

# Housing, health and care programme



## Better Homes and Healthier Lives



This is an EasyRead version of:  
Better Homes and Healthier Lives. September 2025

# What this is about



## Housing, health and care programme



We have a 5 year plan for better homes and healthier lives in the North East and North Cumbria. This is led by a partnership of the NHS, local councils and many other partners.

We want people to:

- Be healthy.
- Live well.
- Live in their own home, if they can.



This is a plan for:

- Councils.
- Housing developers and builders.
- Care and support providers.
- NHS.
- Funders.
- People who need special housing and their supporters/carers.



# Why this plan is needed



There are more older people, some with health needs. We need more housing to meet their needs.



There are less families who can support older parents.



House builders may choose to build other types of housing.

# What the plan is about



The plan shows us:



- **What services are needed now and in the future.**



This shows us who needs help and what kind of housing or care they may need.



- **What services we have now.**



This shows us what housing support and care services we have now and if it meets people's needs.



- **Where the gaps are.**



This shows where there are not enough services, homes or support.



- Where new or better services are needed.
- What we would like providers to do.

It shows house builders, care providers and people who put money into house building what we want so we can plan for future.

## We want better housing choices for people

### We want:



- More supported and special housing where they are needed.
- Less people in hospital when they do not need to be.
- More people to have the support they need to live independently.
- People to have a better time when dealing with housing, health and care services.
- Good information that is easy to get.

# Our main focus



## Older people

We need more choices of different housing for people with dementia, who are frail or who have lots of needs.

### What we have now:

There will be more older people in the future.

We have lots of people living with dementia.

1,800 of them are in care homes paid for by the council.

5,000 do not have dementia but are living in a care home paid for by the council.

Lots of older people are living in their own home.

Some people do not have much money.

### What we need by 2029:

To help more older people stay out of care homes we need 572 more supported living with care housing every year by 2029:



- More support when leaving hospital to go home or supported living with care.



- Better use of tech to support care needs.



- Different ways of using sheltered housing and supported living with care.



- Care homes to work mainly with people with higher needs.

## People who need lots of support



### What we have now:

There are more people with learning disabilities or autism.



Many adults with learning disabilities can not live with older parents or carers.



We must meet the needs of people who need lots of care or support.

**By 2028/2029 we will need housing for:**



- 72 people in hospital or at risk of going into hospital



- 273 people who are living in care homes.

## What we need by 2029



We need up to 345 new homes every year by 2029:



- Better access to housing, including supported housing.



- More choice in housing when leaving hospital or care home.



- Short term housing when leaving hospital.



- Better planning for housing for people with mental health needs.



- More supported housing for people with mental health needs.



- Buying of care and support to be joined up.

# Warm dry homes



We want everyone to have a home that is safe, warm and dry.



Poor housing is bad for people's health.

## Better housing saves money.



People are in hospital a lot longer than they should be because there is not enough supported housing.



This costs £56 million.



Councils save £6,700 every year for every person in supported living with care.



Sheltered housing saves the NHS £486 million every year.



£14,000 is saved every year for every person with learning disabilities or mental health needs living in special housing.



# Where will the money come from to build new housing?



Our plans will only provide for some of the needs.



We will work with others to bid for more money.



To find out more go to:

[www.northeastcumbria.nhs.uk/our-work/housing-health-and-care-programme](http://www.northeastcumbria.nhs.uk/our-work/housing-health-and-care-programme)

This EasyRead document was made by The Twisting Ducks EasyRead service. It was written with and checked by people with learning disabilities.

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