

# SUPPORTING PEOPLE LIVING WITH DEMENTIA IN EXTRA CARE HOUSING

**What is Extra Care Housing?** Extra Care Housing is a model of housing with care and support designed to enable older people to age in place. Residents have a private apartment and have access to a variety of communal facilities including 24-hour onsite care and support provision. A crucial feature of ECH is that care provision is flexible and adapts to permanent or temporary changes as needed. Extra Care Housing aims to promote independence, maintain autonomy and improve wellbeing.

**What is it like to live with dementia in Extra Care Housing?** This project put the voices of people living with dementia, spouses and families at the heart of the enquiry to gain their perspective on the benefits and challenges of living with dementia in Extra Care Housing.

## BENEFITS



**HAVING YOUR OWN HOME AND PRIVACY**

"Having your own kitchen... bedroom... toilet, I love it, it's my best move"

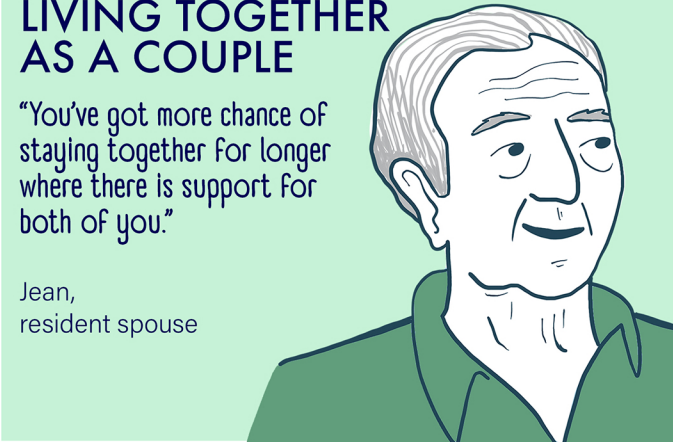
Janet, living with dementia



**SOCIAL OPPORTUNITIES**

"It gave me new life because of the different activity groups that I enjoy"

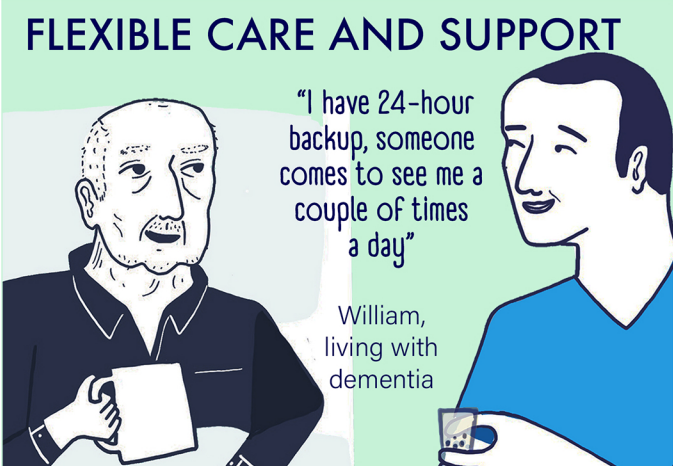
George, living with dementia



**LIVING TOGETHER AS A COUPLE**

"You've got more chance of staying together for longer where there is support for both of you."

Jean, resident spouse



**FLEXIBLE CARE AND SUPPORT**

"I have 24-hour backup, someone comes to see me a couple of times a day"

William, living with dementia



**SAFETY & SECURITY**

"There's staff close by, really it makes a massive difference"

John, family carer

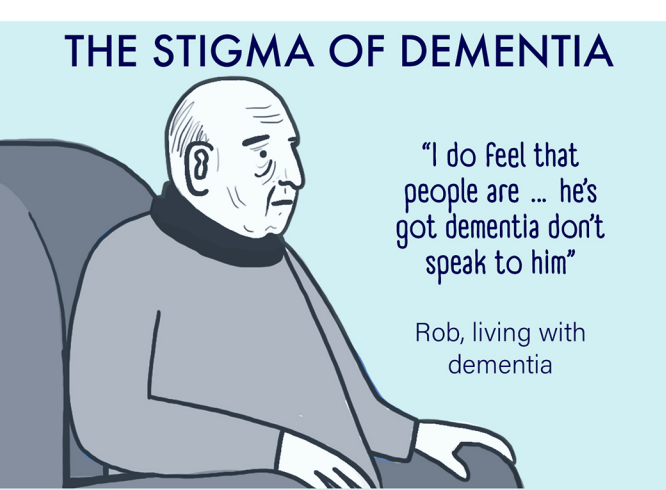
## CHALLENGES



**BECOMING FAMILIAR WITH A NEW HOME**

"I've always been on my own, so when I came here, I was a bit nervous... as soon as I got out and met people I loved it"


Alice, living with dementia



**THE STIGMA OF DEMENTIA**

"I do feel that people are ... he's got dementia don't speak to him"

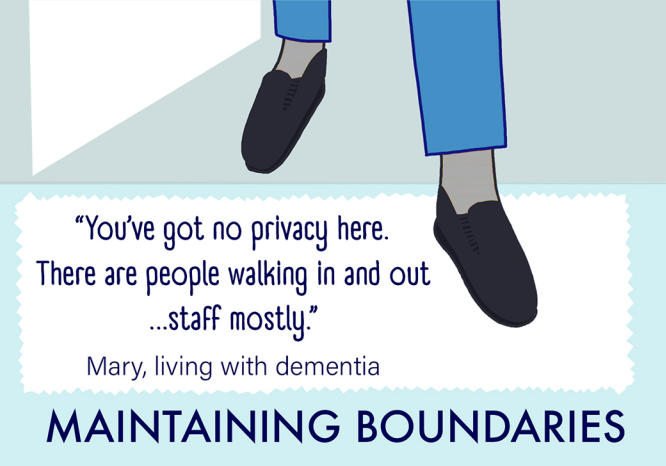
Rob, living with dementia



**ADVANCING SYMPTOMS OF DEMENTIA**

"I think the later stages of dementia can be really difficult for someone living in our facility... it depends what the care package is"

Staff



**MAINTAINING BOUNDARIES**

"You've got no privacy here. There are people walking in and out ...staff mostly."

Mary, living with dementia



**BALANCING SAFETY AND RISK**

"We try and persuade people not to go out if we don't think they should, but we can't physically stop them"

Staff

## WHAT HELPS?



**FAMILIAR SURROUNDINGS**

"It is important to have my own stuff"

Laura, living with dementia



**FAMILY AND FRIEND SUPPORT**

"How does mum look when we come in to see her? She looks great."

Alistair, family carer



**SPECIALIST DEMENTIA SUPPORT**

**POSITIVE RELATIONSHIPS WITH STAFF**

"The staff have lots of banter with her. She warms to that and has a laugh"

Alistair, family carer



**DEMENTIA FRIENDLY DESIGN**

**Bathroom**



**ASSISTIVE TECHNOLOGY**

"I've got a sensor on the door... by the time he's gone off, I've caught him."

Margaret, family carer