



Centre for the  
Older Person's Agenda



## Supporting 'Good Ideas' in the Provision of Effective Outreach Day and Respite Services for Older People

### 'Good Ideas' Booklet

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### Summary

The production of this new resource booklet aims to address the support needs of carers who are providing day care or respite care for older people who are housebound. The booklet is a practical handbook of ideas and practical approaches, particularly around key themes:

- social relationships
- nutrition
- physical activity

### Background

It is well known that older people want to be able to stay in their own homes for as long as possible. However, this may mean they become trapped within the home and isolated from the wider community. Services in Edinburgh that provide support to older people and their families are increasingly being asked to provide 'outreach' day care, or respite care (formerly called 'sitter' services) within the older person's own home. This can be hard work for the carer, who is working on their own, outwith the supportive environment of a care home or day centre. In order to consider how best to support carers who provide such services, COPA, in association with NHS Health Scotland and the City of Edinburgh Council's Department of Health and Social Care involved older people in a one year project.

## **Aim**

The aims of the project were to:

- Review what is already known about the needs of wishes of older people who are housebound, from older people themselves
  
- Explore and record what carers are currently doing when they visit people at home and, in particular, to highlight examples of good practice
  
- Develop, evaluate and share good ideas around to support carers to facilitate good practice

## **Sharing Good Ideas**

A 'Good Ideas' booklet launch in March will bring together people who are providing home-based day services and respite services for older people who are housebound, to highlight the role of these services in meeting the support needs of housebound older people and their families, to celebrate good practice, share ideas and to encourage the development of ongoing support mechanisms for people involved in providing these services.