

Improving housing with care choices for older people: an evaluation of extra care housing

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Project Team

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An evaluation of extra care housing

- Background
- The evaluation
- Residents' expectations and outcomes
- Costs and cost-effectiveness

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What is extra care housing?

- Aims
 - To meet housing care and support needs while maintaining independence in private accommodation
- Features
 - Own front door to self contained unit
 - Accessible buildings with AT/SMART
 - Communal facilities and community amenities
 - Meals/ catering services
 - 'Home for life'
 - 24 hour care
 - Flexible individual levels of care

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Models

- Design
 - Small housing development
 - Village
 - Apartment buildings
 - Group of bungalows with resource centre
- Facilities
 - Lounges, meeting rooms, hobby rooms, gyms
 - Restaurant facilities
 - Assisted bathing, laundries
- Care
 - Joint or separate provision of housing and care
 - Dedicated team or variety of providers
 - On site or off site night cover

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Characteristics

- Multiple objectives
- Multiple agencies
- Multiple streams of funding
- Dispersed social costs
- High expectations

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Policy

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- Longstanding commitments
 - Independence
 - Personalisation
- Extra Care Housing Fund (ECHF)
 - £227million capital funding 2004 - 2010
- Current policies
 - Partnerships
 - Plurality
 - Personalised support
 - Prevention
- Dilnot
 - Options and choices in planning for the future

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Current context

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- Levels of provision 2009
 - 43,300 ECH dwellings
 - Residential 276,000 places
 - Nursing 179,000 places
- Financially straightened times
- Should we invest?
 - Does extra care deliver better outcomes?
 - How much does it cost?
 - Productivity - is it cost effective?

Sources: Elderly Accommodation Counsel 2009, Laing and Buisson 2009 8

The evaluation

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- 5 year study – 2006-2010
- 19 ECHF schemes
- Linked studies
 - JRF-funded
 - Study of social well-being
 - Single scheme costs and outcomes
 - EVOLVE
 - EPSRC-funded study of design evaluation (Sheffield/PSSRU)
 - Pocklington

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Key aims

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- Short & long-term outcomes
 - What happens to people
 - Well-being
- Costs
 - Comprehensive
 - Cost variations
- Cost-effectiveness
- Comparison with care homes

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Data collection

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- ECH resident data
 - ADLs, services, expectations & well-being
 - Moving in, and 6, 12, 18 & 30 months later
- Scheme data
 - Contextual information on opening
 - Costs and context 1-2 years after opening
 - Fieldworker questionnaire at end of data collection
- Care home resident data
 - 1995 longitudinal follow up of admissions
 - 2005 survey of admissions

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The schemes

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- All new build, opened 2006-2008
- 1468 dwellings
- 3 retirement villages
 - 770 dwellings (242-270)
- 16 smaller schemes
 - 716 dwellings (35-75)
- People with care needs
 - 909 dwellings

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Residents

- Views on moving in from 1182
- Baseline assessment data
 - 817 moved in during study period
 - 172 to care villages
 - 645 to smaller schemes
- About 67% response rate

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Reasons for moving

- Small schemes:
 - 56% own physical health very important
 - Health-related (lack of services, coping daily tasks)
 - Inappropriate housing
- Villages:
 - 33% own physical health very important
 - Very important for 66% of those with an assessment
 - Health-related *unimportant* for more than half
 - Housing mostly unimportant apart from garden maintenance

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Attractions of Extra Care

- Very important for great majority (60 - 80 %)
 - Tenancy rights and front door
 - Flexible care support on-site
 - Security
 - Accessible living arrangements
- In addition for villages
 - Type of tenure
 - Social facilities
- Alternative to care home?
 - True for about 17%
 - Not at all for 70%

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Expectations on moving in: social life

- 65% expect *no* change in contact with family/friends
- 60% in villages & 69% in schemes expected improved social life
 - Social facilities as an attraction ranked after housing and care features
 - Isolation, living alone unimportant for >60%

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Six months later...

'I think more people should know about [extra care]. We get together and talk about all sorts of things, there's entertainment. And you've got a bell to push if you need anybody. It couldn't be better.' (Female resident)

'I would have thought it's the best answer to everything – you've got privacy but you've got activities that are there.' (Female resident)

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After a year...

- 2/3 rated QoL as 'good' or 'very good'
- 90% had made friends since moving
- 80% felt positively about social life
- 70% took part in an activity at least once a week
- 75% were fully occupied in activities of their choice

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Social well-being and dependency

- Findings suggest villages suit more able, active older people very well
- But evidence not as clear for those with some level of disability
 - In villages, some links between lower social well-being and higher levels of dependency
- Attitudes to frailty

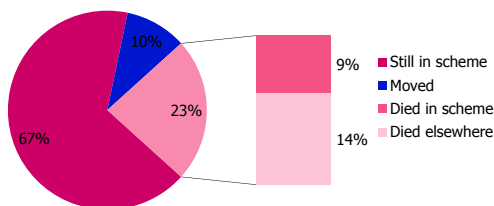
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Expectations on moving in: the future

- 91% expect to stay long as they wish
- No intention to move on to care home:
 - 50% people moving to schemes
 - 30% people moving to villages
- High expectations of extra care as 'home for life'

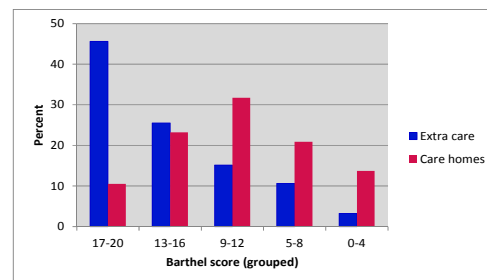
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Location at end of study



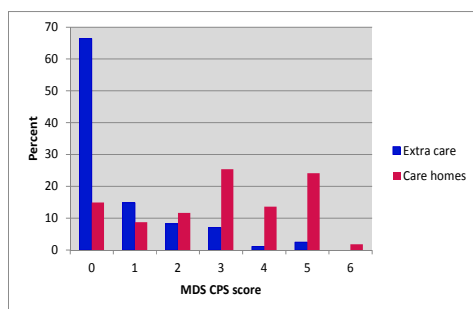
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ECH and care home residents: Abilities in activities of daily living



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ECH and care home residents: Cognitive impairment



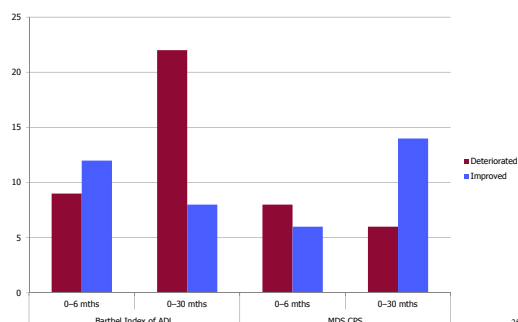
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Mortality & Survival

- Model from 1995 longitudinal study
- Predicts 50% moving in 2005 will die by
 - Residential care - 21 months
 - Nursing homes - 10 months
- ECH sample residents - 32 months
- In practice
 - Only 34% of those followed to 30 months had died

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Changes in dependency



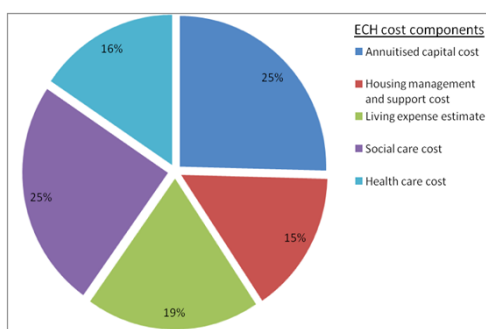
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What does it cost?

- Comprehensive opportunity cost estimates
- Capital investment
 - Average cost per apartment £158,500
 - Results supported view remodelling not less costly
- Ongoing costs
 - At 6 months
 - Including capital, housing support, social care, NHS, living expenses etc
 - £416 per week (2008 prices)

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Cost components



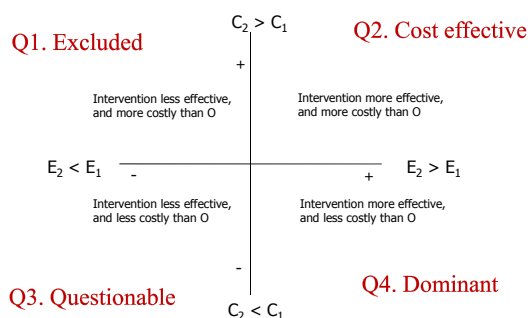
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Comparative cost-effectiveness

- Compared with care home admissions
 - ECH younger, less likely lived alone, fewer medical conditions & less dependent
- Propensity score matching
 - 240 matched pairs with 1995 admissions
 - 136 matched pairs with 2005 admissions (30%)
- Costs and outcomes at 6 months
 - ECH costs lower and Barthel outcomes better
 - Incremental cost effectiveness ratio over 6 months = -1,406
 - How sure can we be?

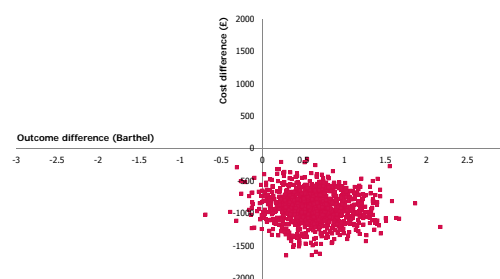
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Costs and Outcomes



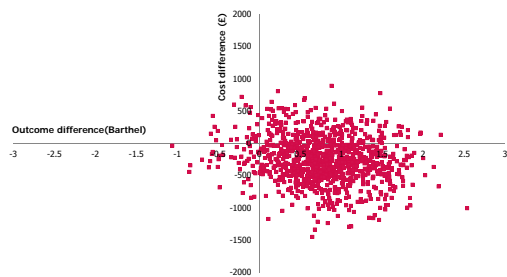
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1995 sample comparison 240 matched pairs



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2005 equivalent comparison 136 matched pairs



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Cost variation

- Residents: higher costs associated with
 - Dependency
 - Living alone
 - Well-being (CASP-19)
- Schemes: lower costs associated with
 - Joint provision of housing & care services
- Schemes: higher costs associated with
 - Problematic staff turnover
 - Larger housing associations
 - London

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Conclusions

- First large-scale DH funded study of ECH
- Important contribution to evidence base
- Plurality
 - Valuable option
 - People move in with positive expectations
 - ..and like it when they get there
- Prevention
 - Positive outcomes
- Productivity
 - Cost-effective alternative for proportion of people moving into care homes

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Reports

- Netten, A., Darton, R., Bäumker, T. and Callaghan, L. (2011) *Improving Housing with Care Choices for Older People: An Evaluation of Extra Care Housing*. Personal Social Services Research Unit, University of Kent, Canterbury
- Darton, R., Bäumker, T., Callaghan, L. and Netten, A. (2011) *Evaluation of the Extra Care Housing Initiative: PSSRU Technical Report*

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Selected papers

- Darton, R., Bäumker, T., Callaghan, L., Holder, J., Netten, A. and Towers, A. (2011) The characteristics of residents in extra care housing and care homes in England, *Health and Social Care in the Community*
- Bäumker, T., Callaghan, L., Darton, R., Holder, J., Netten, A. and Towers, A. (2011) Deciding to move into Extra Care Housing: residents' views, *Ageing and Society*
- Bäumker, T., Netten, A., Darton, R. and Callaghan, L. (2011) Evaluating Extra Care Housing for older people in England: A comparative cost and outcome analysis with residential care, *Journal of Service Science and Management*
- Darton, R., Bäumker, T., Callaghan, L. and Netten, A. (2011) *Residents in Extra Care Housing: Changes in Dependency over Time, Survival and Destinations of Leavers*. PSSRU Discussion Paper No. 2775/2

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