Promoting Quality of Life in Care Homes

My Home Life
www.myhomelife.org.uk

Annie Stevenson Co-Founder  MHL and Director of Integration In care
So...what do we think about care homes?

• Scandals?
• Poor quality?
• Money-grabbing?
• Undesirable?
• Less relevant?
• In decline?
Older people in care homes

- 17,678 care homes in UK
  (only 5,153 Nursing)
- 405,000 older people
- Average age 85 years
- 80% cognitive impairment
- 40% depression
- 75% severely disabled
- Going into care later, sicker and more frail
Funding

- £446 state fee for care homes (older people)
- Hospital bed = £2,051
- Children’s home = £2,408
- Care home (LD) = £748
- 28% third party top-up
- Saving the NHS £billions
Workforce

• ½ million employed in care homes
• Care-assistants £15,273
• Lack of funding for training
• Paid less than those looking after our rubbish
• 66% NVQ2
• 39% feel unappreciated by public (Skills for Care)
MHL Mission

Promoting quality of life for those living, dying, visiting and working in care homes for older people.
Began small, now social movement

Secret of success?

• Evidence-based
• Relationship-centred
• Appreciative
• Making a difference
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New online tool

• Providers will also be able to add flags to their individual Provider Quality Profile (PQP) to show they have adopted recognised quality schemes such as My Home Life, the new NICE social care quality standards and the Dementia Care and Support Compact.

The evidence base for best practice

Personalisation
1. Maintaining identity
2. Sharing decision-making
3. Creating community

Navigation
4. Managing transitions
5. Improving health & healthcare
6. Supporting good end-of-life

Transformation
7. Keeping workforce fit for purpose
8. Promoting a positive culture
Relationship-centred Care

Security: to feel safe
Belonging: to feel part of things
Continuity: to experience links and connections
Purpose: to have a goal(s) to aspire to
Achievement: to make progress towards these goals
Significance: to feel that you matter as a person


Positive relationships between residents, relatives and staff and between care homes and their local community and wider health and social care system
What we know residents, relatives and staff ‘want’ and ‘what works’ in LTC

Need shared evidence-based and relationship-centred vision that cuts across:

- health & social care
- policy & practice
- regulation & commissioning
- public & private

NCHR&D (2007)
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MHL Leadership Support & Integrated Care programme

**Leadership and Support** for care home managers to take forward quality improvement (4 day workshop, supported by action learning for one year)

**Integrated Care** for LAs/CCGs to work in better partnership with care homes (understand context, value & respect, resolve local issue)

**Supportive network** for care homes to share best practice and learn from each other (reduce ‘islands of the old’)
**My Home Life: Promoting quality of life in care homes**

- Positive relationships (voice, choice and control)
- Pivotal role of care home managers (ongoing support)
- Consider our own attitudes, practices and policies (reduce capacity to care)
- Stronger partnership working (agree a vision & supportive ways of working)
- Negative press (impact on confidence)
Commissioning Relationship-Centred Care

- Essex CC has shifted its commissioning approach from top-down monitoring, inspection and regulations to one that builds relationships, invests in the development of care home staff and instils a shared vision for care and support for older people (www.myhomelifeessex.org.uk)
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My Home Life Admiral Nurse

- Improved quality of care and well-being
- Increased staff knowledge, skills, and confidence
- Enhanced relationships between residents, relatives, and staff
- More with care home as an option for care

Integration In Care
The future...

• Vital part of care spectrum
• Demand increasing (40,000 beds needed in next ten years)
• Greater specialism
• Reducing pressure on NHS
• A sector that is emerging as having the potential to deliver quality for our frailest citizens in community and in care homes
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