

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 February update highlights just some of the fantastic improvements happening across care services involved in CAPA.

## LIFE'S RICH TAPESTRY



Staff from Mallaig Road Day Care Centre, Govan, told us about Frances Alexander and how through CAPA the centre became her lifeline.

Lee Kelso, Improvement Adviser, Glasgow and North Lanarkshire explained: "When Frances moved to the area last year she had

no friends and family nearby and in her own words, felt 'life wasn't worth a button'. She was frightened, shy and very embarrassed about the tremors caused by Parkinson's which also caused her to stop doing tapestry – a hobby she loved to do.

"Caroline Connor and Maria Minning from the service worked with Frances to do grip strength and finger movement exercises along with others who use the service. They soon realised that this was the key to building up her grip strength, improving her dexterity and also increasing her confidence in social settings."

Maria said: "Frances enjoys the group sessions. She says that 'they are so much fun and they really push you'. Frances has since started doing the exercises at home during advert breaks on television and is finding that this is reducing her tremors even more!

"She can now pick up her tapestry herself and complete it after a year lying dormant. She said that when she started at Mallaig Road that she couldn't even handle the frame."

France's tapestries are now a focal point with others at the service. She is more sociable and even goes shopping to select fabrics and materials for others arts and crafts activities run at the centre.

**Maria continues: "Frances is so much more confident, sociable and happy as a result of moving a bit more each day. In her words, the day centre has been a 'lifeline'."**

# A spectacular turnaround

Being involved in the CAPA programme and moving more is helping people to become more independent, and in some cases returning home.

Paula Bisset, Improvement Adviser Aberdeenshire told us about John Townsend, a resident at Mowat Court with dementia, who despite the odds is now back at home on his farm which he loves with his wife Margaret – in time for their 60th wedding anniversary.

Paula explained: “Before John became unwell he was very physically active and walked around the farm with Margaret every day. He contracted shingles which badly affected his mobility and sleep and he was on high levels of pain medication. He had no appetite and also had an open eye wound, caused by the shingles. His wife, Margaret was struggling to cope with such a dramatic rise in his care needs and so he moved into Mowat Court care home for emergency respite with a view to being there long term.” Staff worked with the local GP to address John’s eye infection for three weeks, after which he was able to sleep better and felt more inclined to eat and drink.

Staff involved in CAPA knew it was important to encourage John to mobilise and regain his confidence while he was at the home. They encouraged him to walk to the bathroom himself so that he could have a bath – a short, but achievable distance. After four weeks John



could walk to and from the dining room and felt more confident to join the other residents for meals.

The team also worked with Margaret to build her confidence so she could consider bringing John home, with the correct support. In early January staff arranged a review meeting where they agreed a three-week action plan to get him home to the farm. During that time John increased his level of activity in the care home and in the garden. He was determined to improve as much as he could so he got stronger and fitter every day.

Margaret also attended a relative’s information session at the home to get a better insight into John’s dementia and find support from other carers.

John and Margaret decided that it was time for John to go home but before he did that staff supported John to take part in the local Paths for All Health Walk in Stonehaven – which he

completed, thoroughly enjoyed and wishes to do again.

Kirsten Bell, Manager at Mowat Court said: “CAPA conversations had supported all staff to see what John could still do even though he was very poorly at the point of respite admission. Taking a stepped approach to building up the distance he could walk when he had started to build back up his strength was key. I wouldn’t have thought of linking to the health walk as part of his discharge preparations without being part of CAPA.”

Margaret added: “The staff at Mowat Court were superb. In two months they got him back to where he was before. They got to be just like family, always smiling and looking after him and me. They were wonderful with us both and helped get him strong enough to come back home. He still needs help with some things, but manages to get out for fresh air most days.”

# CAPA BENEFITS STAFF TOO!

It's not just those experiencing care that are reaping the benefits of CAPA. Staff are too! Rona Rowan is the Activity Coordinator at Dallmellington Care Home, East Ayrshire.

She has always encouraged activity and movement within her role at the home, however since CAPA she has found herself looking for different ways to promote movement and independence, particularly with those less able or less motivated.

Rona explains: "In December, there was a problem with one of the lifts in the care home and many residents (and staff) found they were walking further and more often because of this. I actively encouraged this and promoted it as a good problem to have!"

Rona had learned about how active we all should be at the CAPA learning event and remembered the aim of 10,000 steps per day. She was interested to see how many steps she was actually taking and so purchased a fit bit. She has found it really motivating and feels it gives her a purpose.

Rona said: "During the heavy snow in January, I had to walk to work instead of using the car. I've

kept this up, when I realised how many steps I could get in before and after work."

Rona has set a target of 8,000 steps per day and almost always achieves it with a bit of effort.

She says it is not always easy but she really feels the benefit and enjoys the walk and fresh air. Her fit bit also tracks her sleep and she finds that when she has achieved her target of steps that day she gets a better sleep.



## An inspector's perspective



Karen Mack, Care Inspector was impressed to see how well one service in Perthshire has embedded CAPA and demonstrated outcomes when she recently inspected Ancaster House in Crieff.

Karen said: "It was great to see how Ancaster House has embraced CAPA. During my visit, one relative described how the programme had made a huge difference to their relative's mobility and

social opportunities; others gave examples of improved health outcomes such as weight gain.

"The whole staff team, including catering and cleaning staff are committed to promoting and facilitating physical activity for all and there was a noted improvement in the people experiencing care and their general wellbeing. It was clear that the home was working hard to make sure that CAPA and its principles are everybody's business."

The service informed me that they wouldn't have been able to progress this as effectively a few years ago due to priorities at that time. The grades I awarded reflected the improved outcomes for people, which to me, meant the focus seemed right."

## Tell us your stories

Tell us about what you have been doing to support people to move more. If you've met someone experiencing care that's been quite inactive, started to move more and as a result has a better quality of life contact CAPA Communications Coordinator: [sarah.wilkie@careinspectorate.com](mailto:sarah.wilkie@careinspectorate.com)

# Pony gives people access

Watch residents from Morningside Care Home, Wishaw enjoy a day out in the countryside – thanks to Pony Axe S, which takes people in wheelchairs to all the places wheelchairs can't take them. Christina Simmons, manager explains: "Many of our residents feel trapped by age and disability. So through the CAPA programme we're promoting physical activity with people so that they can get up and moving out and about in the sunshine, getting the fresh air." Resident Gladys, believes it's very important to keep active. "You have to keep moving. Being old

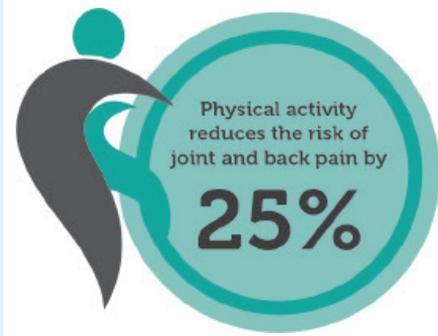
is nothing. It's keeping moving – that's what it's all about. Because it makes you feel good!"

[www.capa.scot/?p=780](http://www.capa.scot/?p=780)



For more information visit:

<https://ponyaxes.com/>



## Hold the date

The CAPA conference will be held on Tuesday 11 September 2018 at Perth Concert Hall, Perth, so keep this date in your diaries. Conference programme, times and workshop details will be published soon.

## Learning Events 3

The dates for the next round of learning events have been set. If you would like more information about these, please contact [chelsea.bell@careinspectorate.com](mailto:chelsea.bell@careinspectorate.com).

# IT'S GOOD TO TALK

Shona Omand-Smith, CAPA Improvement Manager shared this story about how a chance conversation with a colleague had enabled six care homes, not involved in the programme to get involved.

Shona said: "Kevin works in our ICT dept. While chatting he said that his girlfriend, Nadine was the care home manager at Torry Care Home in Aberdeen. He mentioned some of the challenges she faced at work so I gave him some resources to give to her (Super 6, CAPA pack and Care News, which featured an article on medication management which was a challenging area for the home).

I suggested that Paula Bisset

(one of our Improvement Advisers) and I go along and speak to her about CAPA and ways that they could encourage more movement among their residents. Nadine initially arranged a chat with myself, Paula and two colleagues (one was her line manager). This then morphed into a mini CAPA session with all Renaissance care homes coming along to hear about CAPA. In total, 13 staff came along from six care homes. Since then they've had resident meetings to find out what the people they care for want to do, are working to get their residents up and moving about for 30 minutes incorporating some chair based exercises. And Paula and I

will hold a training day to support the wider staff team including cleaners and catering staff in April."

Wyndwell Care Home in Peterhead (who attended the session) are now connected locally with other CAPA providers and the wider community to set up their own Boogie in the football club.

The renaissance care homes in Aberdeenshire are now coming to the Meaningful Activity Network which helps support providers share ideas, connect with their community and redesign ideas to make it work in their environment/communities.