Care...About Physical Activity Improvement Programme

Older people on the move in the care sector
What is the CAPA improvement programme?

**What**
- Designed and led by Care Inspectorate
- Commissioned by Scottish Government through Active Scotland Division
- 18 Month programme

**Why**
- Skills, knowledge and confidence to move more
- Personal improvements

**How**
- Based on Care ...about physical activity resource
- IHI Breakthrough series, PDSA test of change
Work streams in the improvement programme

- Care Homes
- Care at home, housing support, day care
- Care Inspectorate staff
- AHP Undergraduate module
- Conference September 2018
Partnerships and work streams

- **Perth & Kinross**
  - Care at Home/Housing Support
  - Care Home

- **Aberdeenshire**
  - Care at Home/Support Services
  - Care Homes

- **Inverclyde**
  - Care at Home/Housing Support
  - Care Homes

- **Stirling and Clackmannanshire**
  - Care Homes

- **East Renfrewshire**
  - Care at Home/Housing Support
  - Care Homes

- **Glasgow**
  - Care at Home/Housing Support
  - Care Homes/Day Care

- **North Lanarkshire**
  - Care at Home/Housing Support
  - Care Homes

- **East Ayrshire**
  - Care Homes
What will success look like?

• **Increased understanding** across the partnerships of the *benefits* of moving more
• **how to enable** people to do move more often
• **improve wellbeing** and quality of life – lived experience
• established local **networks** of support
• **share**, develop and test good practice

---

A **Physical activity Participation**
1. Voices and Choices
2. Promotion
3. Everyone’s business

B **Organisational Culture and commitment**
1. Leadership, management and Support
2. Enabling environments
3. Staff training and support

C **Community Connections**
1. Advice, skills and guidance
2. Access to places and spaces
3. Families and friends
We can intervene in the person’s Health & Wellbeing journey and make a difference.
What evidence will we look for?

UK Active Evidence and evaluation
- mental well being & physiological
- stories and photos
- care notes
The Impact so far....

135 care services involved
- 67 Care homes
- 68 care at home & support services

Internal programme
- 230 care inspectorate staff
- Adult and Children, YP and EY

Learning events
- 800 health and social care
- Last event May/June 2018
We re-tested care professionals after learning event 1 and found improvements:

‘I know enough about movement to encourage older people to move more’

Up 13.0%

‘Older people should limit the amount of movement they take part in’

Down 15.2% (improvement!)
Physiological Measures

Four situation appropriate physiological tests were selected to measure *physical behaviour change and impact*.

- **Berg Balance Scores**
  - Improved balance and weight bearing
  - Reduced Risk of Falls
- **Sit to Stands**
  - Leg strength
  - Mobility
- **Sit and Reach**
  - Flexibility
  - Mobility
- **Grip Strength**
  - Muscle Strength
  - Reduced risk of all-cause mortality, falls and disability
Sit to Stand by 20%
Grip Strength by 28%
Sit and Reach by 40%
Berg Balance by 13%
Low falls risk

✓ Appetite, 4.5 kilo weight gain
✓ Skin changes
✓ Conversation, speech
✓ Engagement
✓ No walking aid, no falls
✓ Enjoyment in life
Reducing demand on services

John returned home to wife of 60 years

Anne Moved back to sheltered housing from care home

Now using a stand aid not a fully body hoist
Evidence of culture change?

Risk Benefit

- Recruitment
- Staff support & engagement
- Community
- Families and friends
What next??

- **Embedding practice**
  - Staff recruitment, training and support, Ci staff,

- **Community Connections**
  - Leisure centres, colleges & Uni, networking & sharing practices

- **Intergenerational Practice**
  - Connecting sustainable groups

- **Sharing and spreading successes**
  - CAPA updates, Facebook, Twitter, Website, learning event and Conference
Thank you for taking part

#CAPAprogramme

CAPAprogramme

www.CAPA.scot

The pages of yesterday cannot be revised, but the pages of tomorrow are blank and you hold the pen. Make it an inspiring story.

iliketoquote.com