



# BETTER HOMES, BETTER LIVES



**RESEARCH 2017-2018**

**APPENDIX B DISCUSSION GROUP GUIDE AND SUPPORT  
MATERIAL**

## **APPENDIX B - DISCUSSION GROUP GUIDE**

**Note about this guide.**

**It is important to note that this is a guide only and depending on reaction it may be necessary to probe further, add or amend content or change direction slightly.**

**All participants were told that none of their individual views were going to be shared so that they would be identified. Also that the recording being made would only be used for transcription, collation of findings and then deleted.**

### **Section 1 - Wellbeing**

**What is Wellbeing?**

**Show/read definition of Wellbeing**

#### **Definition of wellbeing**

**Being in a position where you have good physical and mental health, control over your day-to-day life, good relationships, enough money, and the opportunity to take part in the activities that interest you.**

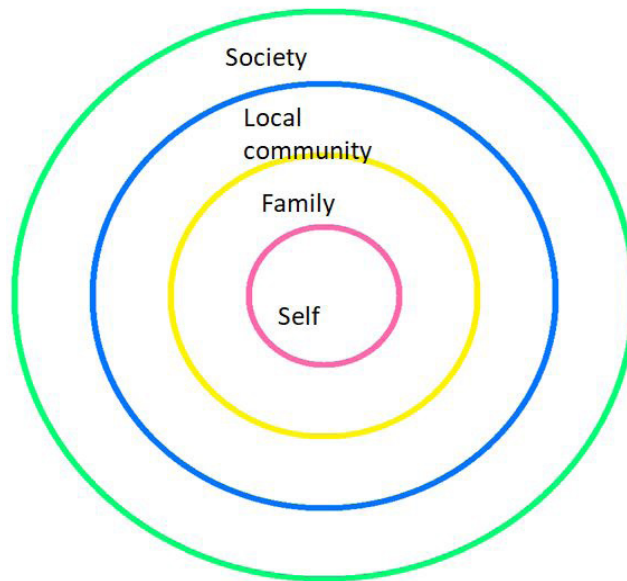
What does wellbeing mean to you ? What is important to you to maintain a sense of wellbeing ?

Do you think it has changed for you as you get older? If yes, how?

**Who is responsible?**

**Show/read the 'target'**

# Who is responsible for the wellbeing of people in later life ?



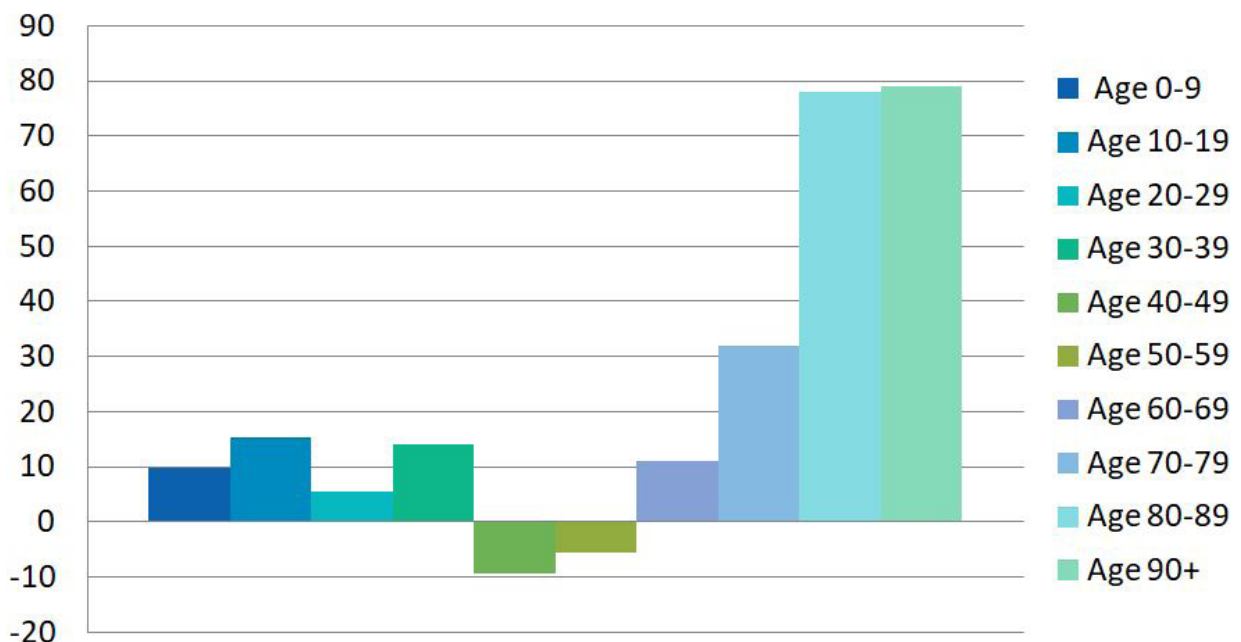
Prompt for financial/ health (prevention issues)/ caring for others

## Section 2 - How will care have to change

Show slide for context - increase by age

# Oldest age bands forecast to grow far more than population growth of 12%

% change in population of Cornwall in 10 year age bands from 2014 -2030



We are all aware of the pressure on health and social care services but the majority of care is provided by family carers and this is going to become more and more scarce

## **Show/ read Care More slide**

# How can we all care more?

**“In a future where we can no longer take the availability of family care for granted, we will need to revise our understanding of our collective responsibility for looking after each other in later life – as relatives, friends and neighbours.**

**Some older people need professional care just to get by, but the vast majority need the kind of everyday help and human contact that neither the state nor the market can provide.”**

What do you think needs to change to make sure that everyone receives the support and care they need?

### **Section 3 - Products and services for older people in Cornwall**

**What products and services would you like to see being developed to make life better for you and other older people in Cornwall ?**

# HOUSING SECTION

**Section 4 - What does the perfect place for you to live as you get older look like? What is important for you when you are thinking about where you want to live ?**

**First lets think about where it is located. What is important?**

**If people are struggling , show location slide and lead through. Start with choosing which is most important and then go through each one.**

Where should it be located? What is important?

- Character of surrounding environment
- Mixed age community v older people
- Close to family and friends
- Secure setting in good neighbourhood
- Access to shops and transport
- Access to medical services
- Access to care services

**Now let's think about what the actual home is like , what features it has?**

**If people are struggling with this , show features slide and lead though then move on to talk about developing more technology to help people stay in their homes.**

What features does it have?

- All on one level
- Outside space
- Accessible bathroom and kitchen
- Space for guests to stay
- Access to communal leisure spaces
- Organised activities
- Alarm system
- Other assistive technologies

There are many types of ways that homes can be adapted to help to maintain an older persons independence wherever they choose to live. They can make a huge difference , even supporting

people with mild dementia to stay at home.

Can be as simple as a handrail to an environment that monitors and senses movement and behaviours that can detect if there is a problem.

Digital connections - can even take tests like blood sugar/ blood pressure and send to doctor

They can also help to manage the home environment - turning lights on and off, locking doors, answering the door, controlling heating etc

Countries like Japan and Sweden are much further advanced with the application of such technologies. They even have humanoid robots that can help around the house - answer the door, get a drink, call for help etc

**What do you think about such technologies ? Is it something you think we should be thinking of investing in? Do you think we should be investing public money to make these available to more older people?**

### **Section 6 - Different housing models of specialist housing for older people**

Now I would just like to find out what you think about some different specialist housing models for older people. Some are quite new to this country or are not here yet at all but I will explain how they work and see what you think of them.

**Show Housing Model slide and go through - asking for each model if they have heard of it and what they understand it is. If they haven't heard of it then explain basics and ask if that sounds like something that they would consider.**

# Housing models

- Sheltered housing
- Extra Care
- Co-housing
- Homeshare
- Retirement villages
- Close care