

**REPORT TO SOCIAL CARE & HEALTH SCRUTINY COMMITTEE**  
**17<sup>TH</sup> NOVEMBER, 2016**  
**EXTRA CARE - OLDER PEOPLE'S SERVICES**

**1. Introduction – What is Extra Care Housing?**

Extra care is a style of housing and care for older people that falls between the established patterns of sheltered housing and accommodation and care provided in residential care homes. Extra Care is intended to be non-institutional with an open range of services and access, flexible care and support, as well as providing value for money. Such schemes are developed in partnership between Social Care, Health, Housing and Registered Social Landlords. They are developed in consultation with older people and respond to the Government priorities of allowing older people more choice in their accommodation and maximising their independence rather than accelerating dependency.

The service's main objectives are to:

- Support people living in the Extra Care Scheme;
- Prevent unnecessary admission to hospital or long term residential/nursing home care;
- Facilitate the timely discharge of patients from such settings back into their home environment; and
- Provide an accessible home care and support service for people living in the scheme, who have an eligible need.

The key intentions are to:

- Enable people to live as normal a life as possible in their own homes;
- Provide the right amount of care and support to help people achieve maximum possible independence;
- Give people a greater individual choice in how they live their lives and the services they need to help them to do so; and
- Allow carers to have a break from caring.

Extra Care Housing offers the opportunity for people over 50 years to live within an independent environment designed to meet their physical, personal and social needs. Provision of a home care service within an Extra Care Scheme will enable older people to remain living independently and prevent the need to move to alternative forms of care should their assessed needs change in the future.

Features of an Extra Care Scheme are:

- Service Users live in their own self-contained dwelling with their own kitchen, bathroom and other features of an ordinary dwelling. Service Users have the rights that usually go with having their own home, with the same rights to choose their care provider and the right to deny entry to a care worker. Residents in the Extra Care Scheme will be tenants and/or leaseholders;

- Dwellings are developed in a group, housed around a core of communal facilities;
- A staff team is available on site providing care to its residents according to their assessed needs;
- It will have an emergency call system that enables Service Users and staff to summon assistance in an emergency;
- Assistive technology is used in accordance with Service Users' assessed needs;
- A range of preventative services are available to Service Users in order to assist and preserve/promote their health and well being. These include support, advice and opportunities for maintaining physical fitness, good nutrition and a positive attitude towards ageing. Services should include other therapeutic activities including complementary therapies; and
- The care provider is registered with CSSIW as a domiciliary care agency.

The Service is provided following an assessment of need by a Care Manager who will set the appropriate level of care, for older people who meet the eligibility criteria for a domiciliary care service within an Extra Care Scheme.

## **2. Carmarthenshire's Extra Care Housing**

Carmarthenshire's Extra Care schemes have been developed to provide a setting where older people with a mix of care needs will have a safe and secure home within a stimulating and participative community.

There are currently four Extra Care schemes in the County:

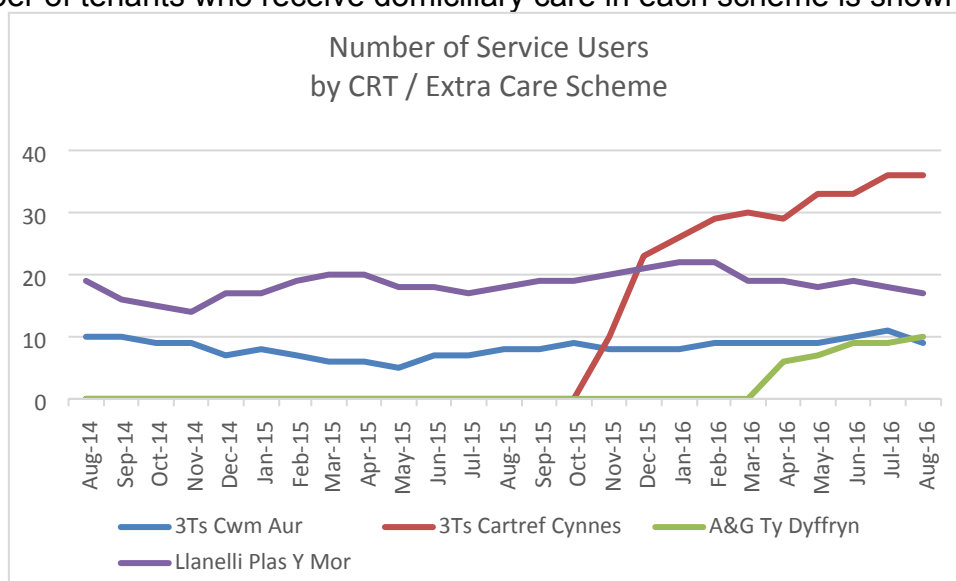
- Cartref Cynnes in Johnstown, serving 3Ts locality, opened in November 2015. Family Housing Association is the registered social landlord and the domiciliary care provider is Carmarthenshire County Council. It is the largest scheme in the county with 61 flats, including 11 flats for people living with dementia.
- Ty Dyffryn in Ammanford, serving the Aman & Gwendraeth locality, opened in April 2016. Family Housing Association is the registered social landlord and the care provider is Carmarthenshire County Council. It is the second largest scheme with 50 flats.
- Plas Y Mor in Burry Port, serving Llanelli locality, has been established for several years. Pobl Group (previously known as Gwalia) is both the registered social landlord and the domiciliary care provider. There are 38 flats in the scheme.
- Cwm Aur in Llanybydder, serving the northern part of 3Ts locality, has been running for several years. Pobl Group is both the registered social landlord and the domiciliary care provider. This scheme has 40 flats, but due to its rural location, there has been difficulty with occupancy rates.

### 3. Allocations Policy

To achieve a mix of care needs within each setting, local lettings policies have been developed, which are broadly in keeping with the requirements of how we allocate our homes in Carmarthenshire as part of the common allocation policy we have developed between Carmarthenshire County Council and partner Housing Associations.

Generally, it is intended that 60% of the flats will have tenants who have an eligible care need. The remaining 40% will have tenants who are not currently eligible for social care services.

The number of tenants who receive domiciliary care in each scheme is shown below:



#### Occupancy rates for each scheme

	Number of flats	% Occupied	% of Tenants currently receiving Domiciliary Care
Cartref Cynnes, Johnstown	61	92%	64%
Ty Dyffryn, Ammanford	50	96%	20%
Plas Y Mor, Burry Port	38	100%	45%
Cwm Aur, Llanybydder	40	72.5%	25%

Extra Care is a very popular model of service, demonstrating that there is a strong demand for the service in the right location, as an alternative to domiciliary care at home or in sheltered housing, or residential care.

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