Is there a future for care homes?

Professor Julienne Meyer
Tom Owen
So...what do we think about care homes?

• Scandals?
• Poor quality?
• Money-grabbing?
• Undesirable?
• Less relevant?
• In decline?
# Care homes - the facts

<table>
<thead>
<tr>
<th></th>
<th>Local Authority</th>
<th>NHS</th>
<th>Other</th>
<th>Private</th>
<th>Voluntary</th>
<th>Totals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Residential home</td>
<td>1,034</td>
<td>152</td>
<td>59</td>
<td>9,556</td>
<td>3,068</td>
<td>13,869</td>
</tr>
<tr>
<td>Nursing home</td>
<td>31</td>
<td>11</td>
<td>31</td>
<td>3,844</td>
<td>446</td>
<td>4,363</td>
</tr>
<tr>
<td>Non-medical care home</td>
<td>2</td>
<td></td>
<td>18</td>
<td></td>
<td>3</td>
<td>23</td>
</tr>
<tr>
<td>Care Homes Total</td>
<td>1,067</td>
<td>163</td>
<td>90</td>
<td>13,418</td>
<td>3,517</td>
<td>18,255</td>
</tr>
</tbody>
</table>
Number of care homes (CQC, 2010)
Older people in care homes

• 400,000 older people
• Average age 85 years
• 66% Cognitive impairment
• 40% depression
• 75% classified “severely disabled” (OFT 2005)
• Massive increase in dependency levels
• Generally unable to remain in the community
Workforce

- ½ million employed in care homes
- Care-assistants £6.56 per hour
- Lack of funding for training
- Paid less than those looking after our rubbish
- 66% NVQ2
- 39% feel unappreciated by public (Skills for Care)
Unsupported, isolated, mistrusted

• 4 changes in regulation in 10 years

• “Feeding the system rather than feeding residents!”

• High levels of personal stress
Promoting quality of life in care homes

Quality?

• On-going improvements over the past decade (CSCI)

• Steady improvements around risk-taking, voice, choice & control

• If supported, care homes can deliver remarkable outcomes!
The future...

• Vital part of care spectrum
• Demand increasing (40,000 beds needed in next ten years)
• Greater specialism
• Reducing pressure on NHS
• A sector that is emerging as having the potential to deliver quality for our frailest citizens in community and in care homes
The role for Age UK?

To support and nurture a professional sector that embraces evidence-based practice, voice, choice and control for our frailest citizens.
Introducing *My Home Life*

- Promoting quality of life for older people living and dying in care homes through....

- Supporting care homes to develop relationship-centred evidence based practice
Support
Age UK, Joseph Rowntree & City University

Other key organisations:
- Relatives & Residents Association
- National Care Forum
- English Community Care Association
- National Care Association
- Registered Nursing Home Association
- Care Forum Wales
- Scottish Care
- Independent Health & Care Providers
- National Care Home R&D Forum
Phases of My Home Life

Phase One: Vision
(2005-7 – HtA)

Phase 2: Dissemination
(2007-9 – BUPA)

Phase 3: Implementation
(2009-12 – JRF, DH, LA, City Bridge etc)
Promoting quality of life in care homes

8 Key themes

Personalisation
1. Maintaining identity
2. Sharing decision-making
3. Creating community

Navigation
4. Managing transitions
5. Improving health & healthcare
6. Supporting good end-of-life

Transformation
7. Keeping workforce fit for purpose
8. Promoting a positive culture
Promoting quality of life in care homes

Relationship-centred care

- **Security** – to feel safe
- **Belonging** – to feel part of things
- **Continuity** – to experience links and connections
- **Purpose** – to have a goals to aspire to
- **Achievement** – to make progress towards these goals
- **Significance** – to feel that you matter as a person

Positive relationships within the home and across the community of practice
Activities

• Synthesising evidence
• Empowering leaders
• Developing resources
• Creating networks
• Supporting change
• Maintain momentum
Impact - Evidence

- NCHR&D (2007) *Quality of life in care homes, Review of the literature*
- Owen et al (2009) *Minimising the use of ‘restraint’ in care homes: Challenges, dilemmas and positive approaches*
- European Centre for Social Welfare Policy and Research (Coordinator) (2010) *Measuring Progress: Indicators for Care Homes*
- BGS (2011) *Quest for Quality British Geriatrics Society Joint Working Party Inquiry into the Quality of Healthcare Support For Older People in Care Homes*
MHL Leadership & Support Programme

• 4 day intensive training
• 12 months of action learning sets
• Community development strand
• MHL network of support
Impact – Resources

- Informing 18,000 care homes through delivery of research messages/ top-tips to every care home across the country (15 bulletins, 2 DVDs, 100s events and website)

- 60% recognition of the MHL programme
Impact - Networks

Through our leadership support programme for care home managers, we are improving quality of life for 8,000 older people living in care homes.

Creating additional networks in Wales, Northern Ireland, (Scotland)
Impact – Local change

Through our local development work in 17 local authorities, we are:

• Easing the transition for older people from hospital to care homes
• Creating better community connections with care home residents
• Improving partnership-working to support care staff to deliver quality
• Helping older people, their families and staff cope with the trauma of care home closure
Impact - National change

• Helping care homes to deliver regulatory outcomes for older people
• Shaping new indicators for quality
• Influencing White Paper (Quality and Workforce) and Dignity Commission (oral evidence)
• Promoting voice, choice and control in care homes (sharing inspiring stories)
• Highlighting the need for better healthcare support for older people in care homes
• Working with End of Life and Dementia Strategies
Impact - Momentum

• Creating a dialogue with public to better understand what care homes can potentially deliver

• Enabling better voice, choice and control for residents and relatives and staff

• Increasing the direct support to managers to deliver quality

• Further strategic work to create a sector better able to respond to the changing needs of older people
The final word....
Promoting quality of life in care homes

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