

My home life

Issue 22

Promoting quality in care homes for older people



ACTIVITY AND WELLBEING: Exploring the changing role of the Activity Coordinator

In association with:



Turning Activity Provision on its head!



NEWS: Activities don't have to be complicated WITH SARAH CROCKET

My home life WORLD



Dear Friends



Activity provision in care settings has come a long way from 20 years ago when Activity Coordinators were expected to juggle their activity role whilst acting as a full time member of the care team. Activities were seen as a 'nice extra' but not mandatory. It's great how far we have come.

With the help of our friends at the National Activity Providers Association (NAPA), we have created a bulletin that explores the changing role of the Activity Coordinator, what we mean when we talk about activity provision, and what we can all do together to help make activities more meaningful in care homes.

As a social movement for quality of life for people living, working and dying in care homes, we love to hear about the great things you do. Please keep sending in your selfies, pictures and stories. Why not join the movement on www.myhomelife.org.uk and get access to our free resources.

Best wishes

Jen

On behalf of My Home Life

www.myhomelife.org.uk

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Children from Derrylatinee Primary School and residents from Ard Macha care home in Armagh are using iPads to have a discussion about schooling through the ages.

A cuppa and a cake makes everyone feel at home at the NAPA Annual Challenge and Awards Gala.



Sandra Currie got into the Royal Wedding spirit back in May when she entertained residents in her own wedding dress.



Congratulations to the managers in Swansea who completed the My Home Life Leadership Support programme.



Playing ball! Care home residents visit their local leisure centre as part of Care Home Friends and Neighbours (Care Home FaNs) Buckinghamshire.



The cARTrefu project in Wales is the largest of its kind in Europe linking artists with care home residents to produce meaningful arts.



Care homes in Wales share best practice on falls prevention in the My Home Life Cymru guide called 'Staying on my feet'.



A touch of class in Essex! Gloria Hunniford is presented with a certificate for her work with local care homes.



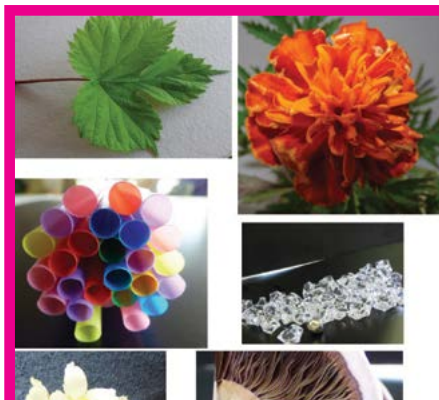
A positive culture framework developed by care home practitioners in Northern Ireland.



My Home Life managers Carole Bell, Kerrie Graham and Keira Small from Northern Ireland discuss social inclusion at a local conference.



Well done! In a care home in Scotland Heather, Deputy Manager (pictured), and Fay, relative, were presented with awards of appreciation.



Residents Gail, Lilian and Margret create a photo montage at Heathfields House in South Ayrshire.

Managers in Bolton meet with the local safeguarding team to explore how they can work better together.

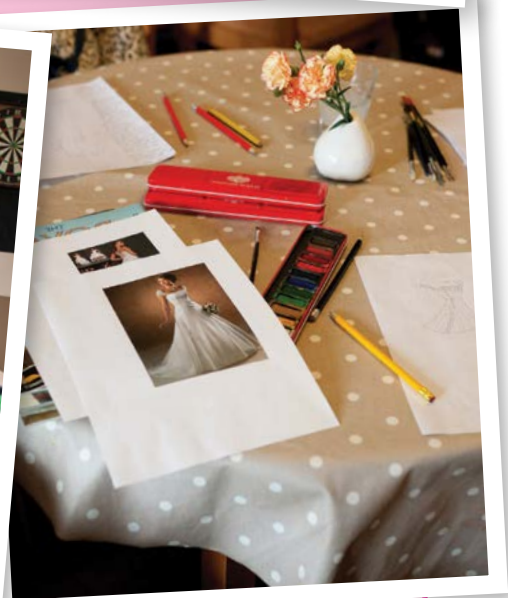


Turning ACTIVITY PROVISION ON ITS HEAD!

When was the last time you sat together as a care team to talk about activities? Why not use the questions below and the 'things to think about' on the next page to discover new ways to help each of us feel more involved in activity provision in your care home.

THINGS TO EXPLORE WITH YOUR TEAM

1. When we talk about activities in care homes, what exactly do we mean?
2. What activities have you helped residents to participate in today?
3. How does it feel to be helping out with residents' activities in your care home?
4. How can we help you get more involved in delivering or organising activities for residents, in your everyday work?



THINGS TO THINK ABOUT:

- Everything you do to support wellbeing, from the moment residents wake up to when they go to sleep at night, could be considered an activity.
- Sometimes it's the little things that make the most difference: Sitting quietly with a resident, chatting about the photo on their bedroom wall, or helping the resident pick an outfit for the day - these are all activities that can give a sense of wellbeing, if done in a meaningful way.
- Where activities are working well, they're everyone's responsibility; staff know that they can sit down and chat with residents without being questioned or requiring permission!
- Matching up the interests of individual residents with those of team members can help motivate staff to get more involved with activities.
- Sometimes the best activities are spontaneous, in the moment and playful.
- Activities come in all shapes and sizes: large groups, small groups of 3 or 4 residents, and one-to-one activities: It's good to have a mix.



A day in the life of an activity coordinator!



MAKING IT HAPPEN

“Activities don’t have to be complicated”

SARAH CROCKET

Community Coordinator from Bath

When I think about activity provision, I think of everyday meaningful interactions with residents, families, staff and volunteers. An activity can simply be greeting someone when you walk through the door in the morning, or perhaps sharing a cup of tea and a chat with a resident. It doesn’t have to be complicated, but it does have to focus on the person as an individual, seeing what is important to them.

We have looked at changing activity provision in our home, so that my role has become Community Coordinator. The change in my title has helped colleagues to recognise the importance and varied nature of

Jack cycled 41 miles and made it into the local newspapers”.

my role. I spend time outside the home, building interest and excitement about who we are, what we do and how people can get involved as volunteers or community groups. These new connections often mean increased footfall in our home which results in a welcoming, busy, environment, where life is for living.

Our residents are passionate about ‘giving something back’ to society and we often take on charitable projects to raise money. Recently Stratton House set a challenge for its residents to cycle from Land’s End to Bath, using floor pedals in the lounge as a way for all residents to take part. Anne, a resident, managed to turn the pedals of the cycle just once in her bed while Jack cycled 41 miles, (his achievement made it into the local newspapers!). It was lovely that everyone, regardless of ability,



could take part in the challenge, and together we cycled a total of 250 miles, raising £1045.

In my experience, activities work at their best when we really get to know our residents and we understand what matters most to them. The likelihood is you’re already doing a great job with activity provision in your home, and you should celebrate that, but you could also try something new. Getting to know my local community has made so much difference to what we can offer our residents. Who’s out there in your community? Who can you engage with? And what new things can that bring into your home?

“New community connections increased footfall in our home resulting in a welcoming, busy, environment, where life is for living”.



National Activity Providers Association (NAPA)

For the last 20 years the National Activity Providers Association (NAPA) has been the leading voice for activity provision in care homes. Although NAPA are a membership organisation, they offer a free advice line for anyone interested in developing activity provision in care homes.

To find out more about how NAPA can help, visit their website at www.napa-activities.com or call 0207 078 9375 or email them at: info@napa-activities.co.uk

A VOYAGE OF DISCOVERY



CALLING ALL STAFF

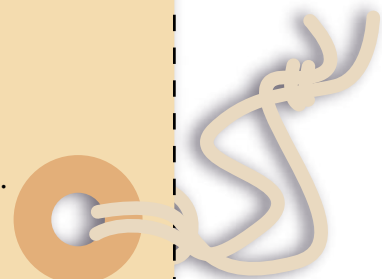
Match up the interests and hobbies of your staff, families and residents by using the luggage label below. Photocopy and cut out the label and invite everyone to fill them in. Who knows what common interests you might discover across your care home community!

What do you like doing in your spare time?

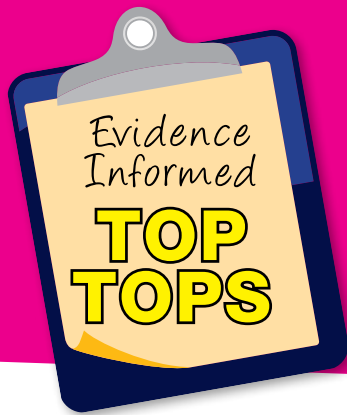
Do you have a talent or a skill which could be shared with others? i.e. flower arranging, gardening, horse riding, brewing your own beer, etc.

Is there anything that you would love to do and have never done before?

Name:.....



WE'D LOVE TO HEAR ABOUT YOUR STORIES OF USING THE LUGGAGE LABEL. EMAIL US: mhl@city.ac.uk



ACTIVITY PROVISION

What can your team do to promote these top tips in your care home?

1

QUALITY OF LIFE... Recreation, social and community activities and personal development are essential to quality of life.

2

KEEPING IT RELEVANT... It's important that activities are tailored to the individual. Cultural sensitivity is also an important component of planning activities.

3

PITCHING IT RIGHT... With increasing frailty some residents might be limited in what they can do. Care teams may need to be more creative in supporting residents.

4

THE LITTLE THINGS... Sometimes it's the little activities that matter most such as, simply tuning the radio to a resident's preferred station.

5

FEELING USEFUL... Meaningful activities will always be received better by residents, than a few hours of programmed activities. Residents sometimes like to contribute to help others in the care home and the community.

6

EVERYDAY LIFE... Some residents would benefit from regular opportunities to take part in housekeeping jobs such as assisting at mealtimes and folding laundry.

7

GETTING OUT AND ABOUT... Access to the outdoors is an important part of many residents' quality of life. Offering opportunities to engage with local neighbourhoods and accessing local services and shops are therefore important.

8

COMMUNITY ENGAGEMENT... There is a growing recognition of the need to link the community within a care home to the world beyond – members of the public, including local community groups, who may wish to volunteer their services.

9

SIZE MATTERS ... Activities don't always need to be highly structured and revolve around groups, sometime the magic happens 'In the moment'. One-to-one activities for a short period of time may be more appropriate and beneficial.

10

A LIFE FULL OF POSSIBILITY... Residents (staff, families) deserve a life that is worth living. Keep talking to each other about what can make life in the care home even better!



My Home Life is a collaborative initiative that promotes quality of life and delivers positive change in care homes for older people. We work with care homes, statutory bodies, community organisations and others to co-create new ways of working to better meet the needs of older people, their relatives and staff. Our vision is a world where care homes are great places to live, die, visit and work; where care homes are:

- Supported to deliver to their potential
- Valued and trusted by those who work with them
- Cherished by their local communities

NEXT ISSUE
Find out who in your community can help to support your residents' hobbies and interests!