



Providing short breaks for unpaid carers and people living with dementia

The TRIO project: a Social Return On Investment (SROI) evaluation of a community-based day support service





Overview

- 8 The importance of the topic
- 8 Involvement and engagement
- 8 The project
- 8 Findings
- 8 Next steps



Short breaks: a definition (Shared Care Scotland, 2017)

Any form of service or assistance which enables unpaid carers to have sufficient and regular periods away from their caring routines and responsibilities.

The purpose is to support the caring relationship and promote the health and well-being of the unpaid carer, the supported person and other family members affected by the caring situation





Importance of supporting unpaid carers

- 8 3.7 million workers in England and Wales provide regular care to a family member or friend in addition to their paid employment (Austin & Heyes, 2020)
- 8 Many unpaid carers report negative mental and physical health impacts (e.g., Carers UK, 2020)
- 8 Negative impacts can result in:
 - 8 People with support needs entering residential care (e.g., Kirk & Kagan, 2015)
 - 8 Pressure on public services (Welsh Government, 2020)



Importance of short breaks

- ⌘ Short breaks can support unpaid carer wellbeing AND the wellbeing of the person with support needs (Carers Trust Wales, 2020)
- ⌘ People do not always want traditional short break services (e.g., de Bruin et al., 2019)
- ⌘ People living with dementia who access day services and residential respite can report negative outcomes (PPL, 2017)



Involvement and engagement

- 8 Pre- application: #Social Care innovation lab (N: 22)
- 8 During the project: Project Advisory Group (a TRIO companion, a person living with memory difficulties, an unpaid carer, in addition to our practice partners)
- 8 Post- project: A knowledge exchange event (N: 16)





The project

Social Return On Investment (SROI) Stages	Study phase
Identifying stakeholders	Rapid evidence review and interview study
Mapping outcomes	
Evidencing outcomes	Questionnaire study and calculating the SROI ratio
Valuing outcomes	
Establishing the impact	
Calculating a SROI ratio	



The community based short break: TRIO

- ⌘ A small group of people living with mild-to-moderate dementia (citizens) who have similar interests are matched with a paid companion who enjoys the same activities
- ⌘ They meet as a group on a weekly basis in the home of the companion
- ⌘ They access local community activities





Findings: the sample

Interviews

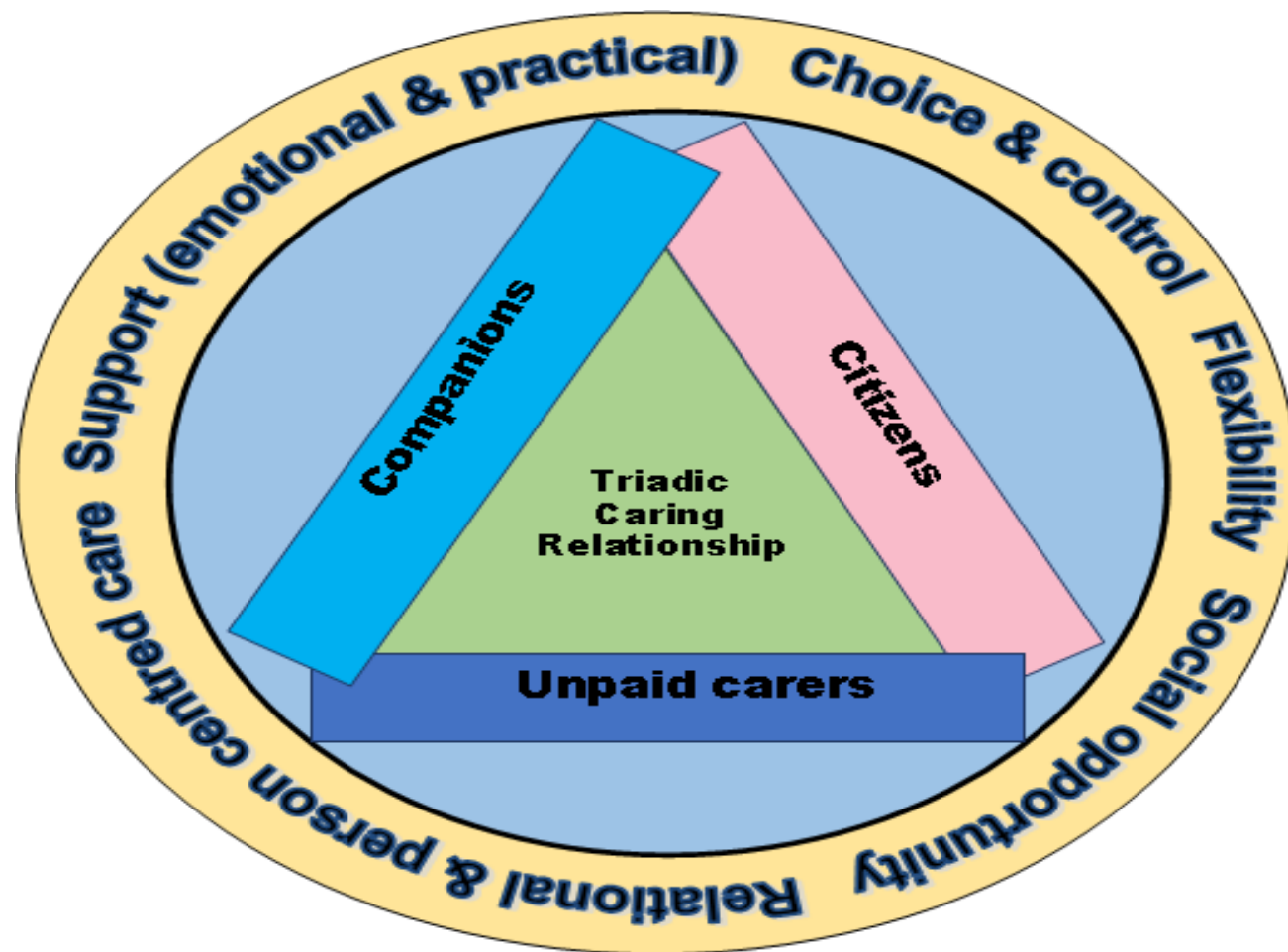
- 8 1 citizen
- 8 6 unpaid carers
- 8 5 companions
- 8 1 dementia advisor

Questionnaires

- 8 7 citizens
- 8 3 unpaid carers
- 8 4 companions



Findings: the TRIO logic model





Findings: the SROI ratio



*Knowing that he's out, at least,
getting some fresh air and,
hopefully, enjoying his outing. It's
just peace of mind*

Stakeholder	Additional value generated
Citizens	£2.50
Unpaid carers	£0.16
Companions	£0.16
Total	£2.82



Next steps

⌘ Recommendations:

- ⌘ A greater focus on community-based short breaks
- ⌘ Relational care models in short breaks

⌘ Future research:

- ⌘ How do the outcomes of different types of short break compare?



References

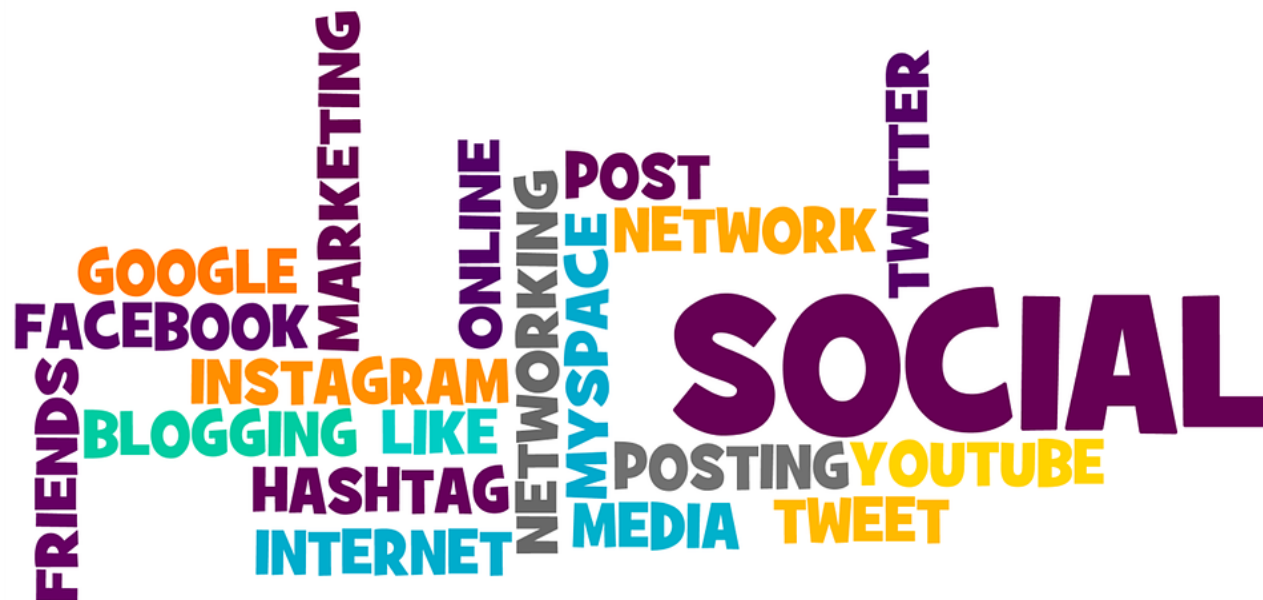
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Images

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