

Impact of the pandemic on day centres: developing our information guide

Helping adult day centres to ‘unlock’ lockdown

<https://www.kcl.ac.uk/scwru/res/ARC-SL/unlock-lockdown>



Day centres across South London



Why develop this resource?

Day centres are valuable places for many people with multiple and complex social care needs who want to remain living at home

Adult day centres are not registered by Care Quality Commission (CQC)

Day centre closure during lockdown(s)

They offer vital care, advice and support to, for example, many older people, people with long-term disabilities and homeless people, and improve quality of life.

Tendency to be invisible *in public guidance.*

To re-open, they needed to make their services safe and reduce the risks of infections to service users and staff.

What we did:

- Rapid review of existing evidence
 - *e.g. government briefings, public health guidelines, third sector websites*
- Feedback from PPIE representative, day centre practitioners and people with experience of day centres
- Resource tweaked until consensus reached
 - *Some details needed updating as government guidance had changed!*
- Designed and edited with ARC communications team
- Final version circulated to further stakeholders
 - *including colleagues, a legal representative, and DHSC and SCIE representatives*
- Ministerial approval (for Social Care Institute for Excellence (SCIE) resource)

Helping adult day centres to 'unlock lockdown'

Part 1:

Planning practically for re-opening

The COVID-19, or Coronavirus, pandemic and the lockdown of society from March 2020 were unprecedented. Most day centres closed to regular users. This document aims to support you, as a manager or voluntary co-ordinator, in your journey into a 'new normal' after the lockdown. There is strong evidence that attending a day centre brings quality of life and so, despite risks, enabling people to have the choice of going to a day centre is something worthwhile. A learned judge once commented:

The fact is that all life involves risk, and the young, the elderly and the vulnerable, are exposed to additional risks and to risks they are less well equipped than others to cope with... Physical health and safety can sometimes be bought at too high a price in happiness and emotional welfare. The emphasis must be on sensible risk appraisal, not striving to avoid all risk, whatever the price, but instead seeking a proper balance and being willing to tolerate manageable or acceptable risks as the price appropriately to be paid in order to achieve some other good – in particular to achieve the vital good of the elderly or vulnerable person's happiness.

Munby J. in *Local Authority X v MM & Anor* (No. 1) (2007)

● This document (Part 1) covers some of the practicalities of re-opening:

We draw on guidance related to Coronavirus or COVID-19, on other guidance related to social care (e.g. Department of Health and Social Care guidance on risk empowerment), and relevant guidance, advice, action points for regulated settings (such as early years day care and care homes), some of which is also relevant to adult day centres.

We prompt you to think about the specifics of your own activities. As every setting is different, providers will need to use their professional judgement, and take account of public health guidance to maximise safety but also wellbeing for everyone.

Sections cover:	page
Infection control	2
Communications	4
Supporting service users, carers, staff and volunteers, and yourself	5
Final things you are likely to want to consider doing before re-opening	6
Practical scenario planning tool	7

At the end are the source documents and further resources.

● Part 2 prompts reflection on what has happened during lockdown, what else you may wish to think about, the process of moving forwards and any learning that will be helpful for the future. Individual sections can be completed according to the stage you are in.

Please let us know if you have found this document useful or can suggest any changes. Please address any feedback or comments to: Katharine.Orellana@kcl.ac.uk
We are interested in documenting how the COVID-19 pandemic is impacting on day centres.

Helping adult day centres to 'unlock lockdown' is in two parts and can be downloaded from www.kcl.ac.uk/scwru/res/ARC-SL/unlock-lockdown.aspx

A two-part resource

Helping adult day centres to 'unlock lockdown'

Part 2:

Reflecting about what has happened, our 'journey' during closure and the future of our service

The COVID-19, or Coronavirus pandemic and the lockdown of society from March 2020 were unprecedented. Most day centres closed to regular users. This document aims to support you, as a manager or voluntary co-ordinator, in your journey into a 'new normal' after the lockdown. There is strong evidence that attending a day centre brings quality of life and so, despite risks, enabling people to have the choice of going to a day centre is something worthwhile. A learned judge once commented:

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Helping adult day centres to 'unlock lockdown' is in two parts and can be downloaded from www.kcl.ac.uk/scwru/res/ARC-SL/unlock-lockdown.aspx

● In this document (Part 2), we prompt you to reflect on what has happened during lockdown, what else you may wish to think about, the process of moving forwards and any learning that will be helpful for the future. Individual sections can be completed according to the stage you are in.

● Part 1 covers some of the practicalities of re-opening. Sections cover infection control, communications, supporting service users, carers, staff and volunteers, and yourself, final things you are likely to want to consider doing before re-opening, and there is a practical scenario planning tool. Part 1 draws on guidance related to COVID-19, on other social care guidance, and guidance, advice, action points for regulated settings (some of which is also relevant to day centres) and prompts you to think about the specifics of your own activities. A list of sources is included.

Please address any feedback or comments to: Katharine.Orellana@kcl.ac.uk
If you would like to share your completed Part 2 with us, we would be very happy to receive it as we are interested in documenting how the COVID-19 pandemic is impacting on day centres.



social care
institute for excellence

Delivering safe, face-to-face adult day care

Updated: 9 February 2021

This guide aims to support you, day care managers, social workers, commissioners and providers, to restart or continue activities. It is focused on community-based day services, day centres (with and without personal care), including specialised day centre environments, and those with outdoor spaces.

Guide: | [About](#) | [Practical information](#) | [Approaching re-opening](#) | [Risk assessments](#) | [Download PDF](#) |

Latest updates (01 February 2021)

The latest updates to the guidance include:

- › [Staff testing - critical day care](#)
- › [How to access testing](#)
- › [What to do in case of an outbreak](#)
- › [Procurement of free PPE](#)
- › [Day care testing webinars from DHSC](#)



www.scie.org.uk/care-providers/coronavirus-covid-19/day-care/safe-delivery

Key messages



About this guide

This guide about face-to-face adult day care provision in England is aimed at commissioners, providers and managers.

- › [Key messages](#)
- › [Who is this for?](#)
- › [Scope](#)
- › [Defining day care](#)
- › [Developed in collaboration](#)
- › [Download PDF version](#)



Risk assessments

Advice on the different risk assessments needed when preparing to deliver safe adult day care.

- › [Welfare & support](#)
- › [Face-to-face services](#)
- › [Providers or groups](#)
- › [Specific assessments](#)



Practical information

These topics cover practical information you need to think about when re-opening services.

- › [General H&S check](#)
- › [Infection control](#)
- › [Testing for COVID-19 infection](#)
- › [Lockdown, tiers, restrictions](#)
- › [Social distancing](#)
- › [PPE](#)
- › [Transport](#)
- › [Activity priorities](#)
- › [If someone is unwell](#)
- › [Outbreak](#)
- › [Transition support](#)



Practice examples

Practice examples and tools to demonstrate what organisations have achieved.

- › [Hollacombe](#)
- › [Devon](#)
- › [Bradford](#)
- › [Red, Amber, Green](#)
- › [New Directions \(NI\)](#)
- › [Kings College London](#)



Approaching re-opening

Discusses starting points and the different types of conversations that need to take place.

- › [Communication, engagement](#)
- › [People using services](#)
- › [Commissioners](#)
- › [Providers and people](#)
- › [Agencies & contractors](#)
- › [Additional considerations](#)
- › [Bereavement & trauma](#)



Further information

Further information and resources from

- › [SCIE](#)
- › [DHSC / Public Health England](#)
- › [Department for Education](#)
- › [Other resources](#)

Further information

▼ [SCIE](#)

▼ [DHSC and Public Health England](#)

▼ [Department for Education](#)

▼ [Other resources](#)

We've been waiting for something like this!

Quality Improvement Manager, Clinical Networks – Dementia & Older People's Mental Health, NHS England and NHS Improvement (NE and Yorkshire)

This guide is exceptionally useful, as there is so little (almost nothing) out there that seems to give any clear steer at this stage.

Age Exchange

...it's a brilliant resource and great sharing of information.

Pembrokeshire County Council

Finally, we have a resource we can refer to ... We will be using it to guide us at our upcoming planning meeting. Really, well done, it is excellent.

Deptford Methodist Mission

Many thanks for this. The *Helping adult day centres to 'unlock lockdown'* will be particularly useful as this is something we have been asked about a fair bit.

House of Commons Library

.. very clear and comprehensive: just what people need. At the very least it will provide an immensely valuable checklist; and offer some reassurance to people faced with this scary task that they're going about it in the right way. I'm sure it will also trigger thoughts about issues that hadn't yet bubbled to the surface. I particularly like all the embedded links to other resources to save people from having to hunt them down.

Age UK Derby and Derbyshire

November 2020 lockdown – different rules



Dr Katharine Orellana
@katitao

...

Replying to @katitao

.. lockdown guidance states one can go out to attend a support group or receive respite care. Support groups that must be delivered in person can continue (max 15 participants) if formally organised to provide therapy or any other form of support. bit.ly/363C0Eo 4/4



Local restriction tiers: what you need to know
Sets out the local restriction tier system that will be in place from Wednesday 2 December, including what you can and ...
gov.uk

11:51 AM · Nov 5, 2020 · Twitter Web App

- More day centres opening? Too challenging for some?

Next steps

What do we need to know about Day Centres in south London when restrictions are lifted?

- **How are day centres recovering? What helps?**
 - Is it likely that some may never re-open?
 - Do you have any experience or sense of how day centres have coped with the pandemic?
- **How could day centres help people to return?**
 - What do you think has worked or is working?
- **Do you think day centres will operate differently in the future?**
(e.g. supporting people in new ways, or working with new groups / communities)

Contact details

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Pre-Covid snapshot of day centres in South London

Caroline Green, Katharine Orellana, Kritika Samsi and Jill Manthorpe

NIHR Applied Research Collaboration South London
at King's College Hospital NHS Foundation Trust



February 2021

Acknowledgements

Helping adult day centres to 'unlock lockdown' was coproduced with people with experience of day centres and PPIE engagement in NIHR funded studies and programmes, including a trustee of a local Age UK, a dignity champion and day services staff.

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