

**CHANGE AGENT TEAM
RECORD OF PRACTICE IDEAS AND INNOVATIONS**

These are practices and ideas heard about or seen on visits by the changes agents. We think they could be applied in other situations and should be shared more widely. They have not necessarily been evaluated, nor are they endorsed by the Change Agent Team.

Name of Organisation: London Borough of Waltham Forest	
Service: (e.g. physiotherapy, care management) Rainbow Project: extra care in sheltered housing involving additional health, leisure and social care assessment support In London Borough of Waltham Forest	
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Key Words (3-4 words which sum up the service, for cataloguing purposes) Extra care project/ healthy living	
<i>Brief description of the 'new practice/bright idea</i> The Rainbow project operates across sheltered housing in Waltham Forest – initially 2 schemes now 8. It aims to improve quality of life for older people through a range of activities co-ordinated by a project worker. The project aims to promote a healthy living agenda, support individual assessments, promote independent living, encourage cultural diversity and involve residents. Training is rolled out to other sheltered provision. Activities of the project have included: health clinics, exercise classes, newsletters, welfare rights and advocacy, an Archives project, complementary therapy, outings, parties, focus groups, a carers group and a social group open to the wider community.	
<i>Impact of the introduction of the change/development</i> 480 attendees of health clinics : services received eg advocacy with other primary care services, blood pressure monitoring , chiropody Practical handbook for sheltered housing services New range of diverse social activities: links with schools, youth culture groups Operation of day services in sheltered housing	
<i>Why did this change/development 'work'? Could it be replicated?</i> Worked due to good partnership between local authority supported housing providers and health partners and due to putting tenants views first (audit of tenant's priorities before service started)	
<i>Has the practice been formally evaluated? Please describe briefly.</i> Yes: independent consultant completed evaluation June 03	
Submitted by: Yvonne Toms	Date: 15/08/03

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