



Time	Topic	Slide
9:30	Intro exercise <ul style="list-style-type: none"> • Exercise – ice breaker • Module programme • House keeping • Course objectives – Power Point (All slides in Appendix 1) 	1 & 2
10:00	Session 1 Housing Solutions & Moderate & Major (non-complex) Adaptations <ul style="list-style-type: none"> • Background and context to the Adaptations training. Emphasising the importance of multi-agency approaches, early intervention strategies, and prevention. 	3 & 4
10:10	Session 2 Provision of Adaptations <ul style="list-style-type: none"> • Discuss list of common Adaptations in Handout Pack – acknowledge any local differences/additions. <p>Exercise 1 Using the list of Adaptations, get small groups (2 or 3) to clarify their understanding of:</p> <ul style="list-style-type: none"> • Local Policy, Criteria, & funding arrangements • Local Processes and systems for assessing & ordering adaptations <p>Allow 15 mins for Groups to discuss</p>	5
10:30	Feedback and discussion Policy, Criteria and funding arrangements – national and local <ul style="list-style-type: none"> • Discuss info on page 4 of Training Pack – explain arrangements under IJB’s and overview of differences in funding according to tenure type (Table 1) • Take questions & feedback from the Exercise from the group • Acknowledge any current challenges and planned/potential local improvements recording key themes/issues on flipchart (can be raised through local governance and national programme) • Clarify/confirm and explain the changes to be supported by the Training. <p>Allow 25 mins</p>	

16:20	Course summary Any last Q's?	9
	Evaluation – ensure all participants complete the End of Course Evaluation forms	9
16:30	Close	

Appendix 1: Presentation Slides



Adapting for change

Module 3
Housing Solutions and the provision of Moderate & Major (non-complex) Adaptations

Improvement Hub
Enabling health and
social care improvement

Adapting for Change | Module 3 | Housing Solutions & Moderate & Major (non-complex) Adaptations

Meeting Objectives

By the end of the module, staff will be able to:

- Describe the key principles and aims of the 'Housing Solutions' approach to the provision of Adaptations;
- Outline good practice for the effective identification of Housing based solutions and the importance of 'acting early' and the 'right housing conversations';
- Explain their role in effectively assessing needs and supporting people to understand the options available;
- Describe the considerations, and key contra-indications for the provision of Moderate & Major (non-complex) adaptations.

2

Adapting for Change Programme: Key Themes...

- **Partnership, governance and management**
- **Tenure neutral**
- **Better design**
- **Widened scope** – e.g. dementia; wider range of options
e.g. technology, self-help...
- **Integrated & streamlined services**
- **Person centred**
- **Prevention** – timely provision, avoiding crisis!

3

Housing Solutions Training

- Applies the principles of Adapting for Change
- Wider ownership & responsibility across Health, Housing, and Social Care to help address people's housing needs
- Emphasis on early intervention, simple solutions, exploring re-housing as first stage, priority for personal outcomes
- Involves a wide range of frontline staff & managers across Housing, Health & Social Care and third sector
- 3 Modules
 - 1) Housing Solutions
 - 2) Minor (non-complex) Adaptations
 - 3) Moderate & Major (non-complex) Adaptations

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Exercise 1

Using the list of Adaptations, get small groups (2 or 3) to clarify their understanding of:

- Local Policy, Criteria, & funding arrangements
- Local Processes and systems for assessing & ordering adaptations

Allow 15 mins for Groups to discuss

5

Exercise 2

Small groups to list all relevant Assessor Roles and responsibilities associated with the assessment and provision of Adaptations.

- List on flipchart, and put up on wall
- 10 mins

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Assessment Roles and Responsibilities: Supporting Personal Outcomes

- Holistic assessment supporting a 'housing solutions' approach
- Need to challenge 'gate-keeping'
- Challenge 'risk averse' behaviour, 'minimum intervention, maximum independence'
- Think 'simple solutions' and explore all options realistic and practical
- Focus always has to be on a **personal outcomes** approach
- Where adaptations are required, understand the processes and systems and be able to explain these to the person.

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Assessing for Adaptations

- **Assessment criteria**
- **Contra-indications**
- **Key considerations**

8

Exercise 3

- **Read the Case studies (people's stories) in your small groups**
- **Answer the questions and use any example assessment tools as relevant**

Allow 30mins

5

Module Summary

- Any last Q's?
- Evaluation

10

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Module Summary

- Any last Q's?
- Evaluation

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Appendix 2: Case studies with trainers notes

Adaptations (non-complex) case studies with trainer notes

Case example scenario A: Mrs Archibald

Mrs Archibald is 67 and was admitted to hospital following a fall in her bathroom; she has Parkinson's disease which can cause her to be unsteady on her feet and as a result she has a history of falls around her home. She is referred to the local Rehab service following discharge.

Mrs Archibald lives alone in her ground floor Council flat; she feels happy living in the area her family grew up in and feels secure as she has known some of her neighbours since she moved in over 30 years ago.

Mrs Archibald and Jo, the Occupational Therapist complete a home visit; Mrs Archibald manages the three steps at her front door as she has recently had a wall to floor rail installed and she takes her time.

Jo notices Mrs Archibald has a bath board and seat so asks how she is managing: Mrs Archibald confirms she has not used the bath equipment for over a year as she cannot lift her legs over the side of the bath. Mrs Archibald describes how she fell a few months ago: she was holding onto the whb to try and step into the bath but slipped and fell and as a result the whb seems a little loose now. Mrs Archibald is afraid of falling again so now has to sit on the wc and have a strip wash at the sink.

Mrs Archibald mentions that she wants to return home as soon as possible as she is confident she will manage because her daughters also live in the area and pop around to help with the housework and she has a large garden, but her grandson cuts the grass for her (although he will be moving away when he starts his new job next month so she is not sure how she will manage then).

- **What should Jo be able to do in this scenario?**
- **What factors should she take into account?**
- **Are there any contra-indications that Jo should consider?**
- **Are there other services/resources/solutions that Jo can signpost Mrs A to /and or help her to access?**

TRAINERS PROMPTS:

a	Jo should be able to complete a bathing assessment and should be able to make a recommendation for a bathroom adaptation if this is required
a	Jo should be able to seek advice if there are any feasibility issues or technical complications with a potential bathroom adaptation (see below)
a	Check if Community OT still involved following installation of the rail – has OT already recommended a bathroom adaptation?
b	Check that Mrs Archibald is safe getting to/from bathroom, check for any tripping hazards

b	<p>Check suitability of the bathroom for adaptation:</p> <ul style="list-style-type: none"> • ?size of bathroom • ?existing layout • ?layout required to accommodate adaptation • ?layout required to accommodate needs
b	<p>What type of bathroom adaptations would be most suitable</p> <ol style="list-style-type: none"> a) to meet Mrs Archibald needs ?wet floor shower/Level access shower tray/Low step in shower tray b) feasible within the bathroom c/o size & layout c) options to improve accessibility
b	<p>How is Mrs Archibald managing with other transfers e.g. on/off the wc (is the whb loose as a result of the fall or because Mrs Archibald is using it to get on and off the wc/)</p> <p>Does she need rails or equipment for wc transfers?</p>
b	<p>Bathroom adaptation specification:</p> <ul style="list-style-type: none"> • How will Mrs Archibald manage with a wet floor shower or low step in shower tray? • Will she manage the gradient of a wfs? • Will she manage the step into a LSST? • Does she need rails in the shower?
b	<p>Does Mrs Archibald need seating in the shower?</p> <ul style="list-style-type: none"> • What type (stool or chair?) • What size (standard or bariatric?)
c	<p>Consider contra-indications – gradient of wfs, step into tray, size of shower area possible (especially if seating required), possible location for shower controls (can they be reached from sitting position?)</p>
c	<p>Does Mrs Archibald have any other health issues that need to be considered?</p>
c	<p>How suitable is the property to meet Mrs Archibald’s current & future needs? E.g. Can the steps at the front door be altered if she has any more difficulty?</p>
d	<p>Check with Mrs Archibald about how she is managing generally with other things around the house to see if she needs any other help/support?</p> <ul style="list-style-type: none"> • Does she need support in terms of social contact? Meeting other people? • Transfers in/out bed • Mobility around house • Kitchen tasks (are daughters helping with meals?) • Maybe explore any requirement for summoning help - community alarm?
d	<p>Possible Signposting</p> <ul style="list-style-type: none"> • ? Garden services available • Falls service/physio? • ? Daughters’ managing help around the house? How much are they needing to assist and can they manage this in the long term e.g. with their own commitments / conditions? • ? Parkinsons Society • ? Other local support groups

Case example scenario B (Dementia): Mr Bachu

Mr Bachu is 84 and was diagnosed with dementia several years ago but has only recently started to attend the Dementia Services Day Group. His referral confirms that Mr Bachu lives with his wife who is very supportive and assists wherever possible however she is worried about how he is managing with the bathlift that was installed several weeks ago. Mr Bachu is a very proud man and will not accept any help with his personal care so will not allow his wife into the bathroom while he is getting washed.

Jo, an Occupational Therapist, sees Mr Bachu at the Dementia Services Day Group and has a chat about how he is managing at home: Mr Bachu complains that the bathlift is getting in his way when he is stepping in and out of the bath and admits he nearly fell last week but managed to grab onto the wash hand basin. Jo confirms she planned to visit Mr Bachu at home as part of his referral so agrees they will have a look at the bathlift together.

Jo visits Mr & Mrs Bachu at home in their owner occupied double storey property and during the home visit, Jo mentions the discussion they had about the bathlift: Mr Bachu again complains that it gets in his way when he tries to step in and out of the bath: Mrs Bachu reminds her husband that the Community Care Worker had showed him how he should sit on the bathlift and swing his legs into the bath but Mr Bachu cannot remember this so Jo offers to show him again.

Jo goes through the transfer technique with Mr Bachu and he manages with prompts to get in and out of the bath safely. Jo asks Mr Bachu if he is happy with the bathlift but he repeats it gets in his way when he steps in and out of the bath. Mrs Bachu confirms she has tried to remind Mr Bachu how to use the bathlift but she knows he is not using it as he does not connect the battery charger and he has become quite agitated when she has tried to help him in the bathroom.

- **What should Jo be able to do in this scenario?**
- **What factors should she take into account?**
- **Are there any contra-indications that Jo should consider?**
- **Are there other services/resources/solutions that Jo can signpost Mr B to /and or help her to access?**

TRAINERS PROMPTS:

a	Jo should be able to complete a bathing assessment and should be able to make a recommendation for a bathroom adaptation if this is required
a	Jo should be able to seek advice if there are any feasibility issues or technical complications with a potential bathroom adaptation (see below)
a	Check if Community Care Worker is still involved – are they aware of the difficulties and have they already recommended a bathroom adaptation?
b	Check that Mr Bachu is safe getting to/from bathroom, can he manage the stairs safely and independently? check for any tripping hazards
b	Check suitability of the bathroom for adaptation <ul style="list-style-type: none">• ? Size of bathroom• ? Existing layout• ? Layout required to accommodate adaptation

	<ul style="list-style-type: none"> • ? Layout required to accommodate needs
b	<p>What type of bathroom adaptations would be most suitable</p> <ol style="list-style-type: none"> a) to meet Mr Bachu needs ?wet floor shower/Level access shower tray/Low step in shower tray b) feasible within the bathroom c/o size & layout c) options to improve accessibility
b	<p>How is Mr Bachu managing with other transfers e.g. on/off the wc (is it loose as a result of the fall or because Mr Bachu is using it to get on and off the wc/)</p> <p>Does he need rails or equipment for wc transfers?</p>
b	<p>Bathroom adaptation specification:</p> <p>How will Mr Bachu manage with wet floor shower/Level access shower tray/Low step in shower tray?</p> <ul style="list-style-type: none"> • Will he manage the “open plan” look of a wet floor shower & shower curtain? • Will he manage the step into a Low step in shower tray? • Does he need rails in the shower?
b	<p>Does Mr Bachu need seating in the shower?</p> <ul style="list-style-type: none"> • What type (stool or chair?) • What size (standard or bariatric?)
c	<p>Consider contra-indications – gradient of wet floor shower, step into tray, size of shower area possible (especially if seating required), possible location for shower controls (can they be reached from sitting position?) will Mr Bachu accept/adjust to using an adapted bathroom?</p>
c	<p>Does Mr Bachu have any other health issues that need to be considered?</p>
c	<p>How suitable is the property to meet Mr B’s current & long term needs? E.g.:</p> <ul style="list-style-type: none"> • How steep are the stairs? • How wide are the stairs? • Are the stairs straight or curved • Can the stairs be adapted if Mr Bachu struggles to get up and down them? Is there room for a second banister rail?
d	<ul style="list-style-type: none"> • Check with Mr & Mrs Bachu about how they are managing generally with other things around the house to see if they need any other help/support? • Does Mrs Bachu need support as a carer or in terms of social contact? Meeting other people?
d	<p>Possible Signposting</p> <ul style="list-style-type: none"> • Carers group • Other local support groups • Garden services available • Other dementia organisations

Case example scenario C: Mrs Campbell

Mrs Campbell is a 73 year old service user, who lives at home with her husband and is supported by her daughter who is her main carer. Mrs Campbell has a range of conditions that affect her level of independence including COPD, heart condition, asthma and arthritis, cataracts in both eyes. She has attended a number of outpatient appointments including rheumatology, cardiology, and vascular clinic but has no input from rehabilitation services.

Mr and Mrs Campbell live in a GHA upper cottage flat with external stairs on access but level once in the property; they moved there a few years ago from a 3 floor maisonette property.

Mrs Campbell was referred via Social Care Direct by her GHA housing officer. The referral confirms that Mrs Campbell is generally independent but experiences difficulty and has sustained bruises when trying to get into the bath. She is also very fearful of getting stuck in the bath and Mr Campbell is concerned that the bathroom is very small and when his wife fell in the bathroom a few weeks ago, he could not open the door to help her. The referral emphasises that Mr and Mrs Campbell really want to remain in their home and want a walk in shower for Mrs Campbell to enable them to do so. Mrs Campbell admits she also has difficulty with the stairs up to her flat but is able to get out a few times a week with the support of her family.

A further call to Social Care Direct from Mrs Campbell's daughter confirms her mother continues to struggle with the bath is now struggling with toilet transfers and therefore asks if there is any equipment which may assist. Mrs Campbell's daughter also confirms she has not been able to take her mother out shopping as Mrs Campbell is unable to manage the stairs even with her help.

The referral was allocated to Jo, an Occupational Therapist:

- **What should Jo be able to do in this scenario?**
- **What factors should she take into account?**
- **Are there any contra-indications that Jo should consider?**
- **Are there other services/resources/solutions that Jo can signpost Mrs A to /and or help her to access?**

TRAINERS PROMPTS:

a	Jo should be able to complete a holistic assessment and consider options for independent living including alternatives to adaptations such as re-housing
a	Jo should be able to complete a holistic assessment and consider any adaptations required to meet Mrs Campbell's needs <ul style="list-style-type: none">• ? Stairlift• ? Bathroom adaptation• Recommendation of equipment (mattress elevator and grab rail at toilet) due to Mrs Campbell's difficulty transferring However;
b	Jo must take account of local priorities and criteria: Jo should check with colleagues and/or GHA housing office: contact with GHA would confirm they do not fit walk in showers within upper floor properties. GHA's policy is not to progress adaptation unless property will meet long term need therefore:

b	<p>Jo must take into account: How suitable is the property to be adapted? Request for adaptations to a property that may not lend itself to adaptation and may not suitable to meet the long terms needs</p>
b	<p>Check suitability of the property for a stairlift</p> <ul style="list-style-type: none"> • Suitability of stairlift considering communal stair and obstruction on stairs for other tenants • Local Building Control policy regarding stairlifts on communal stairs • Transfer space top and bottom? • Suitability for Mrs Campbell – any other health conditions? • Straight or curved? • If curved, right angled turn or fantail curve
<p>Only if stairs are suitable for adaptation, should Jo consider if the bathroom is suitable for adaptation (or may raise expectations that adaptations can and will be provided). Therefore see C: contra-indications:</p>	
b	<p>Check suitability of the bathroom for adaptation –</p> <ul style="list-style-type: none"> • ?size of bathroom, • ?existing layout • ?layout required to accommodate adaptation • ?layout required to accommodate needs
b	<p>What type of bathroom adaptations would be most suitable</p> <ol style="list-style-type: none"> a) to meet Mrs Campbell needs ?wet floor shower/Level access shower tray/Low step in shower tray b) feasible within the bathroom c/o size & layout c) options to improve accessibility
b	<p>How is Mrs Campbell managing with other transfers e.g. on/off the wc Does she need rails or equipment for wc transfers?</p>
b	<p>Bathroom adaptation specification: How will Mrs Campbell manage with a ?wet floor shower/Level access shower tray/Low step in shower tray?</p> <ul style="list-style-type: none"> • How will Mrs Campbell manage the shower enclosure? (?curtain/screens) • Will Mrs Campbell need assistance to shower? • Will Mrs Campbell need rails in the shower? <p>Will Mrs Campbell need seating in the shower? And if so what type?</p>
c	<p>Main Contra-indication: Suitability of the property to be adapted: multiple adaptations to a property that is not feasible to adapt and would not be suitable to meet the long terms needs</p>
c	<p>Consider contra-indications for bathroom adaptation– gradient of wet floor shower, level access shower tray, step into a low step in shower tray, size of shower area possible, size of bathroom and space for transfers, possible location for shower controls (can they be reached from sitting position?) space for opening screens</p>
c	<p>Consider contra-indications for stairlift Communal stair Technical feasibility of the stairlift – not feasible Transfers on & off stairlift</p>

d	Not able to recommend adaptations as not feasible and will not meet medium to long term needs but can support family to consider re-housing options to gain appropriate re-housing priority and secure an accessible property
d	Housing Officer will be able to arrange a Housing Options discussion with Mrs Campbell and her family and will advise SCW of the outcome.
d	Agree to carry out trial of various bath equipment items to determine suitability to reduce risk and Mrs Campbell's difficulty while awaiting re-housing.