

The ExtraCare Charitable Trust

Our integrated model

Our integrated model



Our mission: Creating sustainable **communities** that provide **homes** older people want, **lifestyles** they can enjoy and **care** if it's needed



- Mixed tenure
- Balanced village profile
- Residents from the community
- Facilities open to the community
- Friends of the village/volunteers
- Intergenerational focus



'Smart' Homes
Accessible
Secure
Outdoor Space



Smart Technology Use



Lifestyle

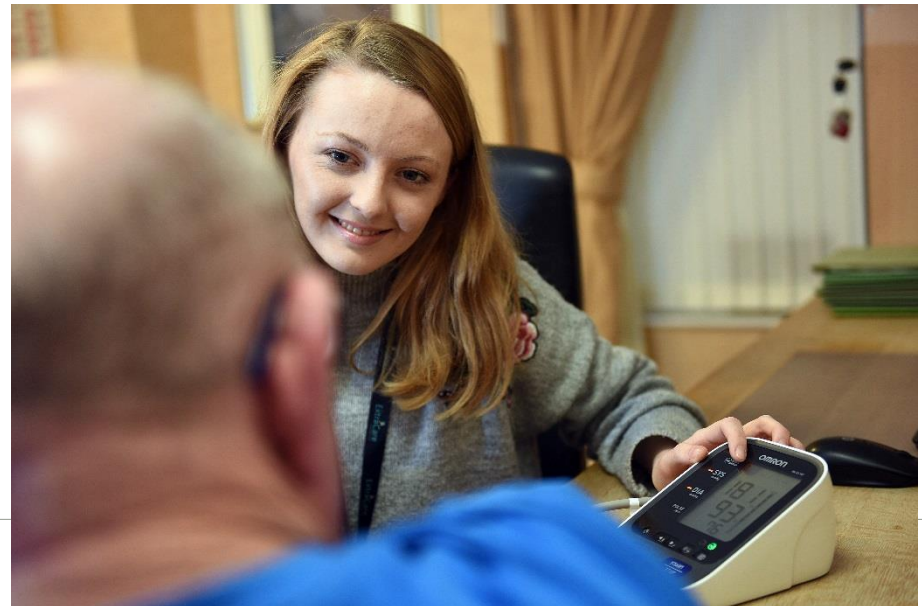
- Open to the community
- Facilities include: village hall, gym, craft room, bistro, shop, greenhouse, hair/beauty salon
- Activity co-ordinator
- Up to 50 activities per week
- 2,200 volunteers



- Care team on-site 24/7
- Wellbeing service
- Award winning dementia and mental health support programme
- End of life care (GSF)
- Bereavement support



**INVESTORS
IN PEOPLE** | Gold



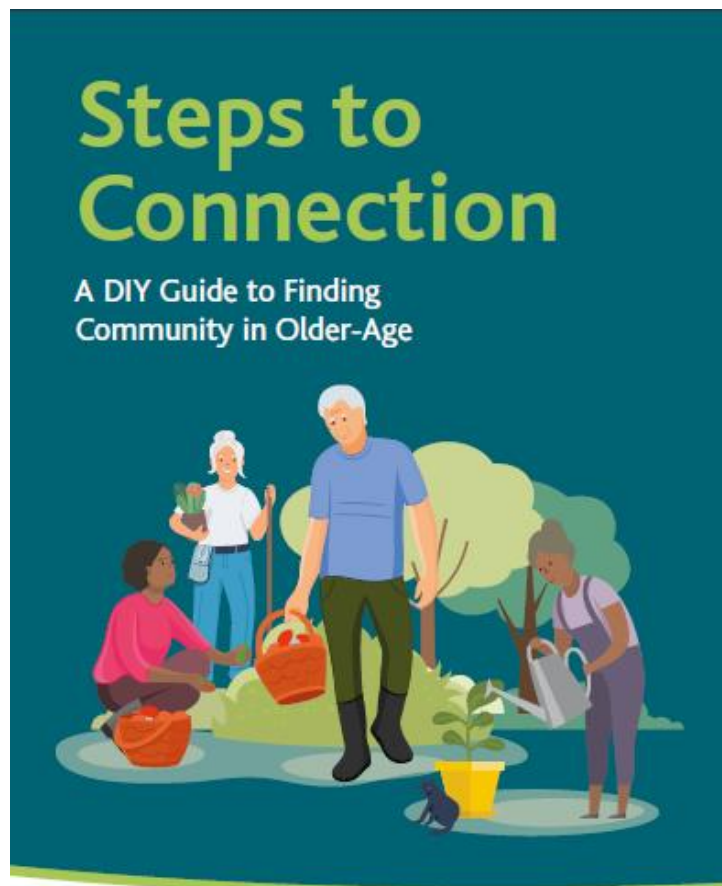
- ExtraCare's Wellbeing Service provides regular health checks for residents, as well as advice about diet and exercise.



- The service is delivered by a Wellbeing Advisor in each location – usually a Registered Nurse

Assessing Loneliness

Anxiety (HADS) Last Measured 15 Feb 2019	Depression Last Measured 15 Feb 2019	Social Score Last Measured 15 Feb 2019	Loneliness Score Last Measured 15 Feb 2019
Normal	Normal	HIGH	LOW
Resilience Score Last Measured 15 Feb 2019 (0.2642857)	Physical Resilience Score Last Measured 15 Feb 2019 FRAIL (0.34375)	Cognitive Resilience Score Last Measured 15 Feb 2019 PRE-FRAIL (0.09090909)	



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PART 2

ExtraCare and Cruse Bereavement:

- Five year partnership funded by the Big Lottery Fund
- Residents involvement at the heart of the programme
- Roll out started January 2018
- All locations trained by 2021



“The training was very good. It helped learning to support the person and not ‘take over’.
Millie, Pannel Croft

#IRemember week



AS PART OF NATIONAL...

#IRemember week

A week to share memories about someone who has died

26th Oct - 1st Nov 2020

We're Transforming the Volunteering Notice Board Into A Residents' *Memory Tree*

...where Residents & Friends can hang Messages of tribute and remembrance for Loved ones who have passed away.

MEMORY TREE ON DISPLAY:
Mon 26th Oct - Mon 2nd Nov



Simply come along to the Volunteer Board between the above dates, pick up an #I Remember Tag from the plastic wallet hanging from the board, write your message on the reverse of the card and pin on the Memory Tree.

 **ExtraCare**
Charitable Trust

 **COMMUNITY FUND**



Intergenerational focus

The
ExtraCare
Charitable Trust



Covid - what our residents told us

90%+

agree with ExtraCare's lockdown measures, even though

40% find it has affected their mental health and social isolation

37%+

Suffered a bereavement during lockdown. Many felt supported by staff and residents

80%+

felt safe living in an ExtraCare location during national lockdown

72%+

Were frustrated about the lack of physical exercise

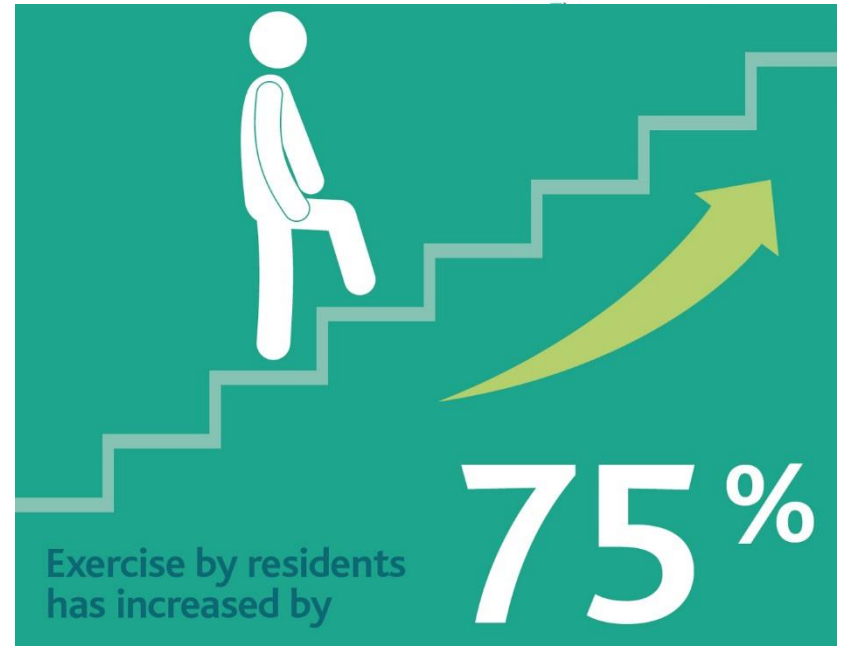
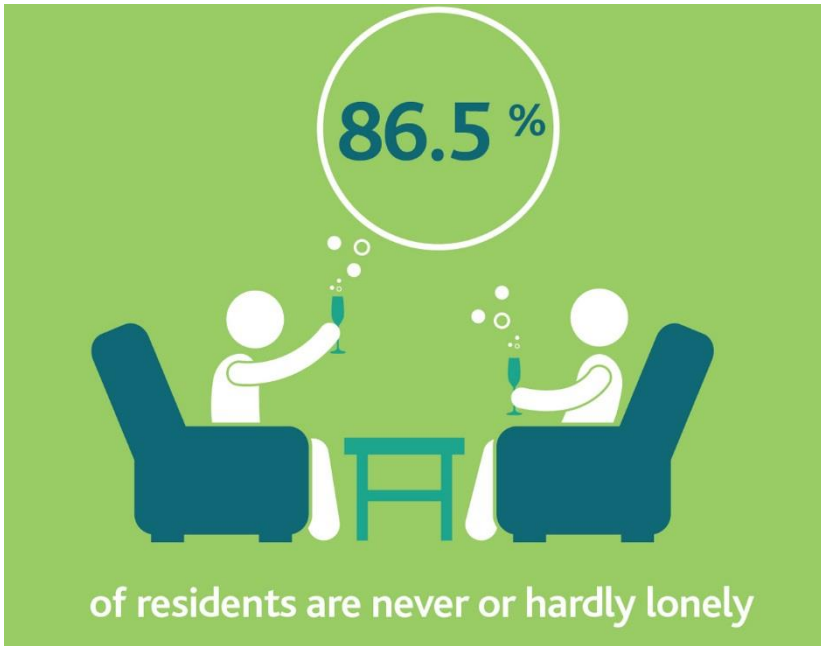
80%+

Felt supported in areas including obtaining essential shopping and medication

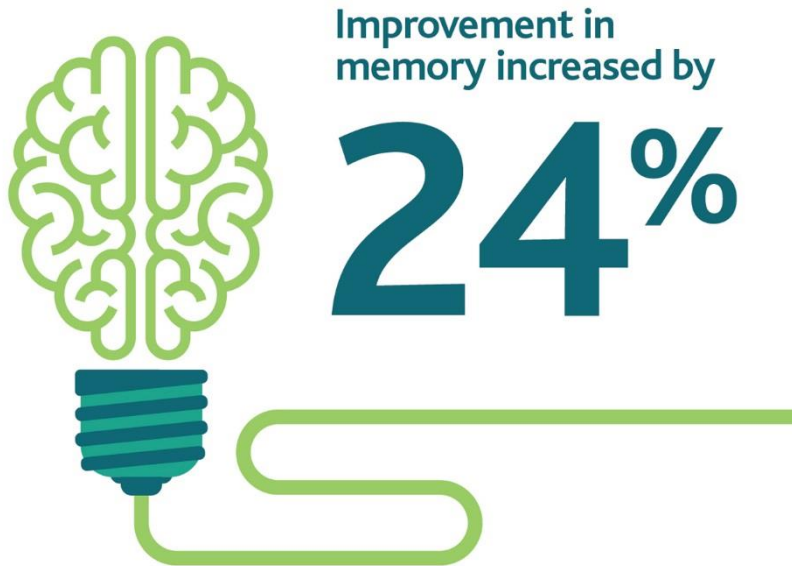
Local Lockdown

Was notably more difficult for residents' mental health and wellbeing

The **impact** of our model



ASTON VIDEO





Better Lives for Older People

