

Focus on...

Health and social benefits of co-located primary care services and extra care housing

Building / Location:

Milehouse Primary Care Centre and Mill Rise Extra Care Village, Newcastle-under-Lyme

Organisations Involved:

- Prima 200
- Aspire Housing
- Community Health Partnerships
- NHS North Staffordshire
- Newcastle-under-Lyme Borough Council
- Staffordshire County Council
- Homes & Communities Agency
- RENEW North Staffordshire

Summary:

- Integration of primary health care services with extra care accommodation
- Meeting the changing needs of an ageing population
- Improved physical and mental health outcomes for elderly residents
- Wider community access to integrated primary care services.



Overview:

Six years since its completion in June 2009, Milehouse Primary Care Centre and Mill Rise Extra Care Village, purpose built on the same site, stand as an excellent example of the benefits of integrated health care facilities with extra care accommodation for older people.

This innovative development is located in an 'Area of Major Intervention' and involved close partnership working with health and housing providers. The project was conceived by NHS North Staffordshire and Aspire Housing who commissioned Prima 200 to deliver a scheme combining a modern primary care centre; Milehouse Primary Care Centre, with the village complex. This consists of 60 one and two bedroom extra care apartments for the over fifties, providing high quality accommodation for around 70 people.

Communal facilities for residents include a restaurant, cafe, gardens, allotments, hobby rooms and a piazza area. A thriving social calendar offers regular quizzes, bingo, skittles and ecumenical services. Productive links have been established with a local primary school and Newcastle-under-Lyme College.

It was the first co-located scheme of its kind outside of London and is a multi-award winning project, crowned the UK's most outstanding Extra Care scheme in 2009 in the UK Over 50s Housing Awards, CHP LIFT Awards 2010, Homes & Communities Agency Awards 2010, winner of an EAC (Elderly Accommodation Counsel) Housing for Older People Award 2010.

Health Services:

Milehouse Primary Care Centre offers residents and the local communities of Knutton, Milehouse and Cross Heath a wide range of services, including:

- Two GP practices
- NHS Health checks
- Child Health Surveillance
- Immunisations and travel vaccinations
- Minor Surgery
- Minor Injuries
- Smoking cessation
- Health promotion
- Family planning & emergency contraception
- Maternity Services including pre-conception advice
- Podiatry
- Phlebotomy
- Physiotherapy
- Pharmacy
- Management of long term conditions including:
 - Heart disease
 - Diabetes
 - Hypertension
 - Epilepsy
 - Lung disease
 - Thyroid disease
- Extended Hours and pre-bookable surgeries.



"When the first intake of residents arrived, many continued to use their existing GP, but over time most of us changed to take advantage of having practices on site. It's obviously extremely handy and avoids all of the inconvenience and for some people the stress, of having to arrange and pay for travel, especially when people choose to no longer drive.

"It's a sad fact that many elderly people in our society suffer from loneliness and can feel ignored and excluded. That situation can lead to both physical and mental health issues which then blight their final years. There's no question that living at Mill Rise gives everyone the opportunity to be involved in a variety of social activities, which are beneficial mentally and physically. We all have our own front doors and can choose when we want privacy, but knowing that there is always someone to talk to is a really important thing and one of the reasons why extra care living is such a great idea.

"I'm sure that in many cases this has helped residents extend their ability to live independently and reduce dependence on hospital outpatients and other acute services."

Mike Reynolds, Mill Rise Residents' Association Chair

Project Outcomes:

- Residents benefit from active ageing and reduced social isolation
- Direct access to quality healthcare facilities allows better management of ongoing conditions
- Anecdotally, concept has reduced admissions to residential care and relieved pressure on outpatient services in local hospitals
- Strong levels of satisfaction from residents endorses success of the approach

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