



LEEDS
BECKETT
UNIVERSITY

Citation:

Grant, M and McCunn, L and Ahmad, S and Goodman, A and Creutzig, F and Woodcock, J and Tainio, M and Holmes, T and Eisenman, D and Warwick-Booth, L and Coan, S and Bagnall, AM and Neale, C and Aspinall, P and Roe, J and Tilley, S and Mavros, P and Cinderby, S and Coyne, R and Thin, N and Ward Thompson, C and Gardener, MA and de Oliveira, FL and Vieira Zamora, FM and Kloseck, M and Fitzsimmons, DA and Zecevic, A and Fleming, P (2020) Research for city practice. *Cities and Health*, 4 (1). pp. 2-12. ISSN 2374-8834 DOI: <https://doi.org/10.1080/23748834.2020.1741922>

Link to Leeds Beckett Repository record:

<https://eprints.leedsbeckett.ac.uk/id/eprint/9249/>

Document Version:

Article (Accepted Version)

Creative Commons: Attribution-Noncommercial 4.0

© 2020 Informa UK Limited, trading as Taylor & Francis Group

The aim of the Leeds Beckett Repository is to provide open access to our research, as required by funder policies and permitted by publishers and copyright law.

The Leeds Beckett repository holds a wide range of publications, each of which has been checked for copyright and the relevant embargo period has been applied by the Research Services team.

We operate on a standard take-down policy. If you are the author or publisher of an output and you would like it removed from the repository, please [contact us](#) and we will investigate on a case-by-case basis.

Each thesis in the repository has been cleared where necessary by the author for third party copyright. If you would like a thesis to be removed from the repository or believe there is an issue with copyright, please contact us on openaccess@leedsbeckett.ac.uk and we will investigate on a case-by-case basis.

City Know How

Housing Support to improve health and reduce service costs

Research for city practice

For the attention: of housing providers and health and public health professionals

A new model of care and intervention delivered through a housing and health partnership could lead to positive wellbeing outcomes and potential cost savings.

The intervention delivered co-commissioned personalised support using a holistic model of care in which a support worker worked with individuals to provide them with tailored, needs based care.



Photo: Upper Butts. One of the case studies. This provides accommodation to 40 one-bedroom flats with a resident Scheme Manager working Monday to Friday from 8.00am until 2.45pm. Upper Butts is within walking distance to the nearest town centre amenities.

The problem: Housing and health are linked but the evidence about this is complicated. Professionals from both housing and health could work together as a way to improve health, by providing housing related support in urban areas. Currently, there is a lack of research about how this might work.

What we did: We evaluated a partnership between housing and public health, in which a pilot new model of care was created. Using mixed methods of data collection, we looked at if this model of care led to improvements in the lives of clients from their point of view, gathered the views of stakeholders involved in the project and examined the economic case for the pilot.

What our study adds: This study adds evidence about a new model of care/intervention delivered through a housing and health partnership. It improved the health and wellbeing of people by giving them individualised support. Those using the service reported positive views of their experiences, perceptions of better health as well as increased independence and less social isolation. The intervention was associated with reduced use of community healthcare services; potentially saving £20,818.20 over the period of one year.

Implications for city policy and practice: This intervention cost little to implement whilst offering a service with the client at the centre so health and housing partnerships can lead to positive service user experiences whilst reducing health care costs. Housing providers working with health colleagues can not only improve the health of those with long-term conditions but also reduce local health care usage costs through the provision of care closer to home and a holistic service offer.

Links to other resources and support: Centre for Health Promotion Research

<https://www.leedsbeckett.ac.uk/research/centre-for-health-promotion/>

Full research article: Personalised housing support to improve health and well-being: findings from a local pilot programme in Yorkshire, England

Blog: Health promotion through housing support <https://chprblog.com/2017/07/04/health-promotion-through-housing-support-a-success-story/>

Authors: Louise Warwick-Booth, Susan Coan and Anne-Marie Bagnall