The background of the slide is a light gray gradient, decorated with numerous realistic water droplets of various sizes. Some droplets are large and prominent, while others are small and subtle, scattered across the top and bottom edges of the frame.

# POSITIVE AND INDIVIDUALISED CULTURE OF CARE: WHAT IT LOOKS LIKE IN ONE CARE SETTING

CHERYL HENDERSON & ANNA ROSE  
ELDER HOMES LTD



## EMBEDDING SMALL CHANGES IN CULTURE AND ATTITUDE

- The way we refer to people 'living with dementia' and their 'journey with dementia'.
- Always referring to the individual and not their condition, or how they are supported.
- Looking at, the whole person, including their life history and the areas that make them a unique individual.
- Expanding how choices are made by or for the person.
- Ensuring the person with dementia is mentioned in all aspects of training, i.e. moving and transferring

## SOME BIGGER CHANGES

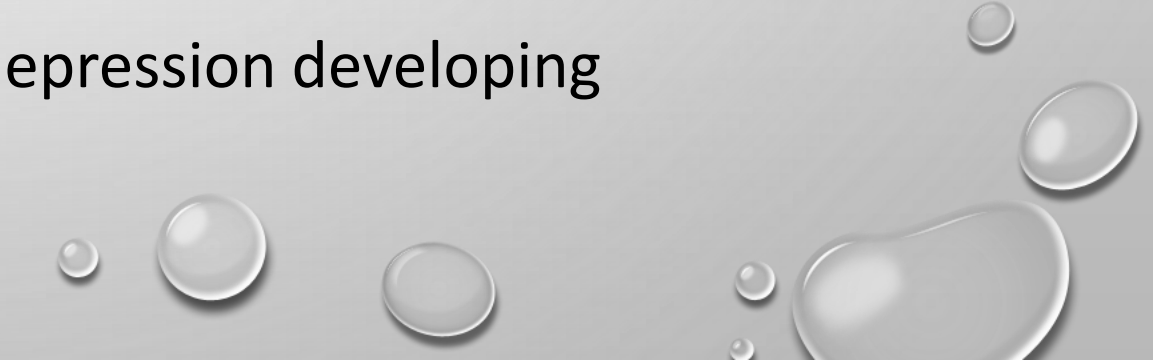
- Delirium training and use of 4AT tool
- Support of relatives by 1:1 meetings, use of small library and commencing a dementia focus group
- Minimizing transfers into and out of hospital and looking to 'stream line' this process
- More detailed Pre-admission assessments for those being admitted into the home
- Palliative care training
- Increase in links with other dementia ambassadors and SSSC Promoting excellence team
- **Much greater awareness of the individuality and spirituality of each person**

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# PROMOTING PHYSICAL ACTIVITY TO LIVE WELL WITH DEMENTIA



# PROMOTING PHYSICAL ACTIVITY TO LIVE WELL WITH DEMENTIA - *WHY?*

- Improve circulation and cardiovascular health
  - Reduce risk of high blood pressure and heart disease
  - Reduce risk of stroke and type 2 diabetes
  - Prevent joint stiffness and muscle wasting
  - Improve bone density and reduce risk of falls
  - Promote relaxation and improve sleep
  - Reduce likelihood of anxiety, stress and depression developing
  - Maintain or improve independence
- 



# PROMOTING PHYSICAL ACTIVITY TO LIVE WELL WITH DEMENTIA - *HOW?*

- Person-centred care
- Promoting independence
- Incorporating ways into everyday life for physical activity to be enjoyable, fun and varied

*\*Whatever the type of physical activity - small amounts included into daily life make all the difference\**





# PROMOTING PHYSICAL ACTIVITY TO LIVE WELL WITH DEMENTIA - *EXAMPLES*

## **Seated exercise class**

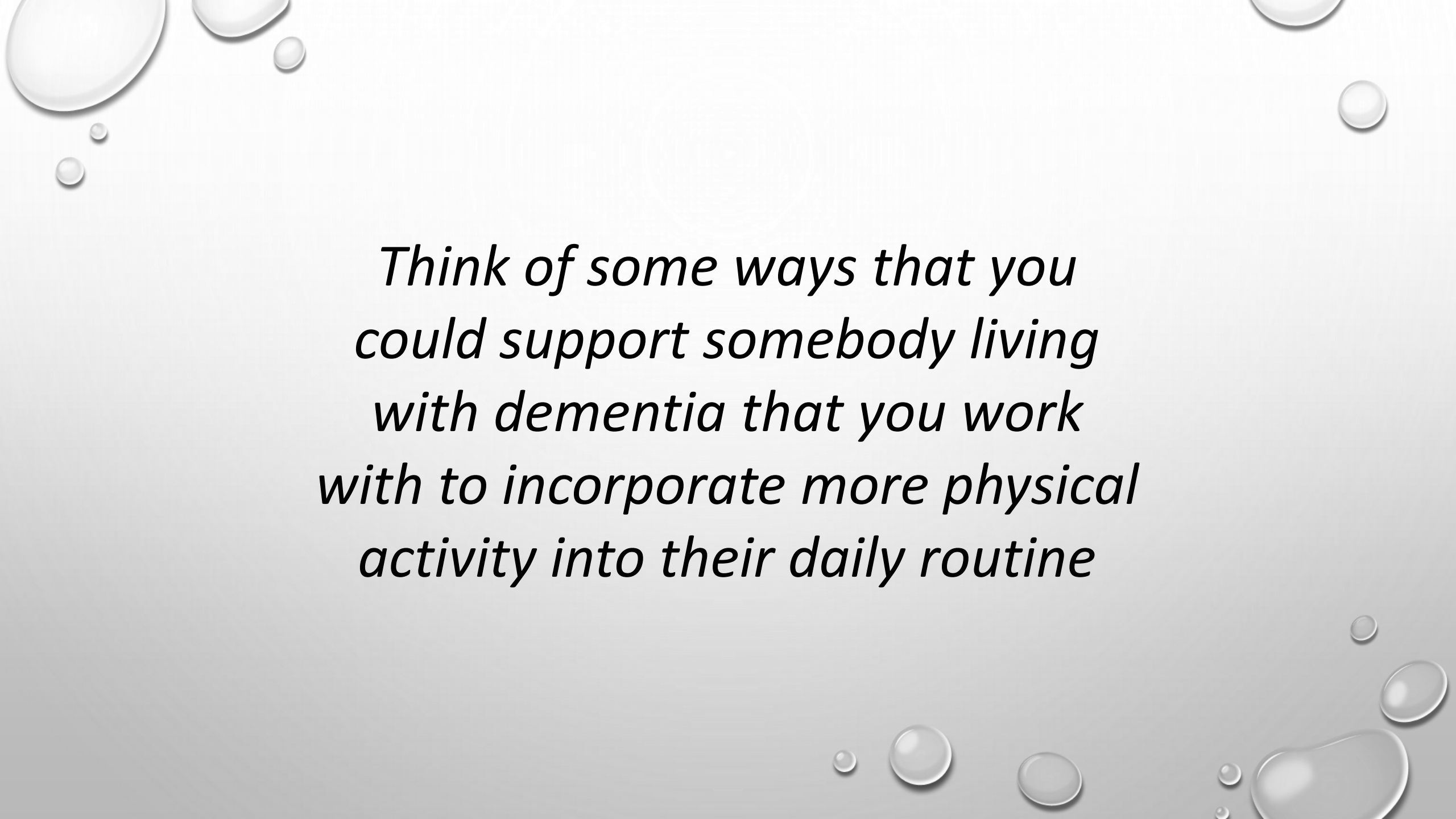
- Social benefit
- Music element
- Increased dementia awareness of fellow residents

## **Tailored to individual choices**

### **'Go for gold' initiative**

- Increased physical activity
- Increased sense of belonging
- Increased sense of achievement



The image features a light gray background with a subtle gradient. In the top-left and bottom-right corners, there are clusters of realistic water droplets of various sizes, some with highlights and shadows, giving them a three-dimensional appearance. The text is centered in the middle of the frame.

*Think of some ways that you  
could support somebody living  
with dementia that you work  
with to incorporate more physical  
activity into their daily routine*

# INDIVIDUALISED CARE

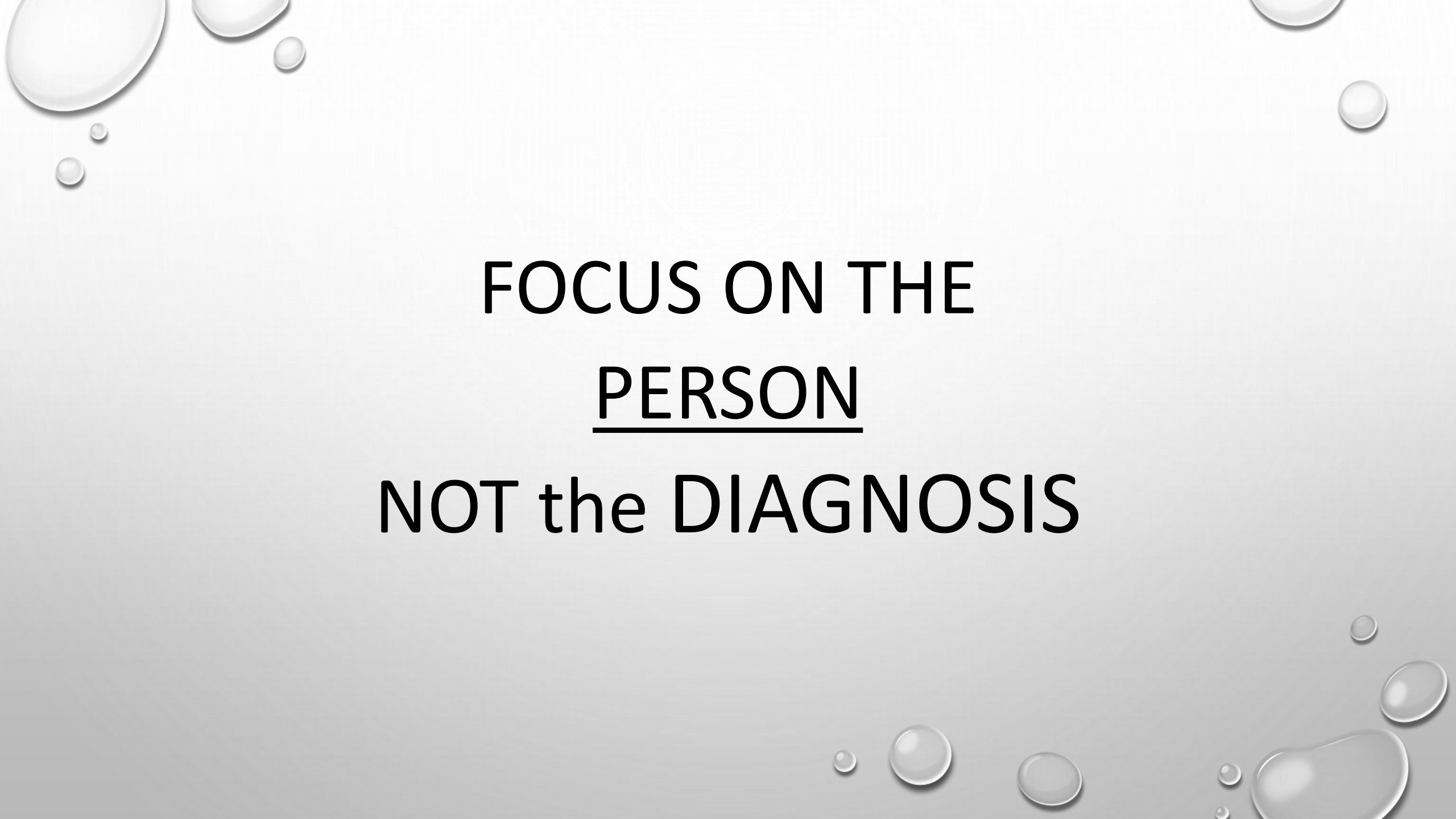
- Utilizing simulation training ‘in their shoes’
- Development of use of promoting excellence framework
- Dispelling myths – looking at things differently, thinking about our preconceptions
- Using playlist for life, ‘Forget Me Notes’ and other resources to help maximize person centeredness within music
- Developing greater links with churches and community groups for those who wish to express spirituality via faith
- More training for staff about spirituality covering more than faith
- Greater awareness and continued use of ‘all about me’, including prior to admission or in hospital transfers

The image features a light gray background with a subtle radial gradient. In the top-left and bottom-right corners, there are clusters of realistic water droplets of various sizes, rendered with soft shadows and highlights. A faint, circular, textured pattern is visible in the upper center of the page.

**KEEP FOCUSED – WRITE IT DOWN**

# OTHER LINKS & REFERENCES

- JASON LEITCH - 'WHAT MATTERS TO ME' – A NEW VITAL SIGN TEDX GLASGOW
- SCOTTISH SOCIAL SERVICES COUNCIL AND NATIONAL HEALTH SERVICE EDUCATION FOR SCOTLAND. (2011). PROMOTING EXCELLENCE: A FRAMEWORK FOR ALL HEALTH AND SOCIAL SERVICES STAFF WORKING WITH PEOPLE WITH DEMENTIA, THEIR FAMILIES AND CARERS.
- IMPROVING THE CARE FOR OLDER PEOPLE DELIRIUM TOOL KIT. (2016) HEALTHCARE IMPROVEMENT SCOTLAND. P9 4AT SINGLE ASSESSMENT TOOL
- FAITH IN OLDER PEOPLE – FAITHINOLDERPEOPLE.ORG.UK
- FORGET ME NOTES – FORGETMENOTEPROJECT@BTINTERNET.COM
- 'FOCUS ON DEMENTIA CARE' PUBLISHED: 11 DECEMBER 2017 CARE INSPECTORATE
- WAUGH A, SHARP B, HENDERSON J AND MACRAE R. (2017). DEMENTIA CHAMPIONS SUPPORTING CHANGE. SEVENTH EDITION. UNIVERSITY OF THE WEST OF SCOTLAND/ALZHEIMERS SCOTLAND.
- NHS EDUCATION FOR SCOTLAND (2106). SUPPORTING PEOPLE WITH DEMENTIA IN ACUTE CARE, LEARNING RESOURCE. NES SCOTLAND P7
- 6 SENSES FRAMEWORK – NOLAN ET AL (2006) THE SENSES FRAMEWORK; IMPROVING CARE FOR OLDER PEOPLE THROUGH A RELATIONSHIP-CENTRED APPROACH

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**FOCUS ON THE  
PERSON  
NOT the DIAGNOSIS**