

Making the Case for Extra Care: The PSSRU Evaluation

Robin Darton

PSSRU
University of Kent

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Presentation

- The PSSRU evaluation
- Reasons for moving into extra care
- Characteristics of residents
- Outcomes for residents
- Cost-effectiveness
- Social well-being
- Summary and discussion

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PSSRU Evaluation

- 5-year evaluation: 2006–2010
- 19 new build schemes supported by the DH Extra Care Housing Fund (2004-2006)
- 3 villages (770 dwellings), 16 smaller schemes (716 dwellings)
- Linked studies:
 - Social well-being and scheme costs & outcomes (JRF)
 - EVOLVE: Sheffield/PSSRU study of design (EPSRC)

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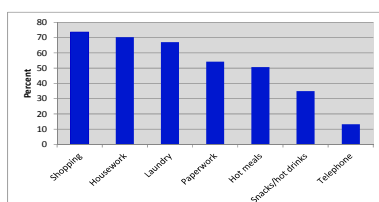
Reasons for Moving

- | | |
|--|---|
| <ul style="list-style-type: none"> ■ 'Push' factors: <ul style="list-style-type: none"> ■ Physical health ■ Managing health tasks ■ Mobility in home ■ Lack of services ■ Managing home | <ul style="list-style-type: none"> ■ 'Pull' factors: <ul style="list-style-type: none"> ■ Tenancy rights/'own front door' ■ Flexible on-site care & support ■ Security ■ Accessibility ■ Size of accommodation ■ Social or leisure facilities |
|--|---|

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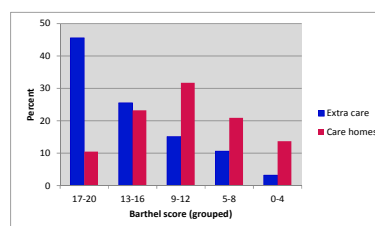
Entrants with Care Assessment: Require Help with IADLs



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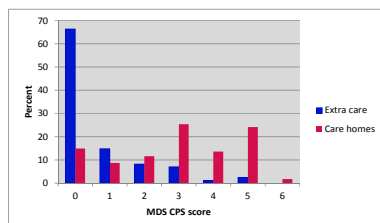
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Entrants with Care Assessment & Entrants to Care Homes: Barthel Index



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Entrants with Care Assessment & Entrants to Care Homes: MDS CPS



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Entrants with Care Assessment: Location at End of Study

	%
Still in scheme	56
Moved	8
Died in scheme	8
Died elsewhere	12
Lost to follow-up	16

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Entrants with Care Assessment (2006-07): Mortality & Survival

- 374 residents in 11 schemes followed-up for 30 months
- 34% aged 65+ died in 30 months
- Median (50%) survival predicted by model:
 - Extra care: 32 months
 - Care home: 21 months
 - Nursing home: 10 months

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Cost-Effectiveness

- JRF Rowanberries study: higher cost/person associated with improved social care outcomes and quality of life
- Comparisons of costs and outcomes with matched sample from 1995 care home survey over 6 months:
 - Lower costs: £374 vs £409 pw
 - Slight improvement in physical functioning and cognitive functioning stable for extra care
 - Slight deterioration in functioning for care homes
- Restricting comparisons to more dependent (2005 cases):
 - Outcomes for extra care remain better
 - Less evidence of cost savings

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PSSRU Social Well-Being Study

- Role of communal facilities in friendship development:
 - Smaller schemes: restaurants and shops – lunchtime
 - Villages: indoor street and role of resident volunteers
- Villages well-suited to more active people
- Poor health and receipt of care could hinder social involvement – importance of staff support
- Links with local community valued – importance of location and transport
- Attitudes to other residents' frailty and community use of facilities

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PSSRU Evaluation: Summary

- Average level of dependency lower than in care homes
- Substantial need for help with IADLs & mobility
- Very few with severe cognitive impairment
- Cost-effectiveness analysis demonstrates potential as alternative for proportion of care home residents
- Follow-ups demonstrate that can be home for life, but support for cognitively impaired less certain
- Relationships between fit and frail, social groups etc: importance of support and managing expectations, especially in villages

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Discussion

- Diversity of models – comparisons difficult (data)
- Further investigation:
 - Support for more frail (ASSET Study)
 - Appeal for those contemplating downsizing
 - Timeliness of moving – are people leaving it too late?
- Sustainability under financial pressure:
 - Development of new schemes
 - Maintaining facilities (e.g. restaurants)
 - Balance of dependency (local authority nominations)

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PSSRU Evaluation Report



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Contacts

- PSSRU publications on the evaluation:
 - www.pssru.ac.uk/projects/echi.htm
- Speaker:
 - R.A.Darton@kent.ac.uk

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