



DemECH project

Supporting people living with dementia in Extra Care Housing

Teresa Atkinson

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HOUSING AND
CARE FOR
OLDER PEOPLE

Housing for people with dementia - are we ready?

A report from an Inquiry by the APPG on Housing and Care for Older People

This Report was researched by Katey Twyford and Jeremy Porteus, Housing LIN, and funded by Anchor Hanover

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The DemECH project

APPG Key Issue 19: The impacts of housing, ways of delivering interventions to support people living with dementia are under researched in the UK. Universities are starting to engage with research in these fields but research funding that specifies dementia and housing as a topic will encourage this further.

To explore how different models of ECH sustain wellbeing of people living with dementia

- Explore benefits & challenges of ECH for people with dementia
- Identify factors that impact upon benefits & challenges
- Explore advantages & disadvantages of different models





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DemECH project resources

Dr Julie Barrett





Resources



- Three “Key Insights” booklets, aimed at three different stakeholder groups/target audiences:
 - adult social care commissioners and professionals
 - organisations providing Extra Care Housing for people living with dementia
 - people and families affected by dementia.
- Additional dissemination and impact activities (NIHR SSCR added value funding call, 2023)
 - Infographic summarising the key insights.
 - Three videos aimed at the three stakeholder groups.
 - Impact evaluation survey to gather data on the impact and utilisation of the DemECH resources.

DemECH resources: booklets



Key Insights

Extra Care Housing for people living with dementia: A booklet for adult social care commissioners & professionals



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Key Insights

Extra Care Housing:
A booklet for people and families affected by dementia



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Key Insights

Extra Care Housing:
A booklet for organisations providing Extra Care Housing for people living with dementia



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Infographic

SUPPORTING PEOPLE LIVING WITH DEMENTIA IN EXTRA CARE HOUSING

What is Extra Care Housing? Extra Care Housing is a model of housing with care and support designed to enable older people to age in place. Residents have a private apartment and have access to a variety of communal facilities including 24-hour onsite care and support provision. A crucial feature of ECH is that care provision is flexible and adapts to permanent or temporary changes as needed. Extra Care Housing aims to promote independence, maintain autonomy and improve wellbeing.

What is it like to live with dementia in Extra Care Housing? This project put the voices of people living with dementia, spouses and families at the heart of the enquiry to gain their perspective on the benefits and challenges of living with dementia in Extra Care Housing.

BENEFITS		CHALLENGES	WHAT HELPS?
<p>HAVING YOUR OWN HOME AND PRIVACY</p> <p>"Having your own kitchen... bedroom... toilet, I love it, it's my best move"</p> <p>Janet, living with dementia</p>	<p>BECOMING FAMILIAR WITH A NEW HOME</p> <p>"I've always been on my own, so when I came here, I was a bit nervous... as soon as I got out and met people I loved it"</p> <p>Alice, living with dementia</p>	<p>FAMILIAR SURROUNDINGS</p> <p>"It is important to have my own stuff"</p> <p>Laura, living with dementia</p>	
<p>SOCIAL OPPORTUNITIES</p> <p>"It gave me new life because of the different activity groups that I enjoy"</p> <p>George, living with dementia</p>	<p>THE STIGMA OF DEMENTIA</p> <p>"I do feel that people are ... let's get dementia don't speak to him"</p> <p>Rob, living with dementia</p>	<p>FAMILY AND FRIEND SUPPORT</p> <p>"How does mum look when we come in to see her? She looks great."</p> <p>Alistair, family carer</p>	
<p>LIVING TOGETHER AS A COUPLE</p> <p>"You've got more chance of staying together for longer where there is support for both of you"</p> <p>Jean, resident spouse</p>	<p>ADVANCING SYMPTOMS OF DEMENTIA</p> <p>"I think the later stages of dementia can be really difficult. For someone living in our facility... it depends what the care package is"</p> <p>Staff</p>	<p>POSITIVE RELATIONSHIPS WITH STAFF</p> <p>"The staff have lots of banter with her. She wants to that and has a laugh"</p> <p>Alistair, family carer</p>	
<p>FLEXIBLE CARE AND SUPPORT</p> <p>"I have 24-hour backup, someone comes to see me a couple of times a day"</p> <p>Williams, living with dementia</p>	<p>MAINTAINING BOUNDARIES</p> <p>"You've got no privacy here. There are people walking in and out... staff mostly"</p> <p>Mary, living with dementia</p>	<p>SPECIALIST DEMENTIA SUPPORT</p>	
<p>SAFETY & SECURITY</p> <p>"There's staff close by, really it makes a massive difference"</p> <p>John, family carer</p>	<p>BALANCING SAFETY AND RISK</p> <p>"We try and persuade people not to go out if we don't think they should, but we can't physically stop them"</p> <p>Staff</p>	<p>DEMENTIA FRIENDLY DESIGN</p> <p>Bathroom</p>	
		<p>ASSISTIVE TECHNOLOGY</p> <p>"I've got a sensor on the door... by the time he's gone off, I've caught him."</p> <p>Margaret, family carer</p>	

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 Booklets: <https://tinyurl.com/DemECHbooklets>



Videos

Supporting People Living with Dementia in Extra Care Housing



A film for people and families affected by dementia

Supporting People Living with Dementia in Extra Care Housing



A film for organisations providing Extra Care Housing for people living with dementia

Supporting People Living with Dementia in Extra Care Housing



A Film for Adult Social Care Commissioners and Professionals




HAVING YOUR OWN HOME AND PRIVACY

“Having your own kitchen... bedroom... toilet, I love it, it's my best move”

Janet, living with dementia

Benefit



Jeremy Porteus
CEO of the Housing Learning and Improvement Network (Housing LIN)




Teresa Atkinson
Senior Research Fellow, Association for Dementia Studies




Community Development Officer, Dementia Specialist Scheme





Extra Care Housing residents



Resources available here:

<https://adsdementiablog.wordpress.com/demech/>



Key insights



Benefits, challenges and what helps

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