

NAME OF SCRUTINY COMMITTEE	Services Scrutiny Committee
DATE OF MEETING	20 June 2013
TITLE OF ITEM	Respite Care
CABINET MEMBER	Councillor R. H. Wyn Williams

1.0. Background

1.1 Vision – social care for adults is changing. Gwynedd Council’s vision for adult social services is to promote and maintain independence by supporting individuals to live in their own homes for as long as possible.

1.2 In commissioning services for older people, the main aim of Gwynedd Council Social Services is to ensure that they:

- Meet the needs of the individual
- Contribute towards maintaining independence
- Are appealing, suitable and sustainable for the future
- Offer choices and options for the individual
- Offer value for money / are cost effective
- Meet expected standards
- Are flexible enough to be able to address any changes to the individual’s circumstances and needs.

1.3 The main principles of the commissioning plan for older people in Gwynedd (approved by the Council Board on 24 January 2012) is to:

- Promote independence by ensuring the necessary support to enable people to continue to live at home as long as possible
- Reduce loneliness and social isolation
- Concentrate on dignity in care and the quality of services
- Work in partnership
- Recognise the role of carers and ensure support for them to be able to continue to care.

1.4 Respite care is an integral part of trying to enable people to continue living independently in their own homes.

2.0 The definition of respite care:

“Short term care for an individual in order to support a carer to continue to care.”

2.1 Respite care can be a few hours in the individual's home or in the community; a period of up to a day in an appropriate location (e.g. in a care centre or a care home) or a period of up to 2 weeks in a residential care or nursing home. Some individuals will receive one or more of these types of services within their care packages.

3. How respite care is currently provided in Gwynedd

3.1 Over the last few years, our use of residential resources has changed. Strategies for supporting individuals at home are proving successful and there is less demand for traditional residential care:

- There are some voids within the Council's residential homes.
- There is an increase in demand for respite periods.
- There is more recognition and appreciation of the role of unpaid carers, and their subsequent need for support is given more attention.

3.2 Respite care for older people over 65 years old is offered within Gwynedd's residential homes.

3.3 Two beds are allocated for respite care in each of the Council owned homes. We also purchase beds on a spot basis in the independent sector.

3.4 Very little use is made of out of county homes and nursing homes (Betsi Cadwaladr University Health Board pays for respite care in nursing homes).

Location	2011/12	2012/13
Gwynedd Council Residential Homes	160	211
Independent Residential Homes	44	25
Out of county residential	5	6
Nursing	9	3
Out of county nursing	4	4
Total	222	249

Use of Residential and Nursing Care resources for Respite – Respite periods throughout Gwynedd, Adults over 65 (Source: RAISE)

4. What are the difficulties, and what are the future plans for respite?

- 4.1 Apart from some busy periods e.g. summer holidays, it's possible to meet the demand for respite care. In order to plan to address the increasing need in future years, it is intended to establish respite care units in the three areas.
- 4.2 To this end, a pilot scheme is about to be established in Plas Pengwaith residential home in Llanberis for people aged 65+. The unit will accommodate up to 7 people, and will be seen as a separate unit from the remainder of the home, which offers long term care.
- 4.3 Using the Council's home enables us to open a respite unit at no extra cost. A baseline can be established for use and planning following the pilot period.
- 4.4 A respite care unit can be defined as a special resource within a residential care home which offers carers periods of respite. It offers carers an opportunity to take a break from caring for periods of up to a fortnight at a time.
- 4.5 The purpose of a residential respite resource is to:
- Support carers to continue in their caring role by arranging regular periods of rest from caring.
 - Manage a residential respite service in a way which ensures consistency and equity of access to the service.
 - Strengthen the overall support arrangements for unpaid carers by providing better access to third sector information and services.
 - Strengthen the crisis response arrangements.
 - Use resources in a more effective and efficient way.
- 4.6 This link between the respite care unit and wider support for carers is crucial, as the length of the respite period offered to the carer enables him or her to care in the future, and reinforces the vision of keeping people independently in their own homes.
- 4.7 A carer can be defined as an unpaid person who gives, is considering giving, or intends to give a significant level of care on a regular basis.

5. Short term enablement/rehabilitation care

- 5.1 A period of care in a residential institution which offers an individual the opportunity to receive support in order to reach their full potential in relation to their ability to live independently. This can be following a deterioration in a condition or due to illness.
- 5.2 The care will follow the principles of Enablement.
- 5.3 This can be a period of **up to 6 weeks**. This can be extended if the user is likely to benefit from a further period of enablement. It will also be possible to release a person from the scheme before the end of the 6 weeks if the aim and objectives have been met.
- 5.4 There is an expectation that the individual will return home following a period of short term care. If this is not possible, and a Multidisciplinary Team recommends a permanent residential location, a decision will have to be made on the most appropriate location for the person.
- 5.5 There will be no option to stay in the Short Term Unit as this would mean that somebody else would miss the opportunity of receiving a period of rehabilitation and Enablement.
- 5.6 Short term rehabilitation care is provided at Plas Gwilym home, Penygroes. It is a specialist residential resource (Short Term Care Unit) which provides an environment and arrangements where individuals are given the opportunity to improve and strengthen before having to make any permanent decisions on their future care. Providing a service in a manner which encourages independence can lead to a shift in culture. More people will be able to return to live in their homes for longer, rather than having to move to long term residential beds.

6. Extra care housing provision

- 6.1 Extra care housing has been designed with the needs of older people in mind, with various levels of care and support available on site. People living in extra care housing have their own self-sufficient homes, their own front doors and a legal right to live there. It provides a home and care / support for people who in some cases would have had to move to a residential home.
- 6.2 Domestic and personal care support is available with care and support staff available on site on a 24 hour basis. A restaurant and other facilities are also provided for those who wish to use them. Most extra care housing schemes have residents who are more independent and able as well as some very vulnerable residents. Some receive a great deal of support and care, while others live independently. Extra care housing schemes are developed with the needs of various older people in mind.

- 6.3 Awel y Coleg extra care housing site in Bala offers one respite / intermediate care bed.
- 6.3.1 Intermediate care – Betsi Cadwaladr University Health Board is responsible for funding intermediate care packages. Intermediate care comprises services that support people to live in their own homes rather than being admitted to hospital, or helps people to return home following a stay in hospital. The care is undertaken by a team of people that can include nurses, care assistants, occupational therapists and others. It can continue for a few days or weeks, depending on the need.
- 6.4 An extra care housing site is being built by North Wales Housing in Penrhosgarnedd, Bangor.
7. This report has tried to summarise information relating to respite / rehabilitation care and extra care housing in Gwynedd.