

The Emotional Gym

OPPORTUNITY

With an aging society, a political and societal preference for older people to live longer in their own homes, and pressure on NHS finances, opportunities exist for social housing providers to explore how they can adapt their existing building stock to help deliver this, improve their tenants wellbeing and enjoy higher quality care at a lower cost than specialist care.

PROJECT

The development and prototyping of a new mainstream preventative housing model that will re-design the currently disused drying areas (common within high rise buildings) into technology-equipped communal activity centres for older people (the "Emotional Gym"), to provide them with physical and mental stimulation in their own homes and communities.

OUTCOMES

- Demonstration of practical solutions to providing suitable housing for an aging population, with a focus on prevention and self-management.

- A new housing model will be created with the "emotional gym" product and the potential for 1 additional job created per gym

SUPPORT

Total project value - £49k

CSIC Contribution - £20K

PROJECT DURATION

January 2017 - July 2017

Innovation Support: Service Innovation

Sub Sector: Social Housing

