

Active Ageing

Programme

For wellbeing
For health
For fun!

Active Ageing in Care Homes Toolkit

*Designed to help improve the
health, wellbeing and quality of life
of older people in care*



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Living Well through activity in care homes: the toolkit, has been designed by the Royal College of Occupational Therapists to equip care homes with ideas and materials in order for them to provide a service focused on residents’ needs, preferences and activity choices. Please refer to this toolkit for more information.

<https://www.rcot.co.uk/about-occupational-therapy/living-well-care-homes-2019>

1. Rationale

Currently there are more than **579 people living in Residential Care, 1,297 in Nursing Home Care and 63 people in Supported Living (2015/16)** in the South East Trust Area. The umbrella term 'care homes' covers a diverse range of places, including those classified as nursing or residential, whether specially designed and staffed for people with dementia, mental health needs or complex physical or learning disabilities.

It is important that older people in care homes have the opportunity to take part in activity, including activities of daily living that helps to maintain or improve their health and mental wellbeing. They should be encouraged to take an active role in choosing and defining activities that are meaningful to them. Whenever possible, and if the person wishes, family, friends and carers should be involved in these activities. This will help to ensure that activity is meaningful and that relationships are developed and maintained, (NICE, 2013).

In its Quality Standards on Mental wellbeing of older people in care homes, the National Institute for Health and Care Excellence (NICE) state that:

- Older people in care homes are offered opportunities during their day to participate in meaningful activity that promotes their health and wellbeing
- Older people in care homes are enabled to maintain and develop their personal identity (NICE 2013)

Links to Other Policies

- DHSSPS Residential Care Homes Minimum Standards August 2011 - Standards 13
- The Residential Care Homes Regulations (NI) 2005

2. Aim

The aim of the Active Ageing Programme is to help improve the health, wellbeing and quality of life of older people in care homes through the provision of meaningful activity which meets their social, emotional and intellectual needs.

Objectives

The main objectives are to;

1. Increase opportunities for older people living in care, particularly those living with dementia, to take part in a range of health and wellbeing activities.
2. To design and deliver, in association with residents, internal and external stakeholders, a wide range of activity sessions that will allow older people,

regardless of their cognitive ability, to participate actively in leisure activities based on their own individual interests and choices.

3. To develop ways of effectively evaluating the impact of the wellbeing programme on participants.

3. Health and Wellbeing Forum

The Health and Wellbeing Forum will be established in each facility to identify the preferences and needs of residents. In addition, they will produce a quarterly health and wellbeing programme of activities and evaluate the impact of the programme, using an outcomes based accountability approach every 6 months.

Forum Membership

Name	Position
	Manager (Chair)
	Resident
	Resident
	Activity Champion
	Volunteer
	Carer
	Other

Adults aged 65 or older who are generally fit and have no health conditions that limit their mobility should try to be active daily and should do:

- at least 150 minutes of [moderate aerobic activity](#) such as cycling or walking every week, **and** [strength exercises](#) on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms)
- Or**
- 75 minutes of [vigorous aerobic activity](#) such as running or a game of singles tennis every week, **and** strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms)

4. Resident Active Ageing Personal Profile (Appendix 4a, 4b)

In order to ascertain the preference and interests of each resident an individual ACTIVE AGEING PROFILE should be completed. Each resident should have the opportunity to highlight both past and current hobbies, interests and activities that they would like to pursue. Family, Carers or friends can assist with this exercise where necessary.

5. Staff Training Opportunities (Appendix 2)

The Active Ageing Programme will be delivered by a combination of internal and external tutors. Where necessary, existing staff will be skilled up to deliver different components of the programme. Subject to funding external coaches will be commissioned to deliver certain activities.

6. Building Blocks

Each monthly Active Ageing Health and Wellbeing Programme should include a wide range of both group and individual activities. Resident Health and Wellbeing Profiles should be used to inform the programme design.

Active Ageing Programme Building Blocks

Physical Activity	Reminiscence	Food and Drink
Stop Smoking	Guest Speakers	Intergenerational
Arts & Crafts	Music / Singing / Radio	Out & About
Volunteering	Gardening / Allotments	Religion / Cultural
Falls Prevention	Medicines	Story Telling
Board games	Movies	Hobbies
Animal Welfare	Beauty	Book Club / Audio books
Bird Watching	Information Technology	Photography
Flower Arranging	Woodworking	Relaxation
Competitions / Quiz	Sensory activities	Themes / Key dates

[Older adults at risk of falls](#), such as people with weak legs, poor balance and some medical conditions, should do exercises to improve balance and co-ordination on at least two days a week. Examples include [yoga](#), [tai chi](#) and [dancing](#).

7. Promoting the Active Ageing Programme in Care Homes (Appendix 6)

In order to promote the outcomes of the Active Ageing Programme each facility should produce and execute a simple 'Promotional plan' that informs both internal (SEHSCT) and external (relatives, friends and local communities) stakeholders. The use of social media, newsletters, websites and other mediums should be explored. A dedicated notice board would help show case the range of activities offered to residents. All promotional activity should comply with the Trusts 'General Data Protection Regulations.'

8. Active Ageing Report Card (Appendix 4)

Each Active Ageing Programme should be evaluated every 6 months using the report card template provided. An 'Outcomes Based Accountability Approach' will be used to establish;

- a. How much did we do?
- b. How well did we do it?
- c. Is anyone better off?

This report will collect a combination of qualitative and quantitative information and guest / staff stories.

Report cards should be returned from each facility to the Operations Manager every 6 months; **Period 1** (April – Sept) **Period 2** (Oct - Mar) and collated to generate a MASTER report.

9. Risk Assessment

Residents may need risk enablement plans for certain activities. These plans should comply with the Trusts protocols to risk assessment and include;

- The risks and benefits
- The likelihood that risk might occur
- The seriousness / severity of those risks
- Actions to be taken to minimise the risks
- Actions to be taken if the risk occur

The [General Risk Assessment Form](#) should be used as required. This can be downloaded from i-connect by clicking on the link above.

NB. A resident's ability to make decisions may fluctuate. Having a good working knowledge within the staff team is therefore important when designing the activity.

10. Appendix

- 2a. NICE public health guideline checklist NG3
- 2b. Active Ageing Implementation Checklist
- 3a. Active Ageing in Care Homes Satisfaction Questionnaire V4
- 3b. Outcomes Based Accountability Score Card
- 4a. Residents Personal Profile and Activity Log
- 4b. Residents Pen Picture
5. GRA 2 Risk Assessment form July 2013 – Converted
6. Promoting Your Active Ageing Programme
7. Lesson Plan Template
8. Designing Your Active Ageing Programme
9. Notice Board Layout
10. Have Your Say Template
11. SEHSCT Consent Form
12. SEHSCT Consent Form Events and Outings
13. EPRL06 - Events and Outings consent form
14. EPRP32 - Procedure for Programme of Activities