

Extra Care Housing

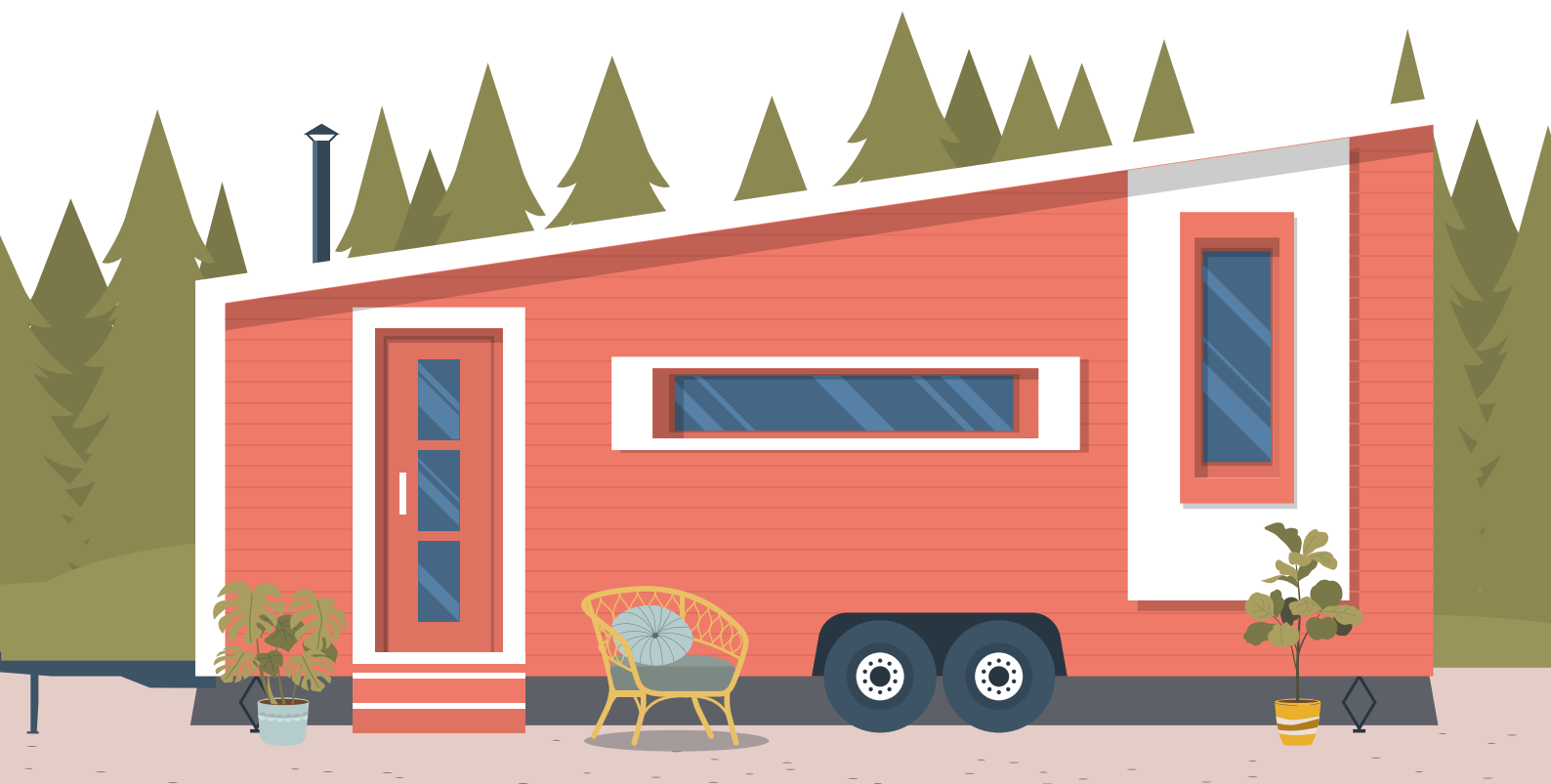
Denis' Story

About

Denis met his wife Patricia in May 1974, and they were married the following October. They have been married for 49 years.

In 2004 they sold their house and moved to a caravan and then, to be closer to their daughter in Taunton, they moved to sheltered accommodation in Burnham where they spent six years.

Denis spent some years driving a bus for Age UK and, in this time, saw and learnt about Extra Care. Extra care housing comprises of self-contained apartments within a building, a care team on site and other facilities like a restaurant and communal lounge.



Moving to Extra Care Housing

Eight years ago, Denis' wife was diagnosed with Dementia. Denis decided at this point that they would need more help and they moved into an Extra Care scheme in Worle.

Denis said the set up works brilliantly for them both as Patricia is looked after by the onsite team, carers and residents and he is involved with the community at the scheme which keeps him busy and involved.

Patricia has very limited short-term memory but is still very active and enjoys going down to the communal lounge, reading the paper and joining in with activities. Denis explained that although his wife sometimes doesn't know this is their home, she believes she is in a hotel and feels safe.

Patricia receives 10 hours of care a week which enables Denis to attend to other activities safe in the knowledge that his wife is being looked after.

Denis is an active member of the Alzheimer's Society and attends a club once a fortnight. The first half involves the group doing an activity together and during the second half the carers enjoy a coffee and support each other whilst their loved ones receive support.

He is also involved in helping North Somerset Council shape services and worked with Contracts and Commissioning Officer, Kate who said.

"I met Denis at a carers group held at the Radio Wing on Locking Parklands. It is run by the Alzheimer's Society and Denis attends with his wife. I went to discuss the recommissioning of our home care contracts and Denis said that he would be willing to talk to me more about the service specification. I contacted him early 2023 and went to where he lives with his wife to discuss the sorts of areas, he felt we should look at."

Denis explained that he feels that not many people know about Extra care and there are many people that would benefit from it.

Denis and Patricia have an active social life at the scheme. There is a social club which Denis is the chair of, and they are setting up a committee which will allow them to apply for grants. They will use the funds to allow carers to attend trips and other activities for the residents. He said the community is nice and there are regular activities like bingo and cards and a fish and chip Saturday.

