



National Development Team **for inclusion**

Widening options for older people with high support needs

Not A One Way Street

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community**catalysts**
unlocking potential **effecting change**

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- Carried out by National Development Team for Inclusion (NDTi) and Community Catalysts
- Funded by Joseph Rowntree Foundation
- Part of 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 peoples' 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

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

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

Paravar in Leeds

- Established to bring together older people and carers from Sikh and Hindu communities in Leeds
- Part of wider network of groups
- Connections made at gatherings, but networks are maintained beyond these:

‘People come to meet people, share sorrows and happiness. Value the change of atmosphere, learn new things, help people who can’t get out with their shopping.’

What we found – overarching headlines

- a diversity of people, possibilities and approaches exists;
- support based on mutuality and reciprocity 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

- asset-based *and* community-led approaches matter;
- resources and resourcefulness are important;
- problem solving is a central, sustaining feature;
- there are challenges of scale and replicability.

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 – 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’