

## Staff Engagement Ideas

- CAPA notice board – what is CAPA? What can I do? (everyone’s business) What are your ideas? What are we already doing? How could we build on this? Use resources from the website
- Team meeting – dedicate a team meeting to CAPA
  - Use the website to show video clips
  - Refer people to Facebook/twitter
  - Ask staff what physical activity means to them
  - Use the resource to help explain the importance of small movements, maintaining independence, doing with not for
  - Ask staff for their ideas – think about the environment, mealtimes, activities, personal care, outdoors
  - Emphasise everyone’s business
  - If data collection partner – do a couple of the tests, show the paperwork
- Staff coaching session – 1-1 supervision
  - Download our coaching sheet and go through with staff for their supervision
- Staff who attended the learning event – spend five minutes telling another two members of staff about the importance of moving and CAPA – ask them to then tell another two people
- For managers – any new staff should have CAPA information as part of their induction process
- Set a physical activity challenge amongst staff, eg step count challenge as a starter to discuss physical activity and experience the benefits for themselves
- Celebrate successes with staff – especially the small movements that are being promoted
- Acknowledge the challenges and highlight that despite the challenges the benefits for the individual outweigh the challenges
- Start small – one task, one activity, one resident
- Try resident of the week – start with promoting movement for one resident and get staff on board, see the benefits then start with another resident
- Link CAPA to the HSCS
- Use the sticks in jars activity with staff – at a meeting, in the office at a set time each day