

Evaluation of the Department of Health Extra Care Initiative in England

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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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The 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)
- Linked studies:
 - Social well-being (JRF)
 - Scheme costs & outcomes (JRF)
 - EVOLVE: Sheffield/PSSRU study of design (EPSRC)

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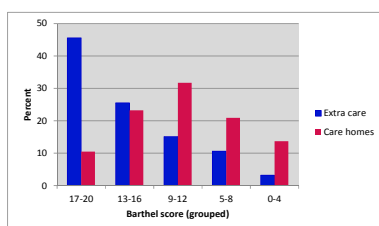
Reasons for Moving into Extra Care

- 'Push' factors:
 - Physical health
 - Managing health tasks
 - Mobility in home
 - Lack of services
 - Managing home
- 'Pull' factors:
 - Tenancy rights/own front door'
 - Flexible on-site care & support
 - Security
 - Accessibility
 - Size of accommodation
 - Social or leisure facilities

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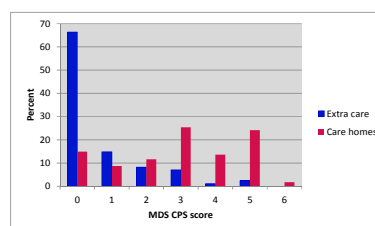
Entrants with Care Assessment & Entrants to Care Homes: Barthel Index



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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

- 311 residents in 11 schemes followed-up for 30 months (plus 63 lost to follow-up)
- 66% aged 65+ survived to 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 costs & outcomes study: higher cost/person, but improved social care outcomes and quality of life
- Comparisons with matched sample from 1995 survey of residential care over 6 months from admission:
 - Lower costs in extra care: £374 vs £409 pw (2008 prices)
 - Slight improvement in physical functioning, cognitive functioning stable for extra care residents
 - Slight deterioration in functioning for care home residents
- Restricting comparisons to more dependent (2005 cases):
 - Outcomes (functioning) remained better for extra care residents
 - Less evidence of cost savings

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The 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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Summary and Discussion

- 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 need further research on support for more frail/cognitively impaired (ASSET Study)
- Relationships between fit and frail, social groups etc: importance of support and managing expectations, especially in villages
- Importance of maintaining facilities (e.g. restaurants)
- Timeliness of moving – are people leaving it too late? (Dilnot)

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Publications

- PSSRU evaluation webpage:
 - www.pssru.ac.uk/project-pages/extra-care-housing/

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