

# **Extra Care Housing for Older People and Emerging Findings from the PSSRU Evaluation**

Robin Darton, Theresia Bäumker, Lisa Callaghan and Ann Netten

PSSRU

---

at the University of Kent,  
the London School of Economics  
and the University of Manchester

International Conference on Evidence-Based Policy in  
Long-Term Care, London, 8-11 September 2010

# Presentation

- Housing models of care
- The PSSRU evaluation
- Some emerging findings
- Discussion

## **PSSRU Project Team**

- Professor Ann Netten
- Robin Darton
- Theresia Bäumker
- Lisa Callaghan
- Jacquetta Holder
- Ann-Marie Towers
- Jane Dennett
- Lesley Cox
- >20 local researchers

## Housing Models

- Early developments
- Sheltered housing
- Very sheltered housing/extra care (40+ units)
- Private retirement housing
- Continuing care communities/retirement villages (100+ units)

# Housing Issues

- Sheltered housing as alternative to care homes (Townsend), but parallel development (Oldman)
- Sheltered housing: poor relationship with need (Butler, Middleton)
- Sheltered housing: design, difficult-to-let properties (Tinker)
- Extra care as alternative to care homes (Bessell, Wolverhampton, DH Extra Care Housing Fund)
- Similar relative levels of provision of sheltered housing and care homes (450-500,000)
- Much lower provision of extra care (43,000 units), but growing

## Extra Care Housing

- Concept, not a type of housing: range of models
- Housing, with legal rights of occupation
- Range of tenures: owned, rented, leasehold, and combination
- Accommodation self-contained
- Domestic care and 24-hour support staff
- Meals usually available
- Communal facilities and services
- Enable people to age in place, self-care for longer and promote independent living
- Provide intermediate care, rehabilitation services, day centre activities, floating support

(Riseborough & Fletcher; Laing & Buisson)

## **PSSRU Evaluation: Aims**

- Evaluation of 19 new build schemes supported by the DH Extra Care Housing Fund (2004-2006)
- Main evaluation:
  - Short- & long-term outcomes for residents & schemes
  - Comparative costs
  - Factors associated with costs & effectiveness
  - Role in overall balance of care

## **PSSRU Evaluation: Linked Studies**

- Extension to additional schemes:
  - Wakefield
  - Birmingham & Plymouth (Thomas Pocklington Trust)
- JRF-funded study of social well-being
- JRF-funded study of Rowanberries
- EVOLVE: EPSRC-funded study of design evaluation (Sheffield/PSSRU)



# PSSRU Evaluation: Data Collection

## ■ Resident data

- Functioning, services, expectations & well-being
- Moving in; 6, 12, 18 & 30 months later

## ■ Schemes

- Contextual information on opening
- Social activities at 6 months
- Costs and context a year after opening
- Fieldworker questionnaire at end of data collection

## **PSSRU Evaluation: Response (November 2009)**

	Number	No. units	Perm/ care units	No. residents	Residents assessed (6 months)	Response (%)
Smaller schemes	16	716	669	927	473	71
Villages	3	770	240	872	129	54
Total	19	1486	909	1799	602	66

## **Entrants to Extra Care: Data Collection**

- **Baseline assessment data:**
  - 766 residents in 19 schemes (November 2009)
  - 602 residents moved in during 1st 6 months
- **Comparison with 494 (personal) care home residents admitted in 16 authorities in 2005**

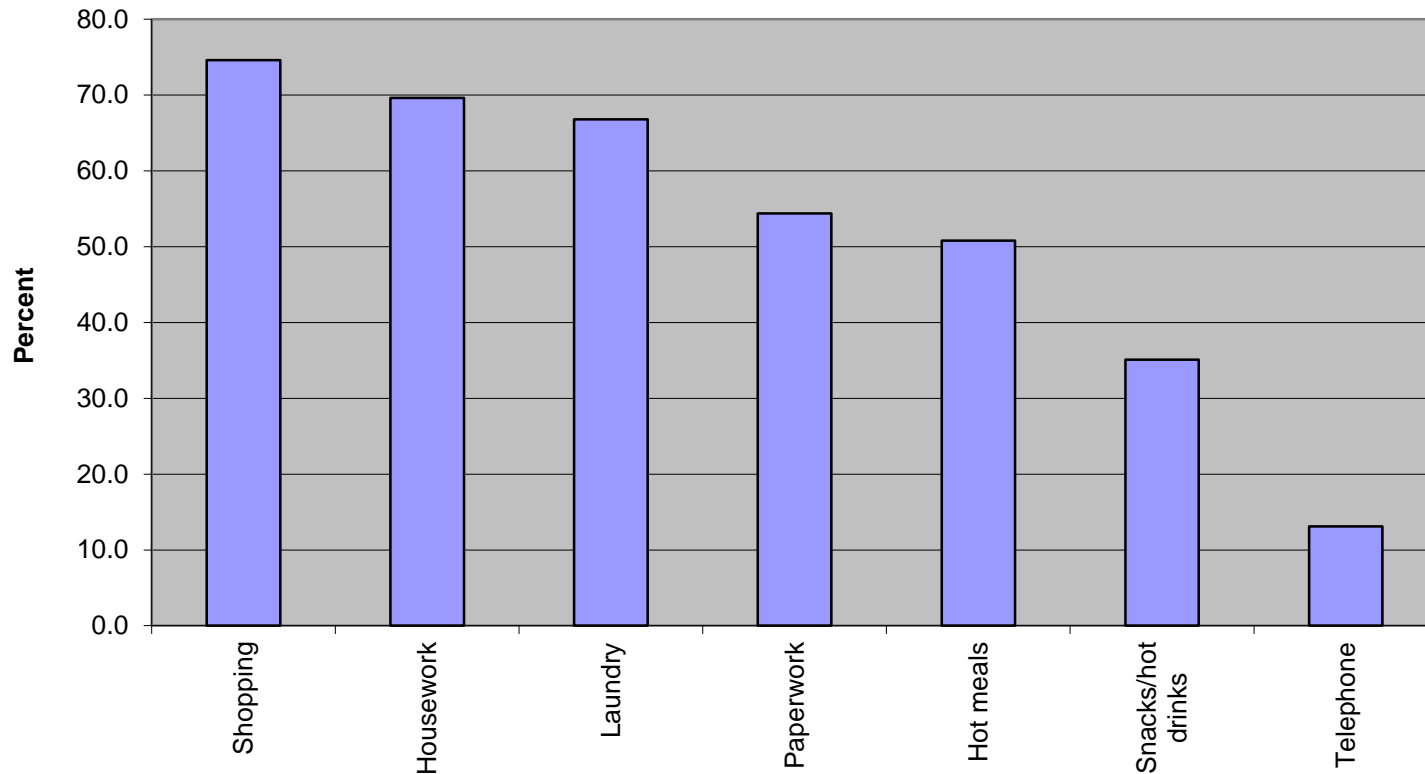
## **Entrants to Extra Care (2006-09) & Care Homes (2005): Demographics**

	Extra Care	Care Homes
Mean age [Range]	77 [30-105]	85 [65-102]
Female (%)	66	73
Single/divorced/separated (%)	24	14
Married (%)	29	17
Widowed (%)	47	68
Non-white (%)	4	1
Lived alone (%)	60	76

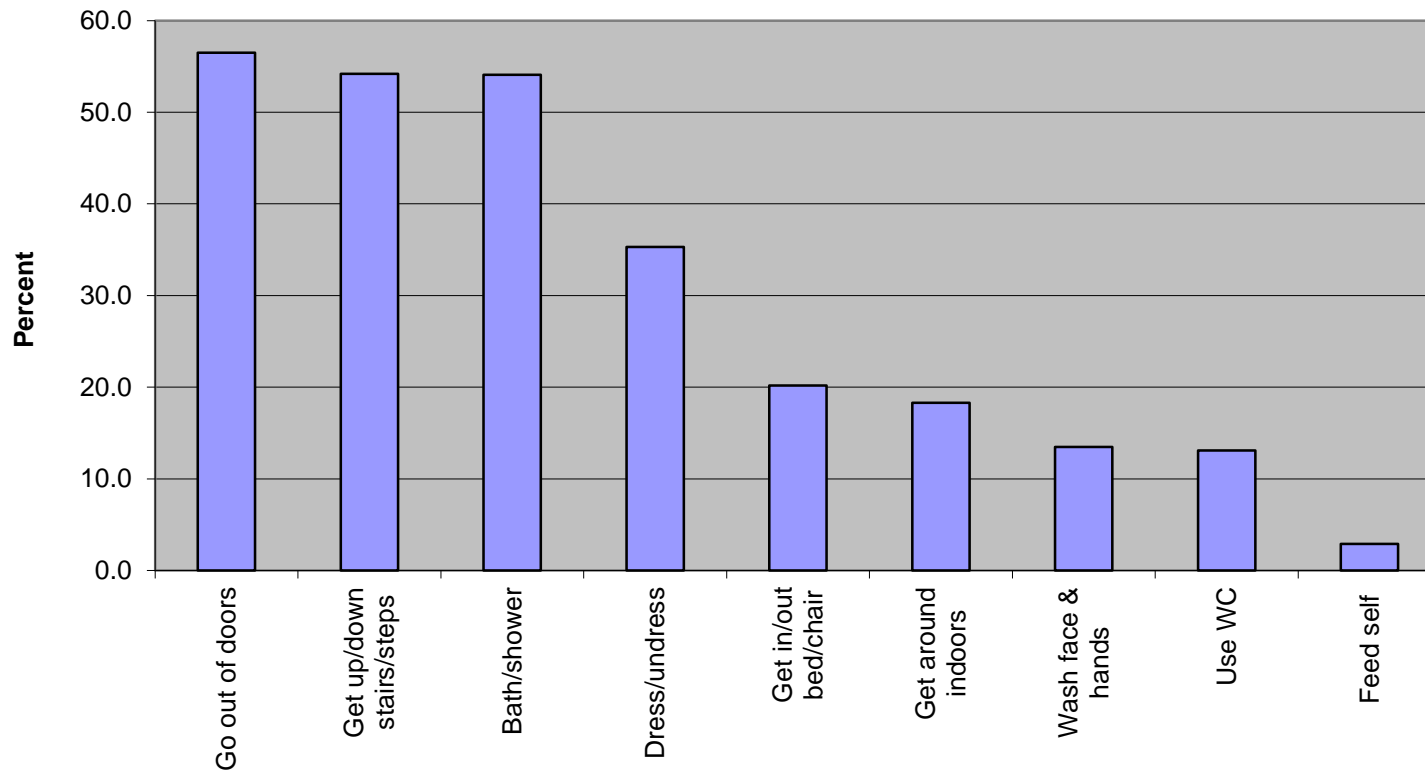
## **Entrants to Extra Care (2006-09) & Care Homes (2005): Housing**

	Extra Care (%)	Care Homes (%)
Domestic household	65	27
Sheltered housing	19	10
Care home	10	12
Hospital	4	38
Rent	67	74

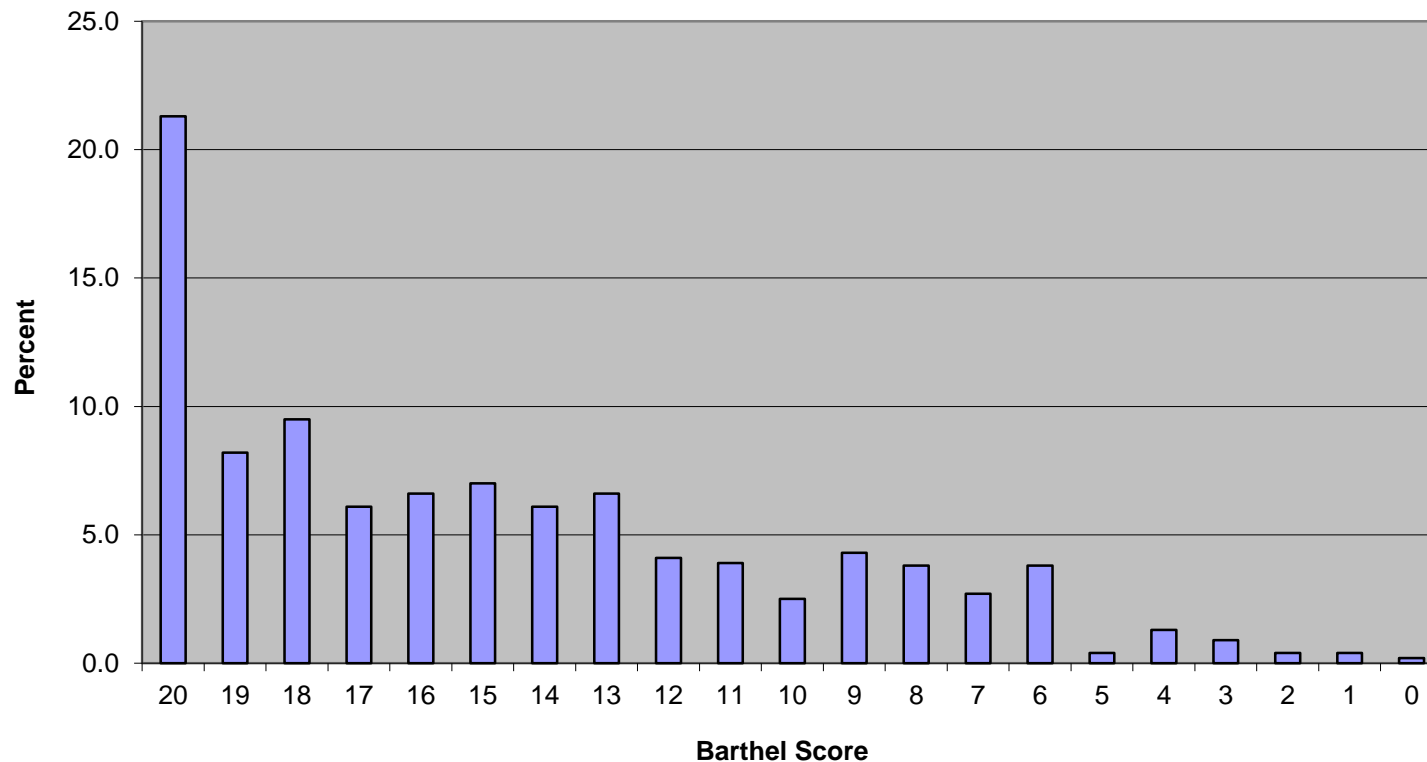
## Entrants to Extra Care (2006-09): Require Help with IADLs



## Entrants to Extra Care (2006-09): Require Help with ADLs

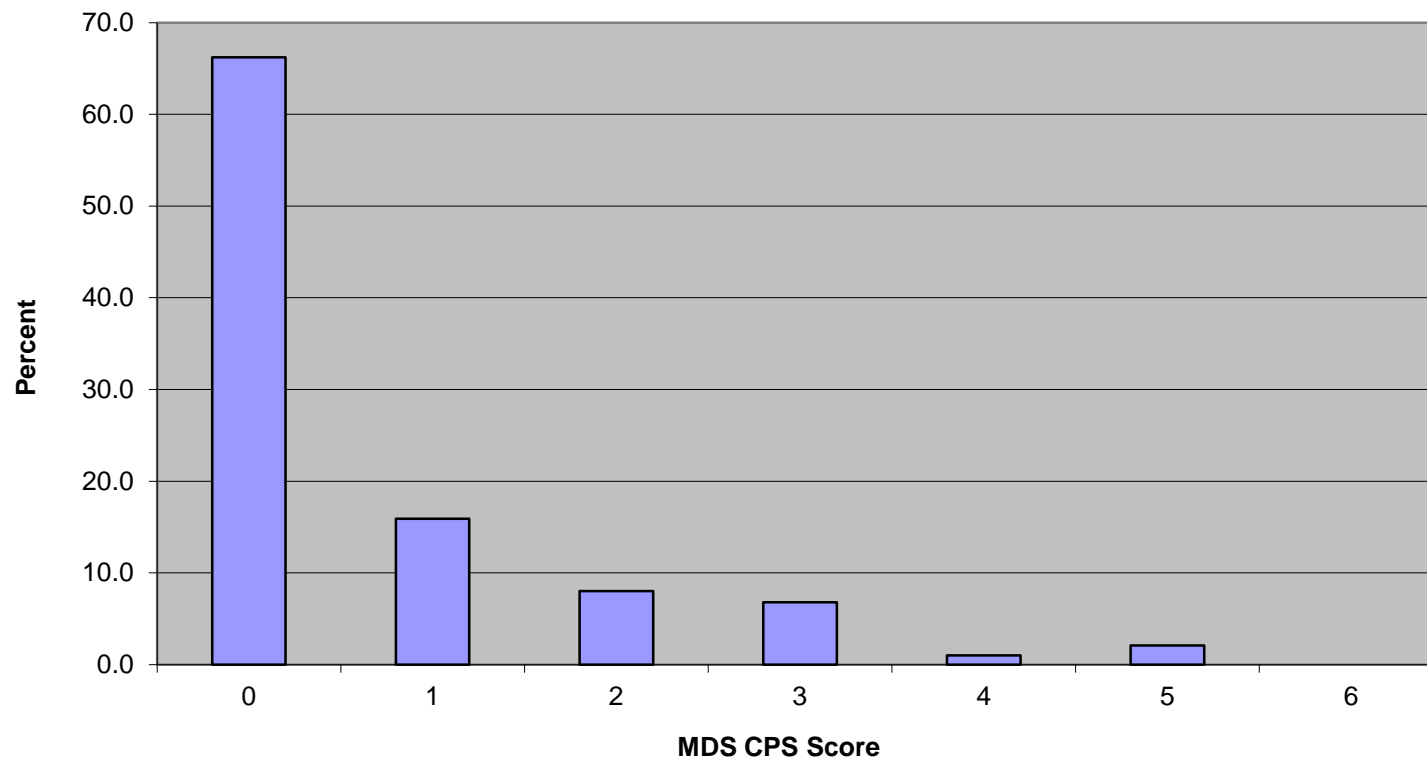


# Entrants to Extra Care (2006-09): Barthel Index of ADL





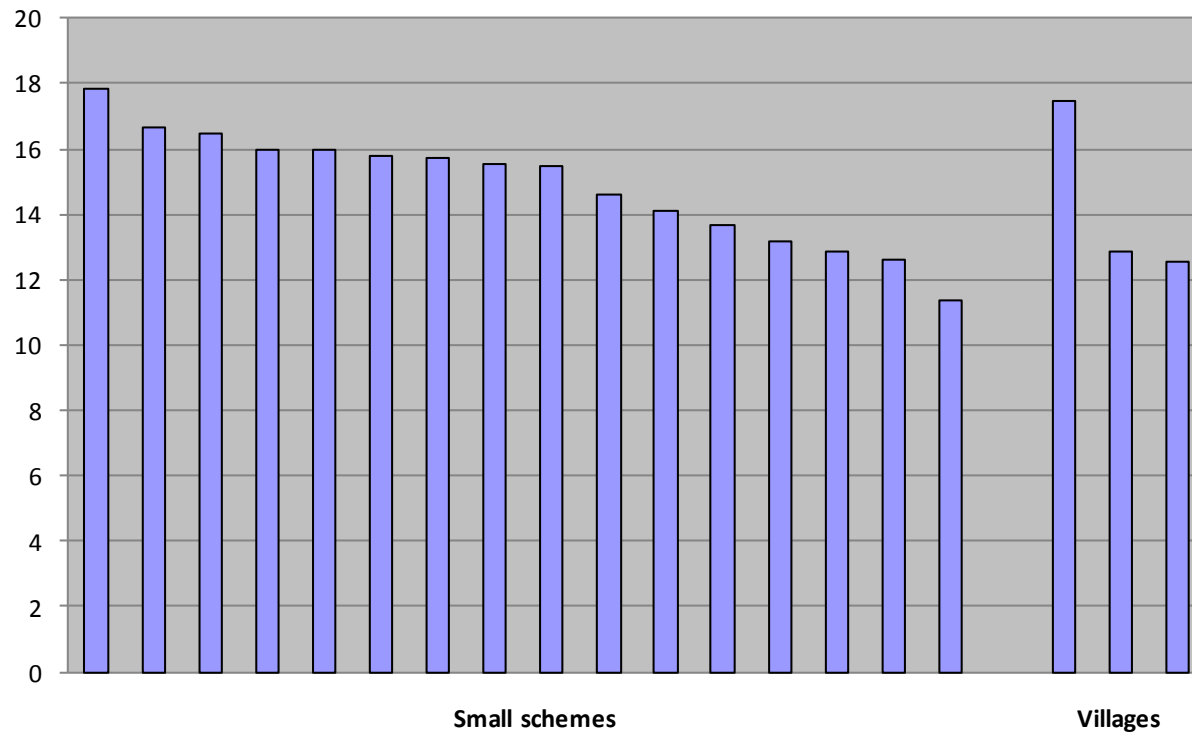
# Entrants to Extra Care (2006-09): MDS Cognitive Performance Scale



## **Entrants to Extra Care (2006-09) & Care Homes (2005): Dependency**

	Extra Care	Care Homes
Mean Barthel score [0-20]	14.8	10.4
Barthel score 0-12 (%)	28	66
MDS CPS score 0 (%)	66	15
MDS CPS score 1-3 (%)	31	46
MDS CPS score 4-6 (%)	3	39
Total cases	602	494

## Entrants to Extra Care (2006-09): Mean Barthel Score by Scheme



## 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
- Attitudes to other residents' frailty and community use of facilities

## Discussion

- Significant minority with high levels of physical frailty
- Very few with severe cognitive impairment
- Extra care not direct alternative to care homes
- Villages have large group of fitter residents, and appear better-suited to more active older people
- Fit vs frail: importance of support and managing expectations
- Villages provide more facilities and support more activities
- Importance of restaurants and shops for smaller schemes

## Contacts

- PSSRU publications on the evaluation:
  - [www.pssru.ac.uk/projects/echi.htm](http://www.pssru.ac.uk/projects/echi.htm)
- Housing and Care for Older People Research Network:
  - [www.hcoprnet.org.uk/](http://www.hcoprnet.org.uk/)