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 December update highlights just some of the fantastic improvement happening across the country.

Kirsten Bell, Manager from Mowat Court in Aberdeenshire, told us that taking their residents’ wishes into account when they recently refurbished the home has really paid off and is helping people to get more involved and to move more.

Kirsten explained: “We hold regular baking and cooking sessions but accessibility was a bit restrictive for some of our residents. As we developed our refurbishment plans, people told us that they needed more space to get more involved. So we took this into account.

“This encourages movement to and from the kitchen area and standing for longer periods of time during preparation.”

“As a result we have seen greater attendance at these sessions and residents are much more involved in decisions over the choice of food that we prepare. Annie and Florence especially enjoy preparing cakes for afternoon tea to share with others. Having these new facilities has really encouraged greater participation and independence.”
The smallest changes, change lives

Janice Young, Service Manager and Partnership Lead for Clackmannanshire and Stirling spoke to us about CAPA and what's been happening in her area.

Janice said: “When our partnership applied to be a part of CAPA, I was right behind it, thinking it would be a great opportunity to bring together our local care homes to do something really meaningful, while addressing the age old issue of what we would all like to do but never find the time for. Being part of this improvement work would give us that extra push to take us on a journey to have better outcomes for all; people experiencing care, carers and staff.

“What I didn’t count on was the immediate impact on morale, enthusiasm and energy from staff who have engaged in this programme, with fantastic results. When we all attended the first learning event, everyone appeared a bit apprehensive, not sure whether they had the right idea and cautious about putting their foot forward (or back depending on your balance!). By the second learning event, I observed a different energy. Teams were keen to share their stories and had some amazing, positive ideas which they were encouraging one another to try. We have had services developing race track pathways, sponsored wheelchair walks and have seen that even the smallest change can have an enormous impact on quality of life. Other incredible initiatives have included working with local children and even inviting along therapy ponies for a visit. The impact of all of these activities is changing lives, so well done to everyone!

“For me, my own personal highlight was participating in the Children in Need Countryfile Ramble, along with a group of people who had been using a service for Intermediate Care Assessment. What struck me most that day was the absolute enjoyment of being outdoors and feeling the sun and wind in our faces. So much so that people didn’t want to return to the unit, and rather, went on a trip on the minibus for the rest of the afternoon, chatting and sharing stories and memories with one another. We all take the outdoors for granted. But for me, from now on, I plan to make it my mission to support people to get outside and breathe fresh air!”

New CAPA website is here!

Our new CAPA website has now been launched. It contains all the latest news about the programme, good practice case studies, films, resources and blogs.

If you have a story about how CAPA has helped you to support someone you care for to be more active and to move more, email capa@careinspectorate.com

Spread the word among your friends and colleagues. Visit: www.capa.scot
Anne Brown, Activities Coordinator at Forthbank Care Home told us about Beth, whose life has been transformed by a new exercise programme originally designed for her, then rolled out to other people along the way.

Anne said: “Beth has dementia and often felt quite distressed. Her sleep pattern was terrible which caused quite dramatic mood swings. We spoke with Beth’s family who told us that she used to be a very active lady who loved to walk. We wanted to see if we could turn her sleeping pattern around by introducing an exercise programme which might improve her mood, sleep pattern and energy levels. Beth loves fish and chips so we made it our target to get to the chip shop and back every Friday afternoon. She was quite excited about this. We monitored Beth’s sleep from the first week.

“We had assumed that because Beth was quite independent and walked unaided around the care home that she would be able to walk quite far. However, she only managed about 200 yards on the first walk and was so exhausted that she had to sit on the wall to recover. We had to get a wheelchair to help her back to the home. We learned from that so were more prepared the following week. We followed with a chair so that Beth could sit in that for a spell until she felt able to walk again. We then introduced Beth to a fellow resident who also enjoyed walking and they struck up a friendship. Staff began to see Beth become chattier and smile more and over the coming weeks her walks became longer. She was sleeping better too! We then introduced more people to come along on the walks.

“Beth reached her goal of getting to the chip shop. Her next goal was to get to the local supermarket for a cup of tea (about one mile from the home). Since then Beth has grown more confident. She now mixes with the group and has also started tai chi, aerobics, life skills and dancing and we’ve increased her daily calories so that she has more energy. She is much more toned and has dropped a dress size although she is still the same weight.

“Beth’s daughter says that her mum is a different woman and a joy to be with now. Staff also say that they are thrilled with the ‘new’ Beth and can’t believe the difference in her.”
Dates set for new CAPA module

The new Glasgow Caledonian University online module for Allied Health Professionals (AHPs) to promote physical activity in frailer older people will be held 21st May-3rd August 2018. The module is free in 2018. Charges will be applied in future.

The module aims to develop the skills, knowledge and attitudes needed to work with frailer older people, and those transitioning to frailty, to support improvement in their health and wellbeing through moving more.

It will take approximately 180 hours to complete online plus three full days learning on campus and within a care setting.

A range of experts, including clinical academic practitioners from a number of relevant disciplines and partners from the Care Inspectorate will help to deliver the module and support the learning activities.

To find out more about the course objectives and what AHPs will learn from it visit: [www.capa.scot](http://www.capa.scot) or email: capa@careinspectorate.com

Perth and Kinross win funding bid for CAPA

£2K has been awarded from Perth and Kinross Council’s [Angel's Share](https://www.perthandkinross.gov.uk/angels-share) initiative to three council-run care homes to progress their CAPA improvement programme.

Carolyn Wilson, Falls Manager and Perth and Kinross Partnership Lead explained: “Three residents from the homes jointly presented the bid with staff. They were absolute stars and their passion and enthusiasm for improving physical activity for all residents was so evident.”

With the funding they plan to purchase:
- 60 pedometers (and test different step counters to suit gait, disability, user friendliness and wheelchair users)
- armchair bicycle pedals so that people can continue to cycle during the winter months and measure the distance travelled
- therabands which add gentle resistance to some of the exercises people already do to build strength.

They have also formed a partnership with [Paths for All](https://www.pathsforall.org.uk) who will work with residents and staff to create a resident walk pack, a daily record planner and a wall chart for recording steps taken. A separate pack will also be developed for staff to that they can also increase their activity.

Carolyn continued: “The plan is to conduct a number of tests of change within Parkdale Care Home initially. Then we can widen it to some of our other care homes and then nationally though CAPA. Longer term, we hope this can be used to impact care at home services, sheltered housing tenants and daycare clients.”
Learning events update

Shona Omand-Smith, CAPA Improvement Manager talks about how the second round of learning events went and next steps for the CAPA Programme.

Shona said: “These events were about coming back together to reconnect with the other CAPA partners. It was an opportunity to hear about people’s successes as well as talk through some of the challenges faced during the action period between the first and second learning events. Providers shared some inspirational ideas of how CAPA was working for them and how it was improving the lives of the people experiencing care.

“There were some larger projects which involved a number of people, such as initiatives to encourage staff to move more within their work place to small scale projects working with one person to improve their independence.

“Making and sustaining connections was one of the most important aspects of learning event 2 so that providers who will be there, long after the CAPA Programme ends can talk to each other and continue its legacy in future. While on the CAPA journey it is important that providers support each other as well as being supported and encouraged by the CAPA team.

“Gathering evidence is such a huge part of the project too, so we went through the model for improvement including Plan, Do, Study, Act and reminded providers that we must have physical measures to show that there are physical improvements being achieved as well as improvement to overall wellbeing.”

Visit the resources section on www.capa.scot to find out how to carry out the tests and record the results.

Staff at the learning events were inspired by Bob’s story

Watch how staff from Parksprings Care Home, Motherwell (who are involved in CAPA) helped reignite Bob’s interest in football and now he has a new lease of life.

https://youtu.be/78lvW0kq3QQ
Webinars

The CAPA team will be holding a number of webinars in the coming months. The first one will be on Wednesday 31 January 2018, looking at improvement from start to finish using a CAPA sample folder. We will share more details on how to join this webinar soon.

Merry Christmas!

The CAPA team wish you a very Merry Christmas and best wishes for 2018!


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