

AGE MONTHLY

Carmarthenshire News Newsletter

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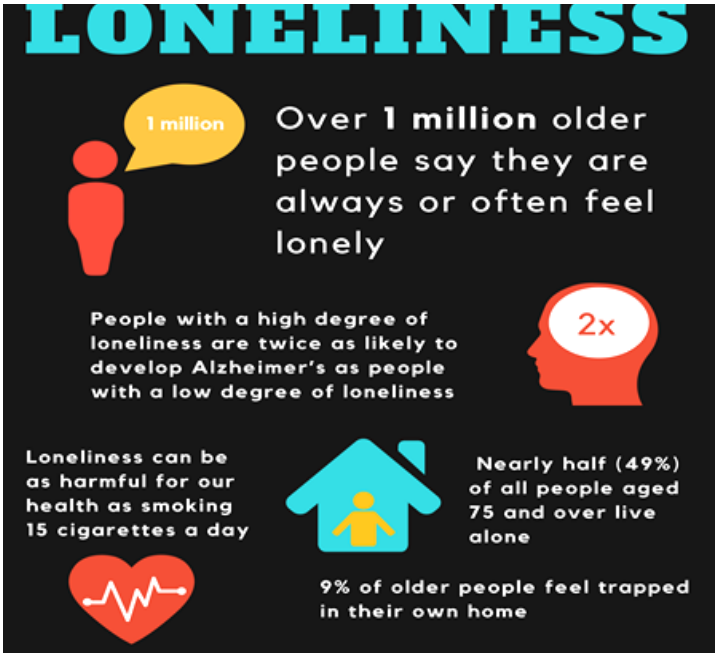
- What is supported living?
- Loneliness.
- Benefits and Disadvantages of Supported Living.
- We review 3 separate supported Living accommodations.

Retirement is a major life event and a positive adjustment to retirement is essential for maintaining physical and psychological well-being in later life. (Yeung, Zhou 2017)

With many looking forward to retirement it does not come without difficulties for some particularly when planning on moving from a family home to care or supported living.

Evidence suggests the better we plan for retirement and our latter years, the easier the transition will be. We are living longer which means there can be added worries including;

Loneliness, isolation and depression (Wang & Shultz 2010)



- Loneliness, living alone and poor social connections are as bad for your health as smoking 15 cigarettes a day. (Holt-Lunstad, 2010)
- Lonely people are more likely to suffer from dementia, heart disease and depression. (Valtorta et al, 2016) (James et al, 2011) (Cacioppo et al, 2006)
- 24% of people aged over 60 stated they felt lonely sometimes or often; this equates to just over 3 million people in the UK population (source: English Longitudinal Study of Ageing).
- There are 1.2 million chronically lonely older people in the UK (Age UK 2016).
- The number of over-50s experiencing loneliness is set to reach two million by 2025/6.



An ageing population in the UK has led to a number of innovative new solutions which have been developed to suit different types of care needs. With many individuals opting for supported living.



Supported living services can help if individuals don't want to live in residential care but find it difficult to manage at home. Residents receive support and help with any aspects that are required to live an ordinary life as possible. This can include getting dressed, eating, taking medication, bathing and so on. Supported living allows the resident to maintain social interaction, become involved in activities whilst keeping a sense of independence and assists with daily life routines. There are variations in support depending on cost, but 24 hour care is also available when and if required. Studies have consistently found that most residents hope to remain living in their supported housing for the rest of their lives.

At present it is estimated approximately 416,000 people live in care homes (Laing and Buisson survey 2016) and statistics have remained stable since 2011 with more than a quarter of a million (291,000) in supported living (office for National statistics). Here in Wales there are 27,000 dwellings.



Assisted living is more like staying in your own home, yet with the added peace of mind of on-going professional support and security. One of the main benefits is the social aspect. Many organisations offer entertainment evenings, social gatherings and exercise classes with individuals opting to choose how much or little they wish to participate in activities. If a person has medical needs, round the clock support can be provided. There is also piece of mind for family members as there is communication between the family of the individual and providers ensuring appropriate care is provided.

Given the statistics on loneliness, getting involved in social activities allows residents to make new friends and improve mental health and overall wellbeing, reducing isolation and loneliness. Residents maintain independence - having your own front door, so enjoying privacy, controlling entry, inviting guests (Taylor, *et al.*, 2009)



Whilst there are benefits to supported living and the support residents receive, it can be expensive meaning many older people are choosing to live in Care as an alternative option. The more facilities that the home has the more the cost. With the costs typically ranging from £500 to £1,500 per week meaning this can be very expensive and worrying for both resident and family members.



There can be negatives to supported living with poorly motivated staff, work culture, placement choice may be driven financially as opposed to appropriability or poor initial assessment of individual's needs. For some transitioning from their 'family home' can be difficult and upsetting with moving to a new area becoming unsettling or a change in standard of home.

The Elderly Accommodation Counsel (EAC, 2012b) found that 15% of respondents had inadequate natural light in their flats; only 62% had a good view.

There are also variations in care, however all must achieve a minimum standard to ensure they are registered but quality can vary.

Supported living can be a positive experience for many overall, but there are things to be considered first.





Riverside

Riverside is a charitable Registered Society established in 1928 whose aim is to transform lives and revitalise neighbourhoods. They have 3 specific aims:

- Building homes for sale and rent.
- Connecting customers who need extra support.
- Working with some challenging communities.

They have homes U.K wide and offer supported retirement living keeping residents active and involved in the local community if they so wish. A sense of wellbeing is important throughout life and many old people struggle when retired and that sense of well-being, meaning and value is important to riverside. Sarvimak & Stenbock-Hult

A particular aspect Riverside are keen to promote is the involvement they have with local the community. They aim to keep residents involved and partaking in local activities to keep the sense of worth and community.



Community at first seems to need no definition, although living in the same place is not necessarily representative. Research indicates 3 themes are regularly discussed: Territory, 'we'-feeling and social organisation (Kieth)

all of which are relative and promoted at Riverside.



Some old people can feel isolated and lose a sense of self when they move to supported living from a home in a neighbourhood where they felt part of the community. Sum 'et al'.

Riverside are an experienced organisation who feel community, participation and independence can go hand in hand.

They offer a warm and friendly approach ensuring residents happiness and wellbeing is paramount. To keep residents as happy and contented as possible, there is financial advice available, all repairs are 'in-house' so jobs are done faster and straight away.

Riverside offer support on Ant Social behaviour, Hate Crimes, Domestic Abuse and general fire and water safety.



Riverside are committed to supporting and promoting equality, diversity and inclusion.

They aim to be fair in dealings with residents, staff and visitors alike whilst understanding the diverse nature of different cultural backgrounds. This means treating people fairly and ensuring they have equal opportunity to make the most of their lives and talent.



Riverdale positively celebrate the 9 areas called 'Protected Characteristics' under the equality act 2010.

Equality and Human Rights Commission.

Riverdale also offer support Veterans with specialist accommodation services for former armed forces personnel. Many veterans struggle with life after service meaning extra support is needed which can include issues such as previous homelessness, alcohol or substance misuse and PTSD. Mares *et al*.

As well as the veterans service, Riverdale provide a national network of supported houses for ex servicemen who have a range of needs. Leaving the structured life of services can leave people vulnerable with often little understanding of how to secure rented accommodation, budgeting setting up home etc. Walker 2012.

Riverside offer support for a number of issues that have been recognised as being challenging for older people when looking to move into supported living.



Riverside



Abbeyfield was founded in 1956 by Richard Carr – Gomm after recognizing many older people live alone and in isolation in their communities. Abbeyfield offer a range of options for the older generation including: Supported living, residential care homes, Dementia care, independent living and care at home.

Abbeyfield supported housing allows residents to live independently in their own space to enjoy later life but receive support, daily cooked meals and support with daily chores. Individuals will have the privacy and comfort of their own room but also feel like an important part of the social community.



Research into the context of peoples lives shapes social interaction. Residents create interactions and take on roles within (Hubbard et al 2003)

All household utility & maintenance bills as well as council tax is included in the cost. All houses have 24hr on call for added assistance.



Abbeyfield offer support to families of loved ones and residents to ensure the transition from a family home to supported living is as smooth as possible. Including:

- Ensuring staff have as much information as possible about the resident i.e. hobbies, favourite food & interests.
- Making sure the room feels as homely as possible from day one.
- Getting to know the staff to develop close relationships.
- Encourage residents to get involved in daily life / activities.
- Ensure support from friends and families continues as the move can be distressing for some.

Abbeyfield staff aim to identify at risk older persons & intervene with guidance and strategies.

The challenging transition.

Older adults can find moving challenging and later life transition whilst having benefits, can bring difficulties including loneliness and depression. (Rossen 2007)



Volunteering benefits the individual and the community they live in. It gives a sense of purpose and a feeling of giving something back.

Abbeyfield aimed to increase volunteering activity in the 75 + age bracket.

Results showed :

- Residents felt volunteering had a positive impact on their emotional and social well-being.
- Many reported volunteering helped them stay physically and mentally active.
- Most common motivation was wanting to help.

Research shows us that there is a significant decline in the number of people who volunteer after the age of 75.



More and more residents are living with dementia. Abbeyfield have award winning dementia innovation programmes. The 'Breath of fresh air' programme encourages people with dementia to get outside and enjoy nature. Many of the homes have dementia friendly gardens.



What is dementia?

A syndrome of acquired persistent intellectual impairments—deterioration in at least 3 of the following:

Memory, Language, Visuospatial skills, Personal behaviour,

Manipulation of acquired knowledge (Cumming, 2004)

“Abbeyfield give the time and space to enjoy later life within a safe, friendly and supportive community”.



MHA is an award winning charity providing care accommodation and support for over 18,000 older people in the U.K and was established over 75 years ago. Their aim is to eliminate isolation and loneliness among older people by connecting them in communities that care.

They offer a number of options for older people including;

Inclusive living communities, retirement housing, retirement living (24hr care) and retirement villages. Each apartment is designed to support independence, ensure security and relieve the concerns of maintaining a property.

For many leaving a family home to supported living with a feeling of the unknown can be difficult. A study interviewing new entrants soon after admission and then on two further occasions, to ascertain their experience of care and their quality of life was undertaken in the U.K (Mozley, 2004)



MHA are governed by their values which include:

- Respecting the individual.
- Treating all with equality and dignity.
- Being open and fair in all dealings.
- Striving to always improve.
- Nurturing residents body, mind and spirit.



DEMENTIA CARE



MHA has been at the forefront of dementia care with a reputation for providing person centered high quality care.

With 1 in 5 over 80's experiencing the symptoms of dementia, specialist in house care is provided aiming to understand and ease the symptoms.

PURPOSE BUILT

MHA offer specific purpose built dementia care homes including:

Familiar environments: Group living.

Ease of orientation: Simple building plans.

Freedom and Security: Easy access and practicality.

Homely and Functional: En Suite functionality



Learning and development is important ensuring all staff are suitably equipped with the right skills and knowledge to carry out their roles successfully.

Staff are supported with apprenticeship programmes, care training, mental capacity, management skills, dementia care qualifications, Diplomas, NVQ's and much more. They seek to recruit from all sections of the community to ensure their workplace reflects the community it serves.

These qualifications aim to serve staff, residents and loved ones.





RESIDENT SATISFACTION

To ensure high quality and good standards MHA were given top marks by their residents on completion of a National Independent Survey. MHA received resident satisfaction rating of 97% with 4 MHA homes scoring 980 out of 1000.

‘Your Care Rating’ shows families how supported living accommodations cares for residents. It also allows individuals to have their say on what they feel is working or not working for them.

MHA scoring shows residents feel happy and fulfilled in supported living.



On 1st Feb 2019, MHA celebrated LGBT history month as part of their ongoing commitment to equality and diversity.



For more information on MHA contact:

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