



# CAPA improvement programme update

## Issue 5: August 2017

Welcome to our August CAPA improvement programme update. The programme is well underway and we're hearing of some fantastic improvement work happening across all eight local partnership areas. This is all making a difference and helping older people in Scotland to become healthier, happier and more mobile.

### East Ayrshire Lead, Val Allan

We spoke with Val Allan, Service Officer and Partnership Lead for East Ayrshire about CAPA and the progress being made in East Ayrshire. She said: "I am blown away by the enthusiasm



for CAPA in East Ayrshire and one of the biggest benefits I am seeing and hearing about so far is the amount of laughs and happiness it is bringing to residents and importantly to staff as well. Everyone is really coming together and by moving more, in all sorts of great ways, resident's quality of life is definitely improving. Staff, residents and families are seeing and feeling these benefits because I believe it is being done in a way that is personal and meaningful to each individual and that is so important to us. I love seeing and hearing about the salsa dancing at Dean House, the progress in Abe's gardening at Nightingale House, the buffet meal times at Graceland, the resident who now walks to the paper shop every day at Craigie, the resident leading the art class at Torrance Lodge, the weekly staff lunchtime walks. There is so much happening and the benefits physically and mentally are really apparent. Bringing everyone together at the Big Fit Walk was a fantastic opportunity to really hear about the impact of CAPA from those experiencing it and share the lovely stories, whilst also keeping us all active at the same time. The walk also showed the wider community what CAPA is all about and got more people involved and raised awareness which is fantastic! Roll on the CAPA cycling event!"

### UK Active update

After the learning events, our research partner, UK Active produced an evaluation report, measuring where people involved in the programme were, before and after the events.

Some of the concerns initially included:

- staff (a lack of time, limited knowledge and awareness of what was meant by physical activity)
- pre-existing conditions of people being cared for, such as dementia
- risks (falls, confidence, assessment, injury, family concerns).

Increasing physical activity can reduce the risk of:



After the events some of the themes identified included:

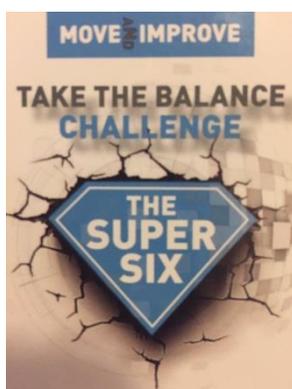
- the programme is a positive, exciting initiative
- individuals are looking forward to implementing it
- information about physical activity was beneficial
- attendees benefited from the opportunity to network and to share ideas with individuals from other care settings.

Individuals described the CAPA programme as a 'great' programme, with positive ideas. Many reported enjoying attending and learning new information. A potential area for improvement was the opportunity for staff to have more training, and potentially involve families in these sessions to overcome challenges and perceptions.

## Learning Events 2

The next round of learning events will be held in November. These will provide an opportunity for everyone involved to get back together to network and share ideas about what's working well and to discuss any barriers to achievement. The focus will be on how everyone's getting with the 'Plan, Do Study Act' Improvement Model we are using and the events will allow people to showcase some of the great work that's happening – that's already making a difference to older people across the country. Venues and dates are being finalised and will be published soon.

Watch this clip to see what happened at the first round of events this summer. As well as learning more about the programme and sharing ideas there was dancing, walking meetings, balance and chair exercises, hand grip strength tests and even quick Tai Chi sessions to re-energise people throughout the day. <https://youtu.be/6PdDqelbaag>



### Take the Balance Challenge

Have you tried the balance challenge? Find out more and see if you and your friends, colleagues or those you care for can rise up to the challenge. Search for #takethebalancechallenge on Twitter.



## Personal good practice stories

Jennifer Mack, Activities Coordinator at Craigelea care home in Renfrew told us about how yoga has made a huge difference to some of their residents. Jennifer explains:



“We have a yoga instructor come into the home once a week. At first we found residents reluctant and unsure but we kept it up and now almost all residents join in. Even residents with very limited mobility do movements and breathing exercises to the

best of their abilities. After a 20 minute session, our residents are relaxed and ready for lunch. We find it brings the residents joy, relaxation and reduces emotional imbalances that so often come with dementia.”



Jennifer added: “Another thing that I tried and found so successful was boxing. I brought in my own boxing gloves and have the residents wear them and have turns at punching my hands (the way a boxer would practice on pads). The residents love this and again even those with limited abilities physically give it a go. The best part about this activity is that they find it fun and laugh while doing it so forget that its exercise.”

### **A wee walk goes a long way**

Nearly 100 people experiencing care, their families, carers and staff pitched up despite the pouring rain to take part in The Big Fit Walk in the grounds of Dumfries House in Cumnock.



It was a wonderful day with lots of social interaction and increased physical activity for everyone. Exactly what CAPA is all about.

Here's what happened on the day.

[https://youtu.be/6Pk1tsj\\_HJ8](https://youtu.be/6Pk1tsj_HJ8)

### **Race at your pace**

Race at your pace is a virtual running race. Walk or run either 25, 50, 75,

100 or 200 miles during the month of September. Open to everyone regardless of your age, ability or location. You can find out more at: <https://www.raceatyourpace.co.uk/>

### **Internal learning Programme**

Dates are now set for the half day internal learning events for all Care Inspectorate staff. Book your place on RMS.

### **Tell us your stories!**

We are keen to hear about your good practice and personal stories to share and celebrate those during the CAPA improvement programme – please get in touch we would love it if you could 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 the CAPA Communications Coordinator:

[sarah.wilkie@careinspectorate.com](mailto:sarah.wilkie@careinspectorate.com)

### **Next time...**

At the end of September, we'll share more good practice ideas and update you on how the CAPA project is progressing. For more information about the programme, updates and good practice stories please visit:

<http://hub.careinspectorate.com/improvement/care-about-physical-activity/>

### **We're on Facebook and Twitter!**

The CAPA Twitter and Facebook pages are now live! Like and follow our pages, share your good news stories too. And tell your friends and colleagues!

**Facebook:** <https://www.facebook.com/CAPAprogramme/>

**Twitter:** <https://twitter.com/CAPAprogramme>

### **Useful Links**

<http://www.gov.scot/Topics/Health/Policy/Health-Social-Care-Integration/National-Health-WellbeingOutcomes> <http://www.nhs.uk/livewell/fitness/Pages/Fitnesshome.aspx>