

A Meaningful Day

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What we were doing already

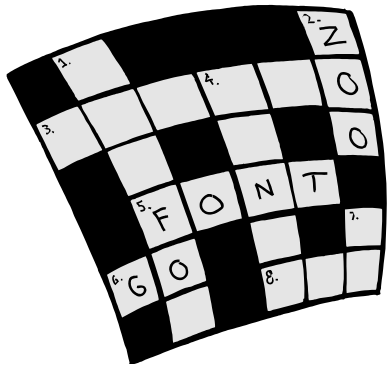


- 24 hour live in care
- Consistent care teams on a rota basis e.g. two weeks on two weeks off
- Consistent and close therapeutic relationships are built and maintained
- Support to family and friends with relationships, communication and activities
- Care teams providing support (personal care, medication, management of long term conditions), assistance with light housework, attending appointments and outings with clients

What we could do better

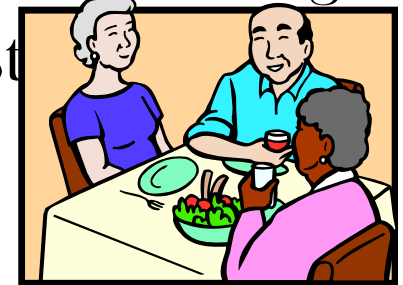


- Using creativity to deliver relational care
- Think about client conversations
- React to client's inspirations and aspirations
- Engage to have fun
- Be curious and playful



Be mindful that activity is about being

creative and active to 'st



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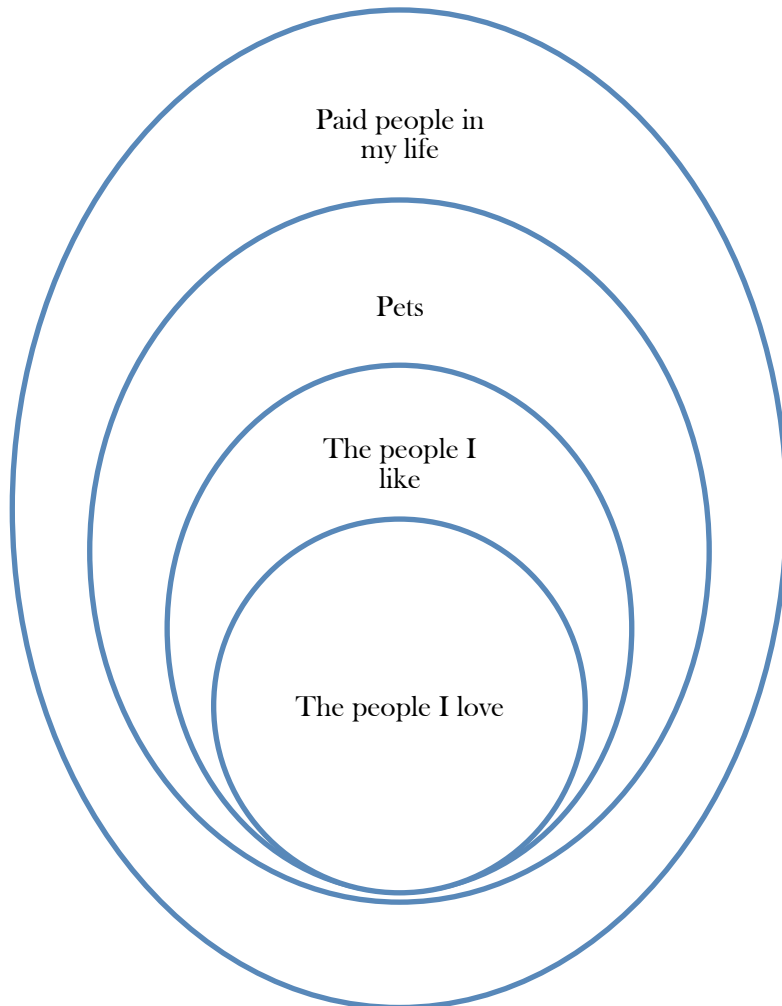
To support improved:

- Client well-being
- Relationships with family friends and local communities
- Record keeping and compliance

Evidence base:

- Life story
- Relationship centred care
- Creativity and activity
- Communication and collaboration

Relationship Circle



Your Client's Relationship Circle

Develop this over time filling in the appropriate parts of the circle. Who are the important people in your client's life? Some of these people may have died or no longer be able to visit. They remain very important to your client. You can write

the names on with your

Communication

Communicating with your client:

What they do	What it could mean	How we should respond
<i>Stands up and sits down repeatedly</i>	<i>.Could mean that she needs to go to the toilet or would like to go for a walk</i>	<i>Offer assistance to the toilet. Frequently offer walks during the day</i>
<i>Rolls and folds up clothing, making it difficult to maintain her dignity</i>	<i>She might be in pain or may be bored</i>	<i>Check pain relief and offer activities to deal with boredom (complete PAL assessment, rummage box, assistance with mobility)</i>

References



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Pool J., (2004) *The Pool Activity Level (PAL) Instrument for Occupational Profiling.* Jessica Kingsley Publishers

Sanderson H., (2014) *Personalisation and Dementia: A Guide for Person-Centred Practice.* Jessica Kingsley Publishers

Wright L., Leahey M., (2005) *Nurses and Families: A guide to family assessment and intervention.* F.A. Davis Company Philadelphia

Useful Resources

Assistive technology can be helpful when encouraging mobility and independence. See <http://www.atdementia.org.uk/> for more information about available products.

Cutlery and crockery to enable independence:

<http://www.livingmadeeasy.org.uk/house%20and%20home/eating-and-drinking-1477/>

Exercise <http://www.ageuk.org.uk/Documents/EN-GB/ID8950%20Strength%20And%20Balance%20Book.pdf?dtrk>

Footwear - Cosy Feet sell some very good products including socks that do not cut into the legs

<http://www.cosyfeet.com/>

House of Memories App

<http://www.liverpoolmuseums.org.uk/learning/projects/house-of-memories/my-house-of-memories-app.aspx>

Memory cafes: <http://www.memorycafes.org.uk/>

Pictures to Share - reading and sharing poetry and stories: <http://picturestoshare.co.uk/>

RADA key is useful as it gives access to disabled toilets to purchase. See:

<http://www.ageukincontinence.co.uk/incontinence-shop/toilet-aids/disabled-toilet-keys.html?gclid=CPSgtd36l78CFfMgtAodKRwAEg>

Singing for the brain: http://alzheimers.org.uk/site/scripts/documents_info.php?documentID=760&pageNumber=2

Thank you for listening



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