

Reimagining day care for older people: innovations in practice

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Case study sites

SITE	DESCRIPTION
1	Day centre for older people living with dementia. Based in a large Victorian house with gardens. Good connections with local health services.
2	Adapted farm for men living with Parkinsons and dementia. Purposeful activities and outdoor setting.
3	Lunch club and activities for older people. Part of community networks to reduce isolation and loneliness for older people.
4	Small-scale, home-based day care for older people with dementia.
5	Large-scale club providing activities and programmes for older people.
6	Community café providing lunch clubs and activities for older people.
7	Faith-based day centre for older people.
8	Peripatetic day clubs for older people.

Role of day care: impact of COVID-19 closures

■ **Mental and physical wellbeing and health**

- *“... I do feel a bit lonely now and again. That’s why I come here.” (S03OP06)*
- *“I think people being shut away from society has had a very negative effect, especially on the elderly with dementia. They have lost their social skills, they have lost how to communicate with people. And basically, their dementia has got a lot worse a lot quicker.” (S01M01)*

■ **Supporting carers**

- *“I think the needs of the carers, absolutely on their knees, totally feel isolated, alone, that there’s nobody to talk to, that all the services that should be around for them to talk to, there’s nobody. Some of them have tried to get private care, like nursing home, to come with the men and sit with the men, they can’t find anybody. I think they have struggled and are very emotional.” (S02M02)*

■ **Enabling people to stay in their homes longer**

- *“So, it is not just for the clients there. It is to help the carers, the family that don’t want to put them in care. But they need that time to know that their family members or the people they are looking after are in a safe space, are being looked after and cared for really. [...] It is so important – so people don’t necessarily feel isolated, but because they can also go home at the end of the day” (S01CW04)*

Space and place

- **Physical space**

- *“The actual environment, I think, yes, the homely, there’s nothing quite like home, so I’d want it to be a really homely environment” (S04CW03)*

- **Fluid use of indoor and outdoor space**

- *“The only thing I’ve found difficult is that so far, I don’t know why it hasn’t happened, we have had no opportunity to be outside at all. [...] And I feel that’s a shame” (S01OP04)*
- *“... get them out in the fresh air and try to draw attention to the weather, the plants, the smells, the feel, the textures and give them some meaningful activities” (S02CW02)*

- **Linked to local place**

- *“It would not be in a church, for a start, with graveyards around it, or in a hospital or in sterile buildings. It would be in the community buildings that feel part of where you live, that you know where you are in your area.” (S02M02)*

Local and personal connections

- **Shared understanding**

- *“... but when it comes to day centres and day care services, you’re talking about becoming involved in the fabric of an individuals life and enhancing that. So how you engage and how you think about that.” (S03SH0304)*

- **Building friendships**

- *“Meeting new people. Making friends. Learning. Whether it is something you have done before or not, it is still learning, isn’t it?” (S05OP03)*

- **Local connections**

- *“Just get the community involved a bit more because I’m sure there’s a lot of people that have got loved ones that come here, that could probably offer something.” (S01CW02)*

Activities

■ Flexibility and choice

- *“I think keeping relevant, always consulting to find out what older people want, because different groups of older people want different things, and different generations want different things. But until you start talking with people and finding out, you don’t know.” (S03SH0304)*
- *“Having something that, as I say, focuses on what people feel they would like to do, or this extension of what they have done in the past... [...] You would want to have the resources to ask the question, “What would you like to do?” Because that’s what it is about, isn’t it?” (S02CW01)*

■ Purposeful activity

- *“It seems to be very important for them, and some of them who are ex-farmers really, really feel as though they’re doing some work and being beneficial and helpful...” (S02CW02)*
- *“I mean, I should be able to use my music, but it doesn’t sort of- it hasn’t, sort of, happened yet. So far. [...] I mean, I feel that I’m not giving anything at the moment.” (S01OP05)*

Reimagining day care: emerging themes

- Language
 - Scale
 - Local and personal connections
 - Purposeful activity
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