

Outline of the project's aims within the strategic context

About 17% of people aged 65 and over in Gwynedd live alone but only 58 in every thousand of population are supported in living at home compared with a national average for Wales of 111. This is consistent with Gwynedd supporting 36 in every thousand to live in residential or nursing care homes compared with a Wales rate of 29 per 1000.

The Council published *Living Life to the Full* Older People's Strategy in 2006. One of the key strategic aims for supporting people who are ill or vulnerable is to provide a range of modern and flexible nursing and social care needs in the home and the community. To achieve this suggested actions included prioritising issues such as the reconfiguration of residential and nursing care to enable the service to address the current and future needs and expectations of frail older people and develop a Joint Commissioning Strategy for Older People's Services in Gwynedd.

These suggested actions are supported by the Joint Commissioning Strategy (2007) and *Better Health-Better Gwynedd*, Health, Social Care & Well-being Strategy 2005/2008.

The Council is in the process of developing its Local Housing Strategy and part of this will involve the commissioning of the development of an accommodation strategy for older people. The older people's Housing Strategy will be ready for approval in October to co-incide and support bids for Social Housing Grant for Extra Care Housing. The Strategy will address the cultural and investment shift from residential and institutional crisis interventions for the most frail older people towards an enabling agenda of supported independence at home, emphasising lower level, easy access, community-based interventions, against a backdrop of projected increases in older people population numbers. However there is an overall shortage of appropriate accommodation for older people and recognition that specialist accommodation with care and support will always be needed. The strategy focuses on ways of adding to the overall stock and ensuring that it is fit for purpose; developing extra care resources; developing care resource centres; remodeling existing sheltered accommodation; developing new services for example a countywide assistive technology scheme and reconfiguring existing services for example Sheltered Accommodation Warden Services as part of the Supporting People work programme in line with the supported independence agenda.

What are the issues that require addressing by the Project?

An increase in the population of older people which leads to the need for adequate supply of suitable housing;

Some of the current homes are not fit for purpose;

Increase in the number of people with dementia;

Changes in health and support needs of older people and their carers;

People's expectations and their desire to live full and independent lives with support available as necessary;

A wider choice of suitable and convenient living accommodation;

Financial constraints on public budgets.

Building For The Future Project Brief

Establish Extra Care Housing schemes and / or network of Care Resource Centres in 4 specific areas: Bala, Bangor, Ffestiniog and Porthmadog. The exact provision which will be commissioned and developed will be flexible and respond to local needs and will be dependent on the analysis of the Needs Assessment.

Key outputs will be

- Extra Care Housing
- Care Resource Centres

What is Extra Care Housing?

There is no one single definition for Extra care Housing, however for the purpose of this document, it can be defined as follows:

Self-contained specialist housing units [tenancy, available for purchase or shared ownership / equity];

24 hour care 7 days a week support available;

Ability to increase support needs over short periods and decrease when the need has diminished;

Access to community services such as restaurant or activity room etc

Can replace residential care and bridges the gap between sheltered accommodation and nursing care;

Includes units for intermediate care;

Promotes principles of home for life.

What are Care Resource Centres?

A combination of intensive social care provision and some aspects of health provision;

Residential care which could also include nursing care beds, day care service, and residential care for people with memory problems or dementia, intermediate care beds with support services and hospice care beds and services for the management of chronic diseases.

The idea is that the beds have a flexible use to address needs as part of a continuum, and that they are dual-registered with Care and Social Services Inspectorate Wales with joint management between Health and Social Services.

Key messages from the Needs Assessments in each of the four areas

BALA

Demographics

Key messages

- 23% of the population of the Bala area¹ are over 65 years of age. This equates to 958 people.
- Women are more likely to live alone than men and twice as many women live alone in the over 75 age group compared with men

Health Profile

Key messages

- Although the majority of the area is relatively affluent in comparison to Gwynedd and Wales, there will be pockets of deprivation which, because of the rural nature of the area, may be hidden in routine data sources.
- CHD, stroke, respiratory and cancer mortality are relatively low in comparison to other areas of Gwynedd.
- Around a fifth of the population reported a Limiting Long Term Illness (LLTI) in the 2001 census

Key messages:

- There are no Extra Care Housing schemes.
- Registered beds at Bron y Graig have reduced from 19 to 10 due to fire safety review.
- There is a shortage of Residential Care beds, leading to people from the Bala area travelling distances of over 15 miles to the nearest facility
- No local Nursing care beds
- No dementia care beds
- Day care offered at the Council's sheltered housing accommodation is only available 2 days a week, with limited places.
- No bathing facilities, lack of appropriate toileting facilities at day centre
- Day care is held in what could be classified as a corridor, lack of privacy for discussion with professionals
- There is a shortage of carers and support for working carers
- Services offered by voluntary organisations are patchy in the Bala area.
- Older persons social care caseload for the area has approximately 100 active cases.
- The triggers for moving from home reflects wider research undertaken by the University of Wales College Bangor. Reasons given by respondents from the HAPPI² project could be

¹ 10 mile radius

grouped as severe disability, moderate disability, specific health problems, and ill health that would result in dependency, loss of autonomy or mobility. Other reasons included being unable to continue with household tasks, gardening, having to give up driving, crime or fear of crime and housing in need of adaptations.

- 43 service users were receiving home care packages during the sample week at the end of February 2007; one of whom receives a care package with two carers.
- 5 residents from the Bala area were receiving continuing healthcare at a nursing care home in Denbighshire.
- Although there are 39 with community alarms in Bala, there are no residents receiving mobile support to assist with shopping or daily living skills from Supporting People service.
- High level of A&E Admittances out of hours service
- No local Community Hospital

Bangor

Demographics

Key messages

- 16% of the population of the Bangor area³ are aged 65 years or over. This equates to 3031 people, and is slightly lower than the average proportion of over 65s in Gwynedd, being 19%. Hirael and Glyder have a higher proportion.
- Women are more likely to live alone than men and more than three times as many women live alone in the over 75 age group compared with men in this area.
- The needs of people from Black and Minority Ethnic communities are higher than the rest of Gwynedd in this area and will be considered when designing and consulting on the proposed developments.

Health Profile

Key messages:

- Most of this area falls into the least deprived 50% of LSAO's. ⁴ Two Marchog LSOAs are in the most deprived 20% with Marchog 1 ranked 137 out of 1896 LSOAs in Wales.
- Circulatory disease is higher than much of Gwynedd and accounts for the largest proportion of deaths.
- Both Respiratory and cancer mortality rates are higher in comparison to other areas of Gwynedd.
- The proportion of the population reported a Limiting Long Term Illness (LLTI) in the 2001 census ranges from 11.4% to 23.4%. The average for Gwynedd was slightly over 20%.

² Housing for an Ageing Population : Planning Implications, funded by Wales Office of Research and Development, developed in partnership with Gwynedd Rural Ageing Network undertaken by the University College of Wales College Bangor

³ 5 mile radius

⁴ Lower Super Output Areas

- A much lower than the Welsh average of 4.6% of residents providing over 20 hours of unpaid care per week.
- Individuals who are assessed as incapable of work as a result of ill health – follows that of the LLTI profile, with the highest rate of 8.4% in Marchog ED.

Supply Analysis

Key messages:

- There are no Extra Care Housing schemes.
- No guest rooms for relatives to be able to stay e.g. in the event of illness
- Lack of accommodation for couples
- No 24/7 care available at current sheltered accommodation, to supplement telecare
- Older persons social care caseload for the area has approximately 707 active cases.
- The triggers for moving from home reflects wider research undertaken by the University of Wales College Bangor. Reasons given by respondents from the HAPPI project could be grouped as severe disability, moderate disability, specific health problems, and ill health that would result in dependency, loss of autonomy or mobility. Other reasons included being unable to continue with household tasks, gardening, having to give up driving, crime or fear of crime and unsuitable housing in need of adaptations, closure of Plas y Coed, transfer from other residential care homes.
- Sheltered accommodation and older people's flats have full occupancy
- 116 service users were receiving home care packages during the sample week at the end of February 2007; 5 of whom receives care packages with two carers.
- 4 residents from the Bangor area were receiving continuing healthcare complex packages of care at a nursing care home, 1 of whom at service users own home.
- 195 residents of sheltered accommodation and or older people's flats with community alarms in Bangor area.
- 6 residents are in receipt of shopping and daily living skills are delivered from Supporting People service, every week.
- During 2005/2006 22 older people were admitted for respite care.
- Day care places offered at Plas Maesincla Day Centre, Caernarfon which means older people have to travel each day. Limited day care at Plas Hedd Residential Care Home.
- The amount of unpaid care required will inevitably increase as the number of older people – generally the recipients of this care – increases. Maintaining the health of carers and identifying support mechanisms for them is essential in this aspect of care provision is to be sustained. Carers needs and support should be a part of defined and integrated pathways of care.
- 115 referrals to the Intermediate care service during 2006/2007; 57 of which facilitated hospital discharge and 58 prevented hospital admission. 4 intermediate care beds block purchased from Cerrig yr Afon Home.
- District Nursing profile of patients during 2006/2007, included 91 referrals from Plas Hedd which resulted in 1022 contacts with residents.

- Community Nursing service profile includes 13 patients up to 50 years of age, 51 aged 50-64, 81 aged 65-74, 110 aged 75-84 and 108 aged 85+.

Ffestiniog

Demographics

Key messages

- 22% of the population of the Ffestiniog area⁵ are aged 65 years or over. This equates to 2063 people.
- Women are more likely to live alone than men and three times as many women live alone in the over 75 age group compared with men in this area.

Health Profile

Key messages

- Respiratory mortality rates are slightly higher than the surrounding areas, but low in comparison to Wales as a whole.
- Cancer mortality rates for this particular area are among the highest in Wales.
- Between 20.4% and 22.6% of the population reported a Limiting Long Term Illness (LLTI) in the 2001 census, slightly over the Gwynedd average of over 20%
- Although larger than the proportions of younger people in other areas, there will need to be careful planning of workforce and skills development to ensure sustainability in the provision of health and social care as the need for care for older people in the population will continue to rise for the foreseeable future.
- The whole of this area is among the most or next deprived in Wales
- In common with much of Gwynedd, population density in this area is very low. The difficulties of providing accessible services in areas of low population density are obvious and challenging, but variation in accessibility based on geography is not equitable, and this is part of the reason for new emphasis on the delivery of care closer to where people live.
- Most of this area is lower than the Welsh average of 4.6% of residents providing over 20 hours of unpaid care per week, however in Bowydd and Rhiw the rate is 5.9%. The amount of unpaid care already being provided will become more difficult to sustain as the number of older people – generally the recipients of this care – increases.
- Maintaining the health of carers and identifying support mechanisms for them is essential in this aspect of care provision is to be sustained. Carers needs and support should be a part of defined and integrated pathways of care.

Supply Analysis

Key messages:

- There are no Extra Care Housing schemes.

⁵ 10 mile radius

- No independent sector beds in the area.
- 33 residential care beds across two sites, Bryn Llywelyn and Bryn Blodau
- No local Nursing care beds
- No local dementia specialist care beds
- Shortage of respite care
- No guest rooms for relatives to be able to stay e.g. in the event of illness in residential care
- Lack of accommodation for couples
- Disability issues with the Council's Sheltered accommodation
- No 24/7 care available at current sheltered accommodation, to supplement telecare
- Need to develop the residential care service closely with the Community Hospital development
- Services offered by voluntary organisations are patchy in the Ffestiniog area.
- Older persons social care caseload for the area has approximately 197 active cases.
- The triggers for moving from home reflects wider research undertaken by the University of Wales College Bangor. Reasons given by respondents from the HAPPI project could be grouped as severe disability, moderate disability, specific health problems, and ill health that would result in dependency, loss of autonomy or mobility. Other reasons included being unable to continue with household tasks, gardening, having to give up driving, crime or fear of crime and unsuitable housing in need of adaptations.
- 106 service users were receiving home care packages during the sample week at the end of February 2007; 7 receive care packages with two carers.
- 3 residents from the Ffestiniog area were receiving continuing healthcare at a nursing care home in the Dwyfor area.
- 34 residents with community alarms in Ffestiniog area.
- Residents are in receipt of 4.25 hours of shopping support in total and 9 hours of daily living skills are delivered from Supporting People service, per week.
- Of the District Nursing team's current caseload, 17 are aged over 75 years of age.
- During 2005/2006 11 older people were admitted for respite care.

Porthmadog

Demographics

Key messages

- This area has fairly small proportions of under 24 year olds, but relatively high proportions of over 65s. 25.7% of the population of the Porthmadog area⁶ are aged 65 years or over. This equates to 4186 people.
- Women are more likely to live alone than men and four times as many women live alone in the over 75 age group compared with men in this area.

⁶ 10 mile radius

Health Profile

Key messages

- 28% of the population in Porthmadog West ED over 65 years of age
- There is a mixed pattern of deprivation across the area with Porthmadog East ED among the most deprived in Wales, but Porthmadog West relatively affluent and with a mortality profile significantly lower than the average for Wales
- CHD, stroke, respiratory and cancer mortality are relatively low in comparison to other areas of Gwynedd.
- Around a fifth of the population reported a Limiting Long Term Illness (LLTI) in the 2001 census

Supply Analysis

Key messages:

- There are no Extra Care Housing.
- Current Hafod y Gest building unsuitable for medium term use due to its lightweight construction and will require replacement
- respite care beds at Hafod y Gest are always full
- No guest rooms for relatives to be able to stay e.g. in the event of illness
- Lack of accommodation for couples
- No 24/7 care available at current sheltered accommodation, to supplement telecare
- Older persons social care caseload for the area has approximately 205 active cases.
- The triggers for moving from home reflects wider research undertaken by the University of Wales College Bangor. Reasons given by respondents from the HAPPI project could be grouped as severe disability, moderate disability, specific health problems, and ill health that would result in dependency, loss of autonomy or mobility. Other reasons included being unable to continue with household tasks, gardening, having to give up driving, and unsuitable housing in need of adaptations.
- 68 service users were receiving home care packages during the sample week at the end of February 2007; 4 of whom has a care package with two carers.
- 3 residents from the Porthmadog area were receiving continuing healthcare, of which 2 were at a nursing care home.
- 73 residents with community alarms in Porthmadog area.
- During 2005/2006 20 older people were admitted for respite care.
- There is a separate day care centre, Noddfa Madog, located on the same site as Hafod y Gest, and caters for 50 [25 a day]. Day care is held three days a week. Day care is also available at Hafod y Gest 5 days per week for 4 per day. Meals for the Day Care Centre are prepared at Hafod y Gest. The nearest Day Care centre is Criccieth which caters for 25 per day and is open 3 days per week.
- Intermediate care beds – spot purchase arrangements exist with Plas Gwyn, Bodawen, Bryn Awelon and Hafod y Gest as required.
- There are up to 10 dementia non-specialist beds at Hafod y Gest.

- Dementia continuous assessment is available at the Bryn Beryl Hospital
3 per day at Hafan Ward, and up to 12 per day at Ala Road clinic, Pwllheli.