

## Ethel's much more mobile

Ninety-four year old Ethel Dowling lives in the Falls of Dochart Care Home, Killin. Ethel's independence is important to her and she is very sociable. Because she has Parkinson's disease Ethel finds it difficult to move. Her personal care is very important to her but Ethel found that she was struggling to do much of her personal care by herself.

Ethel wanted to remain as independent as possible. To start with, staff involved the local multi-disciplinary team (a group of health and social care experts) together with her GP who carried out a medication review.

Ethel's keyworker, Freda Cairns worked with other staff to put in place a daily care sheet to increase and enhance Ethel's mobility. Following the concept from the Care Inspectorate's 'Make every move count' resource, activity coordinator, Stephanie Cunningham explained: "We put a plan in place to help Ethel to walk very short distances with the support of two staff. By doing this regularly, Ethel's mobility improved. She is now able to walk with assistance from her room to the dining room each mealtime. Ethel is also able to manage a bit of her personal care herself.

"Ethel's teeth are very important to her. Her son brought in an electric toothbrush her to use but she struggled to use it. So we spoke to the dentist who adapted it so that Ethel could use it herself."

To further increase Ethel's mobility and independence, staff worked with her to practice getting in and out of the car because she wanted to attend her Granddaughter's wedding, which she did and had a fantastic day.



Stephanie said: "Ethel's mobility has improved so much that at the last entertainment night, she asked to get up and dance and, with the assistance of two staff, managed to do so!"

As well as focusing on Ethel's mobility, the team also wanted to see what they could do to improve Ethel's everyday life, using the Care Inspectorate's 'Make every moment count' resource.

After getting advice from Generations Working Together, manager, Mandy and Stephanie wanted to develop their intergenerational work with Killin Nursery.

Mandy explained: "It started originally with annual visits around Easter, Halloween and Christmas. But after we did some intergenerational training with staff from the nursery the experiences for both the children and our residents are even better and everyone gets so much out of the visits, which now happen twice a week. Ethel, in particular has gained so much from this."

Ethel loves children. She likes being sociable, interacts very well and enjoys all the different activities they do together.

Mandy continues: "Programmes like CAPA, using resources like 'Make Every Moment Count' and 'Make Every Move Count' and working with experts like Generations Working Together can make such a big difference to older people's lives. I've found that our staff have enhanced their skills and knowledge which has improved our residents' quality of life.

"I would say to other care services, using the Plan, Do, Study, Act model (PSDA) and looking at what you do already and how you can adapt things to see what works. brings real improvements for people we care for and also helps staff to work better as a team. Ethel's story is a great example to show how it can work."