Living well through activity in care homes toolkit

Integrating health into the care home sector.

Karin Tancock
• The importance of occupation
• Why occupational therapy is needed within the care home sector
• Development of the toolkit
• Impact
• What next?
The Importance of Occupation

Occupational therapists define occupations as the activities that we need or choose to do that allow us to live as independently as possible, from self-care to employment, hobbies and interests.

Occupation shapes our identity, our feelings of self worth and our occupations connect us with people— it is central to our relationships.
Current Themes

Falls prevention

Reducing unplanned admissions & winter pressures

Recognition of the importance of well being

Maximise independence/ delaying the need for residential care

Managing own health and condition

Reablement/ rehabilitation is everyone’s business

Link between mental and physical health
Why focus on Care Homes?

• Demographics
  - aging population, increased expectation
    (In the next 20 years the over 65s will rise by 50%)
  - 3 or more long term conditions
    (1.9 million in 2008 rising to 2.9 million by 2018)
  - Dementia- 638,372 people aged 75 and over in the UK

• Profile of resident:
  - Oldest old (over 85)
  - Multiple morbidities
  - Sensory impairment
  - Period of loss/bereavement
  - Dementia
Advantage of focusing on occupation

• Naturally fosters relationships

• Occupation offers all the key elements that give life meaning—choice, control, routine, roles, stimulation
Living well through activity in care homes: the toolkit

The new FREE online resource offers practical ideas, help and advice to support meaningful activity for older people in care homes.

The toolkit comes in dedicated sections for residents, their family and friends; care home managers and staff enabling them to take practical steps to increase participation in everyday activities. It is easy to read and implement with tables, checklists and helpful hints. The material can be used for training and is linked to the relevant activity provision qualifications developed by Skills for Care. Templates and audit tools are included to review and evidence aspects of care such as personalisation, wellbeing and linking in with the local community.

This valuable new resource can support the shift in culture required in many care homes for them to meet the relevant standards related to activities of daily living, choice and care planning. It can also be used to effectively evidence the experience of residents through person-centred outcomes.

Visit the College of Occupational Therapists website to access the toolkit.
www.COT.org.uk/living-well-care-homes

This toolkit is endorsed by:
Fact: People who work in care homes are busy!

You have very many jobs to do every day. It can seem like an impossible task to find time to fit in the things that can make the difference to residents’ lives. This section has ideas that can be introduced whether you have no time or an hour to fill. Small changes can make a big difference, no matter how little time you have.
1. **Assumptions** of the staff – unconscious beliefs that shape their thinking and behaviour

2. **Values** - conscious judgements regarding right and wrong behaviour.

3. **Artefacts** - procedural and environmental factors, such as staffing rotas and layout of rooms.

Living well through activity in care homes: care home owners & managers

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<thead>
<tr>
<th>Enabling everyday activities audit</th>
<th>Yes</th>
<th>Partial</th>
<th>Not</th>
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<tbody>
<tr>
<td>1. Commitment to the activity culture is demonstrated within the home's policies, processes, training and leadership.</td>
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<td>2. Participating in day-to-day activities takes place at any time of day and night and is flexible to residents' needs, wishes and personal routines.</td>
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<td>3. All staff communicate effectively with residents to ensure they are included in activity planning on a regular and ongoing basis.</td>
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<td>4. Residents can be seen interacting with each other.</td>
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<td>5. All staff can describe how all activities and tasks can be seen as an opportunity to build relationships and enhance the residents' living experience.</td>
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<td>6. All staff can demonstrate or describe how facilitating activity is everyone's responsibility.</td>
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<td>7. Residents report friendly and social communication with all staff at all times and feel included in the community of the home.</td>
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<td>8. Residents report that they are free to pursue a range of personal or social activities of their choice.</td>
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<td>9. Residents report that all staff respect their 'quiet' time i.e. time for a person to be private and enjoy quiet reflection.</td>
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<td>10. People are freely able to go outside into safe areas without needing doors unlocked.</td>
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SUBTOTAL:

Name: ____________________  Signature: ____________________  Date: ____________________
Our Messages

• The **difference between living and just existing** is having choice and the opportunity to engage in occupation.

• Occupation is a true measure of quality of care.
Occupational Therapy

• Design and develop locally relevant training schemes for those working with older people to ensure care staff have the skills to support older people to carry out daily routines and maintain their independence. (NICE, 2008)

• Assessment and strategies to prevent falls and manage risk (COT, 2013)

• Assessment and strategies to address difficulties people may have with communication, memory or personal care.
• Promote social inclusion by adapting the environment and enabling people to carry out their chosen activities safely. (Heywood 2007)

• Evaluate communal spaces in care homes and improve the environmental design to help compensate for impaired memory, learning and reasoning skills. (Barber-Miller 2010, Morgan-Brown et al 2011)
Wales
Older People's Commissioner for Wales - A Place to Call Home. A review into the quality of life and care.

England
National Institute for Health and Care Excellence (NICE) 2013. Quality Standards on the Mental wellbeing of older people in care homes.
DEMOS report (2014) Commission into residential care

Northern Ireland
Regulation and Quality Improvement Authority - Consultation on Nursing Home Standards.

Scotland
Current consultation on National Care Standards.
Care Inspectorate- Prevention and management of falls, Every Moment Counts.
Next Steps

• Training occupational therapists to implement the toolkit.

• Film for the public on how to choose a care home.

• Awareness within society that they can expect equality of access to allied health professionals.

• Occupation is a basic need that should be met.