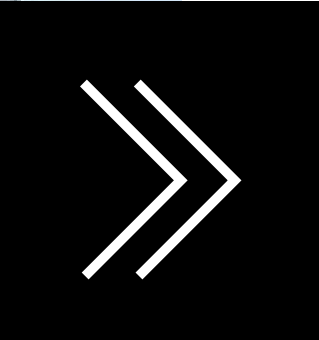


ISSUE 02, AUTUMN 2021

People. Plants. Places.



**Sherry
FitzGerald**
NEW HOMES

In People, Plants & Places we examine the components of the housing sector and consider solutions to the current crisis which will provide homes for all and enable communities to thrive.

Welcome

In this edition we look at Senior Housing and how a tailored approach to the provision of homes for the elderly can improve health, quality of life and contribute to solving the housing crisis.



IVAN GAINE, *Managing Director, Sherry FitzGerald New Homes*

Welcome

We need housing of all shapes and sizes in order to provide appropriate housing for all stages of life.



The current focus of housing provision is for renter, first time buyers and families. Little focus is being placed on a large section of our population, the senior citizen.

Life expectancy is currently growing at 2.5 year per decade and the majority of girls born in the developed world will live to 100. We are not preparing for housing this ever growing cohort, or considering how the homes occupied by older residents which are not fit for their needs, could be occupied by growing families. Research carried out by the Department of Housing found that more than 75 per cent of the 560,000 householders aged 55 and above who own their homes had no appetite to downsize. Two of the main factors

which were preventing moving were attachment to the local area and/or the lack of smaller homes in the same area.

If an attractive local alternative option could be provided, we could see a shift in Ireland for older home owners into more appropriate accommodation. This would offer a transitional environment where care is available if required and residents can live independently and part of a community which encourages physical and mental wellbeing in later years.

Ivan Gaine

*Managing Director
Sherry FitzGerald New Homes*

Contents

01

Why

Tailored Senior Housing can produce benefits for both individuals and society.

02

How

We examine opportunities where Senior Housing can be delivered in a practical way.

03

What

We look at some options which have been adopted successfully abroad.



**Why not create
homes that
enable us to live
our best lives
at all stages**

01

Why



*Marguerite Boyle
Director
Sherry FitzGerald New Homes*



*David O'Connor
Policy Consultant*

How have typical households changed in Ireland and why does that impact the types of houses we need?

01

We are living longer and our needs change in later years. Life expectancy is currently growing at 2.5 years per decade.

Source: Irish Population Health: life expectancy & mortality

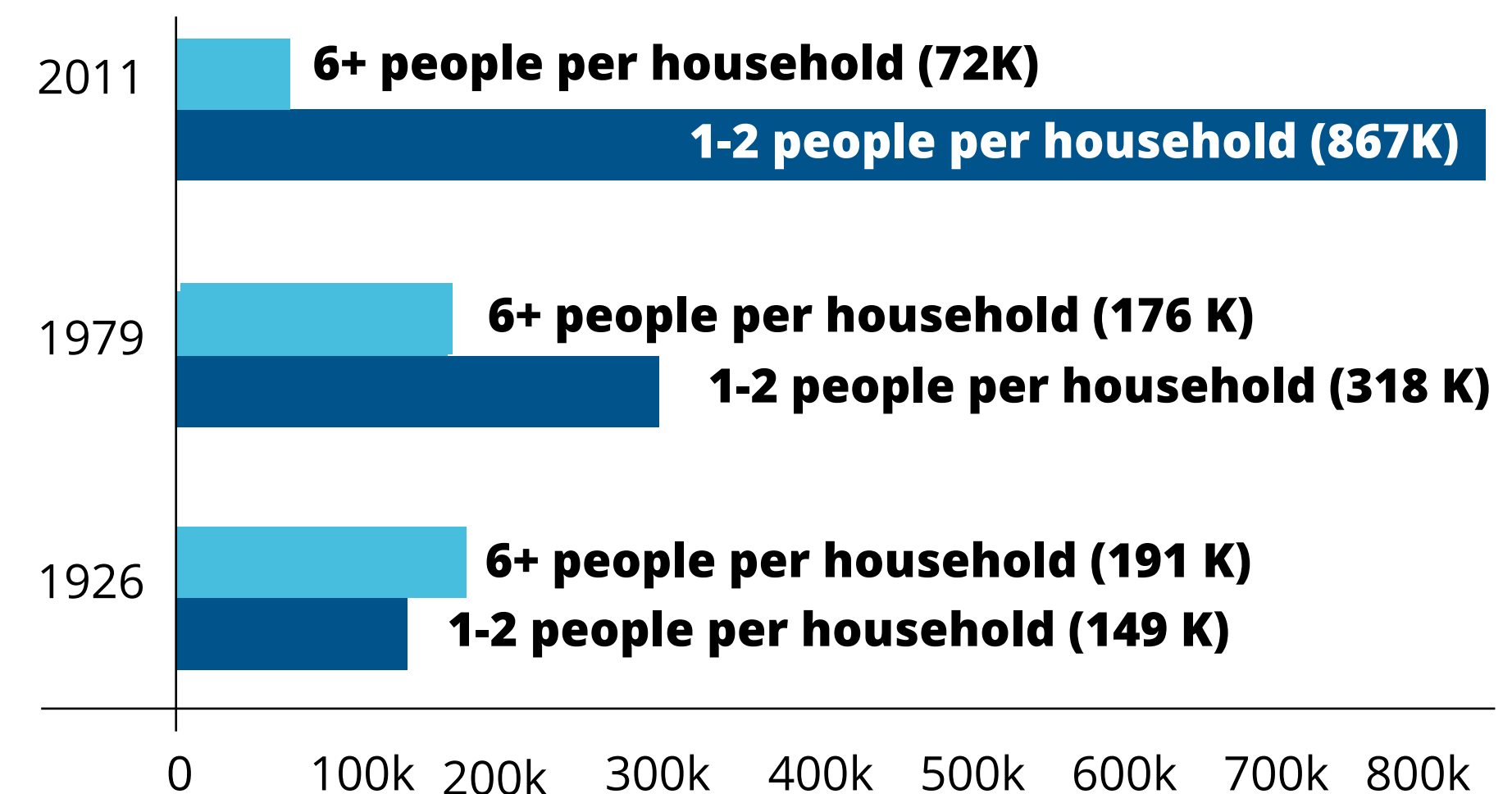
02

From 1926 to 2011, the number of 1-2 person households has increased almost six-fold. Census in 2011 revealed that not only is our population growing at a fast rate; but our single and two person households are growing at a rapid pace.

03

Yet, we are still building almost identical housing types. In 2019, we built more one-off houses than we did apartments in Ireland.

Household size 1926 - 2011



Why

In 1926, the average life expectancy was 57, now it is over 80.



Living longer, healthier lives is a relatively new phenomenon. Why not create homes that enable us to live our best lives at all stages.

The typical Irish home that many of our elderly residents occupy is dated in terms of energy efficiency. They are often the homes they raised their families in and are therefore too large for their needs and difficult as well as costly to maintain, but they are naturally attached to the home and community.

Why



More appropriate care for our elderly within their own homes

Benefit of living in purpose-built retirement villages has been to promote more fulfilling lives due to enhanced care as well as mental and physical activity.

WHAT IT REALLY MEANS?

Senior housing is similar to standard housing and can be purchased with optional additional services onsite which can be availed of as required. This would mean there would be less strain on hospital beds and more appropriate care for our elderly within their own homes.

Having homes that are more appropriate which enhance wellbeing would ensure less trips and falls and hospitalisations. When an older person makes the choice to “trade down” they may not need access to these services right away, but over time there may be a transitional period before more permanent care is required.

The overall well-being benefit of living in purpose-built retirement villages has been proven to promote longer, more fulfilling lives due to enhanced care as well as mental and physical activity.

**What if we
incentivised
developers or
encouraged
development
through planning?**

How



*Marguerite Boyle,
Director
Sherry FitzGerald New Homes*



*Donal Buckley
Journalist*

02

What if every local council had to include zones for infill senior housing schemes?

We know that one of main barriers that is consistently presented to those who wish to move from their large family homes is ties to the area and no viable alternatives locally.

Most new home activity in the Greater Dublin Area is occurring in large scale new developments generally around the commuter belt targeting first time buyers and young families. Although this supply is greatly needed, there is very little focus on creating attractive options for those wishing to right size.

What if every local council had to include zones for infill senior housing schemes? Scheme's in the centre of Villages and

within existing established communities. We have developed these type's of development previously in Ireland, but there are better models that are being implemented abroad that Ireland could learn from.

Although we often think of Senior Housing as being purpose-built accommodation located on the fringes of towns and villages, in the UK, there is a move to create homes targeted at older residents in city and town centres. This makes sense as all amenities are available on the doorstep. In addition, recent societal changes have seen a rise in vacancy rates in city centres, so re purposing commercial accommodation into residential solves two problems.

**GERMANY,
FRANCE,
SCANDINAVIA**

1/5

1 in every 5 new dwelling units are specifically for older people.

**AUSTRALIA
CANADA**

1/6

1 in every 6 new dwelling units are specifically for older people.

UK

1/20

1 in every 20 new dwelling units are specifically for older people.

IRELAND

?

In Ireland, it is far less than that again....

Emerging Asset Class

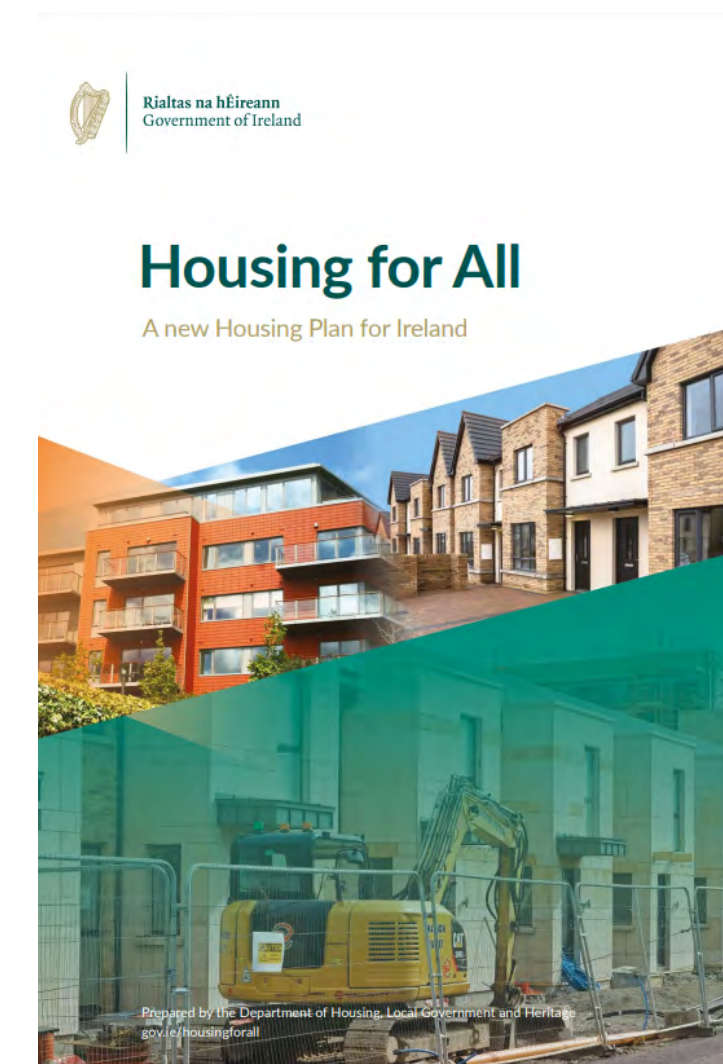
The UK also provides an interesting case study for investment in this emerging asset class. In the UK, senior housing represents an attractive sector with providers funded by pension funds and international asset managers. Retirement Villages Group for example is funded by Axa Investment Managers. The firm recently said they plan to build 5,000 homes for older people across 40 urban sites over the next 10 years.

Government Policy

The Help to Buy scheme is a great initiative which has enabled many young people and families to purchase their own home in Ireland.

We very much welcome the initiative and can see the daily the impact the scheme has on many people, who otherwise would not be in a position to purchase their own home. It is now time for

supports to be extended to the wider community, to incentivise right sizers to trade their larger homes in order to make our housing stock more efficient. We are excited to see the detail of the recently announced national policy on rightsizing within section 20B of Housing for All. We see further opportunity to provide rightsizing options in the new Croí Cónaithe fund, also announced in Housing for All. This fund is designed to increase owner-occupier apartment development in city centres, by providing a subsidy to the developer. New quality well-located apartments and duplexes offer an attractive alternative to those wishing to move to more maintainable and energy efficient homes but there has been little to no supply in recent years due to the dominance of PRS investment funds in the market. An intervention is overdue to increase the supply to the wider owner occupier market.



**An example of
how Senior Housing
can be bespoke
or simply be
suitable for older
generations**

What

03



Marina Village Greystones Co. Wicklow

Marina Village

Marina Village Greystones occupies a stunning coastal location in the heart of a bustling Wicklow town. The development comprises a mix of home styles, from 1 bedroom apartments to 5 bedroom family homes.

Greystones is an established and sought-after seaside suburb of Dublin, with excellent transport links to the city and a vibrant village, offering the best of both worlds to its' residents. There is the opportunity for sea swimming, beautiful walks, socialising in one of the many cafes and restaurants and sporting pursuits in the numerous golf and other leisure clubs in the vicinity.

The apartments in Marina Village are generously sized, most are dual aspect with stunning views and have the benefit of "winter gardens" , which combine the beauty of outdoor living with indoor comforts and optimise light.

Greystones is synonymous with large family homes, and there is a strong trade down market within the town. According to the 2016 census, 45% of households in Greystones comprise just 1-2 people. The Marina Village development offers an attractive trade down option, being close to the village and all its amenities as well as options for size and home style. Apartments are a great option for those who are retired and spend long periods of the year in holiday homes, as security is not an issue and owners have the knowledge that the property outdoor areas and building will be maintained by the management company.



Marina Village



In addition, apartment living is generally on one level with lift access direct to the basement car park and street, ensuring accessibility is easy in later years. Although Marina Village is not a senior housing scheme, far from it in fact, there is a blend of all demographics, it is a good example of where good quality apartments and townhouses can offer a genuine option for those wishing to downsize within a locality.

To meet current housing demand and need, it makes sense to encourage more high-quality apartment development. As a society, we are very attached to traditional housing designs, so much more so than our European counterparts. Taking Greystones for example, also contained in the 2016 census is the fact that 86% of households live in a house, whereas just 12.5% live in an apartment.

United Kingdom Holmwood, The Rise Brockenhurst



Holmwood is a collection of 22 one and two bedroom apartments and two cottages situated in the beautiful Brockenhurst conservation area at the heart of the New Forest in the UK.

03



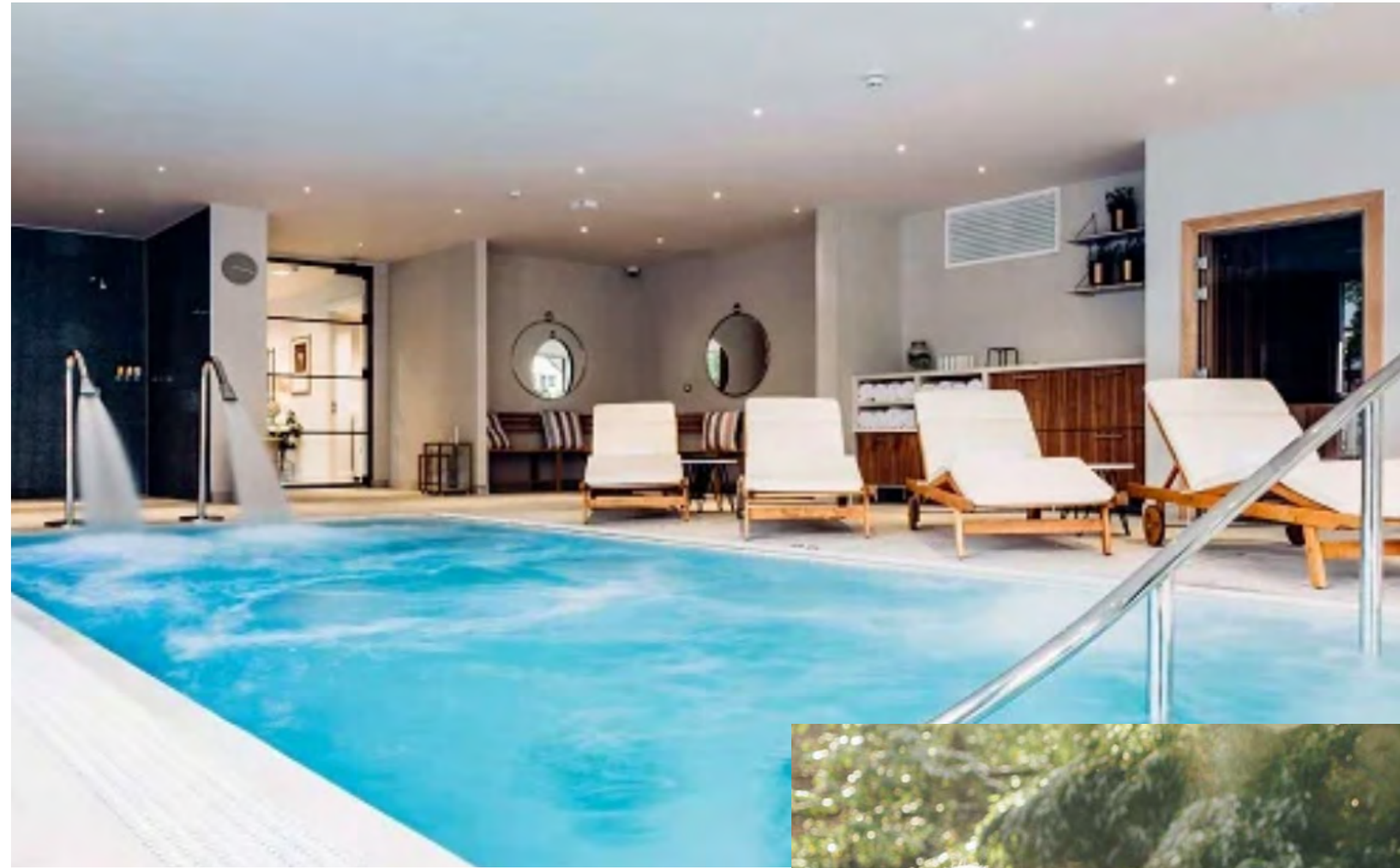
Named after the first private residence constructed on its site in the 19th century, the development comprises three villas and two semi-detached mews houses. Occupying the border between the intriguing wilderness of the New Forest and the sociable domesticity of village life in Brockenhurst, owners at this development can expect to enjoy the best of both worlds.

Whether it's taking long walks through the picturesque forest or socialising in the pubs and cafés of the enchanting village, Holmwood offers a retreat for its residents. The development's cosy lounge, social kitchen and club terrace allows for catching up with neighbours.

Holmwood

EXPERIENCE

The on-site Helicon team are not just there to manage and maintain the building, but also to engage with the surrounding community at each development, forming relationships with local services, suppliers and producers to create an experience that benefits the whole community.



NATURE

Brockenhurst has always existed in harmony with nature. It is not unusual to find wild New Forest ponies and donkeys wandering through the street or stopping for a drink at the point where the north and south streams of the river Weir meet.



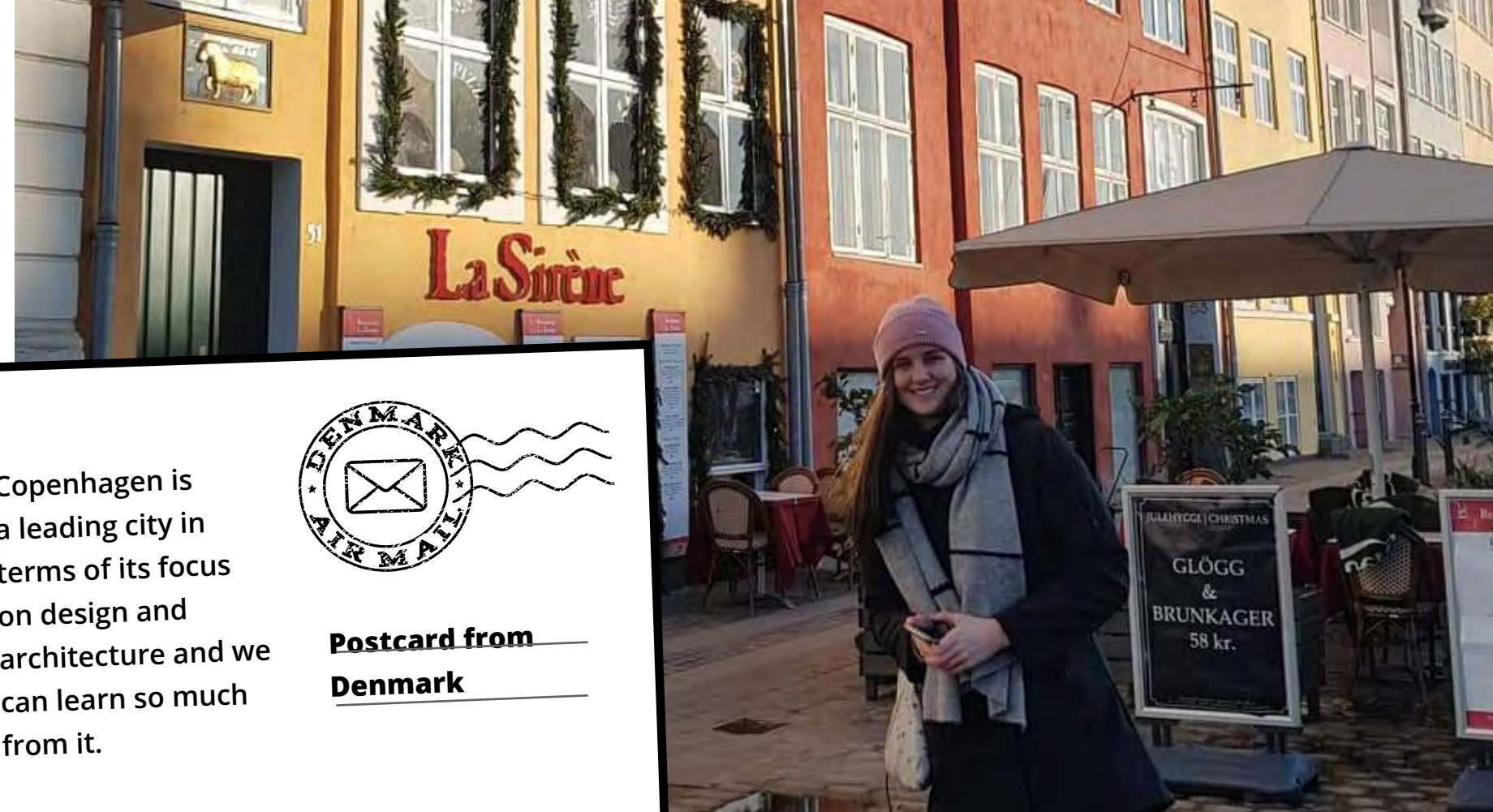
Holmwood

ARCHITECTURE

Designed by Snug Architects. Architecture is sympathetic to the existing Victorian villa that sits at the centre of the site. It was swamped by poor quality 20th Century extensions and the whole building had fallen into disrepair. The strategic approach has been to remove the poor quality extensions, restore the fabric of the original villa and extend it sympathetically so that the original architecture can be read. Two additional new build villas and a pair of smaller mews houses are positioned set back within the grounds, opening up views of the landscape setting and two veteran oak trees.

For more info visit:
www.pegasuslife.co.uk





Kate Kavanagh

My name is Kate and I am a part one architectural student in University college Dublin. I am currently taking a year out of my studies and have spent the past 6 months living and working as an architectural intern in Copenhagen. It has been the most amazing experience and I will carry the skills and ideas I have gained here with me for the rest of my career. Copenhagen is a leading city in terms of its focus on design and architecture and we can learn so much from it.

The Danes seem to be ahead of the curve in many aspects of their life. But when walking around the city of Copenhagen, it is hard to imagine how an elderly person would live. Copenhagen is known for its distinct architectural style. With

multi-storey colourful buildings, steep pitched roofs and simple flat facades. What makes these buildings so beautiful is their uniqueness and simplicity, a strong attribute of Scandinavian design. The buildings are often mixed use with shops or cafes on



**Postcard from
Denmark**

Postcard from Denmark

the ground floor and the upper floors as housing. The problem I see with these buildings is the lack of accessibility for all people, both elders and people with reduced ability. The buildings are generally more than 100 years old and are more often than not built with narrow staircases and no lift.

Another problematic feature of the typical Copenhagen apartment is the size of the bathroom, a functional aspect of any living space. The buildings in the city centre often have bathrooms that are unbelievably small, they are generally an “all in one” space. With the shower, toilet and sink being squashed into a room that is maybe, maximum 3 metres squared. For an elderly citizen this could prove problematic.

While commenting on the conditions in the inner city I feel it is unfair to judge the entire city's efforts in regards to senior housing, as the buildings I have described are more often than not more than 100 years old, and were not built with the aging population in mind. It is important to mention that just outside the city many efforts are being made to build more elderly friendly homes.

The municipality here also offers many options to their elderly citizens. If a person over the age of 65 is experiencing difficulties in their current homes they have the possibility to apply for help in adapting it, as well as access to sheltered housing which provides 24hr staff assistance. While also allowing the person to furnish their own space and invite family and friends as if it was their own home.



Postcard from Denmark



Senior housing, Diakonistiftelsen at Frederiksberg

Another option is a typical nursing home, which for a pensioner here, with no other income, will only cost about 1500 dkk, the equivalent of about 200 euro per month.

Denmark is a country known all over the world for its forward ways of thinking and doing things, and housing and architecture is no exception. In Copenhagen there is a desire to live in a way that all ages, genders and races can live together in a resource conscious way by sharing space rather than owning individual private homes, like you would see in Ireland. There has been a huge increase in the number of housing projects around the city, which cater for all groups of people. Many of the projects aim to create a space where citizens of all ages can live as

one community. This concept of 'co-housing' first came about in Denmark in the 1960's and since then the Danes have developed and in some cases perfected this concept. Throughout the country you can find multiple examples of co-housing schemes. Schemes that allow nurseries, senior care homes and student accommodation to co-inhabit the one space. In the Frederiksberg area in central Copenhagen there has been a strong effort to transform an institutionalised area into a more diverse living environment. It involves a master plan for the area, with new student and senior housing and health and educational facilities. The new senior housing scheme involves 110 new homes for people over the age of 65. It enables them to live as a small community while maintaining

their own privacy. The scheme involves outdoor spaces both communal and semi-private as well as shared rooftop spaces for residents to gather. Just about three kilometres down the road another senior housing project is underway. The project was designed by ZESO architects, the company I have worked for the past 6 months. The scheme for this project allows senior citizens to live independently while maintaining a strong connection to one another and the surrounding community. ZESO has designed 8 new senior-friendly homes based on the motto "as long as possible in their own dwelling." It is considered a modern town villa which takes inspiration from the surrounding classic Frederiksberg buildings and the municipality's distinctive features. The building is 4 stories

Postcard from Denmark

high, with a basement for on site parking. Each home has direct access to a lift. There are two terraces on the roof that are a shared feature within the complex. This allows for communal gathering, an important feature of senior housing. There is also a community house in the garden for communal gatherings and events. In my opinion this is an ideal setup for a senior citizen, it achieves the goal of “as long as possible in their own dwelling.” It allows elders to live independently with the support of the surrounding community and each other, as well as access to private and shared facilities, while maintaining the feeling of a home, that nods to the typical style of architecture in the Frederiksberg area.

I could give many more examples of projects such as these throughout Denmark, but I would be writing for days. I think the schemes I have described above give a clear indication of the quality of life that is available for the aging population in Denmark. And although the existing conditions within the city centre are not always the most suitable for the elderly, you could say it pushes the people of Copenhagen to come up with more dynamic and effective solutions, and, in turn they create a society which can cater for everyone's needs.

Kate Kavanagh



Zeso architects render, Martinsvej, Frederiksberg, Seniorboliger



Choosing to move home can enhance your lifestyle

Donal Buckley

Incentives to facilitate senior citizens to make their homes more efficient or to move to more efficient homes have been introduced by the Government recently. For those who wish to continue to live in their own homes home improvement grants and incentives are a welcome means to help them to help finance adaptations which will enhance the sustainability of their homes to make them more energy efficient and more manageable. However the Government also recognises that a number of current homes are unsuitable for some and that a move to a more efficient home would improve their lifestyle. For instance the house may be quite old and need considerable work done to it and even with the Government assistance it may not be possible to afford to pay for the repairs and adaptations which are necessary. Or perhaps your current neighbourhood is undergoing major changes, road works or new high rise developments which may affect the amenities which you had previously enjoyed. Other factors may be that adult children are moving to a different area and you may wish to move closer to them and your grandchildren.

Some elderly people also find that their pensions will be inadequate to sustain a comfortable lifestyle so they would like to sell their homes in order to generate funds. Others wish to sell their homes in order to assist their children financially to buy their own homes.

Planning for the future

With an increasing number of people living longer and healthier lives, retirement and the departure of children can provide them with an opportunity to plan for a new lifestyle. As they plan for their future, they need to consider the demands that their existing property can impose on them and what is the best way to cope with these demands. For instance if you live in the countryside do you feel you are missing out on the advantages of public transport? Do you feel you should reduce your carbon footprint? Have changes in your neighbourhood made you feel you need extra security?

Before drawing up such a plan it is best to make a checklist of why you want to consider a move. Make sure you and your partner, if applicable, feel the same way. Don't feel pressured into moving because others think it is a good idea. It should be something you want to do yourself. Then when you are sure of your decision there are a number of questions you need to address before you make your plans.

Location: Where do you want to live?

Ask yourself do you need to live near family or friends or both and if so which ones? Alternatively, would you prefer to live near your favourite restaurant, GAA or golf club? shops? church? Medical service or gym? Don't choose a location you know nothing about. Make sure you get to know your new area before you make your purchase. If you would like to include a number of these factors in your consideration then add a weighting for each of them in terms of your priorities. Likewise with the negatives a minus weighting: eg too near a night club or school or football pitch, too near a river which is prone to flooding?

Don't be afraid to contact the gardai or your new neighbours to find out more about what they like or dislike about the neighbourhood. Then when you consider locations you will have a weighting for each of the possible locations.

Type of home

You may need to consider if you would prefer:

- A spacious one bedroom apartment on a ground floor or upstairs level? How much storage space or car parking facilities?
- A compact three bedroom house where there is a room for a supportive companion or for family members to stay on visits
- or an easily accessible bungalow with bathroom on the ground floor?
- Detached? On its own grounds or in a housing estate? If you have a dog remember many apartment complexes forbid pets so ask yourself would you need a garden for your dog?
- Perhaps you might wish to try a retirement village with or without support services?

Design features

Would you like a home where all the rooms including the bedroom and shower room are all on the one level? With or without garden or off street parking?

When it comes to selling your existing home it may be possible to consider a number of options:

1. Selling it through an estate agent on the open market. That will provide you with the funding to pay off any mortgages or other loans as well as give you a greater freedom of choice in terms of location and type of home.
2. Selling your home to the Local Authority and moving into a social housing development. You may request the Local Authority to purchase your home in return for a life-long tenancy in social housing, on condition that you make a financial contribution to the Local Authority. The schemes may vary, so you would be advised to check out what's on offer from your Local Authority.
3. A third alternative is to sell to an Approved Housing Body (AHB) Scheme which are available in very restricted circumstances. Check whether AHBs are providing suitable accommodation in your preferred area and whether you are eligible for such a scheme.

Take your time when you are selling your home. Choose your estate agent and solicitor. Sherry FitzGerald can provide you with the names of trusted professionals who will help with the move

and with de-cluttering which will make the home more appealing to buyers. Timing both the sale of your existing home and the purchase of a new home can be challenging for some people who may not have the ready funds in their bank to buy an alternative home before they complete the sale of their existing home. Frequently banks provide bridging loans to facilitate home buyers in this situation. But not everyone can afford the interest on such bridging loans.

Another alternative is to move in with family or friends while the sales are being processed. This will relieve the financial pressures of buying and selling, giving you the time to choose your new accommodation. If this is not an option, talk to your bank or financial institution to see what is possible. Don't feel under pressure to accept an offer until you are ready to move.

“With an increasing number of people living longer and healthier lives, retirement and the departure of children can provide them with an opportunity to plan for a new lifestyle.”

Other sources of information

A comprehensive Government website www.AgeFriendlyHomes.ie, provides guidance and information on housing for a wide range of issues relating to housing for our ageing population. On www.AgeFriendlyHomes.ie you will find information on new and existing homes, grants and funding, healthcare, design information, technology, public realm, regulations, policy and research. The website was launched by The Housing Agency, Age Friendly Ireland and The Departments of Health and Housing, Local Government and Heritage.

For more information on accommodation provided by Affordable Housing Bodies and how to apply, contact the Irish Council for Social Housing on 01 661 8334 or check out their website <https://www.icsh.ie/content/article/mapping-housing-projects-older-people>.





OUR TEAM

sherryfitz.ie/newhomes



Abbi Shannon



Angela McCabe



Aoife Wallace



Avril McCrohan



Chelsey Killen



Christopher Courtney



Ciara Brassington



Colm Byrne



Danielle Burke



David Rhatigan



Eoin Mitchell



Fiona Mulvey



Geraldine Ruane



Ivan Gaine



Jackie Horan



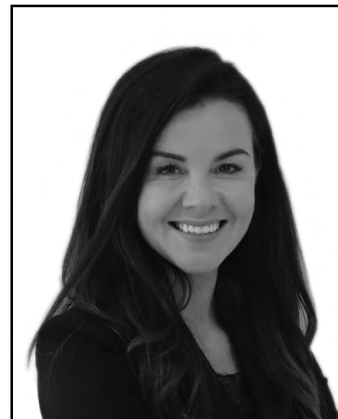
Johanna Moore



John Donegan



Katie Kennedy



Marguerite Boyle



Nicole Maguire



Noel Duffy



Patrick Cormican



Paul Hannon



Paul O'Shea



Rachael O'Leary



Ronan O'Driscoll



Ross Harris



Sarah FitzGerald



Sharon Mullen



Sinead McMullin



sherryfitz.ie/newhomes

People. Plants. Places is published by Sherry FitzGerald Limited, Silverstone House, Ballymoss Road, Sandyford, Dublin 18. Produced by Sherry FitzGerald. While every effort has been made to ensure accuracy of information that appears in the editorial, Sherry FitzGerald Holdings Limited accepts no responsibility for any inaccuracies that may arise. No liability can be accepted for illustrations, artwork or advertising material while in transmission or with the publishers or their agents. All rights reserved. Reproduction in whole or in part (including photocopying or storing in any medium by electronic means) is prohibited without prior permission of Sherry FitzGerald Limited. The reproduction of colours is as accurate as the printing process will allow. Whilst Sherry FitzGerald accepts third party advertising and advertising by their agents, it does not endorse or take any responsibility for products or services outside those of Sherry FitzGerald Holdings Limited. All terms are subject to availability.

A full copy of our general brochure conditions can be viewed on our website at <http://www.sherryfitz.ie/terms>, or can be requested from your local Sherry FitzGerald office. We recommend that you familiarise yourself with these general conditions. Sherry FitzGerald (Ireland) Holdings Limited, Silverstone House, Ballymoss Road, Sandyford, Dublin 18, Ireland. PSRA No. 002183.