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

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

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# Preparation, Prevention and Resistance in Extra Care Housing

Residents managing changing care needs at the boundary between the third and fourth age

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## Key Points

1. For some residents, the boundary between the 3rd age and the 4th age was a permeable one that they were able to subject to forms of control, management, and resistance.
2. Residents' use of these management strategies varied across schemes, between individuals, and over time.
3. In some cases, institutional practices within the ECH schemes functioned to facilitate or impede residents' attempts to manage or exert control over their changing care needs.



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# Preparing for the Future

## Moving into ECH as a form of future-proofing

### Facilitated by:

- Resident having capacity to make decisions about their care.
- Resident being aware of what ECH is, where it is, and how to access it.
- Prior contact with an ECH scheme.

### Impeded by:

- Sudden, unforeseen onset of care needs.
- ECH schemes requiring the existence of care needs prior to moving in.
- Funds may not be available until care needs are present.



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# Avoiding Ageing and Decline

Delaying the onset of care needs by keeping active and busy

## Facilitated by:

- Resident being able to self-organise.
- Resident having good mobility.
- Resident having links to the external community.
- ECH scheme having a full activities programme.
- On-site facilities, activities staff, material resources.

## Impeded by:

- Reduced mobility, disability or illness.
- Poor building design, inaccessibility.
- Lack of activities.
- Staff shortages and absences.
- Poor transport links.



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# Resisting Dependency

Avoiding formal care until absolutely necessary

## Facilitated by:

- Resident has access to and knowledge of [assistive] technologies and aids.
- Resident is able to receive informal care or support from friends/family members.
- Residents being able and willing to help and support each other.
- ECH scheme having a formal volunteering scheme.

## Impeded by:

- ECH scheme requiring residents to receive formal care provision, regardless of need.
- Resident lacking a support network (inside and outside of scheme).
- Health and safety regulations.
- Lack of material and financial resources.



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# Maintaining Control

## Managing the timing and content of care provision

### Facilitated by:

- Resident being aware of how to make changes to their care provision / who to talk to about their care needs.
- Care provision being organised to allow for flexibility and change.
- Positive relationships between residents and care staff.

### Impeded by:

- Staff shortages.
- The organisation of care into 'runs'.
- A lack of care provision at night.
- Difficulties with requesting re-assessments or increased payments from the local authority.



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