

“Opening Doors to Independence”

Key challenges and findings from a longitudinal study tracking people with dementia in extra care housing

Sarah Vallely,
Research Manager, Housing 21
Simon Evans,
Senior Research Fellow, UWE



- Background and context
 - Policy context, extra care housing
- Overview of methodology
- Key findings summary: (quantitative component)
- Key themes from the qualitative research
- Research challenges

- The health white paper: “Our Health, Our Care, Our Say”
- New Department of Communities and Local Government (DCLG) Older People’s strategy on older people’s housing
- Key concepts - choice, independence, control
 - A time of high public investment in new forms of housing and care provision
 - Extra care housing

Key features of extra care housing:

- On-site care team (24 hour cover)
- Flexible care packages tailored to people's individual needs
- Enabling care ethos
- Special design features to assist orientation
- Individual flats with own front doors

Currently there are around 27,000 units of extra care housing in the UK



3 year longitudinal study funded by the Housing Corporation and in partnership with the University of the West of England, Bristol (UWE) and Dementia Voice

AIMS:

- **Evaluate the contribution extra care can make to the long term care and support of older people**
- **Limitations and challenges**
- **Good practice and recommendations**
- **Capture views of older people with dementia, relatives and staff**

- Mixed methods study
- “Social model” of dementia
- Qualitative component:
 - 6 case study extra care ‘courts’
 - 36 residents interviewed up to 5 times
 - Interviews with staff, carers and partners from health and social care agencies
- Quantitative component
 - Tracking data on 103 people at up to 5 ‘waves’ of data collection
 - Over 350 separate pieces of data

- Extra care is offering a good quality of life to the majority of residents with dementia
- Dementia alone does not have a negative impact on potential to live independently in extra care housing
- The flexibility of care and support is a key strength of extra care housing
- Many older people in extra care have complex health needs, most of which are being met within their housing setting
- Extra care enables older people with dementia to remain living in a community setting

Key findings from quantitative component

- Residents move in 84+ years old & high dependency needs (10 hours+)
- Significant other health problems & care hours generally increased over time
- *“Added housing years”*: 16 residents have been living there over whole course of study - average residence period: 3.6 years
- 45 people died or moved on over the course of the study
 - 50% moved to nursing care
- Repeated use of emergency alarm, distress, conflict and “challenging behaviours” were identified by staff as triggers for move on
- Little evidence of “wandering” as a risk factor

Factors in supporting people with dementia

- The physical environment
- The social environment
- The care environment

The physical environment

- Good design
- Facilities
- Location

The social environment

- Social interaction
- Food and eating
- Involving family carers

The care environment

- Flexible care and support
- Understanding dementia
- Rehabilitation

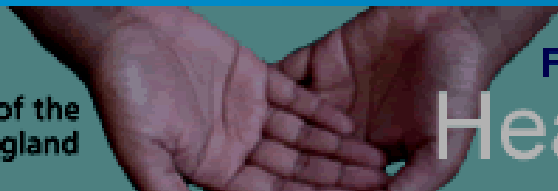
Independence

“ I do occasionally have a little flutter. I’ve been down the shops this morning. Its ideal for me, you see people every day, go out when you want, come home when you want. ”

Resident, court 1

Research Challenges

- People with dementia and qualitative research
 - Gatekeepers
 - Informed consent
 - Meeting needs
- The quantitative study
 - ensuring consistency of data capture



REFERENCES

A summary of this research is available at the following location:

<http://www.housing21.co.uk/publications.php?ref=20&pid=1e>

CONTACT DETAILS

Sarah Vallely - vallellys@housing21.co.uk

Simon Evans - Simon.Evans@uwe.ac.uk