

Extra Care Housing Analysis

December 2025

Staffordshire County Council

Executive Summary

- This report models future Extra Care requirements based on the current rate of provision and projected changes to the population.
- The current rate of Extra Care provision in Staffordshire is 17 units per 1,000 75+ population.
- The rate of Extra Care provision varies by district. In some districts there is less provision than might be expected based on the population - particularly East Staffordshire and Staffordshire Moorlands.
- Overall, current Extra Care provision is sufficient to meet demand for people eligible for County Council funded adult social care services.
- The 75+ population in Staffordshire is expected to increase by 39% between 2023 and 2042. The number of people aged 75+ in Staffordshire with a range of health conditions that will likely require adult social care services is also expected to increase.
- To maintain the current Staffordshire rate of Extra Care provision across the county as the 75+ population grows, the number of Extra Care units would need to increase from 1,707 to 2,369 by 2042. This is an additional 662 units over the next 17 years – around an additional 35-50 units or roughly one scheme per year.
- More deprived areas are likely to experience higher levels of poor health and therefore a higher need for adult social care services. Additional consideration should be given to the most deprived areas when planning future Extra Care schemes.



Introduction

1. Extra Care housing (also called "assisted living" or "very sheltered housing") offers self-contained flats with a range of services provided by on-site staff, including meals, domestic support and personal care. There are usually communal areas such as cafes and lounges, as well as call alarms to summon help if required. People don't have to sign up to receive care when they first move in; the level of assistance can be increased as their needs change.¹
2. Some Extra Care residents have care needs and are eligible for County Council funded adult social care services. Some have care needs and privately fund their own care. Others do not yet have care needs but choose to live in Extra Care. The County Council is not responsible for funding housing or housing support services.
3. When assessing future Extra Care requirements, it is important to consider current levels of provision as well as socio-demographic factors that may influence demand. There are a range of factors that are likely to increase demand for Extra Care:
 - **An ageing population.** The number of people in England aged 65+ is projected to rise significantly, with the fastest-growing group being those aged 85 and over².
 - **Overall health.** While life expectancy has improved, healthy life expectancy has not kept pace, leading to people living more years with complex health conditions³. A growing number of older people are living with multiple chronic illnesses, increasing the need for health and adult social care services⁴.
 - **Deprivation.** Older people living in deprived areas often experience poorer health earlier, increasing their reliance on adult social care services.
4. This report focusses on the 75+ age group and models future Extra Care requirements based on the current rate of provision and projected changes to the population, taking into account the socio-demographic factors that may influence demand. The report uses the NHS definition of Extra Care⁵ and excludes retirement living and sheltered housing.

¹ [Housing options for older people or people with disabilities - Social care and support guide - NHS](#)

² [State of Health and Care of Older People in England 2024](#)

³ [Healthy ageing and care for older populations - POST](#)

⁴ [Evidence review for adult social care reform: summary report - GOV.UK](#)

⁵ [Housing options for older people or people with disabilities - Social care and support guide - NHS](#)

Current Extra Care Provision

5. At December 2025, there are 27 Extra Care schemes with 18 housing providers, providing a total of 1,707 units in Staffordshire⁶. This is a rate of 17 units per 1,000 75+ population, which is less than the most recent West Midlands estimate from the Local Intelligence Network⁷ (23 per 1,000 75+) but higher than estimates for other regions of England.
6. The rate of Extra Care provision varies by district. In some districts there is less provision than might be expected based on the population - particularly East Staffordshire and Staffordshire Moorlands. This is shown in Table 1.

Table 1: Extra Care provision in Staffordshire 2024/25

District	Schemes	Units	Units per 1,000 75+ Population
Cannock Chase	3	187	19
East Staffordshire	2	96	8
Lichfield	3	278	20
Newcastle-under-Lyme	6	355	26
South Staffordshire	5	289	19
Stafford	5	321	19
Staffordshire Moorlands	1	88	7
Tamworth	2	93	13
Staffordshire	27	1,707	17

7. The County Council uses relatively little of this capacity to meet demand for people eligible for Council funded adult social care services. Council supports 203 people in Extra Care schemes, of which 116 are over 75, using just 12% of total capacity. Overall, current Extra Care provision is sufficient to meet demand for people eligible for County Council funded adult social care services.

Population

8. The population of Staffordshire in 2023 was 898,521, with 101,164 (11.3%) aged 75+ years. This proportion varies by district, as shown in Table 2.

Table 2: Population All Ages and 75+ by District 2023

District	All Ages	75+	% 75+
Cannock Chase	102,838	9,892	9.6%
East Staffordshire	127,637	11,812	9.3%
Lichfield	110,173	13,921	12.6%

⁶ Staffordshire Adults Social Care Commissioning Team

⁷ [HLIN-Mears ECH Market Analysis.pdf](#) Page 9

Newcastle-under-Lyme	128,060	13,680	10.7%
South Staffordshire	113,088	14,993	13.3%
Stafford	140,677	16,631	11.8%
Staffordshire Moorlands	95,785	13,059	13.6%
Tamworth	80,263	7,176	8.9%
Staffordshire	898,521	101,164	11.3%
West Midlands	6,085,687	572,570	9.4%
England	57,690,323	5,310,222	9.2%

9. The overall population of Staffordshire is projected to grow by 7%, 62,000 people, between 2023 and 2042. The 75+ population is projected to grow by 39%, 39,300 people, over the same period. The projected changes vary by district as shown in Tables 3 and 4.
10. To maintain the current Staffordshire rate of Extra Care provision across the county as the 75+ population grows, the number of Extra Care units would need to increase from 1,707 to 2,369 by 2042. This is an additional 662 units over the next 17 years – around an additional 35-50 units or roughly one scheme per year. A breakdown by district is shown in Table 5.

Table 3: Population Projections - all ages by District

District	2023 Population Estimate	2042 Projected Population	2023-42 Projected Change	2023-42 Projected % Change
Cannock Chase	102,838	113,697	10,859	10.6%
East Staffordshire	127,637	139,448	11,811	9.3%
Lichfield	110,173	117,144	6,971	6.3%
Newcastle-under-Lyme	128,060	136,603	8,543	6.7%
South Staffordshire	113,088	119,563	6,475	5.7%
Stafford	140,677	155,724	15,047	10.7%
Staffordshire Moorlands	95,785	97,867	2,082	2.2%
Tamworth	80,263	80,405	142	0.2%
Staffordshire	898,521	960,452	61,931	6.9%

Table 4: Population Projections - 75+ by District

District	2023 Population Estimate	2023 Projected Population	2023-42 Projected Change	2023-42 Projected % Change
Cannock Chase	9,892	14,575	4,683	47%
East Staffordshire	11,812	17,939	6,127	52%
Lichfield	13,921	17,712	3,791	27%
Newcastle-under-Lyme	13,680	18,470	4,790	35%
South Staffordshire	14,993	20,456	5,463	36%
Stafford	16,631	23,894	7,263	44%
Staffordshire Moorlands	13,059	17,279	4,220	32%

Tamworth	7,176	10,078	2,902	40%
Staffordshire	101,164	140,403	39,239	39%

Table 5: Extra Care required by District by 2042 to maintain the current Staffordshire rate of provision

District	Extra Care units required to maintain the current Staffordshire rate of provision	Change in number of Extra Care units from 2025
Cannock Chase	246	59
East Staffordshire	303	207
Lichfield	299	21
Newcastle-under-Lyme	312	0
South Staffordshire	345	56
Stafford	403	82
Staffordshire Moorlands	292	204
Tamworth	170	77
Staffordshire*	2,369	662

*Totals may not sum due to rounding

Other factors that may influence demand for Extra Care

11. Other than age a range of socio-demographic factors may influence demand factors for Extra Care. The overall health of the population is a key factor. The prevalence of a range of **health conditions and disabilities** is projected to increase, as shown in Table 6, with the predicted future numbers of people aged 75+ with these health conditions and disabilities shown in Table 7.

Table 6: Increase in health conditions and disabilities factors that may influence demand for Extra Care 2023-2040

District	75+ Population		Predicted to have Dementia	Unable to Manage 1 Mobility Activity	Unable to Manage 1 Domestic Task	Need Help with 1 Self-Care Activity	With Limiting Long Term Illness	Learning Disability	Have a Fall
Cannock Chase	47%		53%	46%	41%	41%	38%	44%	44%
East Staffordshire	52%		55%	50%	46%	47%	43%	48%	49%
Lichfield	27%		37%	33%	26%	27%	24%	25%	30%

Newcastle-under-Lyme	35%		44%	37%	33%	33%	27%	32%	35%
South Staffordshire	36%		41%	37%	24%	25%	29%	34%	34%
Stafford	44%		52%	45%	40%	40%	37%	40%	42%
Staffordshire Moorlands	32%		43%	37%	31%	32%	27%	31%	34%
Tamworth	40%		50%	45%	38%	38%	29%	38%	40%
Staffordshire	39%		47%	41%	36%	36%	31%	36%	39%
	2023-2042		2023-2040 % increase						

Table 7: Future numbers of people aged 75+ with health conditions and disabilities may influence demand for Extra Care

District	75+ Population		Predicted to have Dementia	Unable to Manage 1 Mobility Activity	Unable to Manage 1 Domestic Task	Need Help with 1 Self-Care Activity	With Limiting Long Term Illness	Learning Disability	Have a Fall
Cannock Chase	14,575		1,792	3,765	5,495	5,162	9,387	290	4,447
East Staffordshire	17,939		2,264	4,811	7,021	6,603	8,211	365	5,682
Lichfield	17,712		2,214	4,724	6,766	6,383	7,569	349	5,559
Newcastle-under-Lyme	18,470		2,441	5,072	7,291	6,862	10,219	377	5,952
South Staffordshire	20,456		2,509	5,350	5,016	4,989	8,672	402	6,272
Stafford	23,894		2,962	6,308	9,134	8,602	9,726	472	7,456
Staffordshire Moorlands	17,279		2,076	4,472	6,537	6,154	8,327	341	5,315
Tamworth	10,078		1,279	2,740	4,006	3,746	5,711	206	3,207
Staffordshire	140,403		17,537	37,366	54,204	50,974	67,458	2,804	44,034
	2042		2040						

12. **Deprivation** is also a key factor. There is a clear link between deprivation and poor health, and older people living in deprived areas often experience poorer health earlier, increasing their reliance on adult social care services⁸.

⁸ [State of Health and Care of Older People in England 2024](#)

13. The Index of Multiple Deprivation 2019⁹ measures deprivation in a range of domains. Overall across all domains, 9% of Staffordshire residents live in the most deprived 20% of areas nationally; in the health domain 12% of Staffordshire residents live in the most 20% deprived areas nationally. These proportions by district are shown in Table 7.
14. There are no predictions available of future levels of deprivation. However given the current variation, additional consideration should be given to the most deprived areas when planning future Extra Care schemes.

Table 8: Index of Multiple Deprivation 2019 - % living in the 20% most Deprived Areas Nationally

District	Percentage in most deprived IMD quintile	Percentage in most Health deprived IMD quintile
Cannock Chase	13%	18%
East Staffordshire	19%	13%
Lichfield	4%	5%
Newcastle-under-Lyme	11%	29%
South Staffordshire	0%	0%
Stafford	5%	5%
Staffordshire Moorlands	3%	5%
Tamworth	20%	20%
Staffordshire	9%	12%

⁹ [English indices of deprivation 2019 - GOV.UK](https://www.gov.uk/government/statistics/english-indices-of-deprivation-2019)

Appendix 1: Methodology

15. Population figures are based on the 2021 census¹⁰, with population projections are based on the 2018 sub-national population projections produced by the Office for National Statistics¹¹, and recalculated from a 2023 baseline.
16. Projections of the prevalence of health conditions and disabilities are from the Projecting Older People Population Information (POPPI¹²) system provided by the Institute of Public Care (IPC) at Oxford Brookes University, with supporting funding from Partners in Care and Health.

Appendix 2: District and Borough Council Housing Needs Assessments

17. Staffordshire's District and Borough Councils produce Housing Needs Assessments to estimate future need for all housing types including a range of specialist housing which includes Extra Care. For reference a summary of each is included below.
18. These Housing Needs Assessments consider the population as a whole – including people with care needs who are eligible for County Council funded adult social care services, people with care needs who privately fund their own care funded, and people without care needs who choose to live in Extra Care. They may also use a broader definition of Extra Care, including retirement living and sheltered housing. This means that the figures in these Housing Needs Assessments differ from the figures in this analysis.
19. Several tools have been used to inform Housing Needs Assessments. One such is SHOP@¹³, hosted by the Housing Learning and Improvement Network¹⁴ (Housing LIN), and used in the Lichfield and Tamworth Housing and Economic Development Needs Assessment, published in March 2025¹⁵. SHOP@ was a strategic housing analysis tool designed to help forecast and meet the demand for specialist housing for older people in England and Wales. It enabled users to assess the need for various types of accommodation, including Extra Care, and was widely used. The tool was based on 2008 data and has since been withdrawn. The methodology used to calculate future needs is unclear, and subsequent reviews (published in 2012 and 2016) on the Housing LIN website have not been updated.

¹⁰ [Population estimates - Office for National Statistics](#)

¹¹ [Subnational population projections for England - Office for National Statistics](#)

¹² [Projecting Older People Population Information System](#)

¹³ [SHOP@ - SHOP - Strategy - Extra Care - Topics - Resources - Housing LIN](#)

¹⁴ <https://www.housinglin.org.uk/> The Housing LIN was previously responsible for managing the Department of Health's £227 million Extra Care Housing Fund, the Housing LIN is the leading 'learning lab' for a network of 25,000+ housing, health and social care professionals in England. The Housing LIN both draws on the expertise within this network and is recognised and supported nationally and locally by key industry players, research and professional bodies.

¹⁵ [housing-and-economic-needs-assessment-lichfield-and-tamworth-2025](#)

Cannock District Council Housing Needs Assessment January 2024

The older person population is projected to increase notably moving forward. An ageing population means that the number of people with disabilities is likely to increase substantially. Key findings for the 2021-40 period include:

- a 38% increase in the population aged 65+ (potentially accounting for over 100% of total population growth);
- an 59% increase in the number of people aged 65+ with dementia and 50% increase in those aged 65+ with mobility problems;
- a need for around 1,360 housing units with support (sheltered/retirement housing) - around three-fifths in the affordable sector;
- a need for around 460 additional housing units with care (e.g. extra-care) - again split between market and affordable housing (around two-thirds market);
- a need for additional nursing and residential care bedspaces; and
- a need for 565-900 dwellings to be for wheelchair users (meeting technical standard M4(3)).

South Staffordshire District Council Strategic Housing Needs Assessment February 2024

Table 7.2 Projected requirement for specialist accommodation for older person households in South Staffordshire over the modelling period				
<i>Type of specialist accommodation</i>	<i>Tenure</i>	<i>Base profile (2023)</i>	<i>Profile 2041</i>	<i>Additional units required</i>
Sheltered housing for older people/retirement housing	Market	147	788	641
	Affordable	660	1,019	360
	Total	807	1,807	1,000
Extracare housing/supported living housing	Market	16	183	167
	Affordable	288	319	31
	Total	304	502	198
All specialist accommodation for older person households	Market	163	971	808
	Affordable	948	1,338	390
	Total	1,111	2,309	1,198

Stafford Borough Council Housing and Economic Development Needs Assessment January 2020

As baseline assessment, the need for elderly people's housing, in addition to the LHN, is:

- 991 bedspaces in care homes; and,
- 120 units of Extra Care and Sheltered Housing.

The analysis above is based on a continuation of past trends in terms of proportion living in care homes and the supply of elderly housing units. However, if the Council were to follow a strategy of reducing reliance on care homes, this would

result in movement of residents back into private housing and/or reduce the number going into care homes altogether. Such an approach would increase the need for Extra Care housing with an associated reduction in care home bedspaces.

Lichfield District Council and Tamworth Borough Council Housing and Economic Needs Assessment March 2025

Extra Care is included within the Housing with Care figures.

Table 11.9 Specialist Housing Need using adjusted SHOP@Review Assumptions, 2022-43 – Lichfield

		Housing demand per 1,000 75+	Current supply	Current demand	Current shortfall/surplus (-ve)	Additional demand to 2043	Shortfall/surplus by 2043
Housing with support	Market	67	519	902	383	443	826
	Affordable	52	964	701	-263	345	82
Total (housing with support)		120	1,483	1,603	120	788	907
Housing with care	Market	30	140	404	264	198	462
	Affordable	13	60	173	113	85	199
Total (housing with care)		43	200	577	377	284	661
Residential care bedspaces		38	374	513	139	252	391
Nursing care bedspaces		43	570	577	7	284	291
Total bedspaces		81	944	1,090	146	536	681

Source: Derived from Demographic Projections and Housing LIN/EAC

Table 11.10 Specialist Housing Need using adjusted SHOP@Review Assumptions, 2022-43 – Tamworth

		Housing demand per 1,000 75+	Current supply	Current demand	Current shortfall/surplus (-ve)	Additional demand to 2043	Shortfall/surplus by 2043
Housing with support	Market	48	109	327	218	196	414
	Affordable	85	590	580	-10	347	337
Total (housing with support)		132	699	908	209	543	752
Housing with care	Market	25	25	173	148	104	252
	Affordable	22	69	153	84	92	176
Total (housing with care)		48	94	327	233	195	428
Residential care bedspaces		42	251	290	39	174	213
Nursing care bedspaces		48	122	327	205	195	400
Total bedspaces		90	373	617	244	369	614

Source: Derived from Demographic Projections and Housing LIN/EAC

East Staffordshire Borough Council's Strategic Housing Needs Assessment April 2014

Figure 8.21: Extra-care housing supply

	Rented		Intermediate	
New dwellings over the plan period	173.8		319.1	
Average new dwellings pa	9.1		16.8	
Year	New	Re-lets @ 6.88%	New	Re-sales @ 5%
2013	9.1	0.6	16.8	0.8
2014	18.3	1.3	33.6	1.7
2015	27.4	1.9	50.4	2.5
2016	36.6	2.5	67.2	3.4
2017	45.7	3.1	84.0	4.2
2018	54.9	3.8	100.8	5.0
2019	64.0	4.4	117.6	5.9
2020	73.2	5.0	134.4	6.7
2021	82.3	5.7	151.2	7.6
2022	91.5	6.3	168.0	8.4
2023	100.6	6.9	184.8	9.2
2024	109.8	7.6	201.6	10.1
2025	118.9	8.2	218.4	10.9
2026	128.1	8.8	235.2	11.8
2027	137.2	9.4	252.0	12.6
2028	146.4	10.1	268.8	13.4
2029	155.5	10.7	285.6	14.3
2030	164.7	11.3	302.4	15.1
2031	173.8	12.0	319.1	16.0
Totals	173.8	119.6	319.1	158.7
Total supply over the plan period	293		478	
Average new supply pa	15.4		25.2	

Source: ESBC 2013

Staffordshire Moorlands District Council Strategic Housing Needs Assessment February 2017

Table 7.8 Estimated Future Specialist Housing Need in Staffordshire Moorlands District

	Supply	Demand			
	2014	2014	2020	2030	2035
Sheltered Housing	435	1,238	1,550	2,088	2,263
Enhanced Sheltered	51	198	248	334	362
Extra Care	88	248	310	418	453
Residential Care	262	644	806	1,086	1,177
Nursing Care	520	446	558	752	815

Source: SHOP 2016

Newcastle-Under-Lyme Borough Council Housing and Economic Needs Assessment March 2023

Table 8.2: Projected Demand for Specialist Housing in Newcastle-under-Lyme (2022-40)

	Total	Average per annum
Sheltered housing	551	31
Enhanced sheltered housing	88	5
Extra care	110	6
Total	749	42

Source: Edge Analytics; Housing LIN; Turley analysis