The CAPA programme is really making a difference, enabling and inspiring older people and those who support them, to move more and more often - improving health, happiness and reigniting connections with local communities. Our October update highlights just some of the fantastic improvements happening across care services involved in CAPA.

Making the connections

A change in culture and strong community connections has made a huge difference to residents from William Simpson Care Home in Stirling.

At the start of the CAPA programme residents spent most of their time in the care home. But through the course of the programme the home has taken great steps to connect with the community in a variety of ways which are encouraging more movement and increased social opportunities. They’ve even set up a walking football team which has resulted in some extra unexpected benefits.

Lesley Kelly, Manager explains: “One big community connection that has had a huge impact on people and has changed the atmosphere in the service is walking football. We have our own team and both staff and residents play. Sharon, 46 is also our cheerleader! We have our own strip and have been asked to join a league.” Before matches people meet in the café in the service and there is “banter” and laughter with the team while everyone checks they all have what they need for the day.

Lesley continued: “There is a real sense of ownership and competitiveness among the team. Graham, 62 who has joined the team rarely mixed with his peers within the service but now he won’t miss a game or an opportunity to train.” The service has recently acquired a people carrier which helps get the team to games and is a real asset to facilitate the widening community connections that the service has made. The team are so enthusiastic that they continue training out with their scheduled times. They have created their own football pitch from an area of garden in the grounds and Active Stirling (who runs the walking football) has offered an indoor pitch so they can continue to play through the winter.

Because football is becoming a real motivating factor for people living at William Simpsons, East Stirling FC and Stirling Albion FC are visiting the service to give season tickets for residents to use.

Mags Hughes, CAPA Improvement Adviser said: “It’s great to see such positive work happening in this service as a result of the CAPA programme. People are taking responsibility to organise meeting places, people are getting outside more and staff and residents are working better together. The football team in particular is bringing younger and older people together with a shared interest and a common goal.”

Lesley continued: “The CAPA learning events provided a great opportunity to make community connections with other services in the area and we’ve teamed up with them to introduce new experiences for people.” As part of the improvement work staff quickly realised the positive effects of moving more and how small improvements can have a big outcome for people.

Mags continued: “People now vacuum their own rooms, new adapted kettles enable people to make their own tea, people now tend to the garden and use the outdoor spaces more. All of these have contributed to a cultural shift in the service with not only people experiencing care going out into the community more but another registered service, Autism Scotland, coming in to use part of their garden. These changes have increased social engagement and given residents a voice and provided more choice.” Lesley says the improvements they have made are here to stay.
Intergenerational outcomes success

Melrose Stewart, physiotherapist from Channel 4s ‘Old People’s Home for 4 Year Olds’, visited East Ayrshire in October to see how intergenerational work happening across the area is providing new opportunities for moving more and improving older adults’ overall wellbeing. Here’s what she had to say about her visit.

“I visited East Ayrshire courtesy of an invitation from Edith Macintosh, Head of improvement Support, in the Care Inspectorate as I am interested in exploring the many positive and mutually beneficial changes intergenerational interactions and activities bring about in the lives of young and older people. Also, it was my understanding that Scotland was forging ahead in implementing some of these programmes. My visit did not disappoint!

The CAPA improvement programme in Scotland appears to have laid down a template in this area which many could follow. I was particularly encouraged that in a single day I could see and hear for myself from residents, relatives and parents of the children about the benefits different generations were enjoying through consistently sharing their lives together. I saw how individuals affected by dementia found harmony being with the children in their own residence and in a nursery and showing themselves to be active participants and contributors in inclusive communities. As one of the experts on Channel 4 TV programme, ‘Old People’s Home for 4 Year Olds’, I am often asked how similar programmes might be implemented in different settings. Scotland is providing some of the answers. In my quest to also encourage active lifestyles, it was a real bonus to see the children incorporate their ‘Daily Mile’ in their visit to the care home!

My thanks go to many people who made my visit so rewarding, including Laura Haggerty who offered her time to show and explain some of the wonderful ventures she is enthusiastically pursuing. Scotland is showing that intergenerational programmes and CAPA can significantly change lives for the better.”

Follow Mel on Twitter @MelroseStewart1

Laura Haggarty, CAPA Improvement Adviser explained: “We were delighted to welcome Mel to see some of the great intergenerational work going on in East Ayrshire. After discussing the CAPA Programme, I shared some of the data from my project focusing specifically on measured outcomes and how important these are to evidence improvements and make sustainable changes to the sessions. It’s important that both generations learn from each other and that nursery/school staff, care home staff, residents and parents work collaboratively and in partnership to achieve common goals. We went to Springhill Care Home for their arts and crafts intergenerational session with children from Gargieston Early Childhood Centre where Resident Grant, who is blind, ran the sensory activity. We then had games in the lounge followed by nursery rhymes. Residents and children lead this section and the data shows a positive outcome on the children’s recall of nursery rhymes and knowledge of older rhymes, as taught by the residents.
We then spent time with residents’ family members and staff from the care home to hear the impact the project is having on the whole home and wider community. May Weadon’s son and daughter in law explained how it has given resident, May a real purpose and talking point and they are delighted with her progress.

Eileen Welch, care home manager explained: The whole home has a buzz around it every Tuesday and Friday. The whole team helps out to ensure everything is organised for the children coming. Abigail Mackenzie, activities coordinator leads the session. In fact she came out of retirement to continue the sessions! She loves the positive impact it is having on everyone and she feels it is keeping her active as well.”

The group then visited Gargieston Early Childhood Centre in the afternoon and spent time with Julie McKee, head teacher to hear the impact residents visiting the school has had on the children, who enjoy meeting them. There are plans to spread intergenerational work through the school with older children. The primary 7s have invited local care homes to attend their show about World War 1 which the residents are delighted about.

Howard House Care Home joined in a session within the nursery where they got to engage with the children during their normal nursery activities - play doh, jigsaws, reading books and everyone enjoyed snack together.

Laura continued: “I’m so passionate about intergenerational work and it’s brilliant to see the wide range of benefits for everyone very early on and everyone’s enthusiasm to spread this across the partnership and beyond. It’s important to gather evidence on the physical, social and emotional outcomes for both children and older people during the sessions. I’ve just about completed the Scottish Improvement Leader course (ScIL) during which I collated nine months of data which can be shared with other community areas in Scotland. The care homes and nurseries in East Ayrshire have all shared their ideas and experiences and should be very proud of what they have achieved. Good intergenerational practice should be the norm in care homes and while everyone will do things differently, the outcomes are always so positive.”

The data gathered as part of this project has been shortlisted as a finalist in the Scottish Government and Healthcare Improvement Scotland’s Quality Improvement Awards in the category of ‘most inspiring or innovative project’. The awards will take place on Tuesday 13 November. Good luck Laura!
Stories from the past

The residents of Hope Park House embarked on a joint venture with Muirton House Care Home, Strathmore Centre for Youth Development (SCYD) and P&K Community Planning Partnership to develop ‘Stories from the Past’ – a multi-media intergenerational project to showcase the lives of those experiencing care and build new community relationships – while also encouraging more movement for all!

SCYD is a charitable organisation that helps young people to realise their potential through a range of projects, activities and opportunities to build their confidence and skills for the future. From running an IT Group – where young volunteers help older members of the community to understand modern technologies – to their successful gardening group – where each group has its own plot and volunteers of all ages are encouraged to come along and spend time working together to grow and tend plants and crops.

Hope Park House had worked with SCYD previously. Some of their young people had visited the home and run art work sessions alongside the older people. So when Ashley Mustard, from SCYD contacted them to discuss a joint media project with Muirton House Care Home they jumped at the chance.

At the beginning of the project the young people scripted questions and learned about filming, editing and interview skills. They came along and spoke with people experiencing care from both services to find out more about their lives. They also took photos of each resident along with descriptions and stories about who they were during their childhood and young adulthood.

The images were then blown up and created into an exhibition – displayed at Hope Park House - to showcase the project and host the premiere of the film the young people had produced. Deputy First Minister John Swinney, community officials, friends, family and young people all attended and it was a huge success.

Those experiencing care and the young adults all said they learned a great deal about each other’s generation.

Una Tennant, assistant manager said:

“The residents really enjoyed working with younger people and they felt that a keen interest was taken in the changes in lifestyle between the two generations. They were keen to look at what the older people’s lives were like when they were their age and compare it to young people’s lives today.”
On behalf of my mother (Ella Watson from Muirton) and myself, I would like to thank you for the wonderful afternoon we had at Hope Park on Tuesday 24th July. I have not seen my mother so animated for a long time. I’m sure she enjoyed her brief spell as a film star! Please thank your cook and staff for the lovely cake and refreshments.

Yours sincerely
Kay Doherty

“The young people were surprised by the full lives and the amount of travel some of the older people had had and they enjoyed some of the daring feats that people remembered getting up to!

“Residents really enjoyed seeing themselves on film, reminiscing about their childhoods and the pranks they got up to. Strong relationships were built between the young people and older adults and these relationships will continue.”

The home is developing a new building separate to the home with its own kitchen and large garden room. This will be a new community space for residents at Hope Park and also other services and community groups, friends and relatives to help combat isolation and loneliness.

Bequeathed by Blairgowrie resident, Jean Stables, who died in August 2016 and was a ‘Friend of the Hope Park House” They will hold a community German Christmas market on 4th December and ‘Jean’s Bothy’ will be formally opened early January.

CAPA Programme Lead

Louise Kelly, CAPA Programme Manager has been appointed CAPA 2 Programme Lead and will take up her new post from 19 November 2018.

We are sure you will join us in wishing her well in her new role. Congratulations Louise!

More about CAPA 2 and what that will look like coming soon....
Blog: CAPA is not just for the older people we work with, its for us too!

Emma Molloy (41) is a warden at Riverside Gardens Sheltered Housing Complex in Gourock. Here she talks about how CAPA has made a huge difference to her own health and mobility.

I’ve only recently become Warden at Riverside Gardens but have been with River Clyde Homes for seven years. I used to be in child care but moved into a relief warden/cleaning role on a temporary contract with RCH, then became staff after 2 years and earlier this year became full time warden here.

My mum died about six years ago – she struggled with COPD for many years and at the time I was a smoker (up to 20/day). After seeing my mum have to work so hard to breathe I gave up smoking after she passed away and started trying to look after myself a bit better. I also had a period of post natal depression after my daughter was born in 2006 and have had CBT to help with managing anxiety.

I knew that I felt better when I was more active and I’d occasionally go to the gym or a class, but it wasn’t until becoming involved in the CAPA programme that I really started to think more about my own health & activity levels – I feel more in control now. CAPA has helped me focus on me and I now go to the gym three times a week. I’ve noticed I am stronger and not so out of breath as I would be before. We have occupational health assessments as part of our jobs and a year ago my lung health was that of a 31 year old. This year it has improved to nearer a 21 year old and I’m 41! I’ve begun to push myself out of my comfort zone. What I really like is that my daughter, who’s 12, comes to the gym with me and is doing gymnastics now and ice skating. It’s great being an active role model for her now. CAPA is about moving more but not just for the older adults we work with – for us too.

Jean’s story, Bute House

‘A group of residents like gardening and together we decided to grow vegetables and plants. With a little encouragement Jean also took part. We bought small garden tools, vegetable plants and seeds. Once planted, Jean has taken a huge interest and waters the vegetables daily. We’ve seen a huge difference in Jean’s mood and she is much less agitated. Gardening gives her a focus and it’s increased her physical ability because she is out in the garden every day.’

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