

BEST PRACTICE IN CARE HOMES



Myhomelife Promoting quality of life for those living, dying, visiting and working in care homes for older people

Want to join the MHL movement?

Go to: www.myhomelife.org.uk

Email: mhl@city.ac.uk

Follow us on twitter @myhomelife1 & facebook

Reflective Questions

For each 'Best Practice' card, consider the following:

1. Do you agree with this statement?
Why?
2. How do you think other residents, relatives and staff feel about this statement?
3. What is working well now in your care home, in relation to this statement, for residents, relatives and staff?
4. What could it look like at its best for residents, relatives and staff in this care home?
5. What more could be done to help this to happen? What is achievable and in our control?

Maintaining Identity

See who I am!



Maintaining Identity

See who I am!

We work creatively with residents, relatives and staff to maintain their sense of personal identity and engage in meaningful activity.

My home life

Sharing Decision-making

Involve me!



Sharing Decision-making

Involve me!

We facilitate informed risk-taking and the involvement of residents, relatives and staff in shared decision-making in all aspects of home life.

My home life

Creating Community

Connect with me!



Creating Community

Connect with me!

We recognise the importance of creating a sense of community between residents, relatives and staff and also, between care homes and the outside world.

My home life

Managing Transitions

Help me to adjust!



Managing Transitions

Help me to adjust!

We support residents, relatives and staff to manage the loss and upheaval associated with going into a care home and to adjust to changing circumstance.

My home life

Improving Health and Healthcare

Enhance my well-being!



Improving Health and Healthcare

Enhance my well-being!

We ensure adequate access to healthcare services and promote health for residents, relatives and staff so as to optimise their quality of life.

My home life

Supporting Good End of Life

Support me to the end!



Supporting Good End of Life

Support me to the end!

We value the 'living' and 'dying' in care homes and help residents, relatives and staff prepare for a 'good death', with the support of each other.

My home life

Keeping Workforce Fit for Purpose

Encourage me to learn!



Keeping Workforce Fit for Purpose

Encourage me to learn!

**We identify and meet
the ever-changing
learning needs of
residents, relatives
and staff within the
care home.**

My home life

Promoting a Positive Culture

Inspire me to support change!



Promoting a Positive Culture

Inspire me to support change!

We recognise the importance of being flexible to meet the individual needs of residents, relatives and staff.

My home life

Relationship-Centred Care

Positive relationships between residents, relatives and staff are at the heart of good practice.

My home life

Relationship-Centred Care

Research* has shown that residents, relatives and staff need to feel a sense of:

1. Security: to feel safe
2. Belonging: to feel part of things
3. Continuity: to experience links and connections
4. Purpose: to have a goal(s) to aspire to
5. Achievement: to make progress towards these goals
6. Significance: to feel that you matter as a person

By attending to these six senses in each other, relationships will be enhanced.

*Nolan, M., Brown, J., Davies, S., Nolan, J. and J. Keady. (2006). The Senses Framework: Improving care for older people through a relationship-centred approach. University of Sheffield.