Laura Haggarty, Improvement Adviser, East Ayrshire told us how an intergenerational project between Gargieston Early Childhood Centre and Howard House Care Home in Kilmarnock is increasing movement, purpose, engagement and enjoyment in life.

Laura explains: "I approached the nursery and care home who were really keen to make it happen. Children were introduced to the residents in the first session and looked through story books. There was some anxiety among staff around risk and logistics, however the session was positive, powerful and heart-warming. And it naturally encouraged movement as the older people connected and interacted with the children. One child connected with an anxious resident who struggles to engage and staff were overwhelmed to see her welcome the child with open arms and read a story.

Staff say this resident looks forward to Thursday afternoons and regularly talks about the childrens visits."

Future sessions will include arts and crafts, songs and nursery rhymes and the children will also bring one of their favourite toys in and talk to residents about why their toy is special to them.

Laura will gather data. She hopes to capture the residents’ self efficacy, quality of life and physical fitness data. She also hopes to demonstrate how these weekly sessions impact positively on both generations and encourage other homes and nurseries to set up similar projects to build specials bonds and bridge the gap between generations.

The CAPA project is really making a difference and helping older people to move more and more often - improving health, happiness and social interaction. Our October update highlights just some of the fantastic work happening across the country.
Perth and Kinross Lead:
Carolyn Wilson

There are two CAPA workstreams running in Perth and Kinross - one for care homes and one for care at home services. We spoke to Carolyn Wilson about progress being made in the care at home services involved in the project. She said: “Increasing our level of physical activity has tremendous benefits no matter what stage we are at in life and the CAPA improvement programme has the ability to transform how services are delivered as well as impact positively on all the people taking part. Within the care at home/day care/sheltered housing workstream we have seen small but significant changes taking place and clients encouraged and supported to do more for themselves in a fun and meaningful way. Staff education and participation has been key to this and some services have been educating staff and motivating them to exercise more so they practise what they preach when empowering their clients to do likewise.”

We spoke to Una Tennant, Daycare and Respite Coordinator from Hope House, Blairgowrie who explained that they were running a project to make morning and afternoon tea-time more active for their daycare clients. Una said: “We care for people with dementia. We asked Mrs Irene Benkin what she would like to do to get more active and she told us that she’d like to clear the table dishes and help to wash and dry them. Afterwards she asked “Can I do something else to help, I’m enjoying this, it’s much better than before”. So we’re keeping this going and hope to see further improvements for Mrs Benkin and our other clients.”

Learning Events 2

The next round of learning events are finally upon us! We will hold 10 events between 1 November and 1 December. Local networks are vital to help sustain improvements for people experiencing care. The events will provide lots of new opportunities to hear how everyone’s getting on with their improvement plans and to share new ideas and good practice. We’ll report on these events in our December update.

Meet Chelsea

1) How long have you worked for the Care Inspectorate and what was your previous role?
I have worked for the Care Inspectorate for almost 6 years and my previous role was Admin Assistant.

2) What role have you been seconded too?
I have been seconded to the CAPA Improvement Programme Assistant until October 2018. It’s my job to provide business support to the CAPA team and to support the delivery and implementation of the project.

3) What attracted you to the role?
I wanted to be involved in a project that can make a real difference to people who experience care. I see the huge impact that CAPA is having and couldn’t be happier to be a part of that.

4) What do you like to do when you’re not working?
I like to go for walks with my dog, and spend time with my partner, friends and family. I also enjoy photography!
Active Scotland

Active Scotland, whose aim is to support and encourage people in Scotland to be more active, is funding the CAPA programme. We spoke to Niall Taylor, Strategy Manager about how he sees CAPA moving forward.

Niall said: “All primary and community care staff including doctors, nurses, physiotherapists, dieticians, psychiatric nurses and pharmacy staff play a key role in helping patients to understand the value of physical activity for their health.

“Helping to improve the support for older people in care to be more active is a key aim for us. So we’re delighted to be able to fund the great work that is taking place around the country as part of the CAPA programme.

“It’s fantastic to hear about some of the real differences that are being made to the lives of those in care through introducing even just a small amount of physical activity in their daily routine.

“Even at this early stage, progress is impressive. The important thing will be to sustain this progress in future and I know that the CAPA team has this firmly in mind. We aim to spread the learning from the programme right across Scotland so that all older adults in care get the support they need to sit less and move more.”

Sheena Williamson, Improvement Adviser, Perth and Kinross/Stirling and Clackmannanshire shared this story about a lady from Parkdale Care Home in Auchterarder and how staff have helped reduce anxiety and increase her independence and freedom to move.

Sheena explains: “Jessie Brown has a tremor. She gets very breathless with anxiety which can prevent her from doing what she wants to do. Jessie would often go out for a trip in the car with her daughter, but would sit in the car while her daughter went into the shops. Jessie wanted to go shopping with her daughter but her condition and a lack of confidence was proving to be a barrier. Her daughter also worried that she wouldn’t be able to manage and get her mum in and out of the car herself.

“Staff at the home practised helping Jessie get in and out of the car. Jessie became confident doing this with the support of the staff and agreed the she should try to get out the car when she went out with her daughter. The staff spoke to Jessie and her daughter about ways to do this and offered to go with them on their next trip to provide support. During this time, staff were also working with Jessie to increase her mobility and strength around the care home, which also increased her confidence to move about more freely.

“Jessie and her daughter are now able to go to the shops by themselves. Jessie can even now get in and out of the car without staff assistance. It’s made a huge difference to her life. And both Jessie and her daughter are very happy.”

Jessie is now also able to enjoy other activities at the home. As part of CAPA, Parkdale signed up to a six week adapted bicycle project through Bells Sports Centre. Jessie was one of three residents who took part and staff report that this increased her mobility and strength even more. And that she thoroughly enjoyed the experience.

Hold the date

The CAPA conference will be held on Tuesday 11 September 2018 at Perth Concert Hall, Perth, so keep this date in your diaries. Conference programme, times and workshop details will be published soon.

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The recent internal learning events for inspection staff went well and feedback was overwhelmingly positive. Inspectors understood the principles of CAPA and felt they could support its implementation when out on inspection.

Joanne McGlanaghy said: “People could see the benefits of CAPA and how to relate it to their work. They understood how to make conversations a ‘must do’ when out on inspection.”

Senior Inspector, David Gilling said that his report writing had been influenced after attending the training. After a recent inspection, he wrote: “Dining areas had limited space for movement at mealtimes, mainly due to the number of residents using wheelchairs. The manager planned to improve this by encouraging residents to transfer from wheelchairs to chairs at the dining tables. This would free up more space and provide an opportunity for residents to briefly mobilise. Evidence suggests that even short episodes of movement can be of benefit to residents.”

David also said he would work to keep momentum within his team to maintain a focus on movement in inspections.

An e-learning module for staff is under development and we hope to launch this by the end of the year.

Tell us your stories!

We are keen to hear about your good practice and personal stories to share and celebrate during the CAPA improvement programme. Please get in touch. We would love it if you could tell us about what you have been doing to support people to move more. If you’ve met someone experiencing care that’s been quite inactive, started to move more and as a result has a better quality of life contact CAPA Communications Coordinator: sarah.wilkie@careinspectorate.com

“A very enlightening session that will help me look at how CAPA can have positive outcomes for people.”

Torrance Lodge Health Walk Clip

Lots of fresh air, reminiscing and even exercising with a chicken! Just some of the things that made it a great day out for residents, family and staff from Torrance Lodge Care Home. https://youtu.be/nX6f42bFfso