

Fast and simple: Improving home retrofit for people with dementia

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Adaptations - What Works: Evidence

PERSONALISED

‘There is good evidence that greatest outcomes are achieved when individuals, families and carers are closely involved in the decision-making process, focusing on individual goals and what a person wants to achieve in the home’

Especially important for people with dementia, carers & families

SPEED

‘Available evidence finds that delays in installing adaptations can reduce their effectiveness’



Timeliness even more important for people with dementia

What Works: Home retrofit & dementia

- ▶ **Quality, tailored and timely information & advice + professional support to implement *agreed modifications***
- ▶ **Early assessment & implementation**
 - ▶ Assessment of the home
 - ▶ Adaptation advance planning
 - ▶ Pre-emptive installation

If undertaken in the early stages of dementia may help person remain independent for longer

Integration in Action

Housing services to enable people to stay living independently at home

Homewise Memory Matters: Supporting people with memory loss, dementia and their carers at home in East Lancashire



This brochure describes the Homewise Memory Matters project for people with memory loss, dementia and their carers providing help with the home environment, advice on care and support services and welfare benefits.

Outcomes include:

- Prevention of hospital admission e.g. reduced falls risk
- Reduced risk of admission to residential care
- Extended independent living at home
- Improved wellbeing including support for carers
- Improved safety and security at home
- Reduction in social isolation

Care & Repair
quality of life
ALICE CENTRE



Adapting for ageing:
Good practice and innovation
in home adaptations



Sue Adams and Martin Hodges

Homewise Memory Matters: Story

SITUATION

- ▶ Mrs M (79) lives at home with her grandson, has dementia, poor mobility + numerous health problems. Receives no social care.
- ▶ Grandson has very poor mobility & waiting for a spine operation. He helps with all aspects of Mrs M's daily living but finding this increasingly difficult. V worried about leaving Mrs M home alone e.g. to shop, visit hospital etc.
- ▶ No home modifications in place. If Mrs M fell her grandson would struggle to help her get up.

HOMEWISE INTERVENTIONS

- ▶ Arrange/install falls sensor pendant alarm + smoke, CO and flood detectors *to make safer when grandson out.*
- ▶ Bannister rails and landing rails installed so Mrs M can go up and down stairs more safely.
- ▶ Negotiated with Social Services to secure care package - 2 daily visits greatly reduces strain on grandson + can be scaled up when he goes into hospital for surgery.
- ▶ Discuss future housing & care options + welfare benefits with caseworker



Inquiry: Key Retrofit Recommendations

We recommend that the Department of Health and Social Care and NHS

10. **Seek to ensure that advice and information is available through NHS and other portals to those living with dementia, and their carers and families, incorporates guidance on benefits and housing options. This will include web-based sources of information as well as more traditional information sources, and could be provided by third sector organisations.**

We recommend that Local Authorities (Adult Social Care, Housing Services, Planning)

21. **Ensure provision of independent housing information and advice to give people who receive a diagnosis of dementia – and their families and carers - guidance on future housing options for ‘right-sizing’, moving to specialist accommodation, adapting their home, making small but impactful changes to the environment etc.**

We recommend that the Ministry of Housing, Communities, and Local Government

17. **Increase further the level and flexibility of Disabled Facilities Grants (DFG) and help through Better Care funding, to ensure these can be deployed to address home improvements and adaptations that meet the individual needs of those living with dementia.**

18. **Promote more widespread adoption of Dementia Dwelling Grants and the role of Home Improvement Agencies / Care and Repair Agencies, and Occupational Therapists, in supporting older and disabled people, including households with someone with dementia.**

We recommend that Local Authorities (Adult Social Care, Housing Services, Planning)

28. **Extend the service of Home Improvement agencies to manage the complexities of the grants system, access appropriate technical advice and help to manage the building work to make their home dementia-ready and improve the provision of independent home adaptations and handyman services to secure the adaptations that could be of most help.**

What could help to drive these changes?

- ▶ **National stability** - confirm DFG as Mandatory continuation with specified, adequate national funding for 5yrs
- ▶ **Embed compulsory action** to support safe, independent living at home in all related frameworks e.g. NHS (Anticipatory Care, ICS, hospital pathways), Housing Retrofit, Social Care reform, Dementia Strategies
- ▶ **Mandate specific provision** of handy person, home improvement agency, Info & advice, dementia housing service in every area (key to NHS)
- ▶ **Measure performance & innovation + reward success** - in Better Care Fund or next system
- ▶ **Jointly commission retrofit** services for outcomes

