

Become a Care Home Friend! Intergenerational Challenge

Care Home
FaNs
Intergenerational
Linking

WEEK 4

This week we are thinking about the people who work in care homes.

Life in a care home

Group discussion

What can you remember about why older people might choose to live in a care home? What help might they need?



Activity: Helping Hands

Let's think about the people who **you** might need help from.
Can you fill in the Helping Hands circles?

Who do you often need help from?

Who do you sometimes need help from?

What things do you do for yourself
without needing help?



Proud to care

Everybody needs other people to help them in their day to day lives. There are lots of people who work in a care home, and they help the people that live there.

★ Have a look at these people who do different jobs in a care home and read what they think about their roles:

“I go home knowing that I’ve made a difference to my team, our residents and their families. And there’s no better feeling than that.”

Julie, Home Manager
Lindley Grange Care Home



“In care, you get to know the residents, and as their needs change, the care you provide changes so there’s always something new to learn.”

Sandeep, Clinical Services Manager
Field House Care Home



“I go home every day knowing that I made a difference that day. Once I got used to that, I never wanted to leave.”

Kerry, Registered Nurse
Broad Oak Manor Care Home



“Working in a care home is a great summer job! It’s like having a second family and gives flexibility to balance work around studying.

“It’s not just for nurses and carers, there are so many different roles. Past experience isn’t necessary, just being friendly and caring is much more important.”

Habib, Kitchen Assistant/Restaurant Host
Cottingley Hall Care Home



Activity: Roles in a care home



Can you match the people to a description of their job role?

Care Home Manager

★ I support residents with their medical needs.

Registered Nurse

★ I plan interesting activities for the residents such as crafts, trips out and games.

Chef

★ I am responsible for the overall running of the care home. I lead the team.

Care Assistant

★ I help look after the needs of the older people by helping them to move around to a different room, to get dressed or to write a letter to family.

Activities Coordinator

★ My job is to prepare meals for people living in the care home. I also help serve the meals in the dining room.

Working in care is a skilled job. What kinds of skills and qualities do you think people working in a care home have?

- 1
- 2
- 3
- 4
- 5
- 6

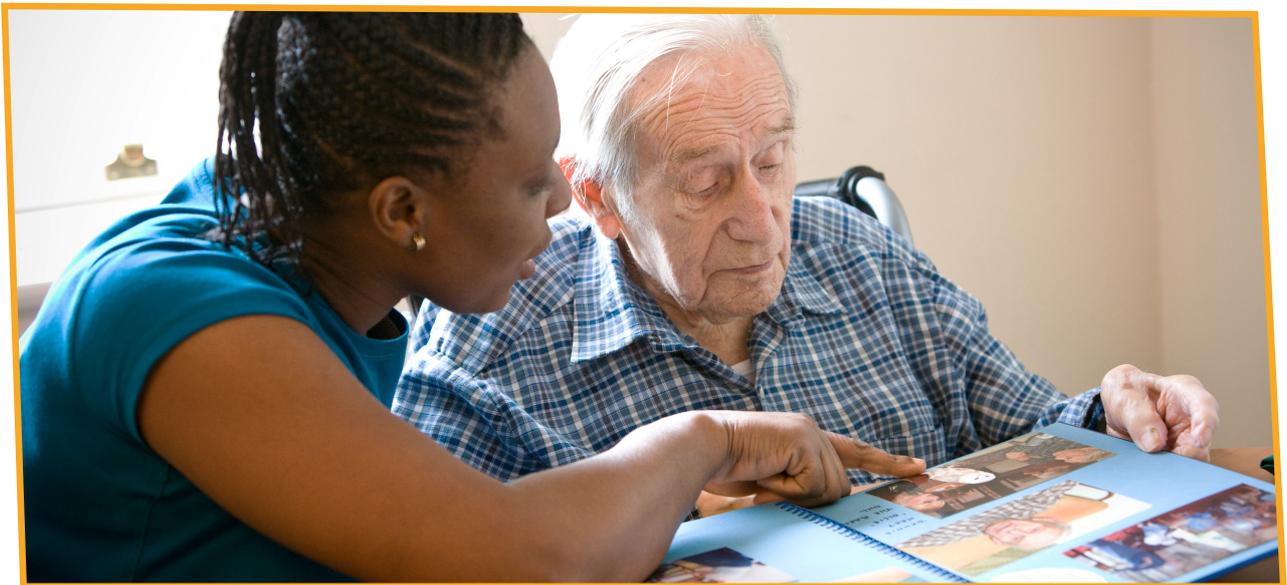


Learning about dementia



70% of people living in care homes are living with dementia. Some care homes are specialist dementia care homes, meaning that staff are very skilled in dementia care.

Dementia is a condition that affects a person's brain. It can cause changes in their memory and the way they act. The most common form of dementia is Alzheimer's disease.



This photo shows a carer supporting a gentleman to read a life story book, full of memories, messages and photos from the past. This is known as reminiscence. Often a person living with dementia finds it easier to recall things from many years ago rather than recent memories, so reminiscence draws on this strength.

★ What are your most treasured memories?

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This week is Dementia Action Week, a campaign from the charity Alzheimer's Society to raise awareness of dementia and encouraging communities to take action to improve the lives of people living with dementia.