

## WHERE CAN YOU FIND OUT MORE?



- Since the 2015 report we have used our findings to inform the development of a resilience tool.
- The tool will monitor frailty levels and identify the need for interventions such as physical or cognitive exercises, or social engagement, where desired by residents. Our research has also led us to make the following commitments:
- Ensure we always undertake specific personal goal setting with residents after their well-being assessment to improve their frailty levels.
  - Work with others to identify specific interventions that could help improve autobiographical memory for residents.
  - Link up our Well-being Advisors to work with the Fitness Instructors and Activity staff to refer residents who are physically frail to specific activities that will improve physical frailty.
- Offer more support or care plans to reduce or mitigate the risk of falls.
- Review social networks and loneliness scores in residents with mobility issues or reduced mobility to identify a specific intervention to address their needs.
  - Relaunch our 'buddy' system – helping resident volunteers to support new residents to 'settle in' and ensure they felt welcomed and part of our family.
  - Work with Cruise Bereavement Care, a peer support model where residents provide 'listening support' to other residents who have experienced loss and bereavement.
  - Adopt the Gold Standards Framework, optimising care for all residents approaching the end of life.

## THE FUTURE

## ABOUT US

We are a registered charity, since 1988. Our vision is better lives for older people and our mission is creating sustainable communities that provide homes older people want, lifestyles they can enjoy and care if it's needed. To deliver our vision and mission we essentially do three things:

- We develop new villages
- We operate villages and schemes
- We support our villages, schemes and our 'extra-care' model through fundraising, advocacy and research.



Our villages and schemes each offer social, health and leisure facilities that are accessible to our residents, volunteers and local people representing all age groups living in surrounding communities. Our charity shops help fund care and well-being services for older people living at each of our locations.



*"We believe that our unique approach to integrated housing, care and support improves older people's lives and reduces care costs. We have plenty of anecdotal evidence from our residents, their families, and health professionals over the years to support this belief."*

*But we wanted robust, long-term independent data to verify the impact of our model on the people who live in our villages and schemes. Working with Aston University, we commissioned the first research report into the impact of living in ExtraCare over the period 2012-2015. A further report has now been completed with the support of Lancaster University, covering the period 2015-2018.*

*Both studies provide clear results: the 'ExtraCare' way really delivers measurable positive health outcomes for individuals, and significant cost savings for the social and health care system. Amid a dearth of qualitative evidence regarding the impact of retirement living, I believe these findings are invaluable in informing policy makers and commissioners, but also in assisting those who make decisions about their own housing and that of their older relatives or friends.*

*I am convinced the results we present in areas of physical and mental well-being are made possible by our charitable status and the fact we are not driven by profit targets. They would not have been possible without the quality and dedication of our volunteers (many of whom are residents themselves) and staff.*

*This leaflet sets out our key findings and we'll be sharing what we've learned at a national and local level, and at [extracare.org.uk/research](http://extracare.org.uk/research).*

*My significant thanks go to Aston University, to Professor Carol Holland, Lancaster University Centre for Ageing Research, and to Innovate UK for supporting our Knowledge Transfer Partnership. In addition, I would like to thank our ExtraCare residents and control group participants for taking part in the research, and our volunteers and staff for their energy, talent and passion in supporting older people living better lives. This evidence proves the difference you make every day."*

Paul Jennings  
Chair of the Board of Trustees  
The ExtraCare Charitable Trust

## OUR APPROACH

### WHAT WE DID

We worked with Aston and Lancaster Universities to evaluate how our unique model of integrated homes, health and social care makes a real difference to older people's lives.

The research tested the impact of our approach on the quality of life and cost to society of health and social care for older people.

The first study was completed between 2012 and 2015, and a further study was completed between 2015 and 2018.

### HOW WE DID IT

The latest research study builds on the findings from the 2015 report. The focus in both studies is on the benefits to residents provided by ExtraCare villages and schemes including sustained improvements in markers of health and well-being for residents and subsequent cost implications for the NHS. The 2015 report showed that there were significant continuous improvements over the three years in depression, perceived health, memory and autobiographical memory that were unique to ExtraCare participants.

A number of these analyses were repeated over a three-year period to assess for any continued change and over the full 60 months for ExtraCare residents only. Data from the participants was collected at regular intervals. Nineteen villages and schemes were included within the assessments with more than 160 residents involved.

The second phase also included additional measures for loneliness, resilience and quality of life.



Key findings from independent research into an innovative model for housing and well-being for older people in the UK.

A proven model to achieve  
**BETTER LIVES FOR OLDER PEOPLE**  
**INTEGRATED HOMES, CARE AND SUPPORT**  
The ExtraCare Charitable Trust



It's not all about age!



## Here are the key results from our 2012-15 and 2015-18 research studies:

- Since moving in, significant improvements can be found in ExtraCare residents' health and well-being. Residents get more physical exercise and have improved their memory and cognitive abilities.
- In some critical health factors where a downward trend might normally be expected with age, for example functional ability, independence or age-related changes in cognitive function, no such trends are emerging.
- Levels of depression are low among residents while social well-being is high, with lower levels of loneliness than national averages.
- ExtraCare residents have changed the way they use health care resources. Usual age-related changes in frailty status are delayed in ExtraCare residents.

Levels of loneliness are lower for ExtraCare residents than national averages

**86.5%**

of ExtraCare residents are 'never or hardly ever' lonely



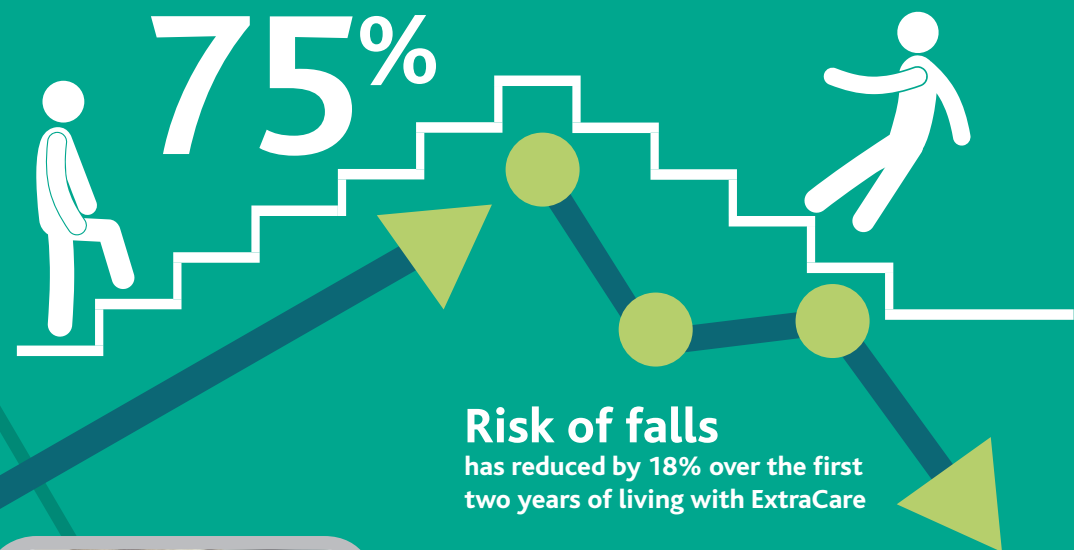
**FACT:** Older people who exercise more are less likely to be frail and have a lower falls risk. Walking speed is also an indicator of falls risk.

ExtraCare residents' walking speed increased



Exercise by ExtraCare residents increased by

**75%**

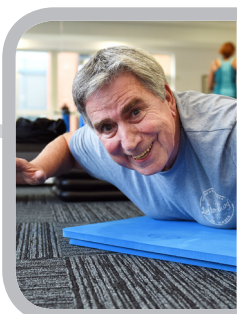


**Risk of falls**

has reduced by 18% over the first two years of living with ExtraCare



**Frailty is delayed or reversed** over the first two years of living with ExtraCare



**FACT:** Loneliness is a significant risk factor for older people, being associated with depression and poor quality of life, but also the development of dementia and frailty.



ExtraCare residents' unplanned hospital stays reduce from 8-14 to 1-2 days

ExtraCare residents reduce planned and routine visits to their GPs by 46%

**FACT:** Memory and cognitive skills are vital in ensuring well-being and good social relationships.

Living with ExtraCare results in a cost saving to the NHS of

**38%**

**FACT:** Normally, costs to the NHS would be expected to increase over time as people age

There's a **23%** decrease in anxiety symptoms amongst ExtraCare residents

There's a **24%**

improvement in memory amongst ExtraCare residents

