

Reimagining day care for older people

End of Project Webinar (14-Sep-2023)



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Background

The role of collective forms of day care for older adults is contested:

- a lack of consensus about function/ purpose
- a lack of evidence of impact;
- a tension with ideas associated with personalisation,
- and concerns about cost.

On the other hand, there is growing appreciation that:

- attendance can mitigate loneliness (Robertson 2018) and improve wellbeing and quality of life (Lunt *et al.*, 2018).
- can support person-centred care while also supporting social connections (Orellana et al 2020, 2023).

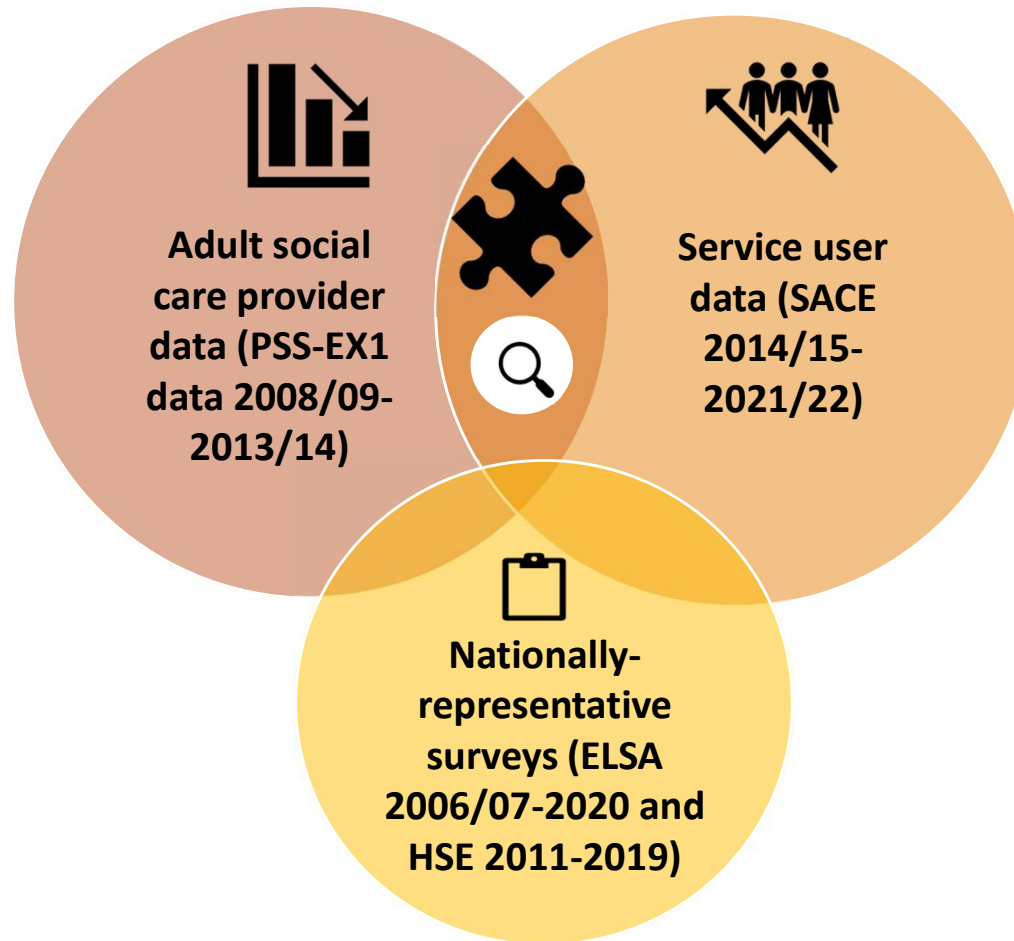
Aim: to explore the current role and models of delivery of collective forms of day care for older people (65+) in England.

- Establish trends and patterns over time in the provision and use of local authority funded collective forms of day care.
- Determine the key predictors of use and frequency of use of day care services, and personal (subjective) wellbeing of users of day care services, over time.
- Explore innovative models of local authority funded provision by undertaking in-depth case studies in 8-10 Local Authorities.
- Contribute to broader discussions about the role of local authority funded day care in meeting policy objectives across the social care and health sectors, including their role in the post COVID-19 social care landscape.

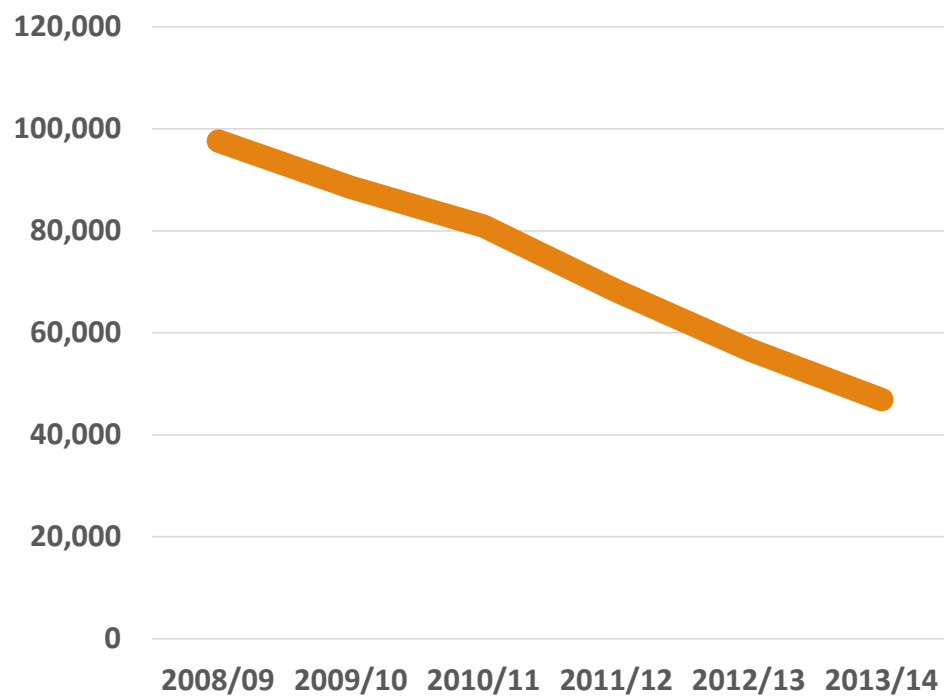
Provision and use of day centres over time in England: Triangulation, trends and predictors (2006-2022)

PRESENTER: Demi Patsios (University of Bristol)

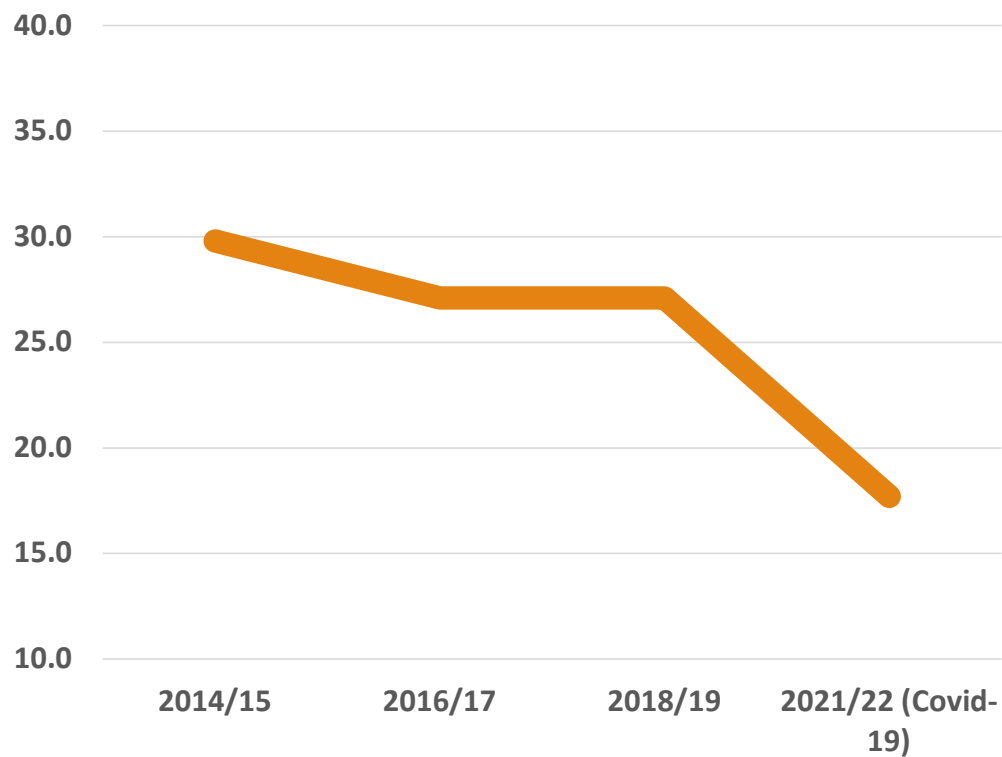
Sources of information about day centres/services



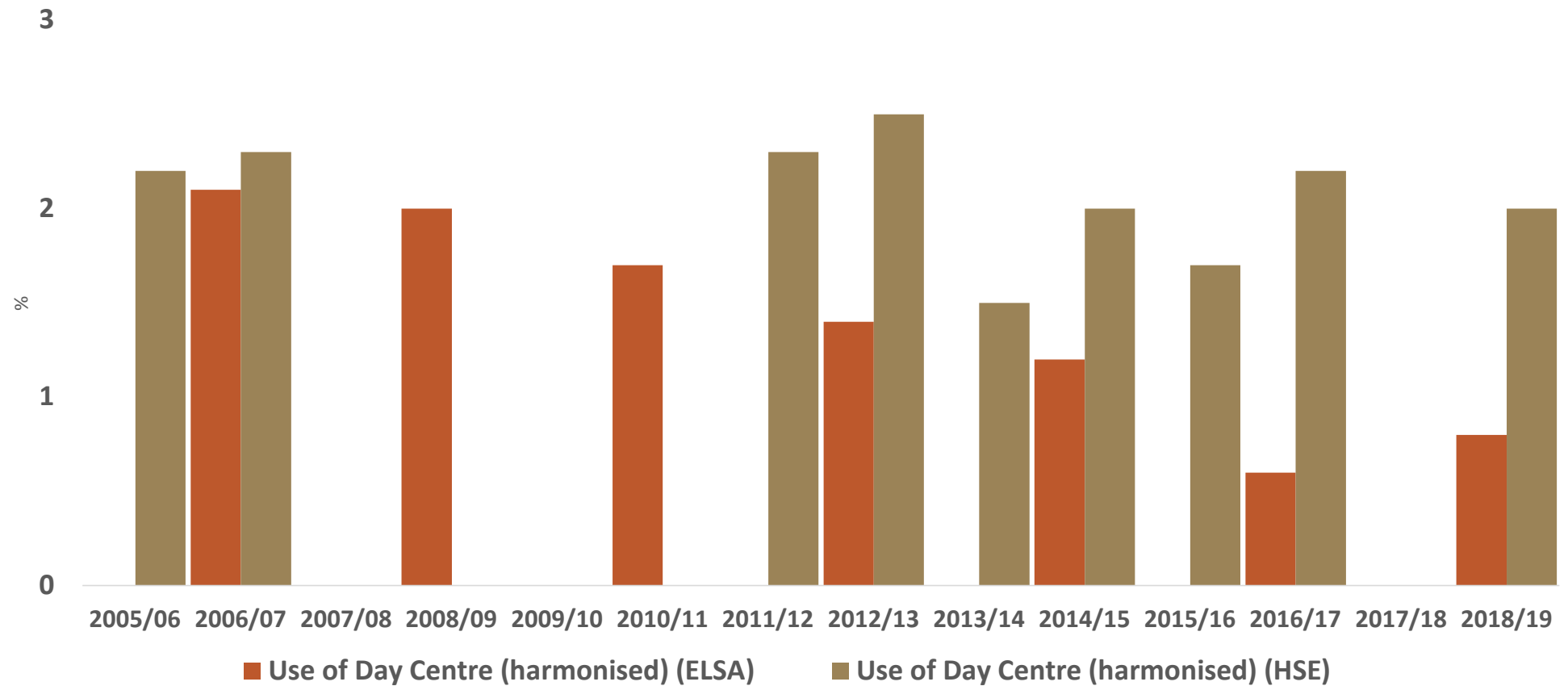
Number of day care or day services clients per week on average during the year - clients aged 65+



Percentage of carers reporting the person they care for used a day centre in last 12 months



Percentage of older people using day services over time in two national surveys



Key takeaways

- Gradual downward trend in the provision and use of day services by people aged 65+ in England
- Council-provided data is vital but changes to reporting have made comparing changes over time difficult
- Data from nationally-representative surveys offer some advantages, but are limited due to sample size
- Provision and use during and post- Covid-19 remains unclear
- Unclear evidence base for policy and practice?

Reimagining day care for older people: case study findings



PRESENTER: Ailsa Cameron (University of Bristol)

Case study sites

SITE	DESCRIPTION
1	Day centre for older people living with dementia. Good connections with local health services and local organisations.
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 a community network 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 health & education programmes for older people.
6	Community café providing lunch clubs and activities for older people.
7	Faith-based day centre for older people, with expertise in supporting people with visual impairment.
8	Peripatetic day clubs for older people.

Older people's perspectives on day care

Overwhelmingly positive:

- “Well, it has cheered me up. I don't get so lonely. Although my daughter is my carer and she does work for me and takes me out in the car, I like to mix with people, to keep my brain working” (S07OP04)
- “At home I feel really lonely. [...] While I'm here [at site 6] I don't feel down...” (S06OP01)
- “I love it, best thing that ever came on. [...] Because I look forward to Tuesday and it's nice, it gives me a break and I feel as if it's giving [my family] a break.” (S08OP04)

Purposeful and non-traditional activities

Activities that aren't 'artificial' but serve a purpose:

- "... we're not here to do activities, we're here to do a job or to make something or to make friends, even. So, it's not- I hate the word 'activity'" (S02M01)
- "So most of what you have done in your life has been taken away from you, so by giving people something back again to do and take responsibility for in our groups is, I think, probably one of the most defining things about the [site four] model of care because it makes people feel that they have a role again [...]" (S04M01)
- "I used to come here for mosaics class. That was lovely. I never knew how to do mosaics before. I said, "Let me learn something. Something you have not done before." (S05OP03)

Why purposeful activity

Opportunity to contribute and have a role

- “It has to be about helping. These men have been rocks in their families all their life and, suddenly, they feel [...] a hindrance.” (S02M02)

Building new skills

- “... if not for [site five] I wouldn't have been able to keep in touch with my son [who emigrated to Canada]. I've watched [my grandchildren] grow up on Facebook because I learned from [site five]” (S05OP02)

Identity, self-esteem and confidence

- “If I hadn't found [site five] when I did, I don't know because I'd gone from being needed, for want of a better word, with my grandchildren. Then, they didn't need me.” (S05OP05)

Working with local community partners

Organisations were embedded in local networks

- “... [site five] have an overall understanding of what’s happening within the community, where to send people, the needs of the community.” (S05SH03)
- “So we had really strong links with the nursery up the road and the school over the road. Again, with COVID, it’s all gone pear-shaped again. [...] But the nursery were coming around once a month and doing activities, which was lovely.” (S01CW01)

Collaborations can improve offer for members and sustain organisations

- “So, I think [the community partnerships] is really amazing. It really affects our members going to all these different places, that they would never have been able to go to before.” (S05CW03)
- “... with [city] having quite a diverse range of organisations, it could be that you’d have where organisations are competing against each other on a particular bid that they would benefit from doing more of a joint-bid approach to guarantee securing that funding and then reaching their communities” (S03SH01)

Partnership working with health

Specialist clinical condition focused:

- **Site 1** – works with local dementia clinic “I, as a care coordinator, and one of our consultants actually hold a clinic, often at [site one]. We try to do it every couple of months, just to run through service users that we’ve got at the day centre just to kind of like reinforce support is there and for us to review and feed back to the care coordinators” (S01SH02)

Suite of preventative, health-engaged programmes and interventions:

- **Site 3** - partner in local strategic networks for loneliness and social isolation of older people, strong links with local GP practices and social prescribers leading to various education and intervention programmes e.g. , digital inclusion, falls prevention, diabetes
- **Site 5** – is located in community hospital, delivers preventative programmes that provide long-term support post NHS discharge e.g. balance/falls prevention. “... the evidence states that you need to have nearly a year, essentially, of tailored exercises that are facilitated. Obviously, as an NHS service, we can’t offer that option, so we’ve got [site five falls prevention programme]...” (S05SH01)

Carers – distinct offer of day care

Greater understanding of extent and distinct support inc. duration & trusted nature

- Describing feelings of isolation “It’s been made better by him going to [site four] because it does give me that six hours when I can go and meet friends for coffee, go to the coffee morning [...] go and do something for me. That amount of time he is at [site four] is my little core of being normal” (S04C02)

Emotional support and connection for carers, as well as wider advice and guidance

- “I think 50%, we look after the people living with dementia, and I think 50%, we look after the carers as well. The times I get people in here in tears, and they just want to shout at somebody, and they shout at me.” (S01M01)
- “I used to go in with my wife just to sort of settle down with the other three people. Since then I always go in, and I seem to be part of the family for half an hour and have a cup of tea with them, and general chat” (S04C01)
- “... [CEO] was always on hand for when I needed information about getting [mum] a blue badge, getting her different benefits, etc., etc.” (S03C01)

Day care and COVID-19 pandemic

Sites closed but continued to provide support in creative ways and adapted their offer as guidance changed throughout the pandemic

- “They were wonderful. [...] [staff member] used to ring me each week [...] Then, come Christmas, [...] he brought me a dinner” (S08OP03)
- Site 7 focused their efforts on maintaining their ‘talking newspaper’, ensuring that members kept connected to their wider community.
- Site 5 developed an extensive online programme of activities
- Site 2 created videos of the farm & visited members on a tractor to deliver food parcels - “I thought he was going to get cramp in his cheeks, he was smiling that much” (S02V01) and, when guidance allowed, started weekend coffee mornings as a means to support carers.
- Site 3 became a COVID hub, used minibuses to provide transport to hospital appointments and developed new initiatives such as a walking programme

Carers – impact of closure

COVID closures and lessons learnt

- “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.” (S02M02)
- “.. coming out of COVID we’re seeing a lot more people with mental health concerns because they’ve been locked away caring for somebody with complex mental health needs for a year. The support that a day centre could provide a carer [...] to just give them a few hours off a day is super-valued.” (S01SH02)

Support to sustain their caring role

- “... I feel my life is slipping by [...]. How long I can go on coping at home, of course, is another matter, and that’s what will change, won’t it, eventually? [...] but at the moment, I’m just about coping” (S02C03)
- “If there was no day care, how would the carers manage, other than putting them into some sort of long-term facility or respite. And there are no respite places at the moment.” (S01M01)

Person-centred

- **Site 2 – collected life histories of members** “[name] sent a thing back saying, “Can you give any information about their past life?” [Husband] was in a little mini acrobatic team back in the 1970s and I’d got a leaflet with his picture on and the aircraft he was flying, so I took that into [manager] because I just think it’s quite nice for them to have some idea of who these people are, isn’t it? [...] it’s the feeling that they’re not just anybody there, that they’re all somebody and have been, have done things...” (S02C04)
- **Site 5 – choice and variety** “I think if you look at something like [site 5], where we have 200, 250-odd different activities in a week. [...] I think it offers the ability for personalization [...] it offers a tailored programme for older people.” (S05M01)
- **Site 7 – faith-based** “Well, the thing we’ve got in common is that we’re all Jewish. All the members are Jewish. [...] I mean, if I went to a non-Jewish day centre, it wouldn’t be the same.” (S07OP02)

Additional interviews

Barriers to attending generic day centres, community-led services can provide safe space

- “... I’ve witnessed environments where lesbian and/or gay men have been on the receiving end of some quite unpleasant discrimination particularly in, for example, a residential care setting or a day centre. [...] Quite a lot of the people I know [...] have said that they felt they had to go back in the closet when they went into any health or social care setting. [...] there’s a need to address those issues and make sure people are trained a) to recognise them and b) to know what to do about it...” (AddOP02 LGBTQ+ Club)
- “I think the mainstream day centres they’re not trained enough to know what our needs are, what our cultural needs are. And religion comes a lot into it, it should do, but it does come into it.” (AddM01 Asian Day Centre)
- “... when we set up the [Chinese] day centre, those women, they felt belonged. They really had rapport with each other. They shared each other’s hardship. They reached out to each other. They’d talk. They’d support each other. [...] That’s the Chinese culture” (AddM02 Chinese Day Centre)

Day care: outdated?

- All sites were innovating to a greater or lesser extent pre COVID-19 but lockdown reinforced the need to reimagine day care
- Our findings challenge the view that day care is outdated and undesirable, and illustrates creative, agile and responsive services that members and their carers value highly.
- We found examples of strong person-centred care as well as demonstrating the need for services designed to meet the needs and experiences of distinct groups.
- Found examples of innovative day care models that are a clear break from the 'normal', as well as innovative practice within sites
 - Site 2 adapted farm for men
 - Site 4 small-scale, home-based care
 - Site 5 large-scale, extensive community partnerships

The role of day care: what's the future?

Our findings highlight

- a strong story about the current and potential role of day care and its importance as a lifeline for members and carers, providing a distinct opportunity for connection, joy and, supporting wellbeing
- are well-placed to support the preventative agenda, to identify and respond to needs, support mental and physical health of members and carers, illustrated by creative and agile COVID-19 response
- are archetype local place-based partnerships, enabled by their central position within community networks, their in-depth knowledge of members, their carers and community organisations and, are trusted by all.
- could play a key part in achieving the ambitions for local Integrated Care Systems set out in NHS Long Term Plan (2019)

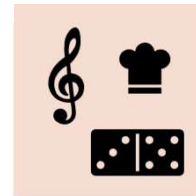
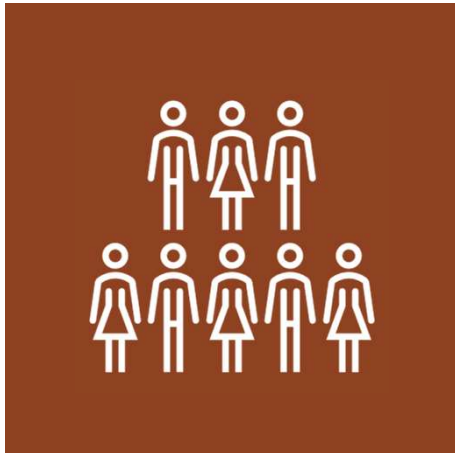
Reimagining day care for older people: Costing study



PRESENTER: Jo Thorn (University of Bristol)

Costing study

- **Resource components identified by**
 - Rapid literature review
 - Interviews with managers and finance officers



Reimagining day care for older people: Reimagined models of day care



PRESENTER: Laura Bennett (University of Bristol)

Reimagining models of day care

- Developed three reimagined models of day care, clubs and activities for older people with care and support needs
- Based on examples of innovative practice and observations at case study sites
- In particular, responses to interview questions about:
 - what was important to older people and their carers
 - the role of day care
 - what an ideal model of day care would look like
- Workshops with research partners

Underpinning themes

- Social inclusion
- Person-centredness
- Flexible and responsive
- Space and place
- Local community identity
- Involvement of older people in management and decision making
- Carers

1. SUPPORT HUB: collective care for people with complex and personal care needs

- Informed by Sites 1 and 7
- Skilled staff who have training opportunities
- Transport is provided in accessible vehicles with trained drivers
- Diverse, personalised activities with options

WHO IS IT FOR:

- Older people with moderate to complex needs inc. personal care

WHERE:

- Purpose-built or re-designed existing building that is part of the local community

2. MEMBERSHIP CLUB: large scale, preventative and social for all older people

- Informed by Site 5, as well as sites 3 and 6
- Partnerships with local organisations such as gyms, theatres, galleries and sports clubs, support diverse and varied opportunities and activities, that meet the needs of local older people and supports mental and physical wellbeing
- In some settings this may be a collection of smaller organisations working together. Volunteer opportunities are a strong element of this model

WHO IS IT FOR:

- all older people

WHERE:

- works particularly well in urban areas

3. SMALL BESPOKE GROUPS: small-scale, collective care for low to moderate needs

- Informed by Sites 4, as well as sites 2 and 8
- Small groups, based in the home of hosts
- Could also be applied to other non-traditional settings such as a farm or workshop

WHO IS IT FOR:

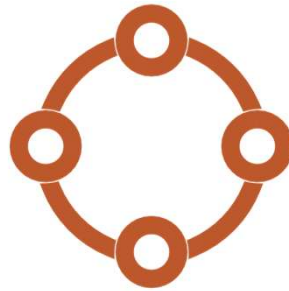
- low to moderate needs e.g. early to moderate dementia

WHERE:

- often suited to more rural settings

ECOSYSTEM

- The three models presented are not intended to exist in isolation but as part of an 'ecosystem'
- The models are able to work together to share resources and manage transitions as older peoples needs and preferences change over time
- Older people may attend more than one model at a time



Thank you... Questions?

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