



Thinking Ahead:

Independent and Supported Housing
Models for an Ageing Population

Case Studies of Independent and
Supported Living in Ireland

Acknowledgements

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Introduction

The Housing Agency's vision is to enable everyone to live in good quality, affordable homes in sustainable communities.

This report follows on from the research carried out for the Housing Agency and ISAX in 2016: *'Housing for Older People – Thinking Ahead'* and supports the Department of Housing, Planning and Local Government in their work to ensure that older people have housing suited to their needs.

The Housing Agency is interested in the future provision of housing for older people for the following reasons:

- The number of people over the age of 80 is set to increase significantly in the coming years. If we do not ensure that we have an adequate provision of age friendly homes, many of these people will find themselves living in unsuitable homes. Providing older people with suitable housing options, that facilitate independence and choice and the opportunity to maintain social contacts, is therefore good

for the person themselves and good for society as a whole.

- Providing older people with the opportunity to live in (right size) housing, appropriate to their needs, facilitates good use of the existing housing stock.
- Enabling people to maintain their independence reduces the demand for more costly forms of care.

Why this research?

Most of us, as we age, want to stay in our own homes and neighbourhoods and to have independence, choice and the ability to maintain friendships and family contacts. But, for some, our general housing stock is not suitable, due to its layout, size, location or physical condition. Although our own home may no longer be suitable, many of us will not want, or require, the model of long-term care provided in traditional nursing homes.

'Housing for Older People – Thinking Ahead' identified a gap in the provision of housing for older people that allows older people to live independently, but possibly with some level of additional support.¹ The research highlighted that there was an insufficient choice of different housing options for older people to suit them as they age, and that, in particular, *"new homes with a sliding scale of attendant services (Independent Living with Care) are less well catered for."*

Maria Bailey, TD, noted the following in her preface to the Oireachtas Report, *Housing Options for Older People in 2018*²: *Current alternative options are limited, and this lack of choice can result in unnecessary admissions to long-term care settings (nursing home), with its associated costs. Developing options for older peoples' supported housing can provide a viable alternative in many cases.*

/ Most of us, as we age, want to stay in our own homes and neighbourhoods and to have independence, choice and the ability to maintain friendships and family contacts /

However, there are many good examples around the country of housing for older people and we wanted to capture these, showcasing some of the innovative housing projects developed, or being

1 Housing Agency/ISAX *Housing for Older People – Thinking Ahead*; October 2016 www.housingagency.ie

2 Houses of the Oireachtas, Joint Committee on Housing, Planning, & Local Government; *Housing Options for Older People* (June 2018)



/ In most of the schemes, we spoke to residents and many generously opened their homes to us. Throughout the case studies you can read about what residents thought about where they live /

developed, and helping to spread the learning.

In this report, we have set out to showcase some of the best practice examples of housing for older people with varying scales of support services – ranging from homes that have been designed or modified to enable people to live fully independent lives, to various forms of sheltered housing with varying scales of support.

The 19 case studies included in this report are from across the country, and vary in size, and in the range of supports provided. The report includes descriptions and lessons learnt from schemes developed and managed by local authorities, housing associations and by the private sector.

Who is this research for?

We think it will be of interest to policy makers, local authorities, housing associations, private developers, planners, architects, older people themselves and others involved in the design and procurement of housing for older people.

How were the case studies selected?

With the help of Age Friendly Ireland, we wrote to each local Age Friendly Programme Manager in all local authority areas around the country and

asked them to identify good examples of housing schemes in their region. We said that we were interested in all sectors of the housing market including; private, social, approved housing associations, voluntary organisations and mixed tenure. We asked them to identify innovative housing models for older people which fulfil some, or all, of the following criteria:

- Happy sustainable community
- Developed in consultation with older people and the wider community
- Housing is well located and integrated into the wider community
- Attractive place to live
- Innovative funding model
- Innovative use of technology
- Incorporates Age Friendly Design Guidelines and Universal Design Principles
- Collaborative approach between different groups in the public, private and voluntary sectors.

From the housing schemes identified, and also our own knowledge, we narrowed down the schemes to visit, selecting housing schemes that showcase a good mixture of housing types and funding models and that are spread around the country. Most of the schemes visited are in the social sector. We are aware that there are many more excellent schemes that could have been included in this report.

How was the information collected?

Each housing scheme profiled in this report was visited by the Housing Agency. During these visits we met with staff; including caretakers, managers and local authority staff. We were shown around the schemes and gathered information on how they were developed and run, lessons that have been learnt and staff views on what is good about the individual schemes, or what could be improved. In most cases, we spoke to residents and many generously opened their homes to us. Throughout the case studies you can read about what residents thought about where they live.³

We would like to thank...

All the residents and staff who met and spoke to us and shared their experience and ideas about the housing schemes they live and work in. We would also like to acknowledge the Abhaile Project, the Multi-Generational Homes team, Meath local authority and Urban Synergy/Trinity Haus who we met as part of this project, and Age Friendly Ireland for their support in helping identify the case studies. Thanks also to Karen Murphy in ICSH for reading the first draft of this report.

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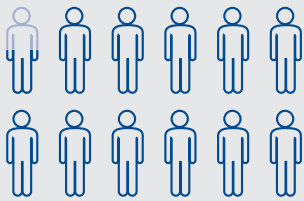
Housing Agency
October 2018

3 Names have been changed to ensure anonymity



Age – the Facts

People are living longer and healthier lives



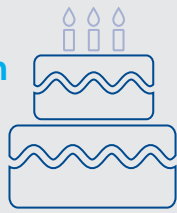
By 2031 there will be
1,146,900
people aged 65 years or
older living in Ireland (M1F2, CSO)

28% of
women aged
70-74 years have
a disability and

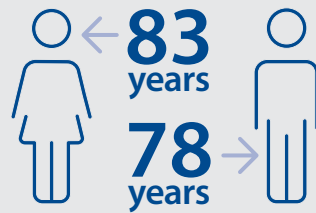


73% of females over 84 years
have a disability (Census 2016)

18% of
the population
was aged 60
years or older
in 2016



Life expectancy for
women and men

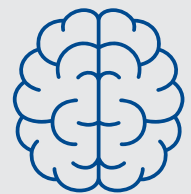


156,799
people live alone – that
represents 27% of the
total population aged 65
years and over (Census 2016)

95%
of men and
women aged 70 rate their
health as either **very good**
(19%), **good** (50%) or **fair**
(26%) (Census 2016)



An estimated **55,000** people
live with dementia in Ireland and most
people with dementia live at home (63%).
The number of people with dementia will
rise to 68,216 in the next 10 years



86% of people aged 60 years or older own
their own home today (with or without a mortgage),
8% rent in the social sector and 3% live in the private
rented sector. But for those aged between 40 and 50
years where people live is different with 70% owning
their own home, 10% renting in the social sector and
16% living in the private rented sector (Census 2016)

Just **2%**
of people
aged 65 years
or over **do not**
have central
heating
(Census 2016)





Case Studies and Models of Care

We have grouped the housing schemes visited into four main clusters, based on the degree of support provided. These four broad clusters are a way of understanding and thinking about the types of housing and supports offered. The table below shows these four clusters and the case studies visited are grouped by cluster.

Spectrum of housing	Typically provide	Case study name	Managed by
Cluster 1	Community room	Ballygall Road East	FOLD Ireland
	Housing or tenant liaison officer or caretaker	Broome Lodge	Clúid Housing
		Memorial Court	Dublin City Council
	Laundry facilities	St. Benedicts Housing for the Elderly	St. Vincent de Paul
	Guest suite for visitors	Fr. Scully House	CHAS Housing Association
		Ringmahon Court	Cork City Council
		Colivet Court	Clúid Housing
Cluster 2	Community centre	McAuley Place	Nás Na Ríogh Housing Association
	Café/Restaurant	John's College	Respond Housing Association
	Social care staff	Sue Ryder House	Sue Ryder Foundation
		Gowran Abbey	Privately owned and managed



Spectrum of housing	Typically provide	Case study name	Managed by
Cluster 3	Community centre	Great Northern Haven	Clúid Housing
	Daycare centre	Tobar Naofa	Tralee Town Council/Kerry County Council
	Primary care centre	An Cluinín	Kilmaley Voluntary Housing Association/HSE
	Higher levels of social care	Bulfin Court	Dublin City Council/HSE
		Westgate Foundation	Westgate Foundation
Cluster 4	Model of social and medical care	Anam Cara	FOLD Ireland
		Carebright Community	Carebright
	24/7 care/cover	Dublin City Age Friendly Housing with Support	Circle VHA and ALONE
	Care for those with higher level of health needs		

Cluster 1

Cluster 1 case studies feature independent housing built to offer tenants secure housing with independence.

This type of housing scheme often employs a tenant liaison officer or a part-time caretaker to check-in with tenants, ensure any maintenance issues are dealt with and to be alert to any care needs, often acting as a liaison or bridge between social and care services and the resident. Residents live independently but enjoy:

- Security
- Well built, often universally designed, accessible homes
- Personal alarms and emergency response systems
- Energy efficient homes
- Community spirit
- Part-time caretaker/housing officer

These schemes are often designed around central courtyards, offer a communal meeting space and, also, communal outdoor gardens. The communal space may be used for classes or hosting other activities, such as, a chiropodist or public nurse. An example of a well-designed and used community room is to be found in the housing scheme at Colivet Court in Limerick. The communal space opens out into the courtyard and residents are able to use the space to host parties – such as graduation parties for a grandchild.



Cluster 2

Cluster 2 provides independent living with a higher level of social and community involvement.

The housing liaison officer is generally on-site 24/7 and the community space assumes a greater importance, often with dining facilities or a café on site open to the wider community. The schemes offer resident integration and involvement, but residents are able to choose their level of integration or privacy to suit their preferences. In Dalkey, the Sue Ryder House provides daily lunch time meals for all residents, while in John's College in Waterford the social worker checks-in regularly with all residents. Good cafés, open to residents and the wider public, bring life and wider energy into the community – both McAuley Place and Johns' College feature successful cafés. These schemes also have community centres offering a range of activities and classes. Art and music sometimes play

a role in these schemes. Community choirs were mentioned as adding to the community spirit, while McAuley Place and John's College have artist in resident studios and revolving art exhibitions. Food is important for bringing people together. In the Sue Ryder House in Dalkey and in Bulfin Court in Inchicore, as well as providing a high quality and nutritious meal to residents, the daily lunch also provides the opportunity for residents to meet socially and provides a focus for the day. Typically, cluster two provides residents with:

- Security
- Café/Dining Facilities
- Community integration/activities/classes
- Art/Music
- 24/7 social carers on site

Cluster 3

Cluster 3 provides independent living with higher levels of social care.

These schemes are often located on the same site as a Health Service Executive (HSE) Daycare Centre or a Primary Care Centre. Residents are able to join the activities and services offered, including hot meals. Outreach services link in with residents, such as Cultaca in the Great Northern Haven or outreach workers in An Cluinin, Kilmaley. In An Cluinin, the view from a member of staff was:
"Homes on their own are not enough. The social and support aspect provided by the Daycare Centre and work done by outreach workers is very important."

The schemes often cater for residents with higher levels of health needs and the HSE is often involved in the allocation of housing units. Typically, these schemes provide:

- Security
- Access to a daycare centre and primary care centre
- Outreach services
- HSE involvement in allocation
- Community integration/activities/classes



Cluster 4

Cluster 4 provides specialised living with a higher level of social and medical care available.

This is still a housing model as opposed to a medical model of care (nursing home, hospital) and residents have their own door studio apartment/living space and as much independence as is suitable. The two schemes in cluster 4 that we visited are regulated by the Health Information and Quality Authority (HIQA) and meet nursing home regulation standards. The schemes visited were Anam Cara in Dublin and the Carebright Community in County Limerick. Both schemes offer a home with a level of independence to people living with dementia. Anam Cara also offers a home to older people with higher levels of health needs. These schemes offer an alternative to the nursing home model for many tenants and provide:

- Secure living
- An alternative to a nursing home
- A high level of social care cover
- Own door studio apartment/bed-sit type accommodation
- 24/7 social and/or medical care on site
- Open door policy for families

In this cluster we have also included the new development in Inchicore, which is a new supported housing scheme providing on site medical, social and community services. This is currently under development.

The next section of this report outlines lessons learnt from this research. The 19 individual case studies, organised by cluster then follow.



Lessons Learnt from the Case Studies

All the housing schemes visited were successful models of housing for older people and enable older people to live with independence and a good quality of life. Each individual case study provides some lessons learnt from people living and working in the housing schemes. In this section we point out some of the lessons learnt from the overall study and what has been found to work very well.

What is working well



Ethos



Location



Design



Funding



Regeneration



Allocations



Communal facilities



Creating community



Technology



Ethos

- **Good management is essential to getting the balance right** between respecting a person's privacy and individuality, and also creating a friendly supportive environment. Some of the older people we met valued the companionship that was readily available in a communal setting, whereas others had less of a desire to mix with their fellow residents. However, most of the residents we met appreciated that there was someone around who they could talk to, and who would keep an 'eye out' for them.
- Management that is pro-active and encourages innovation is good for both staff and residents. Many of the schemes we visited **continue to improve on and expand on the service they provide**. For example, Tobar Naofa, in Tralee were constructing a geodesic dome in the allotment area when we visited, and McAuley Place, Naas, are in the process of converting an existing building into an arts centre.
- It is important to **listen to the residents and be sensitive to the needs and preferences of residents**. In An Cluinin, Kilmaley, a rural community, keeping hens and growing vegetables are important activities that residents and clients of the Daycare Centre participate in. The eggs from the hens are used to make scones and birthday cakes.
- **Our society is becoming increasingly diverse** and traditional perceptions of ageing and assumptions about items such as diet, religious affiliations and social interests no longer hold true, for example, over 20% of residents in St. John's College, in Waterford, are non-nationals.



Location

- Location is critical. **Housing should ideally be located close to public transport, local shops, doctor, post office, bank and church**. Simply having to walk a short distance uphill or having to cross a busy road to get to the nearest shops can significantly impact on an older persons' ability to live an independent, sociable life and on their relationship with relatives and friends. Schemes that are close to amenities and integrated into the wider community benefit everyone.
- Nearly all the schemes visited were found to be **well located in the community with good access to services**. The development of Carebright Community was delayed until the right site could be found, within the town limits and on a 'footpath'. At Colivet Court in Limerick, a bus route was changed to stop outside the scheme.
- Choice of site is important: although the case studies include successful examples of developments on narrow sites, many of the schemes were **laid out in ways that encouraged interaction**, such as overlooking a shared landscaped courtyard. This type of layout enables people to keep an informal 'eye out' for each other.
- Items, such as, **orientation, topography and exposure, also need to be considered**. In Fr. Scully House, the sunny orientation of the winter gardens and balconies was really appreciated by residents, whereas in another scheme, a short up-hill walk to the local shops was considered a barrier.
- Many of the older people we spoke to emphasised the **importance of living in an area where they felt safe and secure**.



Design

- **Most of the schemes visited offered one-bedroom apartments, with a smaller number of two-bedroom apartments and some bungalows.** Several scheme managers in urban areas said that the demand was less for two-bedroom apartments due to higher rents, and that they were more difficult to fill than the one-bedroom apartments. Other schemes such as Great Northern Haven were designed as two-bedroom or one-and-a-half-bedroom (Inchicore) to enable a carer or relative to stay with the resident. In Limerick, a local authority staff member thought that financially it made more sense to build all older people accommodation as two-bedroom apartments to facilitate a carer to stay, if needed at some stage. Some staff also thought that generous proportions helped people make the move from larger three or four-bedroom houses.
- Some of the schemes provided generously sized rooms. **Adequate space needs to be provided within units for circulation and for personal possessions.** Older people often spend more of their time in their homes than younger people. The Clúid development of Broome Lodge was built to universal design guidelines and a percentage of the apartments are fully universally designed.
- Our senses are affected as we get older – **good natural light is therefore particularly important, as is good acoustic separation between units and good ventilation.** Many of the schemes had dual aspect apartments and a lot of thought had gone into designing for natural light and orientation. The Carebright scheme had lighting that came on automatically in the bathroom, and a ‘sun-downing’ lighting system, which can help people suffering with dementia.
- **Designing to lifetime home/ universal design standards facilitates future flexibility** and is particularly appropriate when providing housing for older people. In Colivet Court, the scheme is two and three-stories high. The scheme was future proofed by including the space to add a lift at a later stage, if needed.
- **Good design can encourage interaction and facilitate passive surveillance.** FOLD Ireland spoke about the importance of ‘casual encounters’ and designing this in at the beginning. For example, Ringmahon Court is built around a courtyard and has large, naturally lit, internal circulation areas.
- **Providing high quality outdoor spaces is also important.** The Carebright Community provides communal space with a kitchen garden, each house has its own communal outdoor space, and each individual residential unit has its’ own private patio space. At McAuley Place the Luisne Garden has enhanced a woodland space and promotes well-being. Fr. Scully House is an example where residents really appreciate the generous, well-designed winter gardens.



Funding

- Appendix II contains detail about the funding mechanisms for housing for older people available to Approved Housing Bodies (AHBs). One source of funding for new housing for Older People built by AHBs is the **Capital Assistance Scheme (CAS), which can provide up to 100% capital funding of housing units**. Another possible source of funding for AHBs is via a **Payment and Availability Agreement (P&A) signed with local authorities, with or without a Capital Advance Leasing Facility (CALF)**. With a CALF loan of up to 30% of the capital costs and a commitment for long-term support under the P&A, AHBs can leverage the balance funding through private finance arrangements, including with the Housing Finance Agency (HFA). The P&A provides the AHB with up to 92% (or up to 95% in the case of apartments with service charges) of market rent per housing unit, as opposed to an economic rent under the CAS Scheme.
- In each case study we have tried to provide information on the funding and allocations. **Many of the schemes were 100% funded through the CAS funding stream.**
- There are examples in this report of schemes with 95% CAS funding and 5% private funding. These schemes have the **flexibility to allocate 25% of units to non-social housing tenants**. AHBs visited using this mix of funding include McAuley Place, An Cluinín, Kilmaley, Sue Ryder, Westgate Foundation and St. Benedict's Housing.
- Some housing associations are **moving away from the CAS funding model towards greater use of CALF funding** with private finance and P&A agreements. The use of P&A agreements requires 100% of allocations to be from the social housing waiting list. The visits pointed to a requirement from policy makers to understand how this model can be supported and developed.
- There is some evidence that schemes that wish to provide **higher level of supports require a certain scale** to make financial sense. At least two schemes quoted 50 units as being the minimum to be able to fund services.
- The growth in numbers of people living with dementia would point to a **need for more of this type of housing**. We discovered that some of the issues facing the schemes in Cluster four were to do with funding and regulation. Currently the two schemes we visited are regulated by HIQA and adhere to nursing home standards. There can sometimes be a balancing act required between adhering to nursing home regulations and providing residents with greater independence, own door accommodation, and a non-institutional setting.



Regeneration

- **Housing schemes for older people have been used to regenerate urban and rural areas**. The housing schemes bring commercial life to the centres of towns and villages and revitalise the environment. These schemes have also been used to regenerate old vacant buildings. They offer opportunities to breathe new life into disused listed institutional buildings (see for example the case studies for McAuley Place, John's College and the Sue Ryder Foundation). Schemes have been built on derelict sites or older local authority stock has been upgraded, as, for example, in Ballygall.
- Sometimes there are drawbacks to this. **Architects have to be inventive** – Ballygall shows innovative thinking in reusing old local authority housing. Sometimes it is difficult or impossible to add outdoor private space or double glazed windows to listed buildings, or provide level wheelchair access throughout the building.

5 HIQA: Health Information and Quality Authority



Allocations

- Allocations were made in many of the schemes on a **mixture of social, private and health grounds**.
 - At least **half of the schemes allocated tenants based on a mixture of either social needs, health needs or from the private sector**. (McAuley Place, Great Northern Haven, Tobar Naofa, Kilmaley, Gowran Abbey, Anam Cara, Carebright Community, Westgate Village and Sue Ryder House).
 - Schemes which offered a certain percentage of units to the private sector had **longer waiting lists for allocating units for private individuals** than social allocations. This is the case in both An Cluinin, Kilmaley and McAuley Place.
 - **Age criteria varied from scheme to scheme** depending on the local authority area. In Limerick, older people's housing is allocated to those aged 50 plus years, whereas in other local authority areas it is allocated to people aged over 55 years. In the Sue Ryder House the average age of residents is 83 years. In some housing schemes residents are still working, and some residents spoke about enjoying the mixture of ages.
- On the other hand, one resident we spoke to thought that younger residents were less likely to participate in group activities.
- Ideally, **a gender, as well as an age balance, should be considered** when considering allocations.
 - One example of good practice we came across was where the Local Authority allocated the apartments while they were at construction stage. This is particularly valuable where new residents have disability issues as it **enables adaptations to be made during construction**.

Communal facilities

- It is important to **locate communal spaces in a central, easily accessible location**. Initially the communal facilities in Fr. Scully House were placed on the top floor with views and large balconies; however, the room was subsequently moved to a more central position on the ground floor, close to the front door where people would pop in when passing and it is much more used. In Broome Lodge, the communal area with bathroom facilities is located just inside the front door and open to the wider public for classes and activities, and leading on from this is private access for residents to the residential area, providing greater security for residents.
- Providing a **daily midday meal is a very good way of bringing people together** and can provide a focal point to an older person's day. Some schemes include a shared dining room that is also used by the area's outreach programme.
- **Chiropody/treatment rooms are very useful** and have been included or added to a number of the schemes.
- **Links to the wider community can be fostered through the use of shared facilities** whereby community events and older persons outreach programmes are located in the same building.



Creating community

- **Some schemes actively foster community spirit.** Schemes with community hubs, cafés and community centres integrating the wider community actively foster community spirit. A residents' choir was also seen as a good way of bringing residents together, particularly for residents integrating into a new housing scheme.
- **Volunteers and fostering intergenerational integration** were found to be important in some schemes. Volunteers were integral to the running of some of the schemes and add to the openness and transparency of the schemes.
- Not all of the housing schemes visited demonstrated a strong community spirit, though many residents we met spoke about **keeping 'an eye out'** for their neighbours.
- **Providing residents with activities that interest them** is important in some schemes. For example, in An Cluinin, Kilmaley, where most of the residents come from a rural background, growing plants is encouraged. It is also important to recognise that the Church plays an important role in the lives of many older people. Many schemes, such as McAuley Place, in Naas and An Cluinin, Kilmaley, are located close to a church or others such as Fr Scully House or Sue Ryder have an oratory on-site.



Assistive technologies

- Assistive technology is a term used to refer to **practical tools that can support the functional needs of people who experience difficulties** linked to disability or ageing. Assistive technology offers many tools that can be used to increase independence and safety in the home and plays an increasingly important role in facilitating independence. Developments in medical and assistive technology are advancing rapidly and its full potential in helping people to live well independently has probably yet to be realised.
- Technology is increasingly being made **available through WiFi and smartphones**. The availability of broadband should therefore be an important consideration when choosing a site.
- Generally assistive technology is **tailored to an individual's needs**.
- Some examples of assistive technology currently used in the home that help older people to maintain independence include:
 - Automated entrance/internal door/s
 - Automated control of devices in the home such as TV, heating, and curtains
 - Intercoms between rooms
 - Video intercom at front door
 - Flashing devices, e.g. a doorbell, which alerts the deaf or hard of hearing person that there is someone at the door through a flashing light
 - TV Listening devices, which allow the person with hearing loss to adjust the TV volume independently and to eliminate background noise
 - Amplified telephones, which provide amplified and higher quality sound that assist some people with hearing loss to use the telephone
 - Vibrating pillow pads, which alert people while sleeping. This can include an alarm clock, doorbell or fire alarm
 - Stand-alone devices such as memory aids and alarms
 - Linked sensors which can control devices such as shutting off the cooker
- Devices which can communicate an alarm to a remote support team.
- A number of the residents we spoke to have their **own alarms, independently monitored** by an external service provider. This is consistent with the ethos of independent living in many of the schemes, where residents are responsible for their own health care needs. However, staff in all the schemes we visited recognised that technology is not a substitute for care or support and for keeping 'an eye out' for residents or dropping in to check that they are well.
- Great Northern Haven in Dundalk is an example of a scheme that uses **smart living technologies to enhance independence**. In order to develop technology that can be used in the future to help manage people's personal wellbeing, Dundalk Institute of Technology is using ambient sensor technology supports to monitor the patterns of behaviour of residents over extended periods of time.



Cluster 1

Case Study 1: Ballygall Road East, Glasnevin, Dublin 11
FOLD Ireland

Case Study 2: Broome Lodge, Cabra West, Dublin
Clúid Housing

Case Study 3: Memorial Court, Islandbridge, Dublin 8
Dublin City Council

**Case Study 4: St. Benedicts Housing for the Elderly,
Estuary Rd., Malahide**
St. Vincent de Paul

Case Study 5: Fr. Scully House, Gardiner Street, Dublin 1
CHAS Housing Association

**Case Study 6: Ringmahon Court, Ringmahon Road,
Blackrock, Cork City**
Cork City Council

Case Study 7: Colivet Court, Limerick
Clúid Housing

Case Study 1

**Ballygall Road East,
Glasnevin, Dublin 11**

FOLD Ireland

*“People live
independently
but enjoy having
neighbours and
other people
close by”*



Refurbishment/energy retrofit and new build scheme of 50 independent apartments and bungalows for older people

Local authority stock transfer to an Approved Housing Body

Developed and managed by: FOLD Ireland
www.FOLDireland.ie

Architect:
A.S.I. Architects Ltd.

RB & ENERGY RETRO



47

apartments

3

bungalows

1

community room

Description

This project involved the refurbishment and energy retrofit of a 1960s Dublin City Council social housing scheme. The existing scheme comprised small bedsit units, which were amalgamated to create larger units to meet current standards. New infill housing was also built on the site.

The original plan was to knock down the local authority housing built in 1969, however the recession led to a change in plans and the original housing was regenerated and extra housing built in infill areas on the site. As well as providing additional housing, the **new housing also has the advantage of providing extra privacy for the development**, forming a secure and modernised three-sided courtyard lawn.

The development is made up of 50 apartments and bungalows for older people. It comprises 47 apartments, 3 bungalows and a community room.

The Ballygall Road East Housing Regeneration Project consisted of

remodelling five blocks of existing local authority bedsit units in Glasnevin, North County Dublin. There were originally 78 bedsits which were combined. Large balconies or patio areas were added, external walkways and stairs were replaced and lifts added.

The housing is modern and **fully accessible, and residents have access to an adjoining community room**. This is open at certain times during the week.

The housing is universally designed following Age Friendly guidelines and the site and all of the units are wheelchair accessible. Ballygall is well located, as it is very close to shops, services, a medical centre, a bus stop and other key services.



Ballygall were the overall winner of the Irish Council for Social Housing's (ICSH) Community Housing Award in 2017. The judging panel felt that *"Ballygall Road demonstrated a model that could be replicated in so many derelict and ageing stock to bring it up to current standards"* (ICSH Awards).

The scheme is described here by ICSH: The original site was low-density with extensive lawns. In response, FOLD formed new patios and balconies projecting into the lawn areas, with innovative 'infill blocks' forming a secure and modernised three-sided courtyard lawn. By retaining the existing stock of mature trees, the development settled well into the village of Glasnevin, contributing to the sense of place and offering tenants the link to local amenities. This phased refurbishment illustrates that ageing housing stock within Dublin can be made sustainable in a manner that rejuvenates not just buildings, but whole communities. Ballygall Road East has gone from a state of ruin, to a widely sought after 'over 55' development, sustaining an elderly community in what has always been their home.



Facilities

- All units are self-contained, and tenants have their own front door and tenancy agreements
- Tenants provide cooker, fridge and own furniture
- Community hub supported by HSE with a support worker, outreach services, classes and activities organised during the week
- Community hub has kitchen facilities
- There is a possibility of organising meals for tenants from the supported housing scheme next door; ANAM CARA, which is also managed by FOLD Housing
- Each house is supported by a telecare system and linked into FOLD telecare.
- Each house has an alarm pull cords and a speech module unit
- Intruder alarms
- Fob operated lifts
- Electronic gates for vehicles accessing scheme
- Parking for tenants
- It is not a gated community, with multiple pedestrian access gates from the site to the wider community area
- Level access to bus stop linking the city centre
- Lift access
- No full-time on-site staff; a community worker is on-site two days a week



Funding

The scheme was funded through a mixture of public and private financing from the Bank of Ireland using the Capital Advance Leasing Facility (CALF) funding from the Department of Housing. Dublin City Council transferred ownership of the original local authority housing and site to FOLD Housing Ireland.



Features/design & planning

- Good location close to shops, hairdresser, post office
- Good transport links very close by
- Green outdoor space – nicely landscaped
- Substantial balconies
- Solar panels to run communal heating and lighting
- High levels of insulation
- Community involvement from the beginning. Remaining tenants of old scheme involved in design of the new scheme
- Designed to have plenty of light
- Plenty of passive surveillance provides feeling of security

Lessons learnt



- A very good example of how ageing housing stock can be rejuvenated
- The 'lift' the site regeneration offers to the wider community. The community has benefitted from this development as it has brought business to local shops and services with extra people in community
- FOLD Ireland have found the funding model of CALF, with private finance and P&A Agreements flexible and much quicker than CAS to access finance
- It was difficult to access funding for communal spaces through the CALF model
- It is important to include at design stage items, such as, level access, high toilets, easy to use controls and wiring for telecare
- FOLD have found with other housing developments that working with the developer from an early stage is particularly useful when purchasing Part V housing



Staff views

"People live independently but enjoy having neighbours and other people close by"

"Design for casual encounters"



Case Study 2

Broome Lodge, Cabra West, Dublin

Clúid Housing

"I love the security of the building, it gives me great peace of mind"



New build 43 apartments for older people

Independent housing using universal design principles and regeneration of a derelict site

Developed and managed by Clúid Housing
www.cluid.ie

Architect: Coady Architects (DDA Architects to planning stage)

www.cluid.ie/what-we-do/case-studies/construction-of-broome-lodge-in-cabra-dublin-phase-1



35

one-bed apartments

8

two-bed apartments

1

large communal room

Description

A recently completed new-build scheme of 43 apartments for older people in Cabra, Dublin. The scheme provides a mixture of 35 one-bedroom (55 sq. metres) and 8 two-bedroom apartments (80-85 sq. metres) with a large communal room and kitchen facilities for use by residents and, also, outside groups.

The housing is designed to promote independent living in an age-friendly environment. Clúid's design standard follow the Universal Design principles in their approach to delivering sustainable housing.

The housing was built on an underused site bought by Dublin City Council from the diocese within a settled community of 1930s local authority housing. The housing is next to the Church on Fassaugh Avenue and is located very close to shops and services; there is a supermarket, a pharmacy and butcher's shop within a five-minute walk. There is a bus stop just outside the front of the building.

The housing is designed around a central courtyard. The scheme was built, and is managed by, Clúid Housing and was completed in November 2017.

At the opening, Minister Pascal Donohoe highlighted the importance of the scheme to the residents and to the wider area and community: "The redevelopment of this site is not only important because it provides homes for people who need them, it also transforms an area, which has been the source of dereliction and vandalism in the past, into one that is focused on building a sense of community and facilitating people with homes for life."





Facilities

- Communal room and kitchen facilities
- Office manned five days a week by a designated Clúid Scheme Manager
- The Scheme Manager is available to sort problems, set up bills, deal with organising home help, meals on wheels and public health services
- 22 car parking spaces
- Communal room and toilets available to external groups (Designed in such a way that the access to apartments can be secured when the room is in use by external groups through a further separate door for security)
- Gated access to site and to building
- Scooter room, with sockets for recharging at courtyard level
- Internal courtyard and landscaped garden, and external landscaped area with seating
- Laundry room for use by residents (all apartments also plumbed for washing machines)
- 24-hour Tunstall service (emergency service), with a control panel at entrance and key safe for emergency services to access the building
- A visitor suite which can be booked for overnight stays for family, carers or may be used by visiting nurse, chiropodist etc.
- Tenants bring their own furniture and flooring. Generous fitted wardrobe supplied. There are grants available from Community Welfare Officer for furniture, flooring, window coverings and appliances
- All apartments have their own balcony – 5 sq metres for one-bedroom units and 8 sq metres for two-bedroom units
- Each apartment has access control through a tablet set at Part M height guidelines to allow access to complex
- District heating system for heating and on demand hot water



Funding

This housing scheme was delivered in partnership with Dublin City Council (DCC), the HFA, the European Investment Bank and the Department of Housing Planning and Local Government.

- There was a mixture of funding used. CAS funding was used for 10 of the 43 apartments. These 10 units were all fully designed to Universal Design specifications. The 33 remaining apartments were financed through CALF and P&A, with private finance from the Housing Finance Agency
- The Cabra development cost just over €8 million, while the average cost per apartment totalled just under €190,000
- Communal spaces were funded through private finance
- There is a mixture of rental – Cluid receive CAS rents for 10 apartments and P&A agreements

in place for 33 apartments

- Land was bought from diocese by Dublin City Council and signed over to Clúid
- 100% of allocations are made through Dublin City Council
- 10 CAS units were set aside for homeless people



Features/design & planning

- New build, high design standard, very nice, leafy setting, beside the church
- Transformed a derelict site and has improved the neighbourhood
- Good location being built in a well-established location with very good access to shops, bus stop, and other services
- 10 fully Universally Designed apartments, with electrically controlled fire doors
- All apartments have wheelchair accessible bathrooms, which are not clinical looking, designed to a high specification with marble effect tiling. The kitchens are fitted out and tenants bring their own appliances
- Lifts and stair cores are in different colours to help orientation and wayfinding throughout the building, with sockets in dark colours and at Part M height
- Wide access corridors
- Apartments are set in a rectangle around a courtyard. There is open internal deck access to apartments, which is kept as sheltered as possible but allows natural light and ventilation into bathrooms etc. and provides dual aspect for apartments



Residents' views

*"I have great freedom, I can get around the apartment easily and do my own cooking and go out to the courtyard when it's sunny."
(wheelchair user)*





Staff views

"There is great security in the scheme, residents have a personal emergency alarm – pendant system."

"If anything is wrong in the scheme the residents can tell the Scheme Manager."





Staff views

We spoke to one of the two Clúid Scheme Managers, looking after the scheme. She also happens to be a resident in another Clúid Housing scheme at Kilarney Court, Dublin 1. Her views were that:

"This type of housing enables tenants to live independently for a long time, and they may never need to move to nursing homes."

"Clúid Scheme Manager helps with linking tenants to other agencies – health and social care services."

"There is plenty of help available for residents."



Residents' views

The main comments centred around enjoying the feeling of security, living in Broome Lodge. Below are some quotes from residents in the scheme.

"I love the security of the building, it gives me great peace of mind, especially at night."

"I'm enjoying my new home, and love that I can meet up with my neighbours for tea and chat, but I have my privacy."

"The bus stop is just outside the gate, so I can easily go to town, I couldn't do that before."

"It's great that there is someone from Clúid around and you can get help if you need it."



Lessons learnt

- It was difficult to draw down funds and divide out costs between CAS units and CALF funded units. It might have been easier if the units were in separate blocks of apartments rather than in the same block – one CAS funded and one CALF with Payment & Availability agreements in place and private finance
- Next time Clúid would look to fund a similar housing scheme fully with CALF, P&A and private finance
- It is difficult to get a Universal Design apartment or fully accessible apartment to work within the existing guideline sizes
- The Local Authority allocated the apartments well in advance of completion, which is good practice, in particular where new residents have disability issues. This enabled Clúid to make adaptations during construction, for example a specially adapted kitchen, resulting in cost savings rather than retrospective costly works
- The scheme is still at an early stage as newly tenanted, but tenants have found the tablet access system difficult to operate
- Clúid are unsure if they would install district heating again. There are interface units outside each apartment monitoring heating and water usage but tenants are not keen on this – they would like more control over what they are using. Clúid have set the radiators at a low constant temperature, but tenants prefer to feel a hot radiator. Too early yet to know if this will work
- Summer electricity bills are very low as the apartments are very bright



Case Study 3

Memorial Court, Islandbridge, Dublin 8

Dublin City Council

*"You don't
have to worry
about having
heat and hot
water"*



New build scheme
of 66 apartments for
older people

Independent housing
built in 2007

Developed and managed
by Dublin City Council



56

one-bed apartments

10

two-bed apartments

Description

Completed in 2007, Memorial Court is a modern apartment development owned and run by Dublin City Council. It contains 56 one-bedroom apartments and 10 two-bedroom apartments on three to six floors, with lift access. Allocations are arranged by Dublin City Council.

Memorial Court is close to Dublin city centre, beside Islandbridge Court, overlooking Memorial Park, and within walking distance of Kilmainham Jail and the Irish Museum of Modern Art.

Originally residents felt that the scheme was a bit isolated; the nearest shops were those in Kilmainham, an uphill walk from the scheme. A shop and café have recently opened directly across the road from the building.

There is currently one bus to the city centre every hour; although public transport is available, it is very infrequent.

There have been some issues with security in the car park, but generally the building is secure.

The apartments are very well designed with full height glazing leading out onto private balconies. The kitchen is separate from the living room.





Facilities

- Basement carparking
- A communal room accessed from the South Circular Road
- A tenant liaison officer who has an office on site
- Meals are not provided on-site but there is a mini-bus which will bring residents, who so wish, to Bulfin Court for a midday meal
- There are CCTV cameras on site
- All the residents are linked in to the public health nurse and home help, provided by the health board
- Accommodation is built around an internal, landscaped courtyard that is maintained by the residents
- There is phone access to the carpark and fob access to the building



Residents' views

What I like best

- The parking
- The heat
- The security
- The setting – there are people around, you will bump into people
- You are in a community
- Rent is manageable
- The design of the apartment is excellent
- You don't have to worry about having heat and hot water

What is not so good

- Public transport – “one bus every Palm Sunday!”
- There are few shops nearby, and, because of this, they are expensive

Lessons learnt



- The laundry area could be larger and should have more washing machines; two machines for 66 apartments is not sufficient. In addition to having communal machines, all apartments should be plumbed for washing machines
- When choosing a location consider the topography – even a short uphill walk has proved difficult for some
- The community room is well used by the residents – for daytime and evening events and for mass on Saturday. It is also occasionally used by Dublin City Council for public meetings. However, it is located on the main road and not off the central courtyard, and has to be kept locked when not in use, and this means it is not used as frequently as it would be if it was more centrally located



Residents' views

"There are people around, you will bump into people. You are in a community."



Case Study 4

St. Benedict's Housing for the Elderly, Malahide, Co. Dublin

St. Vincent de Paul

*Widely praised
by both the
residents and
by housing
professionals
alike*



New build scheme of 43
single storey dwellings for
older people

Independent housing,
built in two phases

Developed and managed
by: St. Vincent de Paul



31

one-bedroom dwellings

6

two-bed dwellings

8

additional dwellings recently completed

Description

Phase one of St. Benedict's Housing for the Elderly, Malahide, was completed in 2008 and consists of 37 dwellings and shared facilities. Phase two was recently completed and consists of eight dwellings.

The original design, completed in 2008, consists of 31 one-bedroom and six two-bedroom single storey dwellings along opposing sides of the site. A curved terrace winds along the western boundary, and this is faced by a series of pavilion blocks, each containing three units, which screen the adjoining estate housing to the east. An additional eight dwellings backing onto Estuary Road have recently been completed.

All the dwellings are accessible for people with disabilities. The existing residents provided input into the design of the additional eight units and this resulted in some minor design changes in the second phase.

Making an enclosed garden as the focus of the scheme provides a secure ambience for the residents. Living rooms face into this open space, maximising passive surveillance and generating an environment of communal engagement among residents.

The scheme has solar panels, self-condensing boilers and high insulation levels. It has been widely praised by both the residents and by housing professionals alike. The first phase received the 2009 Irish Council for Social Housing Award for Housing for Older People.





Facilities

- A community room, guest bedroom, a manager's office, communal laundry, communal seating area and kitchen (meals are not provided)
- The housing is built facing onto a communal landscaped garden, which provides a focal point to the scheme. A number of

residents have personalised the space outside their homes with potted plants and flowers

- There have been discussions with the HSE about having daycare services once a week



Allocations

The scheme is open to people aged 55 years and over (or 50 years and over if a person has a disability) eligible for social housing. The average age is early 70s and there are a few people in their 80s. People come to live here from the broader Fingal area. There is a good mix of people, some of whom have been living in the scheme since 2009.



Location

The scheme is located on Estuary Road in Malahide. There are two shops close by and Malahide village is approximately one and a half kilometres away with a good bus service immediately adjacent. The location is considered by residents to be very good – it is quiet, but close to services and there have been no security issues. Interaction with the local community is up to individuals, but the management team noted that there has not been a great deal of interaction with the local community.



Funding

Both phases were jointly funded by Fingal County Council using CAS funding. The scheme was 95% CAS funding and 5% of funding provided by St. Vincent De Paul.

Lessons learnt



- The large age differences among residents means that there are varying levels of engagement. It was noted that 55 years old is very young for a person to be living in sheltered accommodation and that younger people are less likely to participate in community activities
- The design quality has contributed significantly to making this a good place to live
- Many of the residents have taken over the space directly outside their home – and personalised this space with their own plants
- The need for a gender balance among residents was noted – and that the existing allocation process within local authorities does not necessarily allow for this
- Car parking is important – a number of the residents have cars and, although the area outside their home is meant to be for pedestrians only, people use it to park their cars. Management noted that driving is often the last thing people want to give up as they age and that this should be acknowledged when designing for older people



The scheme is open to people aged 55 years and over (or 50 years and over if a person has a disability).



Case Study 5

**Fr. Scully House,
Gardiner Street, Dublin**
CHAS Housing Association

*When asked what
is good about
living here? One
resident replied
"everything"*



Urban housing
New build scheme
of 99 apartments for
older people

Independent apartments
with support

Developed and managed
by CHAS (City Housing
Aid Society)



88

one-bedroom dwellings

11

two-bed dwellings

3

retail units

Description

Fr. Scully House is a new energy-efficient multi-storey mixed-use inner city social housing development, with street frontage to Middle Gardiner Street and Grenville Street at the corner of Mountjoy Square South.

The scheme is made up of 99 apartments; 11 two-bedroom and 88 one-bedroom units. It incorporates three retail units, office accommodation and the residential apartments in two adjoining buildings – one five-storey and one seven-storey block and includes an internal landscaped courtyard.

The building was designed by Coady Architects and built by Collen Construction. **The apartments are specifically for older people, each with a living room and generous balcony, with concierge services and security provided from ground floor offices.**

The development features rainwater harvesting, solar panels and winter garden balconies in addition to landscaping works in the courtyard.

The Fr. Scully House complex is run by the City Housing Aid Society (CHAS), which is a small voluntary organisation with a purpose to **provide affordable social housing for people aged over 55 years of age**. The organisation is 'not for profit' and receives no direct state funding towards the building's operating and maintenance costs. All rental income goes towards the cost of maintaining the buildings.



Facilities

- Community room with TV, tea and coffee facilities on the ground floor
- Courtyard with a private communal garden
- Chapel with mass on Sundays
- Two shared office spaces for staff
- There are no parking spaces – this is an issue for some residents
- Fob entry and cameras for security
- Tunstall in each apartment
- Burglar alarms
- Keyholder service
- Spy hole on front doors
- Community and public health nurses visit residents and alert tenant liaison officer of any issues
- All furniture and fittings are supplied by CHAS – all residents need to bring their own bed linen and towels
- Residents' committee meet with the Housing Manager and Tenant Liaison Officer once a month to discuss issues



Funding

- The scheme was 100% funded through CAS. The City Housing Aid Society, formerly the Catholic Housing Aid Society, CHAS, owned the site
- The building, which cost €17 million, was grant-funded by the Department of Environment, Community and Local Government with the funding administered by Dublin City Council's Housing Department and overseen by CHAS
- Rents are set jointly by the Minister of Housing, the Catholic Archbishop and Dublin City Council. Currently, rents are €400 for a one-bedroom apartment and €700 for a two-bedroom apartment



Features/design & planning

- City centre location on Gardiner Street – close to shops, bus stop, city centre
- Generous dual aspect one-bedroom and two-bedroom apartments
- Generous south facing balconies with winter gardens
- Six lifts
- Housing is laid out around an internal courtyard
- Commercial units on ground floor for rent
- Two-bedroom apartments located on the ground floor are wheelchair accessible and can be shared with a full-time carer



Staff views

"The scale of the project is very good. The location is great and there is a good sense of community."

Lessons learnt

- It has been difficult to rent out the two-bedroom apartments (rent is €700 euro a month). CHAS are building 38 one-bedroom apartments in their next housing scheme
- CHAS are glad that they operate a 'housing model' for older people rather than a 'care' focussed model. The scheme provides independent housing and does not provide any medical/health care
- CHAS are considering replacing the solar panels with a photovoltaic system
- The cost of servicing and maintaining 99 gas boilers and carbon monoxide detectors is very expensive
- Burglar alarms are not used by most residents (they cost between €3,000 to €4,000 to install and they then have to be maintained)
- Commercial spaces would have been better-off being built as apartments; they are hard to tenant
- It is important to think through the management structure at design stage and agree on the number of staff needed once the facility is up and running to ensure there is adequate space for staff
- It is important that housing professionals are involved in decision making at design stage – some guidance for AHBs would be useful. For example, the lighting is proving to be very expensive to maintain
- The community room was originally placed on the top floor with access to open balconies – it was rarely used, a danger, and locked most of the time. The room was moved to the ground floor and is being used more by residents





Residents views

When asked what is good about living here? One resident replied *"everything"*. One feature she particularly loves are the lifts. This woman had to leave her previous home as it was on the third floor and she couldn't manage the stairs.

Another resident said that she loved the back-up from staff and also the community room.

There was great positivity about the balconies, which were described as *"fab"*. The residents like the privacy of them but also that they look out onto the greenery of the central courtyard garden.

Residents spoke about the community activities organised by the Residents' Committee – summer trips and communal Christmas dinners cooked by the Knights of Columbanus.

What was mentioned as being missed were pets (which are not allowed) and parking.

Case Study 6

Ringmahon Court, Blackrock, Cork City

Cork City Council

"It is not just about housing, it is about creating a community"



New build scheme of 16 apartments for older people

Independent living with a resident caretaker and assistant caretaker

Developed and managed by Cork City Local Authority



14

one-bedroom dwellings

2

two-bed dwellings

Description

Fourteen one-bedroom and two two-bedroom apartments for older people, designed and managed by Cork City Council.

Ringmahon Court is built on the site of Ringmahon House; a nineteenth century house in the Blackrock area of Cork. Ringmahon House now functions as a youth outreach centre funded by the Department of Education and Skills.

Parallel to the works to Ringmahon House, a new sheltered housing scheme, Ringmahon Court, designed by Cork City Architects, was constructed within the grounds of Ringmahon House. This development on two floors, facing onto an internal courtyard was built on the footprint of the former stables and workshops. The building was opened in 2008 at the same time as the youth outreach programme commenced. There is a gated entrance to the grounds that is shared by Ringmahon House and Ringmahon Court.

The apartments are built around a shared courtyard that has its own lockable gate with intercom access.

Each of the apartments has a kitchen/ dining living room, one or two bedrooms,

a bathroom, storage area and a small balcony. All the apartments are wheelchair accessible. The apartment corridors are well lit, with generous break-out spaces that could be used as small shared seating areas. Lighting and alarms are maintained by Cork City Council. **Underfloor heating is provided throughout, with thermostats in each apartment.** There is a resident and assistant caretaker living on site.

Communal facilities are not provided within the apartment building, however, the residents can, and do, use the sitting room in Ringmahon House for community meetings. Informal inter-generational activities take place between the residents of Ringmahon Court and the staff and youth in Ringmahon House. Young people help the older residents to use computers, take out bins and carry out other similar tasks. This work is recognised when students apply for the Gaisce (President's) Award.



Funding

The social housing scheme was funded by the Department of Housing Planning and Local Government. The adjoining Ringmahon House (former home of Ben Dunne) was renovated by Cork City Council with contributory support from the Dunne Family.



Allocations

Cork City Council allocates the units within the development, following careful consideration, due to the nature of the development and community. The minimum age at which a person is eligible for housing in Ringmahon Court is 60 years of age. The development has been hugely successful to date in providing secure sheltered

accommodation. Achieving a mix of gender can be a challenge, with the demographic profile indicating larger proportions of qualifying single male applicants.

All of the residents are capable of independent living, with some availing of additional support services such as meals-on-wheels.



Residents' views

Location – *“One small local shop. Excellent bus service (you don't need your own transport). The bus will bring you to the main hospital.”*

“The grounds are very good and the gate is closed at night-time.”

“The old building has a family vibe.”

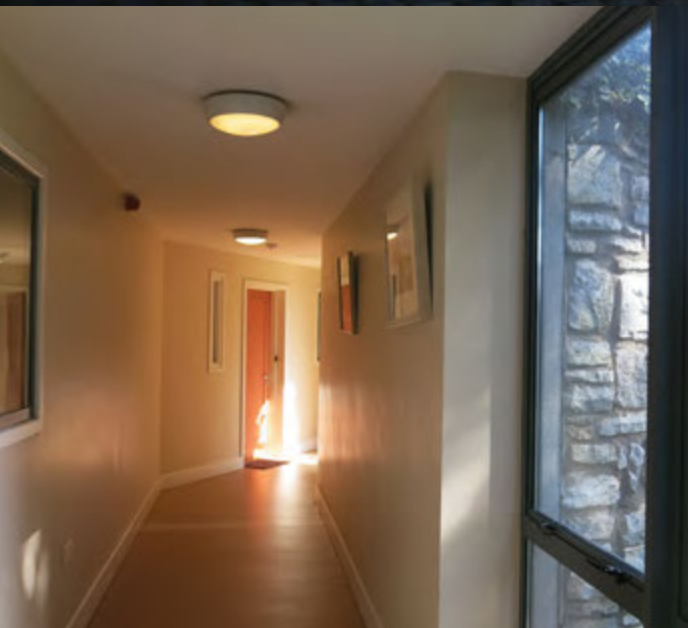
“It is not just about housing, it is about creating a community so the gender balance is very important.”

“Sheltered housing is not for loners.”

Lessons learnt



- This is an unusual model, combining a youth outreach programme with independent housing for older people that, in this case, works very well.
- Security is a very important issue for the residents.
- It was noted that allocations are very important and achieving a gender balance is important. It was also noted that there are some people who it was felt are not suited to living in sheltered housing.
- Availability of good public transport is important to the residents.



Residents' views

"I like that everything I need is in my own place. You have your own front door. Having your own front door from the interior corridor gives a sense of security."



Case Study 7

Colivet Court, Carew Park, Southill, Limerick

Clúid Housing

*"The day I came
down and
settled I loved it,
I fell in love with
it straightaway"*



New build scheme
of 35 apartments for
older people

Independent housing
for older people, part of
Limerick Regeneration

Developed and owned by
Limerick City and County
Council and managed by
Clúid Housing

Architects: ABK Architects
www.cluid.ie/what-we-do/case-studies/limerick



22

one-bedroom dwellings

13

two-bed dwellings

Description

This is a scheme of purpose-built apartments for older people completed in 2014. The scheme is made up of 35 apartments, of which there are 22 one-bedroom and 13 two-bedroom apartments. The apartments are built around a central courtyard, mainly in two-storey, but also one three-storey buildings.

The scheme was built and is owned by Limerick City and County Council as part of the regeneration programme. It is leased to Clúid Housing. The vision statement for Limerick Regeneration is to provide: *“Safe and sustainable communities of opportunity where people of all ages enjoy a good quality of life, a decent home and a sense of pride about their place. Well serviced and attractive neighbourhoods will be physically connected and fully integrated with the social, economic and cultural life of Limerick.”*

The housing is located on the outskirts of Limerick city, in a neighbourhood in the regeneration area of Southill. The scheme is designed around an internal courtyard and, in the interests of good quality urban design, also has active street frontages. **One sign of the success of the scheme is the growing waiting list for this housing**, in an area that has seen considerable depopulation, of up to 70%, over the past 30 years.

The community were involved in the development of this scheme. There were **six formal public information events held in Southill, at which over 300 members of the community attended.**

The key benefits of the scheme, as recognised by Limerick City and County Council in their Statement of Community Involvement have been:

- Environmental benefits (A3 BER rating, significant planting of native species, and incorporation of soakaways built into the design)
- Economic and social benefits by benefitting local retail centres and providing a community support facility open to the wider public.
- Placemaking benefits which enhance the image and create tenure blindness through design
- Social benefits through community consultation and engagement)



Facilities

- Gated access with intercoms in apartments
- Own door apartments
- Parking
- Communal planted central courtyard
- Community room and kitchen
- Meeting rooms for outside community groups and visiting services
- On-site caretaker four mornings a week
- A one-bedroom visitor suite for guests
- Refuse room
- Residents supply their own furniture and appliances
- Tunstall monitored alarm response in apartments
- The community room can be booked by external groups – a choir use the facility. It is also booked for family parties and has kitchen facilities and a sitting room space with a television
- Clúid and Tait House run a Monday club open to tenants from the wider regeneration area
- Caretaker's office and large office space
- There is a bus stop outside and a bus every 15 minutes to the city centre. It was arranged for the bus route to slightly change to stop outside the scheme
- It is less than a 10-minute walk to shops and other services at Roxboro Shopping Centre

Funding

Funded by the Department of Housing, Planning and Local Government through the Social Housing Investment Programme (SHIP) as part of the regeneration programme.

Nominations are from Limerick City and County Council from the social housing waiting list. Most residents are from the regeneration area; many moved as their own housing was demolished. The average age people moved into the scheme was 60 years old.

Rent is calculated using the Limerick City and County Council differential rent scheme. Tenants pay Clúid directly.

Allocations

Nominations by Limerick City and County Council come from a combination of sources (social housing waiting list, homeless, regeneration, downsizing). Most

residents have come from the regeneration area, many moved as housing was demolished. Clúid interview to see if people will be a good fit. In Limerick, Older Peoples' housing is open to those aged 50 years plus.

Features/design & planning

- High level of security and safety
- All plugs, light switches and bathrooms built to universal design standards
- First purpose built older people's housing built by Limerick City and County Council
- Central core design
- A triangular site – the design makes good use of the site
- One-bedroom units built to 55 sq. metres
- Most of the buildings are two storeys. Four apartments off each entrance hall, with two on the ground floor and two above. No lift, but space and electrics designed in, so that a lift can be provided, if there is a need to fit one at a later stage
- All apartments have large balconies or outdoor patio spaces
- Passive surveillance has been built into the design
- Large light filled halls
- Large open plan living/dining room with dual aspect
- Large boiler room/storage room in each apartment
- Communal storage rooms in each block
- Designed to prevent anti-social behaviour
- Lots of large windows to bring in light
- The design of the community space is very good including lots of doors to outdoor space and a canopy
- Provision for grab rails and hoists. Every door has a lintel that can be removed so that a sky track can be provided, at a later stage, if required
- **Royal Institute of Architects in Ireland award for "Best Housing" in 2014**



The design has helped alleviate loneliness, as it was designed to encourage 'accidental' meetings – people have casual encounters with other residents.







Staff views

The advantages for residents is that it is a safe environment with a good sense of community. This sense of community took at least a year to establish after people moved in.

The design has helped alleviate loneliness, as it was designed to encourage 'accidental' meetings –

people have casual encounters with other residents.

A good service is provided to residents; the caretaker is very much available to help fix things, help residents and make sure they are OK. All maintenance calls are logged to a central number and then local staff are contacted.



Residents' views

We spoke to one resident and visited her apartment. She said that she loved the security of living in Colivet Court, the great level of comfort, heat and the economical bills. There is a great sense of community. The community room is very good. She also liked the good mix of ages living in Colivet. She didn't miss anything from where she used to live, except for one close friend, but this friend has also since moved. *"I am very happy here"*

Other residents speaking about Colivet Court said: *"The day I came down and settled I loved it", "I fell in love with it straightaway."*

"I love the kitchen."

Lessons learnt



- One staff member spoken to thought that the design of the building was perfect except for the entrance gates at the front of the building, where there is an open area and the building has an overhang. Teenagers congregate here, and this leads to anti-social behaviour. There is a need to design out crime
- One view from a local authority staff member is that it makes more sense to fund two-bedroom apartments than one-bedroom apartments as the construction costs are not significantly greater: "Two-beds can deliver a lot more". The view was that there is a need to look at designing two-bedroom units as standard – as that provides space for family, carers, or for a couple sharing
- The apartments were built to a generous size. The view is that there is a need to be practical to encourage people to downsize by offering people enough space
- Community room had a lot of thought put into the design – it has been a great success at helping to foster community spirit



Cluster 2

Case Study 8: McAuley Place, Naas, Co. Kildare
Nás Na Ríogh AHB

Case Study 9: John's College, The Folly, Waterford
Respond Housing Association

Case Study 10: Sue Ryder House, Dalkey, Co. Dublin
Sue Ryder Foundation

Case Study 11: Gowran Abbey, Gowran, Co. Kilkenny
Private

Case Study 8

McAuley Place, Naas, Co. Kildare

Nás Na Ríogh AHB

*"I love meeting
the residents
and having a
chat with them,
they have great
stories"*



New-build and conversion

53 independent
apartments for older
people

For more information:
www.mcauleyplace.ie



53

one-bedroom dwellings

3

creative/workshop/exhibition spaces

1

community Lounge

Description

McAuley Place, completed in 2011, consists of a total of 53 apartments for older people, 13 of which are in the existing convent building.

McAuley Place is owned and managed by Nás na Ríogh Housing Association (NnRHA) and is on the grounds of the former Mercy Convent. NnRHA was established in 2000 to **address the isolation of older people** with an established housing need, by providing smaller apartments in the heart of Naas with on-site intergenerational facilities, including teas rooms, a community centre, arts and culture centre and urban woodland garden.

Phased construction work has commenced on a Health-Through-Learning Centre in a protected structure, to include a **community lounge, three creative/workshop/exhibition spaces, accommodation for an artist in residence and ancillary services**. Laura Bowen is the architect for the project.



Facilities

- 53 self-contained one-bedroomed apartments
- Convent Tea Rooms
- Community Centre
- Volunteer Centre
- Landscaped garden (Luisne Garden)
- Arts and Culture Centre (under construction)
- Private residents' lounge



Funding

McAuley Place was funded through a mixture of government funding and locally raised funds. The Department of Housing provided funds for the building and renovation of the accommodation. Funds were also raised by local organisers to buy the buildings and land, and cover the cost of architects to get the project through the planning and funding

processes. CAS funding of 95% of the accommodation costs was received, and the housing is allocated to 75% local authority nominated tenants and 25% private tenants. All pay the same rent, though private tenants also pay "key money" which is a once off payment that is drawn down over five years by the housing association.



Features/design & planning

- Excellent location in the centre of Naas village, with strong connections to the existing community
- Respect for independence
- Stimulating environment with easy access to a range of activities.

McAuley Place is an independent living scheme based on a creative rather than medical model using the arts to connect people and enhance wellbeing.

The former Mercy Convent was converted to provide 13 apartments, residents and community shared facilities and offices. The remaining 40 apartments are in an adjoining block.

The scheme is designed to have the feel of a comfortable hotel and to provide a welcoming atmosphere for residents and for the local community. Off the main entrance/reception area there is a tea room/café that is open to the public, multi-purpose community rooms, a private resident's lounge

and a lift connecting to the upper floor apartments.

The residential accommodation consists of 53 self-contained one-bed apartments, each with a kitchen/living room, bedroom, accessible bathroom and storage.

The incorporation of an arts centre and a community centre into the development has been of central importance.

The convent tea rooms are manned by paid staff and volunteers and are open to the public, acting as a successful community hub. Volunteers are at the heart of everything in McAuley Place.

The Sláinte Woodland Project, the Luisne Garden, was funded by the National Lottery through the Department of Health Lottery Fund

and supported by the Heritage Department of Kildare County Council. The garden was designed by Mark Grehan, an award-winning freelance landscape designer, to enhance the existing woodland space and create an environment to promote health and wellbeing for all ages. The purpose of the garden is aligned with the United Nations Principles for Older Persons which states that: 'Older Persons should be enabled to maintain or regain the optimum level of wellbeing – physical, emotional, psychological and spiritual'.

The development addresses some of the broader determinants of health, as outlined in the Healthy Ireland Framework, by supporting lifelong health and wellbeing. The garden was officially opened by the Minister of State for Mental Health and Older People on November 8th 2016.



Staff views

Some comments from staff about McAuley Place are below:

"A very pleasant environment, busy, but plenty of time for a laugh."

"Very professional but with a heart."

"I enjoy the day working with like-minded people."

Lessons learnt



- The importance of location – Situated in the centre of Naas, McAuley Place offers a model of sustainable urban living
- Importance of operating to a clearly stated value system; the UN Principles for Older People
- The importance of community integration
- The importance of providing successful alternatives to institutional care
- Used a variety of funding approaches – support from local community and government
- Successful social and private model
- Model for regeneration and use of vacant buildings



 Residents' views

Here is what Jane, a widow, who moved from Dublin to live in McAuley Place a couple of years ago had to say about living here:

"It is wonderful, everyone is the same age and mixes well. Management and tea rooms are great. You can go out here and everything is nearby. You can cook for yourself but ring for a meal if you want to. Some people have their own helps. I was six years on my own in my house and did not like it. I can relax and feel very secure here. We have bingo, arts and crafts, the doctor (your own) and bowling. You have privacy and can be by yourself. It is just like a house. Everyone respects everyone else – no one knocks at your door. I thought apartments were like boxes and that you would be stuck in them. The main thing is that you are in town – it is better than X" (where this woman used to live in Dublin.)



Case Study 9

John's College, The Folly, Waterford

Respond Housing Association

"I cried when I was shown around and realised I was going to be living here as it was so lovely"



Conversion and new build scheme of 57 one-bedroom independent apartments for older people

A sensitive re-use and refurbishment of a vacant institutional building and new build in Waterford City

Owned and managed by Respond Housing Association

www.respond.ie



57

one-bedroom
apartments

5

apartments for
people with specific
needs (conversion of
10 bed group home
– at development
stage)

Description

The scheme is made up of 57 one-bedroom independent living units for older people owned and managed by Respond Ireland.

A former seminary building was converted into housing for older people, with 21 one-bedroom self-contained apartments. The building is arranged around a central courtyard area, which has a sensory garden with seating at the centre. Three new-build blocks with a total of 36 one-bedroom apartments were built on the same site as part of the scheme and residents come from Waterford City and County local authority housing waiting list.

There is also a 10-bed group home in the grounds of John's College that is being developed into five apartments for people with specific needs and requirements.

The scheme was designed by architect Richard Vaughan (Respond).

John's College is located on the outskirts of Waterford City; it is a short bus ride or 20-minute walk to the centre. It is close to shops, including a Supervalu, fitness centre and a church. **The scheme is located in a quiet, peaceful green area with lots of trees, great views and within a short walk to the shops.**

The building also contains a café open to the public, a library, a conference room, a men's room and an artist's studio. **The Hub café is a vitally important social and recreational outlet for tenants** and also meets the needs of external groups looking to rent the facilities for meetings and events. There are also at least another two public spaces used by different groups, for example, a parent and toddler group and the AA. The top floor of the building is rented out to Down Syndrome Ireland which has offices in, and run classes from, the building.

A Facilities Co-ordinator manages the building and grounds, supports tenants, responds to maintenance issues and runs exercise courses. There is also an Older Persons' Support Worker who calls to tenants at least once a week and who calls more frequently to vulnerable tenants.

Respond staff link in with public support services for tenants – doctors, home-help services, public health nurses, etc.



Facilities

- Self-contained apartments of generous size. Large amount of storage space, universal design bathrooms
- Tenants provide their own furniture and kitchen appliances
- Lift access to all apartments in the old building and the new blocks
- All of the new built apartments are wheelchair accessible and have large balconies
- There is open, public access to the buildings during the day. Gates to the car park are locked at 10pm
- Car parking for residents
- There is a beautiful airy café, open to the public every day from 10am to 3pm. Some residents have their breakfast and dinner there
- Very warm and inviting communal spaces and entrances to the building. High quality furnishings and lighting
- Residents have fob access to the building
- Activation room/library is used by public groups as well as tenants, for example, the HSE use it on a regular basis
- Conference room – large converted church – hired for conferences and events and used for the weekly keep fit classes run by Respond!
- Sensory garden – seated area used in Summer as a meeting point
- Men's room, in converted stables with a pool table and dartboard used by tenants and open all the time
- Residents have their own choir
- Artists in resident studio in converted stable
- Art exhibited on communal walls

Funding

This was a former seminary building owned by the Diocese and it was bought by Respond In 2007. The total cost was €12 million; €8 million of this was made available in state mortgages to Respond from Waterford City Council through the Department of the Environment, Community and Local Government, €2.25 million was raised through private finance in association with AIB Bank and Respond provided the remainder. Respond fundraised for the sensory garden and the community education centre.

Allocations

100% of the tenants are nominated by Waterford City and County Council from the social housing waiting list. Normally the local authority provides Respond with three names for each vacancy and Respond make an assessment following a visit and interview. A criteria when allotting is that tenants will be able to live independently.

Some tenants have mental health issues, drug or alcohol issues. Over 20% of tenants are non-nationals.

Rents in the 21 apartments in the old seminary building are CAS rents and are set at €73 per week, while the rents for the 36 new-build apartments are based upon the differential rent scheme and are linked to current income. Tenants pay their own electricity and heating bills and pay a €5 service charge.

Features/design & planning

- Lift access to all apartments
- Very sensitive conversion of a listed building
- Conservation order meant they were not permitted to double glaze old windows
- Built to bring as much light and airiness into the building
- Large apartments with lots of light. College House average size 56 to 70 sq. metres and College Mews average size 55 to 60 sq. metres
- Special alarm system in building to accommodate a deaf couple
- The new apartments all have lifts, accessible design and air to water heat systems installed



Residents' views

"Nothing bad about the place, nothing – not one thing negative to say, everything works"

"I'm living in heaven"







Residents' views

The Housing Agency was given the opportunity to speak to five residents and visit three apartments. All the residents spoken to were very happy with their housing. Some of the points mentioned by residents were:

"Very quiet and peaceful place"

"Warm building and don't need to put on the heating much"

"Love the café"

"Really enjoy getting to know people through the choir and keep fit classes"

"Lovely sunny apartment with a great view"

"No drawbacks to living here"

"Private and secure"

"Affordable rents"

"Miss having private outdoor space – balcony or garden". (Old building with no balconies)

"Amazing to get such a large apartment"

"Feel extremely lucky to live here"

*"Have as much privacy as one wants"
"Pity that windows are single glazed"
(this apartment on a corner situation so four windows on two sides in the living room/kitchen space.*

"Views so fantastic"

"Love being independent but also part of a community"

"Lots of storage"

"Great neighbours"

"No anti-social behaviour is tolerated"



Staff views

"Great community spirit. Very mixed background of tenants but all look out for each other."

"Programmes such as the exercise classes, the choir or other education courses have been very good for fostering community spirit."

"Beautiful buildings, well maintained, lovely grounds. Located in a quiet and peaceful area, though close enough to access town."

"Great sense of security for tenants. Tenants like this, as many do not have families close by and it is a way of helping keep them safe."

"The Hub Café is a vitally important social and recreational outlet for the tenants and it also meets the needs of external groups looking to rent facilities for meetings and events."

Lessons learnt



- Importance of creating a community – choir, keep fit classes etc. all help foster a community spirit
- Hub café is very important as it brings people into the community, tenants and staff use it and some tenants work there too
- Importance of getting tenants, especially men out of their apartments – the men's room, and classes are very helpful in this regard
- Re-using a large, institutional, vacant building with good design and opening it up to the public has been very successful
- Originally planned to build a day centre, but after visiting other developments around the country and talking to residents (average age 60 years) decided to build the café
- Importance of a vision. Fr. Patrick Cogan, the Chief Executive of Respond, saw the potential of the building

Case Study 10

Sue Ryder House, Dalkey, Co. Dublin

Sue Ryder Foundation

“Residents love the proximity to the village, and the village life is enhanced by the community”



Conversion and new-build scheme of 50 independent apartments and bungalows for older people, with social supports

Listed building and new build

www.sueryderfoundation.ie



13

apartments

37

one and two-
bedroomed
bungalows

Description

An independent housing scheme with social supports for older people located in the seaside town of Dalkey, in Dublin.

The site overlooks Dalkey island and is beside all the shopping and services of Dalkey village. There are 50 units of accommodation comprising **13 apartments in a historic house and 37 one and two-bedroom bungalows.**

The scheme was developed by the Sue Ryder Foundation, which is an approved housing body. The housing is **built on a five-acre site which included a historic house** which was converted into communal space and apartments. The site was bought from the Loreto Order and developed over 20 years ago, with some new housing built more recently.



Facilities

- 50 self-contained housing apartments and bungalows
- Social care with staff coverage 24-hour on site
- Dining room with 4 course healthy lunch, every day, provided as part of the service
- Residents' lounge
- Activity room
- Laundry room
- Oratory
- Mini-gym
- Exercise classes every week
- Social knitting group
- Emergency service – somebody is always on call and all residents have an emergency pendant



Funding

The housing was funded by a mixture of CAS funding and own financing. In the CAS funded units, allocation of units is 75% social housing nominated by Dun Laoghaire-Rathdown local authority from the social housing waiting list and 25% privately allocated by the Sue Ryder Foundation.

The Sue Ryder Foundation also raises money to help fund the housing through its retail shops and from private borrowing.

The rent charged is €192 a week and this covers all services and charges and includes daily meal, laundry, electricity, emergency care, cleaning and newspaper in reading room. Rents are based on local authority rents with an extra social care package element.

There are 14 staff employed in the scheme, including kitchen, night supervisors, social carers and cleaning staff.



Features/design & planning

- Lift access in main building
- Excellent location next to the village and set in beautiful grounds beside the sea
- Residents have autonomy over their own space. Residents have their own bungalow or apartment and can furnish it themselves
- Houses come with cookers and can be furnished by Sue Ryder if required
- All bungalows have their own private garden space
- Listed building
- Protected on exterior
- Lift in main building
- Accommodation built before universal design guidelines



Residents' views

"I love living here and would recommend it to anyone, I have my own independence and can have guests anytime."

"There is a resident's social committee and we organise events. This week we are holding a BBQ."

One resident we spoke to said she likes the weekly mass in the oratory and that she enjoys her private patio space. Other things that she likes are that everybody watches out for each other and that the food is really good.



Staff views

"The housing really benefits the residents, proof of this is how long and healthily residents live." The average age is 83 and one of their residents lived to 106.

"Residents love the proximity to the village, and the village life is enhanced by the community being part of it."

"Residents enjoy the security and feeling of safety but also are independent."

"The dinner gives a social focus to the day – people make an effort to have lunch together and enjoy sitting around and eating together. Residents are also able to cook for themselves or for visitors, as all housing has its own kitchen facilities."

Lessons learnt

- People love living close to their own communities and close to where they have grown up. The challenge is to get the right site
- It is difficult to make the model cover its costs while being able to deliver all the services that they deliver
- The challenge outside of Dublin is around the scale of the housing. The view is that there needs to be a minimum of 50 housing units for this type of model to make financial sense
- Any future housing needs to be close to the towns and communities that people come from





Residents' views

"Nothing bad about the place, nothing – not one thing negative to say, everything works"

"I'm living in heaven"



Case Study 11

**Gowran Abbey,
Gowran, Co. Kilkenny**

Private

*A growing
need for such
a community
service*



New build scheme of
10 private, independent
bungalows attached to a
51 bedroom nursing home



7

two bedroom houses

3

one bedroom houses

51

bedroom nursing home

Description

The original idea for Gowran Abbey Nursing Home and Retirement Village was that of local Gowran businessman Tommy Farrell and Dr Finian Gallagher – they both saw a growing need for such a community service.

Gowran Abbey Nursing Home Kilkenny and Gowran Abbey Retirement Village Kilkenny is **one of the first care centres to integrate retirement houses** – where people live independently – adjacent to a fully serviced nursing home.

The scheme is managed by three local doctors. The Nursing Home contains 51 residents' rooms.

Gowran Abbey was built in 2006 and opened in 2007.

Gowran Abbey is located in Gowran Village, County Kilkenny, **within walking distance of the village centre** and its shops, post office, church and community centre. There are bus links to Thomastown and Kilkenny.



Independent houses

There are seven two-bedroom single storey houses and 3 one-bedroom single storey houses. The houses are spacious and include en-suite bathrooms.

All of the houses have their own private garden which is communally maintained.

The houses are rented under a care service agreement to those who meet the criteria, i.e. are aged 55 years plus or are an adult with a disability. At the time we visited, the rent was €600 per month for a one-bedroom unit and €800 per month for a two-bedroom

unit. Current fees in the houses cover the following:

- Accommodation
- Emergency call- link (alarm support) to nursing home
- Property management (repairs)
- External maintenance (gardens)
- Refuse disposal

There is nurse call bell and fire alarm system connected to the nursing home, and the nursing home will call an ambulance and contact relatives on behalf of a resident. Residents can arrange to have meals in the nursing home and participate in activities taking place in the nursing home.



Funding

The land for the nursing home was donated by a local farmer. The scheme was privately developed and privately funded.



Features/design & planning

- Private facility
- Good location
- Housing Integrated with nursing home
- Attractive site layout with good parking and good landscaping



Residents' views

A resident we spoke to, who lives in one of the houses, said that his wife is a patient in the nursing home. He visits his wife every afternoon and she goes to his house every evening to watch television. The resident noted that the relationship with the nursing home works very well and that he can go out with his wife when the weather is good – they go to the local Green Apple which is a short drive away. The house is very bright and airy but could be better insulated. He said that he would like if there was a café in the village that he could go to in the mornings to read the newspaper.

Lessons learnt

- Relationship with nursing home works well
- Location close to village is good
- Houses are a generous size and work well for people 'rightsizing'
- Having 10 housing units works well – it is considered a good size
- Quality of landscaping and way in which houses are set in the landscape is very successful





Staff views

Mairead Byrne, the Registered Person in Charge, noted that there is potential for a community-based model not attached to a nursing home, that promotes independence and community.





Cluster 3

Case Study 12: Great Northern Haven, Dundalk, Co. Louth
Clúid

Case Study 13: Tobar Naofa, Dean's Lane, Tralee, Co. Kerry
Tralee Town Council/Kerry County Council

Case Study 14: An Cluinin, Kilmaley, Co. Clare
Kilmaley Voluntary Housing Association

Case Study 15: Bulfin Court, Bulfin Road, Inchicore, Dublin 8
Dublin City Council

**Case Study 16: Westgate Foundation, West Village,
Ballincollig, Co. Cork**
Westgate Foundation

Case Study 12

Great Northern Haven, Dundalk, Co. Louth

Clúid

The community outreach building is used by different groups within the local community



New build scheme of 16 independent apartments

Innovative technology to enhance quality of life

A unique collaboration between Louth County Council, Dundalk Town Council, the HSE, Dundalk Institute of Technology and Clúid Housing Association



16

two bedroom
apartments

1

community
outreach building

Housing designed to help older people remain in their own homes and communities for as long as possible, taking a holistic approach comprising physical considerations, technological considerations, social considerations and cost considerations.

Description

Great Northern Haven, Dundalk, Co. Louth is a purpose-built two and three-storey development built to enable independent living and enhance quality of life.

Great Northern Haven aims to provide an innovative community model for ageing in place supported by technology. The project is a collaboration between Dundalk Town Council/Louth County Council, the HSE and Dundalk Institute of Technology. The housing scheme is managed by Clúid Housing Association. It was designed by MCO Architects and PRP Architects London.

The need for this housing development was identified during the consultation process conducted to inform the Louth Age Friendly County Strategy. Agencies worked collaboratively to deliver an innovative, first of a kind development which **supports older people to continue to live independently in their own communities.** This was a flagship project for County Louth as Ireland's first 'Age-Friendly' County, and for the Netwell & CASALA research centres at the Dundalk Institute of Technology.

The development contains 16 apartments – 15 occupied and one apartment that is retained for research/short stay purposes. The housing was built to support Ambient Assisted Living and allows for physical adaptability with changing needs of residents as they age. There is also a community outreach building with an additional apartment at first floor level. The sixteen apartments all have two bedrooms, with floor areas ranging from 85 square metres to 70 square metres.

The community outreach building is used by different groups within the local community. The apartment overhead was originally included to provide accommodation for a warden but is now rented out.

The apartments are strategically located opposite the Primary Health Care Unit and close to the Council offices, the leisure centre, the social welfare office, the church, the pharmacy and the bus stop.

Outreach services are provided by Cúltaca which employs two people; a former nurse and former guard, as service co-ordinators providing outreach community services to the wider community. Cúltaca has 150 volunteers. Shared spaces in various locations acts as hubs. Cúltaca provides a number of social connections and interventions, and helps match people with local services and supports.

There is a research element to the scheme, with the **Netwell Centre in Dundalk Institute of Technology setting up an Ageing-in-Place research project** using research gathered from the Great Northern Haven.

Great Northern Haven aims to balance autonomy with social connectiveness.



Facilities

- Sixteen purpose built smart two-bedroom apartments
- All apartments have an ensuite bathroom and guest bathroom
- Own balcony or patio space
- One guest/ research apartment
- Two lifts to first floor apartments, apartments accessed off a walkway
- Community outreach building with apartment over
- On-site base for research



Funding

Funding support came from the Department of Housing, Planning and Local Government, Sustainable Energy Authority Ireland and Atlantic Philanthropies.



Features/design & planning

- Centrally located, close to the Primary Health Care Unit, the local authority offices, the leisure centre, the social welfare office, the church, the pharmacy and the bus stop
- Developed on a brownfield site
- Adaptable design and incorporating a universal design approach
- Strong social supports provided by Cúltaca
- Innovative use of technology (using internal monitors to give security, support and comfort to residents and their families)
- Ambient sensor technology supports monitoring of patterns of behaviour over extended periods of time and deviations in these patterns
- Sustainable design features, such as a central wood pellet boiler,

mechanical ventilation heat recovery and a green roof

- The building was designed before the CEUD Universal Design Guidelines for Homes was published. It takes account of Lifetime Adaptability guidelines and other accessibility guidelines

Design features include:

- Direct access to bathroom from bedroom
- Bathroom is fully accessible and is designed so that a ceiling mounted hoist can be easily installed (though, to date, this has not been used)
- Adjustable height sink and cooker in kitchen
- All electrical items interconnected. (e.g. heating responds to opening of windows)
- CAT6 cabling in every room

Lessons learnt

- 16 apartments is a good size
- Same density but maybe a different shaped site (site is long and narrow) might work better
- There is no common laundry – that would have been a good thing to have
- CAT6 cabling in each room is very helpful
- Cabling for actuators on windows and for opening/closing blinds works well
- Energy brief should be re-considered for future projects – energy costs were very high at construction stage and the bio-mass boiler is not used
- Keeping care separate from housing works well as a model – scheme is 'care ready' but not based on a care model
- Door-closers are an issue (many residents hold kitchen/living room door open). Also, doors are heavy
- Community outreach building could be used more by residents





Allocations

The first residents moved to Great Northern Haven in 2010, with the housing provided to residents with a health or housing need. Sixty percent of the residents are allocated by the local authority from the social housing waiting list. The remaining 40% are people that the HSE identify based on health needs.

Great Northern Haven originally planned to house people over the age of 65 years but have accommodated two people under 60 years of age.



Case Study 13

Tobar Naofa, Dean's Lane, Tralee, Co. Kerry

Tralee Town Council/Kerry
County Council

"The design is brilliant, it has a continental feel. The restoration work is excellent"



56 Independent living units with supports for older people and primary health care facility

New build and refurbished convent building



56

one and two-bedroom apartments

1

Primary Health Care Facility

Description

The Convent of Mercy School and Convent were purchased by Tralee Town Council (TTC) in 2002. This opened up a large development site on Dean’s Lane and presented TTC with the opportunity to improve accommodation and facilities for older people in the area.

The ‘Tobar Naofa’ development consists of 47 apartments, plus one caretaker apartment and a Primary Health Care Facility, with a further 8 apartments on the first floor above the Primary Health Care Facility. It is located in the existing, converted, Moyderwell Convent. The National Building Agency/Housing Agency were the architects for the development.

The project, first launched in 2004, has seen **Tralee Town Council engaged with the community organisations** and a range of agencies operating in the area, including St. Brigid’s Community Centre, Partnership

Trá Lí, Kerry Traveller Development Project, HSE, RAPID, An Garda Síochána and the Presentation and Mercy orders.

The scheme was developed in the following three phases between 2007 and 2012:

- Phase 1: 42 apartments
- Phase 2: 6 apartments
- Phase 3: 8 apartments and Primary Health Care facility (located in Convent).

Tobar Naofa is located close to the town centre of Tralee, within five minutes’ walk of the church, shops, post office and pub.



Facilities

- 56 one and two-bedroom apartments – 4 apartments are fully wheelchair accessible, 45 accessible and 7 not accessible⁶
- Daycare Centre in existing convent
- Community room
- Restaurant (in Daycare centre)

- Allotments
- Outdoor fitness facilities
- Energy Centre

Managed by: Kerry County Council/Tralee Municipal Area. The HSE manage the Daycare Centre.



Funding

Regeneration/Housing funded by DECLG; Kitchen equipment and one boiler funded by HSE.

Funding Model

Mainly funded by the DHPLG with a contribution from HSE.

⁶ Wheelchair accessible goes beyond Part M accessible.



Allocations

In March 2018, there are 58 residents living in the scheme. Over half of these come from the local area and age ranges from early 50s upwards. Thirteen of the residents receive health care services daily. People are referred by the local authority, with high priority given to those with identified physical needs. Many downsize from their existing homes because of health needs. Two members of the Travelling community, both in their seventies, are living in the complex.

Features/design & planning

- 56 good sized apartments with balconies
- Energy efficient district heating scheme with underfloor heating
- Daycare Centre with easy access to Primary Care Team, physiotherapy, respiratory care and diabetic care
- Resident warden who also oversees the allotments
- Meals available in the daycare centre or can be delivered to residents
- Accessible gardens
- Engagement with local community including: intergenerational activities with transition year students from nearby secondary school, developing a regeneration walk, currently installing a geodesic dome (for plants and information) in the allotment area and a creative writing group

Staff views

“This is the way to go – Daycare with nursing supports. This is a financially viable model. People feel they are part of the community. The two people from the Travelling community have integrated. Life expectancy for Travellers is generally 15 years less than for the settled population but these people are doing well in their seventies. Intergenerational activities are important – 5th year students come in once a week. The well-being aspect is important, with a shift from acute care. This model means people are in a position to notice if someone is not eating or is confused and can intervene at an earlier stage. The health centre has good contact with GPs. Four residents have no next of kin and the Care Centre is aware of their circumstances. All are referred to the Health Centre by their GP. Podiatry care reduces the incidence of amputations in diabetic patients. One thing lacking is a treatment/clinical room for people coming in from the community. A more enhanced health care facility would be good.”

Having a HSE strategy for inclusion of Travellers and Roma people is important. It was noted that Maori (New Zealand) and Malta both have very good models of care in the community for older people.

1854	The Mercy Order arrived in Tralee
1858	First Mercy Convent completed in Balloonagh, Co. Kerry
1872	St. Mary's Convent at Moyderwell established
1878	St. Mary's Convent at Moyderwell constructed for the Mercy Order within the gardens of the former deanery
1936–1939	Chapel extended, addition of bedrooms and windows and internal layout re-configured 2004
2002	Convent sold by the Mercy Order to Tralee Town Council
2007	National Building Agency Ltd. engaged by Tralee Town Council to prepare design work and proposals for the Convent and surrounding site in conjunction with an Architectural Heritage Assessment
2010	Construction commenced on conversion of the upper floor to apartments for older people, with HSE day-care facilities on the ground floor
2012	Refurbished convent completed and occupied



Staff views

"This is the way to go – Daycare with nursing supports. This is a financially viable model!"







Residents' views

One resident said that he moved into an apartment in Moyderwell in 2012. Before moving, he was ill and living in a cold house; he said that he was told by the district nurse that he would not have survived if he had remained living in that house. This resident is an art historian and, for him, "the design is brilliant, it has a continental feel. The restoration work is excellent". He said that the outside spaces are very important; he likes the trees and the outside spaces and going to the allotments, "having good benches and a garden to walk in is important".

He also said that he likes the clean lines, that everything is simple and that there is not an institutional feel

to the buildings. He said that, within a year of people coming to live in Tobar Naofa / Moyderwell, people look younger and that the scheme should be replicated all over the country. He noted that the location, close to the town centre with shops nearby, is very good and that we need to go back to living in towns and to having a connection with other people.

He had some concerns about the convent walls being removed – he felt that the 19th century garden was an important feature and the removal of the garden walls means you feel a bit exposed using the exercise equipment – however, the upside is that there is now a better

connection to the local community and the replacement railings look well. He noted that the general ambience is good, that staff are supportive and that people can retain their independence.

This resident lives in a one-bedroom apartment and said that it would be better to have a second bedroom so his children could visit and, if the balcony was one foot deeper, it would be more useful. The resident noted that Peter, the warden, is key to the success of the scheme. He said that you would want to be really grumpy not to like the place and that he does not know anyone who does not like it.

Lessons learnt

- Location close to town is a critical factor in success of scheme
- Model of independent living associated with a Daycare centre, where medical support is available, if requested, has proved to be very successful
- Communal garden and allotments have made a significant contribution to the scheme
- Resident warden contributes significantly
- Apartments are reasonably spacious, however, more storage and slightly larger balconies would have been helpful. Also, a second bedroom would allow for relatives or a carer to stay overnight
- An occupational therapist should be involved at the design stage
- Consider walking distances from lifts (position of lifts in convent means that it is a long walk for some from the lift to their apartment)
- It would have been helpful to have had a treatment room in the Daycare Centre - the treatment room currently operates out of Kingdom Voluntary Housing for Older People nearby
- Boiler house could be larger – boiler was planned for wood pellets but uses wood chip which needs to be delivered every second day; gas is available as a back-up



Case Study 14

An Cluinin, Kilmaley, County Clare

Kilmaley Voluntary Housing
Association

*“The outreach
workers call
several times
a day”*



24 independent new build dwellings built in two phases

Independent housing with supported care (if needed) and HSE run day centre and health centre

Managed by: Kilmaley Voluntary Housing Association/HSE



20

two bedroom
apartments

4

one bedroom
apartments

1

day centre and
health centre

Description

The houses form a retirement village in the centre of Kilmaley village, adjacent to the Catholic Church and within walking distance of the local shop and post office. There are 24 independent living dwellings, supported by on-site Daycare and Health Centre services.

The aim of Kilmaley Voluntary Housing Association is to provide **housing with care and support, when needed, in a home environment** within the rural area of Kilmaley, Co. Clare.

Eight two-bedroom and four one-bedroom dwellings, a Day Centre and Health Centre were opened in 2004. An extension to the Day Centre was completed in 2010 and an additional twelve two-bedroom apartments, were completed in 2014.

The dwellings are spacious, with generous circulation and storage spaces. The kitchens are naturally lit. The first phase of dwellings is built around a courtyard with links to the Daycare Centre and to the Church and Village. The second phase, consisting of twelve two-bedroom dwellings, is built on two levels. On the lower ground level the "percent for art"

scheme was used to create a sculptured mural that reflects local interests.

Each dwelling has a monitoring alarm that will contact the outreach workers, and an outreach service is also provided from the Daycare Centre to the residents of the houses, providing assistance with daily living needs and assisting people with going to bed and getting up in the morning in the surroundings of their own homes. Care and assistance is available to all residents in their own homes when required.

The nearest pub and a larger shop and restaurant are approximately 500m away. A footpath, linking the complex to these facilities, is currently being constructed. The town of Ennis is approximately 10km from Kilmaley village. The Clare Accessible Bus brings people to the shopping centre in Ennis on Saturdays.



Facilities

- Twenty two-bedroom and four one-bedroom spacious, fully accessible, dwellings
- Daycentre and Health Centre that provide outreach services to residents. The Health Centre accommodates the public health nurses and a general practitioner service. It is in the same building as the Daycare Centre and includes a doctor's room, nurse's room, waiting area and kitchenette and toilets
- Landscaped gardens
- Monitored alarm
- Remembrance garden, green house, men's shed and storage building on the grounds of the complex



Features/design & planning

- The Daycare Centre provides morning tea/coffee, lunch, hairdressing and chiropody services, arts and crafts, gardening, exercise classes and entertainment to older people from Kilmaley and the surrounding parishes
- This is a rural community, and keeping hens and growing vegetables are important activities that residents and clients of the Daycare Centre participate in. The eggs from the hens are used to make scones and birthday cakes
- The Daycare Centre caters for 110 older people in the immediate locality, with 30 people regularly attending four days a week. It is run by a manager and there is a chef (20 hours per week), care assistant and cleaning and kitchen assistants. The Daycare Centre is open four days a week. It includes a dining area, activity area, art room, clinical room (for chiropody and assessments), store, kitchen, two toilets (one with wet room/shower), quiet room and laundrette (not for use by residents) and hairdressing room
- Public Health nurses are based in the Health Centre and there is a mother and baby day once a week
- A priest says mass in the centre once a month
- Primary school children from the local school visit the Daycare Centre for special events. A bus service is provided to and from the Day Centre
- There are plans to locate a Community Centre on a site directly across the road from the development and beside the local school

Funding

Kilmaley Voluntary Housing Association was formed as a sub-committee of Meithal Kilmaley Development Association in 2000. CAS funding of 95% of the accommodation costs was received and the housing is allocated to 75% local authority nominated tenants and 25% private tenants. It was noted that demand is greatest from those that own their own homes for the private allocations.

Residents pay a weekly rent; €80 for a two-bedroom dwelling and €67 for a one-bedroom dwelling. ESB and refuse collection are paid by residents. Heating is by wood chip boiler and residents pay €20 per week for six months of heating. The Housing Association maintains a sinking fund for maintenance, and a maintenance person is employed for 15 hours a week.

Kilmaley Voluntary Housing Association depends on annual fundraising to meet ongoing expenses, with a

section 39 grant from the HSE and rent from the residents. This meets the annual costs of staffing, insurance, equipment, materials and food. The running costs of the overall complex are in the region of €300,000 annually.

The Daycare and Health Centre are mostly funded by the HSE, with some donations and other funding. The HSE contributed to the building of the Health and Daycare Centre.

Residents' views

"I like the company."

"I feel very safe here."

"The staff are very nice."

"I can have dinner in the Day Centre."

"I have an alarm."

Staff views

"People are like an extension of your family."

"The procurement process is difficult for small organizations to manage. The Irish Council for Social Housing (ICSH) were a great support."

"Homes on their own are not enough. The social and support aspect provided by the Day Centre and the work done by outreach workers is very important."

"Having variety is good for staff and residents."



Staff views

"Outreach services finish at 10pm. It would be good to have overnight cover, particularly for people who are terminally ill – but not in order to create a hospital-type environment."

"This is a better way to grow old."







Lessons learnt

- It is important to work with clients and to be sensitive to their needs and the backgrounds they come from. Kilmaley is a rural community so, for example, the residents enjoy growing vegetables and keeping hens
- The Day Centre is a focus of social activity and helps residents to maintain social contacts with family, friends and to make new friends, through the outreach program
- Returning emigrants can make new friends at the Daycare Centre
- Supported Housing of this type reduces the need for full-time nursing care. The difference in cost in providing this model and in providing long-term care is significant. On completion of the first phase, in 2003, four people came out of long-term residential care to live in the housing and only one person has ended up moving to residential care since its creation
- It was noted by staff that "this is a better way to grow old"
- Three of four people from the community employment scheme work as providing important links to the community and are a very valuable resource
- There is a demand for more independent supported housing of this type for private residents
- Originally, the criteria for obtaining a house was poor health and poor housing. Loneliness is now recognised as an important criterion
- Security and safety are particularly important for older people
- Daycare must be adequately resourced and funded
- Dwellings should be spacious enough to accommodate one or two items of furniture from the resident's previous home

Case Study 15

**Bulfin Court, Bulfin Road,
Inchicore, Dublin 8**

Dublin City Council

"I have a small garden under the window – it is good to have a garden"



New build scheme of 50 independent apartments for older people with caretaker

Managed by: Dublin City Council / HSE



38

one bedroom
apartments in two-
storey blocks

12

one bedroom single
storey dwellings

1

day centre

Description

Bulfin Court forms part of the overall development of St. Michael's Estate, Inchicore, on lands purchased in 1999 by Dublin Corporation for local authority tenants.

Completed in 2002, Bulfin Court is a development of 38 one-bedroom apartments in two-storey blocks and 12 single storey one bedroom dwellings. It includes Bulfin Court Day Centre, which provides meals, companionship and social gatherings for senior citizens who live there as well as providing meals to older people from the wider community. A bus brings other older people to the centre for meals. The project formed part of the overall development of St. Michael's Estate, Inchicore.

All bungalows and the ground floor apartments are wheelchair accessible.

Bulfin Court is located close to a Luas stop and there are shops, a Church and women's resource centre nearby. There is a primary care centre located next door to the facility.

The community centre, which has incorporated one of the apartments, contains a dining room, kitchen, communal/chiropractors room, laundry and drying room, office facilities and staff shower.

Meals are delivered from the centre to older people in the area. **The centre is used for local community events, such as parties, language classes, and computer classes.** It is also intended that, when the nearby St. Michaels Phase B is complete, residents from there will have access to the community facility.

There is a full-time liaison officer in the centre. The HSE looks after the running of the meals and have two or three full-time staff.



Facilities

- 50 one bedroom apartments in single and two storey blocks
- Day Centre with dining, laundry, chiropody and community/ educational facilities
- Landscaped gardens



Features/design & planning

- Urban housing scheme that has active links with the community
- Excellent location close to public transport, shops, etc
- Provides daily meals for residents and older people from the area, which enables people living in the housing to maintain and create new friends
- Nicely landscaped and many of the residents have personalised the space outside their homes
- Plenty of passive surveillance provides feeling of security



Residents' views

A local lady who has been living in an apartment in Bulfin Court for 6 years said:

"The apartment is great, people are great. The ceiling in the apartment is too high but the heating is good. I have a small garden under the window – it is good to have a garden. Doors are secure and there is an intercom. I would not change it for anything else. Being able to get meals in the community centre is good. Gutters are not wide enough and there have been some maintenance issues. There were problems with the bathroom windows but they have been replaced. The thermostat is good."



Staff views

"it is all about community"

"I collect people for lunch, 30-50 people every day. I would not change anything. The kitchen is wonderful. The office could be a bit bigger. The social aspect is the most important thing."

"The home help takes meals out to vulnerable people."

Lessons learnt



- The dining room provides an important focal point to the centre
- As meals are also provided for other older people in the area, it also acts as a community hub
- Linking the community facility to the housing is very successful
- It was noted that some schemes for older people that do not have community facilities are not so successful
- The mixture of apartments and bungalows works well
- Not having lifts to the first-floor apartments limits their usefulness
- Achieving good acoustic separation between dwellings was noted as important, as noise disturbance is the main source of friction
- Having both Dublin City Council and the HSE on site works well



Residents' views

"I would not change it for anything else. Being able to get meals in the community centre is good."



Case Study 16

Westgate Foundation, West Village, Ballincollig, Co. Cork

Westgate Foundation

"I love it here. It has given me a new lease of life. I feel very safe and am much more relaxed."



36 new-build independent bungalows for older people and a Daycare Centre

Developed and Managed by: The Westgate Foundation

www.westgatefoundation.ie



28

one bedroom dwellings

8

two bedroom dwellings

1

daycare centre

Description

Westgate Foundation is a community-based organisation that was founded in 1985 to provide a range of services to older people, it is an approved housing body affiliated to the Irish Council of Social Housing.

Westgate includes a Daycare Centre and 36 independent-living houses; 28 one-bedroom single-storey dwellings and eight two-bedroom single-storey dwellings. The houses were built in 2002.

There are sixty staff and volunteers working at the Foundation providing the following services:

- Daycare activities – social activities
- Community catering – transport
- Sheltered housing
- Social work – counselling

The Daycare Centre is currently being extended to provide additional bathrooms, showers and health care facilities.

Housing is managed to encourage independence. **People keep an eye out for each-other but it is not “in your face.”**



Facilities

- 20 independent dwellings for people aged 55 years plus
- 6 emergency dwellings for people aged 55 years plus
- 10 non-social or ‘key money’ dwellings
- 8 of the dwellings have two-bedrooms, the remainder are one-bedroom dwellings
- Daycare Centre with catering, community, social care and healthcare facilities. Residents have access to services at an agreed fee. The Daycare Centre operates five days a week
- Landscaped grounds
- Ample parking for residents



Funding

The building was funded using CAS funding. Westgate Foundation is a registered charity and limited company and it is funded through service income,

fundraising and government grants. The HSE provide funding for the Daycare Centre and associated facilities.



Allocations

The Sheltered Housing Project is supported by the Department of the Environment and Heritage and by Cork County Council. Allocations for the social and emergency housing come through Cork County Council.

All houses are occupied and there are currently 40 people on the waiting list for the keyholder/non-local authority dwellings.

All residents are aged 55 years plus and some are still working. There are slightly more men than women. Most of the residents in Westgate live on their own.



Features/design & planning

- Excellent location on a bus route, with a hotel, shopping centre, chemist, airport and other services nearby (one resident used to go on the bus every week to go dancing)
- Residents have access to facilities in the Daycare Centre, including meals and social events
- Nursing care is not provided to residents – the centre will contact ambulances and relatives on behalf of the residents, if need be
- CCTV cameras in courtyards
- Strong sense of security
- Exterior of dwellings is maintained by the Foundation. Residents are responsible for the interior
- No differentiation between 'keyholder' and local authority dwellings
- Maintenance service available to residents
- Most residents have personal alarms (on a private basis)
- Electric storage heating
- Maintenance take out the bins for the residents
- Dwellings are all single storey and built around courtyards
- There is undesignated parking in the courtyards
- Two-bedroom houses are wheelchair accessible
- Hall and door widths in one-bedroom bungalows do not facilitate wheelchair access
- Houses are a good size and there is space, particularly in the two-bedroom houses, for residents to have some of their own belongings
- Good acoustic separation between dwellings



Staff views

"Providing the range of services that the Foundation would like to provide using existing resources is an issue."

"We keep an informal eye out for residents."

"An issue has arisen a couple of times, where 'keyholders' would like to be able to pass their house on to children who have disabilities. However, because of the age restrictions, this is not possible."

Lessons learnt



- Funding and resourcing to provide the level of service provided is an issue
- Demand for keyholder/non-local authority allocated places far exceeds supply
- As a result of the recession, those seeking emergency accommodation, come from all backgrounds
- The need to feel secure is very important for older people, and being in a secure environment is very important for their well-being
- The day centre does not interfere in residents' lives unless asked to do so
- Westgate demonstrates the value of encouraging independence while also being available if assistance is needed



Residents' views

"Places like this are a Godsend."

"People are very helpful. I have nice neighbours. I can come and go, everything is within walking distance."

"The service you get from the centre is wonderful!"

"Storage heaters are expensive – it is a problem, but not a big problem."

"Security and cameras are important. I feel safe."

"There are enough parking spaces so you don't fall out with neighbours over parking."

"There are people to help you with maintenance issues."

"You can get a good healthy lunch every day."







Cluster 4

Case Study 17: Anam Cara, St. Canices Rd., Ballygall, Dublin
FOLD Ireland

Case Study 18: Carebright Community, Bruff, Co. Limerick
Carebright

**Case Study 19: Dublin City Age Friendly Housing with Support,
Inchicore, Dublin**
Circle VHA and Alone

Case Study 17

Anam Cara, St. Canices Rd., Ballygall, Dublin

FOLD Ireland

Having their own bed-sitting room, own keys to front door is very important for privacy



56 New-build housing
with care units

Managed by FOLD Ireland

www.FOLDireland.ie



56

residents in total

28

residents are frail and elderly

28

residents are living with dementia

Description

Anam Cara Housing with Care was opened in 2007 to provide a new and flexible approach to providing housing, care and support to older persons with a diagnosis of dementia and older persons in need of care services.

It is a two-storey building and the ground floor dwelling forms a secure environment for people living with dementia. Anam Cara is recognised by the Health Services Executive (HSE) as a Housing with Care Scheme providing residential care services and not as a Nursing Care facility.

This is a housing with care development with 56 residents. It is managed by FOLD Ireland and is regulated by HIQA. It caters for people with medium to low dependency needs.

There are social carers on site caring for the residents, funded by the HSE. All residents have a care plan in place, and medication may be administered by staff.

This is an alternative to nursing home care. It enables residents to have greater independence than they would have in a nursing home, while there is greater safety, security and care provided than in independent housing for older people.



Facilities

- Residents' rooms with living/ bedroom space, own bathroom and kitchenette
- Shared facilities, including shared kitchen and dining rooms, sitting rooms, TV room, central hub, laundry and a guest room
- Communal gardens
- Residents furnish their own space
- Own key to door
- Full-time care assistants and eight full-time staff on at any one time. Staff all have FETAC level 5 qualifications and have training in dementia, elder abuse and occupational first aid training



Funding

Funding for the building came mainly through CAS. Residents pay rent of €110 a week to covers all costs, including heat, electricity and food. There is a care contribution of €70 a week per resident which comes through Section 38/39 funding from the HSE.



Allocations

There is an allocations panel made up of FOLD, the HSE and Dublin City Council.



Features/design & planning

- Links to local community and church
- Next door to Ballygall Housing Scheme (case study 1) which is also run by FOLD
- Access to services will improve when new external gate inserted between Anam Cara and Ballygall schemes
- Designed for dementia; no dead-ends in corridors
- There are built in spaces by front doors for residents to create their own memory boxes



Staff views

We spoke to two people working in Anam Cara. Some of the views expressed were:

- Maintain independence, residents can come and go as they please (for dementia patients – depends on assessment)
- Residents have their private space and own furniture
- Linked in with the community, church, men's sheds, local pubs
- Try to keep life as normal
- Own front door
- Like home from home
- Family can come in and out whenever they want to visit, with no restriction on visiting times
- This is a social model rather than a medical model of housing
- Residents with early onset dementia are getting the level of support to help to ensure that their condition does not progress and remains stable
- Having their own bed-sitting room, own keys to front door is very important for privacy for people
- Slows deterioration in health
- Needs to be more of these places

Lessons learnt



- A critical factor for the success of this type of housing is to have a good relationship between GPs and housing providers. As more of cluster 4 type housing is developed General Practitioner funding based on a housing model (€183 a year) rather than a nursing home model (€450 a year) may need to be reviewed
- An issue for developing this type of housing is that there is no funding structure for this model of care and housing
- Need specific standards in place for this type of housing model. Currently Anam Cara is regulated by HIQA and adheres to nursing home standards. Follow the 2007 Health Act, even though this is a housing model



Case Study 18

Carebright Community, Bruff, Co. Limerick

Carebright

*Ireland's first
purpose-built
community for
people living
with dementia*



Developed and managed
by: Carebright Community

Architect John Quinn,
Quinn Architects

www.carebright.ie



3

bungalows

6

private living spaces
in each

1

community hub
with a café, hair
salon and fitness
centre

Housing with Care providing a supportive environment for people living with dementia. This is a Dementia Village and is the first of its kind in Ireland with three bungalows, each containing six private living spaces.

Description

Carebright Community is Ireland's first purpose-built community for people living with dementia and is in the town of Bruff, Co. Limerick. The first residents moved in in March 2018.

The community is set on a four-acre site in the town, opposite the GAA grounds. It is made up of three bungalows, each containing six private living spaces and gardens, a community hub including a café (opening later in 2018), hair salon, fitness centre and large community room and office.

The community focuses very strongly on the outdoors; each bungalow has its own communal outside space, while each resident has their own private outside patio space off their living/bedroom space. There is a large kitchen garden, walking and seated areas and sensory and remembrance gardens.

The community will be home to 18 people living with dementia when it is fully operational. When we visited there were ten people living in the Carebright Community.

Each bungalow has six **private living spaces, which include a large bedroom, with a sitting area, large ensuite bathroom, storage and doors to an outside private patio area**. Each bungalow also has a large communal sitting room, kitchen and dining area, communal outdoor space and seated area.

The scheme has a resident dog, Sheila, and had a donkey for a while.



Facilities

- Large Daycare/community room
- Café
- Commercial kitchen
- Hair salon for residents
- Exercise room/Gym
- 24-hour cover with carers in each house
- 24-hour cover by nurse
- Community space will be open for Daycare/social care of Carebright's clients living in the wider community
- Café will be open to the public with a large commercial kitchen
- Each house has its own sitting room, kitchen, dining area, utility room, outdoor areas. Large communal spaces
- All bedrooms open to private outdoor space



Features/design & planning

The vision of this community is to provide a home for people living with dementia to live as independently as possible, and provide an alternative to a nursing home.

- A non-clinical environment. No uniforms, nurses and carers cook and take part in daily living activities with the residents. Residents are free to move around within the site and live as independently as possible
- Residents and carers in each bungalow organise the weekly shop and cook together
- Regulated by HIQA
- Interiors designed for lots of natural light, large windows, bringing the outside in
- Spent money on 'sun-downing' lighting which is special interior lighting to help people suffering with dementia
- A lot of thought went into colours and ensuring contrasts between spaces, objects, light switches, and between things such as toilet seat, handles, and rails in bathrooms
- Interior designer from Limerick Institute of Technology helped with the colour schemes in each house
- Bedrooms have flotex flooring, which feels homelier and carpet-like but is strong and can be cleaned easily
- Lighting comes on automatically in the bathroom ensuite and the bathroom is located within eyeline of the bed
- Air recovery system
- Underfloor heating



Funding

Funding has come from a mixture of sources. The total cost is approximately €5 million. Sources of funding:

- €1.5 million from the Department of Health
- €1.2 million from the JP McManus benevolent fund
- CAS funding of €770,000 for one of the houses.
- DHPLG grant of €7,500 for communal spaces.
- HSE funded some equipment.
- Carebright's own reserves
- Leader grant for furniture
- Donations of furniture from furniture shops and private individuals
- Loan from Tomar

Most residents will come in on the Fairdeal Scheme (or some may pay privately). The payment through Fairdeal is the same as if residents were living in a nursing home as there is no specific funding model for this type of housing scheme. It is not known yet if operating costs will be higher than a nursing home.



Allocations

Limerick Local authority have nominations for one house (6 places- in process of sorting through allocations for these. These residents will be integrated within the community).

The criteria to enter the scheme is a diagnosis of early to mid-stage dementia, and able to live and communicate within a group of six people.



Staff views

- Homely atmosphere
- Open to families to visit
- Residents already have seen a reduction in the amount of medication needed since moving in
- Providing types of homes that were needed and not being provided
- People able to live more independent and fuller lives than perhaps they would if in a nursing home
- Some people will be coming from an isolated background and will be able to live more social, integrated lives



The vision of this community is to provide a home for people living with dementia to live as independently as possible, and provide an alternative to a nursing home.



Lessons learnt

Took eight years to get from concept to opening – main hold-ups were to do with getting the right site and raising the funding.

- Important to take time to get the right mix in the model between social and clinical
- Vision development helped by Rodd Bond in Great Northern Haven
- Architect really understood what they were trying to provide. Was knowledgeable about designing for dementia
- Need to change medical mindset – to be less cautious or risk adverse so that residents can live more independently. Mindset of staff and families also need to change
- Took a while to get the right staff
- Nurses need to be comfortable with slightly different role; for example cooking and not wearing uniforms
- Difficulty getting GPs to take on the scheme and do house visits
- Importance of getting the right architect who could see the vision
- Visited dementia villages in England (Belong) and in Netherlands (Hogewey) for inspiration
- Finding the right site was very important – wanted to be in a community and within village or town boundaries
- Funding route not straightforward. With CAS, had to put a charge on part of the scheme on the mortgage which has an impact on Carebright
- Need for a new funding model for this type of housing
- Under HIQA regulations a nurse is required on site

Case Study 19

Dublin City Age Friendly Housing with Support, Inchicore, Dublin

Circle VHA and Alone

An alternative housing model that falls between living independently and residential care



New build 52 independent apartments for older people – a new model of housing for older people currently being developed

A partnership approach, with Circle Voluntary Housing Association and ALONE Housing awarded the contract to build and run the housing scheme

More information:
www.housingagency.ie/Our-Publications.aspx



36

one and a half
bedroom units

New Model of Housing for Older People where the key components of physical environment and care supports are provided onsite, integrated into the community and are designed with Older People at the centre. The Rebuilding Ireland Action Plan for Housing and Homelessness recognised this project as a Pathfinder Project. Key element of this project is the inter-agency approach taken to its development.

16

two bedroom units

Description

This is a new model of housing that is currently being developed in Inchicore in Dublin. There will be 52 apartments for older people with communal facilities (health and social) on the same site.

As part of this project, an evaluation of the work undertaken to gather the learnings was built into each phase. The housing will provide **independent housing but with access to care and support services on site, with a facility for emergency services** for older people in Dublin.

This project has been divided into three phases led by a steering committee. Phase one is complete; which was from development of the concept to the overall design and awarding of the project to the AHB/s (Circle Voluntary Housing

Association and ALONE). Phase two is currently underway, which is the detailed design and build phase, and phase three will be when tenants move in. A toolkit is being developed as the project progresses so that the learning can be used by other housing organisations interested in developing similar type housing.

This housing is an alternative housing model that falls somewhere between living independently and nursing home/residential care.



Facilities

- Planned that there will be 36 one and half bedroom units to facilitate people as care needs change, extra space for family or carer circa 63 square metres and sixteen two-bedroom units circa 80 square metres
- Fully self-contained apartments
- Communal space to include a lounge, dining area, catering kitchen, small lounges, public toilets
- Laundry
- Hairdressing/beauty salon
- Small meeting room for residents and visitors
- Office space for staff – to include a manager's office, care staff office, staff lounge and kitchenette and toilets, changing rooms
- Refuse store and plant room
- Guest room with ensuite
- Community alarms and other assistive technologies
- Fob controlled entry



Funding

It is planned that Capital funding will come from the Department of Housing, Planning and Local Government through CAS, with a contribution to the construction of the community facilities being made by the HSE.

The DHPLG is funding higher specification homes of one and half-bedroom size to facilitate extra space requirements as people age.

The HSE (and the Department of Health) have agreed multi-annual funding to cover the costs of care, and the DHPLG and the HSE are jointly funding the extra communal facilities.

Dublin City Council owned the site and signed the site over to Circle Housing Association on awarding of the contract.



Allocations

There will be an allocations panel set up to identify residents for the scheme. A commitment to enable the HSE to nominate up to 25% of the residents based on health needs has been agreed. It is envisaged that the remainder of tenants will be nominated by Dublin City Council.



Features/design & planning

- Purpose-built accessible building
- Larger sized units to include changing needs and space requirements as people age, such as space to accommodate a bariatric hospital bed
- Access to care and support services on site and a facility for emergency services
- Staff onsite – medical and housing
- Extra communal facilities will provide twice as much space as the normal level of communal facilities funded for independent housing for older people
- Safety and security built into the design, with fob or person-controlled entry

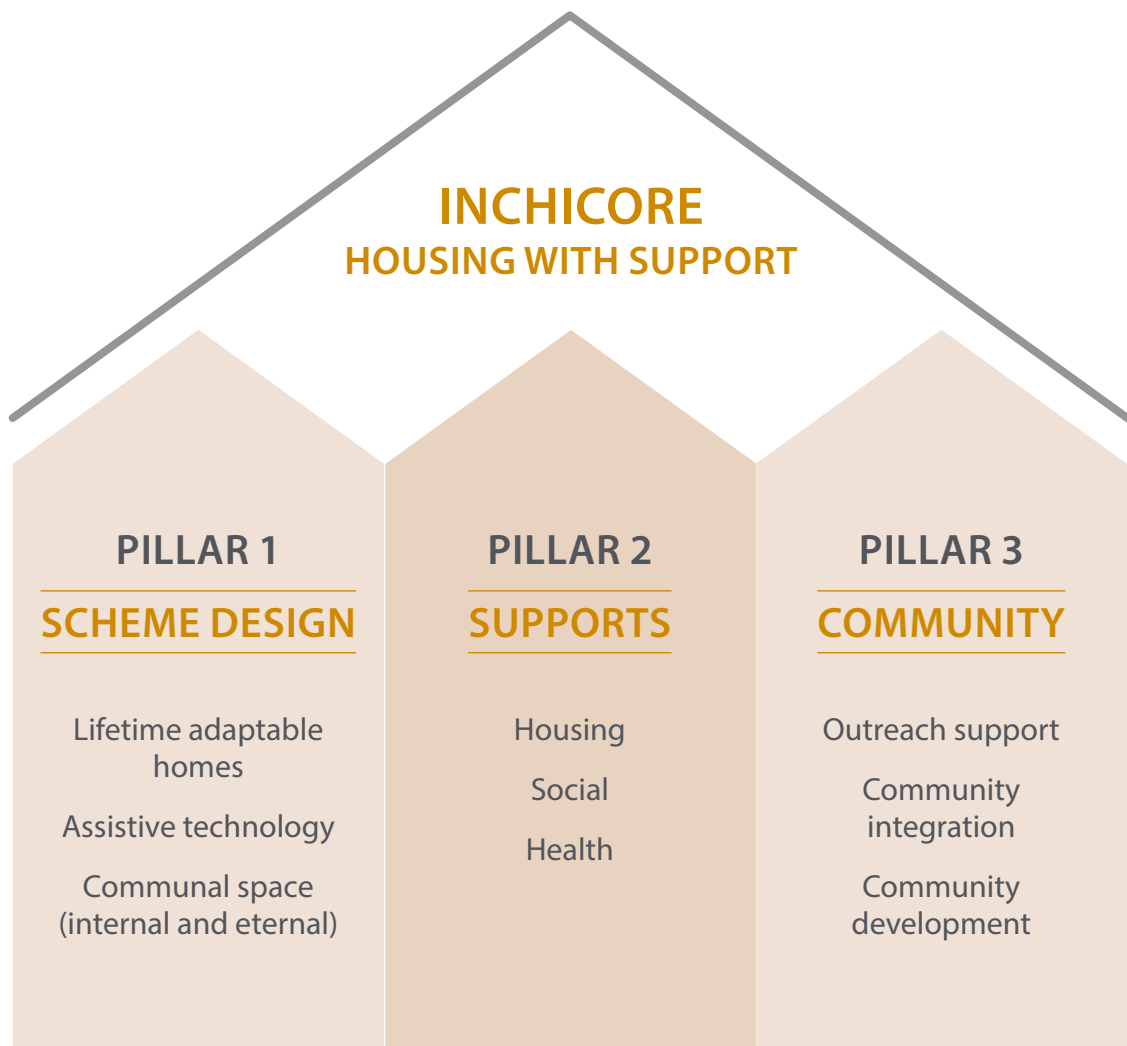
Lessons learnt



- Creation of a steering group was very important to this project. (DOH, DHPLG, HSE, DCC and ICSH)
- A new funding model has been recommended but not yet developed for further roll-out of these types of housing schemes
- Very important to create a strong vision
- Collaborative partnerships between different government departments and agencies crucial
- A lot of early stage consultation to inform development of project was important



The **VISION** and **THREE PILLARS** of the project



Source: Dublin Age Friendly Housing Steering Committee (2016) *Inchicore Housing with Support Demonstration Project: A Partnership Between Housing, Health and Community* vision document.





Appendices

Appendix I: List of Abbreviations

Appendix II: Funding for Social Housing



Appendix I:

List of Abbreviations

AHB	Approved Housing Body
CALF	Capital Advance Leasing Facility
CAS	Capital Assistance Scheme
DCC	Dublin City Council
DHPLG	Department of Housing, Planning and Local Government
DOH	Department of Health
HA	Housing Agency
HIQA	Health Information and Quality Authority
HSE	Health Services Executive
ICSH	Irish Council for Social Housing
P&A	Payment and Availability agreement
SHCEP	Social Housing Current Expenditure



Appendix II: Funding Models for AHBs

Normally social housing developed by approved housing bodies (AHBs) for older people is funded through the Capital Assistance Scheme (CAS) which may provide up to 100% of the capital costs of building housing to *'meet the accommodation needs of older people, persons with a physical, mental health, intellectual or sensory disability, elderly returning emigrants and persons exiting temporary homeless accommodation etc.'*

Another possible funding option available to AHBs through the Social Housing Current Expenditure (SHCEP) is to use a Payment and Availability (P&A) agreement. This is often used in conjunction (though not necessarily) with a CALF loan.

A P&A agreement is entered into between the local authority and the AHB to provide housing to nominated local authority social housing list applicants. The local authority pays the AHB a set rent over a set period of time of up to 92% of market rent. In some instances, the initial payment can be set at up to 95% of market rent where this can be justified by the AHB where the property is an apartment.

100% of housing allocated through a P&A agreement is to nominated applicants from the local authority social housing waiting lists. With this agreement in place, the AHB is enabled to access private or Housing Finance Agency lending. A CALF loan may also be provided to enable AHBs to access private funding more easily. The loan, which is exclusively available to AHBs, is to assist them in accessing private or Housing Finance Agency (HFA) finance for the purchase, construction or refurbishment of units that will then be made available for social housing purposes.

The CALF loan may be up to a maximum of 30% of the capital costs of building the housing, which will be made available through the P&A for social housing. Repayments on the CALF loan (capital advance) are not required during the term of the P&A agreement but the amount will remain outstanding at the end of the agreement. The purpose of this, and indeed the whole facility, is that the capital advance should assist AHBs in securing finance to purchase/construct units and make projects more viable for AHBs from a liquidity or cash flow perspective, particularly in the initial years. The details of the two different funding mechanisms are outlined in more detail in the following table.


Table: Differences between CAS and CALF

	Capital Assistance Scheme (CAS)	CALF (Payment and Availability with Option of a Capital Advance)
Description	Provides up to 100% capital funding for housing, which will enable the development of housing/sheltered housing for people with specific categories of need.	P&A agreements assist AHBs to access financing from private lending institutions and/or the Housing Finance Agency for the purchase, construction or refurbishment of units, that will then be made available for social housing purposes under the Social Housing Current Expenditure Programme.
Level of funding	<p>Public funding of up to 100% of the approved cost of a project can be provided under the terms of the scheme in cases where:</p> <ul style="list-style-type: none"> – All prospective tenants are taken from the local authority housing waiting lists. – Where the approved bodies retain 25% of tenancy nomination rights, funding of up to 95% of the approved cost of a project is available 	<ul style="list-style-type: none"> • A CALF loan facility of up to 30% of capital costs may be provided (up front). The remaining 70% funding is located from private sources (including the Housing Finance Agency) • The local authority has nomination rights to all units covered by P&A agreements. Tenants are selected from the local authority waiting lists exclusively • Rents set at 92% of market rental rates, or up to 95% of market rent in the case of apartments with service charges • CALF loans cover housing units for social housing provision only
Nature of funding	<ul style="list-style-type: none"> • Funding for projects is provided by way of a grant from the DHPLG to the relevant housing authority • This funding is then advanced to the AHB by way of a loan or a 25 to 30-year mortgage • This requires the AHB to enter into a legal agreement with the local authority, creating a 'mortgage charge' on the property • The loan is not repayable, provided the AHB complies with the terms of the scheme 	<p>AHBs enter into a leasing agreement with the local authority to make housing units that they own available to the local authority under a Payment and Availability (P&A) agreement for a certain period of time; usually up to 30 years.</p> <ul style="list-style-type: none"> • With these agreements in place it is easier for AHBs to access private financing, as market rents of 92-95% are guaranteed over the period of the agreement subject to conditions • AHBs may apply to the DHPLG for financial support in the form of a capital equity injection to help purchase or construct properties; the CALF loan • No repayments on the capital advance are required until the end of the term of the loan



	Capital Assistance Scheme (CAS)	CALF (Payment and Availability with Option of a Capital Advance)
Communal facilities	<p>CAS has a maximum allocation for communal facilities of €7,500 per unit. Depending on the final design, Housing with Support may require significantly more funding per unit, and the issue of where the additional funding may be found remains to be resolved. The exact amount of funding that will be required for the communal facilities, per unit, will be determined as part of Phase 2.</p>	<ul style="list-style-type: none">• P&A provide the AHBs with a set reduced market rental rate per housing unit. It does not provide funding for communal facilities• The CALF loan provides up to 30% of the capital costs for the housing being provided for social housing <p>It is possible for housing bodies to apply for grants for communal facilities administered by local authorities. These grants are administered in the same way as CAS applications made using a CF1 form.¹</p>

Source: Housing Agency (2018) Evaluation of Phase 1 of the Dublin City Age Friendly Housing with Support Model in Inchicore.

¹ Paragraphs 6.5 and 6.2 – Memorandum on Capital Funding Schemes for Approved Housing Bodies, 2002, Dept. of Environment and Local Government (sometimes referred to as the Green Book)

A blue-tinted photograph of a kitchen scene. In the foreground, a person's hands are visible near a counter, possibly preparing food. In the background, there are kitchen cabinets and a window with blinds. The overall atmosphere is clean and domestic.

The Housing Agency's vision
is to enable everyone to live
in good quality, affordable
homes in sustainable
communities





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