Welcome

Welcome to this edition of the Go for Gold Scotland Challenge newsletter from Bob Laventure, Physical Activity Consultant and Edith Macintosh, Rehabilitation Consultant at the Care Inspectorate.

We have not produced a newsletter for some time and a lot has taken place over the past months!

Care services have continued to plan, and hold their various challenge events during 2015, you will hear about some of them in this edition, including the Senior Sporting event at Glasgow Caledonian University in September this year, which was a huge success.

CAPA NEWS..... what’s the impact?

‘Care...about physical activity’ (CAPA) the self improvement resource for care homes for older people is being implemented across Scotland to different degrees. Some areas have local support to do this which really helps care home staff to make the difference. An independent evaluation of the early impact of CAPA has been carried out and has shown some very positive results for staff and residents such as:

• The message is being used in routine staff training, in informal discussion with staff, induction training and in staff reviews and has been included in discussion with residents and relatives at some care homes.
• Half of the care homes who responded have either used or started to use the resource in care planning for residents.
• Changes in staff working practice, changes in staff behaviour and/or attitudes and changes to the content of training.
• The resource had made staff more aware of the need to encourage physical activity; and thought it had helped staff support residents to do more physical activity.
• Care homes reported that it had helped to change culture and practice, and led to new opportunities for activity.

You can read the full report here www.careinspectorate.com/index.php/guidance/care-about-physical-activity
Glasgow hosts the first ever Senior Sporting Games

This September saw Glasgow Caledonian University and Erskine Homes host the 1st Senior Sporting games, a day involving 7 teams of care home residents from Glasgow, Edinburgh, Lanarkshire and all the way from West Virginia, USA. Building on the spirit of the Go for Gold games challenge, teams and their carers were involved in a day’s sporting competition including events such as basketball, sheep tossing, welly-wanging, exer-gaming and golf.

After the opening ceremony and competitor parade, radio presenter John Cullen compared the day, full of fun, physical activity and fierce competition. Erskine Homes were also able to entertain the visiting West Virginia Geri-Olympics team to a “taste of Scotland” event and a ceilidh. They have been invited to take part in the USA event next April 2016.

Go for Gold Challenge 2015 - some highlights.

The 5th year of Mid Lothian games another success - organised by Vivian Wallace, the council’s Ageing Well co-ordinator.

Nazareth Navigators won Care Homes Senior Games and Loanhead Trust Us won the Sheltered Housing and Day Centre Games.

The Nazareth Navigators were delighted to take the title of Senior Games superstars when they scooped winning place at the event on the 7th July 2015 in Mayfield, Midlothian. Runners up were Aaron Allstars from Penicuik.

Nine teams vied for points during the old favourites of tossing the caber and new age ‘kurling’ – an indoor version of the game minus the ice. However, they also tested their skills during new games of shoogle and drap – a parachute game, hunt the haggis and the cycling challenge. This year, the event also included a Question of Sport, where competitors had to recognise the photographs of sports stars from way back which exercised the memory too!

The sheltered housing and day centres’ event was on Thursday 9 July 2015 at Ladywood Centre, Penicuik with teams taking part in the same programme as the care homes plus an exciting New Age Kurling tournament at the end with Loanhead Trust Us just beating The Crystal for the winning trophy which was sponsored by Castle Rock Edinvar.

Councillor Derek Rosie, the cabinet member for sport and leisure, said: “I am in awe of the energy, enthusiasm and competitive spirit everyone brings to the games. As part of the opening ceremony, the teams, including the Pittendreich Players, the Archview Athletes and the Drummond Dragons, were piped into the games halls, each carrying their specially designed team flag and wearing team T-shirts. Everyone who took part, including four competitors in their nineties, received a medal.
Perth and Kinross Go4Gold 2015

Carolyn Wilson, Care Home Lead for Perth and Kinross said “The positive impact the P&K Go4Gold Games Challenge has on our care home residents makes the planning and preparation totally worthwhile. The energy and enthusiasm which is present in Bells Sports Centre, Perth is indescribable with residents calling it the highlight of their year.”

This year 106 residents competed in curling, beanbag bucket basketball, golf, fishing for ducks and race for rice. These physical activities accompanied by a warm up activity, tea dance, high tea and of course the essential awards ceremony with trophies, medals and personalised certificates created an unforgettable day for all taking part. The day would not be possible without the huge number of volunteers from Perth High School, Perth College UHI, the Rotary, Soroptomists, Police, community and even staff taking a holiday to assist.

Perth and Kinross is already planning for Go4Gold 2016 on Tuesday 14th June 2016!

Let’s think about next year! The Go for Gold Challenge 2016 ... don’t miss it!
Focus is ‘Walk with me’

The Go for Gold Challenge programme is already planning for next year and in 2016 the annual challenge will focus on walking and functional fitness. The challenge will promote functional fitness amongst care home residents, including the promotion of strength and balance activities, which is essential for confident and successful walking.

In addition to being next year’s main Go for Gold Challenge, functional fitness underpins many of the other essential areas of work in care homes such as enablement, the promotion of independence and prevention of falls. The challenge will build on the development of the Functional Fitness MOT, already a popular programme in Scotland. An ideas for an action pack will be developed, designed to provide participating care homes with ideas and information on how to plan and implement their 2016 Go for Gold Challenge.

This will be available on the Care Inspectorate website.

For details of the Functional Fitness MOT visit www.laterlifetraining.co.uk/functional-fitness-mots/

One of the other five challenges which have been part of the programme since it began can also be selected.

Contact us
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Join us on facebook at www.facebook.com/groups/GorforGoldChallenge/
Perth College (UHI) HND Fitness, Health and Exercise students have been involved in an exciting pilot project this year, teaching a 12 week exercise programme to residents in five Perth and Kinross care homes. Fifteen students were involved in the project which involved delivering a physical activity programme to approximately 75 older adults in the care homes.

The weekly programme had three elements which included seated exercise to music, teaching 14 Otago strength and balance exercises as well as fun adapted games. The success of the project came about due to the collaboration of key people and organisations such as: care home staff, care home residents, HND Fitness, Health and Exercise students, Live Active Leisure (Perth and Kinross) and NHS Tayside.

Feedback throughout the project included:
Care home resident: “Enjoyed meeting the students and taking part in the exercises”

Student: “it was one of the best experiences, I would recommend anyone to do it. The difference that can be made in such small amount of time is extremely rewarding.”

Care home staff: “I feel the residents are now keener to participate in physical activities and have asked when they will be returning to Beechgrove. They met young people who they love and they all appeared livelier after the sessions.”

Do you know about ‘The BIG dance pledge 2016’

The 10th and final year of Big Dance, the UK’s biggest celebration of dance and dancing.

The Big Dance Pledge is an opportunity for dance practitioners and enthusiasts to take part in a unifying performance and creative process with other groups across the globe.

Go to the website to find out more.

This is not specifically for care homes but could be adapted.

http://www.bigdance.org.uk/

The next GFG learning session is at the Melting Pot in Edinburgh on 25 February 2016. Come along to this free learning event to find out what’s happening across Scotland and get excited about GFG Challenge 2016!

To book your place at the learning event email wendy.henderson@careinspectorate.com

Get in touch with Edith at edith.macintosh@careinspectorate.com or Bob Laventure at to find out more and share your physical activity stories.
Let’s talk about ‘enablement’ – encouraging people to move more often everyday

‘Working with, not doing for’ - Perth and Kinross Train the Trainer Enablement Training

The model of care typically adopted by care homes is one where staff ‘do to residents’. As a result, a resident can quickly lose the functional skill and level of independence they have and become very dependent. This can in turn affect quality of life, morale and self esteem.

Within Perth & Kinross, we were keen to support care homes to adopt a more positive culture where the ethos of care is built around the resident so they can have the opportunity and confidence to re-learn and regain some of the skills which they may have lost. To enable this there needs to be a shared commitment to ideas, values and goals by residents, staff and relatives. Facilitating change requires leadership from the manager, staff engagement and consideration of procedural and environmental processes and external support in terms of training.

In August 2014, a Train the Trainer model for delivering enablement was developed and delivered to staff from 11 care homes, who had expressed an interest in taking this forward. The training encompassed presentations, literature, DVD’s, thought provoking discussions, group activity, activity analysis and creating enablement care plans.

Within the majority of these homes, staff are being trained in enablement and/or being supported to identify enablement opportunities with individual residents.

Some comments include:

• Eve has progressed from needing transferred at all times to walking with a frame.

• Bob has found a new lease of life. With encouragement he has become involved in many activities and socialises more. Mobility and confidence have improved and mood elevated.

• 74 year old stroke gentleman was very dependent on staff to pour his tea/coffee and butter his toast. With staff encouragement he is now managing this independently.

• A lady with dementia is being encouraged to brush her own hair. This can sometimes be a hit or a miss, but staff continue to work with her.

• We have a number of residents that are being encouraged to attend to their own oral hygiene; whether they have dentures or their own teeth. Just putting the toothpaste on the brush is an achievement in itself.

• ‘For each it has been a revelation that they have been able to regain some independence. This lifted their mood, and their self fulfilment and self worth have improved.’

The enablement training is to be rolled out to additional care homes in 2016.

Carolyn Wilson, Care Home Lead, Perth and Kinross

Arts and creativity in care

Work is progressing with the Care Inspectorate and Luminate, Scotland’s creative ageing festival, to develop a resource pack for care homes for older people to enable people living in care homes to take part in the arts. The pack will have an educational DVD with ideas and good practice examples in the pack to support care staff to run a participative arts session. This should be launched towards Spring 2016.

Make sure you know about Generations working together

GWT supports groups and organisations to unite younger and older people by providing information, training, resources, guidance and encouragement so enabling them to benefit all of Scotland’s generations, by working, learning, volunteering and living together. GWT supports over 1900 members bridging all generations to break down silos for the betterment of our local communities.

Over the past years GWT has established 32 local intergenerational networks, meeting between 2 and 4 times a year. These local networks cover all of Scotland from the Borders to the Western Isles, Orkney and Shetland. They consist of community, care groups and public service groups/people that currently use or want to learn to use intergenerational approaches to address challenges in our ageing society for the benefit of local communities. These networks enable information exchange, share good practice, create and maintain new partnerships and contribute to a more connected and inclusive community.

Membership of GWT is free and can be done online at www.generationsworkingtogether.org or by calling 0141 559 5024. Further details can be found on the website of the one day intergenerational training courses for trainers and practitioners held across Scotland.