

Retirement communities in the UK

Information kindly provided by Louise Morse of Pilgrim Homes UK (www.pilgrimsfriend.org.uk)

Organisations that help in the UK are:

Age Concern

Age Concern is the largest UK charity working with and for older people. The website provides information about local branches throughout Britain. A national helpline will give links to local branches.

Telephone: 0800 009966

www.ageconcern.org.uk

Age Concern Cwmru (Wales) *recently merged, as lead charity, with Help the Aged.*

Ty John Pathy

13/14 Neptune Court

Vanguard Way

Cardiff CF24 5PJ

Tel. 029 2043 1555

Email: [enquiries @accymru.org.uk](mailto:enquiries@accymru.org.uk)

www.accymru.org.uk

Age Concern Northern Ireland

3 Lower Crescent

Belfast BT7 1NR

Tel. 028 9024 5729

Email: info@ageconcernni.org

www.ageconcernni.org

The Alzheimer's Society

The UK's leading care and research charity for people with dementia, their families and carers.

Devon House

58 St Katharine's Way

London E1W 1JX

Telephone: 020 7423 3500

Fax: 020 7423 3501

www.alzheimers.org.uk

Email: enquiries@alzheimers.org.uk

Carer's Allowance Unit

Department of Work and Pensions

Palatine House

Lancaster Road

Preston

Lancashire PR1 1HB

Tel. 01253 856 123

www.direct.gov.uk/

Carers Christian Fellowship

The Carers Christian Fellowship aims to offer a link and support for Christians who are caring in some way for a relative, friend or neighbour. The Fellowship offers mutual support to fellow Christians by prayer and sharing the reality of the Christian experience in the middle of the stress of caring.

14 Cavie Close
Nine Elms
Swindon
Wiltshire
SN5 5XD
Telephone: 01793 887068
www.carerschristianfellowship.org.uk

Care Quality Commission

The independent regulator of health and social care in England. All health and adult social care providers, who provide regulated activities, are required by law to register with the Care Quality Commission. The website shows ratings for homes in the UK.

Care Quality Commission National Correspondence
Citygate
Gallowgate
Newcastle upon Tyne
NE1 4PA
Tel. 03000 616161
Email. Enquiries@cqc.org.uk
www.cqc.org.uk/

Carers UK

Carers UK is the voice of carers. The organization fights to obtain better support for carers.

20-25 Glasshouse Yard,
London EC1A 4JT
Telephone: 020 7378 4999
Carers' Line: 0808 808 7777
info@carersuk.org
www.carersuk.org/Contactus (for contacts in Ireland, Scotland and Wales)

Council and Care for Older People and their carers.

A national charity providing personalised, in-depth advice and information, aiming to ensure that everyone who asks for advice and information receives the support that they are entitled to.

Counsel and Care
Twyman House
16 Bonny Street
London NW1 9PG

Tel 020 7241 8555

Email. Contact form on website.

www.counselandcare.org.uk

Crossroads

Crossroads is a national network of local charities employing over 5,000 trained professionals. It provides flexible services to people of all ages and with a range of disabilities and health conditions. Website gives regional contact addresses throughout the UK.

Caring for carers.

Crossroads Association

10 Regent Place

Rugby

Warwickshire

CV21 2PN

Telephone: 0845 450 0350

www.crossroads.org.uk

Dementia Care Trust

To relieve the elderly mental infirm by the provision of suitable accommodation, health care, counselling and other forms of assistance, and support for such persons in order to provide facilities to foster, encourage or experience a sense of independence in their mode of life or present living conditions.

Kingsley House

Greenbank Road

Bristol

BS5 6HE

Phone: 0117 952 5325

Fax: 0117 951 8213

Website. www.brunelcare.org.uk

Counsel and Care for Older People and their Carers

Twyman House

16 Bonny Street

London NW1 9PG

Dementia Care Partnership

Dementia Care Partnership (DCP) is a registered Newcastle based charity which provides local services for people with dementia of all ages, older people including people from the black and minority ethnic communities. Currently providing services in Northumberland, Gateshead and North Tyneside.

Bradbury Centre

Darrell Street,

Brunswick Village

Newcastle upon Tyne, NE13 7DS

Tel: 0191 217 1323

Fax: 0191 236 5778

E-mail: bradburycentre@dementiacare.org.uk

Web: www.dementiacare.org.uk

Finding a retirement community

EAC housing.care.org is a charity founded in 1985 to provide relevant information to older people. Its Directory of Retirement Housing and Care lists around 67 retirement communities around the country but says,

‘These are formed of a large group of retirement or sheltered housing schemes for seniors - an increasingly popular concept, but unfortunately lacking any single, clear definition.’

The organisation’s website adds that these communities can be almost any type of development, ‘from an estate to a full blown village ... of bungalows, flats or houses,’ all for occupation by older people.

They often include recreational facilities and sometimes there is a care home in the same development. These retirement communities exist in the public, voluntary and private sectors, and are provided by local authorities, housing associations, private companies, charities and trusts, or by a combination of these. More information is available at www.housingcare.org/elderly-uk-retirement-villages.aspx)

A popular concept introduced in the early 2000s, that seems to have gone on hold somewhat, is the **Extra Care Housing scheme** (ECH). It provides apartments for people in a purpose designed complex, usually a large building, with extras such as hairdressing, restaurant, games room, laundry and so on. Apartments can be rented or purchased, and the ideal is to have a mixture of both. ECH was popular with local authorities who received capital funding from central government and were able to persuade older, frailer people who were still living in larger council houses that have been their family homes to move into ECH, releasing the family homes for younger people. In ECH the aim is to have a care team on site 24/7, so the number of care hours needs to be at a certain level to make it economically viable. Care providers approve of ECH because it reduces, to an extent, the cost of providing accommodation.

It’s important to note that the personal care given in these schemes is *domiciliary care*, where personal needs are assessed and a care plan is drawn up, which includes a schedule for carers to attend. Domiciliary care providers are mainly private agencies. They contract with local authorities and with private clients. There are growing concerns about accountability and the quality of care when it is given privately, out of sight. Other concerns are that keeping people in their own homes who would have previously gone into residential care condemns them to isolation, something to be

avoided with older people. Some researchers (Rush University, Washington, Centre for Aging) say their studies show isolation to be a precursor for dementia and other ills. It isn't easy to check on the credentials of domiciliary care agencies, though most have websites, but by its nature, their customer base isn't easily available for comment.

Now, under what is being dubbed the National Care Service, some 350,000 people with "the highest needs" will receive home care regardless of personal wealth. The aim is to keep them out of hospital. In one Welsh authority the new system is being called 'hospital at home'. At the time of writing (June 2010) the system is very new and how well it works isn't known.

In an extra care housing scheme tenants tend to become good neighbours, with a lively community spirit. Pilgrim Homes' scheme in Mirfield, Yorkshire, has grown into a neighbourly Christian community. Jigsaws are left on tables in the main lounge to be completed as people have time; there are daily devotions each morning and a 'committee' arranges for speakers to come in for midweek or Sunday meetings. A little (she's only 4 ft 10") 93 year old lady rides her electric scooter to a nearby allotment, where she grows dozens of different sorts of vegetables. She loves vegetables! She bought a rotavator which she puts into a kind of trolley and attaches it to the back of her scooter when she needs it. The vegetables she doesn't use herself she sells to her neighbours, and uses the money to buy more seed. She has an 80 year old friend, a man from the local area, at the allotment who has taken her under his wing.

Another option for older people is **sheltered housing schemes**, run mainly by Local Authorities but also by some private providers. They are either bungalows or flats, often in the grounds of a residential care home. Local Authorities make housing subsidies available for people who can't afford to pay the full rent, both in their own schemes and in private schemes, but these subsidies are 'means tested.'

No-one should consider moving into a retirement scheme of any sort without thoroughly inspecting it first. Spend the best part of a day there, speaking to people already living there. All flats and bungalows in sheltered housing, and extra care housing schemes have a button or pull cord that connects them to a Call Centre, and an operative will contact care providers in an emergency. The Call Centre will also call tenants from time to time to check that the system is working. Most local authority schemes do not have a resident warden, although they used to until recently. They've been replaced by a local team of visiting wardens.

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Care for older people is quite sharply divided in the UK. If you can afford the average cost of around £500 a week then you'll have no problem. The Rowntree Trust says that the market for

residential care is made by the 49% of people who can fund themselves (self-funders). The rest are subsidised by the government via their local authorities.

In 2003 the government announced it was switching funding from residential care to domiciliary care, and local authorities were set targets and bonuses for switching. At the same time there was a concerted PR programme through the press that denigrated the value of residential care. Health Minister Stephen Ladyman said in Parliament that if you ask any 50 year old if he or she wants to go into a care home, they will tell you, no they don't. But neither do they want to go into hospital, yet they want the hospitals to be there for when they, and others, need them. Now only very frail residents are funded for residential care and around 80% are suffering with dementia. It is changing the nature of care homes. The very frail and those with dementia need more carers, clearly, than others, but fees paid by authorities are grossly less than the cost of care – up to 30% lower than they should be. In the mid 2000s an Association of Care Providers in the North of England successfully sued their local Councils after finding proof that they were paying private providers significantly less than they were paying their own residential care homes. Most local authorities have closed most of their care homes now. Closures have often been accompanied protest campaigns in the local press.

There are still nursing homes in the UK, but these tend to be mainly for self-funders.

In the UK there are two government backed funding 'pots'; the NHS is one and Social Services is another. The NHS pays for nursing care and Social Services for personal care. Nursing care costs more than personal care. Much personal care would have been deemed 'nursing care' ten to 15 years' ago.

Coming out of hospital

Whether you are living in your own home in your old locality, or in an ECH scheme or in sheltered housing, if you are too frail to look after yourself and have no-one to look after you until recently you would have been termed a 'bed blocker'. It's a dreadful term for older people who didn't want to be in hospital, anyway. Most find themselves hospitalized after an unexpected fall. If there was a way of preventing older people falling it would save the public health sector £millions!

If this happens, the Ward Sister or the person designate in the hospital will contact your local Social Services, who will assess your needs (and you do have the right to ask for a Christian care scheme) and arrange one of the following options for you:

- Short term care in a residential care home
- Or domiciliary care in your own home (or even hospital at home), wherever that is.
- If you are living in Extra Care Housing you'll receive care from the team on site.

The big difference here is that in residential care you'd be in the main lounge of the home most of the day under the eyes of the resident carers. In ECH, or sheltered housing, or in your own home, you're not, and relatives prefer to have Grandma, when she's very frail, with others.

In summary

- 1) There are nursing homes, care homes, and some care homes with nursing wings. (Most care homes are run by registered nurses.) Most of these nowadays are privately run, many by Christian charities such as Pilgrim Homes. Local Authorities are closing theirs very quickly.
- 2) There are retirement communities, usually for the fit - older. They can be villages, or complexes.
- 3) There is extra care housing, with a care team on site 24/7. There's also assisted living, exactly the same as ECH but without a 24 hour care team.
- 4) There's sheltered housing, and very sheltered housing. The former are more independent than the latter.
- 5) Care is being devolved to the individual's own home, wherever that is.
- 6) The place to start to look is with your local Social Services Department. They have directories of facilities in the area and can tell you about funding.

The big challenge in the UK, as in other countries, is the sheer cost of providing care in a rapidly ageing population. The fastest growing sector in the UK now is the 80s+. This is also the 'D' (dementia zone). Last year the government allocated £150 million to support its newly announced dementia strategy, but PCTs (Primary Care Trusts that run the hospitals) absorbed the first drawn down of £50 million on 'other priorities' and only around £10 million went to where it was intended.

DISC

A Warwickshire Dementia Information Service for Carers. Advice and information for carers of older people with dementia.

Guideposts Trust
6 Tom Brown Street
Rugby CV21 3JT
Telephone: 0845 4379901
Email: info@disc.org.uk
www.disc.org.uk

For dementia

A national charity, committed to improving the life of all people affected by dementia. for dementia, also helps with Admiralty Nurses

6 Camden High Street
London NW1 0JH
Telephone: 020 7874 7210
www.fordementia.org.uk

Dementia Voice

An organization responsible for management and development of specialist care provision, research and training in the South West.

Hillside Court
Batten Road
BRISTOL
BS5 8NL
ENGLAND
Tel. 0870 192 4747
Fax. 0870 192 4748
Email: kim.warren@housing21.co.uk
www.dementia-voice.org.uk

Office of the Public Guardian

Supports and promotes decision making for those who lack capacity or would like to plan for their future, within the framework of the Mental Capacity Act 2005.

Office of the Public Guardian
PO Box 15118
Birmingham
B16 6GX
Tel. 0300 456 0300
Email. customerservices@publicguardian.gsi.gov.uk
www.publicguardian.gov.uk/

Holiday Care Service

A national charity dedicated to making tourism welcoming to all.

Tourism for All

c/o Vitalise
Shap Road Industrial Estate
Shap Road
Kendal
Cumbria LA9 6NZ

Tel. 0845 124 9971

Email. info@tourismforall.org.uk

www.tourismforall.org.uk

PARCHE (Visiting only, not arranging accommodation)

Pastoral Action in Residential Care Homes for the Elderly. Meeting the spiritual needs of elderly people in care. PARCHE, together with Eastbourne churches, offers regional help. National training and envisioning for church teams.

St Elizabeth's Church 268 Victoria Drive
Eastbourne BN20 8QX.

Tel: 01323 438527

Email: PARCHEenquiries@hotmail.co.uk

www.parche.org.uk

Parish Nursing Ministries UK

Whole person health care through the local church.

Reverend Helen Wordsworth

3, Barnwell Close

Dunchurch

Nr Rugby

Warwickshire CV22 6QH

Telephone: 01788 817292

www.parishnursing.co.uk

The Pilgrims' Friend Society

175 Tower Bridge Road,

London, SE1 2AL

Telephone: 0300 303 1400

Email: info@pilgrimsfriend.org.uk

www.pilgrimsfriend.org.uk

PDSG

Pick's Disease Support Group – Lewy Body Dementia The PDSG charity is under the umbrella of the National Hospital for Neurology and Neurosurgery Development Foundation. Caring for people with frontotemporal dementia is hard; there are few facilities tailored for the younger sufferer and those are not always appropriate for people with frontotemporal dementia. Website provides regional links.

www.pdsg.org.uk

SPECIAL

Dementia and Alzheimer's charity provides courses, services and advice.

The SPECIAL Centre,
Sheep Street,
Burford, OX18 4LS
e-mail. help@special.co.uk
www.special.co.uk

The Princess Royal Trust for Carers

Provides support services in the UK, through its unique network of 144 independently managed Carers' Centres , 85 young carers services and interactive websites.

London Office
142 Minories
London EC3N 1LB
Tel. 0844 800 4361
Email: info@carers.org
[www. /www.carers.org](http://www.carers.org)

Registered Nursing Home Association

Formed in 1968, the RNHA campaigns strongly for high standards in nursing home care.

John Hewitt House,
Tunnel Lane, Off Lifford Lane,
Kings Norton,
BIRMINGHAM,
B30 3JN
Tel. 0121 451 1088
Email. Via website
[www. Rnha.co.uk/](http://www.Rnha.co.uk/)

Relatives and Residents Association

24 The Ivories
6-18 Northampton Street
London
N1 2HY
Tel. (Advice line) 020 7359 8136

Tel (Admin): 020 7359 8148

Web: www.relres.org

Wandering in Dementia

Is a UK-wide service for carers and professionals looking after people with memory loss who are at risk of getting lost.

NHS Innovations South East
Harwell Innovation Centre
Building 173, Curie Avenue
Harwell International Business Centre
Didcot
Oxfordshire
OX11 0QG

Tel. 0845 8900200

Email. information@WanderingInDementia.co.uk

www.wanderingindementia.com