Presentation

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

Evaluation of the Department of Health Extra Care Initiative in England

Robin Darton

PSSRU
University of Kent
Extra Care and Innovative Supported Living Solutions for Older People in Wales, Cardiff, 26 March 2012

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)

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

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

Entrants with Care Assessment & Entrants to Care Homes: MDS CPS
Entrants with Care Assessment: Location at End of Study

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<tbody>
<tr>
<td>Still in scheme</td>
<td>56</td>
</tr>
<tr>
<td>Moved</td>
<td>8</td>
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<tr>
<td>Died in scheme</td>
<td>8</td>
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<td>Died elsewhere</td>
<td>12</td>
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<tr>
<td>Lost to follow-up</td>
<td>16</td>
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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

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

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

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)

Publications

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