

# Time limited programming in statutory day services

Robert Hagan    T:@drrjhagan    E:r.hagan@mmu.ac.uk





# Origins in the UK

Primarily developed post WWII

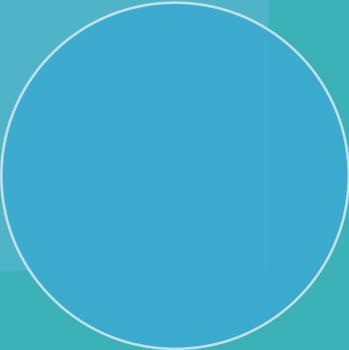
Initially a response to older people  
overcrowding in hospitals

Key figure: geriatric surgeon Lionel  
Cosin

But Cosin inspired as much by  
community based services as day  
hospitals

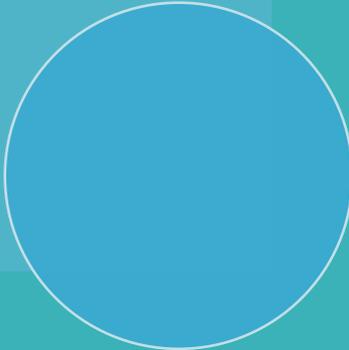
- Stepping stone from hospital to independent living
- Short term intensive medical treatment in the community
- Dispensing medication

## Day hospitals

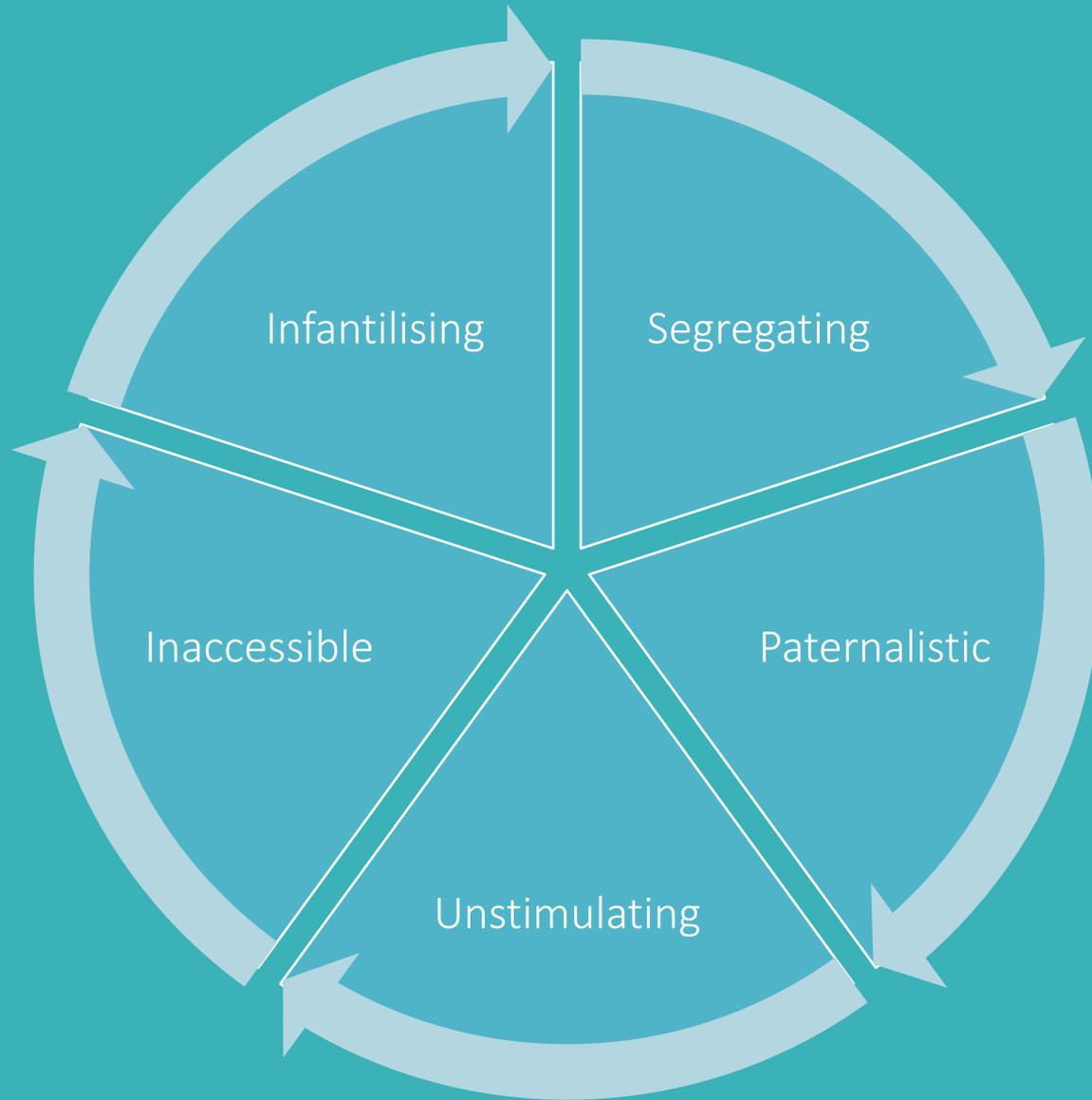


- Developed by community or voluntary groups e.g. WVS well before WWII
- Address social needs such as loneliness
- Improve quality of life

## Day clubs



# Day centres the 'poor relation'?



“Would you ask a man who has spent all his life in a field to go into the town and make jigsaws?”  
(Heenan, 2006)

# Who now attends day centres?

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'Age creep': late 70s plus

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Female

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Not married (widowed/divorced/separated)

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Living alone

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Lower income

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Lower level of education

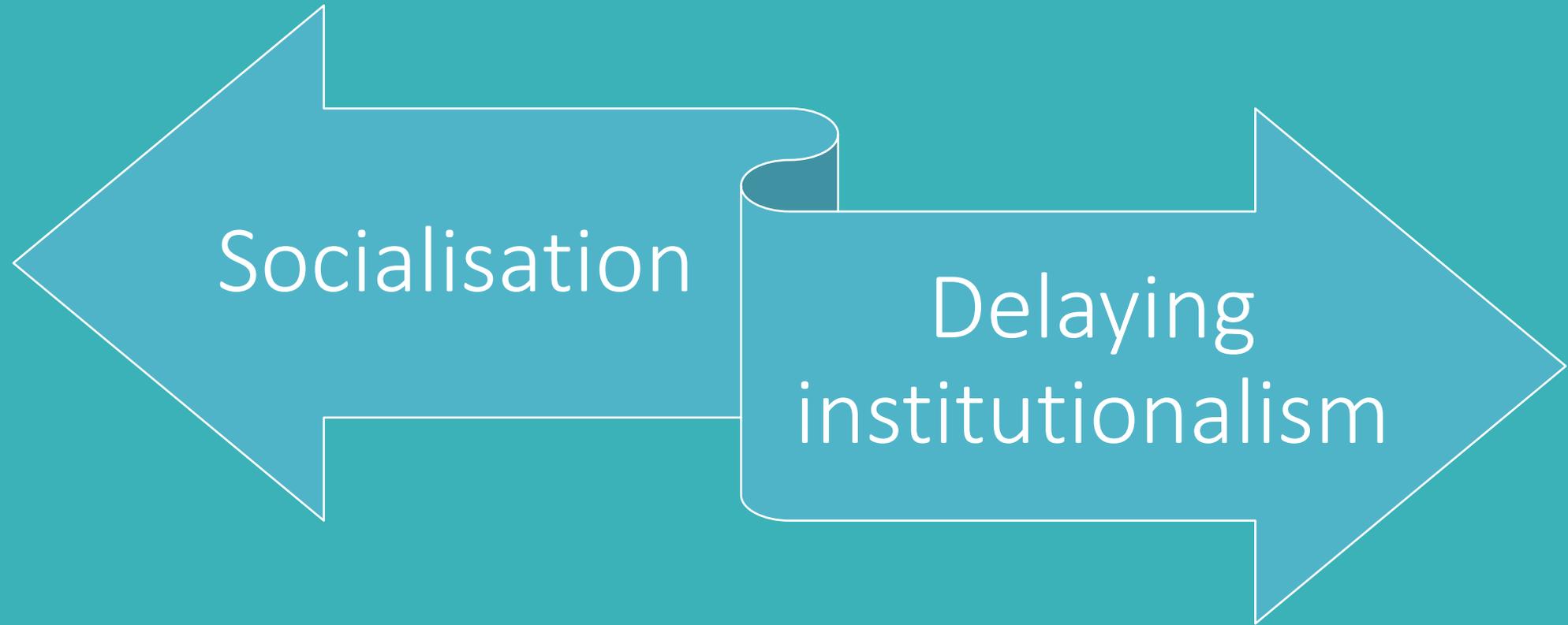
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Functional difficulties

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In receipt of some form of care

# Priorities in day centre provision



# Focus and purpose of study

Overarching concern: older people and loneliness

Statutory social provision for older adults

Particularly those with frailties who had been referred to service



# Day centres and reablement

Historically services were 'open ended'

Northern Trust introduced reablement:

- 12-16 week programme

- Focus on building confidence and maintaining independence

Three groups

- STEPS (rebuilding confidence in mobility)

- Positive living (mental health)

- Health and well-being

# Locations

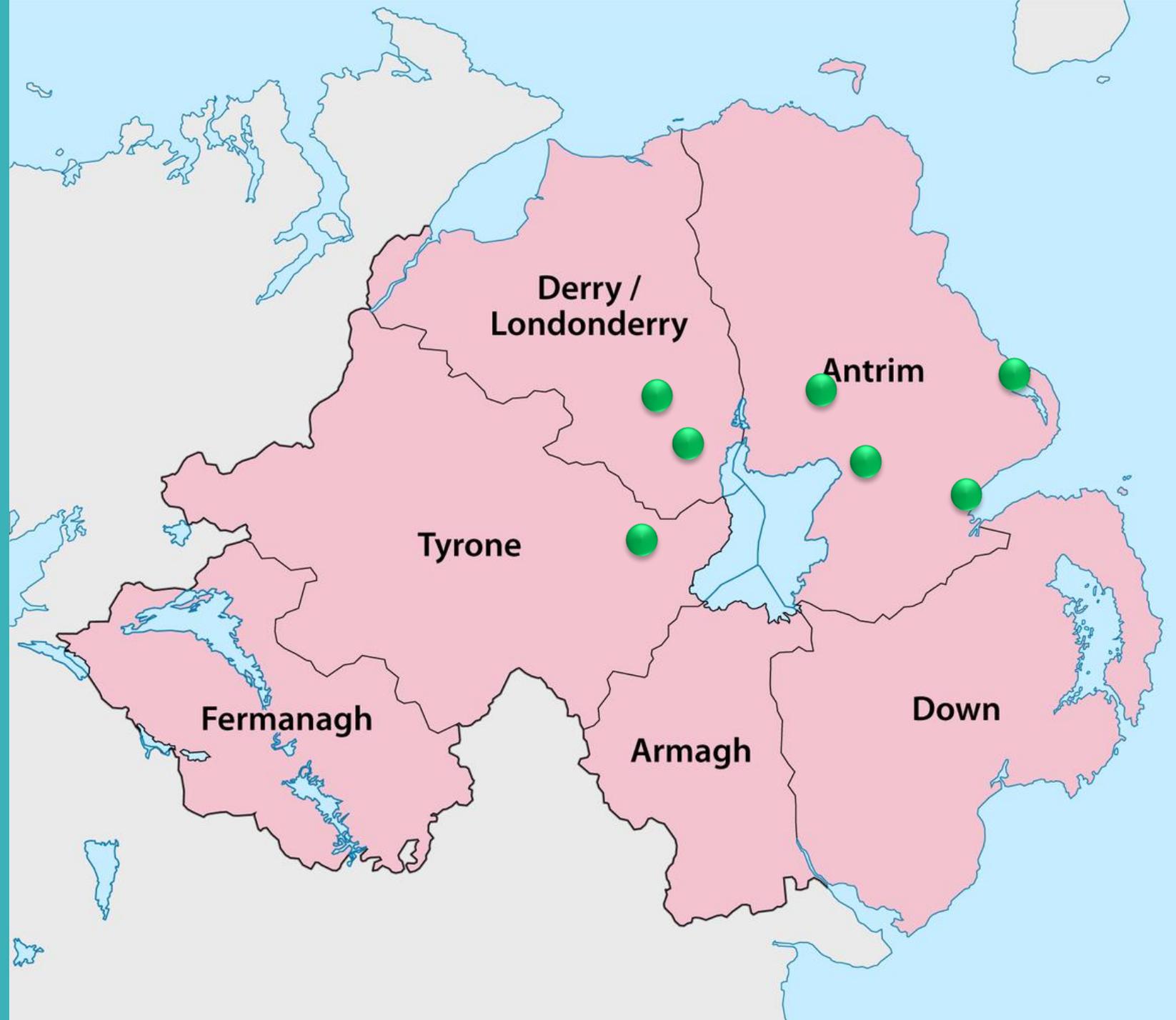


Table 1. Study participants

Participant	Age	Diaries complete	Third party <sup>1</sup>	Incomplete/lost	Interview
Amber	68	✓			✓
Ethan	68			✓	
Kurt	73				✓
Courtney	66	✓			✓
Dylan	89	✓			✓
Blake	80			✓	
Logan	73			✓	
Alyssa	88	✓			✓
Hayley	76		✓		
Tiffany	81		✓		✓
Cheryl	66		✓		
Megan	83			✓	✓
Rochelle	84	✓			✓
Jocelyn	74			✓	
Bailey	77			✓	
Zachary	79				✓
Keisha	NR				✓

Notes: NR: not recorded. 1. One diary was completed by a day centre worker on behalf of these three participants.

# Participants

# Preconceptions

Day Centre – Who Me? – not on your life was my initial reaction when asked by my social worker if I would like to participate in a 16 week programme at [day centre]. I visualised me basket-weaving or rug-making – No appeal whatsoever. (Courtney)

I thought it was a waste of time ... [but] I got quite a lot out of it ... I thought it would be ... company with other has-beens like myself which wasn't going to cheer me up no end. That turned out differently. And I miss some very nice people. I had a good social life there. (Kurt)

# Once there...

I've found the people here are very friendly. The staff are always willing to help you in any way they can. (Keisha)

Cannot wait to get back to the day centre. It take all my worries away for a while. (Amber)

I was actually blessed with the group that I did have because they were all so different and yet, all so together. (Rochelle)

# Learning, development and activity

one of the nurses, M, gives a talk on 'Healthy bowel and bladder'. It's easy to follow as she has it on a screen. She involves everyone and we are all free to voice our opinions at any time. (Dylan)

I quite honestly think if you didn't do these exercises, if I didn't do them, I should say, I think I probably wouldn't be as well as I am now. (Zachary)

We're doing an art class at the minute and it's really good. It's fun. It's something you can get ... if you've never done it before, it's hard learning it, but if you get taught to do it, you can be very good. (Keisha)

After lunch, we assembled for a game of skittles (I think). It reminded me of the Scottish game of curling – but it was an enjoyable interlude. Although I can't say I shone as a star. (Dylan)

# Impositions

[Reflecting on not being able to return his finished dinner plate to the kitchen] I suppose I don't like being obliged to other people, you know, people helping you all the time or trying to help you. If you ask for anything they'll do their best to get it for you. Which was never my cup of tea at all. If I wanted something I went and did it myself. (Kurt)

One thing I didn't like was that between ... after dinner, between half one and two o'clock, we were all brought down to watch the lunchtime news and I definitely didn't like that but what some of us did... now I don't smoke now, but people who do smoke went out into the garden and... I always went out and joined them. (Courtney)

Two ladies want to get up and dance but this is forbidden as it breaches health and safety rules. (Dylan)

# Endings

Then they decided that they couldn't come for me anymore unless I would get a back road for them to come in and me come out the back door and get in the bus or whatever it is that collected me. And there was no way I could get that done. (Megan)

[Friendships made at the centre] seem ... to terminate ... unless you meet them again and then, depending on what was wrong with them, they might not remember you, I don't know ... I'm asking for another [programme] but I'm sort of fobbed off a wee bit now (Dylan)

I enjoy my day at the Day Centre but unfortunately it will come to an end when this session ends and I'll have to find somewhere else to go. (Alyssa)

# Conclusions

Centres introduced and helped maintain social relationships

Reciprocal exchanges valued

Some candidates initially reluctant to attend...

...but just as likely to regret the ending of the service

Question marks over autonomy and paternalism

Participants reflect a frail and disadvantaged group who benefit from the service

Diaz Moore et al. (2006)

“If you have seen one [day centre]...  
...you have seen but one [day centre]”

Thanks for  
listening.

