

My home life Promoting quality of life in care homes

My Home Life Programme




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Context of Care

- Poor public image/ lack of trust
- Restrictive funding arrangements
- Residents older, more frail, dementia
- Staff biggest asset, but challenges
- Plethora of changing requirements



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Promoting quality of life for those living, dying, visiting and working in care homes for older people.

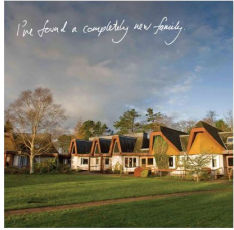


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Aims

To support the sector to develop a relationship-centred, evidence-based vision for care home practice, which communicates the expertise and vital role of care homes in the 21st Century.



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8 Key themes

Personalisation


- Maintaining identity
- Sharing decision-making
- Creating community

Navigation

4. Managing transitions
5. Improving health & healthcare
6. Supporting good end-of-life

Transformation

7. Keeping workforce fit for purpose
8. Promoting a positive culture



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Maintaining identity




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Maintaining identity

•How can we best understand the person beneath the dementia or the individual inside their frailty?



Sharing decision-making

•How can we prevent the routines in a home eroding a resident's sense of control and purpose?



Creating community

•How can we prevent care homes from becoming 'islands of the old'?



Managing transitions

•How can we help residents and relatives cope with the upheaval and loss associated with moving into a home?



Improving health and healthcare

•Thinking creatively, what can we do to improve the health of our residents so that they can enjoy life more?



Supporting good end of life

•What impact might experiencing repeated death have on staff, residents and relatives?





Keeping workforce fit for purpose

•How do we know that we have had sufficient training to look after our residents the best we can?



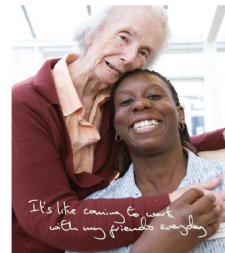
Promoting a positive culture

•How do we stop the day-to-day tasks in the home from getting in the way of forming positive relationships with residents, relatives and staff?



Relationship-centred care

- **Security** – to feel safe
- **Belonging** – to feel part of things
- **Continuity** – to experience links and connections
- **Purpose** – to have a goals to aspire to
- **Achievement** – to make progress towards these goals
- **Significance** – to feel that you matter as a person



Positive relationships within the home and across the community of practice

Activities



- Developing resources
- Creating networks
- Supporting change
- Maintain momentum

Contact Details

My Home Life Programme
<http://www.myhomelife.org.uk>

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