

STEWKLEY NEIGHBOURHOOD PLAN

ELDERLY & DISABLED WORKING GROUP

FINAL REPORT – EDITION 6, DATED 31 MAY 2019

INTRODUCTION

1. Stewkley appears to be a relatively elderly village, confirmed by the survey of households¹. However, the village's elderly may also be relatively healthy, with about half of the elderly population walking village footpaths at least once a week². Thus the village average age is likely to increase at least as rapidly as that of the wider population and probably more so. Clearly, the needs of the elderly (and disabled) will be significant factors in planning for the future.

2. A small "Elderly and Disabled Working Group" was set up, comprising:

Steven Nicholl – Chairman

Karen Delafield – Occupational Therapist

Jackie Marriott – carer for her elderly, wheelchair-bound husband.

3. Topics covered include:

- Future numbers of Elderly and Disabled.
- Accommodation requirements (housing types and numbers, care and sheltered/warden accommodation).
- Access and Amenities.
- Support.
- Information.
- Activities.
- Transport.
- Tackling Loneliness

4. Key elements of our approach to the task were:

- a. Recognition that age is only a guide to the probability of impaired abilities and similarly that disability comes in many forms.
- b. Consideration of whether the population of Stewkley will reflect predicted national and regional demographics.
- c. Planning for the health of the village as well as for the individual.

Future Numbers of Elderly and Disabled.

¹ 19% of those covered by survey responses (80% of households) were over 65, compared with Aylesbury Vale average of 17% from Buckinghamshire Populations Projections data. That is to say the village population over 65 years old is over 10% larger than the Bucks average.

² From Stewkley Neighbourhood Plan Survey

5. Detailed workings are at Annex A. From the available evidence, we anticipate by 2026 post 99 new-build dwellings, a Stewkley population that will include at least 281 persons over the age of 75 and at least 26 households containing at least one wheelchair user.
6. AVDC currently has 48 homes designated for the elderly but has no data on the number adapted or suitable for wheelchair users. The survey of 553 households only recorded 8 homes as “adapted”.
7. We therefore conclude that:
 - a. **The mix of future housing for Stewkley should be planned on a population that includes some 280 persons over 75 years old (to the nearest 1%).**
 - b. **The general objective on quantity of housing for the elderly should be to achieve not just the bare minimum need set out in the Central Bucks HEDNA 2015, as shown in the first bullet of Annex B, but also to meet as far as practical the aspirations to downsize expressed by households with residents over 65 (over 75 by mid-plan) in the village survey.**

Accommodation Requirements.

8. In addition to the conclusions in paras 7a and 7b above, we must also consider the effect on wheelchair accessible accommodation requirements of an increase in the village population over 75 years old to some 280. From Annex A, we foresee a need for some 26 houses adapted for wheelchair users. From the village survey returns covering over three quarters of the village, we only know of 8 houses currently adapted. Even allowing for relatively fewer of those disabled responding, this implies a need for some 12 to 15 of new build houses to be adapted for wheelchair users to cope with our aging population.
9. On housing for the elderly more generally, Annex B sets out a detailed methodology, based on data in the Stewkley Neighbourhood Plan Survey and the Central Bucks HEDNA³. This leads to a statistical calculation that an absolute minimum of 7 homes of the 99 in current planning or outline planning should be constructed specifically for the elderly.
10. However, as stated at paragraph 7b above, the Neighbourhood Plan should be aimed towards the aspirations of Stewkley villagers, not just their minimum statistical requirements. From the Village Survey results, we find at least 76 households stating an anticipated future requirement for “Retirement Housing” in the next 10 years. That rises to 106 households anticipating the same need within 20 years. Additionally, 44 households not currently in Bungalows and not mentioning an anticipated need for retirement housing, nevertheless anticipate a need for a bungalow. Whilst some may seek single floor accommodation for reasons other than age, it seems likely that some of this 44 will be anticipating age requirements. If we focus solely on those currently in houses with 4 or more bedrooms, there are 65 households that responded to the Village Survey seeking retirement housing or a bungalow within the next 10 years and that rises to 84 in total in 20 years. An important corollary of this is there may be 65 relatively large, “executive”, homes potentially available from down-sizing within 10 years, even with no new build of ‘executive’ homes. Indeed, if we assume that

³ Central Buckinghamshire Housing and Economic Development Assessment 2015 10 23

these statistics from the 553 households that responded to the Survey are representative of the 691 baseline number, this could equate to 81 households downsizing!

11. Although there are 108 bungalows and flats in the village, many current occupants of those homes will not want or need to move in the next 10 years. As Annex B demonstrates, it would be wrong to assume that more than half, 54, could be available to meet the aspirations and needs of other villagers and thus contribute to the total demand of 82. This would require a further 28 dwellings for the elderly to be constructed within 10 years. That is to say, 28 of the 99+ houses to be built in Stewkley should be suitable for the elderly.

12. From discussions with 'elderly' Stewkley residents "under-occupying executive (4/5 bedroom) homes", key factors in their consideration of whether/when to downsize, freeing those 'executive homes' for the next generation, include quality (many have lived in houses with en-suite for several bedrooms) and availability of adequate room for visitors such as children and grandchildren. Moreover, elderly and disabled residents actually require additional space, for example for storage of wheelchairs, hoists, medical equipment and specialist (large) beds. This suggests that future build should go beyond the All Party Parliamentary Group (APPG) recommendation⁴:

Notwithstanding proposed housing benefit reform, provide predominantly two bed apartments because of the greater flexibility that they offer

13. An alternative or additional way to meet this desire would be to provide 'centralised' visitor accommodation as part of a warden accommodation complex or Leasehold Schemes for the Elderly (LSE). Indeed, given the tensions between developers' desires, maximising dwelling density and the paucity of village accommodation for the elderly and those downsizing, we strongly support the APPG recommendation⁴ that the authorities press to:

explore further the options for 'senior living' and 'co-housing,' whereby a group of older people play an active part in the planning and subsequent management of their retirement accommodation.

14. On the other hand, in informal conversations with many elderly in the village, we have found not one in favour of creating a large "ghetto" for the elderly. In general, it is seen as desirable to have younger (fitter) neighbours available but also other elderly living nearby (with similar interests and time available). We therefore believe that it would be right to encourage a small senior living co-housing or LSE complex as part of the overall provision for the future elderly population.

15. From the foregoing, we recommend that new housing in current Neighbourhood Plan period should include some 28 additional homes for the elderly and some 14 additional homes adapted for wheelchair users. There may be some overlap between these two categories. However, national housing policy under Requirement M4 now describes 3 categories of housing:

Category 1 – "Visitable dwellings." This standard is mandatory for all new build homes.

Category 2 – "Accessible and Adaptable dwellings." This **optional** requirement requires incorporation of "features that make it potentially suitable for a wide range of occupants,

⁴ "Housing Our Aging Population: Plan for Implementation 2 (HAPPI2); All Party Parliamentary Group on Housing and Care for Older People.

including older people". Homes in this category clearly contribute to our need for some 28 additional homes for the elderly.

Category 3 – "Wheelchair user dwellings". We require some 14 homes meeting this **optional** requirement.

16. The emerging Aylesbury Vale Local Plan (the VALP) **may**, when finally approved, require all new residential developments to meet Category 2. With a new build of some 100+ homes, this VALP requirement, if met across the board, would meet the needs of Stewkley's Elderly and Disabled. However, Category 2 is an "Option" and AVDC may struggle with its requirement for 100% Category 2. Moreover, we should be clear that Category 2 does not provide any guidance on size of dwelling, although many in the village have expressed a desire to down-size. Nor does it specify layout, house or bungalow, even though Government guidance on housing needs assessment specifically says:

Many older people may not want or need specialist accommodation or care and may wish to stay or move to general housing that is already suitable, such as bungalows, or homes which can be adapted to meet a change in their needs. Local authorities should therefore identify particular types of general housing as part of their assessment.

17. The emerging VALP is also currently expected to require that 10% of all "market housing" and 15% of all "affordable housing" be built to Category 3 Wheelchair User standards. These standards are comprehensive and "will be met where a new dwelling makes reasonable provision, either at completion or at a point following completion, for a wheelchair user to live in the dwelling and use any associated private outdoor space". The requirements thus cover "Wheelchair Adaptable" or "Wheelchair Accessible" homes. Completion to Wheelchair Accessible standard would impose some constraints on owners who do not (currently) need wheelchair access, such as kitchen sinks with changeable heights and shallow basins so that a wheelchair and knees can fit underneath. Our requirement for 14 wheelchair user homes (para 15 above) could thus be met if between 10 and 15% of all new housing is built to Category 3 Wheelchair Adaptable standard. We therefore propose that new housing in current Neighbourhood Plan period must conform to the following policies, assuming numbers to be built remain broadly in line with the 2016 village Survey:

Policy 1. Stewkley should support AVDC's proposed VALP requirement that all new-build homes should be to Category 2 (Accessible and Adaptable) standard. Moreover, in any new build of 4 or more dwellings, contractors should be strongly encouraged to ensure 25% are of a form suitable for the elderly; predominantly 2 or 3 bedroom high quality bungalows/flats.

Policy 2. 10% of new-build market housing and 15% of new affordable homes should be built to Category 3 (Wheelchair User/Accessible Dwelling) standard.

In addition, we recommend:

Recommendation 1: AVDC should actively encourage inclusion of a small senior living/co-housing or LSE complex (see paras 13 & 14 above) in the new-build housing for the elderly.

Access and Amenities.

18. Stewkley is a very long ribbon village, approximately 2 miles end to end. Whilst there is a clear central area with shop, pub, village hall, school and, at a little more distance, C of E church and Recreation Ground, Children's Playground and Pavilion (where the visiting doctor's weekly surgery takes place), for at least the next 10 years, the elderly and disabled are likely to be housed

throughout the village. Access to these amenities is either dependant on car or use of pavements. However, parking is potentially a significant issue in many areas of the village, arguing against sole dependence on cars for access to amenities.

19. On the other hand, Stewkley's pavements are largely unsuitable for wheelchairs or those relying on crutches or sticks. There are areas with pavement only on one side of the road, patches of very narrow pavement, substantial areas with a significant slope and numerous potholes. All of these issues are, of course, also a 'threat' to very small children whether in buggies or toddling.

20. We recognise that making wheelchair usable pavements on both sides of the road throughout the village would be simply unaffordable. However, we believe that a "Red Route" can be developed that would allow wheelchairs or elderly using sticks to travel on suitable pavements to all amenities (except the Children's Play Area, see paragraph 21 below and Annex D). This would necessarily involve the provision of protected crossings at several points because the "Red Route" would have to change sides of the road a number of times to use the best available pavement. There would still be a need to upgrade the pavement in many areas.

21. We believe that the Recreation Ground/Children's Play Area is a key resource and should be available to all, including the elderly and disabled, whether to watch grandchildren play or to watch the village football teams play (the prime football pitch is on the second Recreation field, whereas cricket takes place on the first field, watchable from the Pavilion access paths).

22. We recommend:

Recommendation 2: funds spent on pavements and pedestrian safety should focus on a "Red Route" to improve disabled/elderly access to amenities, as outlined in Annex C.

Note: The current state of the pavements means this "Red Route" will need to cross the High Street a number of times. Moreover, these crossing points should have an element of protection for those of limited mobility. At least one elderly resident has already requested such crossing protection.

Recommendation 3: Use of Section 106 funding from future developments to provide 250 to 300 metres of all-weather wheelchair access track across the Recreation Ground should be considered, in accordance with Annex D.

Support

23. We have seen no direct evidence of need for specific additional support. However, in the longer term, we believe support along the lines of "Good Neighbour" schemes in other villages can only be beneficial.

Information

24. Information and particularly digital access to and provision of information are becoming ever more important. The Government is making a concerted effort to make the vast majority of interactions with citizens computer-based or smart-phone based. However, the elderly (and some disabled) may have limited abilities with some electronic information systems. Some elderly and/or disabled in our village have found information on and access to important potential support only through Citizens Advice Bureaux (CAB). Setting up a Computer Club to improve skills is an obvious and relatively easy first step. Setting up a village "CAB-Light" is likely to be more difficult since it would require 'trusted agents' whose advice is reliable.

Activities, Transport and Tackling Loneliness

25. For both the elderly frail and the disabled, activities and other ways of mitigating loneliness could be seen as crucially dependent on resources external to the village and thus on transport. We therefore considered them together. Perhaps surprisingly, households with at least one 'elderly' resident (over 65 years old) are not significantly more likely to want an improved bus service – the village survey showed 22% of all households that responded (121/553) wishing for improved bus service and 24% (43/181) of households with someone over 65.

26. So, to the extent that there is a demand for activities or a problem of loneliness amongst the elderly (assumed rather than proven to date), solutions will need to be put in place by the village residents. We should stress that there are already a number of clubs (Tea Club; Coffee Stop etc) and organisations (St Michaels Pastoral Care Group who run Volunteer Medical Transport, Royal British Legion, County and District Council services). However, whilst Volunteer Medical Transport is regularly advertised in the village monthly magazine – The Grapevine, delivered to all – systems are relatively informal and information is not easily accessible from the village web site. We conclude:

- a. There is a need to find ways of checking for loneliness and mitigating it where possible.
- b. Availability of increased activities for the elderly might be good for the village.
- c. Implementation should not be a formal part of the village Neighbourhood Plan, not least so that county and AVDC support is not diminished.

SMN, Chairman, Elderly & Disabled WG

FUTURE NUMBERS OF ELDERLY & DISABLED

Current Demographics.

- A survey was attempted of the entire parish.
- Responses were received from 553 households of the current 691.
- The returns showed 225 persons over age 65 in those 553 households.
- **Assumptions:**
 - a. As a minimum, demographics in the full 691 households reflect that of the 553 returns received. However, results may be skewed in that the elderly and disabled (particularly partially sighted or excessively nervous) would be the least likely to complete a complex survey. Thus estimated numbers of future elderly or disabled derived from the survey should be treated as minimums. [*Justification: sample size and lack of returns from the most handicapped only likely pattern of non-return skewing results.*]
 - b. The current population reported in the survey aged 65+ to 79 (225) survive at least 10 years and stay in Stewkley. They thus represent the numbers over 75 at mid-plan. [*Justification: deaths in that 10 year period are likely to be lower than national averages as the village elderly seem relatively healthy with about half of those over 65 reporting using the village footpaths and wildlife reserve at least weekly. Moreover, numbers of such deaths are likely to be offset by elderly in-comers in the 99 houses currently in planning and survivors in the current 80+ age group.*]

Future Numbers – Elderly

Current population 65+ for the full parish = $(225/553) \times 691 = 281$ (From Assumption a)

Therefore, mid-plan numbers over age 75 = 281 (assumption b)

Future Numbers – Disabled/Wheelchair Users.

We can see no reason why Stewkley's population of wheelchair users should be any less than the Buckinghamshire average. Indeed, given our relatively elderly population it might be expected to be higher!

Central Bucks HEDNA 2015 10 23 reports 3.3% of households having at least one wheelchair user (HEDNA 8.38)

By mid-plan, we can expect 790 households (current 691 plus 99 already in planning/outline planning).

Therefore the probable need for households adapted/designed for wheel chair use will be $790 \times 3.3\% = 26$

ACCOMMODATION REQUIREMENTSHousing Needs For The Elderly

- Housing needs likely per 1,000 population age 75 are set out in Central Bucks HEDNA 2015 para 8.20. This suggests a need for:

Accommodation Type	Per 1,000 over 75	Per 300 over 75 (Stewkley 2026)
Dementia	6	2
Extra Care (Medical support)	45	13
Sheltered/Enhanced (Warden but limited medical support)	20	6
Leasehold Schemes for the Elderly (part owned and mostly mutual support) ⁵	120	36

- In the above table, we can discount the “Dementia” category as a factor for Stewkley planning, as numbers are relatively small and Wing (3 miles away) has Carey Lodge, a 75-bed home and something of a specialist in dementia care.
- We then have a requirement, based on the county-wide population, for $(13+6+36) = 55$ homes for elderly, principally Leasehold Schemes for the Elderly (LSE), against 48 currently identified by AVDC as “for the elderly”. This would suggest an absolute minimum need for a further 7 homes for the elderly in the 99 dwellings that are in current planning/outline planning.
- On the other hand, the Neighbourhood Plan should be aimed at the village’s aspirations, not absolute minimum needs.
- The Stewkley Neighbourhood Plan Survey asked households about their future housing needs/aspirations. Of households with 3 or more bedrooms and at least one occupant currently over 56 (ie 65+ at mid plan and over 75 by the end of the Neighbourhood Plan period), 87 thought they were likely to need a retirement home (57) or bungalow (27) or flat (3) by 2026. [The “or” is underlined as these figures deliberately exclude those who gave aspirations for housing that was both retirement and bungalow or retirement and flat. Also excluded are those showing a requirement for a flat in addition to retirement housing if there is a younger person in the household, suggesting a separate requirement.]
 - Note that this is 87 from the 553 responses received from 691 households in the parish offered the survey. Thus the aspiration for elderly/single storey housing could be significantly higher.

⁵ On Leasehold Schemes for the Elderly (LSEs), see “Housing Our Aging Population: Plan for Implementation 2 (HAPPI2); All Party Parliamentary Group on Housing and Care for Older People.

- The future demand for retirement homes could very significantly reduce the demand for new build executive homes. If we focus just on those currently living in homes with 4 or more bedrooms, 35 not currently living in a bungalow foresee a need for a bungalow within 10 years and a further 30 specify a retirement home without mentioning a bungalow.
- A need or desire to down-size may be subject to caveats of the form “if we find the perfect bungalow/flat ...” Informal conversations with a number of those who might like to downsize in Stewkley (too few to provide meaningful statistics) indicate for example that a key determiner would be a second bedroom (and possibly a third one) for visits by children/grandchildren.
- **For this reason, we focus on the desire to down-size from 4 or more bedrooms, seeing potential for**
 - **Within 10 years, 65 Executive homes released for Retirement homes and or Bungalows.**
 - **Within 20 years, 85 Executive homes released for Retirement homes and or Bungalows.**

The Desire For Single Storey Accommodation

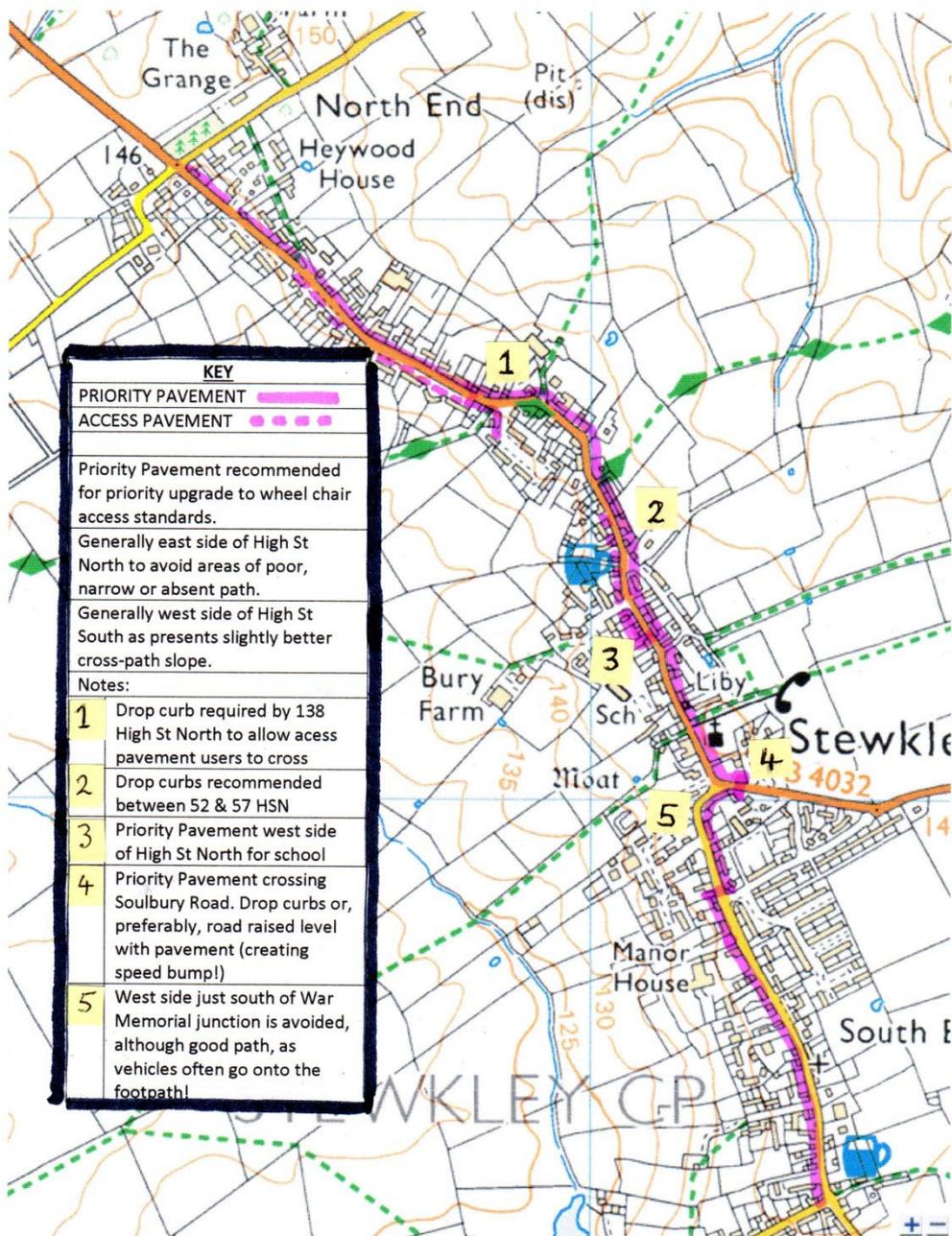
- Stewkley has at least 102 bungalows and 6 flats at present which might seem to meet the need. However, of this 108, all 7 flats and 47 bungalows have no residents over a current age of 65. That is to say that residents of these 54 bungalows/flats will not have reached age 76 by 2026, mid-plan. The majority of these will have no age-related compelling need to move from their bungalows by then. Moreover, a proportion of the older residents in the other 54 bungalows/flats (we hope many) will be sufficiently able to remain in their current homes.
- We conclude that we should plan on not more than 54, of the existing 108 bungalows/flats, becoming available to meet the aspirations of households who have declared an interest in moving to a bungalow, flat or retirement accommodation by 2026.
- Declared aspirations for flats, from those not currently in a flat, total 31. However, the majority of these are from households with relatively young members (teenage to 45!) and can be seen generally as seeking starter homes. Of 11 aspirations for flats from households with no member under 56, all but 4 also declare aspirations for a retirement home. The 7 retirement/flat aspirations are taken here as being aspirations for single storey retirement living.
- Additionally, we must consider aspirations for bungalows; 70 households (from all house sizes) have declared an interest in/aspiration for a bungalow. These 70 plus 7 retirement/flats, from the bullet above, are taken as the single storey ‘demand’ from the 553 Village Survey responses.
- **We thus have documented aspirations for:**
 - **39 more homes for the elderly than currently are available from AVDC figures, but many of these 39 are clearly market homes of reasonable size.**

- **77 single storey homes, 24 more than we would anticipate becoming available from existing stock.**

ELDERLY/WHEELCHAIR ACCESSIBLE PAVEMENTS – THE “RED ROUTE”

Streetmap.co.uk- printer friendly page

<http://www.streetmap.co.uk/prf.srf?x=485630&y=226610&z=115&...>



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from grass to path and back. As an exemplar and proof that such materials do exist, details of one potential material, are on the next page:

Grassprotecta™



Permanent grassed overflow car parks, residential parking, access routes, holiday park areas, verges and wheelchair access routes on firm, well-drained ground.

GRASSPROTECTA heavy-duty polyethylene mesh reinforces grassed surfaces prone to wear and shearing e.g. permanent car parking and heavily-used pedestrian areas. The reinforced mesh structure provides greater traction and significantly higher slip resistance when compared with standard mesh alternatives. GRASSPROTECTA mesh is available in two thicknesses: 14mm and 11mm.

Benefits

- High levels of reinforcement – up to 8t per static axle load on firm ground
- Suitable for permanent applications
- Can accommodate shallow slopes
- Fast and cost-effective installation
- No excavation or soil removal is normally required
- Higher slip-resistance than standard mesh products

GRASSPROTECTA mesh is simple to install. The sward grows through the mesh apertures and fills with the filaments to create a strong, inherently reinforced surface which is capable of withstanding vehicle loads, limiting damage and helping to reduce compaction by reducing direct contact with the soil surface. The grass can be mown, rolled and fertilised as normal during this period and the mesh soon becomes unobtrusive.

GRASSPROTECTA mesh can also be installed onto newly-landscaped areas and seeded as required. It is strongly advised that newly-installed areas remain untrucked until the sward and the mesh have settled – normally after a few weeks during the growing season, increasing to a few months out of season. Immediate use may restrict growth and limit the effectiveness of the installation.

Applications

The Standard (11mm) grade is suitable for:

- Light-use – overflow car park
- Wheelchair (DDA) access routes
- Golf-buggy paths
- Heavily pedestrianised paths

The Heavy (14mm) grade is suitable for:

- Overflow car parks
- Light-traffic taxiways
- Caravan sites and other holiday areas
- Some equestrian surfaces
- Verge stabilisation



Fixing Pins & Pegs

Steel U-pins or plastic pegs to secure GRASSPROTECTA to the ground. Yellow marker pegs are available if required.



Fixing pin & peg product details

PRODUCT	SIZE	WEIGHT	NET WT
U-Pin	170 x 7.6 Dia.	50 Pack	Steel
Black Peg	140 Dia.	100 Pack	Recycled HDPE



Grassprotecta product details

SIZE	THICKNESS	WEIGHT	NET WT	DRYNESS	WATER
2 x 20	Standard	GreenPack	400 L/m ²	11mm	Reinforcing HDPE Band
2 x 20	Heavy	GreenPack	400 L/m ²	14mm	Reinforcing HDPE Band

TERRAM Data Sheets, Installation & Design Guidelines and Case Studies can be downloaded from www.terram.com

