

# Prosper



Issue 112 July 2024

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

## The Essex Care Sector Awards 2024

### Final Call for Nominations

We are fast approaching the closing date for nominations for this year's awards. Celebrating the best of care in Essex demonstrated through innovation, achievement, and outstanding contribution. The Awards, hosted by Essex County Council are open to all Residential Care Homes, Nursing Homes, Domiciliary Care Agencies, Supported Living Services and Day Centres that deliver a care service to Adults in Essex County Council's Local Authority area. The Criteria for each award and the nomination form can be found on the Care provider hub website:

<https://www.essexproviderhub.org/quality/qualityinnovation-team/essex-care-sector-awards-2024/>

The nomination window opened Monday 3rd June 2024 and **closes at 5pm Friday 2nd August 2024**. All nominations must be emailed to [theprospers@essex.gov.uk](mailto:theprospers@essex.gov.uk)

Those shortlisted will be invited to the Awards Ceremony on the evening of 4th December 2024, at the Chelmsford City Racecourse

Enquiries to [Theprospers@essex.gov.uk](mailto:Theprospers@essex.gov.uk)

### Remember -

### Closing date for Nominations

**Friday 2nd August 2024 at 5pm**

### Don't miss out!

Provider Quality Innovation

## Residents Riddle?

Each month we will provide a riddle for residents to solve. Please email their answers to [prosper@essex.gov.uk](mailto:prosper@essex.gov.uk)

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

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

This month's riddle is...

**What can you hold in your right hand, but never in your left hand?**

Answer in next month's newsletter



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## Enjoying the summer

St Marks Care Home in Clacton took advantage of the recent sunshine by having a visit from a local ice cream van. Residents enjoyed choosing their ice creams with lots of choice available and many different toppings. A great way to keep hydrated in the sun!



## Hydration boosting ideas

A reminder of some hydration boosting ideas to try out this summer:

- 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.

## Did you Know?

Around 20% of our daily fluid intake comes from food!

2 Pineapple Rings contain 70ml of fluid



1 Slice of Melon has 140ml of fluid



4 Florets of Broccoli gives 75ml of fluid



1 Tomato has 80ml of fluid



2 Tablespoons of Cottage Cheese is 60ml of fluid

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## Falls Prevention – Muscle Deterioration

Prolonged sitting and periods of inactivity can result in a 3% loss of muscle mass per day, whilst three weeks of bed rest can result in reduced strength equivalent to 30 years of aging. Because of the increased inactivity and subsequent reduction in muscle strength and balance during the initial lockdown period in 2020, Public Health England has predicted that 110,000 more older adults will have at least one fall per year.

It is known that muscle and bone mass ordinarily peak around the age of 30, and then decreases between 3% and 8% per decade, so to attempt to keep that deterioration nearer 3% than 8% it is vital that your residents, often frail and already at a higher risk of falling, are encouraged to participate in some form of physical activity for muscle and bone strength.

We know lots of you have group activity sessions, which are great. But it is equally important to also encourage those that do not ordinarily attend group activity sessions to exercise.

A resource produced by the Royal College of Occupational Therapists which you may find useful can be accessed via this link

[www.pkc.gov.uk/media/42488/Living-Well-Through-Activity-in-Care-Homes/pdf/Unit2-Care-home-staff-resources](http://www.pkc.gov.uk/media/42488/Living-Well-Through-Activity-in-Care-Homes/pdf/Unit2-Care-home-staff-resources).

Often ideas for activities can evolve from small beginnings. You may remember from our Newsletter from August 2022, where we told you about the 'Walking Club' at Mundy House. This initiative had grown from a staff member encouraging a resident who was reluctant to leave her room, to join them in a walk around the home. Over the following weeks other residents asked if they could join in too, and this organically evolved into a group of residents regularly walking around the home together.

## Falls Prevention and Meaningful Activity Workshops

Our Senior Occupational Therapist, Caroline Robinson has included workshops covering Falls Prevention and Meaningful Activities in her current Programme of Bitesize sessions:

**Falls Prevention – Part 1**

**Falls Prevention – Part 2**

**How to unlock meaningful activity**

Further details, dates and booking information can be found by using the following link:

<https://www.essexproviderhub.org/quality/quality-innovation-team/current-programme-of-training-and-events/>



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## Falls Prevention Interventions

Here are a few of the ideas Prosper homes have found to help reduce the number of falls in their home. Not all will work with every resident but worth considering as a PDSA cycle. Tried something else? Let us know by emailing [Prosper@essex.gov.uk](mailto:Prosper@essex.gov.uk)

- Introducing a Falls checklist – you can find one in the Prosper toolkit on the care provider hub. In some cases, by going through the checklist it has highlighted the need for onward referrals (Parkinson's, Physio, OT).
- Remember Footwear, Ferrules and Frames – does footwear fit properly, are Ferrules worn and need replacing, are the right frames being used, are they at the right height. See the 3F's poster in the Prosper Toolkit.
- Good Slipper Guides can help relatives to buy the most suitable footwear for their loved ones – see the Prosper Toolkit
- Measure Resident's Feet – one home had someone come in and measure all the resident's feet and found they were all wearing a different size to what they should be.
- Pimp My Zimmer – decorate those walking frames, helps identify who they belong to and encourages residents to use them.
- Light My Night – Smart lightbulbs, light the way to the toilet at night times with sensor lightbulbs or florescent tape around light switches.
- Lazer Sensor Beams/ In bed/chair sensor mats work well for those residents who get up in the night and fall or step over floor sensor mats
- Corridor Monitors (Staff and tech) – keep an eye on those well-trodden areas.
- Sit to stand blood pressure drop – Blood pressure can drop when you first stand up and cause dizziness, get up slowly and stand for a few seconds to allow blood pressure to regulate.

**Hearing Checks-** when were your resident's ears last syringed, a build up of wax could cause balance issues.

**Eye Checks** – are their glasses still suitable, have they just had a new pair and having trouble adjusting to the new prescription? Are the glasses theirs?

**Medication Review** – when was the last review? Is medication making them more prone to falls? Ask the GP for a review.

**Hydration** – dehydration can cause light headiness and make someone dizzy. Find different ways to increase Hydration – Hydration games, Hydration stations, signs saying drinks are free!

**Caffeine** – research has shown switching to Decaffeinated drinks can reduce falls, improve sleep, reduce anxiety, and have a positive effect on mood.

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## Dementia Carousel Experiential Learning

This month we launched a new experience called The Dementia Carousel, the idea was initially created by a Student OT who was on placement in the Provider Quality Innovation team and is drawn upon national research. The Prosper team tested the training with a focus group made up of Care home managers and staff and then ran the first sessions for care staff in July, with 42 people going round the carousel.

The experience takes staff through a series of experiential booths, designed to create cognitive challenges, confusion, and sensory overload, giving a person with a healthy brain empathy towards what a person with Dementia may feel and experience.

The Dementia Carousel is about evoking an emotional response to foster empathy and understanding of the feelings, emotions, and behaviours a person with Dementia may experience.

**“It was a real eye opener to dementia & taught me a lot more on how to deal with certain situations or why a resident might be feeling or acting a certain way in the scenario.”**

**“Focused on feelings/perceptions that you don't often think about.”**

**“The Sensory overload cafe made me more aware of behaviours shown by residents at mealtimes and why they show them.”**

**“It was such an eye opener to how they must feel and why sometimes they react how they do, also how to be more mindful in how you treat a situation.”**

We will be taking the Dementia Carousel on tour around the county in the coming months so look out for the invites and get booked on.



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## Resident Art Exhibition in Libraries

Runwood Homes have told us about an exciting Art Exhibition in Essex Libraries showing their residents creative talents!

- Colchester Library from 13th – 22nd August
- Harlow Library 6th – 29th September

“The art has been created by our residents from many of our Runwood homes. Making and creating art is a stimulating and engaging activity for many of the people who live in our homes. Being creative is an essential way for retaining a sense of self. Having an exhibition date to work towards has given us a sense of purpose, achievement, and a lot of fun along the way. The Exhibition features an eclectic mix of art from several of our Essex homes, many were created in a sociable group, some were created in a more personal and retrospective environment. All homes have reported that working towards this project has prompted interesting conversations, laughter, and reminiscing. We hope you enjoy our exhibition as much as we have enjoyed creating it.”

We think this is a fantastic idea, if you get chance do go along and view the exhibition!



Provider Quality Innovation

## Congratulations!

**Frank Foster House and Broomhills** proudly attended the prestigious Dementia Care Awards on Thursday 13<sup>th</sup> of June.

In a remarkable achievement, Carly, the Deputy Manager at Frank Foster House, was honoured with the award for The Dementia Front Line Leader. Additionally, Nicolas, the Home Manager at Frank Foster House, was highly commended for his exceptional contributions as a Dementia Change Agent.

Nicola, from Broomhills was also celebrated as a finalist at the awards ceremony. Staff and residents at Broomhills are incredibly proud of Nicola for her outstanding achievement and dedication.

Congratulations to both Frank Foster House and Broomhills for their achievements!

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## Ron's Poem

Stafford Hall, shared with us a poem that Resident, Ron Jackson, wrote to go with his painting which is part of the Runwood Art Exhibition.

Ron won the All England poetry competition in senior school at 14 years old and he has always been good at poetry. He created the poem after the painting.

Ron has come from a creative family, his daughter and former wife were both interested in creative / art pursuits.

The painting came from Rons imagination, and he then wrote the poem around it.

Ron said he has a love for the outdoors and would always spend as much time as possible; he loves watching the trees blowing in the wind.

Well done Ron!

### Home

A beating heart that is home,  
Dwelling peacefully in flowers and light,  
Where dancing clouds freely roam,  
And glitter rainbows in the light,  
Sigh soft breeze.  
Balloons bubble and move in the air,  
Reflecting the smiling sun,  
Sheep still chew and stare,  
The shoot swings with gentle fun,  
Sigh soft breeze,  
O let it be home for me, my dreams reflect the tone,  
Fields move aside for trees,  
Secure in my beautiful home,  
Sigh soft breeze.

Poem by Ron Jackson  
Stafford Hall

Runwood Homes Senior Living Home



 RUNWOOD  
HOMES



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## Granting a Resident's wish

Dudbrook House have previously sent us examples of how they had granted wishes to their residents, including taking two residents for a session on an ice-skating rink. The latest resident they have granted a wish to is Charles.

Staff member Lauren explained that Charles had expressed a wish to re-visit the Kenneth Moore Theatre in Ilford. Lauren further informed us that Charles had helped create the building, and the reason the theatre has 365 seats was because Charles had said he wanted one for each day of the year. Charles was also one of the first people to produce content for the theatre, as well as conducting musicals beside his wife, who was an opera singer.

Charles was accompanied on his visit to the theatre by care staff member Conrad.



Following the trip Conrad said "The trip was beautiful, a lot of nostalgia for Charles. The manager welcomed us and gave us a tour of the place, she spent the whole time with us conversing with Charles about the theatre. Thank you for planning this, Charles and I both enjoyed it very much."



## Resident's wishes

Does your home grant residents' wishes? We know many of you do, and often see 'Wishing Trees' in care homes, where residents can hang their wishes.



Although there will always be some wishes, such as a Sky Drive, which would take a lot of organising, there will be many simpler requests, like Charles' on the left, which require less organisation, like visiting an old workplace or home.

We love hearing these stories of residents being granted wishes. Email your stories to

[Prosper@essex.gov.uk](mailto:Prosper@essex.gov.uk)

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## Manning's Methodology Corner

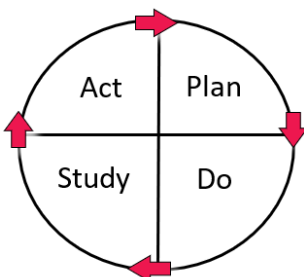
### Plan Do Study Act

In the last few newsletters, I have been discussing **Driver Diagrams**; how to create them, and how to use them in your quality improvement work. All completed **Driver Diagrams** should be saved for future reference and should remain 'live' documents that can be added to at any time.

Today I am going to start discussing how you can take one of the **Secondary Drivers** from your **Driver Diagram** and test a small change of process within that **Secondary Driver** using a **Plan, Do, Study, Act (PDSA)** cycle.

A **PDSA** cycle is a structured method of testing out a small change in any process to see if it leads to an improvement. Remember that your **Driver Diagram** and subsequent **PDSA** cycles will all be linked to the original **SMART Aim** that has been set for your home.

We are probably all going through a **PDSA** process without realising in our everyday lives whenever we try something new. However consciously using the process will give any ideas for improvement you have a more structured implementation, giving you more chance of seeing whether it is making a difference, so consequently worth pursuing, or whether slight 'tweaks' may be required. Or, in fact, whether it is not really improving things at all, and should be ceased. Whichever of these outcome occurs, it is really useful information.



## Top Tips for Conducting a Plan Do Study Act Cycle

Keep the change small initially - you may want to implement the change in just a small part of the home to start with, and then roll it out if it is successful.

Spend time thoroughly planning your intervention - it would be easy in the initial enthusiasm to want to rush straight in and change things, but it is best to take time to plan. Make sure everyone knows exactly what is expected of them.

Learn from the process – if any task is not completed as planned, investigate what the barriers were that stopped it happening.

An unsuccessful **PDSA** cycle is not a failure; there is still lots to learn from it. Plus you are eliminating things that do not work.

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## Poetry Corner

Once again, our regular contributor Sue Smith, Manager at Cherry Wood Grange, has sent us a poem to end this month's newsletter. And for the second month running Sue has offered us a little glimpse into where her inspiration comes from. You may remember Sue's 'Alexa' poem from last month, whilst this month Sue was inspired to compose this poem when she saw her deputy manager Jo holding a Champion's meeting at the home.

### Cherry Wood Grange PROSPER champion's poem

I'm a prosper champion and proud to **SAY** I enhance our residents lives every single **DAY**

I always make sure their needs are **MET** with no restrictions, nothing is **SET**

Freedom and choice all the **WAY** I hear your voice and what you have to **SAY**

I support hydration and a healthy balance **MEAL** to prevent you from becoming **ILL**

My aim is to prevent falls and **UTI's** I share my knowledge and always act **WISE**

I've decorated Zimmer frames to highlight those at **RISK** and a resident said 'thank you', and gave me a **KISS**

We ask the residents what they want and that's how care should **BE**  
Please always remembering the residents rely on you and **ME**



## Done Something New and Exciting?

Do you have a top tip, an amazing new idea to share or an event that is different from 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](mailto:Prosper@essex.gov.uk)