

# *Extra Care Housing & ASCOT*

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# What is Extra Care?

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- Independent living – usually for over 55's
- With or without care needs
- Provision of 24 hour care
- Range of facilities including meals, well-being/health, activities, hairdressers, etc
- Community hub



# Adult Social Services Environments & seTtings (ASSET)

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## Case Study Approach

- Surveys
- Different Commissioning Models
- 5 Local Authority Areas
- 2 schemes within each area

## Mixed Methods Design

- Commissioner Interviews
- Care & Housing Managers
- Residents Interview
- Costings
- ASCOT
  
- Criteria: Capable of giving informed consent

# ASCOT

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- INT4
- 8 domains
- Current and Expected



# Control over daily life

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## Current situation

Do the support & services that you receive affect how much control you have over your daily life?

## Hypothetical/Expected situation

- I have as much control over my daily life as I want
- I have adequate control over my daily life
- I have some control over my daily life but not enough
- I have no control over my daily life

# Challenges using ASCOT in Extra Care Housing

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- Participants selected by Housing/Care Manager
- Variation in care
  - In receipt of care
  - Not in receipt of care
- Frailty/health conditions
- Perceived threats to security/tenancy
- Cognitive capacity

# Control over daily life

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*“.....it does to a certain extent because I’m expecting them at certain times so I might put other things off”*

*“feel obliged to be there”*

No control because of the very rigid care schedule. He would have more control if he lived on his own because he would be able to choose the times when he could do things. He said that they have to come and do their care tasks when it states on the rota so he has no control over the rest of the day.

# Personal cleanliness & comfort

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*“I shave a bit more here cause I think oh I can’t go down like that”*

She said she would love to take a bath but this was ‘assisted’ and she didn’t want a male carer doing this task for her. She said she knows she’s going to have to ‘give in’ because she now feels she is not showering properly and needs a bath.



# Food & drink

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# Personal Safety

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*'I came here to feel safe but I don't feel as safe as I'd expected to because no one checks on you ..... I know there are people here if I need someone during the night but no one ever checks on you'*

# Social Involvement & Participation Occupation

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- Over shadowed by health conditions
- Move from 'life time community' results in poorer social interaction despite access to a vibrant community

# Accommodation Cleanliness & Comfort

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# Dignity

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- Neutral score when resident is not in receipt of care:

*'Having help does not affect the way I think or feel about myself'*

*'The way I'm helped and treated does not affect the way I think or feel about myself'*

# Learning Points

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- Residents not all in receipt of same service
- Opportunity to capture qualitative information
- Impact of enhanced environments
- ASCOT for people with varying cognitive capacity

# ASCOT in Extra Care : Findings

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- SCRQoL = 0.91
- Expected SCRQoL = 0.52
- Gain = 0.39
- Expected SCRQoL is lower than Current SCRQoL
- Personal Cleanliness & Comfort
- Personal Safety

# Thank you for Listening

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