

Care Home Example ACTION PLAN

What are we trying to accomplish?

Vision: To make mealtimes more active

More specific aim (how much, by when?): Within 3 months, 90% of residents will be more active during mealtimes

How will we know the change is an improvement? What will we measure?

1. Record observations on people's activity/movement/participation, ask for feedback using 1-5 rating scale
2. Hand Grip test

3. Count number of people who are more active each meal service (record this on a white board or chart)
4. Sit to Stand Test

Team Leader:

Carer

Who else is in your team?

Kitchen staff, domestic staff, manager, 3-4 residents to start with
(consider families, activities, nursing staff)

What are your ideas? What changes can we test out?

****start small****

1. Try a buffet meal 2xweek
2. Mary & Jean to set tables for lunch
3. Water jugs on tables for residents to pour own water
4. David to transfer out of wheelchair into dining room chair every teatime
5. Put music on and do 'sticks in jar' activity before lunch (turn music off during lunch)

Practical Tasks?

(complete baseline tests, equipment required? Risk assessment?)

Complete baseline tests with a group of residents, record observations of current mealtimes
Get jars in sticks

Who will action?

****share ownership, spread out tasks****

1. Carer and kitchen team
2. Carer with Mary & Jean
3. Activities staff to purchase small water jugs
4. 2xcarers (identify who specifically for that shift)
5. Activities coordinator

When?

****be realistic but don't wait too long****

1. Within 2 weeks
2. By Friday
3. By next Monday
4. Starting this Wednesday
5. Next Tuesday