

# Healthy Homes Older Person's Pack

## Using the presentation: Is Your Home Good for Your Health?

This is a step-by-step, slide-by-slide guide to help you use the model presentation.

### Resources and materials

To run a session you will need a copy of the presentation and the following resources

#### **Equipment**

Lap-top computer\*  
Projector\*  
Extension lead  
Flip chart and pens (optional)

*\*If this equipment is not available you could use an overhead projector, in which case a reduction in the number of slides might be necessary*

#### **Handouts and resources for the session**

Copies of the quiz  
Evaluation forms (with box or envelope for participants to leave it in)

#### **Pack for participants**

The Healthy Homes Healthier Lives folder  
The Healthy Homes Healthier Lives facts leaflet  
Useful contacts list  
Information about your agency/organisation and its services  
Warm Front leaflets

## Running the session

The presentation is divided into 3 sections, which will take approximately 1 hour to deliver if you use the suggested quiz to cover the topics. It is recommended that you allow a further 10 minutes at the end for questions and discussion.

There is an optional photograph/case study activity, which would lengthen the session by 20 minutes. This activity provokes debate, therefore it is recommended if time permits.

### Part One: Introduction and setting the scene

Allow approximately 15 minutes for this

Slide Number	Topic (Time in minutes)	Notes
1	Title	You may want to show this slide while people are arriving. It reassures participants that they have come to the right place and it reassures you that your equipment is working.
1	Title (5-10)	<p>When people have all arrived, stand up and introduce yourself. Say who you are, who you work for and a little about you're day to day job.</p> <p>Go through "house keeping" information: location of toilets, fire procedure, when breaks will be, when the session will end, any other ground rules e.g. no smoking, confidentiality</p> <p>Thank everyone for attending and if the session has been arranged/ sponsored by anyone in particular then do not forget to acknowledge this help.</p> <p>Explain that the format for the presentation combines a mixture of information provision and participation. Explain that you welcome questions and comments as you deliver the session.</p> <p>Say a little about your background and area of expertise and</p>

		<p>experience. Acknowledge that participants are also likely to have a wealth of experience gained from managing their own homes. Encourage them to reflect on this experience and apply what they are learning to themselves, their friends and neighbours, and to share thoughts and ideas with others on at the session.</p> <p>Explain that each participant will take away a pack, containing copies of the Powerpoint Slides, checklists and any other leaflets. It is probably best to distribute these at the <b>end</b> of your presentation, to avoid distraction and the temptation for participants to leaf through the information before you have had time to talk about it. It will also mean that the exercises and quizzes are more fun because they won't have the answers before you do them.</p>
2	Introduction Exercise (5)	<p>This exercise will encourage people to participate, get to know each other and set an interactive tone to the session.</p> <p>It will also take the focus away from you so that you can take stock of how the session is going.</p> <p>Ask the participants to talk to their neighbour for a couple of minutes to discuss the statements and decide on their answers.</p> <p>Take feedback as a show of hands. It might help to have a flip chart prepared for each statement with columns headed up "True" &amp; "False". Count the numbers and write up onto the flip chart.</p>
3	Introduction answer (5)	<p>This slide will either reinforce what has been fed back or illustrate our misconceptions about how older people live. Whichever the case, use the slide to set the scene for the rest of the session. You could also use it set your own aims for the presentation.</p> <p>e.g. to inform about your services if you are a HIA. e.g. to promote interest amongst potential partner organisations or volunteers.</p>
4 – 6	Setting the scene (5)	<p>These slides provide the opportunity to elaborate upon the issues that face older persons as they decide where to live and how to manage their decision in practical terms. Show examples of the checklist "Getting your home ready for retirement" and</p>

## Part Two: How does your home affect your health?

Allow 20 minutes for this if you deliver it as a presentation. Allow 30 minutes if you decide to structure this part of the presentation around the quiz.

7	How does your home affect your health? (2)	Use this slide to introduce Part Two of the presentation.  Summarise the topics that you will cover mentioning warmth & comfort, damp and condensation, poor services including gas safety, carbon monoxide, and inadequate electrical wiring, trips and slips and security.  Mention that the checklist “Is Your Home Good for Your Health” will help householders to assess their own homes with reference to these potential problem areas.
<b>Quiz</b>	(10)	If you decide to use the quiz to introduce the issues, hand out copies. Encourage participants to work in pairs to answer the questions. Give them around 10 minutes to go through the quiz.
<b>Feedback</b>	(18)	The questions are ordered to co-ordinate with slides 8 to 22. Take feedback for each question, showing the relevant slides to answer the question, provide more detail and emphasise the actions they should take before moving onto the answer for the next question. e.g. the answer to question 1 should be provided and developed with the help of slides 9 to 11.
8	Warmth & Comfort  Thermometer	Use this slide to introduce discussion about excess winter deaths, the cost of maintaining safe and healthy levels of heating and the concept of fuel poverty.  Explain the definition of Fuel Poverty, people who <u>have to</u> (not just choose to) spend more than 10% of their income to keep their home adequately heated.
9	Warmth & Comfort  Health Effects of Cold Homes	Highlight vulnerable groups – older people, disabled people, and homeowners, people living in older properties.  45,000 is the number of people who die during a bad winter due to the cold. Figures from the Office for National Statistics showed actual excess winter deaths of: 45,000 (1999 – 2000) 26,000 (2001 – 2002) 22,000 (2003 – 2004) Cold reduces peoples’ mental and physical reactions – older people are particularly at risk of accidents and falls as a result. There is some evidence that heart attacks and strokes are another consequence of cold homes.  Stress the mental as well as physical consequences of cold homes

10	Action for cold homes	<p>Summarise the need for adequate heating.</p> <p>Refer to the Warmfront grant and show the leaflet. Also provide information about contact numbers for further advice about energy efficiency and the other grants that may be available</p> <p>e.g. The local Energy Efficiency Advice Centre can help with both by calling 0800 512 012</p> <p>e.g. Fuel suppliers often provide financial incentives and grants for householders who are not eligible for Warmfront and details are usually available from the EEAC.</p> <p>Try to include a leaflet from you local EEAC in the pack.</p>
11	Damp & Condensation	<p>Summarise the health affects of damp and particularly the mould that grows on condensation damp</p> <p>Mould growth is a form of fungal growth and a damp home is an ideal environment for the spread of these fungi. Research has shown that mould growth can give rise to different types of allergies and health problems:</p> <p style="padding-left: 40px;">RHINITIS (inflammation of the nasal passages)</p> <p style="padding-left: 40px;">ALVEOLITIS (Inflammation of the lungs)</p> <p>Some fungal growth can be toxic and if swallowed acts like a poison.</p> <p>Stress the mental health implications of living in a cold, damp, mouldy home.</p>
12	Action for keeping damp at bay  Rising damp & penetrating damp	<p>Briefly describe how rising damp and penetrating damp can occur the actions required to deal with it.</p> <p>Rising damp occurs up to 3metres from ground level where there is no Damp Proof Course (DPG) or if it has been breached or broken.</p> <p>The source of penetrating damp and plumbing leaks can often be difficult to find. Mould will grow on these types of damp if the problem is not fixed.</p>
13	Action for reducing condensation	<p>Explain that condensation can be a big problem. To control condensation four factors must be considered.</p> <ol style="list-style-type: none"> <li>1. Reduce moisture production – lids on cooking pots – not using bottled gas – extracting steam from bathrooms and kitchens</li> <li>1. Good ventilation – air bricks- trickle vents – to create a small air flow</li> <li>2. Adequate heating – ideally central heating</li> <li>4. Insulation – reduce the number of cold surfaces</li> </ol>
14	Unsafe gas and solid fuel appliances	<p>Summarise the health risks from defective appliances and flues that do not function properly.</p>
15	Symptoms of Carbon Monoxide poisoning)	<p>Explain that often people do not realise that they have carbon monoxide poisoning because the effects can be so subtle. Feeling well during a spell away from home, and noticing symptoms on return might be the only way to know.</p>

16	Action for unsafe gas and solid fuel appliances	<p>Soot stains show that chimneys or flues are not taking away combustion gases adequate.</p> <p>A yellow flame shows that there is not enough oxygen present in the combustion process and means that the appliance is producing carbon monoxide. Most modern appliances have a balanced flue, which automatically brings in enough oxygen for complete combustion, but it is still important to look for the blue flame that shows the appliance is safe.</p> <p>Explain that the appliance in the photograph does not have a safe flue and would no longer be legal, but that old water heaters like can still be found in older houses.</p> <p>Stress the importance of checking all gas appliances annually by a CORGI registered plumber. All modern gas appliances are fitted with CO cut off devices. Note any local schemes.</p> <p>People could consider installing CO detectors where they consider people are vulnerable.</p>
17	Poor electrical wiring & health	<p>Summarise the health risks from defective wiring. Emphasise that trailing cables are a major falls hazard</p>
18	Action for poor electrical wiring	<p>Explain that electrical standards are regularly reviewed and old circuits often cannot be brought up to current NICEIC standards.</p> <p>Quote the cost of a full re-wire for a 3-bed property – (£2 - £3K) Are grants available?</p> <p>Sockets and outlets should be of an adequate number and appropriately sited</p> <p>Note any local free safety check schemes or grants and refer to any leaflets you have in the pack.</p>
19	Falls, slips and trips	<p>Falls have a huge impact on older people and are a major killer. They also impact on acute health services. This is why the Government identified falls prevention strategies as a target in the National Service Framework for Older People.</p>
20	Action for falls, slips and trips	<p>Explain the main environmental '<i>trigger points</i>' for falls &amp; accident hazards in the home. Invite additional examples from participants. Link them to the actions listed.</p> <p>Research by the NHS Falls Collaborative has shown that older people are at particular risk first thing in the morning from bending down to pick up post and milk bottles.</p>

		<p>Encourage participants to come up with more ideas from their experience of useful aids and adaptations.</p> <p>You may want to refer to any local falls prevention schemes or Slips Trips and Broken Hips campaign and have leaflets available.</p>
21	Poor security, burglary risk & health	<p>Summarise the affect on health.</p> <p>The fear of crime is higher among older people. It is important for their mental health to be reassured that doors and windows are as secure as they can be.</p> <p>A description of the affect anxiety about security can have is given in the <b>Appendix to this guide</b>. It clearly illustrates the impact that fear of crime has on health.</p> <p>Mention remedial measures possible</p>
22	Action for poor security and burglary risks	<p>Mention any local schemes that may be available to promote crime prevention or to discourage bogus callers.</p> <p>Keeping front gardens tidy will help to keep vulnerable people safe from targeting by bogus callers and potential sneak thieves.</p>

## Part Two: Who can help?

Allow approximately 15 minutes for this with an additional 10 minutes for questions and discussion.

23	Who can help?	<p>Summarise the main options that are available to householders if they think their home is affecting their health.</p> <p>Explain that there is help available to help with cold homes, repairs maintenance and adaptations. Point out that some the agencies you will introduce can also help if the householder decides to move on rather than remedy the health hazard.</p> <p>Explain that the Disabled Facilities Grant (DFG) is the only Mandatory Grant available. You will need to explain the local situation regarding waiting lists, referrals and whether there are any discretionary grants to supplement the mandatory DFG.</p>
24 & 25	Warmfront	<p>Explain that the main source of help for people on an income related benefit is the Warm Front scheme.</p> <p>You should contact Warm Front and have up-to-date information leaflets available to give out to participants. Very briefly go through the eligibility criteria and type of work undertaken. Do not go into too much detail, people can take the detail away with them.</p>

26	Advice about grants	<p>Summary slide of the national help lines that provide free advice.</p> <p>Restate that the utility companies also have schemes and initiatives and that these tend to vary and last for a set period. To get current information contact the local EEAC.</p>
27	Who can help with repairs and maintenance	<p>Provide a general overview of the kind of help that is available and the funding that might be at hand. Explain that there is no longer a national grant scheme for repairs. Local authorities have been given the power to devise their own forms of assistance.</p>
28	Who can help with adaptations	<p>Provide a general overview of the kind of help that is available and the funding that might be at hand.</p>
29– 37		<p>The slides in this model presentation provide generic information about the agencies that are there to help.</p> <p>Please amend them to present information about your own organisation or to suit the aims of your presentation. Include a final local slide with contact information.</p>

Take any questions. Thank people for attending, distribute the packs and encourage them to take away any other information you provide. Remember to hand out a short evaluation form to give you feed back on the session and have a box by the door, where people can leave their complicated forms

## Appendix

### Case Study for Slide 21

*Miss W was in her late 80's living alone. She lived an active life, going shopping most days. One day on her return from shopping she discovered that burglars had entered her home by smashing the glass in her back door.*

Although very little had been stolen all her draws had been ransacked and the contents emptied out on the floor. Miss W contacted the Police and Care & Repair. The Care & Repair Handyperson re-glazed the door, re-enforced the door panel and fitted bolts and a five lever deadlock.

As Miss W lived in a high crime area and with the help of the HIA she was able to get a grant to pay for a stronger back door and replace her ground-floor windows with double glazed and more secure units.