

# My Home Life News

April 2013

*Promoting quality of life in care homes*



Campaigning for older people's issues the MP Paul Burstow.

## The Movement unites in London

The My Home Life Movement came together in March for a unique 2-day Retreat in Central London to share best practice and to influence key stakeholders. Nearly 100 care home managers travelled from across the UK to engage in a dialogue with, amongst others, commissioners, policy-makers, regulators and researchers to examine what is working well in care homes and to consider how best to support managers make improvements to quality of life in care homes for older people.

The event closed with reflections from Paul Burstow MP who updated delegates on progress with the Care and Support Bill.

The Movement committed to taking forward actions from the Retreat which will be reported upon in the Summer.

*"This was an opportunity for us to re-energise and take forward our collective passion, energy and commitment..."*

Tom Owen, Co-Director of My Home Life stated: "The Retreat marked a significant moment in the history of our Movement. This was an opportunity for us to re-energise and take forward our collective passion, energy and commitment to support those who live, die, work in and visit care homes for older people."

**Inside:** *Tom's Top 2012 moments.... Busier in Wales... How Plymouth promotes Managers' wellbeing...*

*My home life*

# Tom's Top 2012 Moments



"2012 was a big year in the life of the My Home Life Movement. It has been great to see such a shift in both our profile and in the level of activity taking place across the UK: the success of The Big Care Home Conversation; mentions within both the Care and Support White Paper; the report of the Dignity Commission and the launch of the Joseph Rowntree Foundation report have all helped provide us with a platform to move forward with greater confidence and restored conviction.

Our Movement of care home managers, and like-minded practitioners from statutory agencies, now spans over 22 local authorities within England and is growing strong roots in Wales, Scotland and in Northern Ireland. It is these remarkable individuals at the frontline of practice who are at the heart of MHL.

No doubt, we can all feel at times that there are too many obstacles. However, hearing the extraordinary stories of how staff have gone out of their way to improve the quality of life of those they care for helps me to reconnect with the real reasons why I have decided to be part of this Movement.

The future will offer challenges to all of us. That said, I am confident that we can gain strength from our collective in both demonstrating our expertise in supporting our frailest citizens and in helping to bring care homes back into the hearts of our communities where they belong. Thanks to you all for playing your part."

Tom Owen, Co-Director, My Home Life

## Julienne's highlights: The Big Care Home Conversation



"For me, the highlight of 2012 was The Big Care Home Conversation; in particular, how it went across national borders. It brought together all the skills and expertise of the My Home Life team and inspired care home managers to open up a dialogue with older people, relatives, staff and the public about "What makes life good in care homes now, what could make them better – and how might we get there?". The House of Commons launch inspired the Minister (Paul Burstow) to endorse My Home Life in the White Paper for Social Care Reform and it really felt we were all working together for social change!"

Professor Julienne Meyer, Co-Director,  
My Home Life





## ***My Home Life starts up in Northern Ireland...***

Amanda Leitch, Manager of Sunnymead Residential Home in Armagh, has been enthusiastically spreading the word about *My Home Life* in Northern Ireland in collaboration with Independent Health Care Providers, Age Northern Ireland and colleagues at University of Ulster.

She held events at shopping centres, leisure centres and pharmacies and, in August 2012, launched *The Conversation* in Northern Ireland when a flurry of pink balloons were released by residents. Soon afterwards, Amanda spoke about *My Home Life* to MPs at Stormont, the Northern Ireland Parliament!

At Sunnymead a "Sunnyshine Choir" regularly goes out to sing at community events and a Craft Academy has been set up with the aim of showing that older people both have skills to share and also still enjoy learning.

This won't be the end of the story: Amanda has been invited back to Stormont with the aim of getting cross party support for *My Home Life*. She remains passionate about what the Movement can bring to care homes in Northern Ireland:

"Our older people have so much to give: *My Home Life* motivates the staff team to come up with new ideas and they get fun out of it themselves. They get so much back."

## ***And in Scotland!***

Scottish Care has successfully secured RCOP (Reshaping Care for Older People) funding and launched Scotland's first 'My Home Life' Leadership and Community Development Programme in North Lanarkshire. This has been followed by funding approval for a further 8 cohorts across 6 additional RCOP partnership areas, all to be commenced during 2013!

Says, Gloria McLoughlin, Deputy CEO Scottish Care:

"We are delighted to be working closely with MHL, Age Scotland and Professor Belinda Dewar, University West of Scotland in the delivery of the Programme. Together we hope to explore and develop a MHL Scotland advisory group and fund some research on impact. Scotland is reshaping care for older people and we need care home managers to have a strong voice, to be able to influence decision-making at every level and to play a vital role in influencing and driving forward safe, quality, sustainable services for older people in Scotland. MHL will greatly support this agenda."

## And it's getting even busier in Wales...



John Moore, at the 2012 Conference in Wales

2012 was an especially busy time for *My Home Life Cymru*: it extended engagement to more care homes in Wales as well as receiving several enquiries from local authorities keen to get involved in the Programme.

With the annual Conference in March attended by no fewer than 150 people – care home managers, commissioners, inspectors, members of Health Boards and representatives of the Welsh Government among them – you'd imagine there'd be no time for anything else. But you'd be wrong...

"The highlight of our year was the publication of our Good Practice Guides", says John Moore, *My Home Life Cymru* Programme Manager. Each Guide focuses on one of the *My Home Life* best practice themes, giving practical tips and experiences from across the care home sector in Wales. John aims to publish three more guides this year.

The 5<sup>th</sup> *My Home Life Cymru* Annual Conference took place on 7<sup>th</sup> March this year led by Age Cymru in partnership with Care Forum Wales.

## Doing the best for one another: a facilitator's view of the Leadership Support Programme.

Danuta Lipinska joined the MHL team of facilitators in 2012 when she supported 40 care home and long stay ward managers across seven London boroughs in their Action Leadership Sets as part of the *My Home Life*

Learning Support Programme.

"I hadn't quite imagined what a delight and a privilege it would be," says Danuta. "It has been exciting to be part of a process in which the individual, with the support of the Set, discovers their worth, their strength and abilities."

Danuta acknowledges that there were times of real challenge and emotion but is clear that the place of safety and acceptance provided by an Action Learning Set enabled managers to grow in themselves and in their roles.

She adds: "I feel that we did the very best we could have with and for one another in the time we shared."



Danuta with MHL London care home managers at their Validation Day

## Supporting each other: how Plymouth promotes well being for managers

MHL Plymouth is a group of care home managers who had the great idea of having a Wellbeing Hour for Managers at the Dignity Forum held locally on a quarterly basis.

"This was an opportunity for Managers to be heard, to support one another and share both experiences and best practice ideas based on the MHL Themes," says Sally Philipson, one of our Plymouth Associates.

The idea was so warmly received that Sally has now set up a regular Wellbeing Hour within the local Managers' Forums in Plymouth. It's going from strength to strength. What a great initiative!



# My home life in a Snapshot



## The Movement:

- Going from strength to strength
- Crossing national borders
- Engaging hearts and minds
- Influencing policy and practice

## Networks:

Northern Ireland

Scotland

Wales

England:

Barking & Dagenham

Barnet

Bedford

Brighton & Hove

Bristol

Derbyshire

Dorset

Enfield

Essex

Kent

Leeds

Medway

Newham

N.E. Lincolnshire

Nottinghamshire

Plymouth

Redbridge

Suffolk

Southwark

Tower Hamlets

Wiltshire

York

## Local Developments

400 managers completed or completing Leadership Support and Community Development Programme

## Supporting Improvements in:

- Community engagement in care homes
- Hospital discharge/ admissions
- Development of MHL Admiral Nurses at the Order of St John Care Trust
- Safeguarding processes
- Commissioning and monitoring quality
- Organisational development in the sector
- Activity provision
- Use of learning circles in care homes

## Recent and Current Research:

- NCHR&D Forum (2007) *My Home Life: Quality of life in care homes – Literature review*, London: Help the Aged
- Owen, T and Meyer, J (2009) *Minimising the Use of 'Restraint' in Care Homes: Challenges, Dilemmas and Positive approaches*, London: Social Care Institute for Excellence.
- European Centre for Social Welfare Policy and Research (Coordinator) (2010). *Measuring Progress: Indicators for Care Homes*. Vienna/ Bad Schallerbach/Utrecht/London/Dortmund/ Essen/Düsseldorf: European Centre/E-Qalin/ Vilans/City University/Uni Dortmund/MDS/MGEPA NRW.
- BGS (2011) *Quest for Quality: Inquiry into the quality of healthcare support for older people in care homes: A call for leadership, partnership and quality improvement*, London: British Geriatrics Society.
- Luff, R; Ferreira, Z; and Meyer, J (2011) *NIHR SSCR Methods Review 8: Care Homes*, London: NIHR School for Social Care Research, London: London School of Economics and Political Science.
- Owen, T; Meyer, J; Cornell, M; Dudman, P; Ferreira, Z; Hamilton, S; Moore, J; Wallis, J (2012) *My Home Life: promoting quality of life in care homes*, York: Joseph Rowntree Foundation.



My Home Life is an UK-wide initiative aimed at promoting quality of life for those living, dying, visiting and working in care homes for older people, through relationship-centred and evidence-based practice.

Led by Age UK, in partnership with City University London and Dementia UK, MHL has the support of the Relatives and Residents Association and all the national provider representative organisations for care homes across the UK.



## The MHL Evidence Base:

Our 8 themes:

- 1. Maintaining Identity**  
(See who I am!)
- 2. Sharing Decision-making**  
(Involve me!)
- 3. Creating Community**  
(Connect with me!)
- 4. Managing Transitions**  
(Support me!):

- 5. Improving Health and Healthcare**  
(Improve my wellbeing!)

- 6. Supporting Good End of Life**  
(Guide me to the end!)

The remaining two themes are for managers:

- 7. Keeping Workforce Fit for Purpose**  
(Educate me!)
- 8. Promoting a Positive Culture** (Inspire me!)