

# So far ...

**We started with two webinars to connect with social care staff in care homes and care at home settings**

This included:

- something we tried that worked well – examples from the sector
- how focusing on movement helps physical & psychological health
- points to consider to promote movement, activity and connections during Covid-19

Watch the first webinar [HERE](#)

Our second webinar shared information and ideas about how [LifeCurve](#) can:

- support people to retain and regain abilities they may have lost.
- support an older person to live better for longer

Watch the second webinar here [HERE](#)

## Details of webinar series:

We brought care professionals who support older people together:

- to share good tales, findings and ideas about supporting older people to keep growing good lives during this difficult time.

First webinar: 110 participants

Second webinar: 120 participants



Carol & Mary heading out for a stroll from the Grange Care Home, Kilmarnock

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"I learned that no matter where we all work, where we are in the country, we are all committed to supporting people and are creative in how we do that in a pandemic."

"It was good to hear about activities happening in other care homes to help the residents stay connected with their local community."

"I'll put into action some of the activities that have been shared. I will be looking at how we can implement them."



Growing a good life

## NEXT STEPS

We will continue this work with people experiencing care, families, Allied Health Professionals (AHPs) and care professionals in care homes in

- Dumfries & Galloway
- Ayrshire & Arran

We will explore together

- how the skills of AHPs can support what matters to people who are living in care homes.
- how relationships between Care Homes & AHPs can be strengthened
- best routes to accessing AHPs and utilising AHP skills
- Testing a named AHP approach

We will use the skills, knowledge and expertise from our inspectors, who are connected with every registered care service in Scotland, together with intelligence from our scrutiny and quality improvement approaches.

This work will also raise the profile of social care as a positive career choice for AHP students.

# OUTCOMES IMPACT

This excerpt from our wider Logic Model shows some of our hopes for this project.

The success of Growing a Good Life is dependent on collaboration and partnership with people experiencing care, families and people working in social care and health. Part of this is building on the foundation of what is important for people living in care homes and their families and the staff supporting them. The “we” in the table reflects this partnership and collaboration.

Short term results	Medium term results	The long term, ultimate results of this project
<p>Conversations with people living in care homes to see what matters to them and how AHPs can contribute to meaning, purpose, and wellbeing to their lives</p> <p>Virtual workshops with:</p> <ul style="list-style-type: none"> <li>• AHPs</li> <li>• Care Home staff</li> <li>• Families of people living in care homes</li> <li>• Student AHPs</li> </ul> <p>to understand the opportunities, barriers, expectations, and demand for AHP intervention</p> <p>Building on these conversations to test an agreed approach to having a named AHP in two Health Board areas in four care homes</p> <p>Exploration of testing an approach to increase the range of AHP student placements in care homes</p>	<p>People living in care homes, their families and staff feel supported and valued by AHPs</p> <p>The Universal, Targeted, and Individual AHP offer to care homes is tested</p> <p>Care Home staff have opportunities where needed to increase their skills, knowledge and confidence across a range of topics where AHPs can help</p> <p>An improved understanding of the benefits of having a named AHP aligned to a care home</p> <p>Understanding the needs of the care home population triangulated with the workforce capacity</p> <p>Increased range of AHP student placements and experiences</p>	<p>Increase in positive outcomes for people living in care homes</p> <p>People living in care homes, their families and staff know how to access the right AHP support/ intervention at the right time</p> <p>AHP graduates view the social care sector as a positive career choice</p> <p>AHPs are established as part of the multidisciplinary support to care homes</p>

# Growing a Good Life is part of the Care Inspectorate's improvement support to the care sector

