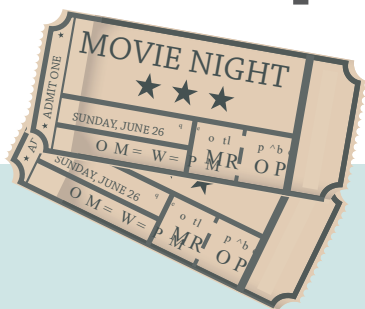


FILM

IN CARE



10 core principles for **FILM**



IN CARE

1 Think carefully about how and why you want to use film

Film is an active experience that taps into people's knowledge, emotions and senses. It has benefits for health and wellbeing. Think carefully about what you want to achieve. Try things out, monitor progress, and adapt until you find what works best.

2 Discuss the choice of film with people before the screening

Include people in the decision. This is an important aspect of person-centred care.

3 Consider the timing and environment of the screening

Try varying the frequency and timing of screenings as well as the environment where they take place. Different things will work for different settings and different groups.

4 Screen feature-length films and show them in their entirety

It is important to let the film run in its entirety, because starting and stopping the film, or turning it off entirely, can lead to people feeling frustrated or disappointed.

5 Don't worry about attention span – all spectatorship is different

Paying attention to a film at all times is not necessary to enjoy the experience and the company. It's important people are allowed to watch in their own way.

6 Use film to help people remember the past

Film is useful for prompting reminiscences, both happy and sad. Be prepared to acknowledge all emotions as important.

7 Use film to enhance the present

Film is a sensory experience. Research shows many people enjoy singing, moving, dancing and physical activity as they watch movies. Film also taps into our emotions – notice how film impacts on a person's mood.

8 Use film to share the future

A film screening is something to look forward to. Find ways to create anticipation. Watching films together can also prompt inter-generational sharing.

9 Everyone should be involved

Film screenings work best when everyone has the opportunity to participate – people who live and work in the home as well as visitors.

10 Monitor, evaluate and reflect

Collect process and outcome data to monitor your progress. Focus on really understanding the most effective ways of using film to enhance people's lives.

Introduction

This resource is intended to be a supportive guide to show how to best utilise film screenings within the care home environment. At each stage of the resource, you will see that the intended wellbeing benefits for older people in care homes are matched to the [Health and Social Care Standards](#) in different ways that you can evidence for the benefit of your home, using an improvement mindset.

This resource is evidence based, combining academic research in health and film studies with the experience and expertise of people working and living in care homes. It is based on 10 core principles for using film in care, that were first developed from a research study into the benefits of film screenings in care homes. These principles were then refined through a series of improvement projects to ensure that this resource is useful and accessible.

We hope that you can use this resource in a practical way to share the benefits of film in the care home environment, and to involve those experiencing care, their loved ones and staff to share the fun and enjoyment that films can bring to a person's quality of life and wellbeing.

Please note that you must refer to both the national and your own local Covid-19 guidance when having film screenings within your home. This will change based on local transmission rates and outbreak status, etc. Therefore, it is imperative that you are aware of the guidance in your own local area and apply it appropriately.

What are the benefits of using film in care?

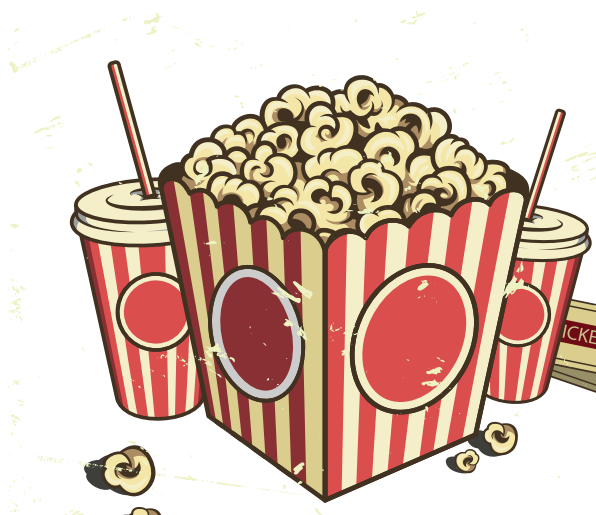
It's important for people's health and wellbeing to take part in activities that are meaningful to them. One way to do this is through film. Watching a film may seem like a passive activity, but research shows it can help people to remember the past and reminisce. It can also improve their lives in the present.

Films can help to lift someone's mood, encourage physical activity, spark conversations about issues, and are particularly good at bringing different generations together. Regular film screenings can also give people living in the care home something to look forward to in the future.

A film screening can be a Covid-friendly activity that can be experienced in a range of contexts: alone or with a named visitor in the person's room, outside with staff and socially-distanced family bubbles, as well as in a socially-distanced group setting in communal areas. With ever-changing protection levels, screenings are accessible and affordable activities that can be used effectively to enhance people's lives.

How was this resource developed?

This resource has been developed in collaboration between researchers at the University of Dundee and the Care Inspectorate. In 2016, Dr Ana Salzberg and Dr Jenna Breckenridge were funded by the Carnegie Trust to undertake a research study on the impact of social film screenings in care homes. Ana and Jenna ran film screenings in two care homes. They observed how people engaged



with the films, ran discussion groups with people living in the care homes and interviewed people working there. Their research developed a set of core principles for using film in care most effectively.

In 2019-20, Ana and Jenna collaborated with the Care Inspectorate to develop this resource. A further four care homes ran a series of improvement projects where they tested out the researchers' core principles. Over a period of six months, staff in each home used improvement cycles to try out film screenings, evaluate how these went and share lessons about how the core principles could be improved. The four homes shared their learning at three workshops, where they worked together to refine the core principles and co-design this resource. It has been revised and updated to reflect how to use film as a meaningful activity in Covid-19 conditions.

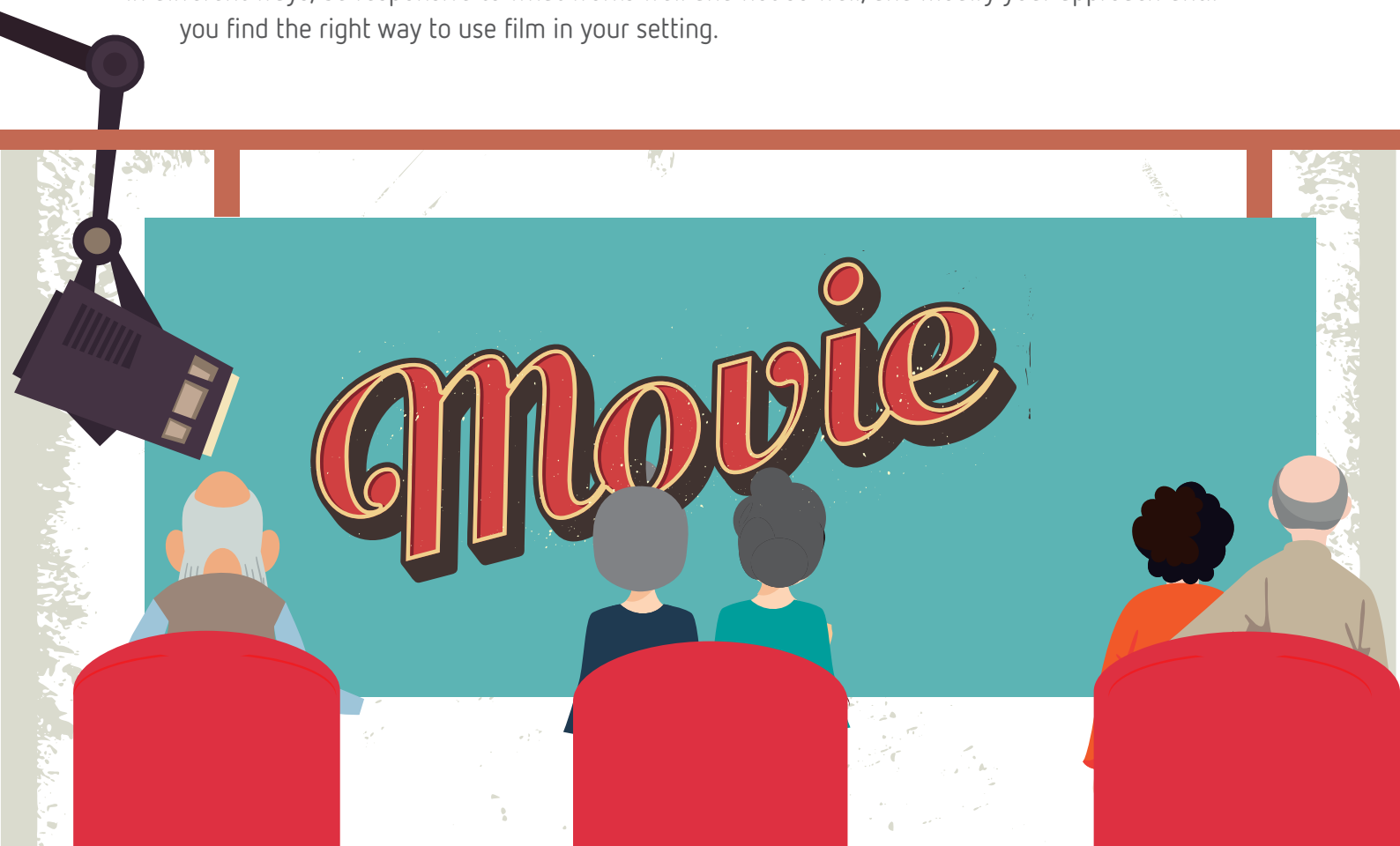
This resource has drawn from the guidance document [Open with Care: Supporting Meaningful Contact in Care Homes](#) to show how the principles can be adjusted according to the different circumstances of each home.

How to use this resource

This resource explains how to use film as a meaningful activity in Covid conditions. Please read this alongside the guidance document [Open with Care: Supporting Meaningful Contact in Care Homes](#).

This resource provides 10 core principles to help care homes use film most effectively. These are based on a combination of learning from the original research study, as well as care home staff experiences of using film in care. You will find quotes alongside each of the 10 principles as well as the relevant Health and Social Care Standard related to each principle.

It is important to use this resource flexibly. The 10 principles are not prescriptive rules. Try things out in different ways, be responsive to what works well and not so well, and modify your approach until you find the right way to use film in your setting.



1. Think carefully about how and why you want to use film

Film is not a passive activity. Research shows that it actively taps into a person's knowledge, emotions and senses. Film benefits people's health and wellbeing. Even in restricted Covid-19 circumstances, film can promote physical activity or support sleep and can increase social interactivity. Use film with this in mind and think carefully about what you want to achieve. There is no one-size-fits-all formula. Try things out, monitor progress and adapt your approach until you find what works best for the people in your care setting. Using a quality improvement approach such as 'Plan, Do, Study, Act' might help you to get started.

For more information, see the [Self-Evaluation for Improvement – Your Guide](#) resource on the Care Inspectorate website.

- *"We decided to take part in Film in Care to offer more to the people living here and ensure that they feel like this is their proper home. We want them to feel happy and content here and will do whatever it takes to achieve that."*

(Braehill Lodge)

- *"Taking part in Film in Care has taught me to think outside the box. Films aren't just for putting on as entertainment and it's about thinking of them in different ways. For example, we had quite a few different plans for things we could observe such as whether watching films impacted on people's fluid intake, agitation and helping them to stay up a bit later at night."*

(Kinloch Care)

"I get the most out of life because the people and the organisation who support and care for me have an enabling attitude and believe in my potential."

Compassion 1.6

2. Discuss the choice of film with people living in the home before the screening

Decide with people living in the home which film to watch. This is an important aspect of person-centred care. Think about helpful ways to facilitate choice. For example, sometimes people may prefer to talk about specific film stars rather than genre and types of films. Try out different ways to discuss film choices and see what works.

When choosing films, please remember to check with and follow Covid-19 guidance on group singing. If a person does wish to watch a musical, an alternative might be that this can take place on a one-to-one basis, following all Covid-19 guidance.

- "We asked people in the home to suggest films to us to make sure that they were involved. We also used visual prompts by showing the DVD cases to help them decide what to watch."

(Braehill Lodge)

- "Our team prints off original posters of the film choice for any particular screening in advance. We also use these posters to prompt discussions around what films people would like to watch, as having a movie cover helps to prompt memories of movies."

(Tigh-Na-Muirn)

- "We used a book of movie stars to talk to people in our home about their favourite films and asked what type of films they enjoyed when they were younger. Some relatives were able to help and we used their 'Life Stories' too."

(South Grange)

- "People living in our home typically enjoy musicals and always have active input into movie choice."

(Menzieshill)

"I can maintain and develop my interests, activities and what matters to me in the way that I like."

Wellbeing 2.22

3. Consider when and where to have the screening

Try varying the frequency and timing of the screenings between morning, afternoon and evenings, as well as the environment where the screenings take place (size, location, layout and lighting of the room). Different things will work for different homes and different people.

Please check current Covid-19 guidance when considering various elements of the screenings. In cases of outbreak, as indoor contact is the recommended approach to good quality contact between people living in care homes and loved ones, a named visitor could watch film with the person in their room (following IPC/PPE measures). When there is no outbreak and following current Covid-19 guidance, people living in the home could also watch the film together in a dedicated cinema area within the home. Outdoor gatherings should also continue to be considered – screenings on an outdoor projector (weather-permitting) would be a great event.

- "I am pleased to say people in the home have continued to enjoy a lot of movies [even in Covid circumstances]. They have all been in their own suites due to social distancing. Also, when they have been isolated in their own rooms, they have continued to enjoy musicals chosen from DVDs. People living in our home continue to have input and choices of movie and viewing times."

(Menzieshill House)

- "We've learned that a more personal setting is better for people rather than using a large space. We started off using our screening room which has a projector and all staff were trained to use this to host a big film night. However, we found that people didn't settle so well compared to when they were in a smaller room. Their agitation and restlessness increased, which was the opposite of what we want to achieve. People kept saying they wanted to 'get back' to the main unit."

(Kinloch Care)

- "We usually had two or three people per screening, but occasionally up to six. This worked better than a large group because it was hard to find a film that everyone could agree on."

(Kinloch Care)

- "We tried out different rooms for the film screenings but the quiet lounge worked best. There was less through-traffic from staff in the room, so people could concentrate better. We put comfy armchairs around the TV in an oval position. We closed the curtains and used a lamp to give the room a warm glow and keep the light dim and made sure the room was comfortable and warm. Once everyone was settled, we offered hot chocolate and sweets during the film, which they loved and it felt like a real treat."

(Braehill Lodge)

- "We found that small groups worked best. We showed a film every day, either at 2pm or 6pm. The 2pm screenings worked best because we could have a member of staff sit in with the people watching the film and could keep out interruptions, so they were not disturbed."

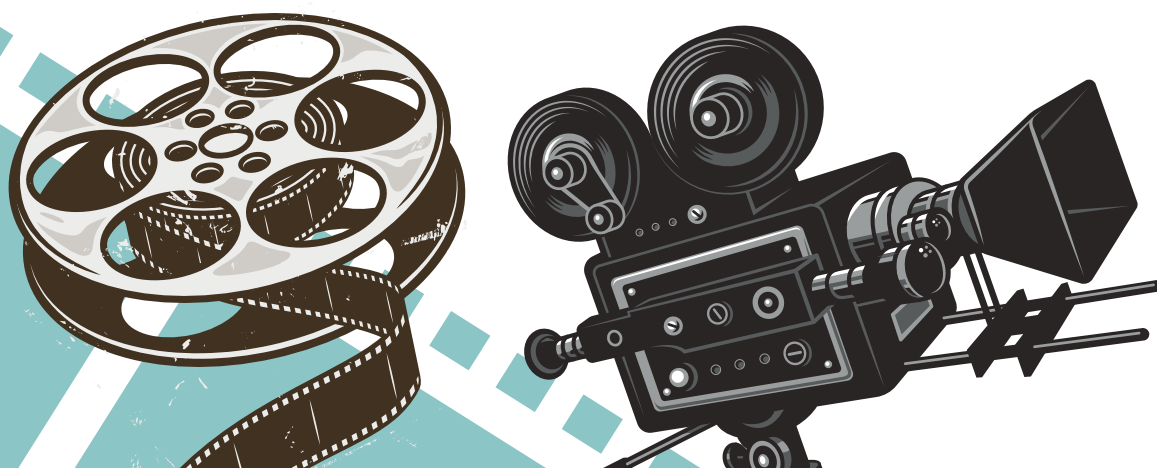
(Braehill Lodge)

- "We now have a dedicated cinema space in our training building, which removes any unnecessary interruptions while the movie is playing. We also have a much larger screen to watch these on, with comfortable seating and have introduced an authentic usherette tray to serve movie snacks. We have also found that because we screen movies in a separate building, it is more like a 'going to the cinema' experience."

(Tigh-Na-Muirn)

"I experience warmth, kindness and compassion in how I am supported and cared for, including physical comfort when appropriate for me and the person supporting and caring for me."

Compassion 3.9



4. Screen feature-length films and show them in their entirety

The combined research and improvement projects that support this resource found many benefits from screening feature-length films rather than shorter versions. Films of around 90 minutes generally work well but you can try out films of different lengths. It is important to let the film run in its entirety, because starting and stopping it, or turning it off, can lead to people feeling frustrated or disappointed.

- *"We found that most people, regardless of the way they preferred to watch a movie, did not enjoy the experience being interrupted by something unrelated to it."*
(Tigh-Na-Muirn)
- *"Films were always left running regardless of whether everyone left the room, so that people in the home got used to them being on."*
(Braehill Lodge)
- *"During every screening, we always left the film running and always had at least one person leave the room. Sometimes they were just sleeping, but that's OK."*
(South Grange)

"My care is provided by people who understand and are sensitive to my needs and wishes."

Compassion key principle

5. Don't worry about attention span – all spectatorship is different

People don't have to pay attention throughout a film to enjoy the experience and the company. Some people may fall asleep, talk to each other, or come in and out of the room. And that's fine. It's important that people living in the care home can watch films the way they want to.

- "We discovered that although everyone said they like to enjoy film as an activity, each had completely different ways they liked to enjoy movies. Some liked to be immersed in the movie, some liked to use it as a distraction, some liked to attend purely as a form of social activity."
(Tigh-Na-Muirn)
- "Some people enjoyed watching films in their own rooms rather than as a social activity with others. They choose their own movies and their own times to watch them."
(Menzieshill)
- "We found that many people were glued to the film when they enjoyed it. Some took the opportunity to sleep and that was fine too. Whatever makes them happy - we want people to be as comfortable as possible."
(Braehill Lodge)
- "I thought, well I am tired, if I am not enjoying it, I can just sit and go to sleep. Just as we did in the pictures."
(Person living in a care home)

"I experience care and support where all people are respected and valued."

Compassion key principle

"My care is provided by people who understand and are sensitive to my needs and wishes."

Compassion 4.3

6. Use film to help people remember the past

Film is useful for prompting reminiscence. Be mindful that remembering the past can be both happy and sad. Be prepared to acknowledge all emotions as important. These feelings can arise during and after the film or even days later.

- *"It is good to see old films and to remember them as we knew them when we were young."*

(Person living in a care home)

- *"Unless people are familiar with the film, they maybe can't concentrate to follow the story... you know like Fred Astaire and Rita Hayworth, they relate that back, they used to watch these movies, so the stories are there. I would imagine these are movies that they've already seen before, so it's easier for them to follow."*

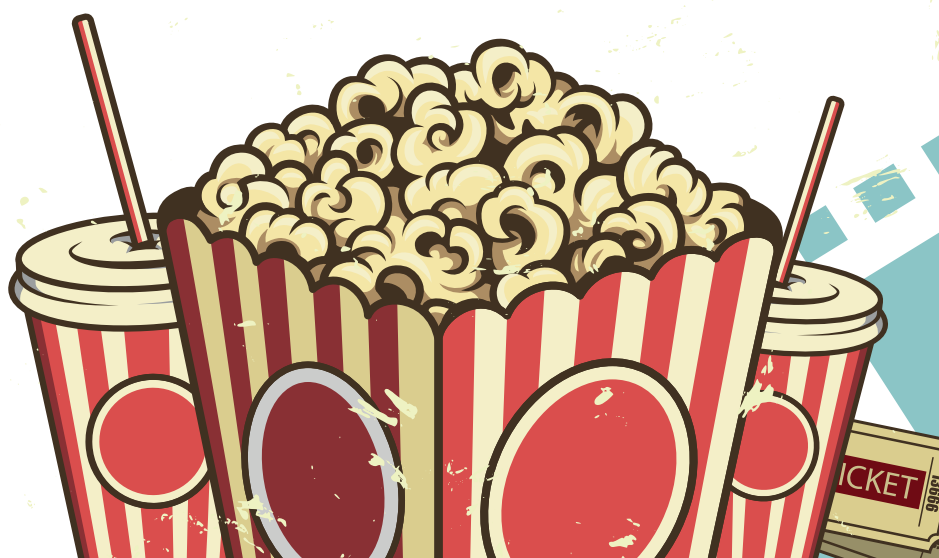
(Person working in a care home)

- *"Have you had as good a time as you see some of these people having or sad days just the same as them? Life's a mix-up, isn't it? You have your good and not so good times, and your fabulous times."*

(Person living in a care home)

"I am supported to communicate in a way that is right for me, at my own pace, by people who are sensitive to me and my needs."

Compassion 2.8



7. Use film to enhance the present

Film is a sensory experience. Research shows that many people enjoy moving, dancing and clapping as they watch films. In this way, films (especially musicals or physical comedies) can encourage physical activity, much like listening to music. (Please remember that you must consider all current Covid-19 guidance on group singing if choosing a musical.)

For people who would benefit from more rest, films are also a good way to relax or even encourage sleep. Also notice how film impacts on people's mood. When talking to them about the films, make sure you do not always talk about the past. Instead, use films to stimulate conversations about someone's current preferences, needs and interests.

- *"When the dancing starts it takes all your willpower to stay in the armchair and not jump up."*
(Person living in a care home)
- *"It's a jolly mood, jolly happy mood. And you end up being happy as well."*
(Person living in a care home)
- *"This week they seemed to be talking about things through the film. One of the ladies was speaking about Doris Day's hair and saying it was like hers, things like that."*
(Person working in a care home)
- *"In terms of what it's brought to people in our home, we have one lady who has a terrible time trying to sleep and she managed to get to sleep during the film. Another can be quite aggressive due to her dementia, and we noticed that she was calm and smiling during the film. This was unusual and it was fantastic to see. One lady with very advanced dementia was singing and that was a joy to see."*
(Braehill Lodge)

"I can maintain and develop my interests, activities and what matters to me in the way that I like."

Wellbeing 2.22

8. Use film to share the future

A film screening is something to look forward to. Find ways to create anticipation. Watching films together can also prompt inter-generational sharing. People living in the care home enjoy asking younger people (such as staff) about how their current experiences relate to the way things were in the past. Film brings up universal themes such as dating, body image and family. These are good topics to chat about together and share across generations.

- "People in the home have been looking forward to what film they were watching. It's nice to give them that opportunity to make them feel that they are getting the choice."
(Person working in a care home)
- "I don't know what the system is now, we used to go to the pictures every week and it was always to the local. I suppose types of films change too, of course. I think we've got to remember that films have all changed, the form of a film has changed."
(Person living in a care home)
- "Do you ever go to the cinema on a date now? That's in the past for me, I am an old lady."
(Person living in a care home)
- "Dressing up is marvellous. You also obviously get a great feeling when you're all dressed up to go somewhere, don't you?"
(Person living in a care home)

"I am treated as an individual by people who respect my needs, choices and wishes, and anyone making a decision about my future care and support knows me."

Be Included 3.13

9. Everyone should be involved

Film screenings work best when everyone sits down to watch together. It doesn't have to be the same staff member the whole time, but people living in the home feel more settled and comfortable when staff are actively sharing in the experience. Being 'with' people is just as important as busy activities and helps to maximise the health, wellbeing and social benefits of film, bearing in mind current Covid-19 guidance. Following the [Open with Care: Supporting Meaningful Contact in Care Homes](#) guidance, and according to local protection levels, you could include films as part of each person's individualised visiting plan. For example, screenings could be arranged in their room with a named visitor or outside with multiple family bubbles. Outdoor screenings would also help in supporting inter-generational visits.

- "Staff are more aware of the people's choices around movies and could add this into their support plans. Some relatives have given pointers for meaningful films too."
(Kinloch Care)
- "Staff weren't sure about taking part at first, as they worried it might take up too much time or it wouldn't make much of a difference, but they can see the benefits now. Taking part in Film in Care has let us see that we need to do these things for people in the home - it's not about what will be easier for staff, it's about the people living here."
(Braehill Lodge)
- "Another benefit we didn't realise at first was that some of the relatives got involved. When they arrived to visit their loved one, we'd tell them that they were watching the film and they could join in if they liked, otherwise we could ask the person to leave the film. Most chose to sit with their loved one and watch the film rather than interrupt them. We'd love to get the relatives more involved by asking for films that might be meaningful to their loved ones."
(Braehill Lodge)

"I experience a warm atmosphere because people have good working relationships."

Compassion 3.7

"People have time to support and care for me and to speak with me."

Responsive Care and Support 3.16

10. Monitor, evaluate and reflect

Collect process and outcome data to monitor your progress. Reflect on what works well and not so well. Sometimes things don't work and that's OK. Focus on really understanding the most effective ways of using film to enhance people's lives – that's what it is all about.

- "We are going to keep observing people during film screenings to see if there is a pattern of reduced restlessness and agitation as there has been so far. I have a plan to evaluate staff to find out how well they think things have gone."
(Kinloch Care)
- "I recently noticed that one of our ladies has reduced the amount of 'as required' medication she normally needs, and I am wondering if this is due to her being more relaxed during films."
(Kinloch Care)
- "We have been taking notes about which people attended each screening, and anything that happened during these screenings. We're also going to monitor how they are before and after the screenings."
(Braehill Lodge)

"My care and support is consistent and stable because people work together well."

Responsive Care and Support 3.19

If you would like further information about the research underpinning this resource, you can read more on the paper [Remembering the past, enhancing the present and sharing the future](#) on the Cambridge University Press website.

We hope that you enjoy this resource, and that the guidance helps you to see the benefits of using film in care. This resource has been designed to help each home get the most positive impact out of film screenings while also considering the Covid/Covid-19 conditions accurate at the time of publication.

We encourage you to adopt these 10 principles to suit the unique needs of people working and living in your care home as well as their visitors.



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