

CAPA improvement programme update

Issue 3: June 2017

Welcome to our CAPA improvement programme update. There has been a lot happening to prepare for the programme learning events over the past month. Our Improvement advisers have visited services, linked up with local leads and worked with the programme managers to plan these.

Learning events

The first round of local learning events will take place in June and July. The events will give services an opportunity to link with and learn from others taking part, share good practice and find out how to overcome barriers to enable those in their care to move more, and more often. We have had a great response from participating care services and have around 500 care professionals on board so far. The CAPA team looks forward to working with everyone involved, supporting them to make their identified improvements.

The events will provide an overview of the CAPA improvement programme, its aims and objectives, cover what is meant by 'moving' and 'physical activity' and everyone will learn about the benefits of people moving more. Importantly, care professionals will also learn about how to make improvements using tried and tested tools.

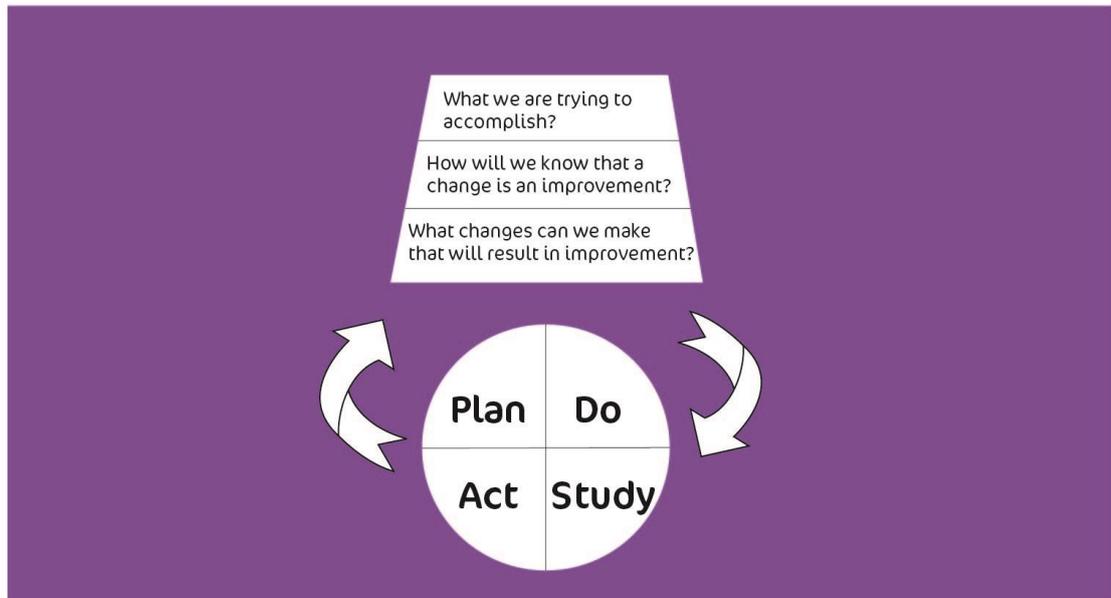


Caroline Connor and Angela Magennis – Davislea Daycare Service, Glasgow

As well as the care professionals from local services, members of the wider health and social care team locally will be invited along with representatives from the community.

People who come along to the 1st learning event will learn together about a variety of things:

- the Institute for Healthcare Improvement's Model for Improvement how to use it



- the CAPA resource pack and how to use it
- various aspects of moving more often including the benefits and strategies to do it and how to overcome challenges to enable people to move more including positive risk taking and how to evidence improvement
- how to prioritise and action plan improvement activities.

To lead by example, there will also be plenty of opportunities throughout the day for people to be active and move around!

How we will measure the impact of the CAPA improvement programme

We have commissioned UK Active to measure improvement, monitor the progress and evaluate the programme. This includes:

- developing a measurement framework to gather evidence of impact which will include quantitative and qualitative information
- gathering good practice examples and case studies to show the difference the improvements carried out by care professionals have made to the lives of people experiencing care
- gathering baseline information about how much care professionals and those experiencing services move now
- measuring people's attitudes towards moving more often and the general health and wellbeing of those who experience care and who work in care services.

Personal good practice stories

Laura Haggarty, CAPA Improvement Adviser (supporting East Ayrshire partnership)



shared this story about a gentleman from a care home in East Ayrshire. Laura explained: “William loved cycling, working and being busy before he moved into care. Once the staff got to know him, they found out how much he missed being out and about and cycling and how he wanted to be able to do it again. They said that he could. And bought him a bike, a helmet and a

high- vis jacket and went out with him until he grew more confident.

“He now goes out cycling regularly on his own with a picnic for his lunch and really loves it. He also posts letters, does gardening and the care home give him a wee pay packet each week.

“Staff tell me the difference in William is amazing. They see a huge difference in his mood, level of activity and engagement. When I spoke to him he said he’d also love to swim again. Perhaps that’s something that the care home will decide to do with some of their improvement priorities to enable William to move more. It’d be great to see this happen.”

Tell us your stories!

We are keen to hear about good practice case studies and personal stories that we can share during the CAPA improvement programme and would love it if you could tell us your stories. If you’ve met someone experiencing care that’s been quite inactive, started to move more and as a result has a better quality of life contact CAPA Communications Coordinator: sarah.wilkie@careinspectorate.com

Next time...

At the end of July, we’ll share some of the highlights and stories from the 1st learning events in the eight partnerships and the next steps for the CAPA improvement programme.

For more information about the programme, updates and good practice stories please visit: <http://hub.careinspectorate.com/improvement/resources-for-care-homes/care-about-physical-activity/>

Here are some useful links you may be interested in:

<http://www.pathsforall.org.uk/pfa/health-walks/big-fit-walk.html>

<http://www.gov.scot/Topics/Health/Policy/Health-Social-Care-Integration/National-Health-WellbeingOutcomes>

<http://www.nhs.uk/livewell/fitness/Pages/Fitnesshome.aspx>