



We have no economy without health

East Devon Local Plan Consultation

Horizon commonhold care village developments address all issues raised by future developments in East Devon

East Devon has amongst the highest percentage of elderly people in England ranging from early stage retirement to frail elderly in need of care. The choice of retirement housing is limited and care homes and specialised housing with care are in crisis.

Horizon care village developments and satellite retirement developments have been developed in consultation with academics and highly acclaimed professionals to find a solution to the health and social care crisis and in addition to *level up society*.

Horizon Care Village Developments – *operating as centres for excellence developments will consist of:*

- High density, high specification freehold service apartments for frail, elderly and people with long term health conditions.
- An all-inclusive service charge comparable to the cost of living in a family home with care charged separately when required.
- Specialist Dementia Unit (subject to demand).
- A separate development of freehold family homes for families caring for family member with a long term health condition and children caring for a disabled parent; a vital part of the project which will be under constant review to ensure the our services meet a wide variety of needs.
- Satellite developments for early stage retirement.
- 24 hour on site care and support for emergency and continuing care needs.
- Highly trained care staff with access to specialist support and advice.

Facilities and services available for residents, general community and public sector use:

- Day Care.
- Respite Care.
- Reablement and Rehabilitation.
- End of Life Care.

Extensive communal facilities for residents, visitors and public sector for social and recreational activities:

- Restaurant serving a wide choice of menu including healthy living and special dietary needs with room service available for residents.
- Café serving all day snacks and refreshments.
- Reception rooms / areas.
- Library and internet café.
- Social Club and Arts and Crafts Centre.
- Gymnasium and physiotherapy department.
- Hair and beauty salon for residents and visitors.
- Nursery for members of staff, residents' families and the general community.
- A knowledge hub providing professional advice and guidance for health and wellbeing and a wide range of product and service information transmitted through a multi-media network.
- Staff housing and accommodation for attendees of training courses.
- Work placements for medical students.
- The centre will provide a base from which high quality domiciliary care will be provided for the wider community.

Housing will have monitoring, surveillance and communication systems installed during construction. A two way communication system will be permanently connected; monitoring and surveillance systems will be connected as required.

Broadening the reach and range of telehealth and telecare systems and progressing to a single view of people linked to the system provides the facility to identify individual needs and match staff trained in specific needs to demand.

Our care village developments will have approximately 500 homes, extensive communal facilities and landscaping with trees and shrubs. The developments will be managed by a Community Interest Company in consultation with the residents' Commonhold Association to allow the on-going operation to re-invest profit for development, staff training and to offset costs as there is no return to investors and no involvement for investors in the delivery of care. Profit will be generated from restaurant, shops and facilities and services for professional, social and recreational activities. Subject to consultation the initial facilities and services will include Pharmacy, Dentist, Optician & Audiology, Physiotherapy and Podiatry which will be extended on future developments.

The specification of developments will be agreed in consultation with local authorities and the NHS to provide facilities and services for public sector use and to agree the apportionment of costs.

Satellite Retirement Developments

People planning for retirement often disregard the dramatic effect a sudden and unexpected deterioration in health and wellbeing can have on family life.

A wide range of retirement housing developments built within a catchment of a village development will be able to connect to a 24 hour service for emergency and continuing care and support. The facilities, services and social and recreational activities of the village development will be available to residents, family and friends.

A single care village development will have the capacity to support many satellite developments and housing from the general community.

Valuable NHS resources are given to caring for long term health conditions which could be provided by the care system we propose at significantly lower cost delivering enormous annual savings for NHS England / HM Treasury to reduce pressure on public finances. The release of long term health conditions will enable the NHS to concentrate on treating acute health conditions and reduce waiting times for urgent care.

We are establishing a Care Academy to extend training for care workers to include long term health (LTH) conditions. Wages will be paid with incremental increases in line with accredited training to provide career and pay progression, improve productivity and deliver an efficient and professional service to achieve operational excellence.

We are in discussions with Plymouth University to provide the training course. We will deliver the training course in five training delivery methods through a Care Academy.

Caring for multiple health conditions; *reducing pressure on the NHS*

Training staff to a higher level of competence will enable us to provide 24 hour care and support with enhanced care plans and end of life care to reduce admissions and readmissions to acute hospitals. A reduction in delayed transfers of care will result as we actively pull residents from acute settings and a reduction in long term conversions to long term nursing and residential care. Promoting new life skills and independence will reduce longer term dependence post discharge.

Wellbeing; *social interaction and important health benefits*

We give equal importance to physical, psychological and psychiatric conditions of ageing attending to low level care needs to prevent individuals from becoming part of the group of people with 'greatest needs' in the future. Most elderly people with long term health conditions only require a limited amount of care which will be available 24/7 for emergency and continuing care needs. With professional care and support they are better equipped to continue independently for longer periods.

Village developments become living communities where friendship and companionships develop through ***shared interest*** radically reducing the risk of isolation, loneliness and

depression. Social and recreational activities reduce obesity, diabetes and ill health. Extending the range of social and recreational activities with existing organisations widens the range for social and intergenerational integration.

Elderly people welcome taking an active role. Harnessing skills and knowledge gained through a lifetimes experience will enable developments to become self-sufficient in agriculture and general produce with surpluses sold in a community 'Farm Shop' together with a host of arts and crafts.

Interest has been shown in developing vertical farming (hydroponics) which we will actively explore on the completion of developments together with other projects that can provide job opportunities for future generations.

Bullet point summary of the benefits of the project:

- The redistribution of personal wealth by downsizing to purpose built **freehold housing** in commonhold village developments releases funds to pay for care and a quality of life while retaining home ownership and a future inheritance; **this is in contrast to selling a family home to pay care home fees to the end of life without knowing life expectancy and the final cost.**
- High density house building releases existing properties onto the market.
- Satellite developments for early stage retirement.
- Passivhaus construction provides exceptional insulation and heat efficiency requiring significantly less energy with significant savings on fuel costs.
- Providing housing to the highest energy standards will save the NHS £1.4 billion a year treating people affected by poor housing.
- Solving staff and skill shortages by extending training for care worker to include long term health conditions and providing career and pay progression.
- Staff housing will be provided for care workers.
- 24 hour on site care and support for emergency and continuing care in a safe and secure environment.
- People suffering with long term health conditions are better equipped to continue independently for longer with professional care and support relieving the NHS and **local authorities** of financial and operational pressures.
- The capacity of life does not stop with age and long term health conditions; developments become living communities where friendship and companionships develop through **shared interests** reducing isolation, loneliness and depression.
- Social and recreational activities reduce obesity, diabetes and ill health.
- Extending the range of activities with existing organisations from the general community widens the range for social and intergenerational integration.
- Past experience shows that residents welcome taking an active role. Harnessing the skills and knowledge of elderly retired people gained through a lifetimes experience is invaluable and will be put to good use.

Levelling Up, Housing and Communities are inherent in the project:

- Poorly constructed housing can seriously affect health and wellbeing. The UK has the least energy efficient homes in Europe most dating back to before the 1990's when energy efficiency design was not regulated. Many families in poor housing are unable to maintain a reasonable home temperature due to low income.
- A rolling programme of construction of developments built to the highest energy standards provides a solution to building better homes faster and releases existing properties onto the market to reduce the housing crisis.
- Building *freehold housing*, an appreciating asset, *levels up society*, contributes to financial independence and will save families falling into the benefit system.

Marketing and Promotions

We have developed a multi media marketing network to promote and market our developments. The network will be available to businesses who wish to advertise, market and promote their products and services to the over 50 and retirement market including General Insurance, Financial Services, Healthcare, Holidays and Property.

The project could open the door to the largest investment in retirement housing and specialised housing with care releasing existing properties onto the market. The scope for expansion would provide work for the construction industry for decades; create apprenticeships, business for mortgage lenders and benefits for the economy. Promotions and targeted marketing will create a mass market demand in excess of supply and will ensure that all properties are sold from plan to support a rolling programme of construction which we expect to exceed a £billion a year.

Caring for an ageing population is a global problem; we believe our model could change the way care is delivered throughout the UK and developed world and provides a great opportunity to market our concept and training course internationally. We expect the commercial and charity sector to follow the basic concept and welcome the competition this will bring to maintain standards and keep the cost of care affordable.

Launching the project will be the most significant development in health and social care since the introduction of the NHS in 1948.

Commentary and Background

To save a family home from being sold to pay care home fees I developed a concept in the 1970's that formed the basis for extra care housing and care village developments and gave definition to a complete and holistic care system combining a care service, housing, wellbeing and cost in a single corporate structure; anything less is a fragmented care system **not** a complete care system.

During the 1980's I built developments in Exmouth, Devon and Bromsgrove, Worcestershire. Recession in 1989 curtailed further development. I became involved in the deinstitutionalisation of psychiatric hospitals transferring patients from Exminster Psychiatric Hospital to care and support them in the community setting I had developed.

Illustrations of my original developments and details of my current Executive Directors Designate are on our website www.horizonseniorcare.co.uk under the heading 'About Us'. The remainder of the website has not been developed in line with our project development.

The adult social care system of care homes and home care services has not changed since the official introduction of domiciliary care by Prime Minister Margaret Thatcher in 1989 and creates hardship and suffering for families of those in need of care. The problem has been exacerbated by private equity and institutional investors who have grown their position in the sector for shareholder profit.

I decided to return to the care sector several years ago to address the failings in adult social care and reduce pressure on the NHS. Based on my original concept I have developed an alternative care system in consultation with Devon based professionals and academics from Plymouth University. The advice and guidance of Ian Sherriff Academic Lead for Dementia at Plymouth University School of Medicine and Dentistry and Professors George Giarchie and Catherine Hennessy guided my attention to address staff and skill shortages.

The best ecological design is essential for our intended award winning care village development and I was introduced to architects Gale and Snowden based in Bideford by members of Devon County Council. Gale and Snowden have been at the forefront of healthy ecological design since 1992 and are one of the leading environmental architectural studios in the country.

They designed St Sidwell's Point Leisure Centre, Paris Street, Exeter for Exeter City Council; built to the energy efficient Passivhaus standard it is designed to be the most energy efficient in the country, a step forward for Exeter City Council to achieve its goal of net zero carbon emissions by 2030 and deliver at least a 70% energy saving reported by Portfolio holder for leisure, Councillor Duncan Wood in a BBC News report.

We aim for Horizon Care Village developments to be truly award winning in design, construction and operation delivering a wide range of social objectives including protecting local authority budgets by saving elderly people in need of care from falling into the benefit system.

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