

HAFAN DEG DAY CENTRE

Summary

Hafan Deg is a local authority day care centre situated in Rhyl. There is a large population of over 65s in this area and along the Northern coastal towns (See appendix 1)

Hafan Deg is situated amongst a sheltered housing scheme and is used by the wider community for various groups throughout the week including The Deaf Club and Lip reading classes. Hafan Deg has a range of facilities, many of which have been wound down over the years such as the laundry and adapted bath. It provides hot meals and there is a smaller kitchen off the main lounge that would be suitable for a reablement type focus. There is an arts and crafts room that is used by day centre attendees and other groups.

Hafan Deg offers full day day care (Approx 10-3pm) on 3 days a week. One day is for 6 week reablement however this service is not well used.

24 Service users currently attend Hafan Deg between 1 and 3 days per week.

Only one service user uses Welsh as their 1st language. All were assessed as part of the review. One new service user has just started and assessments being carried out for 3 further service users to attend. 8 service users have dementia, 2 have mental health issues/learning disabilities.

Of the 24 assessed, 18 were opposed to moving to alternative provision. The 6 service users who said they were prepared to try alternative provision, 3 stated "*...Only if my friends from here also went*"

Other reasons given for being willing to consider alternatives include:

- Pays privately for day care in a residential home which offer longer hours to give husband a longer break.
- Able to access the community by self and does so already
- Willing to adapt if an alternative were comparable to Hafan Deg (i.e include transport, hot meals, entertainment, trips)

Service users and families gave one or more reasons why they wanted to remain attending Hafan Deg.

The main objections given by service users at Hafan Deg to the idea of ceasing to attend were

- loss of established friendships within the centre,
- need to give their carers a break and
- the support they received from staff.

We explored alternatives in the area and outside. There are 2 groups, the 'Get Together Club' at Wellington Road community centre and the 'Cozy club' on Wednesdays at Fforddilas community centre both 1-4pm and offering similar services. These include occasional outings but mainly chat and bingo. There are a number of other groups around Rhyl and Prestatyn which may be suitable for some service users who are more mobile and do not need assistance with personal care such as an art group, tai chi, singing for the brain but these tend to only be for an hour or two.

One concern in relation to an alternative was a comment made that they had to have locks put on the toilet doors because they found 3 drug addicts passed out on the floor. The code for the door is written on the wall in the building which had no form of security during my visit.

The only alternative for service users with personal care needs (column 3 below) is full day day care within a care home which many offer, some only on a temporary basis, at a cost of £50-£65 per day without transport.

I have broken down service users into

- those who would be able to access the community with little or no support,
- those that could access the community but will require frequent monitoring due to POVA, require escort due to variety of reasons or a small degree of personal care assistance and
- those who would be unable to access community without considerable 1:1 support due to personal care needs/MH etc (See Appendix 2)

Can access community with little or no support	Can access community but require monitoring, escort or degree of personal care	Cannot access community unaided
E A	H G	H W
C T	E A	K R
A S	B W	C F
C N	C V	M W
M W	G M	F G
	A E	A E
	M H	D C
		R T
		W S
		M H
		E F
		D W

*Red = Dementia/MH/LD

Notes

- 5 service users in column 1. They have been attending Hafan Deg for several years prior to the change in criteria. Of these, 2 attend the get together club, they are all able to access the community with little or no support.
- From column 2, 7 service users could access the community & alternatives with support however further risks remain. One service user is prone to depression and had attempted suicide prior to attending Hafan Deg. Another service user attends to give himself and his wife a break, his wife has substantial needs of her own and tends to go back to bed for a rest however he has minor personal care needs that may not be appropriately assisted in low level alternatives.

- The majority of service users, 12, are in column 3 and require substantial assistance with personal care or have dementia, mental health or learning disabilities that require specialist support that would not be met in community settings without trained staff.

Conclusion

Hafan Deg is providing a much needed service but to only a minority of service users. The centre has much more potential to develop given the facilities within the building. The current model of day care is outdated however there is a foundation on which to build. There is a need for carer support however this could be better given a longer day but fewer sessions?

Activities need to be more structured and planned with information regularly given to frontline staff such as social workers, CCO's and health colleagues so they are aware of the facilities and to be able to inform service users who may benefit from the services and activities offered to increase the referral rate.

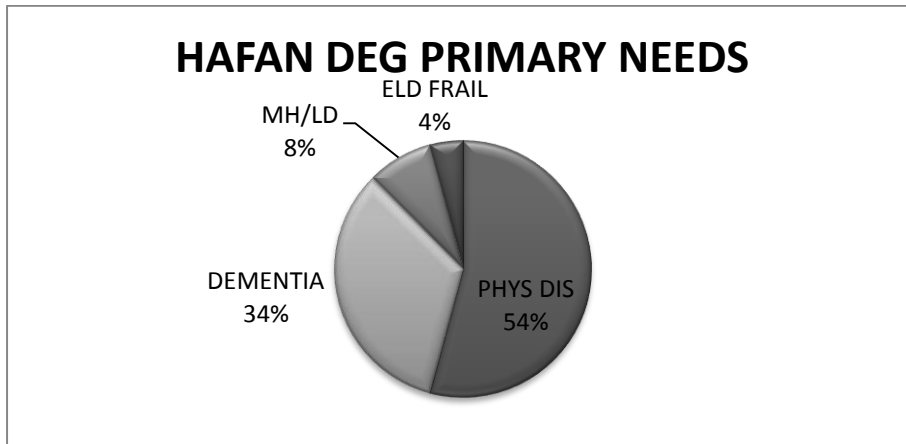
Service users need to be taking a more active role and lead in the service to discourage dependency and promote independence and value, given longer days to provide a meaningful break to carers who perhaps also work.

Considerations

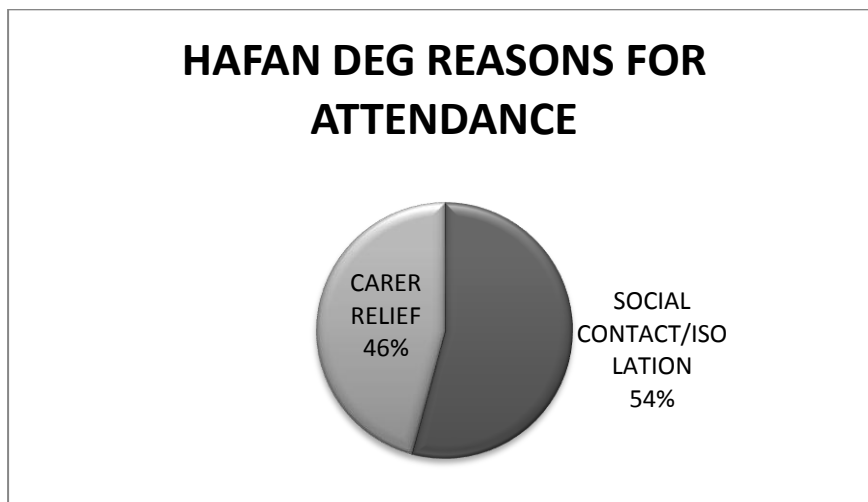
In the view of the externally engaged social workers it would be useful to consider the following proposals in order to make better use of Hafan Deg:

- Develop a robust programme of activity and events with measurable outcomes and goals to instill achievement, morale and value to service users and staff.
- Develop clear care plans which are reviewed regularly in conjunction with the service users and their families with focus on objectives and achievable goals.
- Develop key relationships with the wider community such as with local colleges or work experience, for example to teach IT skills. This could also be used to formulate "The book of Life" a project by Bangor University.
- Further develop relationships with the wider community to encourage confidence, social interaction and develop value to reduce dependency on statutory services. Encourage service users to mix on a regular basis so they develop less dependency on one small group.
- Be more focussed on aims in terms of activity such as activities that promote mobility on specific days perhaps linking in with health colleagues.
- Explore more input from Mental Health resources such as Singing for the Brain by the Alzheimers society.

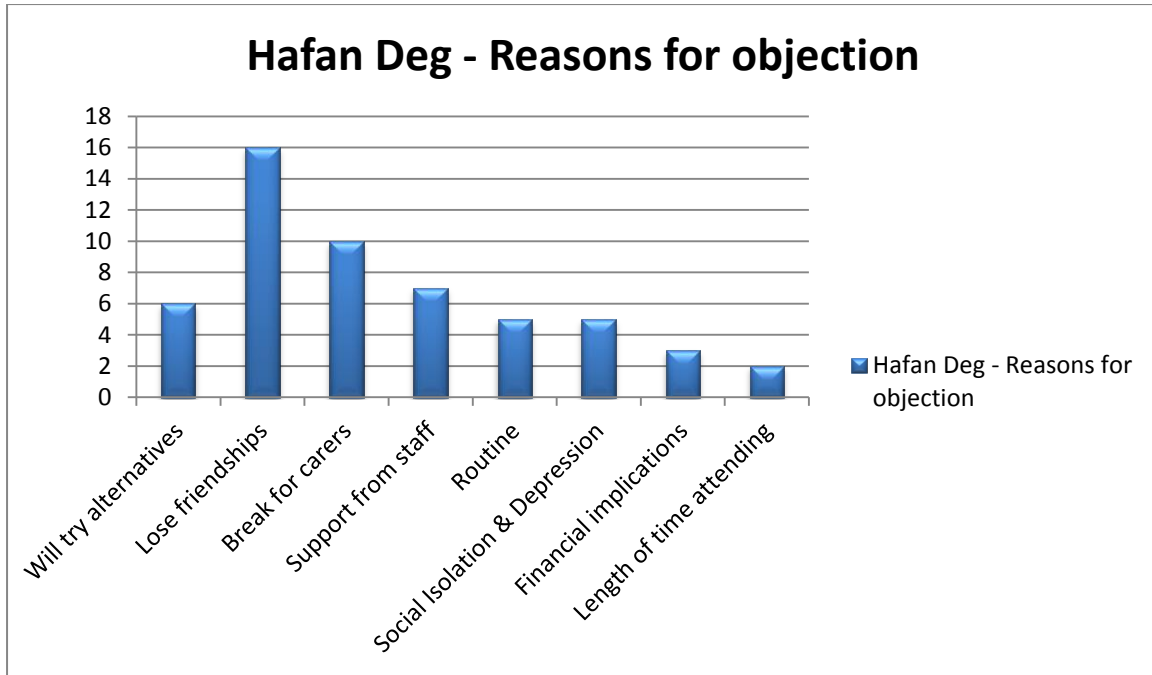
APPENDICES:



The majority of service users have a primary physical disability. This can range from restricted to very limited mobility. 34% have dementia, one service user is under 60 and has a rarer form of dementia (Picks Disease).



13 service users live alone in a variety of settings. 11 service users live with family who provide minimal to substantial support. Of these, 6 would meet the FACS criteria for 24 hour care without support from their families being available.



The main objections for Service Users at Hafan Deg to the prospect of closure was loss of established friendships within the centre, giving their carers a break and the support they received from staff.