

WILLOW KFF

BETTER HOMES, BETTER LIVES



RESEARCH 2017-2018

**SUMMARY OF WILLOW KEY FINDINGS - WHAT NEEDS
TO BE DONE TO ENSURE THAT OLDER PEOPLE IN
CORNWALL LIVE HAPPY HEALTHY FULFILLED LIVES
IN SAFE COMFORTABLE HOMES**

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WE NEED A WELLNESS INTO LATER LIFE 'CHANGEMAKER' TASKFORCE

There is an immediate need to create a collaborative taskforce, without silos and boundaries, to address the issues, both positive and negative, created by the ageing of Cornwall's population.

Most importantly, this taskforce needs to identify and empower the changemakers.

"Changemakers are people who can see the patterns around them, identify the problems in any situation, figure out ways to solve the problem, organise fluid teams, lead collective action and then continually adapt as situations change" (quote from David Brooks, New York Times, 8 Feb 2018)

WE NEED TO ACCELERATE THE SUPPLY OF SPECIALIST HOUSING

We need to accelerate the development of specialist housing with care for older people

We need to do more to encourage investment in the housing that we need in Cornwall, rather than only the housing that developers want to build.

We need to develop plans that will support the growing number of dementia sufferers and their families.

We need to develop fully serviced transitional 'pathway' reablement facilities.

We need to provide guidance and support to encourage and facilitate co-housing and self-build projects.



WE NEED TO UNDERSTAND AND SATISFY OLDER PEOPLE'S WANTS AND NEEDS

We need to understand more about the needs and preferences, available resources and current situations of older people, and their communities, in Cornwall. One thing we do know is that any old 'old-peoples flat' just will not do and one size will not fit all.

WE NEED TO DO MORE TO SUPPORT THOSE 'STAYING PUT'

We need to make sure that those 'staying put' in their own mainstream homes, those being the majority, are properly supported.

We need to ensure that everyone, including people who are self-funding, have access to advice, information and support concerning housing issues they may be facing e.g. home adaptations, home maintenance and upkeep, deciding whether to move and support for moving where necessary.

We need to find ways to reach out and engage the socially isolated people in Cornwall.

We need to tackle the transport problems many elderly people face that keeps them imprisoned within their homes and prevents them from accessing shops and services.

We need to explore the viability of, and demand for, an agency that can bring together elderly people with spare rooms and 'helpmate' lodgers.

WE NEED TO START BUILDING COMMUNITIES FOR THE FUTURE

We need to develop inclusive and supportive communities for all, offering accessible and future-proofed homes to people of all ages

We need to regenerate Cornwall's town centres and get started on the re-purposing of buildings and redeveloping of obsolete sites to provide residential units and more convenient and accessible services for old and young alike.

We need to explore the provision of community-based day-care facilities for young and old within our communities.

WE NEED TO FIND SUSTAINABLE WAYS TO ADDRESS CARE AND SUPPORT SHORTFALLS

We need to ensure that Cornwall's health and social care providers are fit for the task ahead and motivate everyone to do what they can to care for themselves and those around them.

We need to start working on ways to support family carers in Cornwall.

We need to invest more in assistive technologies.

And last, but certainly not least, we should not forget that we all need to be taking responsibility for our own wellness throughout our lives. We need to do more to motivate and enable person-centred positive lifestyle behaviours among young and old to improve physical and mental health outcomes.