

Abbeyfield Lancashire Extra Care Society Ltd

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Abbeyfield Lancashire Extra Care Society (ALECS) is an independent charitable society affiliated to the national Abbeyfield Society. Our focus is to provide a home of the highest quality for residents with extra needs, including dementia, respite care and day care to relieve carers and relatives. Our recent CQC report was 'good' in all areas.

Our existing dementia unit was built at a cost of around £1.5 million and opened in April 2012. The initial rationale for the need for the unit, updated in Feb 2016, is attached.

Although built to best standards and practice of the time (including the Sterling University Dementia Design Guide) it was recognised as less than ideal due to the footprint of the available site.

Abbeyfield Lancashire Extra Care Society (ALECS) has been able to slowly acquire some land to the south to broaden the footprint.

Demand for care varies between extra care, dementia, respite and day care and the flexibility will allow ALECS to better meet this demand by varying the number of suites available for each type of care. The aim of these improvements is to enhance the living areas and external recreation spaces, the total number of residential suites will remain the same (40).

Research has shown that dementia sufferers who can walk around, particularly in the open air have reduced agitation, confusion and aggression. However careful design is essential to facilitate free movement while maintaining supervision and safety. The proposed improvements will integrate the living area and garden and give a sense of space even in poor weather. The improvements maintain physical and visual separation between residential and dementia spaces to minimise confusion for dementia sufferers.

The home currently has only one small lift which cannot cope with residents with special needs e.g. a large wheelchair. The new lift will share the load and meet these needs.

We are a member of The Abbeyfield Society
Royal Patron HRH The Prince of Wales

Registered Society No: 26309R

Home and Communities Agency (HCA) No. H3873

Registered Office: Abbeyfield House, Union Street, Low Moor, Clitheroe. BB7 2NH

Registered in England and Wales

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The Case for Increasing Provision of Dementia Care within Abbeyfield Lancashire Extra Care Society.

- Abbeyfields Lancashire Extra Care Society(ALECS) has the philosophy of providing the best possible care for residents for as long as possible, ideally until death.
- For social and economic reasons residents are older and more infirm on admission.
- There was an increasing trend for residents having to leave ALECS due to care needs exceeding possible provision to the distress of residents and relatives and the regret of ALECS prior to building the Clitheroe (dementia) unit which opened in April 2012.
- ALECS is a care provider for all Lancashire but its geographical position in the Ribble Valley makes it well placed to serve a high demand area: Clitheroe Health Centre serves a population with 21.5% over 65 compared with E Lancs 18.2% and England 17.9%. Proportionally more elderly people live in rural areas with over 50% over 45yrs compared with 40% in urban areas. By 2029 projections show a rise of 36% of rural populations over 60yrs (urban 23%) and 90% over 75yrs (urban 47%).
- Dementia incidence rises with age affecting 1 in 20 over 65yrs and 1 in 6 over 80yrs. There are about 700,000 people in England with dementia syndrome (850,000 in the UK) expected to rise by about 100,000 every 5 years, the prevalence is projected to increase by 40% in the next 15yrs and 150% in the next 45 yrs.. There is currently little state care provision, unpaid carers undertake most support and urgently need support such as respite and day care. Crossroads (the Ribble Valley charitable carer support organisation) reports the new revised system of personal needs assessment is not recognising the needs of carers who are under increasing stress.
- Reduced Local Authority funding has resulted in a crisis in social provision to meet the needs of the elderly. At present the Dilnot reforms have been postponed until 2020 but by capping reasonable care costs and extending means tested support these may put further pressure on a sector already stretched and underfunded.
- The emphasis on supporting social need within the home has resulted in less demand for extra care rooms.
- Demand is increasing for dementia care as life expectancy continues to rise. By 2030 there will be double the number of people over 85yrs compared with 2010. By 2037 it is expected 1 in 4 of our population will be over 65yrs and there will be 111,000 centenarians (14,450 in 2014.) ALECS has a waiting list for dementia care and we cannot meet our objective to reserve a room to provide respite relief for carers.
- Rural elderly are increasingly isolated in spite of efforts by Crossroads to broker social meetings. Lack of transport, social interaction and stimulation means they need care at an earlier stage.
- The National Dementia Strategy sets a goal of extra care housing of best quality(objective11) and strong intermediate care.
- All publications stress support for carers and ALECS wishes to provide respite rooms and day care currently limited by our facilities.

- The National Strategy for Housing in an Aging Society places improved specialised housing as a priority action for the Department of Health with the Department of Communities and Local Government.
- An audit in 2011 by the Royal College of Psychiatrists has shown severe failings in the care of patients with dementia in acute hospitals: less than ½ had their mental state assessed; less than 5% of hospitals insisted on training in dementia for clinical staff; only 19% of hospitals made sure staff were aware of a dementia diagnosis; 30% of dementia patients had no nutritional assessment and 42% lost weight in hospital . Our aim is to manage as many health problems as possible within our house facilities.
- Lancashire mental health beds have been cut by more than ½ and centred only on Blackpool and Burnley without provision for assessment of dementia prior to appropriate placement and support of sufferers . Appropriate assessment facilities should be made available at the new Clitheroe Community Hospital so our residents are appropriately placed and we are able to meet their needs.
- In the last 10 years (99/2000-2009/10) hospital stays have increased 48% for 60-74yrs and 66% for over 75yrs. 41% (7.6 million adults) of hospital admissions were aged over 65yrs in 2014. 1 in 2 doctors believe more beds are being 'blocked' by patients not needing hospital care but without adequate social support.
- ALECS has close links with local GPs of the highest calibre (holders of the RCGP Quality Practice Award, RCGP Fellows by Assessment and a practice rated 'outstanding' by CQC) and works with the local Clitheroe Community Hospital to facilitate smooth and appropriate hospital discharge.

The expansion of our facilities and services to manage dementia and support carers fits national strategies and local needs now and in the future, allowing us to continue care in most circumstances and provide care to meet increasing demand.

David McKinlay v2-11/2016.