

Wellbeing service



What services can we offer?

ExtraCare's award-winning Wellbeing Service supports you to be proactive in managing your own health.

We help you stay independent for longer and can often delay the need for care.

ExtraCare offer a number of support areas!

- Wellbeing Advisors
- Assessments
- Drop in sessions
- Wellbeing days and groups



"Thank you so much for seeing me when I was unwell, reassuring me and answering my questions. All I needed was someone to listen."

Wellbeing Advisors

ExtraCare's Wellbeing Advisors use wellbeing assessments to empower you to make informed decisions about your health.

Many of our skilled Wellbeing Advisors are registered general nurses and undergo specific training every year to ensure they provide the latest information.

The team work with local health care services including GPs, to help residents navigate the health system.



"Thank you, thank you, thank you! By 4pm the same day I had medication to treat my infection!"

Assessments

Baseline assessments

Before moving in you will have a baseline health assessment. Designed to ensure we are aware of all health conditions and can make sure this move is right for you, the baseline assessment gives a thorough overview of physical, mental and cognitive health. Provide us with a copy of your medications, and a medical history summary from your GP and we'll get started!

Typical baseline assessments include:

- A physical assessment
- Clinical tests
- Questions to discuss any worries
- Cognitive questions

The results help us understand how we can tailor your support or signpost to other services.

Your progress is supported through follow-up assessments; wellbeing talks or a referral to our on-site gym as appropriate to your needs.



Resilience assessment

These shorter 30 minute assessments can re-assess some of the physical or cognitive findings from the baseline assessment and check on your progress and personal goals.

Drop-in sessions

Concerns? Let us reassure you.

Our locations offer dedicated drop-in sessions, where you can come along and get further information or help with your health.

This can be anything from a quick check on blood pressure, diabetes or other conditions, to discussions about test results, treatment or operations you may need.



Wellbeing days and groups

Our Wellbeing Advisors work with other teams on site to offer the following:

- Annual wellbeing days
- Monthly support meetings such as for weight management or diabetes
- Wellbeing ambassador support (residents with an interest or background in health and wellbeing)
- External health care professionals and speakers to give talks and help with support groups

Our Wellbeing Advisors do not take blood, administer injections, dressings or more medical procedures as their role is health promotion and health improvement. However, we will support you to access your local GP or health services where possible.

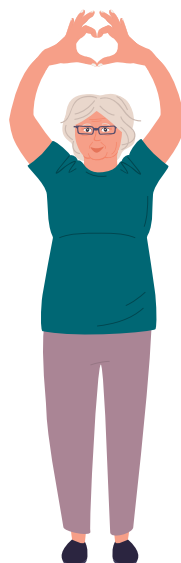


Outcomes

Our wellbeing service has already resulted in:

- Quicker access, more appropriate referrals and signposting
- Improved quality of resident life
- Improved satisfaction for residents who can access health care in the village rather than going to your GP or Practice Nurse
- Reduction in infection rates by educating residents and referral to tests where necessary
- Reduction in avoidable hospital admissions

"Thank you for the kindness, care and support that you have shown, not only to mum, but to us as a family. Keep making a difference!"



Research

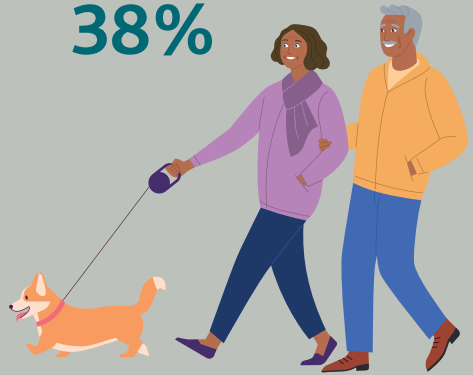
Our wellbeing service is already changing lives!

Aston and Lancaster University's research project carried out from 2012 – 2018 focussed on the impact of our Wellbeing Service and resulted in a number of positive findings.

Frailty is delayed or reversed



NHS costs reduce by
38%



There's a
24%
improvement
in memory
amongst
ExtraCare
residents



86.5%
of residents are never
or hardly ever lonely

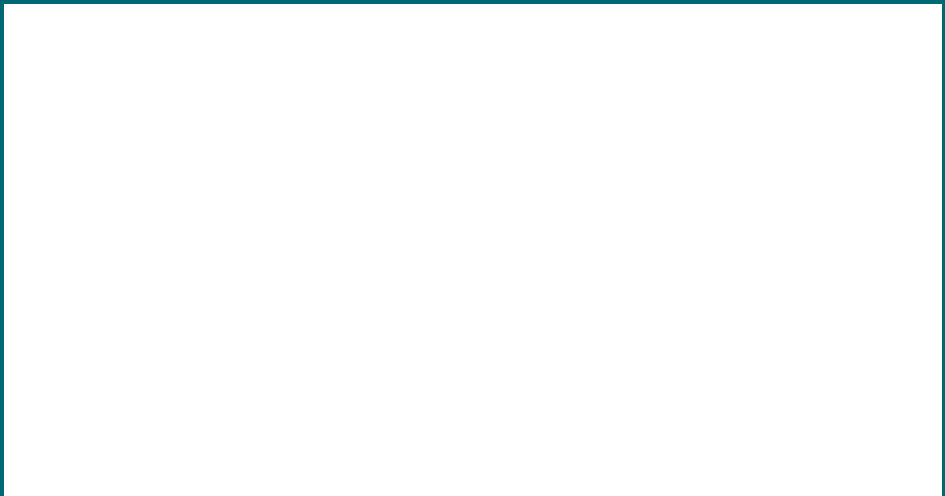


How do I find out more about the Wellbeing Service and how it could help me?

For more information, please contact a Wellbeing Advisor at your village.



Our village details:



The
ExtraCare
Charitable Trust

 @ExtraCareOrgUk

 TheExtraCareCharitableTrust

www.extracare.org.uk