



Appendices

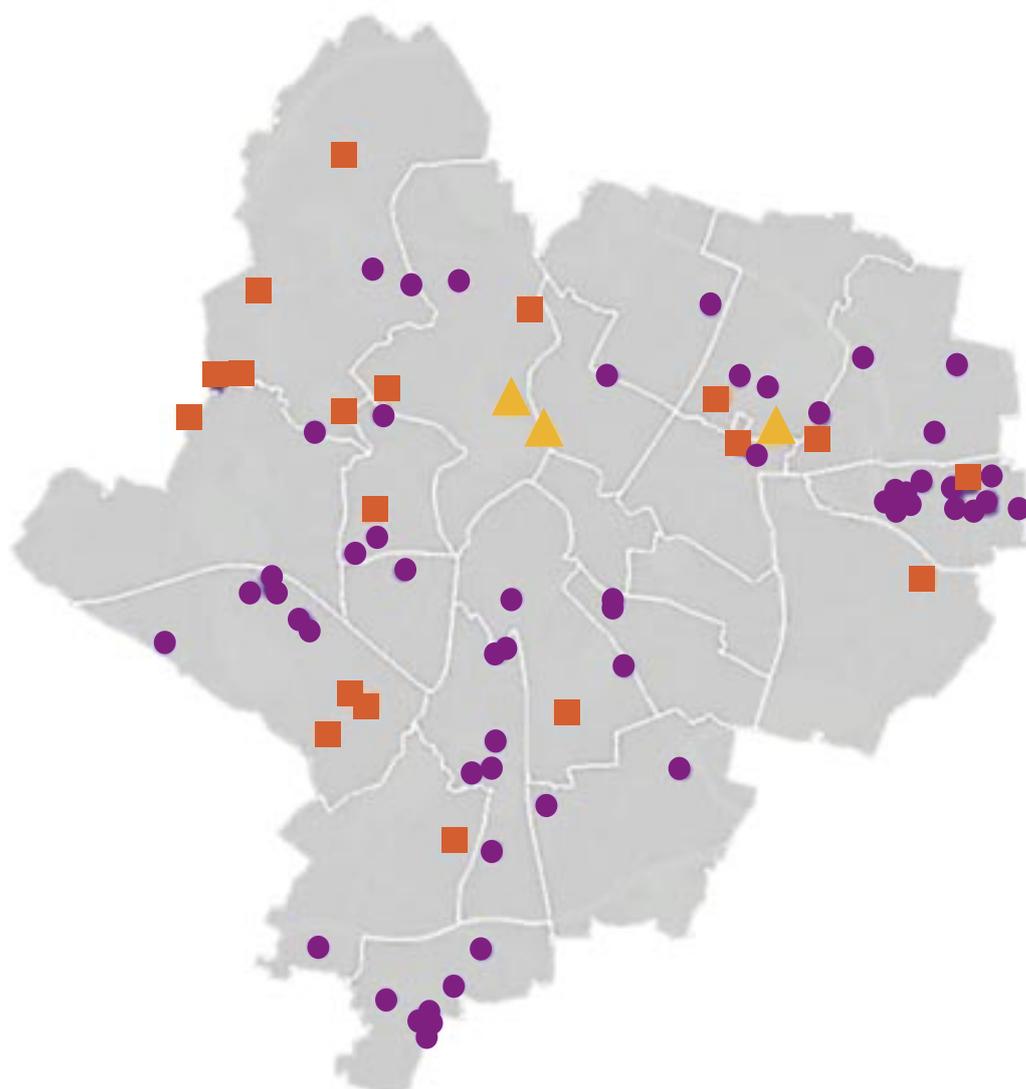
Supported Living and Extra Care Housing Strategy 2021-2031

Appendix A: Existing Supported Living and Extra Care provision

Extra Care:
3 schemes (170 units) ▲

Shared House:
36 houses (140 units) ■

Supported Living:
73 schemes (322 units) ●



Appendix B: Characteristics of those in need

Young people provision

Looked after children (16-17)

Nationally, the number of looked after children is rising. A focus on the edge of care and permanence activity continues in order to manage and reduce the rate of increase.

Most of our looked after children will be placed in foster care or residential care. However, for some, semi-independent accommodation may be more suitable. The recommendation of this strategy, in line with the requirements expressed in the Leicester Placement Sufficiency Strategy 2020-2023, is to continue to work in partnership to look at any options for supporting a move on offer for young people aged 16+.

Care leavers (18-24)

Care leavers are young people aged over 18 who have been in local authority care as looked after children, for some or all of their childhood, others for only a few months, and have subsequently left care. Due to recent changes to legislation the numbers receiving a service is expected to significantly increase over the next 10 years as care leavers are now supported until they are 25 years old.

Most of our care leavers will be supported to move into their own independent accommodation at 18, continuing to receive support from their personal advisor. However, for some, additional housing-related support is required.

Based on placement trend data over the last three years, and considering the existing provision, the recommendation is to support the projected demand. This would be by providing individual units for up to 11 care leavers in our new extra care schemes at Hamelin and Tilling Road when developed. This would be done initially on a pilot basis to test the efficacy of this approach for care leavers who might benefit from an alternative option.

Transitions (18+)

Leicester's complex transition cases tend to be young people who are eligible for social care support, because they have complex needs and challenging behaviours.

Due to the complexity of their needs, finding the right accommodation and support is often difficult. Work has been done with the transitions team and our supported living placement team, to ascertain some of the key aspects of design and service configuration that could work for this cohort of young people. Their views form the basis of the proposed solution. The proposal is to develop a transition service with two schemes offering transitional accommodation designed to support young people to move to greater independence and eventually, their own tenancy. The minimum stay would be for one year, on review a further year could be agreed. The maximum stay would be two years.

Scheme A: a small bespoke scheme aimed at young people with more complex needs. The recommendation is for a scheme with four self-contained units in a hub and bespoke configuration. It is recognised that this scheme would require specific design and build features best achieved through a purpose-built development.

Scheme B: would be designed to accommodate cases where there are less care and support needs. This could be a reconfiguration of an existing scheme or property and commissioners are considering options available in the current portfolio or properties currently owned by the council.

Adults provision

Complex Adult Mental Health (AMH): developing a recovery pathway

A lack of appropriate accommodation for people being discharged from hospital can lead to delayed discharges, people being placed in inappropriate settings such as residential care, and an increased risk of readmission to hospital. The Mental Health Forward View, 2016¹ recognises the significance of good quality accommodation and its connection to good mental health, stating that ‘housing is critical to the prevention of mental health problems and the promotion of recovery’.

In line with this and based on the demand we are seeing in the city², work has been done to determine how we better meet the needs of people with complex mental health, particularly those being discharged from the Bradgate Unit and the two rehabilitation units (Stewart House and The Willows). In response to the numbers of people being discharged from our inpatient facilities with some form of identified housing need, a supported living service has been developed that better supports the concept of recovery.

¹ The Mental Health Taskforce (2016) The Five Year Forward View for Mental Health, p.17, available at <https://www.england.nhs.uk/wp-content/uploads/2016/02/Mental-Health-Taskforce-FYFV-final.pdf>

² The annual demand suggests that we will see 56 patients discharged with ASC and housing needs from the Bradgate Unit alone. We have forecasted this in once across the seven years.

The new supported living recovery pathway will provide a specialised ‘step down’ service that prioritises patients coming out of hospital with care, support and accommodation needs that cannot be met by less intensive supported living services in the city. It will also support those people in the community who due to a deterioration in their social situation are at risk of hospital admission. With an optimum capacity of 27 units, with expectations of move on between 12-15 months, this new service will meet the level of need anticipated.

An existing council scheme will be used in the interim. This interim approach would be pending the development of a scheme at an identified site which would better serve those at the start of a recovery journey, as part of the newly developed recovery pathway in the city.

Table 1: Predicted annual need for accommodation on discharge for 2018.
Source: HET and discharge teams at the two rehab units

Type of accommodation	Annual need - Discharge from Bradgate Unit		Annual need - Inpatient rehabilitation units	Overall totals
	City	County & Rutland	LLR wide	
Housing with 24/7 support available on site	4	2	8	14
Housing with regular weekly support on site (but not 24/7)	28	6	6	40
Independent accommodation with floating support services	24	6	28	58
Independent accommodation: no ASC support	86	46	0	132

Transforming Care: people with learning disabilities and/or autism

There is a well-established programme of work supporting the transforming care agenda in Leicester, Leicestershire and Rutland. The recommendations made within this strategy draw heavily on the work of the accommodation workstream and the city cases that are currently on the inpatient list. At the time of writing there are eight individuals on this list that require a supported living placement.

Leicester has a good range of schemes aimed at the learning disability cohort, with 56 of the 112 schemes available to social care providing accommodation for this client group. However, the strategy acknowledges the difficulty of sourcing accommodation for more complex and challenging individuals, with needs that are over and beyond current services. Designed specifically for people with autism and/or behaviours that challenge, a bespoke development would achieve important outcomes for the individuals being discharged as part of this programme of work.

For those cases where there is Ministry of Justice involvement, the complexity and high risk these individuals can pose, can mean planning for appropriate accommodation within the existing portfolio is difficult. These patients require high levels of support, intervention and monitoring services from more than one agency or discipline.

They are likely to require a stepping stone from short-term supported accommodation to independent living in the community. A specialist scheme which meets specific locational requirements, is well designed, purpose built and staffed appropriately could provide this stepping stone to more independent living. In line with CQC requirements (Registering the Right Support, 2017) and referencing the guidance: Building the Right Home (LGA, ADASS, NHSE, 2016), the recommendation is to provide a specialist build comprising of between four to six units to meet some of the demand from this cohort.

In addition, Leicester City Council recognises that other accommodation for this client group will be required. Where the specific accommodation requirements cannot be met by the existing portfolio, open market purchases may be pursued. These opportunities will be explored in partnership with housing providers, the council's housing department, as well as people with a learning disability and/or autism and their families.

Respite for people with complex disabilities

Respite provision provides important planned short-term and time-limited breaks for families. This break from caring responsibilities can help unpaid carers continue in their caring role, helping to prevent carer breakdown. Respite care should also provide a positive experience for the person receiving the service.

At present all our respite provision is spot purchased. Consultation with care management colleagues confirmed that respite provision for those with a learning disability, particularly those with profound multiple learning disabilities and within the transition service is not readily available and as such appropriate respite provision can be difficult to source. This is having a detrimental impact on families who rely on the availability of respite care to support them in their caring role.

This strategy presents an opportunity to develop a specialist registered scheme that could provide eight beds for respite care. This would provide a more specialist respite option and would mirror the sort of provision other local authorities are providing to manage the increasing requests for respite.

Re-provisioning of existing accommodation

The demand analysis offered an opportunity to review the quality and cost-effectiveness of the current portfolio of properties social care currently has access to. Shared houses tend to be less cost effective – vacancies are hard to let due to the existing established households which puts off prospective tenants. This often leaves the council paying an ongoing void cost. The recommendation made in the underpinning delivery plan is to develop a separate workstream to review our shared housing. This review will also extend to two council owned ex-sheltered schemes.

New/alternative provision for statutory cases: placements to avoid residential care for older people and people of working age

The right combination of accommodation and support can mean individuals remain independent for longer, reducing the need for more institutional forms of care. Over the next ten years, by increasing the range of housing options on offer, we could divert a range of people that might otherwise have been placed in residential care. This demand will be met by either placement into our existing portfolio of supported living or through the new extra care provision being progressed through the developments planned.

New provision for statutory cases: conversion from community care for older people and people of working age

This considers the current supported living referral list which is a list of people waiting for supported living placements held by the supported living placement team – at present this has around 80³ people on it. The forecasted figure is based on the rate of moves that this team has made in the past. It also includes a cohort of people living with dementia who could benefit from alternative accommodation. A programme of work is identifying people of working age (18-64) currently placed in residential care who could benefit from a move to supported living.

People on the housing register awaiting sheltered accommodation and those in sheltered housing known to social care

Work has been completed to ascertain how many people currently waiting for sheltered accommodation and those currently residing in sheltered housing with social care needs, who could be considered for an Extra Care style of provision. This would be a way of preventing, reducing or delaying their future care needs by providing an alternative housing option with onsite care.

People requiring fully adapted properties

There is an opportunity to work alongside housing colleagues to try and meet the demand for fully adapted accommodation through the design and delivery of the extra care currently planned. It will not be possible to meet all the current demand, but work will be done to maximise the availability of fully adapted units through the planned new extra care sites.

³ As at December 2019

Extra care

In line with our social care strategic priorities the strategy aims to look for opportunities to improve our offer to older people and those with a physical and sensory disability as a way of helping to maintain independence. An Extra Care style development could support people to continue to live independently if that is right for them.

The key factor differentiating extra care from sheltered or retirement housing is the 24-hour presence of care and support staff. Extra care is mostly for older people, but not exclusively. In Leicester we have successfully developed 18+ independent living schemes using the same principles. Our schemes tend to offer a 'home for life' for residents; the building design and construction is flexible to adapt to changing needs with 'extra care' which allows people to maintain an independent lifestyle.

We recognise the needs of those who are older, those people living with dementia and those people living with a physical and/or sensory disability and the recommendation would be to progress an extra care development able to support their needs as a way of enabling independence and preventing or delaying care and support needs.

Appendix C: Managing new offers of accommodation

We would like to ensure there is a consistent approach and response where new accommodation is being created or proposed within the city as supported living. The development of accommodation or accessing property for the people we support is the responsibility of the strategic commissioning team. The reasons we would like to better explain the process is that we have examples in the city where:

- Accommodation may not be sustainable in the long term e.g. shared housing where there is less demand; we can end up carrying voids in these properties which are harder to fill and for which we can incur void charges.
- Inconsistent standards in the quality of the accommodation.
- Inappropriate rent setting from the outset that potentially leaves the service user liable for costs that are not affordable.
- High cost packages of support linked to the new supply of accommodation.

The preferred process for new supported living accommodation is that initial contact is made with strategic commissioning via **caas.carehomes@leicester.gov.uk** with the subject header: Supported Accommodation.

Part of the work we do is ensuring that any new supply of accommodation is fit for purpose, cost effective and meets current and future need.

There are a number of factors which need to be considered, including:

- procurement rules and the existing processes (Supported Living Framework) for new business;
- does it meet social care and education's strategic priorities and is it a sustainable offer;
- the expected level of rent and will it be met by revenues and benefits;
- arrangements that include the support needs/costs, how these will be met and whether they are cost effective; and
- the impact on the identified tenant of universal credit and whether accommodation is affordable.

It is the role of the supported living placement team to identify the right property for the people we support. This team works closely with strategic commissioning to identify what is the current and future demand for accommodation within the city.

Leicester City Council
Social care and education
caas.carehomes@leicester.gov.uk