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

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

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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)

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

<table>
<thead>
<tr>
<th></th>
<th>Extra Care</th>
<th>Care Homes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean age [Range]</td>
<td>77 [30-105]</td>
<td>85 [65-102]</td>
</tr>
<tr>
<td>Female (%)</td>
<td>66</td>
<td>73</td>
</tr>
<tr>
<td>Single/divorced/separated (%)</td>
<td>24</td>
<td>14</td>
</tr>
<tr>
<td>Married (%)</td>
<td>29</td>
<td>17</td>
</tr>
<tr>
<td>Widowed (%)</td>
<td>47</td>
<td>68</td>
</tr>
<tr>
<td>Non-white (%)</td>
<td>4</td>
<td>1</td>
</tr>
<tr>
<td>Lived alone (%)</td>
<td>60</td>
<td>76</td>
</tr>
</tbody>
</table>
## Entrants to Extra Care (2006-09) & Care Homes (2005): Housing

<table>
<thead>
<tr>
<th></th>
<th>Extra Care (%)</th>
<th>Care Homes (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Domestic household</td>
<td>65</td>
<td>27</td>
</tr>
<tr>
<td>Sheltered housing</td>
<td>19</td>
<td>10</td>
</tr>
<tr>
<td>Care home</td>
<td>10</td>
<td>12</td>
</tr>
<tr>
<td>Hospital</td>
<td>4</td>
<td>38</td>
</tr>
<tr>
<td>Rent</td>
<td>67</td>
<td>74</td>
</tr>
</tbody>
</table>
Entrants to Extra Care (2006-09): Require Help with IADLs

- Shopping: 70.0%
- Housework: 70.0%
- Laundry: 60.0%
- Paperwork: 50.0%
- Hot meals: 50.0%
- Snacks/hot drinks: 30.0%
- Telephone: 10.0%
Entrants to Extra Care (2006-09): Require Help with ADLs

- Go out of doors: 60.0%
- Get up/down stairs/steps: 55.0%
- Bath/shower: 52.0%
- Dress/undress: 35.0%
- Get in/out bed/chair: 30.0%
- Get around indoors: 20.0%
- Wash face & hands: 15.0%
- Use WC: 10.0%
- Feed self: 2.0%
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

<table>
<thead>
<tr>
<th></th>
<th>Extra Care</th>
<th>Care Homes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean Barthel score [0-20]</td>
<td>14.8</td>
<td>10.4</td>
</tr>
<tr>
<td>Barthel score 0-12 (%)</td>
<td>28</td>
<td>66</td>
</tr>
<tr>
<td>MDS CPS score 0 (%)</td>
<td>66</td>
<td>15</td>
</tr>
<tr>
<td>MDS CPS score 1-3 (%)</td>
<td>31</td>
<td>46</td>
</tr>
<tr>
<td>MDS CPS score 4-6 (%)</td>
<td>3</td>
<td>39</td>
</tr>
<tr>
<td>Total cases</td>
<td>602</td>
<td>494</td>
</tr>
</tbody>
</table>
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

- Housing and Care for Older People Research Network:
  - www.hcoprnet.org.uk/