

Case Study 17

Anam Cara, St. Canices Rd., Ballygall, Dublin

FOLD Ireland

Having their own bed-sitting room, own keys to front door is very important for privacy



56 New-build housing with care units

Managed by FOLD Ireland

www.FOLDireland.ie



56

residents in total

28

residents are frail and elderly

28

residents are living with dementia

Description

Anam Cara Housing with Care was opened in 2007 to provide a new and flexible approach to providing housing, care and support to older persons with a diagnosis of dementia and older persons in need of care services.

It is a two-storey building and the ground floor dwelling forms a secure environment for people living with dementia. Anam Cara is recognised by the Health Services Executive (HSE) as a Housing with Care Scheme providing residential care services and not as a Nursing Care facility.

This is a housing with care development with 56 residents. It is managed by FOLD Ireland and is regulated by HIQA. It caters for people with medium to low dependency needs.

There are social carers on site caring for the residents, funded by the HSE. All residents have a care plan in place, and medication may be administered by staff.

This is an alternative to nursing home care. It enables residents to have greater independence than they would have in a nursing home, while there is greater safety, security and care provided than in independent housing for older people.



Facilities

- Residents' rooms with living/bedroom space, own bathroom and kitchenette
- Shared facilities, including shared kitchen and dining rooms, sitting rooms, TV room, central hub, laundry and a guest room
- Communal gardens
- Residents furnish their own space
- Own key to door
- Full-time care assistants and eight full-time staff on at any one time. Staff all have FETAC level 5 qualifications and have training in dementia, elder abuse and occupational first aid training



Funding

Funding for the building came mainly through CAS. Residents pay rent of €110 a week to covers all costs, including heat, electricity and food. There is a care contribution of €70 a week per resident which comes through Section 38/39 funding from the HSE.



Allocations

There is an allocations panel made up of FOLD, the HSE and Dublin City Council.



Features/design & planning

- Links to local community and church
- Next door to Ballygall Housing Scheme (case study 1) which is also run by FOLD
- Access to services will improve when new external gate inserted between Anam Cara and Ballygall schemes
- Designed for dementia; no dead-ends in corridors
- There are built in spaces by front doors for residents to create their own memory boxes

Staff views

We spoke to two people working in Anam Cara. Some of the views expressed were:

- Maintain independence, residents can come and go as they please (for dementia patients – depends on assessment)
- Residents have their private space and own furniture
- Linked in with the community, church, men's sheds, local pubs
- Try to keep life as normal
- Own front door
- Like home from home
- Family can come in and out whenever they want to visit, with no restriction on visiting times
- This is a social model rather than a medical model of housing
- Residents with early onset dementia are getting the level of support to help to ensure that their condition does not progress and remains stable
- Having their own bed-sitting room, own keys to front door is very important for privacy for people
- Slows deterioration in health
- Needs to be more of these places

Lessons learnt



- A critical factor for the success of this type of housing is to have a good relationship between GPs and housing providers. As more of cluster 4 type housing is developed General Practitioner funding based on a housing model (€183 a year) rather than a nursing home model (€450 a year) may need to be reviewed
- An issue for developing this type of housing is that there is no funding structure for this model of care and housing
- Need specific standards in place for this type of housing model. Currently Anam Cara is regulated by HIQA and adheres to nursing home standards. Follow the 2007 Health Act, even though this is a housing model

