

CLAHRCBITE

Brokering Innovation Through Evidence

TITLE: Impact of Day Care Services on Older People with Multiple Long Term Conditions



The aim of the project was to explore the types of day care provision that older people with multiple long term conditions attend and examine its impact on their wellbeing, independence and social isolation and that of their carers.

Background

There is a lack of research about day care services. In the UK how day care is funded, provided, accessed and paid for has changed considerably for older people. In many areas services provided by local authorities have been outsourced to charities and voluntary services. It is not known if there is a difference in outcomes for older people by the service type or geographical area (urban or rural) that they attend.

Who was involved?

At the start of the project the researcher visited day care services to discuss issues affecting centres and the people that use them, meeting with day care managers and spending time with older people using the services. The information collated at these visits were used to design the objectives for the project, the types of research tools to be used and consider how the project could work on a practical level. 40 day care providers responded to a survey and 7 day care services took part in an exploratory mixed methods study

What did we do?

Completed a systematic review of the international literature to examine published research about day care for older people with long term conditions.

Conducted a survey about the types of day care services available in the North West Coast area.

A mixed methods exploratory study was designed involving seven day care services across nine centres. Observations took place across all centres to understand the services in more detail. 94 older people who were new to day care completed questionnaires when they started and then six and twelve weeks later. 36 older people, carers, staff and volunteers were interviewed about their experiences of day care.

What we found and what does this mean?

The study found that there was no difference in the number of long term conditions reported by clients using different types of services whether local authorities, charities and voluntary groups. Those attending rural services did report a higher number of long term conditions than those attending urban services. This aspect of the study helped provide greater understanding of the needs that people attending day care have. People using charitable and voluntary services reported better or same health outcomes than those attending paid staff services. The level of loneliness experienced over the first 12 weeks of attendance was twice as likely to reduce for those attending charitable and voluntary services. Observations and interviews with older people suggested that this may have been associated with the types and delivery of activities that people took part in whilst at the centres.

What next?

Further research into the key findings will take place to benefit the services providing activities to older people with multiple long term conditions.

Partners / Stakeholders



What is NIHR CLAHRC NWC?

The mission of the NIHR CLAHRC NWC is to work collaboratively with Partner organisations and other stakeholders including members of the public to co-produce and conduct high-quality, leadership enhancing, applied research designed to decrease health inequalities and improve the health of the population of the North West Coast.

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