

Impact of Day Care Services for Older People with Long Term Conditions



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Evidence
Synthesis
Collaboration



Knowledge
Exchange,
Engagement,
and Effective
Implementation



Improving Public
Health



Improving
Mental Health



Managing
Complex Needs



Delivering
Personalised
Health and Care



Capacity
Building



Health Inequalities
Assessment
Toolkit (HIAT)



Be Involved



North West Coast



Circulatory diseases, cancer and respiratory disease contribute most to the gap between life expectancy between NW and England

Chasm between richest and poorest areas at its widest in the UK.

A child born in parts of the North West of England could expect to enjoy a healthy life for 17 years less than another child born just streets away.

Health Inequalities arise from complex interaction of factors such as housing, income, education, social isolation.

* a note is attached to the value, hover over to see more details

Compared with benchmark: **Better** **Similar** **Worse** **Not compared**

Recent trends: **Could not be calculated** **Increasing / Getting worse** **Increasing / Getting better** **Decreasing / Getting worse** **Decreasing / Getting better** **No significant change** **Increasing** **Decreasing**

Indicator	Period	England	North West region	Greater Manchester	Merseyside	Warrington and Halton	Wirral	Cheshire East	Cheshire West and Chester	Stockport	Tameside	Trafford	Wigan	West Lancashire	West Yorkshire	York	Leeds	Wakefield	Sheffield	South Yorkshire	South West	East of England	London	East of London	London South	London West	London North	London East	London South East	London South West	London North West	London Central	London East Central	London East South	London East West	London East North	London East South East	London East South West	London East North West	London East Central West	London East Central South	London East Central North	London East Central South East	London East Central South West	London East Central North West	London East Central South East North	London East Central South West North	London East Central South East North West	London East Central South West North East	London East Central South East North West East	London East Central South West North East West	London East Central South East North West East West	London East Central South West North East West East	London East Central South West North East West East West
Life expectancy at birth (Male)	2015 - 17	79.0	76.2	75.0	77.2	76.6	74.2	77.8	76.2	78.5	78.3	80.3	79.9	76.7	78.2	81.3	78.7	77.4	77.0	76.7	76.5	76.1	75.7	77.2	76.1	77.6	81.5	77.2	78.7	76.8	76.7	82.2	80.1	77.5	79.8	77.5	79.8	78.6	79.5	77.6	78.3	76.9												
Life expectancy at birth (Female)	2015 - 17	83.1	81.8	82.0	81.1	80.1	79.6	81.6	80.9	81.2	82.6	83.7	82.8	82.3	81.5	84.6	82.6	80.7	81.0	80.5	82.4	80.2	79.5	80.9	81.3	81.1	83.6	80.6	82.2	81.0	82.4	85.0	83.4	80.9	83.3	80.8	83.7	82.4	82.4	80.9	81.8	82.4												
Under 75 mortality rate from all causes (Males)	2015 - 17	332	391	353	423	466	551	411	461	379	364	297	325	346	387	265	342	424	410	472	364	499	532	435	401	424	297	441	364	455	371	235	315	429	330	415	322	347	328	404	394	359												
Under 75 mortality rate from all cardiovascular diseases	2016 - 18	71.7	86.6	77.8	90.9	102.9	122.7	96.4	99.8	85.9	87.0	84.7	71.3	74.7	93.8	55.2	89.5	88.4	97.7	98.9	77.9	106.1	124.6	104.3	92.0	93.3	76.1	107.4	79.0	98.2	76.9	51.9	67.1	85.8	68.9	105.0	60.1	77.4	74.3	91.2	76.2	86.0												
Under 75 mortality rate from cancer	2016 - 18	132.3	145.6	132.3	149.3	153.7	172.7	142.6	163.1	137.8	151.0	117.4	133.1	135.6	138.2	105.9	126.9	170.9	181.4	185.3	142.8	179.4	199.3	164.3	142.8	149.6	116.4	156.8	129.0	163.0	141.6	104.3	122.6	143.1	131.3	153.5	129.8	130.7	126.3	145.0	147.0	130.8												
Suicide rate	2016 - 18	9.6	10.4	12.7	15.4	9.8	13.7	11.7	9.9	9.3	13.7	8.8	8.7	15.4	12.9	6.8	7.9	11.4	12.9	11.5	12.6	9.5	8.7	8.4	12.8	12.3	10.4	19.9	9.2	10.7	11.5	10.5	9.8	16.1	8.8	11.6	6.8	7.2	13.3	12.3	9.7	13.0												



Day Care

Policy:

- Reduced budgets
- Funding arrangements
- Needs threshold
- Outsourcing

Disabled and elderly see their day centres and key services disappear as budget cuts bite

Elderly are bearing the brunt of the cutbacks, new research finds



Research:

- Understanding of Service Models
- Respite Care
- Outcomes
- Support Offered
- Evolving Services

Commissioners:

As a commissioner, I am satisfied if community led groups can demonstrate that they are identifying, engaging and benefitting people at risk”

SCIE roundtable discussion, Feb 2015

Exploratory Longitudinal Mixed Methods Study

Observations

9 Centres, 7 services

Site selection

Service Type

Geography

Level of Deprivation

Quantitative Data
94 clients

94 older people recruited

Health

Loneliness

Baseline, +6 wks, +12 wks

Follow up data for 73 people

**Qualitative
Data**

36 Semi-structured
interviews

Older people & carers

Staff & volunteers

Participating Centres



Nine Centres



Paid

Sunflower

Snowdrop



Blended

Beech

Birch

Willow

Cedar

Ash



Volunteers

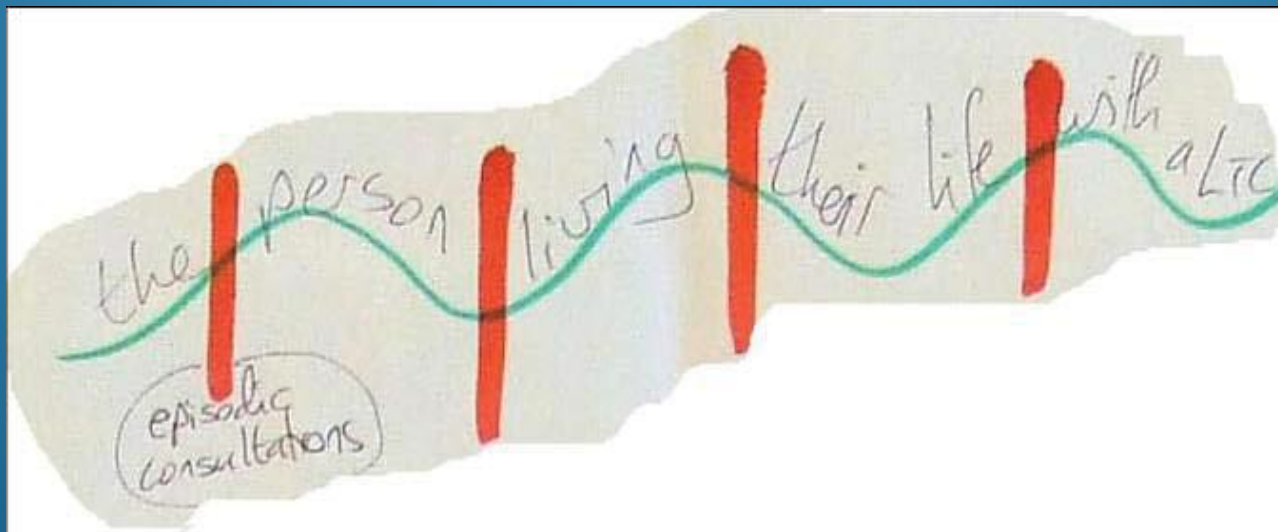
Lilly

Poppy



Long Term Conditions

- Leading cause of illness and disability in the UK
- Unpredictable symptoms
- Aging may conceal symptoms of LTCs
- Periods of interdependence



Multiple Long Term Conditions



70% of people with 4+ conditions over 65 years of age

Least deprived areas 2+ conditions age 71yrs

Most deprived areas 2+ conditions age 61yrs

1 condition 2.8 outpatient visits, 8.8 visits to GP and 5.6 different medication

4+ conditions 8.9 out patient visits (2.8 specialities), 24.6 GP visits (1 per month) and 20.6 medications.

A&E admissions

- – 2006/07 1 in 10 had 5+ conditions
- - 2015/16 1 in 3 had 5+ conditions

Stafford et al (2018)

Participant Perspective



94 clients new to day care recruited
60 women and 44 men
Aged between 65 & 99 years
36% did not have a carer
53% widowed

Paid	Blended	Voluntary	Urban	Rural
37	31	26	80	14

Distance Travelled – P=0.001

Paid	Blended	Voluntary	Urban	Rural
2	2.1	5.8	2.2	8.3

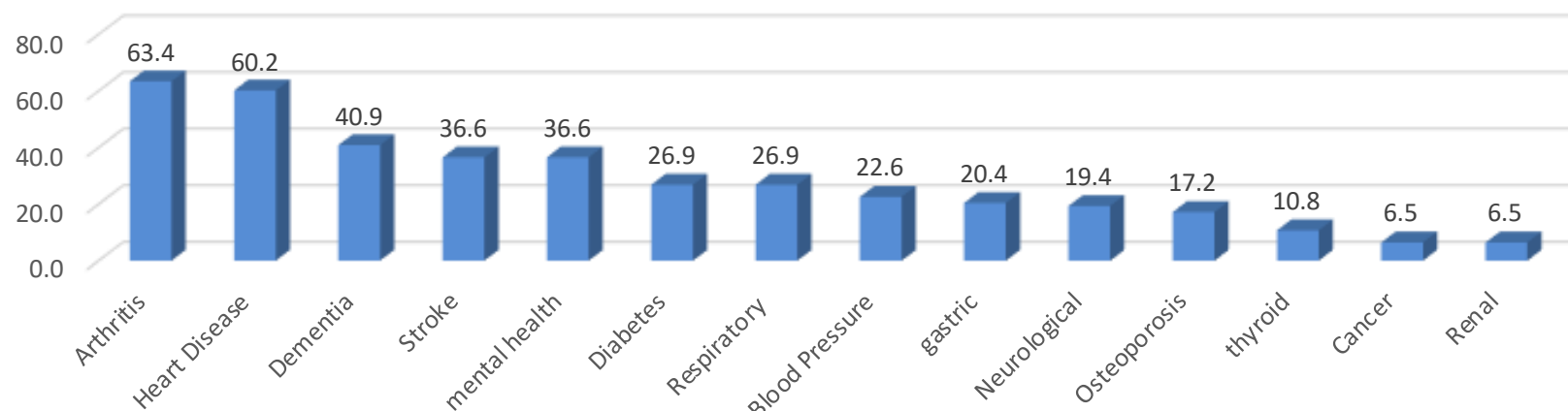
Age by Service Type 0.04

Paid	Blended	Voluntary	Urban	Rural
81	85	80	81	83



Service	Paid	Blended	Voluntary	Urban	Rural
Mean No. LTC	4.4	4	4.7	4.2	5.2

Type of Long Term Condition by percentage of of Study Population (N=94)



Paid	Blended	Voluntary
Arthritis	Arthritis	Arthritis
Dementia	Dementia	Heart disease
Stroke	Mental Health	Gastric
Mental Health	Stroke	Diabetes
Respiratory Disease	Diabetes	Mental Health

Access

Needs threshold

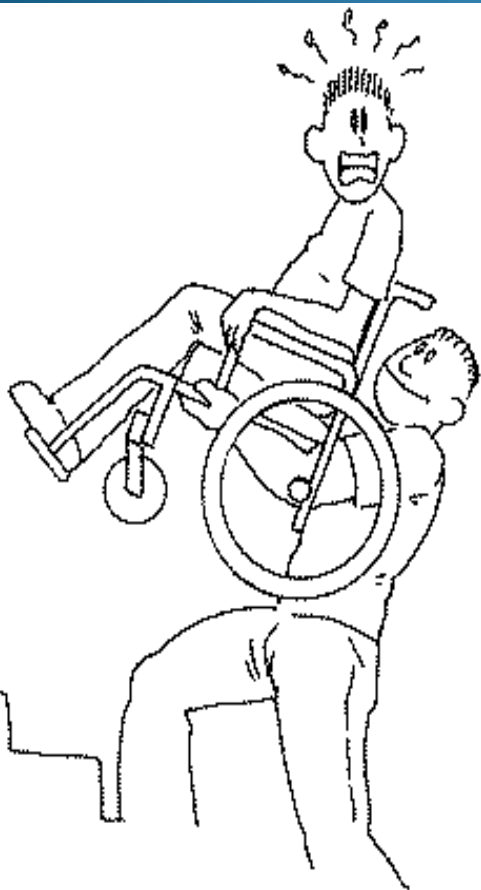
Cumulative Loss

Understanding of LTCs

Accessible Designated Transport

Escort

Flexible and Responsive



“... I think they do try and get them door to door but if someone lives on the twelfth floor flat then they can't do door to door and we have lost somebody through that, we tried very hard to get her to come but not having an escort for someone to come and bring her we did lose somebody



Health & Loneliness

EQ-5D-3L

- 77% reported problems with mobility
- 29% reported problems with self care
- 66% reported problems with usual activities
- 45% reported problems with pain / discomfort
- 41% reported problems with anxiety / depression
- 59% reported problems with sight
- 33% reported problems with hearing

De Jong Giervald 6 item Loneliness Scale

“there are plenty of people I can rely on when I have problems”

Paid	Blended	Voluntary
35%	13%	40%



Monitoring and Managing LTCs

Medication
Fluid Intake
Dietary Needs
LTC
Safeguarding

.... There was the dementia day care service and we went there but that wasn't ideal because there were a lot of people walking around and lots of locked doors and we had to be very careful about people going in and out

to go from being able to walk about freely and have the run of the place to being told to stay in one small room, it was unsettling for clientsthey were hemmed in and needed lots of time to adjust... they're getting used to it now.....Its brighter but smaller and claustrophobic



Outcomes

Satisfaction Survey – at 12 weeks 86% stated that life since starting service was better or much better

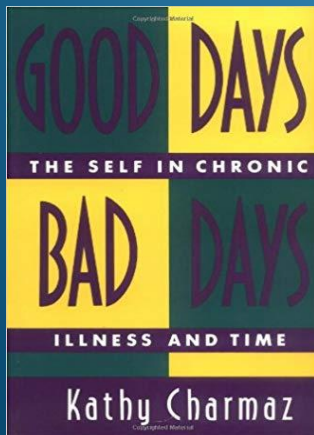
EQ5D3L – Decline in reported problems on 4 of the 5 domains by services that included volunteers.

Decline in Anxiety / Depression reported by those attending voluntary services

Total Loneliness at 12 weeks declined in services that included volunteers

Social Loneliness at 12 weeks declined in all services

Emotional Loneliness at 12 weeks declined in services that included volunteers



	No Change / Reduced number of problems	Increase in Problems	
Long-term conditions			
Mean no of LTCs reported	4.4	3.6	0.04

Observations

Interviews



Activities

Paid

Choice

Blended

Roles

Empowerment

Voluntary

Engagement

“...[having LTC] there’s no opportunity for you, you know to express yourself, that’s one of the things you see at the centre, even there’s some people there that are very quiet you know [but] they’ll come out of some beautiful things you know....things like that and **it enriches your life you know....**”

“...Well when I come here of course I am completely relaxed. I don’t have to do anything, I don’t have to think of anything, I can do just what I want to do rather than what I am told to do or asked to, so that makes a difference...”

“...I get to meet people and I get to help people”

Key Points



Services

Activities that promote empowerment & self worth,

Support that increases participation

Small group activities that promote interconnections

Commissioners

Aspiration of Service Users

Facilitating Community Engagement

Accessibility of provision for those with LTCs

Researchers

Research Inequalities— look for those who may be left behind

Community Impact



Thankyou for listening !

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