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

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# Living with Dementia in Extra Care Housing

**Simon Evans**



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# Outline of the paper

- **Background**
  - Dementia Demographics
  - Social Policy and Practice for supporting people with dementia
  - The role of extra care housing – key themes from the literature
- **Aims of the Paper**
  - To explore how ECH responds to the changing needs of people with dementia
- **Research Methods**
  - The schemes
  - The participants
  - Data collection and analysis
- **Findings/Discussion**
- **Conclusion**



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## Findings: changing needs

- *'Yes. And have a shower or a wash and that. And they make the bed for me and draw the curtains back and they get my breakfast for me here, not over at the café, and they come in each meal time and then they come in at eight o'clock to get me into my night clothes ready for bed. I don't go to bed at that time but that's my time and I'm sitting watching television by then. And really, everything.'*



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## Findings: independence

- *'Oh I virtually haven't got any now (quality of life) with my age and everything. Before I came here I tried to get around – the pubs for instance, outside of this lot here when I lived farther out that way and life was a bit restricted really you know. But I did used to get out and about and I don't here. I don't here. I did have my own life like.'*



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## Findings: Stigma

- *'There are activities here which I am not interested in. They have a café downstairs where the dementia people have their meal, and they play Bingo every Saturday. They do a racing sort of game every now and then but I'm not interested in those sort of things because the dementia people go to them and it is pointless going to any activity with them when they ignore you.'*



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## Findings: Social Interaction

- *'I used to go and meet up with four friends of a Wednesday and have a coffee and hour in town when I was capable, and I used to have - that's with four of my friends – and then another couple of my neighbours we used to have a taxi once or twice a week and go into town regularly and do our shopping. And I miss that.'*



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## Findings: environment

- *'You've got to go out of the building and across up into there on the local roads and make your way here, there and anywhere you can get to to buy. You can't go to the shops or nothing. They haven't got any!'*
- *'Yes. I feel safe. I don't feel anybody knocking on the door like, and so strangers are there, no. I don't get that. Because my main door I can see from here.'*



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# Conclusion

- Potential of ECH to support changing needs and preferences
- Providing support AND opportunities for independence requires a person-centred approach
- Other key factors include staff training, approaches to risk and design of the environment.
- ECH offers good opportunities for social interaction
- Stigma and prejudice persist.
- Challenges for carrying out research with people with dementia (in housing settings)



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