



# **FIT FOR THE FUTURE FACT SHEET NO 6**

## **DAY SERVICES IN EXTRA CARE HOUSING**

### **Introduction**

The design of day services has become an important part of policies that are aimed at enabling independence, more personalised services, and services which are provided in community settings closer to home.

Historic models of day services were developed around the need to provide respite services and tend to provide a limited range of activities for day service users. Today, day services are more and more being recognised as a valuable contributor to supporting and assisting people who, with a little more help at an early stage, would be able to stay independent as long as possible. The type of services which would make this happen would include services that assist recovery from the effects of an illness and support to manage a long-term illness.

Today, there is a shift away from health and social care organisations providing generic day services<sup>1</sup> towards concentrating on developing smaller, specialist day services aimed at those with more specialist needs. Current thinking is moving towards working in partnership with the Third Sector<sup>2</sup> to develop and deliver day services aimed at a broad section of the population and which support prevention, and promote health and well-being.

Effective day care can meet a range of needs for vulnerable people of all ages and their carers. It can tackle social isolation, reduce hospital admissions, and enable earlier discharge from hospital, as well as provide respite breaks for carers, many of whom are older people themselves.

### **The Role of Extra Care Housing**

Extra care housing takes many forms and within most developments there will be core services such as restaurants, activities in communal areas, etc. In addition to these core services, there can also be day care services which can be successfully located in a scheme for the benefit of both residents and the wider community.

One of the advantages of locating day care provision within extra care housing includes helping to prevent social isolation in older people both within the extra care scheme and in the surrounding community. It can also help maintain links with the local community and help reduce the need for travel to and from a more remotely located day centre for both residents and local users of the service from the community. There could also be economies of scale in terms of building and staffing costs.

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<sup>1</sup> Generic day services are aimed at meet the needs of the broadest population, generally those people who have no specialist mental health or specific disability needs. They are particularly helpful as part of a plan of support for informal carers.

<sup>2</sup> The Third Sector refers to organisations that are not-for-profit and non-government. While they differ between themselves, third sector organisations differ as a group from for-profit businesses and from government departments and authorities. Third sector organisations vary in size and in their activities. They include churches, charitable trusts and foundations, community and voluntary organisations.



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Generally, there are a few issues to be considered when designing a day centre as part of an extra care housing scheme:

- Privacy – there is a need to ensure separation between the residential parts of a scheme and the public parts of a scheme. This is often referred to as ‘progressive privacy’ which is a set of design principles ensuring the separation between the housing and the scheme amenities;
- Communicating the purpose of the extra care housing scheme – often the inclusion of a day centre or day services within an extra care housing scheme can be late in the design phase. It is much harder to include a day centre later in the design phase, not just physically within the build, but because prospective residents must be made aware at the very initial concept stages that the scheme is intended to benefit the wider community and is not intended just to provide housing for the residents. This will set the overall expectation for the scheme and will avoid misunderstanding and the possible resentment of residents;
- Designing for separate management – when designing a day centre attached to an extra care housing scheme it is also important that utilities, fixtures and fittings, and other day centre facilities, are quite separate from the housing elements. This enables clear and transparent charges to be levied;
- Designing for separate entry – when locating a day centre within an extra care scheme, it is more efficient to separate the entry and the parking for the day centre from the entry and parking for the extra care housing scheme. In housing management terms, the operation of an extra care scheme can be complex and controversial when multiple users are using communal facilities, parking spaces and utilities which are paid for by the people living in the scheme.

#### **Day Care Services**

Day services within extra care can be organised generally in two ways:

- A purpose-built day centre, separate to the overall extra care housing scheme;
- The use of scheme facilities to programme events and activities which provide day service opportunities

#### **Purpose-built Day Centres**

Day centres within extra care schemes may have from 10 to 30 placements depending on the kind of day care to be provided. Generally, the more specialist the service, the lower the number of placements available as this helps to ensure that the day service is more specific to specialist need. Places can be allocated to both residents in the scheme and to members of the surrounding community.



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### Day Services Provided in Scheme Facilities

The development of extra care housing provides not only additional housing options, but real chances to use the facilities and communal areas inherent in extra care schemes to benefit the wider community. Activities and events organised in extra care housing schemes offer a broader definition of day services, one which is more flexible and which offers increased choice.

Day services located within extra care schemes bring the service closer to the community, and provide a resource additional to traditional day services located in traditional day centres.

Day services provided in extra care housing schemes also offer opportunities to partner with voluntary and community groups in the development of a wide range of activities, events and services which meet a range of needs. They challenge the historic view of day centres, which provide day services in a finite number of buildings to a static group of people.

Day services may be staffed by support workers and volunteers, and may offer re-ablement<sup>3</sup> advice from physiotherapists and occupational therapists.

Within an extra care scheme, there are additional cost efficiencies where a catering kitchen and restaurant is included, as day services normally include lunch. This can enhance the investment in, and viability of, an extra care catering service.

### **Summary**

Extra care housing provides an opportunity to develop a resource for the wider community. This means developing more than housing with care and support services for the residents of the scheme. There is the potential to offer day services within extra care schemes which are much more individually tailored and flexible; services which go beyond the traditional remit of day services and which meet the social and recreational needs of vulnerable Islanders.

The provision of such services should be viewed within the broader context of community partnerships, and partnerships with older people themselves who can contribute to developing and delivering such services.

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<sup>3</sup> Re-ablement services provide a package of personal care, help with daily living activities and other practical tasks, usually for up to six weeks, to encourage individuals to develop the confidence and skills to carry out these activities themselves and continue to live at home. Re-ablement services tend to be provided to people who have just been discharged from hospital or are otherwise entering the care system following a crisis.



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Note: Both locations of the proposed extra care schemes will provide opportunities for day services for the benefit of the wider community. At the Maison Maritime site, it is planned to build a new, purpose-built day centre. At the Longue Rue site, the scheme communal areas are being designed to accommodate day service opportunities. It is hoped that partnerships with community and charitable groups will provide the day service opportunities at these locations.