

CAPA improvement programme update

The 'Care... about physical activity (CAPA) improvement programme' will work with partnerships across Scotland to build the skills, knowledge and confidence of social care staff to enable those they care for to increase their levels of physical activity and move more often. Also, social care staff will discover ways to be more active themselves. The Care Inspectorate has been commissioned by the Scottish Government to lead the programme.

What will the programme focus on and what will be involved?

The improvement programme will focus on enabling older people using care services to move more and be less sedentary. This may include care homes for older people, care at home services, housing support and day services. It will be based on the Care Inspectorate **CAPA resource pack** which you can find at <http://www.careinspectorate.com/index.php/guidance?id=2615> and follow the IHI Breakthrough model which suggests ways to make improvements through collaborative learning. Read more about this at

<http://www.ihl.org/resources/Pages/IHIWhitePapers/TheBreakthroughSeriesIHIsCollaborativeModelforAchievingBreakthroughImprovement.aspx>

Several **local learning events** will take place throughout the programme to bring people together to learn and share. Care staff and local partners will learn together about quality improvement and how to use CAPA. Services will complete a self-improvement evaluation to see what's working well and identify any improvements. Together, strategies for increasing levels of physical activity will be considered and services will be supported to adapt these for the needs of those they care for. There will be a strong emphasis on sharing learning and good practice. The learning themes at the learning events will be tailored to local need. Some support will be given to services from the programme team and local leads to implement and embed the principles of CAPA, make improvements and carry out discreet pieces of work.

What are the different elements of the programme?

The programme is multifaceted and includes:

- Working with care homes for older people to embed the use of CAPA.
- Working with care at home, housing support and other support services for older people to equip staff to promote physical activity and scope out what specific resources they may require.
- Care Inspectorate staff development
- Developing and testing a module on physical activity to embed into health and social care curriculum
- A national event at the end of the programme to share the good practise widely and celebrate success.

What Partnerships will be involved in the programme?

Clackmannanshire and Stirling
Glasgow City
North Lanarkshire
Aberdeenshire

Perth and Kinross
East Renfrewshire
Inverclyde
East Ayrshire

How will care services be recruited?

A letter and invite to note interest will be sent out to the service group that the Care Inspectorate and the local partnerships have agreed to work with inviting services to respond. Criteria will be set and services will be selected against that. There will be a limit set on the number of services from each partnership that can be involved.

Participating care services must have a manager who is enthusiastic and motivated, keen to make improvements and committed to completing the programme. This includes establishing an improvement team, collecting data as required, carrying out the self-assessment where appropriate and completing action plans, supporting staff to attend learning events and working in partnership with the wider health and social care team. Parent organisations of participating care services must be committed to making improvements identified

It is important to note that regulatory information will be taken in to account when decisions are being made on which services should be involved

Who will be in the programme team?

The programme team will consist of:

- 2 Programme team managers
- 4 Programme improvement advisors
- 1 Programme support for the Care Inspectorate staff development
- 1 communications coordinator
- 1 administrative staff member
- A physical activity consultant

There will be a team to develop the measurement framework and carry out the evaluation for the programme. There will be an identified lead in each partnership area to give local support and help develop local networks.

The Head of Improvement Support at the Care Inspectorate will act as the programme lead.

When does the improvement programme start and how long will it last?

The programme team will be in place by the start of May 2017 and the programme will begin then. The Minister for Public Health and Sport gave the formal announcement of the programme on 7 March at Viewlands Care Home in Perth during a strength and balance class lead by Perth College students.

The first learning event is likely to take place by the end of June. The programme will run for 18 months finishing in October 2018.

