



National Development Team **for inclusion**

Widening options for older people with high support needs

Not A One Way Street

Caroline Bernard
Programme Lead, Older People & Ageing, (NDTi)

communitycatalysts
unlocking potential **effecting change**

JRF
JOSEPH
ROWNTREE
FOUNDATION

people ● lives ● communities

Widening options for older people with high support needs

- What's the issue?
- What we set out to do
- Defining our terms – models based on reciprocal and mutual support
- Some examples
- How we approached the work
- What we found
- Workshop session and feedback
- Next steps

The funder and research team

- Carried out by National Development Team for Inclusion (NDTi) and Community Catalysts
- Funded by Joseph Rowntree Foundation
- Part of 5 year A Better Life programme – looking at alternative approaches to long term care

What's the issue?

- Negative attitudes to older people with high support needs are still pervasive
- The range of support options remains limited
- Older people's contributions are seldom recognised
- Older people and professionals have low awareness of alternative models
- There are some signs of positive change in attitudes to older people and ageing
- There is a push for new models of public services
- Mutuality in an age of austerity

What we set out to do

- develop a vision for and definition of **mutual and reciprocal support** by assessing what is needed for these models to work well for older people with high support needs
- improve understanding of how to establish and sustain mutual support systems
- examine how to scale up and replicate effective models and approaches based on mutual support and reciprocity

Defining our terms

- **Mutual/mutuality:** a term used to describe a reciprocal relationship between two or more people or things
 - Free online dictionary

- **Reciprocity:** the practice of exchanging things with others for mutual benefit
 - Oxford Dictionaries online

Models based on reciprocity and mutuality – a typology

- mutually supportive relationships
- mutually supportive communities (including KeyRing Networks)
- cohousing
- Homeshare
- Shared Lives
- Time Banking
- Circles of Support;
- face-to-face and virtual volunteering schemes
- self-help and peer support networks

Some examples

Age UK Bromley and Greenwich TimeBank

- Membership is open to individuals and organisations
- Individual members' ages range between 24 and 98 (majority are over 60)
- Some people donate their 'hours' to the 'Big Pot' – provides time-limited support to older people with extra needs

Some examples

Shared Lives in Leeds

- Shared Lives carer ('Mary') supports an older person with learning disabilities ('Jane') in their own home
- Mary and Jane both say how important they are to each other. They share hobbies (embroidery) and enjoy spending time together.
- Mary says she would be very lonely without Jane. Jane says she has never been happier.

How we approached the work

- Four fieldwork sites – Oxford, Leeds, Dorset, Swansea & Gower
- 70 older people shared experiences in sites
- Six case studies focused on specific models (eg Time Banks, senior co-housing), involving a further 50 older people
- Open call for examples
- Literature search

What we found – overarching headlines

- a diversity of people, possibilities and approaches exists
- mutual and reciprocal support makes a positive difference
- successful models are clear about their purpose and outcomes
- knowledge, innovators and networks help to make this happen
- nurturing relationships and trust are central to all models

What we found – overarching headlines

- mutuality and reciprocity mean different things
- asset-based *and* community-led approaches matter
- resources and resourcefulness are important
- problem solving is a central, sustaining feature
- there are challenges of scale - how are these models to be replicated?

What we found – benefits to older people

- Companionship and positive long-term relationships
- Practical and emotional support through crises
- Avoiding isolation
- Feeling valued
- Avoiding admission to hospital/residential care
- Increased income, as part of a formal arrangement

What we found –key messages about what needs to change

- negative attitudes about and narrow perceptions of older age
- public interest and professional scepticism
- create a diverse picture of support based on mutuality and reciprocity
- achieve clear outcomes that can be achieved from mutual support
- the need to integrate mutual support into local options for older people with high support needs
- celebrate and support successful innovators and ambassadors of mutual support.

What we found – common features of successful developments

- Recognising both needs and assets
- Problem solving to overcome ‘life’s obstacles’
- Codesign, coproduction and collaboration at the heart
- Relationship based delivery/exchange of support
- Helping people to ‘age in place’

What Next? Workshop session

Each table has been allocated a theme by number: on your tables, think about ways in which we can:

1. communicate and demonstrate the benefits
2. raise public awareness and engagement
3. tackle interfaces with other services
4. replicate and scale out
5. mobilise resources

Workshop Session

Feedback and Discussion

Next steps

- Published in January 2013
- Phased dissemination programme
 - With commissioners and leaders in study sites
 - National/regional workshops and events (post publication)
- What else should we be doing, and how would you like to be involved?

Thank you!



www.ndti.org.uk



[@ndticaroline](https://twitter.com/ndticaroline)



ndti.org.uk