

ISSUE 8: NOVEMBER 2017

The CAPA programme is really making a difference and helping older people to move more and more often - improving health, happiness and social interaction. Our November update highlights just some of the fantastic improvement happening across the country.



REGULAR LUNCH DATES FOR NORMA

Staff at Catmoor Care Home in Scone, Perth told us about Norma, who's benefitting from CAPA.

Norma went into Catmoor due to a history of falls at home. She was an artist all her life but gave it up in 2014 due to severe pain and ill health. Norma has severe osteoarthritis and following a hip replacement operation in April she was keen to get back on her feet and exercise with her walking aid. At the beginning she was able to walk along one and a half corridors but now walks all three, and does this three or four times a week.

She also wanted to practise stairs because her family had invited her home for Sunday lunch and there are four steps to get up to the house.

Staff conducted a risk assessment before practising on the stairs in the care home. She was able to do this without any difficulty and three weeks later Norma went home for lunch, which she now does every fortnight.

Sandra, Wellbeing Coordinator said: "The difference in Norma is amazing. Her pain relief medication has been reduced and she has even started to paint again, much to her and her family's delight. She also came along to our Halloween party and was up dancing. She was in tears with delight - and so were we!"



Physical Activity Consultant: Bob Laventure

Bob Laventure, Physical Activity Consultant is an adviser to the CAPA programme. He co-led the development of the original CAPA resource pack with Edith Macintosh, the Care Inspectorate's Head of Improvement Support and works with the team to deliver training and support resource development. We asked Bob what he thought of the programme so far and how he thought it was going.

Bob said: "I'm so excited that the CAPA programme is now providing a real opportunity to extend the early original and innovative ideas into mainstream thinking within the care sector in Scotland. Research tells us that this is a huge task both for residents as well as for the staff involved, but everyone is rising to this challenge with new thinking and ideas which are helping to improve the support for older people in care to be more active.

"We know that making such changes and building small amounts of activity into the daily routine in the life of a care setting, including someone's home, can make a real difference to all concerned and in particular to the health and wellbeing of older people.

"It is evident from the good practice stories that are emerging from local programmes that simple solutions, created by older people and care professionals working together, within improvement plans, are increasing opportunities for physical activity and moving more helping to make regular physical activity a feature of each day."

Meet Norman

Mags Hughes, CAPA Improvement Adviser shared this story about Norman, who lives at home and is supported by HRM Homecare.

Mags said: "Norman has had a stroke and uses a wheelchair. When I met with staff and Norman he said that he wanted to move more. He uses a stand aid and the staff are working with him to stand for activities such as dominos and cards. He also sometimes stands at the kitchen worktop to have his lunch. Norman said during the conversation that he didn't do activities as he constantly needed the toilet and couldn't concentrate. This had been a long standing issue and staff spoke to his son about it. From this, Norman saw his GP, he has had his medication reviewed and things are now a lot better. Previously, he would sleep at lunch time as he couldn't concentrate and he does this much less now.



"When I last spoke to the service they told me that Norman has asked to go swimming as he thinks it will be easier for his legs to move in the water. This is a huge step forward for a man who a few weeks ago didn't engage in much activity at all and slept for a good part of his day. It'll be great to see if through CAPA the staff at the service are able to help Norman to go swimming."

Learning Events 2

The second round of learning events have been a resounding success, providing opportunities for people to celebrate successes and share and discuss ideas to help people experiencing care to move more and more often. There was lots of discussion about how it's the little things that can make all the difference.

The events also provided an opportunity to showcase some of the projects happening across the country. Many brought along posters to tell their stories. Here are the stories of two projects which are really beginning to improve and change individuals' lives for the better.



“It's given me a new lease of life!”

Abbeyfield Assisted Living in Inverclyde told us about Colin. Colin moved into Abbeyfield accommodation earlier this year. Previously he had lived in a flat two floors up which made him practically housebound.

In July, staff started to work with Colin by encouraging him to walk with his zimmer frame down to the front gate and back so that he could take photos of his new residence for his Facebook page.

Linda, Area Supervisor explained: “We've seen a huge improvement over the last couple of months. Colin now leaves his zimmer at the top of the ramp and walks down it using the handrails and goes along the path and back up to the top.”

In August, Colin also got a mobility scooter. He has more confidence and goes to the esplanade daily and walks along it using the handrails. Colin said: “I'm much more active now. It's given me a new lease of life!”

“We were so impressed and it was great to hear!”

Muirshiel Day Centre

Muirshiel Day Centre, in Port Glasgow started to run a series of exercise classes to encourage strength, mobility and balance. They were delighted to hear how these had helped one lady in particular to become more independent and confident.

Christine, Senior Support Worker explained: “Before CAPA, Rose had poor mobility and was very unsteady on her feet. She felt the exercises had really improved things for her. She came in one day to tell us that she'd found new confidence and had got the train to Glasgow by herself - went for a wee walk up Sauchiehall Street, and only stopped off for a quick coffee when she got tired before heading back on the train again. We were so impressed and it was great to hear!”

Learning Opportunities

Many universities offer programmes of study and information about activity and movement for older adults. Here are some examples.

<http://www.ncsem-em.org.uk/research/ncsem-em-launches-older-adults-resource-with-public-health-england/>

<https://www.stir.ac.uk/health-sciences-sport/research/groups/physiologyexerciseandnutrition/>

<https://www.ed.ac.uk/education/institutes/spehs/research>

<https://www.gla.ac.uk/postgraduate/taught/sportandexercisesciencemedicine/>

www.laterlifetraining.co.uk



We will soon have information about a specific free Allied Health Professional Programme for those starting with Glasgow Caledonian University after Christmas. If you are interested, contact chelsea.bell@careinspectorate.com

Gettin' Steppin'!

The CAPA team has just completed the four week Step Count Challenge run by Paths for All - a workplace challenge to get people more active through walking more in our daily lives. The CAPAchinos and Team-Abitfit were pipped at the post by the CAPAthletes on the final day of the challenge. Congrats to the CAPAthletes who collectively walked an impressive 1,770,877 steps.



Coming soon...

A new website dedicated to CAPA is under development and will be launched by the end of the year. It will contain all the latest news about the programme, good practice case studies, films, resources and blogs. We want to keep the site fresh with lots of new content so tell us what you're up to and share your news!

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

<http://hub.careinspectorate.com/improvement/care-about-physical-activity/>

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