

## Tool 7: Promotion case studies – what could these look like?

Taken from real life examples, these case studies illustrate how the care home can enable residents to maintain their interests and be supported to make active choices on a regular basis.

### Case study 1

"Mum went to live in a care home as a result of her increasing frailty and a bad fall following prolonged spells of dizziness and confusion. She was able to walk with assistance from a walking frame and always being an active person soon got involved in the user forum that plans the programme of activities for residents.

"Mum's increasing frailty was highlighted within her care plan, and a visiting physiotherapist, who leads a weekly strength and balance class, provided her with a small number of muscle strengthening exercises for her legs and arms. Determined to maintain her independence, Mum is motivated to do these by herself, and the staff support her through encouragement to do the exercises on a regular basis. Consequently, we've noticed that Mum is becoming more confident about walking unaided but supervised to the dining room. She also enjoys the fresh air and is assisted to walk in the grounds to enjoy the scented garden and sitting by the ornamental pond. If the weather is unpleasant, Mum insists that visits are replaced by a corridor walk to visit other residents.

"Mum loves painting and music classes, activities that she does in her own time, and she always attends sessions provided by visiting speakers. To break up the long periods that residents spend seated and sometimes asleep, the staff and residents have agreed a 'Get up and Go' action plan, that encourages residents to make a move of their own choice every 90 minutes. So when the refreshment trolley arrives in the lounge at regular intervals Mum is encouraged, to stand and make her own cup of tea."



## Case study 2

"Bowling has played a large part in our family's life. Mum and dad played bowls for decades, outdoor in the summer and indoor in the winter. At some point in the day one of them, if not both, of them would be playing bowls. My brothers and I have special family memories and as small boys they revolved around the local bowling club which was then in its heyday with a vibrant social calendar and a hub of the community. Dad had the honour of being president in the club's centenary year.

"Due to dad's decreasing mobility he stopped playing bowls in his late 70's and following mum's death stopped even going down to the bowling club to watch. Dad has also developed short term memory problems.

"Dad has now moved in to a care home and during his initial six week review meeting we discussed meaningful activities for dad. A discussion took place about the possibility of dad going with a carer to the indoor bowling club to meet and watch his old friends play. It was during this conversation that the manager said that the care home had an indoor bowling set. The bowling set can be set up in minutes and dad is able to play whilst sitting down so his mobility is not an issue. I was in yesterday and was playing bowls with dad; it was great to have my old dad back for a while.

"At the weekly "chit chat" group the care home manager has discussed with the residents the opportunity of regular bowling with dad offering to lead the group. The home is now looking into arranging for Dad to go to the local bowling rink to the senior bowls sessions and to meet up with his old pals. Dad's also excited that the local Care Home Activity Network is now looking to organise a larger inter-care home bowling event and I am sure dad would love to be part of this".