

# Healthy living in long stay care

**Jill Manthorpe**

**Social Care Workforce Research Unit  
King's College London**

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# questions

Older people have a life expectancy of 25 months in care homes and 18 months in nursing homes

Are there any **better ways to support older people with dementia in care homes** than standard methods of practice, care and service delivery?

And if so, **what works best** and for whom?

And how are staff learning, system change, practice development, being **implemented and sustained**?

# Healthy living dimensions

- Experiences & outcomes for people with dementia, relatives and what affects these
- Costs and regulation
- Implications for social care staff, other agencies & providers
- How healthy living is identified, managed, coordinated
- Workforce implications: financial training, professional and practice issues

# 'souls in cages'

'Where do they come from these souls in cages? Not sure but I see too many of them: too often and too easily we fail the soul and build the cages. In the rush and glamour of acute care, in the busy system that is designed to cure and doesn't like to lose, there are priorities that may take insufficient account of the worse-than-death outcome – the helpless, stabilised, damaged survival – that so many of us dread.' Colin Douglas: *BMJ* 20 May 2006

# paradoxes

- In care but little care
  - unmet health needs – mental, sensory
  - limited rehab or access to PT OT SLT
  - medication problems, unreviewed
  - limited access to specialists
  - variable GP support

# A few challenges

- Autonomy and care balance
- Exercise & mobility (walking & wandering)
- Uncertain roles of community nurses
- Pain and dementia
- Living & working with loss & turnover
- Maximising living while integrating dying

# Contrasts

- Carers - relatives – are more satisfied and less stressed if involved and influential
- Care workers get yet more blame, always need training

# Walking and wandering

- ‘Every person with dementia should be given a **personal physical activity programme**’ Rosemary Oddy in Marshall & Allan *Dementia: walking not wandering* 2006
- ‘To my fellow travellers I commend – a **simple walk**’ James McKillop in Marshall & Allan *Dementia: walking not wandering* 2006

# Healthy workplaces ?

- Injury? (a 'high impact' industry – Pesronick 1990)
- Value?
- Rewards?
- Manageable stress?
- Shortages and turnover?
- Shift work? Night work?
- Infection?

# healthy working in long stay care

- **Positive attitudes** to dementia care are related to worker satisfaction
- **Individualised care** promotes wellbeing of staff
- **Trained staff** are **prepared, confident, motivated and satisfied**
- **It is harder in specialist dementia care units – staff there need more support**
- (Zimmerman et al 2005 Gerontologist)

# Citizens' rights

- Where are public sector **leisure services**?
- Where is **community development**?
- How are **community wardens** involved?
- Where is **art? culture? music?**

# Reach for the sky!

- ‘I feel good about working here – it’s hard work but we are well-treated’
- ‘I’m happy my mum’s here, she looks so much better’
- ‘That’s nice’
- Being well or well-being