

Reshaping Care for Older People Community Capacity Building / Coproduction Case Study

Day Centre Services – Fife

Contact: Anne Smith, Day Service Manager

Email: goldenoldies@classmail.co.uk

The Day Centre Service is a Voluntary Organisation which operates Day Centres for Older People in Kirkcaldy, Kinghorn and Burntisland. It is run by Anne Smith and staff.



The centre originally opened in 1994 and provided services to frail older people who are mentally alert but are housebound or otherwise limited from accessing the community unaided. This part of the centre is known as the Rowans. The project enables 140 frail older people who have a diverse range of physical issues. The project provides specialised transport, with a trained escort, to and from the centre. This allows the individual to meet up with their peers in a safe environment and to enable them to continue to be part of the community. This is very much a preventative service, staving off loneliness and isolation and is proactive in enabling people to stay in their own homes for longer before having to go into Residential Care.

The organisation also operates specialised Dementia groups (The Haven) These groups offer social and mental stimulation, activities and companionship for older people who have Dementia and are limited in their ability to access the community unaided.



The main benefits of this project are that it is proactive in sustaining the individual's independence. It offers people, who are limited in their abilities, the reassurance of socialising in a safe and supportive environment. The users learn new skills as well as maintaining skills they already have. Certain activities besides the therapeutic and social value they hold, also offer rehabilitation in the form of maintaining and enhancing motor skills for those dealing with the effects of strokes or arthritis. The ethos and practice of the



Organisation encourages integration of the service users into the community. Many friendships have been established as a result of attending the Day Centres. The project also addresses exclusion. The nature of Dementia in its later stages isolates the individual and their careers. Interacting on a very basic level becomes difficult.

These issues are addressed by providing 6 hours day care in a safe and stimulating environment. This maintains determination for them and quality of life, which prevents residential care. The issues of addressed as they have this time to would otherwise be unable to do. This support enables them to continue their caring role for longer.



morale and improves their premature entry into carers are equally do the things they

“It’s a Braw Place Here” – Betty Hutchison (aged 83)



Betty, aged 83, diagnosed with Dementia had been attending a Nursing Home within Fife where she would often come home very tearful, sad and often saying ‘she didn’t want to go back’! Due to the change fund allocation and the expansion of the Dementia part of the Centre, she was given a place at the Day Centre Services within Fife. Initially, Betty attended here one day a week but within no time, was asking if she could attend more days and soon managed to acquire a place 3 days a week.

Betty now says, her life is much better, the Centre is a ‘Braw place to be’, the food is great, has lots of activities to do, the staff are wonderful but above all, she feels happy and safe with lots of friends. If she didn’t come to the centre ‘she doesn’t know what she would do’!

“What a difference to not only my Gran’s life, but to my

Family as a whole”

Betty’s granddaughter, Karen gave up her work to be the main carer for her Gran when she was diagnosed with Dementia. Karen would often pick her gran up from the nursing home in tears as she was unhappy and often anxious going there. “It was very difficult to motivate my gran to go into the nursing home setting” and I often had to persuade her to go, yet felt very guilty while doing so. Getting a place for my gran at the Day Centre has made such a difference in all my families’ lives as we all see how happy she now is. She is always cheery, continually asking when she is going back, she says to me “the people she meets there are like her own family’. There is no hassle now in getting my gran ready to go to the Centre, in fact, she now goes 3 days a week and really looks forward to it every time. She isn’t anxious like she used to be and certainly never in tears.



This new found happiness in my gran’s life makes such a difference in all our lives as a family. It certainly gives me reassurance that when she is in the Centre, I can get on with my life – looking after my children knowing how happy and cared for she is.

‘Keeping my brain active’ - Cynthia Pritchard, aged 73

Apart from her seeing her two daughters (who have their own busy lives to lead) Cynthia who is now widowed and lives on her own would see very few people throughout the week. Her days mostly consisted of knitting or watching TV and often not leaving the house during the day.



Thanks to the Day Centre Services in Fife, Cynthia now gets picked up from her house twice per week and spends these days doing quizzes, playing games, arts and crafts and attends theatre – “we even went to see **The Kings Speech** last year and had a great time. Visiting one of many friends, whom she has met from attending the centre, now takes up another day of Cynthia’s week.



During the Christmas period, Cynthia broke her foot and felt very saddened that she would not be able to attend the centre on her usual days, but the staff at the centre came to her house with a wheelchair to enable her to attend and indeed she was able to go to the Christmas Party provided for them. Cynthia states that given the especially bad weather this year, if the option to go to the centre was not there, she does not know what she would do. Cynthia describes ‘making so many friends’ and keeping her brain active have made such a vast difference to her life since joining the Day Centre Services in Fife. Cynthia now sits on the board of directors as a user representative and looks after some of the new people who join the group.

Background

In 2011, partners in Fife agreed to allocate £500,000 of the overall Change Fund (£4.89m in total) to Community Capacity Building activity.

A programme was designed by the Third Sector, led by CVS Fife (now Fife Voluntary Action), with four key outcomes for older people identified. These are

- reducing social isolation/improving networks
- planning for an active, healthy retirement
- maintaining independent living through practical support
- strengthening the voice of older people, families and carers

It was agreed that the programme delivery would come primarily via a grant funding programme, and the Community Interventions Fund was launched in January 2012. Third Sector organisations were given the opportunity to apply for grants of between £15,000 and £50,000 (for one year in the first instance) to run initiatives which would meet at least one of the four CCB outcomes. Nine initiatives made successful applications and the CCB programme contains a mix of Fife-wide and geographically specific initiatives, aiming to work with circa 500 older people in total, with families and carers as additional beneficiaries.

The Day Centre Services in Fife were allocated part of this funding to enable them to take on an additional 2 members of staff and increase the level of days offered to clients with Dementia from 2 days per week to 3-5 days per week.

Evaluation is being undertaken by the Day Care Services via surveys with clients and carers; this includes statistical information on numbers of participants and carers, numbers of groups, number of sessions, etc. to give a range of quantitative information.

Alzheimers.org.uk - there are currently 750,000 people with dementia in the UK. This number is set to increase to over 1 million by 2025 and 1.7 million by 2050. People with dementia are significant users of health and social care services. In total the cost of dementia is estimated to be £20 billion per annum. This includes a large financial cost to families who provide significant amounts of care for people with dementia. If the state had to provide the care currently provided by families it would cost over £6 billion a year.