

SELF FUNDED PHD OPPORTUNITY

Exploring models for supporting people with dementia in housing with care settings

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The Project

Applications are invited for a self-funded PhD exploring different approaches to supporting people living with dementia in Extra Care Housing.

With an ageing population and increasing numbers of people living with dementia, demand for care in settings other than the person's own home is certain to increase (Macdonald and Cooper, 2007). There is growing recognition of the need for housing that suits older people, including those living with dementia, and supports them to continue living in the community for as long as possible. One settings of this sort that has become increasingly popular in recent years is Extra Care Housing. Key features of this broad model are that each resident has their own front door and the full legal rights associated with being a tenant or home owner, along with access to 24-hour on-site care that can be delivered flexibly according to a person's changing needs (Riseborough et al, 2015). Models of housing with care are built upon person-centred principles and values including independence, community integration, dignity and the exercise of choice and autonomy within a rights-based environment.

A growing body of research evidence has demonstrated the potential of housing with care to promote quality of life and wellbeing for older people (Atkinson et al 2014). Residents particularly value the independence, privacy and security that this setting can provide, along with the availability of flexible care packages (Baumker et al, 2012). However, despite an aspiration to provide a 'home for life', housing with care often struggles to support people living with dementia and many move to

residential care when they experience significant problems (Brooker et al, 2009; Vallelly et al. 2006). Reasons for moving include 'challenging' behaviour, conflicts with staff and other residents and increased distress. People with dementia and other mental health issues living in Extra Care Housing are also at high risk of social exclusion (Brooker et al. 2009; Callaghan et al. 2009; Evans and Vallelly 2007). With substantial numbers of people with dementia already living in Extra Care Housing, providers are increasingly called upon to address their needs when planning new services and reconfiguring existing schemes to produce safe, accessible housing that people living with dementia want, with an active living environment that meets their social and psychological, as well as their physical needs (Bevan and Croucher, 2011; Homes and Communities Agency, 2009; National Housing Federation, 2011). Three main approaches have been taken to supporting people living with dementia in Extra Care Housing: integrated schemes, which support people with dementia alongside other residents; segregated schemes, whereby people with dementia live in a 'wing' or 'unit' with separate staff and facilities; and specialist schemes that are solely for people with dementia. While these different arrangements are likely to have significant implications for the lives of residents, there is little evidence as to what works best and for whom (Twyford 2016).

Aims and Objectives

To scope and describe the provision of different approaches to supporting people living with dementia in Extra Care Housing;

To explore the benefits and drawbacks of different approaches for residents, staff and other stakeholders;

To develop recommendations for good practice in supporting people with dementia in Extra Care Housing.

Indicative Methodology

The successful PhD candidate will be responsible for formulating the detail of this proposal. Prior to data collection, the student will be expected to work with the supervisory team in a mapping exercise and engaging key Extra Care Housing providers to participate in the research. It is anticipated that the PhD will adopt a mixed-methods approach, combining surveys and short measures with in-depth case study work.

References

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- Bevan, M. and Croucher, K., 2011. *Lifetime Neighbourhoods*. Department of Communities and Local Government, London.
- Brooker, D., Argyle, E., & Clancy, D., 2009. Mental health needs of people living in extra care housing. *Journal of Care Services Management*, 3, 295–309
- Callaghan, L., Netten, A. and Darton, R. 2009. *The development of social well-being in new extra care housing schemes*. Joseph Rowntree Foundation, York.
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- Homes and Communities Agency, 2009. *HAPPI Housing our Ageing Population: Panel for Innovation final report*. HCA, London.

Macdonald, A. and Cooper, B., 2007. Long-term care and dementia services: an impending crisis. *Age and Ageing*, 36, 16-22.

National Housing Federation, 2011. *Breaking the mould: re-visioning older people's housing*. NHF.

Riseborough, M., Fletcher, P., and Gillie, D. *What is Extra Care Housing?* Housing LIN, London.
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Twyford, K. 2016. *Individuals with dementia living in extra care housing: an initial exploration of the practicalities and possibilities*. Housing LIN, London.

Vallely, S., Evans, S., Fear, T., & Means, R., 2006. *Opening doors to independence: A longitudinal study exploring the contribution of extra care housing to the care and support of older people with dementia*. Housing 21, London.

Qualifications

The successful applicant will have knowledge of Extra Care Housing or similar settings and experience of working with people with dementia.