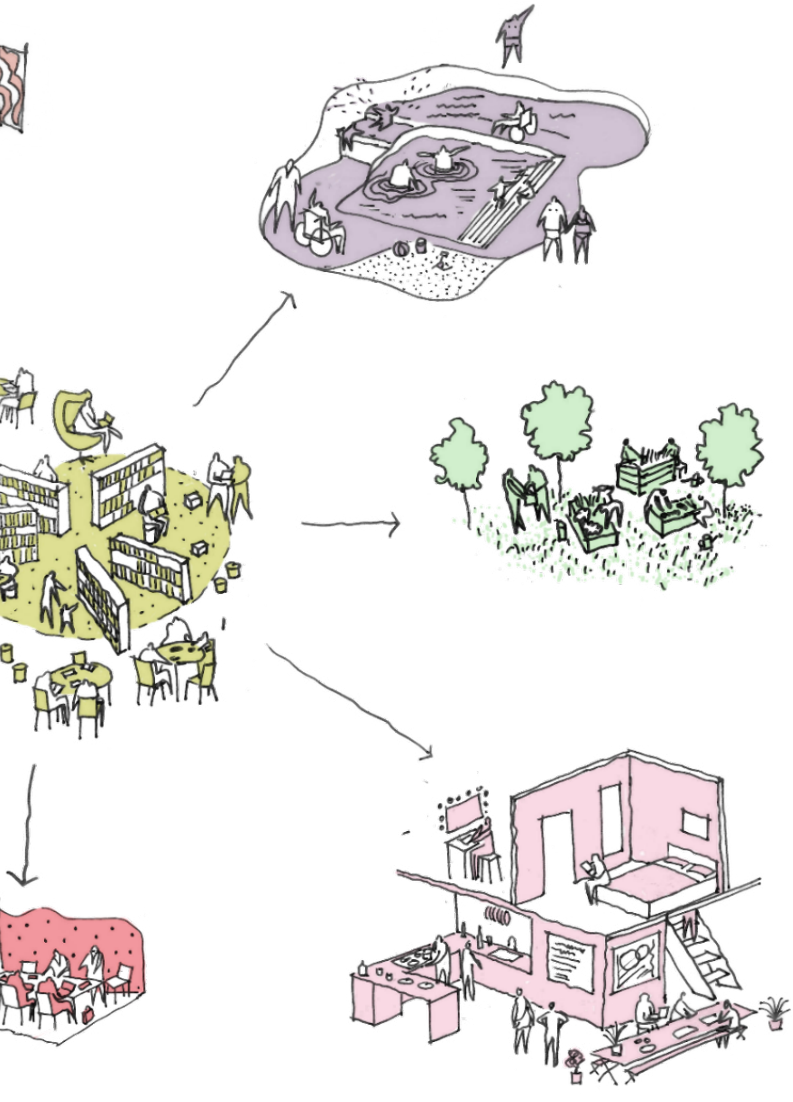
The model is based on a scale of housing that allows a strong range of amenities to be provided, creating community within the community. A range of tenure-blind housing typologies is envisaged, to embrace inclusivity and diversity. There would be home-sharing opportunities, co-living apartments for all ages, along with extra care apartments and care households. Many would

be arranged as clusters of rooms, households, and small groups of apartments, enabling a supportive shared living experience.





The proposal includes health & wellbeing facilities, placed to interact with the high street, support the residents and provide a shared sports facility with the school. These facilities would include a gym and urban swimming



pool, enabling exercise, therapy and swimming lessons. Alongside this would be primary care and medical diagnostics, with the ability to serve the population of the development and the wider local urban community.

Education for life-long learning would be anchored by a school with nursery, with flexible teaching spaces that are co-located to enable exchange of skills/knowledge between the generations. This in turn provides an environment for learning together and from each other. In addition, opportunities for wrap-around care for children with working parents were integrated into the design, recognising the fulfilling role this can provide for some older residents.

Central to the concept is the community hub, providing the overlap between the uses, engaging with residents, school children and non-residents alike to provide shared facilities including a hall, library and flexible spaces enabling community activities and intergenerational relationships. The ability to co-locate and share the facilities across different times of the day and week, will also provide operational and cost efficiencies. This aims to provide activity and support to the economy of a reinvented 24-hour, post-Covid, city, with a rejuvenated high street experience.

Bringing a team together

In order to explore what these factors might mean to future urban housing typologies and to provide an alternative choice for our ageing population, Pozzoni assembled a group of its previous and current clients as a collaborative team, from across the residential, care, education, commercial and leisure sectors of the practice. A workshop was convened with the client group, also including a developer and commercial agent, to explore ideas around the opportunities for pro-actively co-locating age groups and complementary uses, informed by practical considerations, service provision, social inclusion and the built environment.

Much of the discussion focused on the collaborative potential of the proposal, and opportunities for the various partners to expand or improve their current operational models in a way that wasn't possible with the 'one client, one site' development programmes that they each used when creating new facilities.

Two aspects which garnered considerable discussion were around new models of care and the potential educational offer. One of the client group was a housing with care provider. They saw the development as an opportunity to break down some of the barriers to supported housing, and expand their potential business model. They explored the opportunity to make their domiciliary care offer

available to any of the dwellings in the development, alongside the possibility to serve the surrounding neighbourhood, and in doing so create an infrastructure in which older people do have the opportunity to age in place. Alongside this, they were keen to understand how a collective social programme, coordinated between the school, commercial, and leisure offers could benefit their rehabilitation services and social programmes. In particular, the importance of arts and creativity as an important driver for wellbeing and independence in supported housing was highlighted, leading to questions about how co-location could develop into genuine collaboration, particularly with the school.

Another client, an academy school operator, noted some of the challenges of operating a school in an urban location. They noted that, despite the scale of the development proposal, it would only account for around 10% of the student intake required to be viable. Despite this, they agreed that if we are to move away from an age-segregated city, there needed to be a city centre school provision to prevent the flight of young families from the urban core. The school client highlighted specific benefits for pupils from an educational perspective by mixing with older people, including improved language development, reading, empathy and social skills. They also underlined the importance of meaningful engagement between students and older people, arguing that in their experience older people have the patience

that children and younger people benefit from in an educational setting. The reciprocal benefits to older people were also highlighted, particularly the sense of meaningful productivity that older volunteers often report when working in schools. Critically this led to a recognition amongst the client group about citizenship, and the importance of fostering mutual acceptance through communal achievement.

As expected, the session raised as many questions as answers. Members of our client working group told us that the exercise was an important way of helping them test and inform potential new models of operation. At time of writing, the group has re-convened and committed to further develop and refine the concept. An important agreed next step is to define the commercial criteria that would govern such a concept's viability, to include; the size and location of a site; the brief, balance, mix and tenure of accommodation; the opportunities for shared and communal facilities; all alongside funding and development options. The team will also begin investigating a range of building users and their interactions, to help inform the emerging model.

Reflections

Pozzoni is on an interesting journey with its client working group. Through understanding and incorporating the insights of these experienced partners, we are developing a clearer, more informed picture of the ecosystem that might be created in an integrated age-friendly urban community. Through exploring these ideas and sharing them with various audiences, the practice has also become involved with other client organisations across several early-stage "intergenerational" projects. These new projects include urban regeneration, urban extensions and new settlement schemes. These new projects are providing the opportunity to develop the concepts and thinking, across a variety of formats.

As with most architecture practices, we are conscious of the need to keep innovating. It is not enough just to 'keep up-to-date' with emerging research and ideas around ageing and the urban environment – our professional advantage comes from pushing new boundaries. We hope that this work encourages further debate – both among our potential clients and within our practice team - around how intergenerational living can become a more integral, essential and highly valued ingredient in our town and city neighbourhoods.

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A Design For Life: Urban practices for an age-friendly city is a guide for architects, planners, developers and policy-makers about their role in addressing the changing needs and aspirations of an ageing society. Through essays and case studies, this pocketbook highlights the opportunities that arise when urban design professionals proactively challenge common stereotypes about the ageing process, and work together to develop practices, policies and designs thats value older people as diverse, intersectional citizens.

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