

Housing Learning & Improvement Network

The Health and Social Care Change Agent Team (CAT) was created by the Department of Health to improve hospital and social care associated arrangements. The Housing Learning & Improvement Network, a section of the CAT in the newly formed Care Services Improvement Partnership, is devoted to housing based models of care and support for adults.



Care Services Improvement Partnership The logo for the Care Services Improvement Partnership (CSIP), consisting of the letters 'CSIP' in a bold, sans-serif font inside a rounded rectangular border.

Dee Park Active Retirement Club - Age Concern Berkshire

Prepared by **Geoff Chivers**, for the Housing Learning & Improvement Network

Lead Organisation:

Age Concern Berkshire

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Introduction

Following a successful application to the Partnership Development Fund, funding was secured for a period of three years to provide an active retirement club on Dee Park.

The objective was to manage an Older Persons Health Project whereby issues of social interaction and isolation are addressed and the promotion of an active and healthier lifestyle for older people in the area.

Location

The group meets every Friday morning from 10am until 12 noon at Ranikhet Extended School Spey Road Tilehurst. For those needing transport the Readibus will convey them from their home address to the centre and return

At the school we have the use of the common room, which has kitchen facilities and the music room.

Programme

Persons attending the group arrive between 9.45am and 10am where there is time for registration, social interaction and community nurses are on hand to monitor blood pressure.

At 10.15am the Tai Chi class commences in the Music Room under the instruction of

Amritah Lutchanah who is a member of the British Council for Chinese Martial Arts and registered as a Coach/Instructor.

The class last for one hour and then individual assessment are carried out by the Instructor. Every member attending the classes is encouraged to keep a diary recording progress.

After the Tai Chi Class group members return to the common room where tea, coffee and biscuits are served, there then follows a general knowledge quiz on the previous weeks events, which has proved to be very popular.

The session finishes promptly at 12noon and those requiring transport the Readibus is available.

Launch

The Dee Park Active Retirement Group was launched on Friday 29th September 2007 and formally opened by the Mayor of Reading Cllr Bet Tickner. There were representatives from Reading PCT, Reading Social Services, Reading Leisure, Ward Councillors Graeme Hoskins and Terry Byrne and members of the Voluntary Sector.

Attendance

To-date there have been 20 sessions averaging between 15 – 24 clients who's ages range from 68 yrs to 86 yrs.

Health Interventions

35 clients had their health needs assessed, these are the health needs identified;

Hypertension

2 clients had raised blood pressures of 160/90 mm/Hg

1 client had a blood pressure of 199/102 mm/Hg

1 client had a blood pressure of 190/100 mm/Hg

1 client had a blood pressure of 148/103 mm/Hg

1 client had a blood pressure of 175/100 mm/Hg

Postural drop in Blood Pressure

9 clients were found to have a postural drop of more than 10 mm/Hg when they stood up from standing. Doctors informed and medication reviewed.

Healthy Bones

2 clients had broken bones in past and not commenced on any bone health medication, after consultation with their Doctor's medication commenced.

Mental Health

4 clients stated that they felt low in mood, within 5 months all 4 clients have stated that they now feel happier and one man said that his family say he is a different man. He is a more confident happier dad and granddad.

Others also said they felt more confident in going out.

Other Health Issues

1 client had a urinary tract infection (confirmed by path lab) Doctor informed and infection treated.

Medication

1 client had not been taking medication for over a month. She had run out of tablets and had not ordered any more, she did not feel unwell and did not feel that it was necessary. After explaining the medication and the importance of taking it, the client stated that she had never been told what they were for and agreed to start taking medication again. Many clients were not aware of why they were taking different types of medication; some said that they could not get to see a pharmacist and had never been able to discuss their medication with anyone.

Compliance of medication continues to be an ongoing issue for a few people in the group.

11 clients had more than one long-term condition.

Proposed Events for the Future

Working in partnership with Reading Leisure, three members of the group are to be trained as walk leaders with a view to organised walks being arranged.

Working in conjunction with the school an Intergeneration Project will be introduced where members of the group will encourage pupils from the school to develop new skills. These will include play reading, patchwork, needlework, gardening and fishing.

Members attending the group will be encouraged to become involved in a weight management programme, which will improve their general health and well-being.

Raising awareness of the new labelling system on food products. This will enable group members to have a better understanding and ensure a healthier diet.

Quotes

"I am gaining confidence with every attendance

"Still enjoying it feeling better

"Friday is the best day of the week it Tai Chi

"I am less concerned about falling

" My neck and shoulders continue to improve

" My daughter says I have come back to life

"I practice every day

" I have written a poem about Tai Chi"

Conclusion

Recognition of the group was made reference to at the launch of Reading 2020 Vision by the Leader of Reading Borough Council and the Chairman of Berkshire West PCT together with an article which has recently appeared in the Reading Borough Council Life Quarterly Magazine.

The Dee Park Active Retirement Group will be giving a demonstration of Tai Chi at Age Concern Berkshire AGM Thursday 22nd March at 2pm in the Council Chamber.

The project has addressed a definite need for older people living within the catchment area of Dee Park and there is evidence to support that the quality of life of older people attending this group has improved significantly.



Geoff Chivers
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Age Concern Berkshire

Poem about Tai Chi composed by Peter Champion member of Dee Park Active Retirement Club

Tai Chi has no horizon as when you look
Into a clear blue sky
Rising early each morning standing head bent
Forward eyes closed and knees bent hands
Tingling by each side one becomes one with
The cosmos then moving slowly from one
Movement into the next feeling each joint becoming
More fluent as the energy free flowing begins to travel through the
Body from head to each toe the years of pain now
Fast disappearing the benefits of tai chi becomes endless
The slow movement develops tolerance towards others
And gives an inner peace and stillness of mind not know
Before energetic liveliness will help you to move forward
Tai chi is a long road to travel but at the end rewards are
Many ...

Other Housing LIN publications available in this format:

Case Study no.1:	Extra Care Strategic Developments in North Yorkshire
Case Study no.2:	Extra Care Strategic Developments in East Sussex
Case Study no.3:	'Least-use' Assistive Technology in Dementia Extra Care (Eastleigh)
Case Study no.5:	Village People: A Mixed Tenure Retirement Community (Bristol)
Case Study no.6:	How to get an Extra Care Programme in Practice
Case Study no.7:	Supporting Diversity in Tower Hamlets
Case Study no.8:	The Kent Health & Affordable Warmth Strategy
Case Study no.9:	Supporting People with Dementia in Sheltered Housing
Case Study no.10:	Direct Payments for Personal Assistance in Hampshire
Case Study no.11:	Housing for Older People from the Chinese Community in Middlesbrough
Case Study no.12:	Shared ownership for People with Disabilities (London & SE)
Case Study no.13:	Home Care Service for People with Dementia in Poole
Case Study no.14:	Intermediate Care Services within Extra Care Sheltered Housing in Maidenhead
Case Study no.15:	Sheltered Housing Contributes to Regeneration in Gainsborough
Case Study no.16:	Charging for Extra Care Sheltered Housing Services in Salford
Case Study no.17:	A Virtual Care Village Model (Cumbria)
Case Study no.18:	Community Involvement in Planning Extra Care: the Larchwood User's Group (Brighton & Hove)
Case Study no.19	Durham Integrated Team - a practical guide
Case Study no.20	BME Older People's Joint Service Initiative - Analysis and Evaluation of Current Strategies (Sheffield)
Case Study no.21	Estimating Future Requirements for Extra Care Housing (Swindon)
Case Study no.22	'The Generation Project': a sure start for older people in Manchester
Case Study no.23	Developing ECH in Cheshire: the PFI route
Case Study no.24	Commissioning an ECH Scheme from Social Services' Perspective - Leicester
Case Study no.25	Broadacres Housing Association Older Persons Floating Support
Case Study no.26	Unmet Housing-Related Support Needs in Wokingham District - an investigation

The Housing LIN welcomes contributions on a range of issues pertinent to Extra Care housing. If there is a subject that you feel should be addressed, please contact us.

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