

Growing a good life: planting the seeds for living well

Social Care & Allied Health Professions supporting people to live well, connected to their families, friends, and the community



Number 2: September 2021

flash
REPORT

“

” Care workers
are super-heroes”



Lynn Rell, RGN at Parksprings Care Home (Motherwell) painted Staff Hero Pictures during lockdown.

Recently, we ran two Care Homes & Rehabilitation workshops

Care staff, Scottish Government rehabilitation staff and Allied Health Professionals came together.

Everyone considered how rehabilitation works at the moment. We also determined what excellent rehabilitation could look like in the future.

Rehabilitation can be thought of as approaches and activities that support people to participate as actively as possible and enjoy the life they choose.

People's views will contribute to a report to the National Advisory Board for Rehabilitation (set up to deliver the [Framework](#) for supporting people through recovery and rehabilitation during and after the Covid-19 pandemic).

You can look at the two workshops [here](#) and [here](#)

Experiences about what was working well at the moment included :

A focus in Care Homes on living life to the full; starting to get out and about again; focusing on movement; and rehabilitation being part of the day.

Positive models of care that included OTs or Physios being members of the wider Care Home team.

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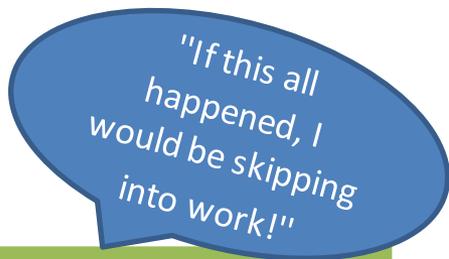
"Good to have discussion in the breakout rooms. Excellent that Scottish Government was involved. Loved the interactive slides."

"Good opportunity to help re-set thinking after such a tough couple of years. Need more of this! "



Let's envisage ..

A future where excellent rehabilitation happens

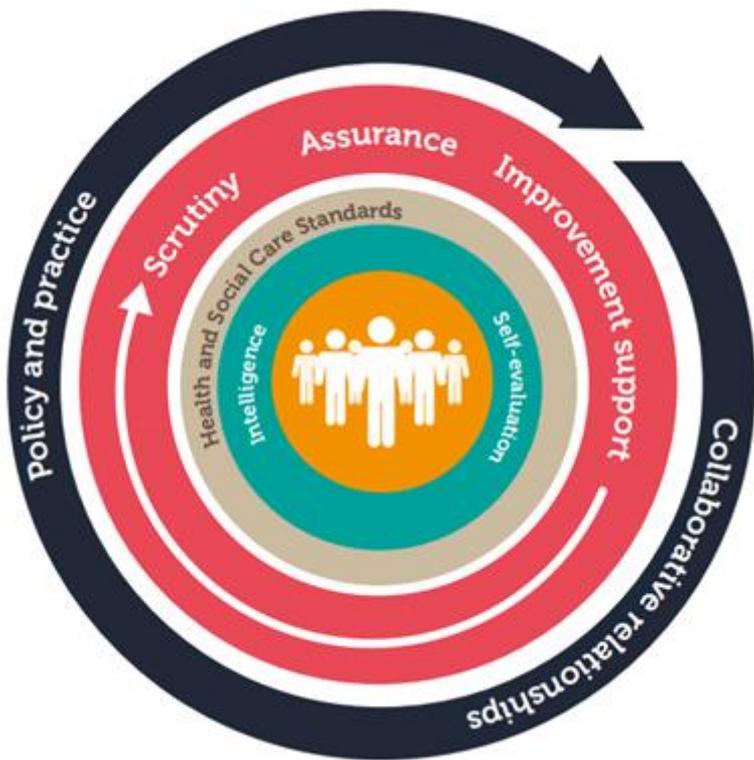


Participants imagined **a future where excellent rehabilitation happens for everyone living in a Care Home.** Here are the themes they produced.

1. AHPs are connected to the life of a care home. There is easier access and earlier intervention
2. Care staff are supported to have time to think about, understand and integrate rehabilitation. Info is clear and useful. Staff are invested in
3. One-to-one hands-on support happens
4. Equipment and assessments are sorted out, for all types of Care Homes
5. There is a strong focus on each individual's life – no matter age or health; no matter who does an assessment or is supporting them. Life does not stop when someone moves in or has complex needs. The words 'no rehab potential' are consigned to the past.
6. What matters to the person is focused on, with the person leading. Social Care & Health staff connect to the person's ideas
7. People and Care Homes are well connected locally. Volunteers are in and out of the Care Home helping keep connections going and supporting positive lives
8. There are clear and useful pathways and referral approaches to support from AHPs, no matter where a person lives. This includes rehab at start of admission.
9. All Social Care & Health professionals take a proactive, creative approach to promoting active, meaningful lives
10. Rehab is built into the day, it does not sit separate waiting for a particular person. .
11. All are supported to take a risk enablement approach. Staff are confident and supported with the decisions they make.
12. Ideas are freely shared across and between services and areas. The Care about Physical Activity Programme (CAPA) is built on.
13. Social Care AND Health work seamlessly together

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

We contribute to embedding a culture of continuous Improvement across the care sector in Scotland.



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