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# The Provision of Social Care in Extra Care Housing (ECHO)

Advisory Group Meeting, 6<sup>th</sup> September 2017

*These presentations report on independent research funded by the NIHR School for Social Care Research. The views expressed in these presentations are those of the research team and not necessarily those of the NIHR School for Social Care Research or the Department of Health/NIHR.*



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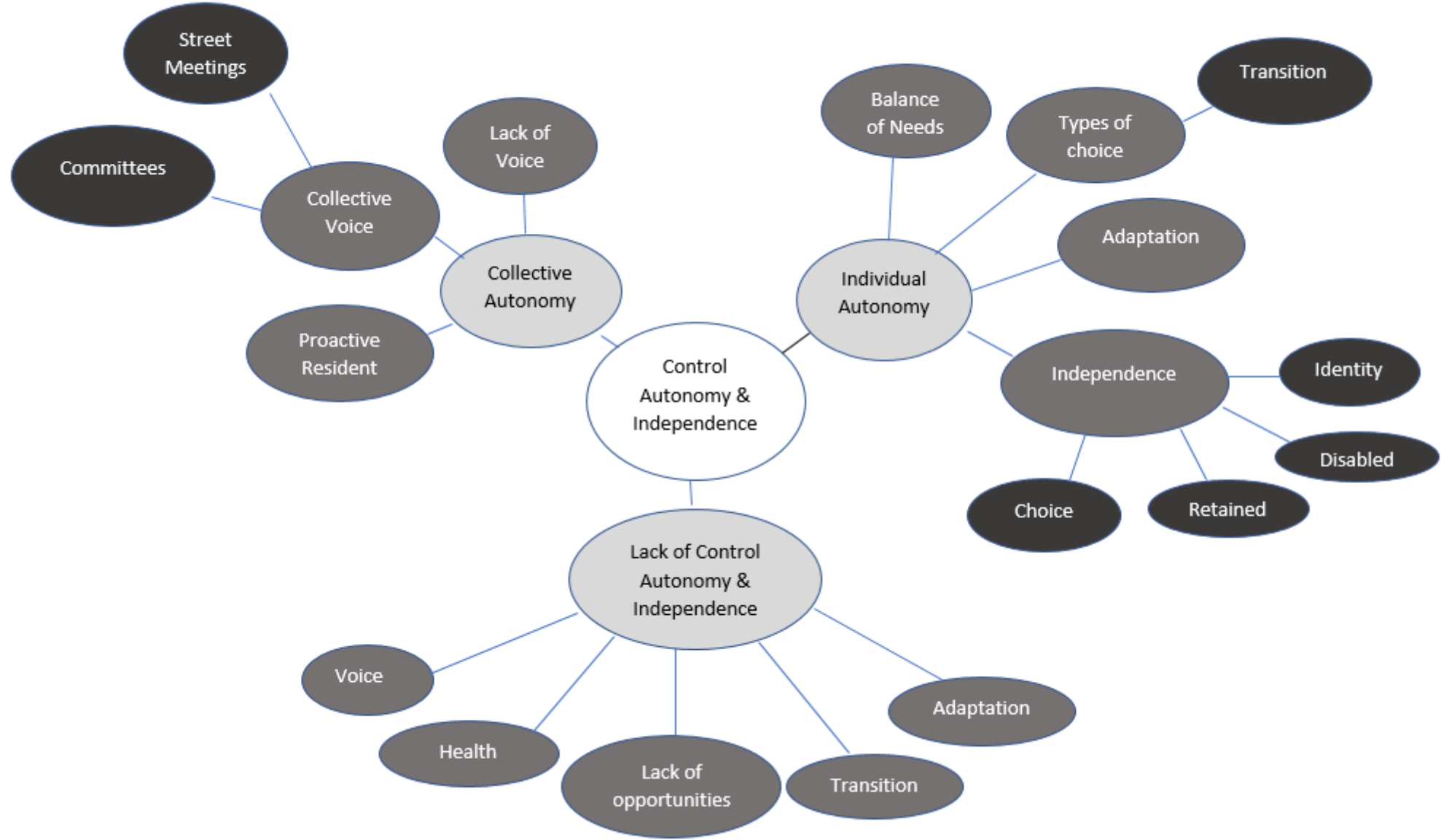
# Control, Autonomy & Independence

Working Title: What does independence mean to people living in Extra Care Housing

**Teresa Atkinson**



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# Independence

- What is it?
- What does it mean to people
- How do we know when we've got it?
- What factors impact on independence?



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*'Promoting independence is a central theme of recent UK health and social care policy development but is rarely defined.....it is generally assumed that we know what independence means' (Secker et al, 2003).*

Secker cite the work of Fisk (1986) who provides the following definition:

*'Independence describes a state of self-determination whereby the individual, with or without the assistance of others and regardless of disability, is able to dictate the path that his or her life should take. It is a state that is determined by both personality and the individual's social and physical environment' (p.381)*



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# How might we use the data?

1. Experience of independence from older people who receive care and those who do not
2. Whether disability, or indeed any form of illness, impacts upon independence
3. The extent to which residents are able to 'self-determine' and 'dictate the path that his or her life should take'
4. How independence is experienced in relation to the intrinsic nature or personality of the individual and the social and physical environment in which they reside.
5. Barriers and facilitators to independence



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# Themes mapped to Fisk & ECHO



Receiving/  
not  
receiving  
care

Balance  
of  
needs

## Experience of independence from older people who receive care and those who do not

*As I said, everybody has been very friendly and caring and you know they're not intrusive so you know you can do what you want basically....there's a restaurant downstairs if I don't feel like cooking , but I can cook my own meals or I can go down to the restaurant. People are there if you want them and not if you don't and with all of those things you can maintain independence (SBR9 W1)*

*Well I get myself up and I dress myself and the same with the evenings. I can do that; I do not need help with dressing....I still keep my independence in that way (SDR2 W1)*

*Oh yes, it would be nice to go and pick my own books instead of them being picked for me (SCR1 W1)*

*They come in the mornings and in the afternoons. I've got to take different tablets as well and they look after my tablets because I got muddled up last time and she said 'we'll do it for you' (SAR3 W1)*



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Impact of  
disability

Health  
Impacts

## Whether disability, or indeed any form of illness, impacts upon independence

*We used to go on outings and holidays....it was a very full life when I came here first.....it petered out gradually because we were all getting older and things became more difficult for people (SBR5 W1)*

*There's more disabled here now than what there were when I came here first (SBR5 W2)*

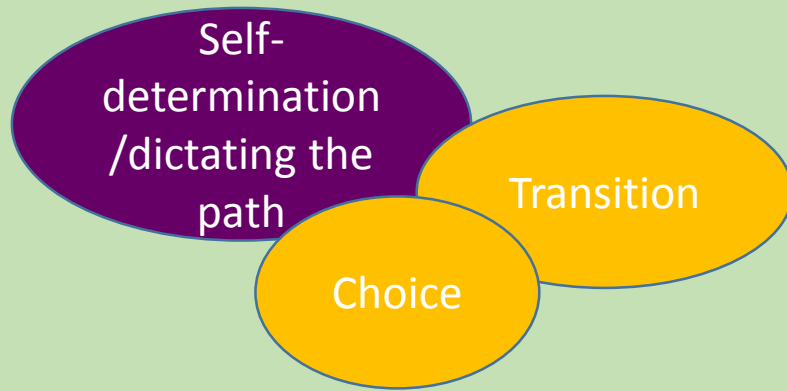
*I get cross with myself because of my mobility...I used to be very, very independence and I'd walk everywhere whereas now I can't walk very far.....so that frustrates me (SBR9 W1)*

*Have you ever thought about living somewhere else?*

*I might be forced to because it is as I have discovered if people do get to a point where whatever the reason they are not with it, gets worse and worse and worse they have to move out which I found a bit daunting to think about (SBR7 W3)*



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## The extent to which residents are able to ‘self-determine’ and ‘dictate the path that his or her life should take’

*They used to come and give me my medication but I don't see much of them anymore*

Why did that change?

*I've got to be more independent and do my own medication....they just said I had to be more independent ....an independent living thing... (SAR7 W1)*

*I came out and looked and liked it.*

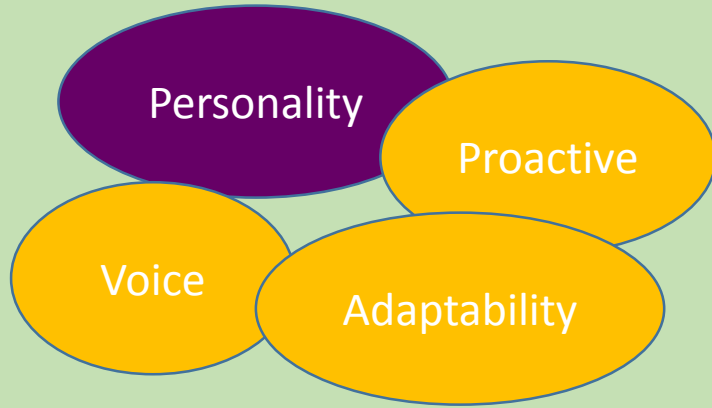
*Of course when she (the manager) came in she said ‘the only thing is you have got to have five hours care a week’*

*‘Five hours’ I said ‘I don't need care’ I said ‘I can look after myself’*

*‘Well that's the new ruling that has been brought in, so there's no option’ she said (SBR3 W1)*



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## How independence is experienced in relation to the intrinsic nature or personality of the individual

*I try to be as independent as I can be you know. A lot of people think I should have care really but I really don't want to until I have to.*

It was quite a big transition to go from two, three visits a day to nothing.?

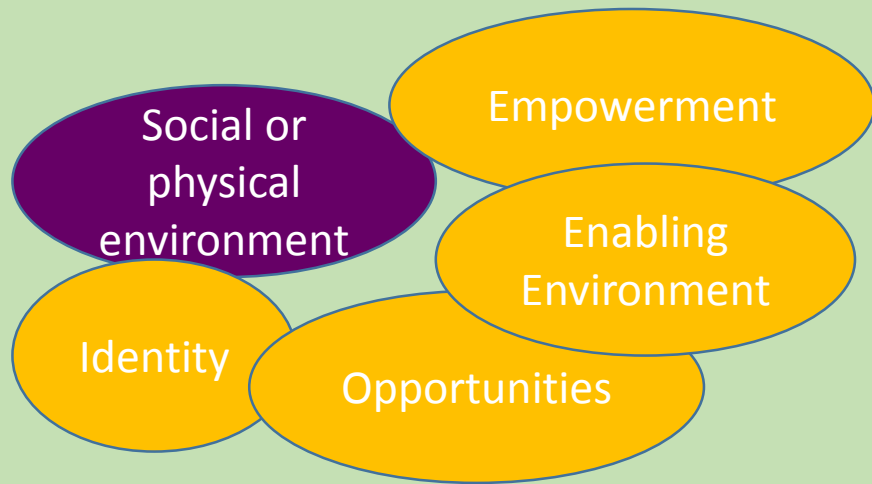
*Yes it was hard but I was determined to do it* (SDR3 W2)

*I put a note in the magazine a couple of months ago 'anybody got any ideas where we can go?'* (SDR6 W1)

*We've given her a list and wrote down there ....but it's not gone any further* (SAR1 W3)



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## The individual's social or physical environment

*You can't walk from here to the front entrance, which is an eighth of a mile or approximately (SDR12 W2)*

*I mean we've got our freedom. We could do as we like....the only thing is there is really nothing to do (laughs) (SAR2 W3)*

*You get a monthly sheet of what's on and what entertainment we have and all the rest of it and anybody that's able, they volunteer to do jobs and they help round (SDR9 W3)*



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