

The CAPA programme is really making a difference, enabling and inspiring older people and those who support them, to move more and more often - improving health, happiness and reigniting connections with local communities. Our April update highlights just some of the fantastic improvements happening across care services involved in CAPA.

BETTY'S BRILLIANT BOOST



Danielle Dutton, Level 4 Personal Trainer, told us about the huge improvements she has seen in one of the residents at Allachburn Care Home, Aboyne due to the home's commitment to the CAPA programme.

Resident, Betty Aitken, who turned 100 years old in February, has significantly improved strength and balance through working with dumb bells and therabands. She can now walk further, feels steadier, has reduced her falls and also reports a marked improvement in her emotional and mental wellbeing.

Danielle said: "I've been working with Betty for about a year now. As well as increased flexibility, Betty's personal care has also improved. She is now able to do things for herself which she wasn't able to do before. She can get into bed much more easily and can now get in and out of the car. Betty loves feeling more independent. She can even reach her hands around her back!"

Betty enjoys working with Danielle and looks forward to her visits. Betty said: "I enjoy my exercise, I feel more relaxed and energetic and it means I can walk better and means I can get out of my chair better. I can stand up better from my chair than previously as I struggled. It has loosened my limbs." Danielle continued: "It is a privilege to be working with Betty and to see the progress she has made. I am very happy and find it very rewarding, it gives me job satisfaction knowing I am improving her way of life and giving her more independence."

Paula Bisset, CAPA Improvement Adviser, Aberdeenshire commented: "It's brilliant to hear about the work happening at Allachburn and in particular, Betty's story. It just goes to show that moving meaningfully and making improvements can happen at any age!"

Embedding CAPA into the culture

Care at home provider, Sue Ryder in Perth, is working hard to help people they care for at home to move more and to embed CAPA into the culture of their organisation.

Karen Gray, Manager explained: "Home care is a different challenge. We have 30 minute slots with people – sometimes only 15. If I'm honest, it took me a while to find the right person to work with on CAPA. Many people I spoke to were reluctant to do more. Even family members were hesitant, particularly if their relatives had dementia or had had a stroke, for example."

Karen spoke with Catherine Henderson who experiences care and asked what she wanted to work on. She also discussed CAPA with Catherine's daughters, Alison and Marion, who were very supportive of the programme. Catherine was very worried about her tummy and wanted to improve her core strength.

Karen introduced Catherine to some simple techniques and small things to engage her tummy, for example sitting forward in her chair. She also showed Catherine some leg exercises to improve her strength and other flexibility exercises.

Karen measured the results from week one to week six and the results were impressive. Karen said: "Catherine was so enthusiastic. She was also determined to improve her upper body strength and always enjoys the exercises. She is quite competitive and she wanted to get better than me. She was convinced she could beat me. And after six weeks she did!"

"We're not getting more time for CAPA outside of our usual half-hour slots. But it doesn't need to take long. We just incorporate it into the time we have. And it's making a huge difference to people's lives."



SAMMY IS A CHANGED MAN

Bield's Rowan Gardens – a retirement housing complex in Greenock have worked with 70 year old Sammy Rodgers through the CAPA Programme and report that he's now much happier, more confident and is moving more.

Last year, Sammy moved into the complex from a fourth floor flat with over 60 steps. Sammy had become isolated and felt anxious about going out. He struggled with the stairs to go back up to his flat when he did venture out.

Gill Blaikie of Bield said: "Sammy used to be a window cleaner and also helped at the local football club, Woodhall, where he used to be on the committee. He liked to keep busy.

"He has a very supportive family. His brother, Jackie visits regularly. Jackie helps in the gardens and Sammy helps too which motivates him to get outside. Sammy's very proud of the daffodils and other bulbs they have planted and is looking forward to growing some tomatoes this year."

Gill supported Sammy so that he could walk to the local shop to get his paper. He wasn't able to do that much during winter but looks forward to starting again when the weather improves. Sammy's brother, Jackie said: "Moving here and getting into the garden with me has made Sammy happier. He's is a changed man."

Since moving into Rowan Gardens Sammy has also started attending the Muirsheil Centre, a CAPA partner Day Service in Port Glasgow which is helping him to socialise more.

Innes benefits from activity programme

The CAPA programme is having a particularly positive impact on Fairview Care Home's resident, Innes Craig (aged 65) who is now moving and socialising more. The home's improvement journey is about getting people who are in bed all the time to get up and to move more. Staff have started to work with Innes who recently had a stroke.

Innes has an electric wheelchair but spent long times in bed every day watching TV. His wheelchair was never used.

He told staff that he didn't have much confidence and felt out of place with the other residents who are older than him and have different care requirements to his own.

Staff began an improvement plan. They spent time with Innes to find out more about his fears and what interested him in life. This uncovered a number of things which staff began to work on.

The service has a duo (George and Jane) who visit on Fridays to take an exercise class for an hour. George is ex-army and staff discussed the possibility of him spending one-to-one time with Innes. George agreed as

did Innes, which was a brilliant turnaround. Innes told us that he loved the session with George and said he wanted to do this again. So staff arranged this for George and Innes each week. Innes has gone from spending five minutes with George to spending a full hour with him. His progress really is amazing, and you can see the difference it has made to him.

George continues to work with Innes and has given him exercises to practise between sessions. He is now moving his legs regularly – something he wasn't able to do before – and is becoming increasingly mobile as the weeks go on. It has positively impacted his confidence and self-esteem. He now feels much more independent and optimistic about life.



Moving More Often resource

'Moving More Often' is the new easy to read guide for older people experiencing care in their own homes, packed with tips on how to keep active and enable them to move more every day.

It was produced after care at home staff involved in the CAPA Programme said that they needed support to start conversations about increasing daily movement with those they care for.

During development the resource was piloted with care at home and housing support services and people experiencing care in Inverclyde and Glasgow.

The resource can be downloaded from www.capa.scot or for free copies call 0345 600 9527 or email enquiries@careinspectorate.com



Step Count Challenge

The CAPA team is taking part in this spring's 8 week Step Count Challenge, run by Paths for All. It's a walking challenge for Scottish workplaces. The aim is simple. Walk more and feel the difference. For more information visit: www.stepcount.org.uk

Learning events

The third and final round of learning events will take place in May and June providing opportunities for people to celebrate their improvement journey so far, build on local networks to share ideas and resources and consider how to sustain improvements moving forward.

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