

# Menu of Opportunities

Themed under 4 Human Rights:

Right to Personal Expression

Right to Participation in Cultural Life

Right to Privacy & Family Life

Right to Participation in Public &  
Community Life



# Welcome to Our Menu of Opportunities

## About the Opportunities



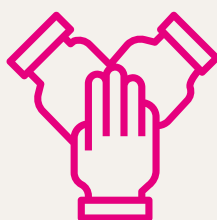
Themed under 4 human rights



Opportunities are open to all care homes in Scotland



Any member of care home staff can apply for funding once the application form has been reviewed and signed by person-in-charge



Opportunities are offered in collaboration with a range of organisations and individuals who have expertise and experience engaging with people with dementia in care homes



Opportunities outlined below form the first round of Opportunities, further Opportunities will be shared in the coming months

## Right to Personal Expression

### Opportunity: Elderflowers Online

Elderflowers are a team of carefully selected professional arts practitioners who are trained to work with people living with dementia.

During their interactions Elderflowers improvise, sing and play, and also tune in to the engagement level of each resident in order to tailor each visit appropriately. Respecting the dignity of participants is a central principal of the Elderflowers programme.

This opportunity will see Elderflowers making online visits, with the support of a member of care home staff, direct to care homes. During these visits ladies and gents (residents) living with dementia will have chance to enjoy moments of connection, joy and laughter.

*In collaboration with: Hearts and Minds*

*To read more about the work of Elderflowers visit [www.heartsminds.org.uk/elderflowers](http://www.heartsminds.org.uk/elderflowers)*

### Opportunity: Online Staff Development Course in Namaste Care

Namaste Care™ is a creative, person-centred approach to essential care for people with end-stage dementia and other advanced conditions. It is a combination of knowledge, attitudes, skills and care practices outlined in the following acronym:

- Nurturing and honouring the spirit within
- Accessing learning and implementation resources
- Managing change
- Assessing who could benefit, acknowledging declining health
- Supportive, relaxing, healing environment
- Taking a team approach
- End in mind - thinking, talking and planning ahead

- Comforting and connecting every day using individualised holistic care practices
- Attending to the needs of family and professional care staff
- Recording and evaluating care using validated tools
- Enriching and improving experiences of living and dying

As part of the Rights Made Real project, a bespoke Namaste Care training course is being offered to care home staff. This online course will introduce participants to the key principles of the Namaste Care approach as well as giving practical ideas and skills for bringing this approach to life for residents in care homes.

*In collaboration with: Lorna Reid, Prince & Princess of Wales Hospice and Fiona Irvine, Ayrshire Hospice*

## Right to Participation in Cultural Life

### Opportunity: Room for Music

Music in Hospitals & Care (MiHC) is a charity that improves the health and wellbeing of children and adults through the healing power of live music. The live music experiences that MiHC musicians create and share unlock all kinds of emotions – from joy to loss, pleasure to nostalgia.

This opportunity will involve MiHC musicians visiting care homes for group music performances. During their visits, they will also link in with staff to engage with residents on a one-to-one basis, particularly with those who may spend a lot of time in their bedroom. The type of music will be tailored to the number of people and atmosphere that is most attuned to the residents, from restful and relaxing, to energetic and uplifting.

*In collaboration with: Music in Hospitals and Care*

### Opportunity: Traditions and Treasures in a Box

As part of the Rights Made Real project a number of unique Traditions & Treasures boxes are being developed. The boxes will contain carefully curated items, relating to specific regions of Scotland or resources that tap into tradition, culture, crafts and creativity; some items might be familiar, some might be a new discovery. Created by Artists, together with people who live in care homes in Scotland, these boxes have come from cultural sessions where there was mutual teaching and learning from each other.

As part of this opportunity, Paula Brown will offer two hours of flexible time to go with each box, to support Activities Co-ordinators, families, care teams and individuals to work through the layers of engagement that each box offers.

*In collaboration with: Paula Brown*

## Right to Participation in Public and Community Life

### Opportunity: Buff & Sheen- Intergenerational Dance Performance

Buff and Sheen is a comical, roaming dance performance about two imaginative window cleaners. Buff and Sheen's humour tickles audiences of all ages, who enjoy interacting with the performers safely through a closed window by joining in with dance moves and laughing at the shenanigans up close. Plus, you get your windows done in the process!

This opportunity will see Buff and Sheen offering care homes the option to invite a nearby nursery/primary school group, who will watch the show from the care home garden while residents remain indoors. Residents and children will enjoy a post-show creative workshop 'together' decorating opposite sides of the window pane: safe, playful, intergenerational fun.

*Video link: <https://bit.ly/buffsheen>*

*In Collaboration with : Moonslide*

## Right to Privacy & Family Life

### Opportunity: Enhancing Engagement and Connection- Workshops for Family and Friends of People Living with Dementia in Care Homes

We are all born seeking connections, and we build up and treasure a range of moments with people in which we feel connected. As someone enters the later stages of dementia their ways of connecting may change. These workshops will explore feelings, celebrations and curiosities about our engagement with people living with later stage dementia. We will look at how we can recognise and build on current strengths we have in making connection and how we might use our experiences to develop some new ways to make connections that feel natural and nourishing. The sessions will involve a mixture of practical exercises and discussion.

*In collaboration with: Suzie Ferguson*

## Right to Privacy & Family Life

### Opportunity: Exploring and Enhancing the Visiting Experience in Care Homes

The impact of visiting restrictions has been deeply felt by care home residents, families and staff. The visiting experience continues to be different to what would have been the norm before COVID. This opportunity in the Rights Made Real project is about exploring ways to hear from families, residents and staff about how they are currently feeling about the visiting experience, and how those in the care home community might like to come together to think about (small, real and possible) ways in which to enhance the experience.

**Workshop:** Care home staff can apply to participate in a workshop where they will get to learn about simple, yet effective ways of helping people to talk about what is important to them, and what they value in terms of visiting in the care home

**Small Grants:** Workshop attendees will then be eligible to apply for a small grant, to support them to take forward ideas generated from their conversations with residents, families and staff about enhancing the visiting experience

*Facilitated by: Belinda Dewar*

## How to Apply

The Application Process for all of the opportunities will open on **Feb 28th**.

The Application Forms are designed to be quick and straightforward to complete. They can be completed by any member of care home staff.

To hear more about the opportunities, and find out how to apply, you are welcome to attend the launch of the Rights Made Real Hub register at <https://bit.ly/rightsmr>.

To join our mailing list to be sent further information about the Application Process email: [connect@rightsmadereal.org.uk](mailto:connect@rightsmadereal.org.uk)

Support Sessions for the Completion of Application Forms will be run on:

8th March 10am

9th March 10am

16th March 2pm

18th March 2pm

To register for one of the Support Sessions visit: <https://bit.ly/rightsmrsupport>

# RIGHTS

Made Real in Care Homes



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