

Prosper

Issue 103 October 2023



Welcome to October'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.

Continuous Improvement Methods PROSPER Community of Practice

We had a great turnout at the Prosper Community of practice that took place on 12th October 2023 with 23 staff from 11 providers attending the event. The event explored continuous improvement methods and tools which can easily be used in the care setting to address problematic areas.

The event had a mixture of fun and informative sessions for the attendee's and these were:

- Quality Improvement Methodology Session – including an interactive session with Mr Potato Head explaining PDSA's (Plan, Do, Study, Act Cycles)
- Round Table Discussion about the barriers to implementing the methodology in the care home.
- How do you use Prosper in your home – Sharing of ideas from one home to another.
- What else Prosper has to offer
- Update on Wider Innovation of work.

There was a lot of discussions and networking happening between the attendee's and the prosper team, and some new homes went away with lots of different ideas and excitement about starting their prosper journey!

Has your home become idle on prosper? You're not sure what to do next on the project? Need help getting staff motivated and taking control? Email Prosper@essex.gov.uk and we will help you get back on track with your Prosper Journey.

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
An Egg

Well done to all at **Freda Gunton Lodge and The Lodge Maldon** who answered the riddle correctly

This month's riddle is...

I am present, but also past. I am wrapped, but not a gift. I am named after a parent but have no children. What am I?

Answer in next month's newsletter, with of course a new riddle for your residents to solve.



Prosper

Issue 103 October 2023



Round Table discussions at Community of Practice

As a PROSPER Team, we commonly feel that when we speak with care providers, both management and staff, a lot of enthusiasm is generated, and a genuine desire for their home to engage with the project. This was also the case at our recent Community of Practice event, where we used the 'Mr Potato Head' exercise to create a series of Plan, Do, Study, Act cycles.

However, despite initial enthusiasm, actual engagement with PROSPER methodology is often quite minimal. So, at the community of Practice event, we set aside some time for attendees to have some round table discussions about what the barriers are to using PROPER methodology in a care setting. This was for our benefit to see if there was a more effective way we could offer and/or provide support.

Unsurprisingly, the turnover of new staff and time constraints were very prominent in the feedback. We are always keen to provide support with staff at the home (whether new or not) to use PROSPER methodology, and make good use of the tools and resources available, although, of course, we do fully appreciate the time constraints with 'freeing' staff to attend training etc.

However other issues were also raised, particularly around navigating the Provider Hub Website, and coordinating support from other services. Following this feedback we plan to create a user guide to make locating PROSPER Tools and Resources on the website easier.

If you feel we can support your home with engaging with PROSPER Methodology, please email Prosper@essex.gov.uk

Comments Made

New Staff –
Unfamiliar
with PROSPER

Resistance
to change.

Too many
other priorities
for manager

Can't find
PROSPER Tools
easily.

Busy Workload
for staff

Prosper

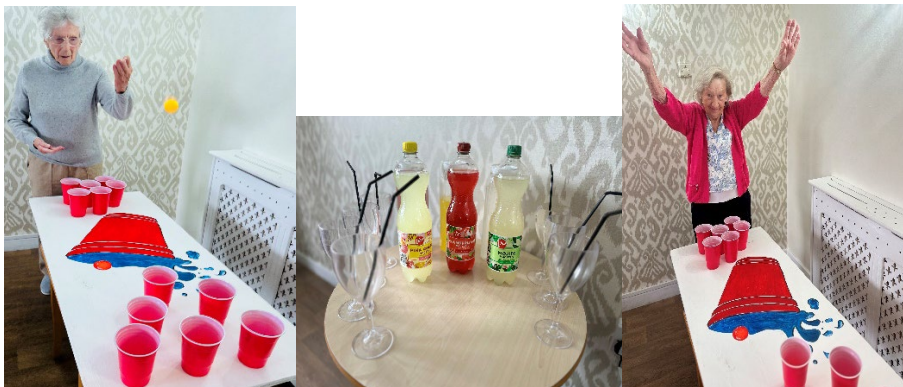
Issue 103 October 2023



Blemont Lodge Having Fun with Hydration

Dawn Harris Activities' Co-ordinator sent in this lovely article. She stated, "We thought it would be lovely to share with you what we have been doing at Belmont Lodge, helping our residents staying hydrated".

Our lounge games with a twist were a hit among our residents today! We understand the importance of keeping our residents hydrated, so we decided to combine fun and hydration in a unique way. We set up the lounge games with a twist Beer pong and included Mocktails that required our residents to stay active and engaged while also encouraging them to drink fluids. These lounge games with a twist not only kept our residents physically active but also stimulated their minds. We believe that maintaining a sense of purpose and meaning is crucial for their overall happiness and well-being. By incorporating hydration into these games, we were able to ensure that our residents stayed hydrated while having a great time. The smiles and laughter from our residents during these games were a testament to the success of the activity. We will continue to explore innovative ways to keep our residents active, engaged, and hydrated, ensuring that their overall well-being is always a top priority.



Hydration Games

Over the years we have seen homes come up with lots of different Hydration Game idea's that all tend to be a twist on classic games such as:

- Snakes and Ladders
- Twister
- Beer Pong
- I spy with my little eye
- Bingo

We even created a hydration game instruction leaflet for Hydration Twister and Fruit Ping Pong

Hydration Games Help Boost Hydration whilst having Fun

Twister with a Twist:
All you need is a twister board, some bean bags and you're good to go. Put the twister mat on the floor with residents sat around each side. Give them each a bean bag and get them to throw it on the mat. Whatever colour the bean bag lands on, will be the coloured drink the resident gets.



Fruit Ping Pong:
Here is another Twist on a classic Game. Line up to sets of 10 plastic cups in a triangle position at either end of a rectangle table. Fill the cups with different coloured drinks, and Grab ping pong ball and your good to go. Get a resident to stand either end and get them to throw the ball, if it lands in a cup, give them the drink the same colour/flavour of what was in the cup it landed in.

Drink Choice Idea's: 

- Red:** Tomato Juice, Cherryade, Summer Fruit Squash
- Orange:** Orange Juice, Orange Squash, Orangeade
- Blue:** Blueberry Squash, Bubblegum
- Green:** Apple Juice, Limeade, Lime Squash
- Yellow:** Pineapple Juice, Lemon Squash, Cloudy Lemonade
- Purple:** Ribena, Vimto, Grape Juice

Remember the most important part is residents are hydrated. If they don't like a certain drink swap it for another regardless of colour

If you would like a copy for your home, please email Prosper@essex.gov.uk

Prosper

Issue 103 October 2023



Prosper Boards

Recently Hatfield Peverel Lodge have started on their Prosper Journey again, and after their initial Prosper Introduction visit, the home has created a Prosper Board within their home that they decided to do in an autumnal theme to make it more eye catching.



Prosper boards are a great way of visually showing/reminding everyone within the home about the project. How the home is doing around reducing the areas, as well as been used to display Prosper tools. Prosper boards could either be a general board displaying all areas of the project or a focused specific board.

Tips to making a Prosper Board:

- Make it eye catching and Colourful.
- Keep it simple, don't overcrowd it with too much information.
- Have it somewhere that will be visual to the audience you are trying to engage (staff room, near the entrance if you want relatives to see etc)
- Have a nominated Person/people to make sure it is kept up to date (safety crosses being filled in etc)
- Use only relevant information towards the area/s of focus you are concentration on Prosper.

Prosper Tools and Information that could be used on your Prosper Board

Safety Crosses (Falls, UTI's, Pressure Ulcers)

UTI Safety Calendar

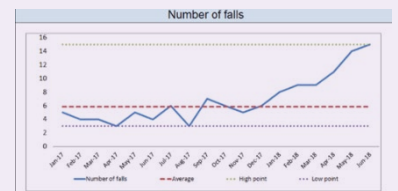
1	2				
	3	4			
	5	6			
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
	25	26			
	27	28			
	29	30			
		31			

Year _____
Month _____

 Prosper

 Essex County Council

Prosper Dashboard



Informative Poster's

Prosper

Issue 103 October 2023



Manning's Methodology Corner Setting a SMART Aim

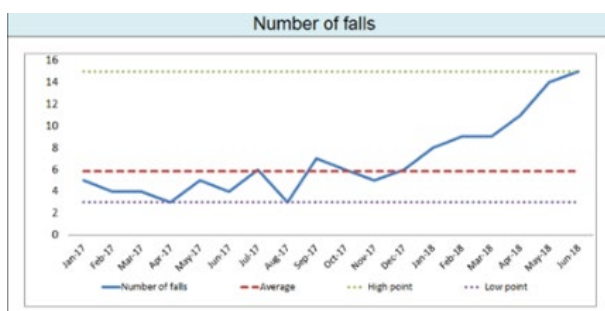
The past two months I have explained the amendments we have made to the monthly runtime dashboards that are sent out each month, and how these can be used for deeper analysis of falls in your care home.

Today I want to explain how a **SMART** aim should be set once you have analysed your dashboard.

- Specific:** who, what, where, when
- Measurable:** numeric goals
- Achievable:** within your influence
- Realistic/Relevant:** to stakeholders & organisation
- Timebound:** by when



The graphic above goes through the acronym **SMART**, explaining what each letter represents, so if, for example, you were setting a **SMART** for the graph below:



A good example of an appropriate **SMART** aim would be:

By end of 2023 falls to be no more than six per month.

Why a SMART Aim?

There is lots of evidence to suggest if a **SMART** Aim is set, it is far more likely people will attempt to meet that goal, than if a vague statement such as *'we will try and reduce the number of falls occurring'*, is used.

Remember with a **SMART** aim a measurable target is required. In the example on the left, it clearly states *'no more than six falls per month'*, and a time frame for the goal to be reached. In this case *'By end of 2023'*.

If a vague statement is used, nobody will know exactly what the home is aiming to achieve. And because there is no cut off point (not timebound), it is very likely that any actions will continually be *'put off until tomorrow'*.

Prosper

Issue 103 October 2023



CARE PROVIDER HUB

You can find a lot of information on the care provider hub including:

Prosper information.

- ❖ Toolkit and resources
- ❖ Prosper Methodology Guide
- ❖ Prosper Window Stickers

Newsletters

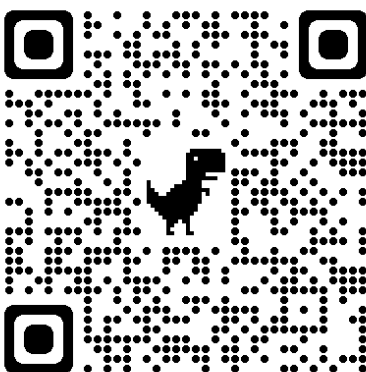
- ❖ Backdated Editions of the Prosper Newsletter
- ❖ Innovation Team Newsletter

Training and Events

- ❖ Current training programmes for OP Residential, Domiciliary and AWD
- ❖ Events Tab where you can find and book training on offer from ECC.

To Access the hub please use the link below or scan the QR Code

[Quality Innovation Team | Provider Hub | Essex \(essexproviderhub.org\)](https://www.essexproviderhub.org)



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? Email us at Prosper@essex.gov.uk

Don't forget to wear your badge with pride!



Prosper Contact

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

Prosper@essex.gov.uk