

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

Remarkable recovery



Jane Davis, a recent resident at Parksprings Care Home, Motherwell has made a transformational recovery – and against all the odds has returned home to London.

Jane moved into the care home in December 2017. She had been in hospital for four months and despite working with physiotherapists was barely able to move.

Rosie Brennan, Activity Coordinator at Parksprings said: "Before her illness, Jane had a fit and active lifestyle. Jane felt that her life was over. She struggled to ask for help and didn't like having people do things for her all the time."

Nurse, Janice Orr said: "At one point we had to move Jane every two hours to relieve sores and she began to believe that she would never be able to move again. One day at her lowest point she actually told me that she wanted to die and asked me to give her tablets. She had lost so much weight that she didn't recognise herself. She looked at herself and said: 'My legs look like spare ribs'.

Jane says the staff never gave up on her even when she did. Janice told her that if she could get out of bed that there was a chance that she might be able to return home. This conversation was the trigger that helped Jane to start focusing on being able to move more.

Initially, Jane had to be hoisted, but soon she was able to use the stand aid. Jane endured quite a lot of pain but persevered once she could see the improvements for herself.

Janice said: "One day, Jane asked the carers if they could help her to stand instead of using the stand aid, and when she stood up herself, she said that she could have cried, just being able to speak to the girls face to face."

Jane's aim was to be able to be as independent as possible. But in order to do this, staff identified small, manageable goals by helping her to mobilise to the toilet herself, supporting her to dress herself and increase leg strength using sit to stand exercises. Jane is now almost completely independent; she makes her own tea and coffee, washes and dresses herself, makes her own bed and even does her own housework.

When asked what the best bit about being able to move more was, Jane said: "Life. When I couldn't move, I felt life wasn't worth living. Now I can move life is worth living again. I can't put into words what the staff have done for me. I wouldn't have believed that I'd be able to even sit up but the staff always believed in me".

Jane has now moved back to London to be closer to family. She's doing well and is very happy.

REABLEMENT RESULTS

A six-week reablement programme run by CAPA partner, Cordia Care at Home in Glasgow has made a big difference to one man's life. He also now needs less care at home support.

Mags Hughes, CAPA Improvement Adviser for East Renfrewshire and Glasgow explained: "We have been working with Cordia to see how they could integrate the work they do during short-term reablement with the CAPA principles. In this instance, the goals were to increase the gentleman's mobility so that he could manage his own pain medication and personal care and to be able to prepare his own meals.

"Carers visited the gentleman four times a day. They began to support him to get out of his chair and walk a short distance indoors each time they visited. This is something that he wouldn't normally have done and over the course of six weeks, he improved quickly and became able to walk to the kitchen and get his own medication. Previously staff went to the kitchen and brought his medication to him. They also encouraged him to walk care staff to the door and to lock it after they left. Previously staff would let themselves out.

During week six, the gentleman told staff that he felt much better and that he didn't think he needed his medication as much. His joints were much less painful. So, his medication was reduced from four times per day to two times per day.

Mags continued: "We know that care at home providers can be restricted by time constraints. It's important for staff to think about how they can incorporate small, but meaningful movement and activity in the short time slots they have with people and this is a really good example, which has made a big difference within a matter of weeks."



Hilda goes from strength to strength

As part of CAPA, Forthbank Care Home in Stirling has worked with a small group of their residents to improve their mood, self-esteem, confidence and mobility. In fact one eighty year old resident made such remarkable improvements that she was able to move out of long term care and back into her own home.

One of the service's Plan, Do, Study, Act improvement plans (PDSA) was to support a small group of ladies who were interested in makeup and their personal appearance to walk to the hairdressing room to apply their makeup instead of doing so by themselves, in their own rooms. The long term goal was for the group to walk to the local college where students had offered to give the residents a free makeover.

Hilda Rutherford (aged 80) was admitted to the care home in January. Hilda could not walk and need the support of three staff to turn her in her bed. Hilda's mood was very low. She had no confidence and had low self-esteem.

Anne Brown, Activity Coordinator at Forthbank explained: "We realised that Hilda had low self-esteem and we wanted to work with her to build her confidence and self-image. She got her hair cut, bought some new clothes and had a manicure and makeover.

"Hilda was determined to improve her mobility and so we encouraged her to join the ladies' exercise group, which she did, initially using her wheelchair. She enjoyed it so much that she began to attend every day."

Hilda told staff that she felt she would like to try to walk again and so staff worked with her to support this. Her mobility went from strength to strength. She is now able to walk and can get in and out of bed and go to the toilet independently.

Good conversations bring about better lives

Having different and meaningful conversations to find out what's important to people experiencing care is an approach that works – according to Evergreen Home Support Service, in Greenock.

Colin Paterson Senior Care Worker said: "John Maher is a resident at Seafield House, one of River Clyde homes in Greenock and through CAPA, we started working with him to support him to become more fit and able.

John used to spend all of his time in bed. Although he wanted to use his wheelchair more, he felt uncomfortable and lacked confidence to do so. He told us that would like to get outside and that it might be nice to go to the local pub with his wife.

Colin said: "I started to support John to get up (using a hoist) and to get dressed and out every day. We then needed to work on his leg and core strength so I began to encourage John to use a foot pedal while sitting in his living room chair.

The next step is to try using the foot pedals when John is seated in the wheelchair so that he feels stronger and more comfortable in his chair. This will encourage him to use it more.

John said: "I can see the benefits of getting fitter and stronger so that I can use my chair more and get outside and out of the flat. I feel much happier being up and dressed every day and I'm beginning to feel more confident."



Maintaining and sustaining improvements key to CAPA legacy

The last round of Learning events were a huge success attracting nearly 400 health and social care professionals over the ten events. Sharing good practice, shamelessly stealing and using other providers' ideas for sustainability to keep the importance of moving more on local agendas after the programme ends were the themes of the days.

Louise Kelly, CAPA Improvement Manager said: "The events were great with energetic and interested people with good tales to tell. Each partnership area is focused on sustainability and already considering how to maintain, improve and expand on the great work that's happened during the programme so far – across the care homes and care at home services involved. Utilising community connections and a strengthening collaborative approach is beginning to have an impact. It's inspiring to see such a positive and determined approach from our partners. And for the CAPA team it's fantastic to see and hear about so many older people beginning to feel fitter and healthier and to be able to move more, every day."

In this clip Louise talks about sustainability, the importance of moving more and what we all need to do to build on CAPA moving forward:
www.capa.scot/?p=998



SAVE THE DATE FOR ACTIV8-KEEP ON MOVING - TUESDAY 11 SEPTEMBER 2018

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