

**Press Release**

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**Twelve years of Gold Standard end of life care sees London nursing home named GSF Care Home of the Year**

A Clapham nursing home where personalised care is a reality not a catchphrase, was today (28 September) named Care Home of the Year by the National Gold Standards Framework Centre for End of Life Care (GSF). Nightingale House fought off stiff competition from the other nine homes on the shortlist which also demonstrated long term, sustained quality care, being accredited by GSF for the fourth time.

The judges, who included national independent experts from the care homes sector, assessed the ten finalists all of which received their first GSF Quality Hallmark 12 years ago. They found high standards of care embedded in all of these frontrunning homes, as well as a commitment to continually improve care for all residents.

The Care Quality Commission (CQC) has recognised the standards of care at a number of these homes, including, Nightingale House and rated them ‘Outstanding’.

Simon Pedzisi, Director of Care and Services from Nightingale House says the two accolades are inextricably linked. He adds: “Without a shadow of a doubt, GSF helped us achieve the Outstanding rating from CQC. For us to demonstrate high standards of care means we are demonstrating high standards of end of life care because of the age profile of our residents. GSF is the foundation of our care which means it is the foundation of our CQC rating.”

Another home for which years of practising the principles of GSF has helped it secure an Outstanding CQC rating, is Cornmill Nursing Home in Lancashire. Director George Hill says: “We are not perfect and are always looking to improve, but GSF and end of life care are no longer ‘add-ons’ – they are the norm, part of everyday life and long may that continue.”

Nightingale House, a 215-bed home which has been providing residential, nursing and dementia care to the Jewish community for more than 175 years, was judged to be inspirational and delivering the best end of life care. The judges said: “Nightingale House demonstrates an excellent level of dedication to living well until the end of life, and of understanding and compassionate care at the end of life. It offers deeply impressive, systematic, individual and movingly compassionate end of life care for residents.”

During 2018, no Nightingale House residents died in hospital and all residents that died did so in the nursing home, their preferred place. The average age of residents when they are admitted to Nightingale House is 92, so staff are encouraged to treat every day as though it could be residents’ last. Simon and his team review every death looking for ways in which they can improve even further. There is excellent cooperation with GPs, who now see residents identified as being at risk of deterioration every Friday afternoon and their notes are then shared with the Out of Hours team to further reduce the number of avoidable hospital admissions which occur most frequently at weekends.

Simon adds: “Our philosophy of care is very person-centred but is also about relationships, treating relatives and staff as equal partners. From pre-admission we are already thinking about their journey towards the end of life and how we can facilitate the most comfortable journey in line with their wishes.”

As well as the Care Home of the Year Award, 14 homes were receiving the GSF Quality Hallmark for the first time, while a further 62 were being accredited for the second or third time.

Professor Keri Thomas, Founder and Clinical Director of the GSF Centre, said: “Against the backdrop of an average of 30% staff turnover and stringent financial pressures on social care, for these homes to embed, sustain and improve care year after year, using GSF as a vehicle for quality improvement, is a really fantastic achievement and one that we could only have dreamt of 14 years ago when this first began.

“I feel so proud of these outstanding homes being accredited for the second, third and fourth time, like Nightingale House. They are genuine exemplars of excellent, proactive, person-centred care.”

Three thousand care homes have completed the GSF Care Homes programme since it was launched in 2004 and more than 700 have gone on to become accredited. The GSF Centre launched a revised version of its Care Homes Programme earlier this year. Drawing on the learnings of the Vanguards and the experience of GSF accredited homes, the new more accessible and affordable version is being delivered by 18 regional centres across England and is even more focused on better outcomes for patients.

**Martin Green, Chief Executive of Care England, who presented the awards said:** “The GSF programme has been shown to be transformational, not only for staff, but for relatives and residents. GSF helps demystify dying, and encourages everyone to play their part, so staff morale improves and turnover decreases.  In enabling better quality care, with better outcomes recognised by CQC, this helps differentiate quality homes like Nightingale House from others, making them stand out in this vital area of care.”

**Ends**

**Notes for Editors:**

GSF gives outstanding training to all those providing end of life care to ensure better lives for people and recognised standards of care. It is the largest national programme to help improve care for patients approaching the end of life, helping health and social care professionals provide coordinated, personalised care for patients and their families and reduces hospital admissions.

To qualify for accreditation, care homes must have undertaken the full GSFCH Training programme over nine-twelve months, embedded this into their homes for at least six months and then undertaken a rigorous accreditation process. This accreditation process is endorsed by all major care homes’ organisations and supported by all major care homes trade organisations- NCA, NCF, ECCA and RNHA.

CQC recognises the achievements of GSF accredited care homes and the awards are endorsed by all major care homes’ organisations and Skills Academy for Social Care.

More information on the Gold Standards Framework can be found at: [www.goldstandardsframework.org.uk](http://www.goldstandardsframework.org.uk)

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The other shortlisted homes were:

**Castle Farm Retirement Home, Dorset**

**Foxearth Lodge Nursing Home, Suffolk**

**Belsfield House, Lancashire**

**Castleman House, Dorset**

**Cornmill Nursing Home, Lancashire**

**Nazareth Lodge, Dorset**

**Southmead Retirement Lodge, Dorset**

**St David & St Christopher’s Nursing and Care Home, Berkshire**

**Sunrise of Purley, Surrey**