



# FIT FOR THE FUTURE FACT SHEET NO 7

## EXTRA CARE HOUSING SCHEMES AS A HUB FOR COMMUNITY BASED SERVICES

### Introduction

Extra care housing schemes offer opportunities to maximise public investment by providing a hub for additional social or health care services to be delivered into the adjacent community. These kinds of services, delivered to people in the adjacent community and managed and based within a scheme, are referred to as **outreach services**.

Extra care housing schemes also offer an opportunity to 'host' community social and health care services in the form of clinics, workshops, information and drop in sessions, etc. for the benefit of residents and the wider community. These kinds of services where health, social care and other professionals come into the scheme, or where residents from the wider community come into the scheme to access scheme facilities, are referred to as **in-reach services**.

### Outreach Services

Outreach services could include:

- Care and support services delivered to vulnerable residents living in the community surrounding the scheme by scheme staff;
- Alarm response services for assistive technology alarms provided to people living in the community surrounding the scheme by scheme staff;
- Meals delivered to vulnerable and isolated people in the neighbouring community prepared at the scheme and delivered by scheme staff or volunteers;
- Specialist health care delivered to the wider community by specialist nursing staff based within the scheme, including community mental health and learning disability services;
- Specialist social care delivered to the wider community by specialist social care practitioners based within the scheme, including for example: a social worker permanently based at the scheme; occupational therapists permanently based within the scheme, etc;
- Travelling sheltered warden services delivered by a dedicated team based within an extra care scheme.

### In-reach Services

In-reach opportunities normally rely on the provision of clinic space within extra care schemes that can be flexibly scheduled to accommodate flu clinics, foot clinics, continence clinics, visits from community nurses and specialist nurses, as well as chiropody services and complementary therapies such as massage, etc.

In-reach opportunities are generally identified by health and social care strategies that are focussed on moving health and social care services into communities closer to people's



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homes. In particular, there is potential for the provision of a wide range of health services into community settings such as extra care schemes.

In-reach services could include:

- Specialist nurse clinics such as osteoporosis, respiratory, heart and stroke, and other specialisms related to the management of long term, chronic health conditions;
- Healthy living clinics including smoking cessation, obesity management, alcohol and drug services;
- Falls clinics, foot clinics and other services intended to prevent emergency admissions to hospital;
- Benefits clinics and citizen's advice services;
- Carer support workshops and information sessions;
- A community bathing scheme for people living in the neighbourhood.

#### **Linking to the wider community**

To ensure that value for money is achieved through the capital investment in extra care housing developments, there is a need to ensure that schemes provide value to the wider community as well as to residents.

Reconfiguring health and social care services to locate in community settings, or to deliver services into community settings, can achieve more cost effective, responsive and personalised services. Outreach and in-reach services delivered through the development of extra care housing can contribute significantly to this objective.

Note: Both the proposed extra care schemes are intended to provide opportunities for outreach and in-reach services for the benefit of the wider community. These are likely to be provided both by the States – primarily staff from Health and Social Services – and through partnerships with community and charitable groups.