

# Housing and Care for Older People Newsletter

Number 3 January 2009

**PSSRU**  
University of Kent

## PSSRU EVALUATION

The PSSRU is undertaking an evaluation of 19 new build schemes funded under the Department of Health's Extra Care Housing Funding Initiative in 2004–2006. The evaluation is being conducted over a five-year period, from 2006–2010, to track the outcomes for the older people who move into the schemes. A particular feature of the study is to compare costs and outcomes with those for residents moving into care homes, using comparative information from previous studies by the PSSRU of care homes and their residents. Linked studies funded by the Joseph Rowntree Foundation and the Engineering and Physical Sciences Research Council (EPSRC) are investigating aspects of social well-being, costs and outcomes, and design.

The main evaluation involves a longitudinal follow-up of residents over a period of at least 18 months from moving in. Where possible, further follow-ups are being undertaken 30 months and 42 months after moving in, to correspond to the data available for residents of care homes. Figure 1 shows the locations of the 19 schemes.

The research team would like to thank the local authorities, the housing providers, the staff in the schemes and, particularly, the residents for their continued participation in the evaluation.

## PROGRESS TO DATE

### Characteristics of the Residents, and Changes during the First Six Months

An initial report ([www.pssru.ac.uk/pdf/dp2506\\_2.pdf](http://www.pssru.ac.uk/pdf/dp2506_2.pdf)) and a summary of initial findings ([www.pssru.ac.uk/pdf/rs047.pdf](http://www.pssru.ac.uk/pdf/rs047.pdf)), focusing on the first eight schemes that opened, are now available from the PSSRU website. Further analyses of information collected from the 15 schemes that had opened by the end of 2007 have reinforced the picture presented in the initial report.

Overall, the people who moved into extra care were younger and much less physically and cognitively impaired

than those who moved into care homes. However, the prevalence of most of the medical conditions examined was similar for the two groups, and several of the schemes had a significant minority of residents with high levels of dependence on the Barthel Index of Activities of Daily Living. In contrast, levels of severe cognitive impairment were much lower in all schemes than the overall figure for residents of care homes, even among schemes designed specifically to provide for residents with dementia. These results suggest that extra care housing is not operating as a direct alternative to care homes, but providing for a rather different population, who are making a planned move rather than reacting to a crisis. While extra care supports residents with problems of cognitive functioning, most appear to prefer residents to move in when they can become familiar with their new accommodation before the develop-

ment of more severe cognitive impairment.

Information on changes in residents' levels of physical and cognitive functioning during the first six months after moving in indicates that the residents of extra care were less likely to show changes than the residents of care homes. In particular, they were less likely to show reductions in levels of functioning than the residents of care homes. This suggests that entry to extra care may help residents to maintain their level of functioning for longer, and thus delay the need for more costly care and support.

### Evaluation of the Rowanberries Extra Care Scheme, Bradford

This study, funded by the Joseph Rowntree Foundation, was designed to investigate and compare costs to all stakeholders before and after residents

Figure 1: The New Build Schemes in the PSSRU Evaluation



moved into one extra care scheme in Bradford.

Residents identified unmet needs before moving into Rowanberries. Following the move, they experienced better social care outcomes (improved levels of met need) and quality of life. This was associated with an increase in cost, primarily higher costs of accommodation, social care and support. In contrast, health care costs and costs to informal carers were lower following the move, but the reduction in these costs did not appear to have an adverse effect on outcomes.

The full report, *Costs and Outcomes of an Extra-Care Housing Scheme in Bradford*, and a summary of the findings can be downloaded from the JRF website ([www.jrf.org.uk](http://www.jrf.org.uk)).

### **Social Well-Being in Extra Care Housing**

Data collection for this study, also funded by the Joseph Rowntree Foundation, is coming to an end, and a full report will be available later in 2009. An interim report ([www.pssru.ac.uk/pdf/dp2524\\_2.pdf](http://www.pssru.ac.uk/pdf/dp2524_2.pdf)) and an overview of the relevant literature ([www.pssru.ac.uk/pdf/dp2528.pdf](http://www.pssru.ac.uk/pdf/dp2528.pdf)) are available from the PSSRU website.

### **EVOLVE (Evaluation of Older People's Living Environments)**

A wide range of styles of extra care housing is being developed, but there is little research evidence underpinning the design of schemes. This EPSRC-funded joint project with colleagues from the University of Sheffield builds on an existing evaluation tool developed by the Sheffield team to assess the extent to which residential care buildings meet the needs of building users. The project aims to develop and validate a new tool (EVOLVE) that can be used at all stages of building design, from inception to evaluation following occupancy, to identify design and environmental features associated with well-being and a higher quality of life for residents.

An initial version of the tool has been piloted and the main fieldwork will be undertaken during 2009. This will involve using the tool to assess 25 schemes, including new build and remodelled schemes, villages and smaller schemes, and private and public provision. A sample of residents in each of these schemes will be invited to be interviewed about their quality of life and the design of the scheme. Up to ten schemes in the main evaluation will be invited to participate in this. In selecting these schemes, particular care will be taken to ensure that the data collection fits in with the main evaluation so that residents do not become overburdened.

The Sheffield team consists of Judith Torrington, Sarah Barnes, Kevin McKee, Alan Lewis and Alison Orrell. For further information contact Alan Lewis or Alison Orrell (telephone 0114 2220301, emails [A.Lewis@sheffield.ac.uk](mailto:A.Lewis@sheffield.ac.uk), [A.Orrell@sheffield.ac.uk](mailto:A.Orrell@sheffield.ac.uk)).

### **FEEDBACK DAY**

Following the successful meeting in November 2007, a second meeting was held in October 2008 to provide an update on the evaluation and to present further findings to representatives of the schemes and policy-makers. Jeremy Porteus chaired the meeting and provided a policy overview.

During the morning, members of the research team gave an overview of the evaluation (Ann Netten); a description of the characteristics of the residents and changes during the first six months (Robin Darton); an analysis of the approaches being taken to the provision of activities, drawing on findings from the study of social well-being

(Lisa Callaghan); and an analysis of costs and outcomes from the study of the Rowanberries Extra Care Scheme (Theresia Bäumker).

Two parallel workshop sessions were held during the afternoon, on the evaluation of the design of extra care housing (Judy Torrington, University of Sheffield); and the potential implications of personal budgets for extra care (Jill Manthorpe, King's College London).

The programme for the meeting and copies of the presentations can be downloaded from the PSSRU website: [www.pssru.ac.uk/events/ech2008.htm](http://www.pssru.ac.uk/events/ech2008.htm).

### **FURTHER INFORMATION**

A web page containing links to the reports and other documents produced to date, including previous issues of this Newsletter and presentations at recent conferences, is available on the PSSRU website: [www.pssru.ac.uk/projects/echi.htm](http://www.pssru.ac.uk/projects/echi.htm).

### **TEAM MEMBERS UPDATE**

Ann-Marie Towers is currently on maternity leave and Jacquetta Holder will be going on maternity leave in February 2009.

Currently, we have 19 local researchers: Joice Amos, Angela Andrews, Sue Blackford, Rosemary Carlson, Marion Cole, Vicki Cook, Lynne Cullens, Angela Everett, Chris Hall, Lynda Hance, Alan Pollard, Hilary Poole, Zoë Poole, John Rushton, Becky Smith, Bernard Styan, Jane Wistow, Janet Wistow and Julie Yazdanjoo.

### **CONTACT US**

Please do not hesitate to contact us if you would like further details of our research:  
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The **PERSONAL SOCIAL SERVICES RESEARCH UNIT** undertakes social and health care research, supported mainly by the Department of Health, and focusing particularly on policy research and analysis of equity and efficiency in community care, long-term care and related areas — including services for elderly people, people with mental health problems and children in care. Views expressed in PSSRU publications do not necessarily reflect those of funding organisations. The PSSRU was established at the University of Kent at Canterbury in 1974, and from 1996 it has operated from three branches:

Cornwallis Building, University of Kent, Canterbury, Kent, CT2 7NF  
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Further details of PSSRU research and publications (many of which are available for free download) are available from the PSSRU website or the unit librarian in Canterbury (01227 827773; e-mail [pssru\\_library@kent.ac.uk](mailto:pssru_library@kent.ac.uk)).