

# The ExtraCare Charitable Trust

Our integrated model

- ExtraCare and our **integrated** model
- The **impact** of our model
- Our **research** findings
- Looking **forward**

Registered charity since 1988

Our vision: **better lives for older people**

Run by Trustees

Surpluses reinvested in the Charity

Supported by funding from:

- residents
- Govt: local & central
- charitable donations
- our 50+ charity shops
- Lloyd's bank



**18**

retirement villages &  
schemes

**CQC**

good & outstanding

**4,020**

mixed tenure  
apartments

**c4,500**  
residents

residents age  
**78 yrs**  
on average

**c2,300**  
volunteers

**3 x c£55m**  
villages under  
construction

turnover of  
**c£100m**

surplus of  
**c£10m\***

\*not yet audited

# Our Villages



# Our integrated model



**Our mission:** Creating sustainable **communities** that provide **homes** older people want, **lifestyles** they can enjoy and **care** if it's needed



# Inspirational communities



- Mixed tenure
- Balanced village profile
- Residents from the community
- Facilities open to the community
- Friends of the village/volunteers
- Intergenerational focus

# Care if it's needed

- CQC – **all** good or outstanding
- Care team on-site 24/7
- Well-being service
- Award winning dementia programme
- End of life care (GSF)
- Bereavement support



**INVESTORS  
IN PEOPLE** | Gold





# The **impact** of our model

# INTEGRATED HOMES, CARE AND SUPPORT

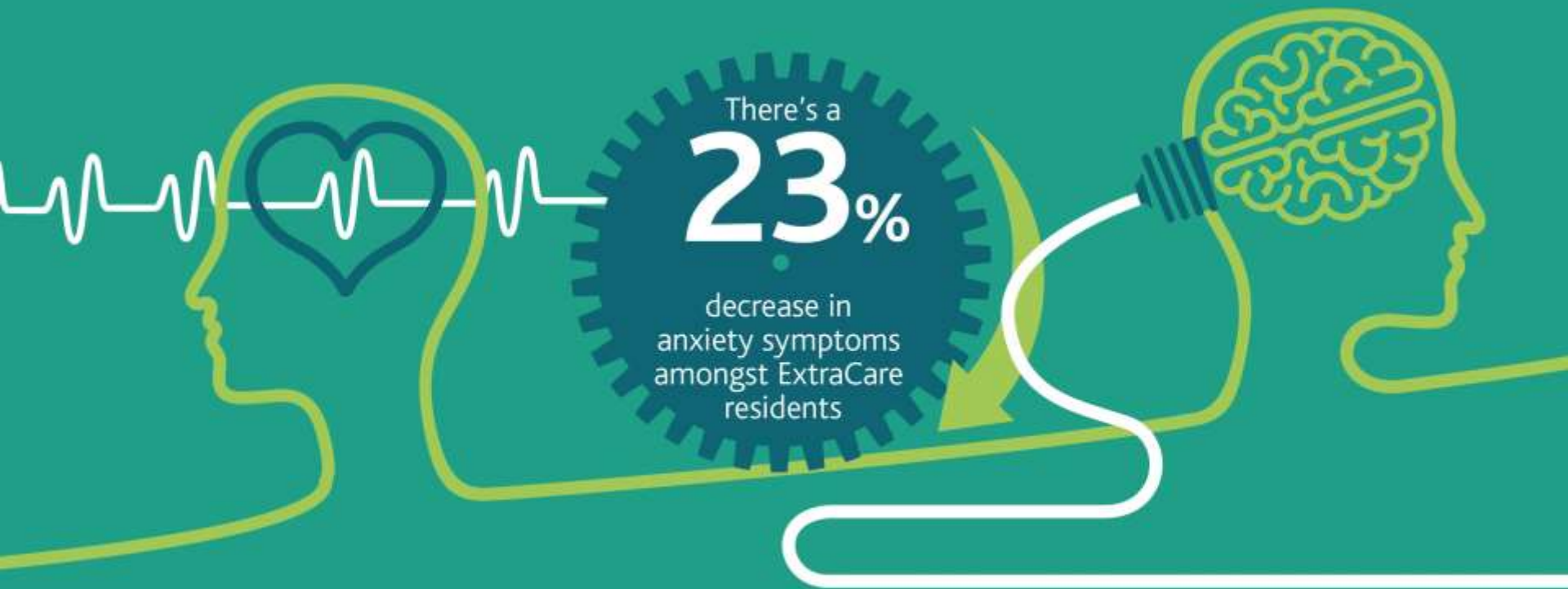
Measurable Outcomes  
for Healthy Ageing



- Measured in the wellbeing assessment
- Referrals to our Locksmith
- Referrals to activities, groups, volunteering



*It's not all about age!*



# 86.5%

of ExtraCare residents  
are 'never or hardly  
ever' lonely



The  
**ExtraCare**  
Charitable Trust

A registered charity since 1988

*It's not all about age!*

  
Aston University  
Birmingham

Lancaster  
University 



# Frailty is delayed or reversed

over the first two years of  
living with ExtraCare



The  
**ExtraCare**  
Charitable Trust

A registered charity since 1988

*It's not all about age!*

Aston University  
Birmingham

Lancaster University 

# Enriched Opportunities Programme

**403 (586)** residents with diagnosed Dementia and symptoms

**490** other mental health support needs



- 2007 to 2009 completed a randomised controlled trial of a new approach to living with dementia and other mental health issues in ExtraCare
- Development of a specialist staff role the “Locksmith” who unpicks issues around the person’s experience of their condition

# RCT Outcomes 2007-2009

## Residents supported by a Locksmith were...

- 50% less likely to move into a care home
- 42% less time spent in hospital as an in-patient
- More likely to have their mental health condition diagnosed

## Residents also...

- Rated their quality of life more positively
- Experienced decreased symptoms of depression
- Experienced greater feelings of social support and inclusion

(As detailed in the 2009 Bradford dementia group report, available on the ExtraCare website)

# The Enriched Model of Dementia

$$D = NI + H + B + P + SP$$

Neurological  
Impairment

Health

Biography

Personality

Social  
Psychology



# Supportive Social Psychology...

## Mr S – Referred due to

\* Poor nutrition, not taking medication, hoarding

**Nutrition** - Simply not possible to cook in the home, Mr S loved to cook.

Locksmith discovered this by noticing ingredients in the home and cooking a curry with Mr S one afternoon

**Medication and Care** – Mr S found it difficult to accept help and had to be gradually introduced to care professionals included memory clinic team who assisted him to gain a diagnosis of vascular dementia

**Hoarding** – Household items were the key issue **“why buy one when its 4 for a £1!”**  
Locksmith supported Mr S to develop a shopping list routine and the concept of recycling. Small changes resulted in two rooms being completely cleared – living room and kitchen.

- Work began on 19<sup>th</sup> February and ended on 20<sup>th</sup> March
- 29 hours over 10 visits
- Long-term care agency were found who committed to following the Locksmiths interventions





# Better Lives for Older People

