

Healthy housing for a sustainable future: The WHO Housing and health guidelines



Outline

1. Relevance of housing for sustainable development and public health
2. WHO's response to the increasing importance of housing: the WHO Housing and health guidelines
3. Outlook: Implementation and stakeholder engagement





Housing is becoming increasingly important

- World's **urban population** is expected to **double by 2050** and will require housing solutions (UN, 2016)
- World's population **aged over 60 years of age**, who tend to spend more time at home, will also **double by 2050** (WHO, 2015)
- Changing weather patterns associated with **climate change** call for **housing providing protection** from cold, heat and other extreme weather events



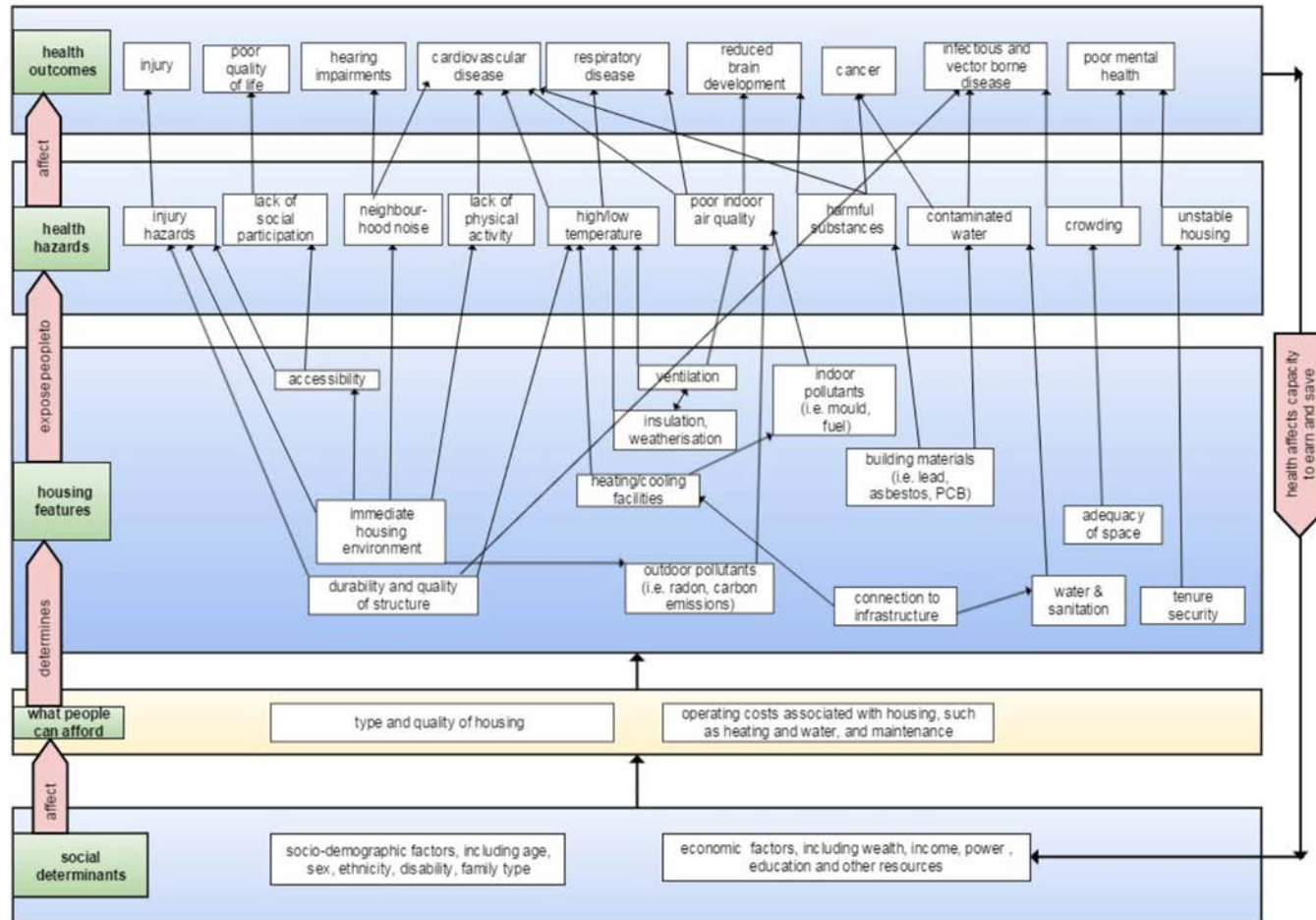
Housing is a public health issue

Healthy housing promotes the achievement of several SDGs

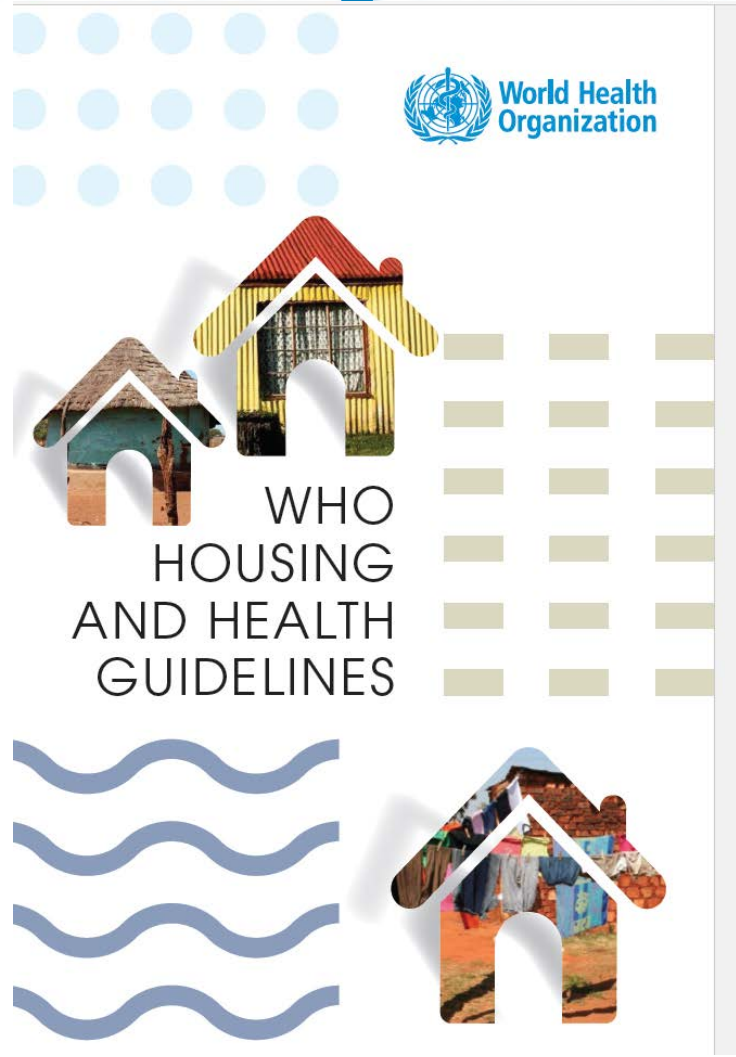


Housing affects health in multiple ways

Source: Philippa Howden-Chapman, Elinor Chisholm and the WHO Housing and health guideline development group

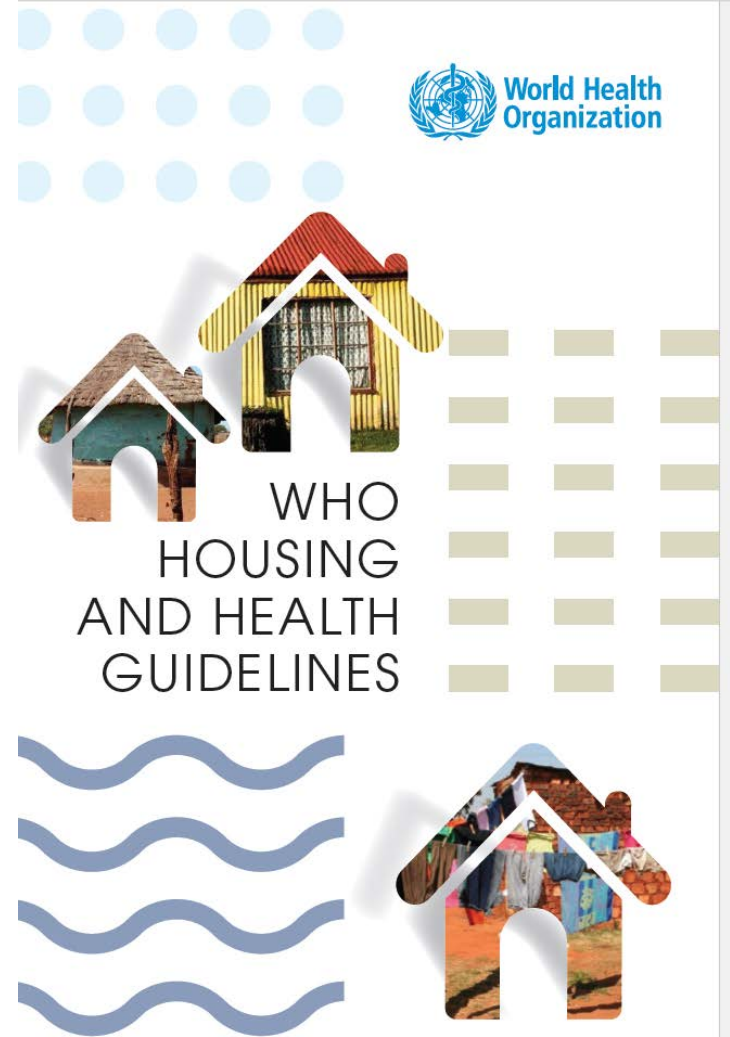


WHO's response: the WHO Housing and health guidelines



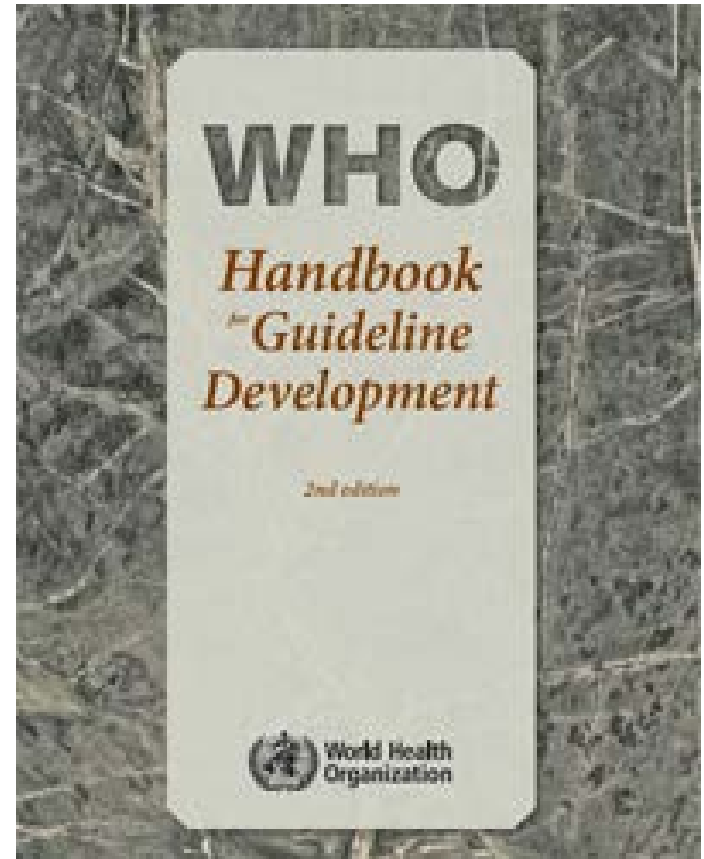
WHO Housing and health guidelines

- Set norms and standards based on the best available evidence
- Focus on a sector = comprehensive perspective on the topic of housing and health
- Enable the health sector to inform other sectors about how housing impacts health
- Target policy-makers and implementing actors



WHO Guideline Development

- Priority issue / Member State request
- Standardized development procedure
- Experts convened: Guideline Development Group, Steering Committee, External Peer Reviewers
- Systematic reviews commissioned to compile the best available evidence
- Evidence graded and complemented by considerations of feasibility, costs, acceptability, benefits and harms
- Formulation of recommendations by GDG
- External review process
- Guideline Review Committee approves guidelines



WHO Housing and health guidelines

New recommendations and summary of existing WHO guidelines






Focus: Housing accessibility

- Rise of functional impairments in **ageing societies**. Yet, most homes are not built with accessibility in mind.
- People with functional impairments face **discrimination and higher costs**
- **Environmental factors** determine whether an impairment is perceived as disabling (WHO & World Bank World Report on Disability, 2011):
 - Accessible housing improves a person's domain-specific functioning
 - Non-accessible housing increases the risk of falls and injuries, restricts social participation, negatively affects quality of life, and increases the burden on caregivers and external social services



Focus: Housing accessibility

Recommendation	Strength of recommendation
 <p>Based on current and projected national prevalence of populations with functional impairments and taking into account trends of ageing, an adequate proportion of the housing stock should be accessible to people with functional impairments.</p>	Strong

- 22 times more cost-efficient to build housing that includes key accessibility features than to retrofit (Rashbrooke, 2009)
- Accessible housing should consider other factors related to healthy housing (immediate environment, social cohesion etc.), e.g. through universal design
- Public and private sector required to work together



Outlook



Implementation of the guidelines

- Work with partners to develop an implementation strategy
- Tools and guidance to adapt the guidelines to **country-specific priorities and needs**
- Collection of good practice interventions, model legislation and regulation, case studies
- Capacity-building and information tools for **multisectoral action** taking a Health in All Policies approach

LET'S WORK TOGETHER FOR HOUSING CONDITIONS THAT PROMOTE HEALTH

To improve housing conditions we need to



1.
define standards, regulations and building codes that protect residents' health



2.
work across national, regional and local government levels



3.
collaborate across sectors such as housing, health and energy



4.
involve partners from the public, private and civil society sectors including public health professionals, social housing services, consumer protection agencies, architects, urban planners, construction industry, policy-makers, home owners



Measures to reduce health risks from poor housing include changes to the built environment and the introduction of loans and subsidies to support these changes.

These **WIN-WIN** strategies are fundamental to achieving the Sustainable Development Goals.



HEALTHY HOUSING FOR A SUSTAINABLE FUTURE #EnvironmentalHealth

Thank you

More information on WHO's activities on housing:

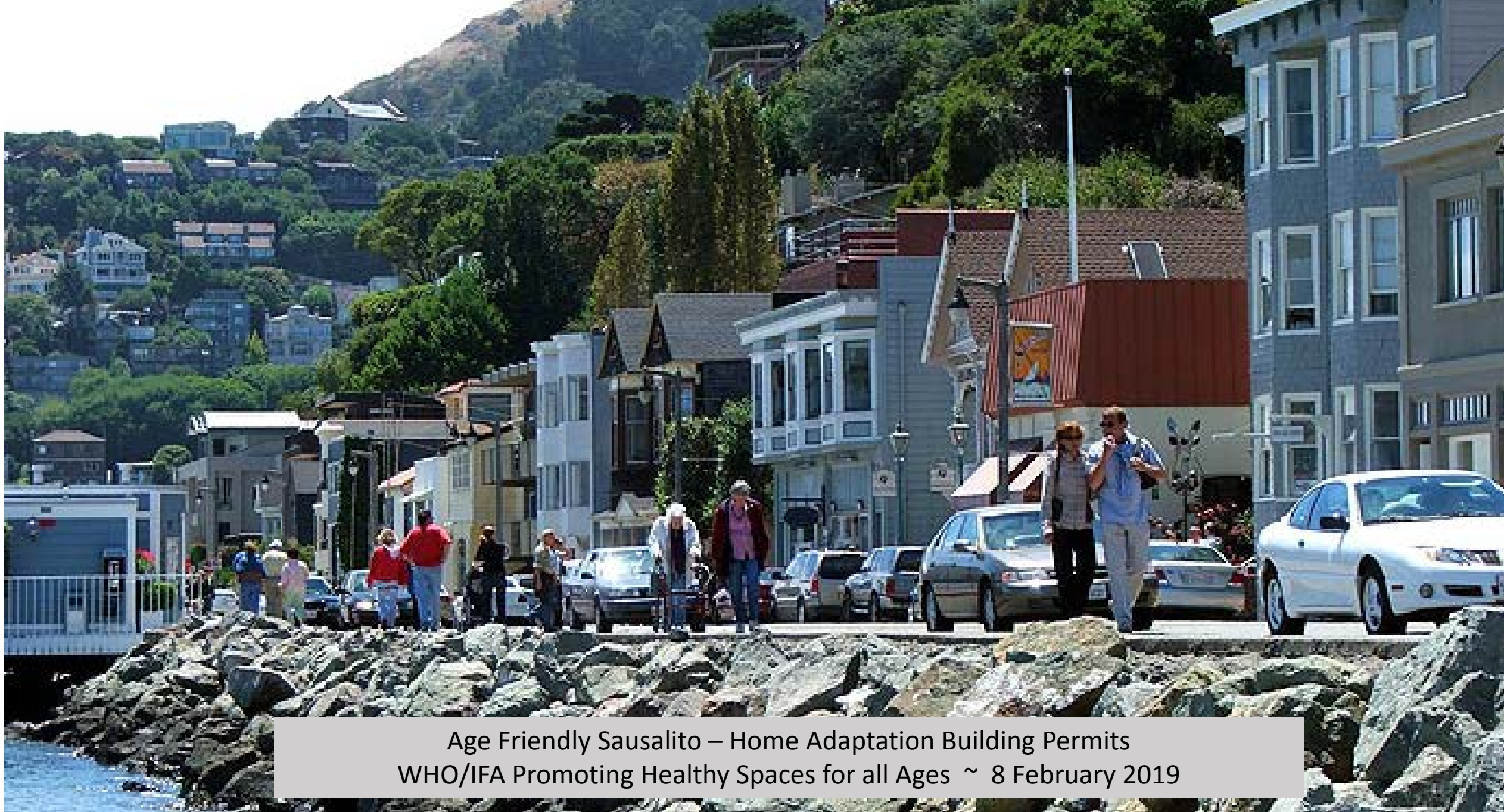
<https://www.who.int/sustainable-development/housing/en/>

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Age Friendly Sausalito – Home Adaptation Building Permits
WHO/IFA Promoting Healthy Spaces for all Ages ~ 8 February 2019



Planning

Program

Policy

How a Grass Roots Age Friendly Initiative
Can Establish New Public Policies

21% of U.S. Population is Age 60 or Older (67million)



Marin County: 27% of population age 60 or older

City of Sausalito: 34% of population is already age 60

Marin County Life Expectancy 87.3 year

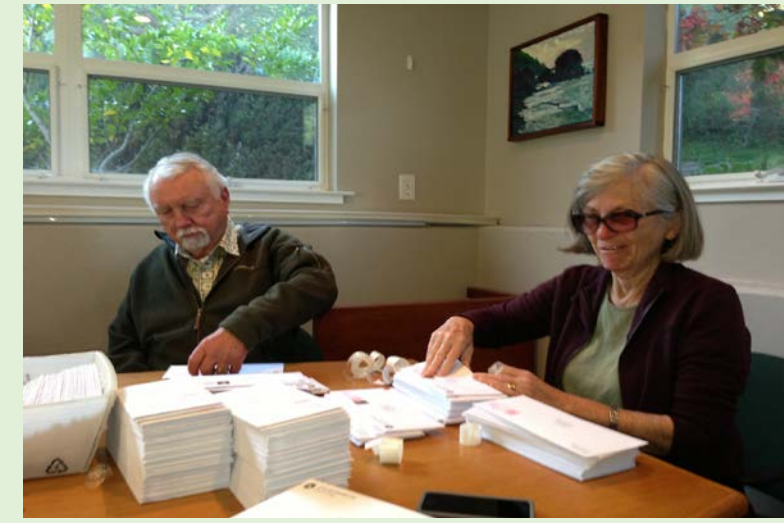
*U.S. Census ACL 2017

Community Assessment Conducted by the All- Volunteer Taskforce

- 25 question survey to 2400 residents Age 55 +
- 50% rate of return (1191 residents).
- 95% said it was important to stay in their present residence
- 47% said the design of their home would make it difficult for them to remain in it.

Survey Question #10: As you age, how important are the Following?

	Very Important	Somewhat Important	Not Important	Total
I can continue to live in my community	81.13% 933	16.87% 194	2% 23	1,150
I can continue to live in my present residence	74.20% 857	21.13% 244	4.68% 54	1,155
I can feel socially included in my community	65.63% 741	28.88% 326	5.49% 62	1,129





Every 11 seconds, an Older Adult is treated for a Fall in the Hospital Emergency Room in the U.S.

- **One in four Americans aged 65+ falls each year.**
- **Every 19 minutes, an older adult dies from a fall.**
- **The Majority of Falls occur in the home**

- U.S. Centers for Disease Control
- U.S. Department of Housing and Urban Development



First Age Friendly Home Modification Community Meeting & Workshop

- Age Friendly Sausalito, and partner Sausalito Village held Workshop led by City Building Inspector and Age Friendly Architect.
- The Community developed idea to ask City to Review and Simplify Permits For Older Adults



Challenge: Housing ♦ Solution: Share and Improve Accessibility

PROBLEM

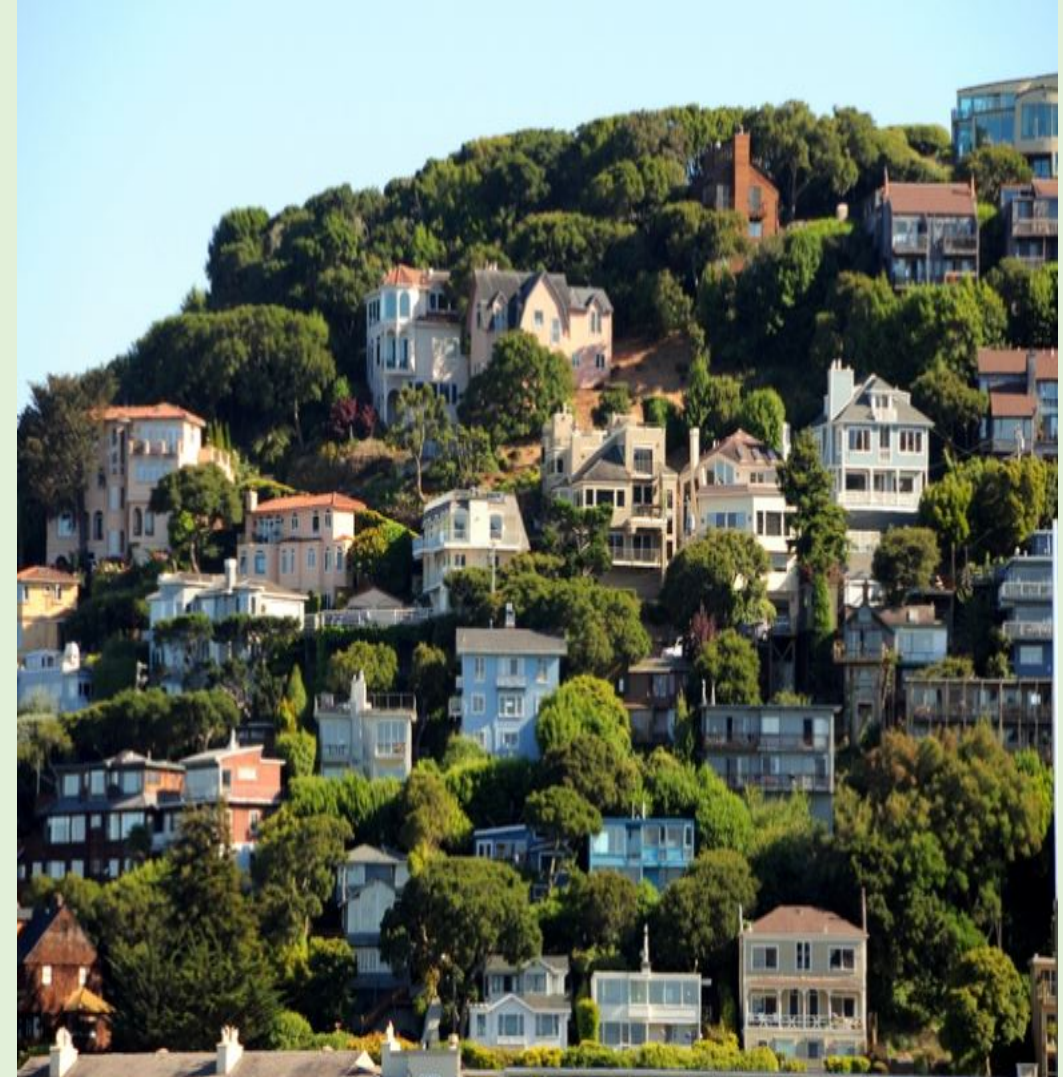
- In-Appropriate Housing for Aging in Place
- Excessive Trip & Fall Injuries
- Permit Policy may be disincentive to Modify

➤ ACTIONABLE SOLUTION

- Partner w/City Building Department to incentivize and simplify Home Adaptation Process

➤ POLICY RESULT

- City Creates New Age Friendly Home Adaptation Permit Policy for Older Adults



Age Friendly Sausalito Home Adaptation Program

- Reduced fee or no-cost permit based on the project valuation cost of \$10,000 for eligible adaptation improvements.
- Eligibility:
 - Residents of Sausalito age 60 + or
 - Younger Residents with a disability
- Eligibility is established by proof of age 60, or for younger adults, by standard proof of disability or limiting condition.



Age Friendly Sausalito Home Adaptation Permit: Example

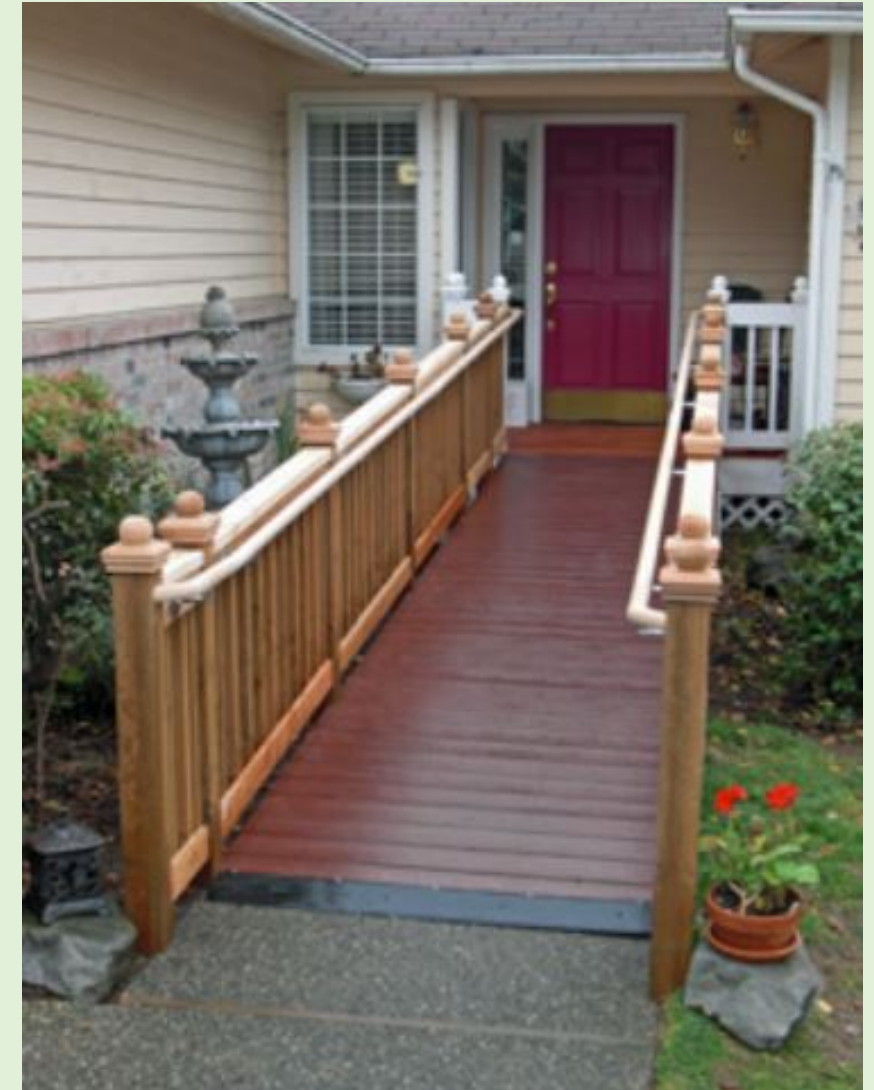
No-cost permit

Resident Renter Age 74

Project Valuation - \$6,350.00

(cost of labor and materials)

- New Access Ramp to Front Door
- With handrails
- Non-slip surface



Age Friendly Sausalito Home Adaptation Permit: Example

Reduced fee permit - Bathroom Remodel

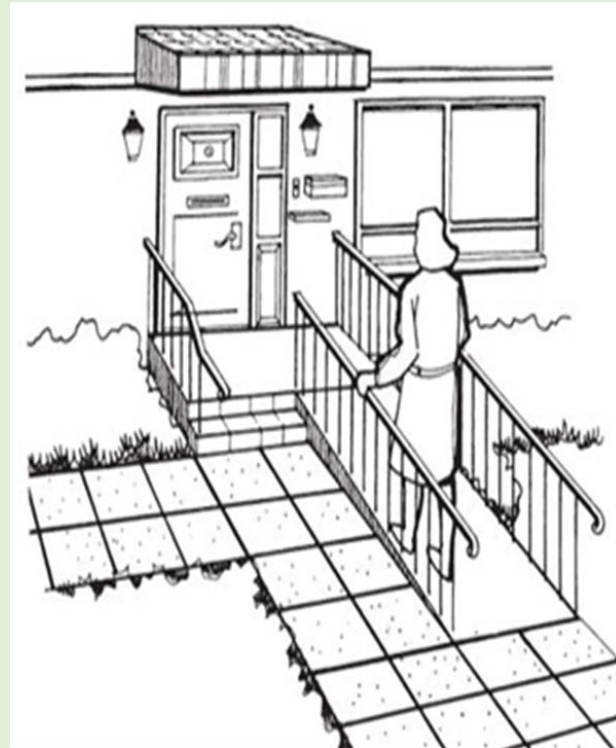
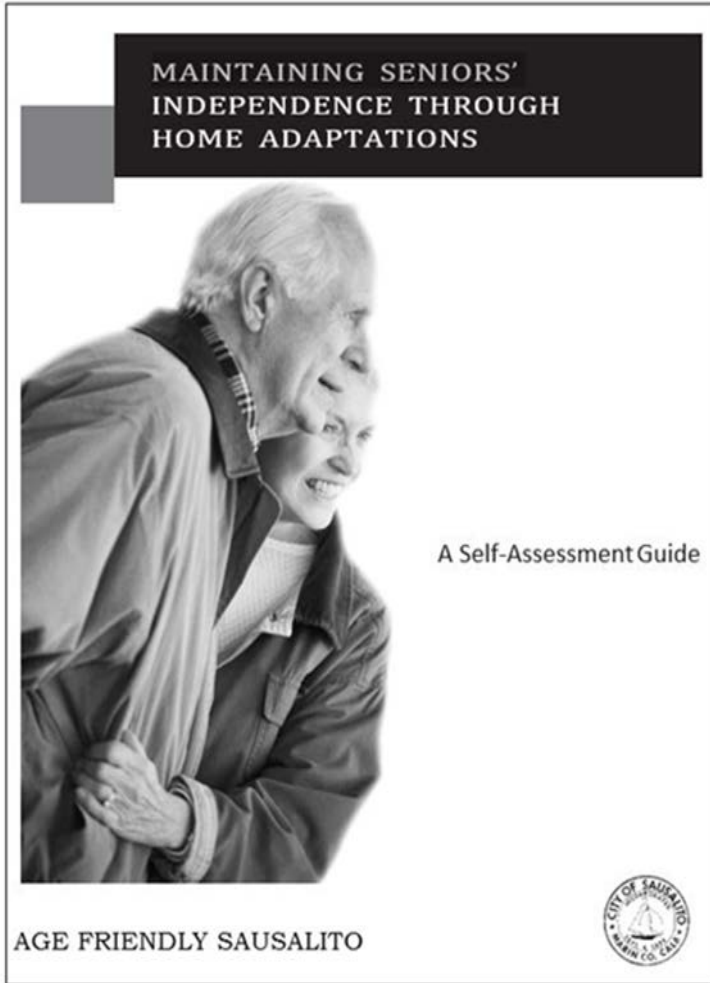
Total Project Valuation - \$24,540 (cost of labor and materials):

- Widening the doorway (33” or greater)
- Installation of grab bars /Fold down seat in shower
- Other upgrades and fixture improvements



	Valuation Cost	Permit Fee
Total bathroom remodel	\$24,540.00	\$808.43
Adaptation improvements	- \$10,000.00	
	Adjusted Valuation Cost: \$14,540.00	Reduced Permit fee \$524.13
Grant contribution		\$284.30

Sharing Age Friendly Resources



Planning Guides for Home Adaptations

Canadian Mortgage & Housing Corp.

ENGLISH and FRANÇAIS

<https://www.cmhc-schl.gc.ca/>

American Assoc of Retired Persons

English and Español

www.aarp.org/livable-communities/



Advocacy to Scale Up

- Age Friendly Sausalito Promoted program to State Representatives and County Commission on Aging
- Bill Introduced to State Legislature by Assembly Member in February, 2018
- Age Friendly Sausalito, County Commission on Aging Advocated for bill and testified at Legislative Hearings


BUILDING PERMIT FEE WAIVER FOR SENIORS

Assembly Bill 2132 by Assemblymember Marc Levine, D-Marin County, helps disabled seniors maintain their independence by easing the financial barriers associated with constructing residential accessibility improvements.

The bill, signed by Governor Jerry Brown, allows cities and counties to waive or discount building permit fees for disabled seniors who would like to add accessibility improvements to their homes.

Assemblymember Marc Levine and the Marin County Commission on Aging worked tirelessly to move this important bill through the legislative process. Representatives from the Commission on Aging provided testimony to legislators on the importance of helping California's disabled senior population stay in their homes and lead fulfilling, independent lives.

This collaboration between community advocates and our State Assemblymember Marc Levine, demonstrates just how effective community advocacy can be in effecting lasting change.

 **ASSEMBLYMEMBER**
Marc Levine
NORTH BAY

SCALING UP: REPLICATION AND SUSTAINABILITY



- California State Bill AB 2132 Building Permit Fees Waiver for Seniors was passed by the State Assembly and Senate and signed into law by Governor Brown on 14 September 2018
- County of Marin is now taking action to be the first County in California to Implement the law. Creating a model for other Counties and Cities in California to follow.

Thank You!



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**Age-friendly Housing:
Promoting healthy spaces for all ages**
2019 WHO/IFA Webinar Series

8th February 2019



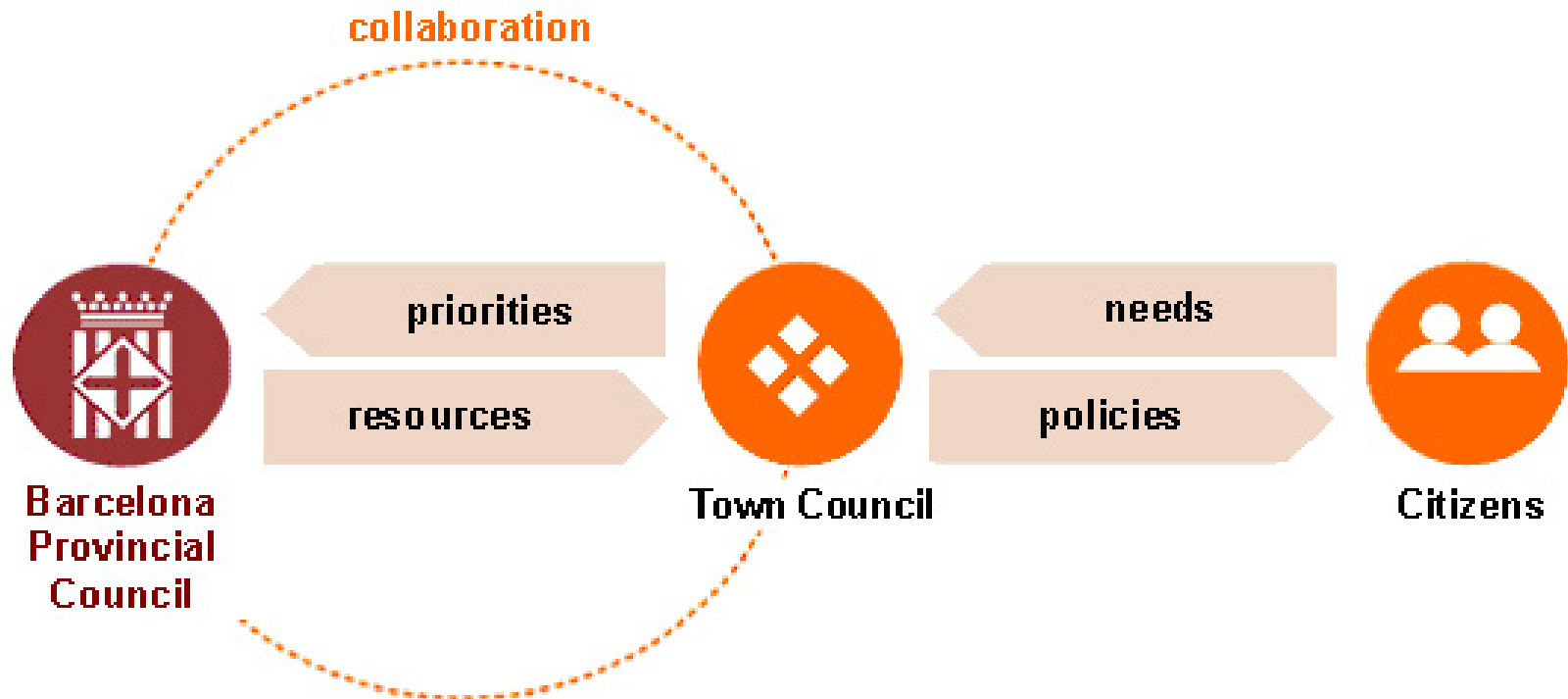
**Diputació
Barcelona**

**Àrea d'Atenció
a les Persones**



Barcelona provincial council, a network of municipalities

- To provide **technical, economic and technological support** to city councils to foster quality local services throughout the province.
- **Network of Municipalities:** cooperation work model optimising human, technical and material resources as well as encouraging the local use of new technologies and digital administration.

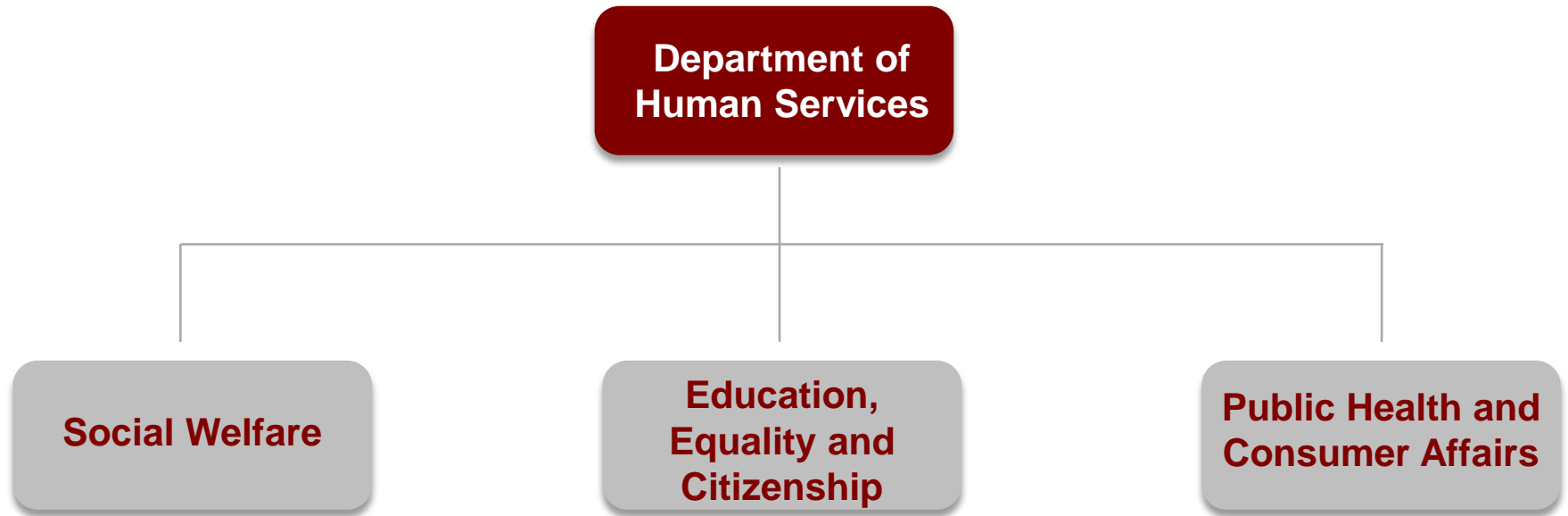


Barcelona province



	Area (km ²)	Population (inhab. 2017)	Density (inhab./km ²)		Population	No. municipalities
Barcelona province	7,727	5,533,459	715	42% municipalities 79% population →	> 50,001	19
Catalonia	32,108	7,496,276	234		10,001 – 50,000	62
Spain	505,940	46,528,024	92	58% municipalities 4% population →	5,001 – 10,000	49
					< 5,000	181
					TOTAL	311

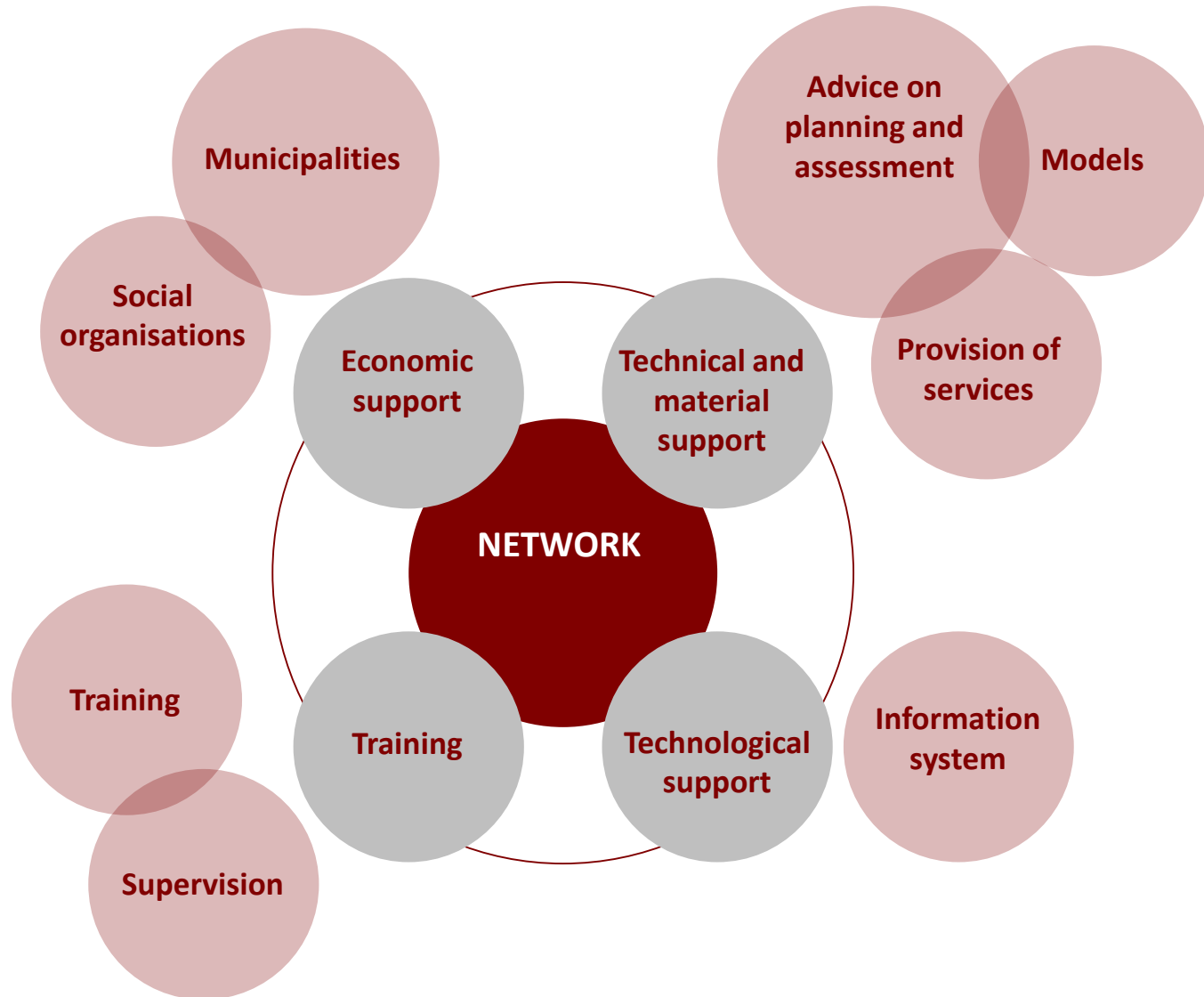
Barcelona provincial council, Department of Human Services



MISSION

Contribute, in cooperation and agreement with local councils, to ensuring public welfare, quality of life and social cohesion through services that cover every stage of people's lives, giving special attention to the most vulnerable groups.

Barcelona provincial council, types of support to municipalities



Home Refurbishment Programme

The aim of the **Home Refurbishment Programme** in the Barcelona province (except for the city of Barcelona itself) is to:

- Guarantee **minimum levels of accessibility, safety, habitability and energy efficiency** by carrying out refurbishment work in the homes of the most vulnerable elderly people.
- **Improving the well-being of elderly people by keeping them in their natural environment**, facilitating community's ties, intergenerational relationship and a healthy ageing.
- Strengthening and improving **local authority social welfare policies** and actions in the Barcelona area.



Types of intervention

Refurbishment consists of repairs, **small non-structural jobs** and installing technical aids inside the home.

- Bathroom refurbishment.
- Kitchen refurbishment.
- General refurbishment.
- Additional actions to improve home energy efficiency.
- Technical aids.



Types of intervention

- Bathroom refurbishment



Target group

- **People aged over 65**, proposed by the municipal social services, who are in situations of fragility due to age, health, lack of personal autonomy, disability, dependence, vulnerability due to living alone or with another elderly person, or with financial difficulties.
- **People aged under 65 with special needs** in terms of physical or mental ability to carry out activities of daily living (ADL) in the home.

Priority is given to:

- People with financial difficulties.
- People who have their disability or dependency status accredited.
- People over eighty years of age living alone or with another elderly person.



Agents and financing

AGENTS

- **Barcelona Provincial Council**; leads, coordinates, manages and finances the programme.
- **Municipalities of Barcelona**; territory project monitoring, identifying target beneficiaries and homes for the programme and co-funding of the work (co-funding till 2018).
- **Company specialised in functional adaptation of homes**: coordination and technical monitoring of the implementation, requests' validation.
- **Building Companies**: works executions.
- **Beneficiaries**: assessment.
- **Third sector social organisations** specialised in care for vulnerable elderly people and those with disabilities: designing and publicising the programme among their users and referring potential beneficiaries to participating local councils.

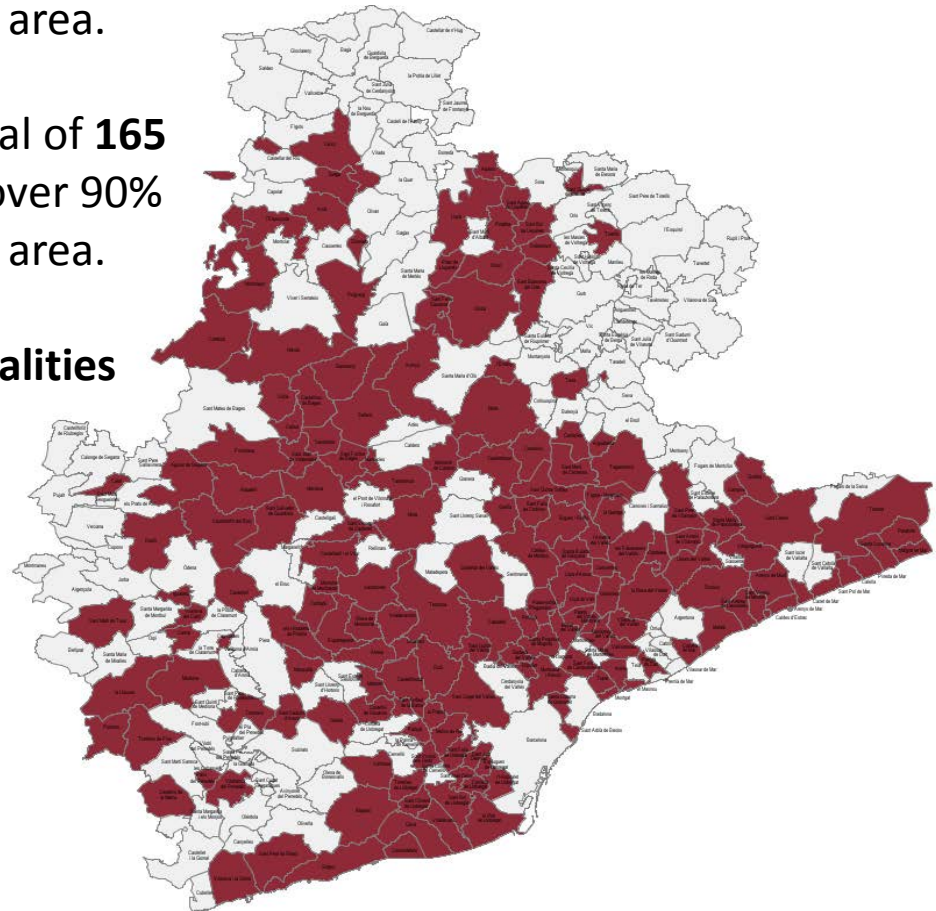
FINANCING

- **Barcelona Provincial Council** (80%) Since 2019: 100%.
- **Municipalities** (20%). Since 2019: 0%

Average cost per intervention 1,400 euros

Territorial impact

- Over the **2009–2015 period**, a total of **153 local councils** took part, covering over 85% of the population in the Barcelona area.
- Over the **2016–2018 period**, a total of **165 local councils** took part, covering over 90% of the population in the Barcelona area.
- Since 2009, a **total of 192 municipalities** have participated in the program.



Outcomes

- **6,300 refurbishments have been carried out since 2009**, benefiting a total of **10.500** people (70% women).
- **In 82% of cases, beneficiaries are people with certain level of autonomy**, a fact that confirms the **preventative** nature of the programme.

Autonomy

55% to 31%
that need
help for daily
activities

Accessibility

65% to 46% that
need help to
access to some
places of the
house

Security

2% to 80% that
feels safe doing
activities at
home

Comfort

2% to 94% that
feel comfort
doing activities at
home

Life quality

80% have improved
a lot the quality of
life, 20% have quite
improved the
quality of life

Key aspects

- **Age-friendly housing** solution for living in better conditions more time at home. – Taking action on the environment (built environment)
- **Inter-government cooperation** (provincial council and municipalities) and **public-private cooperation**.
- **Multidisciplinary approach** and **person-centred** functional adaptation solutions.
- **Territorial equity**: service to all municipalities in the Barcelona province, including the smallest ones with an older population and few resources.
- **Social inclusion and gender perspective**: the main beneficiaries of the programme have been women and people aged over 80, thus impacting on the most vulnerable groups of elderly people.



HOUSING WEBINAR

RAQUEL CASTELO BRANCO

PORTO

08 FEBRUARY 2019



ACONCHEGO PROGRAM





ENTITY RESPONSIBLE FOR THE PROJECT :

Porto City Hall (since 2004)





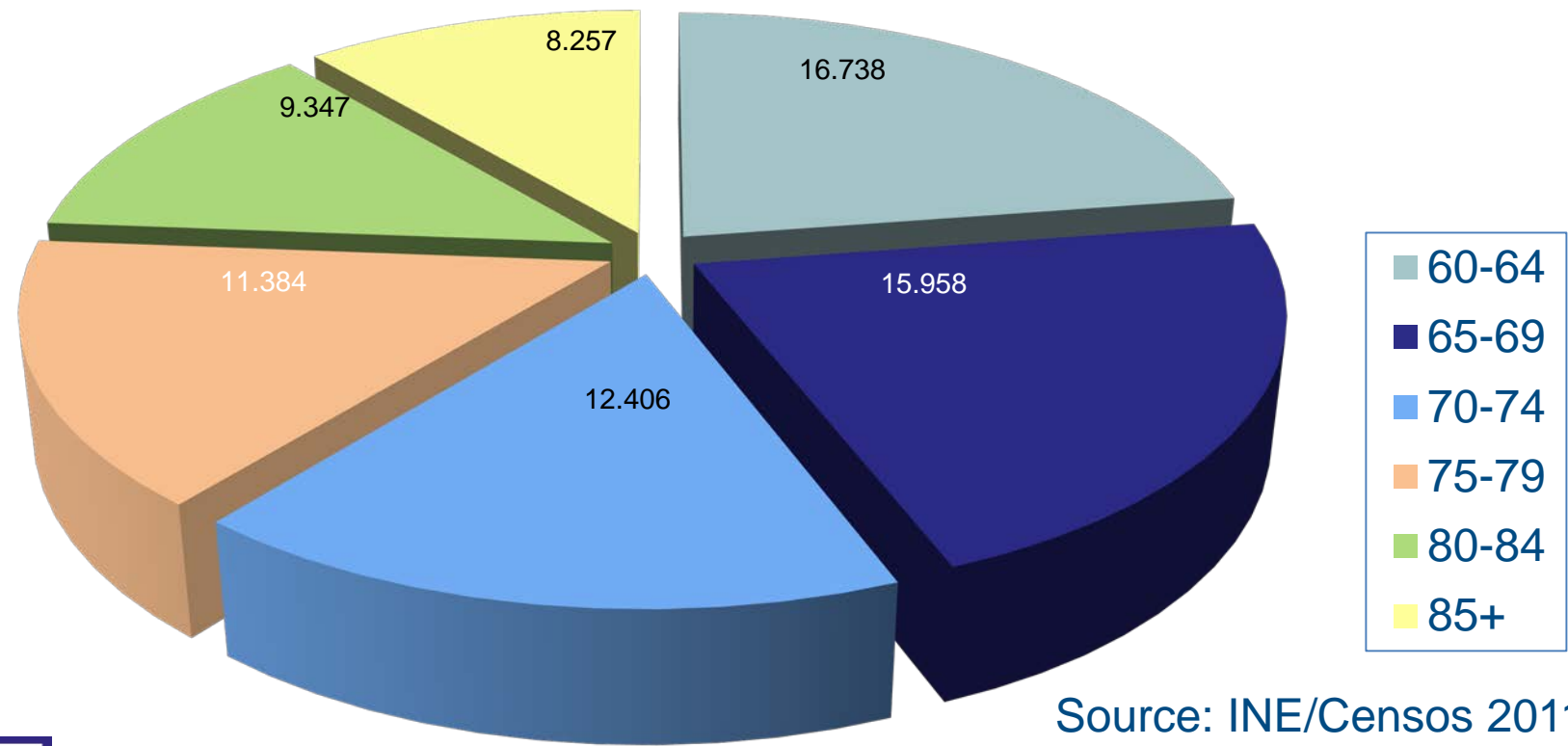
WHY???



POPULATION RESIDING IN THE MUNICIPALITY:

Total: 237.591

Total (more than 60): 74.090
Living alone (more than 65): 30.736



Source: INE/Censos 2011



58.000 students





Two problems:

1. High number of elderly people living alone
2. High number of students looking for accommodation

One single solution:

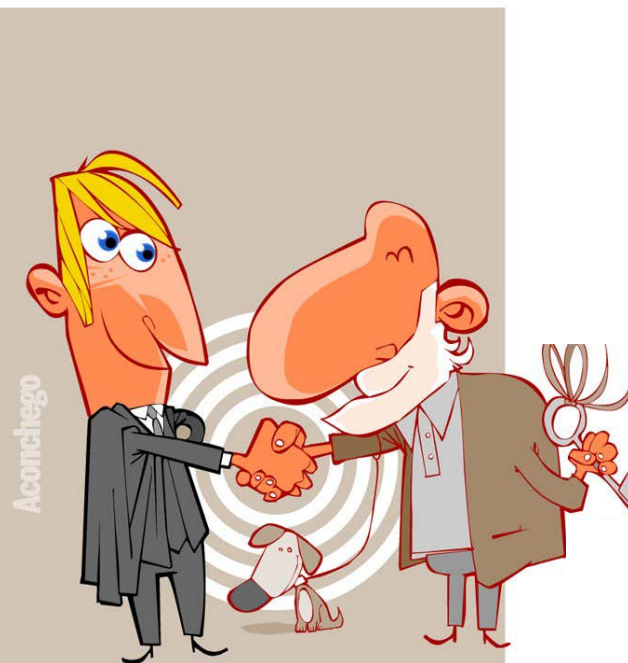
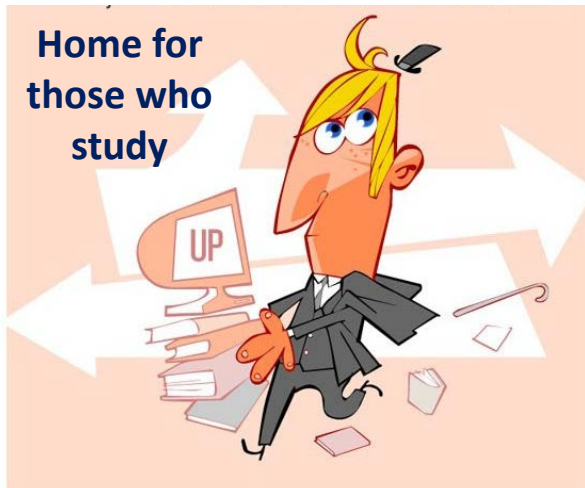
Develop an housing system in which older people who have adequate housing conditions, host students (non residents in Porto) who need accommodation



**Fighting the
isolation of
seniors**



**Home for
those who
study**



**“Who does study have
a home. Who owns a
house has company”**





MAIN GOALS

- Fighting loneliness and / or social isolation of seniors
- Promoting cohesion and intergenerational solidarity
- Supporting seniors in promoting their quality of life
- Support the accommodation and integration of students who come to a new city



WHICH SENIORS CAN ADHERE

- **Citizens aged 60 or over**
- **To be resident in the Municipality of Porto**
- **Living alone or with spouse**
- **Have adequate housing conditions to accommodate a student of higher education**



WHICH STUDANTS CAN ADHERE

- **Students enrolled in Higher Education;**
- **Aged between 18 and 35;**
- **Non resident in the Municipality of Porto;**
- **Domain of the Portuguese language**



OPERATIONALIZATION

- **Candidate selection (students and seniors)**
- **Interviews with candidates for profile evaluation**
- **Match between student and senior**



OPERATIONALIZATION

- First meeting between the student and the senior
- Signing adhesion agreement





OPERATIONALIZATION

- Integration





MONITORING

- Regular home visits
- Telephone and e-mail contacts
- Organization of the Annual Meeting of the Aconchego Program's adherents





MONITORING

- Control and manage unforeseen situations, allowing the adoption of corrective measures
- Evaluate compliance with the clauses contained in the Adhesion Agreement and the Norms of the Aconchego Program



EVALUATION

Instruments

Interviews (individual and / or collective);
observation and application of questionnaires

Participants in the evaluation

Seniors, students, families and technicians



Results:

- **Responds effectively** to the decrease of the feeling of solitude and / or social isolation of the seniors
- **Contributes** to the housing solution of students of higher education
- **Promotes** intergenerational relationships
- **Encourages** the creation of informal networks of mutual support



Results

- **Increases** the quality of life of seniors
- **Positive impact** on the extended family of both participants



Find the right match, meaning choose the appropriate student to match with the appropriate older person.



THANK YOU FOR YOUR ATTENTION

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