



Welcome to February'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.

Essex Care Sector Awards 2022 The Prosper's



We are very excited to announce The Essex Care Sector Awards are back for 2022!

The Awards are open to all care providers who provide a service to Adults in the Essex County Council Local Authority area, those shortlisted will be invited to a glittering Award Ceremony on **Friday 8th July at Cressing Temple Barns**, where you will be treated to an afternoon tea with Prosecco and the winners will be announced by the amazing Amanda Waring!

This year we have 8 Categories up for grabs which are:



- ❖ Outstanding Carer/Support Worker
- ❖ Unsung Hero
- ❖ Outstanding Leadership
- ❖ Team of the Year
- ❖ Prosper Champion of Champions
- ❖ Dementia Care
- ❖ Activities and Wellbeing
- ❖ Making a Difference

Nominations open on Tuesday 1st March 2022 and will close on Thursday 14th April at 5pm! Each award will be judged by an independent Judging panel made up of Health and Social care professionals. Providers will be notified in late May/early June if they have been successfully shortlisted for an award! So good luck to you all, and make sure to enter lots of categories! We can't wait to see all the amazing work we know you already do, down on paper for other professionals to see!

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 **Your Shadow**

We had lots of responses this month and a Well done goes to **Hill House, Parkview and Madelayne Court** for answering it correctly.

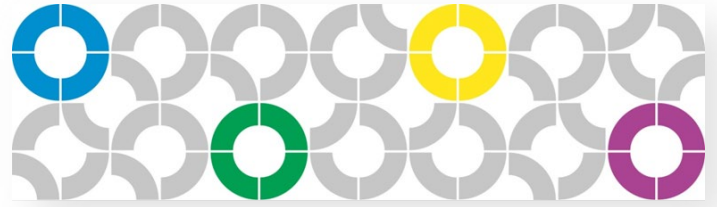
This month's riddle is...

I jump when I walk and sit when I stand

What am I?

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





Psychological and Emotional Impact of Falls.

This month we would like you all to think about the psychological and emotional impact that falls can have on residents. This can include:

- ❖ Fear of falling
- ❖ Anxiety
- ❖ Withdrawal
- ❖ Lack of confidence



These can result in further physical decline, depression, social isolation and feelings of helplessness. All of which can severely impact someone's emotional wellbeing. If someone has recently experienced a fall, consider their emotional wellbeing for a while after and try and increase their confidence where you can.

Tips to help someone with anxiety following a fall.

The NHS website [Falls - NHS \(www.nhs.uk\)](https://www.nhs.uk) has some useful advice on overcoming anxiety following a fall. These tips can easily be adapted to supporting someone in a residential setting.

- identify why you're falling and take action to reduce risk
- make a plan for getting help if you should fall
- talk to someone about your fears and anxiety
- set small achievable goals to help you feel more confident again
- keep active
- practice relaxation technique

Talking and listening to someone's concerns around falling and their feelings can go a long way to helping them feel safe and confident mobilising.

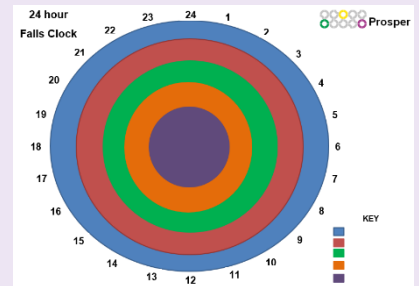
Prosper Toolkit

There are many tools in the Prosper Toolkit that can help support someone following a fall and preventing further falls. These include:

- Environment Checklist
- 24 Hour Falls Clock
- Fall checklist
- PDSA forms
- Tumbles leaflet
- Posters including 3fs and good slipper guide

The toolkit can be downloaded on the provider hub.

www.essexproviderhub.org

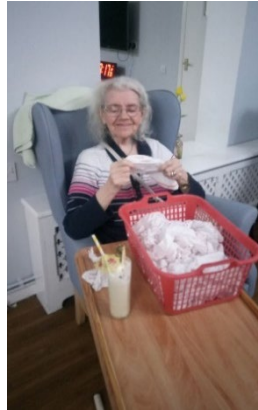


	Toilet	Keep access to the bathroom clear of hazards, give yourself time to get there.
	Urine	Drink plenty of fluids throughout each day.
	Medication and mobility	Review your medication – do you still need everything? Check your equipment for wear and tear.
	Beds, bells and blood pressure	Check your bed is the right height and a telephone or call alarm is within easy reach.
	Lighting	Improve the lighting in dimly lit areas of your home.
	Eyesight and exercise	Have your eyesight checked and take regular exercise.
	Slippers and shoes	Make sure your footwear fits properly and the soles are non-slip.



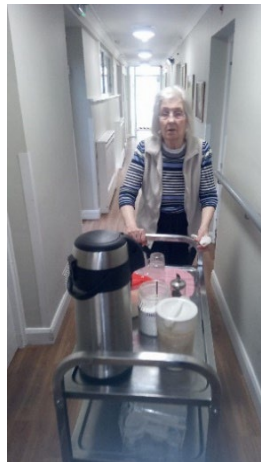
Keeping Residents Active at Beech House

Staff at Beech House have been using their learning from engagement with several of our projects, including PROSPER, PEM and 'Find Your Active'. As well as attending sessions around meaningful activities and the Montessori for Dementia & Ageing Workshop, to look for ways to keep their residents both active and engaged by introducing more meaningful activities into their day.



The home has told us in the last two months residents have been keeping active by doing the following:

- ❖ Sweeping the floor
- ❖ Planting herbs and watering/ looking after them
- ❖ Folding washing
- ❖ Assisting with the hydration station - making drinks or pushing the trolley
- ❖ Helping with "disinfecting" touchy/feely areas.
- ❖ Playing skittles
- ❖ Playing Boccia
- ❖ Rolling dough with a rolling pin - to make cookies, pizzas, or salt dough faces.
- ❖ Dancing!
- ❖ Looking after baby dolls- Which is a lot of carrying around and cuddling/ rocking the baby to sleep!



Did you Know?

Meaningful activity is fundamental to the health and wellbeing of the individual accessing care and support?

It can help to improve physical fitness, improve mood and help to combat depression and anxiety, combat loneliness, improve the quality of sleep and even reduce falls



How to find meaningful activities for your resident...

By knowing your resident, ask them what they would like to do/ what they did enjoy? What means something to them?

Ask family and friends what they spent their time doing before they came into your home?

Find what activity captures their spark!



Deconditioning Games Medal Winners!

We are pleased to announce the following homes have won medals this month!

Congratulations goes to:

Mundy House – Gold – The first to win a Gold Medal in Essex under the **Making a Difference** Category by being able to demonstrate changes that had been embedded into their home and the positive effects it has had not just on residents' wellbeing, but increased activity levels and evidence of reductions in both Falls and UTI's.

- Humfrey Lodge – Silver**
- Eastham – Silver**
- The Grange – Silver**
- Sweyne Court – Silver**
- Clifton Lodge – Silver**
- Beech House – Silver**
- Tall Trees – Silver**
- Poplar House – Silver**



The Winter Deconditioning Games aims to help prevent deconditioning and raise awareness. Deconditioning is the loss of physical, psychological, and functional capacity due to inactivity and is associated with the loss of muscle mass, increased risk of falls and reduced independence.

To be in with a chance to win a medal tell us how you are supporting residents to increase physical activity and wellbeing.

Want to know more about the NHS England & East of England Winter Deconditioning Games or enter your home please email Prosper@essex.gov.uk

Just remember if you don't use it, you lose it!

Prosper Champion Study Days

The Prosper team are excited to announce we have our next 2 face to face Prosper Champion Study days on the following dates:

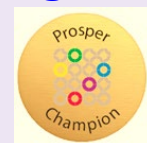
Date: Wednesday 9th March
Venue: Latton Bush,
Southern Way, Harlow,
CM18 7BL

Date: Thursday 17th March
Venue: Wat Tyler County
Park, Pitsea Hall Lane,
Basildon, SS16 4UH

Agenda for the days include:

- ❖ Enablement approaches and Meaningful Activity
- ❖ Love to Move
- ❖ Oral Health
- ❖ Prosper Falls Skills Network

Spaces are limited so to avoid disappointment book now by emailing Prosper@essex.gov.uk



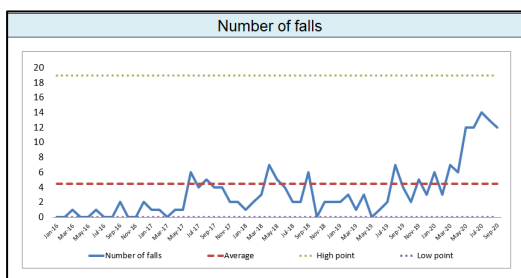


Manning's Methodology Corner Using data

Last month I explained the importance of continually collecting and analysing data to support any improvement work you may wish to attempt. I also encouraged you to use the online PROSPER surveys and the resulting Runtime Dashboards to do this task.

However, it needs to be highlighted that the Runtime Dashboards are deliberately basic and simplistic; I often think of them as like a Newspaper headline, and when you notice an upward trend in any of the three areas (falls, UTIs or pressure ulcers), you will almost certainly want to do some deeper analyse before you decide on your course of action.

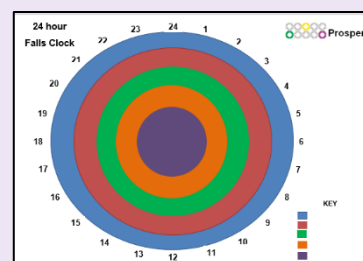
For example, if your dashboard is demonstrating an upward trend in falls (see right), this could be due to one resident having a high number of falls or may be a number of residents have a small number of falls. And initiatives you implement to turn the upward trend in falls around would be very different for these two scenarios. If one resident was having a high number of falls, you would want to be looking at that person, and investigating why this was occurring. Alternatively, if a higher number of residents were having the odd fall, it may be something connected with the environment, or something that is happening in the home at a particular time of day that may be causing this.



There are many tools and resources in the PROSPER Toolkit <https://www.essexproviderhub.org/quality/quality-innovation-team/prosper/prosper-toolkits/> that can be used to support this further analyses.

24 Hours Fall Clock

If you find yourself faced with a similar situation to that explained on the left, one resource you may find very helpful is the 24 Hours Falls Clock



This can be used in either scenario suggested, by looking for patterns and trends in the time and place that falls are occurring. This could be used for all residents in the home (or unit), or for an individual who may be having a high number of falls.

After using this resource for a period of time you may well start to see 'clusters' of crosses on the 'clock' (either time or place), and this will then give you a starting point in choosing initiatives that may be successful in reducing the number of falls.



Poetry Corner

Come and sit with me

By Sue Smith, Home Manager at Cherry Wood Grange

Nurse, please hold my hand; come and sit with ME, ❤️

Share all the things that you can hear and SEE! ❤️

For my eyesight is poor and I don't hear so WELL, so it's nice for you to sit and TELL! ❤️

I will listen and gain comfort in all that you SAY, people like you brighten up my DAY! ❤️

I was aware of all my SENSES, but age took over and now I have lost my DEFENCES! ❤️

I had my own house and a very good JOB; I had a beautiful cat and his name was BOB! ❤️

I had holidays and spent time with family and FRIENDS, how sad it's all come to an END! ❤️

I love to go shopping and dine OUT, but my minds all muddled, and I live in DOUBT! ❤️

I'm growing old and you will TOO, so I'd like to give this message to YOU.....

Enjoy your life and live it to the FULL! ❤️

Do you have a talented poet/s amongst your team or residents who like to pen a poem, we'd love to feature their work so please email them to: Prosper@essex.gov.uk

NEW CARE PROVIDER HUB

Essex County Council has recently launched their new Essex Provider Hub, which will be replacing the care provider hub on the Living Well Essex Website.

You can find all our Prosper information and toolkit along with events and newsletters on the new hub.

To Access the new hub Please visit the link

[Provider Hub | Provider Hub | Essex \(essexproviderhub.org\)](https://www.essex.gov.uk/provider-hub)

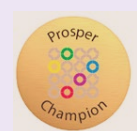
Done Something New and Exciting?

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:

Prosper@essex.gov.uk

Don't forget to wear you badge with pride!



Newsletter

Prosper



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