

DEMENTIA & WELLBEING NEWSLETTER



KATHRYN RAWLING

DEMENTIA & WELLBEING MANAGER

Kathryn has been part of the Sheffcare family for over 7 years and is passionate about helping our families gain meaningful knowledge about dementia, supporting our residents physical, mental and emotional wellbeing and looking for innovative ways for our residents to live happy and fulfilling lives with dignity in all Sheffcare homes.

Progression in 2023

In 2023 we took an active step towards expanding on our commitment to progressive dementia care and resident wellbeing.

Via on-going positive networking, we can ensure that Sheffcare are well placed to consider best practises and sector improvements in dementia care. Networking has provided us many opportunities which has enabled our Homes to take a proactive approach to our residents' well-being.



RESIDENT FORUMS MOVING FORWARDS IN TO 2024

Following the successful re-introduction of the residents' forum in 2023, going forward in 2024 each Home will host their own forums, facilitated by the Dementia & Wellbeing Manager to enable a larger representation from individual Homes.

This will ensure that meaningful consideration can be given on a personal basis and will allow us to explore what gives our residents a sense of wellbeing and their thoughts on the quality of care they are receiving.

We're hoping that our residents will feel comfortable discussing any ideas or concerns they may have as well as sharing their hopes for the future.

The forums are an open, safe space for all involved and will be supported by the Care Cafe packs as a conversation scaffolding tool.

The Care Cafe was inspired by the Life Cafe which was developed as part of a research project with Lab4Living at Sheffield Hallam University. For more information on the project and the impact Sheffcare had please follow this link - <https://lab4living.org.uk/projects/life-cafe/>

We also extend the invitation to resident's forums to relatives and friends.

2023 HIGHLIGHTS

- RE-ESTABLISHING RESIDENT'S FORUMS TO PROMOTE INDEPENDENCE AND WELLBEING
- IMPROVING STAFF DEMENTIA TRAINING VIA INDUCTION SESSIONS AND DEMENTIA AWARENESS TRAINING
- INTRODUCING RELATIVE DEMENTIA AWARENESS SESSIONS
- BUILDING ON STRONG COMMUNITY LINKS AND NETWORKING ACROSS THE CITY
- TAKING PART IN GROUNDBREAKING TRIALS TO HELP SHAPE THE FUTURE OF DEMENTIA RESEARCH

Community Links

Developing strong links with local communities and People Keeping Well (PKW) Representatives can help reduce the anxiety and stigma around the prospect of long-term care.

By bringing our communities into our homes, seeing the positive work we do and keep open channels of communication we can work towards a more positive approach to long-term care.



Health Watch

Firmer links have been forged with Health Watch, an impartial health and social care champion who work to ensure that people in care have a voice.

In 2023 we took part in Speak Up which allowed our residents and families to share their experiences about the pandemic and the emotional and physical impact of the lockdowns. This work featured in a recent Health Watch webinar.

DEMENTIA & WELLBEING TRAINING

Staff Dementia Training Sessions

Managers can access the Dementia Stars training provided by Sheffield City Council. These sessions are now also complimented by in house face-to-face training provided by the Dementia and Wellbeing Manager and are being very well received by all staff involved.

Sheffcare Managers and Team Leaders have been involved in the sessions and have had this being very positively responded to – which is very encouraging. The Staff Dementia Training Sessions involve problem solving so it is appropriate to have Dementia Induction as well as the main longer session at the place of work. Certificates are provided.

Induction Training

A dementia awareness session has been added to the Staff Induction training provided to all new employees across Sheffcare. This bespoke training aims to enhance all new starters introduction to Sheffcare and to their new roles with us.

Relative Dementia Awareness Sessions

Dementia Awareness Sessions are now available for all Sheffcare homes to offer to relatives and friends. The sessions delivered in small group setting and encourage open communication and offer a safe spaces for attendees to share their experiences, thoughts and ideas. They have been very well received, resulting in heartwarming messages of thanks after families and friends have attended.

Herbert Protocol

The Herbert Protocol is an information gathering tool used for early intervention and to help reduce the risk around vulnerable people with Dementia or Alzheimer's who may be at risk of going missing.

The information gathering tool consists of a form designed to make sure that if someone goes missing, the police can get access to important information about that person as soon as possible. If a loved one goes missing, it can be deeply distressing and upsetting for family and friends. Being asked by a police officer to recall lots of detailed information can add to this stress, and therefore the process is designed to remove some of the worry. This has now been added into our care home procedures.

For more information, please see the following link - <https://www.southyorks.police.uk/contact-us/herbert-protocol/>





SHEFFCARE PROJECTS

RESEARCH & COMMUNITY PROJECTS

Allocation of which care home is involved is decided by the Sheffcare's Head of Quality & Improvement Louise Beaumont and Director of Care Tracey Payne.

RITA Device

Reminiscence/Rehabilitation & Interactive Therapy Activities an opportunity at given to Grange Crescent gifted by NHS requiring feedback from Sheffcare. <https://myimprovementnetwork.com/my-name-is-rita>

The Happiness Programme

A Projector designed device which has got a great deal of potential. We are making sure we use it to the full and exploring use in room and using for End of life and for people in bed and in their room. It also if not in use by the activity workers can be left working which gives additional interaction for residents and care teams to explore. It also gives us an evidence-based tool for use in the sensory and reflex levels of PAL. <https://social-ability.co.uk/>

Adopt a Care home

In 2023 Housteads, Knowle Hill and Burnt Tree Croft benefited from the wonderful piece of co-working which links care homes with local schools; funding has been secured on our behalf via Ignite Imagination via locality small grants. This has been an ongoing piece of work from 2018 and gives us evidence of the benefits of intergenerational work and will continue into 2024.

A film clip featuring the Dementia and Wellbeing manager and other Sheffcare staff.

<https://youtu.be/XK7ZC1yzgH4>

The Music Project

Features Midhurst Road and Valley Wood with devices being patented by Alzheimer's Society and will hopefully be on sale – with the possibility that some may be gifted. Documentary film footage is available featuring Valley Wood activity worker and the Dementia and Wellbeing Manager and Sheffcare residents

The Acousmatic Storytelling and Listening post

A network working relationship that started during Covid-19 and is now in its 3rd developmental stage. This is now a piece of research via the University of Sheffield which has been a huge success. Audio clips which have been shared with relatives have been very well received.

This work featured in the UK Dementia Congress and other interesting professional events the aim is for it to report the outcomes from the research in the congress 2024 .

What if

This networking opportunity is a soft touch resource to help us explore the importance of finding out people's choices that can be used to consider end of life preferences. What If is aimed at a families living with dementia and will be trailed Valley Wood. This is out in 10 settings in Sheffield and has come to Sheffcare due to networking with Chelle Wilde – GP and Neighborhood network lead

Green Care

This proposed project which is still on the table. Dementia Adventure is seeking a sponsor to fund this project – if the funding is found it will involve all Activity Workers and the teams at Housteads and Deerlands. This will be a very interesting project to inspire staff.

NETWORKING & ADVICE GROUPS

Sheffield Dementia Action Alliance

Sheffcare are a member of SDAA and have dementia pledges and updates. The DAA where initially managed by the Alzheimer's society they are closing the link down and this will be run locally by Sheffield Age UK. It is however acknowledged by SCC and is a very positive professional partnership for Sheffcare. Once the new arrangements are established there will be an update provided.

Sheffield Age Uk Dementia Advice line

There is a Dementia advice line for professionals that could be used by our teams if they are struggling with a situation (0114) 250 2875 or e-mail: dementiaadvice@ageuksheffield.org.uk

Principles of PAL (Pool Activity Level) assessment tool trial

It is a simple set of questions designed by an OT Jackie Pool to ensure that the correct level of interaction /activities is provided for people living with dementia in our care. The levels are Planned ,Exploratory, Sensory and Reflex It will be equally helpful for those who haven't got dementia but may have other health issues causing decline. This will show a professional approach to our activity provision/resident interaction.

This highlights the fact that getting dressed and bathed should be classed as an activity. This works on the principles of focusing on what a person living with dementia can still do. Work has been carried out at Springwood Day Centre. Planned date for visiting Deerlands. This is a positive piece of evidence-based work for CQC and commissioners can witness a demonstration of good practice.

NAPA – National Activity Providers Association

Sheffcare are members of NAPA and this provides a wide range of activities to support a whole team approach and resources for the activity workers and care staff to use. These will be filed in the activity file on the P Drive.

NAPA resources are recognised as professional tools to use and NAPA also works with the principles of the PAL tool. A NAPA Meaningful Visit Guide for Family and Friends can be requested and sent via email or can be accessed via our website.



Dementia Dreammakers

Dementia Dreammakers aims to facilitate life enhancing experiences for people living with dementia in Sheffield. They want to show that a dementia diagnosis is the start of a beginning, not the beginning of an end.

They encourage people in Sheffield who are affected by dementia to tell us their hopes, dreams and aspirations.

Through fundraising, networking and negotiating, Dementia Dreammakers aims to make those dreams come true and provide once in a lifetime experiences for people.

Apply for an opportunity on the following link - <https://dementiadreammakers.org.uk>

DAY CENTRE DEVELOPMENT WORK IN 2024

Several areas are currently being looked at developmentally at Springwood Day centre including:

- Gaining more information about a person's past occupational life using a combination of information from relatives and pictorial aids to gather information directly from the person to help alleviate communication challenges.
- Making activities as meaningful as possible to each person giving them a sense of purpose and wellbeing.
- Using the principles of Cognitive Stimulation Therapy – use of the here and now, reminiscence, physical movement and music to maximise the day centre service users ability to feel involved.
- Use of PAL as an assessment tool to ensure we are interacting with the service users who are living with dementia at an appropriate level.

PAL -Pool Activity Level

This is an internationally recognised assessment tool developed by Jackie Pool, an acclaimed expert with an Occupational therapy background, and was recommended in the NICE guidelines 2006.

The levels are Planned, Exploratory, Sensory and Reflex It is be equally helpful for those who haven't got dementia but may have other health issues causing decline. This shows a professional approach to our activity provision and resident interaction and highlights the fact that day to day actions such as getting dressed and bathed should be classed as an activity and focuses on what a person living with dementia can still do. This is a positive piece of evidence-based work for CQC and commissioners can witness a demonstration of good practice.

This work will be rolled out to Deerlands Day services in January 2024.

Positive Approach to Care Work for 2024

Past connections with Rotherham MBC and new connections with Richard Annett NHS Clinical Lead Practitioner Older Adults - Acute and Community have given us the opportunity to explore PAC- Positive Approach to Care. This work is commissioned for all Rotherham Care Homes by RMBC this very inspiring and interesting.

Richard is initially working in Township 2 to compliment the Sheffield Enhanced Health in Care Homes Collaborative work to create an area of excellence. This is also featured in the ECHO dementia programme so clearly is a move regionally in this direction. The Dementia and Wellbeing Manager is very interested in exploring playing an active role in the roll out this concept co working with RA as he is aiming to be what is known by PAC as a public coach.

CONTACT INFORMATION

KATHRYN RAWLING
DEMENTIA & WELLBEING MANAGER

E: KATHRYN.RAWLING@SHEFFCARE.CO.UK

M: 07947 622426

