

# BETTER LIVES, HEALTH, FUTURE

Key findings of a three-year study  
by Aston University into The ExtraCare  
Charitable Trust's unique model of  
integrated housing, health, and social care





## BACKGROUND TO THE RESEARCH

At The ExtraCare Charitable Trust we're creating better lives for older people. With our integrated approach to housing, care and support we're pioneering new ways of helping people live well in later life.

Independent research has always helped us to innovate. This latest research, from Aston Research Centre for Healthy Ageing (ARCHA) at Aston University, tests the impact of our unique model of support, on both the quality of life and cost of health and social care for older people.

The report presents some impressive results which will be of interest to commissioners concerned with improving housing, health and social care for older people, as well as all of us seeking to secure a brighter future for life in old age.

We believe that the approach that we have been developing and improving for over 25 years, culminating in our large scale ExtraCare Villages, can achieve better lives, better health and better futures. We will be sharing what we've learned at a national and a local level and if you would like to talk to us please get in touch.

**Martin Shreeve OBE**  
Chair  
The ExtraCare Charitable Trust



# THE EXTRACARE CHARITABLE TRUST

## INTEGRATED HOUSING, CARE AND SUPPORT



### COMMUNITY INVOLVEMENT

ExtraCare has around 3,000 volunteers, with up to 200 older community members and families involved in affordable activities, social events and gym membership in each village



### SAFE, SECURE, COMFORTABLE HOMES

Self-contained homes (50sqm to >100sqm) are spacious and affordable for all with a range of rent, shared ownership and purchase options



### EXTENSIVE LEISURE FACILITIES

Up to 18 health and leisure facilities in every location for resident and community involvement in sociable activities



### HIGHLY TRAINED STAFF

Fostering a can-do culture. Over 83% are QCF (NVQ) qualified in health and social care (national average ~ 50%)



### FOCUS ON ACTIVITIES

Up to 40 activities a week including Tai Chi, woodwork, choir singing, Zumba and armchair aerobics - all linked to ExtraCare's 1,000 strong choir, dancing, and gardening celebrations



### HEALTH & WELL-BEING SERVICES

ExtraCare's 60 Charity shops help fund 25 qualified ExtraCare nurses and 25 specialist advisors to assist with preventative health screening and dementia support

### FLEXIBLE CARE & SUPPORT

If and when residents are assessed as needing it, including day and night care in their own home by a dedicated on-site team



# LATEST RESEARCH - JUNE 2015



## Aston University

Formed in 2009 the Aston Research Centre for Healthy Ageing seeks to advance successful ageing by understanding, predicting and preventing age-related degeneration.

### RESEARCH PURPOSE

Retirement communities are an important arena to promote healthy ageing. The development of these communities may help to promote independence by sustaining both physical and mental well-being. Little is known about how such innovative housing models, with integrated health and social care, impact on outcomes for older people and the overall costs of care and support. This three-year longitudinal study sought to compare changes over time in care needs and care costs for new residents of The ExtraCare Charitable Trust with a control sample living in the community. It also sought to examine the effects of the integrated approach deployed by The ExtraCare Charitable Trust on health and well-being, cognition, social functioning and independence over time.



### RESEARCH METHODOLOGY

In a three-year longitudinal study, 162 new ExtraCare Charitable Trust residents were compared against 33 control participants. Quantitative measures of health, well-being, cognitive ability and mobility were taken at entry, three, 12 and 18 months and health and social care usage and costs were monitored.

#### KEY METHODS

- ExtraCare Well-being Service data
- Self-recorded diary data
- Assessments with researchers:-
  - Psychological well-being (*anxiety and depression, perceived health*)
  - Functional limitations and independence (*from managing one's own finances to dressing*)
  - Mobility
  - Cognitive tests (*language, attention, different types of memory*)
  - Frailty and Resilience profiles.

## HERE ARE THE TOP 10 FINDINGS

1

**NHS COSTS**  **REDUCE BY 38%**

The ExtraCare Charitable Trust model can result in significant savings for NHS budgets – over a 12 month period total NHS costs (including GP visits, practice and district nurse visits and hospital appointments and admissions) reduce by 38% for ExtraCare residents in the sample across the period.

2

**UNPLANNED HOSPITAL STAYS REDUCED** 

 **FROM 8-14 DAYS TO 1-2 DAYS**

The ExtraCare Charitable Trust model is associated with a significant reduction in the duration of unplanned hospital stays, from an average of between 8-14 days to 1-2 days, promoting the efficient use of hospital beds.

3



**46% REDUCTION IN ROUTINE AND REGULAR GP VISITS**

The ExtraCare Well-being Service provides accessible, informal (drop-in) support, offering preventative healthcare and ongoing day-to-day chronic illness care. ExtraCare residents used their GP more than the control sample at 3 and 12 months due to their relatively poorer health. During the 12 month period ExtraCare residents' routine and planned GP appointments reduced by 46% whilst drop-ins to the Well-being Service increased. Whilst this is not directly related at an individual level it does strongly support the drop-in Well-being model.

# TOP 10 FINDINGS

4

## SIGNIFICANT COST SAVINGS ON SOCIAL CARE



FOR LOCAL AUTHORITY COMMISSIONERS

The research compared the cost of care provided at The ExtraCare Charitable Trust to the cost of care provided in people's homes in the wider community. It showed that ExtraCare's model is likely to offer significant potential savings in the cost of social care for local authority commissioners. The cost of providing lower level social care using the ExtraCare model was £1,222 less per person per year (17.8% less) than providing the same level of care in the wider community (on average, with variation by local authority) and the cost of higher level social care was £4,556 less (26% less) per person per year.

LOWER LEVEL SOCIAL CARE IS

17.8% LESS THAN IN THE COMMUNITY

SAVING AN AVERAGE £1222 PER PERSON PER YEAR

HIGHER LEVEL SOCIAL CARE IS

26% LESS THAN IN THE COMMUNITY

SAVING AN AVERAGE £4556 PER PERSON PER YEAR

5

Frailty, and especially 'pre-frail' states are changeable - however, a significant number (19%) of new ExtraCare residents designated as 'pre-frail' at baseline had returned to a 'resilient' state 18 months later.



6

14.8% REDUCTION IN DEPRESSIVE SYMPTOMS IN 18 MONTHS

The ExtraCare Charitable Trust model delivers a 14.8% reduction in depressive symptoms over 18 months. This was accompanied by a 64.3% reduction in people with significant 'clinical level' depression over the same period.

7



RESIDENTS WITH MOBILITY ISSUES —showed the greatest— REDUCTION in DEPRESSIVE SYMPTOMS

Low mobility is a significant predictor of low mood and depressive symptoms amongst older people. However, after 18 months at ExtraCare those with low mobility showed the greatest reduction in depressive symptoms and those whose mobility reduced over the period did not generally become more significantly depressed. At the end of the period, for ExtraCare residents, serious depression can no longer be predicted by mobility.

8

10.1% IMPROVEMENT in AUTOBIOGRAPHICAL MEMORY IN 18 MONTHS

At baseline new ExtraCare residents had more difficulties with cognitive functions, independence, health perceptions, depression and anxiety than the control sample. After three months these differences have reduced and some have disappeared, with significant improvements in psychological well-being, memory and social interaction for the ExtraCare residents. At 18 months there is a 10.1% improvement in ExtraCare residents' autobiographical memory.

9

SUCCESSFULLY REMOVED DIFFERENCES IN SELF PERCEIVED HEALTH WHICH ARE INITIALLY RELATED TO SOCIO-ECONOMIC STATUS

The ExtraCare Charitable Trust model seems to 'level the playing field' by removing differences in self-perceived health which are initially related to socio-economic status. ExtraCare residents who are socio-economically disadvantaged improve in their perceptions of their own health.

10

AGE MATTERS LESS

Whilst age had an impact on cognition (memory etc) for both ExtraCare residents and the control group, age only had an impact on change in functional limitations for control participants. This is a function of the fact that decisions to move into ExtraCare are needs related rather than age related, but is also strong confirmation that age has less impact on self-perceived ability to cope when living in the integrated, supported environment provided by The ExtraCare Charitable Trust.

The ExtraCare Charitable Trust's mission is to give older people an independent, safe and secure future in our network of inspirational communities. We find new ways of supporting people to be independent as they age. We focus on quality of life, health and well-being and opportunities to do more, not less. We're giving people from all walks of life the support they need to enjoy life to the full.

### Did you know?

ExtraCare is a not-for-profit charity governed by a board of Trustees – experienced advisors in housing, care, business and finance who give their time and expertise voluntarily.

The Charity's surpluses are re-invested in helping to provide new ExtraCare retirement communities, upgrading our existing locations or supporting innovation and improvement in the services we provide.

We actively support the future health and well-being of our residents through the work of around 60 ExtraCare Charity Shops.

We have an active network of around 3,000 volunteers – their contribution is highly valued and is at the heart of our inspirational communities.

### Would you like to know more about the Charity's work?

Why not visit: [www.extracare.org.uk](http://www.extracare.org.uk)

### Want to get in touch?

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#### More information

Visit ExtraCare's website and social media for comment, case studies, video, infographics and links to the full report:

[@ExtraCareOrgUk](http://www.extracare.org.uk/research)  
[#betterlives](https://www.instagram.com/betterlives)



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