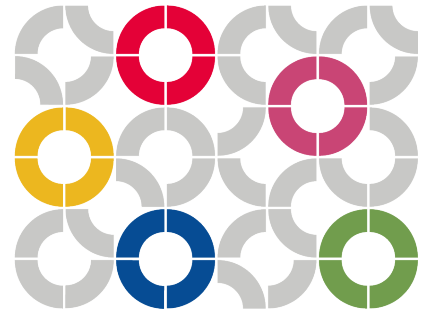


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Issue 133 April 2026

Welcome to April's edition of the PROSPER newsletter, designed to keep you updated with the progress of the PROSPER project. Promoting Safer Provision of care for Every Resident.

Champion Study Days

The Prosper team have been busy planning the Summer 2026 Champion study days, as always, the days will be interactive, educational and a great opportunity to connect with other homes on the project. Save the dates:

16th June 2026, 10am to 3.30pm – Colchester Football Stadium

25th June 2026, 10am to 3.30pm – Harlow Hotel

7th July 2026, 10am to 3.30pm – Hylands House, Chelmsford

9th July 2026, 10am to 3.30pm – Princes Theatre, Clacton

The agenda has been set and the following sessions will be taking place:

- Perspectives – seeing things differently
- Sensory & Trauma Informed approaches
- Nutrition and Hydration
- Alzheimer's Society – Lift the Lid on Sexual Behaviours

Keep an eye on your inbox as invites will be coming out soon!

Residents Riddle?

Each month we will provide a riddle for residents to solve. Please email their answers to prosper@essex.gov.uk

Answer to last month's riddle was of course: **Dictionary**

Well done to all at **Parkview** who answered the riddle correctly.

This month's riddle is...

What can be full without eating anything?

Answer in next month's newsletter



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Dementia Action Week

18th – 24th May 2026

Dementia Action Week is a major UK awareness campaign led by the Alzheimer's Society to improve understanding, reduce stigma, and encourage early diagnosis.

The Provider Quality Innovation Team are pleased to be getting involved in this by holding a

Dementia Day Wednesday 20th May 2026,

9.45am to 4pm

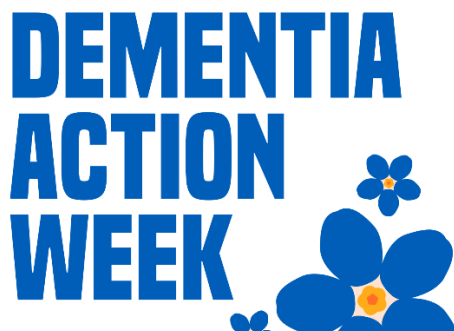
Colchester United Football Stadium.

During the day there will be fun activities, a quiz and information stalls to browse, along with some learning about Dementia.

This session is open to all staff. There is a maximum of 2 staff per provider. Lunch will be provided with a variety of non-vegetarian and vegetarian, please note if you have any dietary requirements, we advise to bring your own lunch.

If you would like to book onto this session, please email the quality.innovation@essex.gov.uk

Spaces will be given on a first come, first served basis. If you are not successful with gaining a space on this session, then please look out for our Person-Centred Dementia Care and Managing Behaviours courses.



Key Dementia Statistics in the UK

Prevalence:

Roughly 1 in 11 people over the age of 65 in the UK have dementia.

Mortality:

Dementia is the leading cause of death in the UK.

Future Projections:

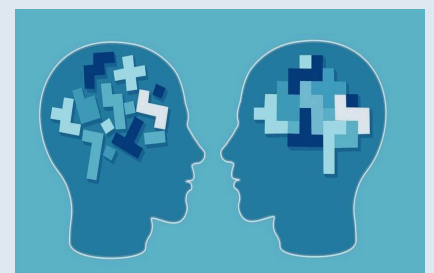
The number of people with dementia is expected to rise to over 1.4 million by 2040.

Young Onset:

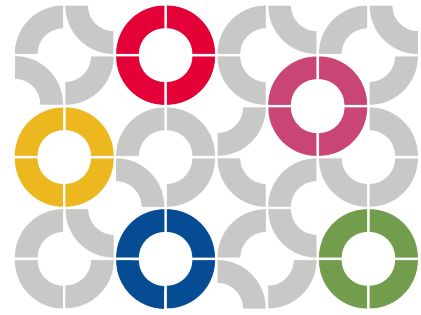
Over 70,800 people in the UK are living with young-onset dementia (symptoms starting before age 65).

Care Home Impact:

Approximately 70% of people in care homes in England have dementia or severe memory problems.



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Hydration Is Key

Now that the weather is getting warmer, it is really important to keep your residents and yourselves well hydrated. Remember that good hydration can help protect residents from falls, urinary tract infections and pressure ulcers.

There are many ways to promote hydration whilst making it fun for not only your residents but also yourselves. Below are some great ideas to boost hydration at your home.

- **Nominate a Super Drinks Champion on each shift.**
- **Aim to have seven set drinks rounds a day to prompt hydration, as well as always making drinks available.**
- **Make the drink rounds fun.**
- **Use words that make drinks sound inviting & attractive.**
- **Dress up the drinks trolley making it eye catching & fun.**
- **Come up with some fun games to play with residents that include taking a drink as part of the game.**
- **Make Hydration stations at your home and fill them with lots of different drinks and fluid rich foods for residents to help themselves to.**
- **Do a different themed day every day for a week i.e milkshake Monday.**

If you would like some ideas on how to boost hydration and some fun games, visit our Prosper toolkit at

<https://www.essexproviderhub.org/quality/quality-innovation-team/prosper/prosper-toolkits/>



Did you know?
Up to

78%
of your body
is made of water.¹



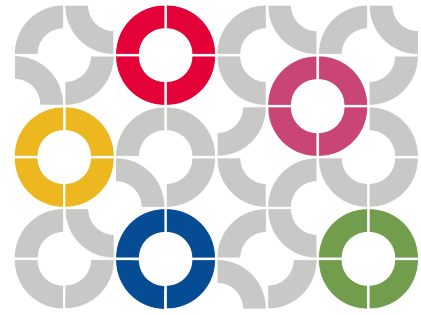
OT Weekly Advice Clinic – Virtual

Our Senior Occupational Therapist, Caroline Robinson is running a virtual weekly advice clinic, an opportunity to ask any OT questions in relation to any person you are supporting. Every Wednesday, 10.30am to 11.30am.

To receive the link email quality.innovation@essex.gov.uk

v.uk

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SMART Aim Success Story

From 10 Falls to 1: A Person-Centred Success Story Using PROSPER Tools

Maitland House, in Clacton, had one resident who had experienced 10 falls in a single month. Using the PROSPER Falls 24hr Clock, staff identified most falls occurred in the mornings when the resident was in their bedroom, where they would have their breakfast. This insight guided a tailored plan. The resident was encouraged to join others for breakfast, something she agreed to if she could come down in her dressing gown. On days she preferred to remain in her room, an over-bed table was introduced to support safer, more comfortable eating and reduce leaning and over-stretching while applying her makeup.

A range of practical measures were also implemented:

- Sensor bed mat and chair mat in place
- Lanyard pendant to encourage calling for assistance
- Daily sitting and standing blood pressure checks
- Medication review with PCN ward round, removing fatigue-inducing medicines
- Sensible, well-fitted footwear selected
- Profile bed provided
- Anti-slide mat added to her chair
- Reducing two chairs to one to promote use of the safer seating option
- Over-bed/chair table used for makeup to prevent over-reaching and to eat breakfast reducing the need to lean forward

This combined approach rooted in observation, PROSPER tools, clinical collaboration and personalised adjustments led to a remarkable and sustained improvement. It highlights the impact of small, meaningful changes when teams work together with residents at the centre of every decision.

The 4 P's of Falls Prevention

Pain – Are they in pain, do they have discomfort?
Address pain or discomfort.

Personal Needs – do they need anything to drink or eat, support to go the toilet, is their walking aid nearby

Position – do they need help to move into a better position

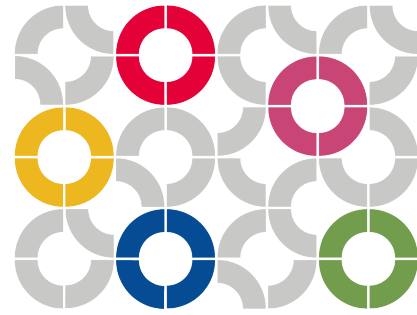
Placement – Do they need anything to be placed with in reach, are their belongings nearby.

Falls Checklist

The Prosper Toolkit has an falls checklist which includes things like, footwear, maintenance of walking aids, wearing the right glasses, hearing aids etc.

www.essexproviderhub.org/quality/quality-innovation-team/prosper/prosper-toolkits/

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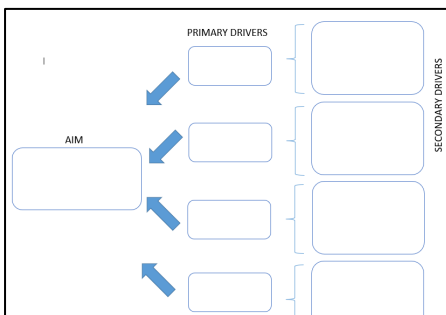
Methodology Corner

Driver Diagrams

In the March PROSPER Newsletter I discussed being creative with **SMART** aims and the importance of setting a **SMART** aim prior to beginning any quality improvement work.

Today I want to move onto the next step, and discuss how you can 'set about' achieving your **SMART** aim. Because if you do nothing you will stand very little chance of reaching your goal.

You may well already have some ideas, particularly if you have one or two residents that are 'frequent fallers', but sometimes it can be difficult to come up with ideas for change. In these circumstances it may be useful to complete a **Driver Diagram** with a group of your staff members.



A **Driver Diagram** is an excellent, structured method of looking at all of your processes, and thinking about what is already working well, and what, if you are being honest, could be improved.

Always start your **SMART** aim in the left-hand box with your **SMART aim**, and then think about your **Primary** and **Secondary Drivers**, which I will discuss in more detail in my next column. However these drivers are the processes which it is felt are vital to have in place and working well, to give you the best possible chance of achieving your **SMART aim**.

Provider Quality Innovation

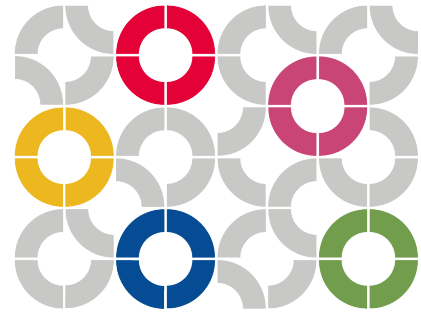
Things to remember when completing a Driver Diagram

Do not be restricted by the size of whatever you are completing the **Driver Diagram** on (paper, flip chart, etc.). There will be some topics where you only require one or two boxes in a column, whereas other topics may require further pages to be added.

Try and think of all the processes that are required to be successful with your **SMART Aim**, not just the processes that you think may need improving. Once your **Driver Diagram** is completed you can start to decide what is working already and which area(s) may need improving.

There are no 'right' or 'wrong' answers when completing a **Driver Diagram**. All suggestions will have some relevance to the issue being discussed.

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Poetry Corner

Written by Sue Smith, Manager at Cherry Wood Grange

Hydration

Grab a drink, don't pass it BY,
water's the way to make us all feel HIGH!
Young or old, we know Hydration is KEY,
feeling refreshed, with your mind clear & FREE!

Drink up daily, don't wait till LATE,
at least 8 glasses a day, is what we all ADVOCATE!
Drinks hot or cold, keep it FRESH,
your body will thank you, as you'll feel your BEST!

At work, you're always on the GO,
don't get dehydrated as you will start to feel LOW!
Headaches fade, skin starts to GLOW,
When you're hydrated, you'll feel your mojo GROW!

Keeping our residents hydrated TOO!
is what all the team at cherry wood DO!
So, grab a bottle, or a CUP,
and make sure you that we all drink UP!



Provider Quality Innovation

Done Something New and Exciting?

Do you have a top tip, an amazing new idea to share or an event that is different to any other and would like it published in the newsletter?

Don't forget to wear your badge with pride!



Prosper Contact

Would you like a prosper support visit, or can't find something you are looking for on the provider hub then email

Prosper@essex.gov.uk