

Extra Care

Extra Care provides the opportunity for individuals to have their own tenancy and flat, that offers privacy and security, with the care staff on site 24/7 to support with any identified care and support needs or in an emergency.

Extra Care has the additional benefits of Housing staff, Tunstall Technology, a restaurant, hair salon and communal areas that accommodate events and activities as well as the opportunity to socialise outside of your flat.

The ethos of Extra Care is to promote individuals who have social care needs to be as independent as possible in their own environment.

Extra Care is available to those primarily with assessed social care need, with a physical, sensory or learning disability and are an LBH resident.

There are 4 schemes throughout Hillingdon, 3 schemes are managed by London Borough of Hillingdon, and one is managed by Guinness Partnership, overseen by LBH representatives.

Extra Care supports a group of people with a large age range and differing disabilities and health issues so arranging groups that can cater to all is key within Extra Care.

Activities include:

MyHealth joint working - via MyHealth health sessions have been organised with a GP attending to discuss matters such as COPD, Diabetes, Cholesterol and Staying Healthy. We have had 2 successful sessions across the schemes on COPD and Diabetes, with 15-20 individuals attending from each scheme.

The sessions are open to those with the related health issue or for learning. We have had positive feedback from those that have attended and will look to re run the sessions once all topics completed. We are also looking to explore Mental Health Sessions, one personalised to male residents.

A Group from Park View Court attended **morning sessions at Nestles Children's Nursery** with the aim to integrate the young and the old in our community. The sessions were loved by both the residents and the children. The sessions are to resume, extending to other schemes and with visit to Extra Care from children at the nursery.

Chair Exercises as part of the ongoing Falls Prevention works - successful classes held at Grassy Meadows and Triscott House. Residents thoroughly enjoyed the chance to promote safe exercise and some now attend local parks with exercise equipment to continue strength building.

Residents have supported at **Promotional events** to provide first hand experiences of Extra Care and taken part in videos that are on the Extra Care website.

Community Police Officer has attended schemes to provide safety talks especially over the winter months

What was the outcome?

Individuals have the opportunity to come together and learn how to promote and understand their own health needs but also come together to meet others that live within the scheme, forging relationships and setting up own social clubs and groups, e.g. tea clubs, meditation group, rummicub group.

Some of the activities have allowed individuals to thrive in confidence and overcome and support Mental Health issues, such as anxiety and depression, and develop new friendships.

The work with the Nursery invoked memories for some who in the past had worked with scout groups or in schools, and they opened up about experiences they had had.

It has helped strengthen and grow relationships with our external partners, which in turn develops further opportunities for the tenants.