

# Ageing Well in Place

- Thanks to Professor Chris Phillipson at the University of Manchester for much of this material
  - He is part of MICRA: “Manchester Institute for Collaborative Research on Ageing”
- What does Ageing Well in Place mean to you?

# Ageing in Place

- “Aging in place” is a popular term in current ageing policy, defined as **“remaining living in the community, with some level of independence, rather than in residential care”**.
- Ageing ‘well’ in place is very dependent on the kinds of support provided and how older people are linked up to services and the character of the neighbourhood

# Importance of 'the neighbourhood'

- **Neighbourhoods are crucial factors in people's ability to age in place;** they have an important effect on health and level of functioning
- Access to and familiarity with social networks, transport and health services, and a variety of amenities also influence the ability to age in place.

Importance of  
**neighbourhood**  
in later life

- **80% of the time of people aged over 70 is spent at home or the immediate environment; hence the importance of a high quality environment (Wahl et al., 2012)**

The neighbourhood remains a major source of **social support** – especially for those with limited mobility and poor health

# Eight domains of an age-friendly city (WHO)



# Age-friendly housing

- **AFFORDABLE:** Increased older people's housing for social rent – increase the diversity of the offer in relation to particular ward level populations and population predictions
- **APPROPRIATE:** Availability of a diversity of sizes of housing stock so that older people can downsize without having to move away;
- **ACCESSIBLE:** accessible and adaptable housing with access to outdoor space
- **INTEGRATED:** “With cuts to public spending, a shared spatial vision is required to stimulate change which brings together **transport** systems, **care services** and **housing**” Chris Philipson et al on Northern Gateway

# Additional policy suggestions for new build:

- Joan Rutherford, former planner, age-friendly design and older people's housing champion suggests you could ask MCC to:

***Adopt these building regulations as a minimum for all new housing:***

**M4(2) accessible and adaptable +**

**10% M4(3) wheelchair accessible.**

# Policy suggestions for existing housing

**The Manchester Local Plan** could include...

- an acknowledgement of the impact of poor condition housing on health and wellbeing;
- a policy that would seek funding to improve poor quality older private housing – thermal efficiency / repairs / accessibility; and
- increased linkages between planning, poor quality older housing and health.

# Ageing Well in Place and the Local Plan

## What could community groups advocate for?

Ask your local councillors what plans are being put in place for older people's housing in your neighbourhood – how much is there now, how many older people live locally, many will want to remain... can you advocate together?

- Manchester prides itself on being an “age friendly” city but how does it translate into planning?

## Local Plan

- Advocating for improvements to affordable housing policy (see our last session)
- Housing for social rent of different sizes to allow older people to downsize if they want to
- Where there have to be flats – can there also be a requirement for shared garden access?
- Green/open spaces for social interaction and an appropriate balance of housing to community facilities
- Transport infrastructure that supports older people's access to key amenities

# Creative alternatives: Hopton Court

## Ageing Well in Place in Hulme, Manchester

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