

## What Matters To Families - Carers Voices

On 16 May, in partnership with East Renfrewshire Carers Centre, we ran an event to ask families "What Matters". The questions focused on being a family carer within the community and what is helpful when you are looking to place a relative in a care home. Over 20 local people joined and shared their caring experiences.

Tommy Whitelaw, National Lead from Person Centred Voices, shared his caring journey and how we can all make a difference by having meaningful conversations and how they can improve outcomes for people.



Jan Lynch, Regional Trainer and Amanda Randos, Business Administrator from Newton House Care Home, took part in the discussions, sharing their knowledge and expertise which was highly valued by everyone.

Mark Mulhern, Carers Lead for East Renfrewshire HSCP, was on hand to answer questions and respond directly to issues raised.

New media clips highlighting carers experiences will be launched as part of Carers Week, 10 -16 June 2024 by East Renfrewshire Carers Centre.



## What Matters To You Day - 6 June 2024

On the week leading up to WMTY Day, there will be the opportunity to join mini lunchtime seminars, on MS Teams, featuring a range of topics and presenters. Further information about the seminars, presenters and how to join, can be [found here](#)

On WMTY Day, the CHC Team will be reflecting on what would be important to them if they lived in a care home. We will share some of their stories on 6th June. Join the conversation by tagging #WMTY24 @nhsggcchc @wmtworld

Will you join the conversation on 6 June 2024?

WMTY resources are available [here](#)



# Carers Week

10-16 June 2024



## Events Programme

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

## WMTY day session Thursday 6th June

Topic: What Matters to Us - Being an Unpaid Carer  
When: Thursday 6th June, 1.15pm-2.00pm  
Where: Online MS Teams  
Who is it for: Health & Social Care Staff  
Delivered by: HomeFirst Programme



## Monday 10th June

### day session

Topic: **Involving & Supporting Carers**  
When: **Monday 10th June, 12.30pm-1.30pm**  
Where: **Online MS Teams**  
Who is it for: **Health & Social Care Staff**  
Delivered by: **HomeFirst Programme**



### evening session

Topic: **Plan More, Stress Less**  
When: **Monday 10th June, 6.30pm-7.30pm**  
Where: **Online MS Teams**  
Who is it for: **Open to all**  
Delivered by: **HomeFirst Programme**



## Tuesday 11th June

### evening session

Topic: **Power of Attorney Overview**  
When: **Tuesday 11th June, 6.30pm-7.30pm**  
Where: **Online MS Teams**  
Who is it for: **Open to all**  
Delivered by: **HomeFirst Programme**



## Wednesday 12th June

### evening session

Topic: **Involving Unpaid Carers in Care Home Life**  
When: **Wednesday 12th June, 6.30pm-7.30pm**  
Where: **Online MS Teams**  
Who is it for: **Open to all**  
Delivered by: **Panel Discussion**



## Thursday 13th June

### day session

Topic: **Having Conversations That Matter**  
When: **Thursday 13th June, 9.30am-11.00am**  
Where: **Online MS Teams**  
Who is it for: **Open to all - limited places!**  
Delivered by: **Spiritual Care Team**



For more information on all events...

[Planning for Your Care - Events Page](#)

[@NHSGGC\\_FCP](#) and [@NHSGGCCarers](#)

[ggc.homefirst@ggc.scot.nhs.uk](mailto:ggc.homefirst@ggc.scot.nhs.uk)



**Click on event box to register**

All events are online and free!

## Meet our team... In this issue we introduce Laura and Lavinia



Laura Ure  
Business Support  
Assistant

Hi I'm Laura, the Business Support Assistant at the Care Home Collaborative (CHC) and I joined the team in June 2023 after previously working in the third sector.

Working with the CHC Team is never quiet and there are always lots of interesting things happening which require plenty of work behind the scenes. Part of my role is to make sure everything is in place for events to run smoothly, and it's really lovely to see the results of everyone's hard work through pictures and feedback from training.

Hello, my name is Lavinia, I am one of four health care support workers at CHC and I have been in post for just over two years.

I enjoy my role very much because it is so varied and interesting and has improved my skills and knowledge. I support the Specialists in the team and provide direct peer to peer support to care home staff. I have loved working alongside staff, residents and families and building strong relationships with them. The work gives me a personal sense of achievement and I look forward to working with more care home teams across NHSGGC.

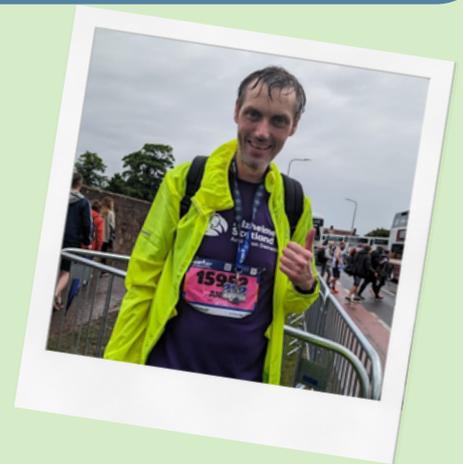


Lavinia Todd  
Care Support Worker

## Celebrating Success

We were all delighted to support our very wet colleague Andy Murdoch who took on the challenge of running his first marathon in Edinburgh on 26th May in support of Alzheimer's Scotland.

Despite some terrible weather, and having to deal with cramp, Andy managed to complete the run in just over 5 hours, and raised almost £200 for Alzheimer's Scotland. Well done Andy!



Congratulations to all the finalists in the RCN Scotland Nurse of the Year Awards. The ceremony took place in Edinburgh on 23 May.

A special mention to Angela Brown from Braemount Care Home in Paisley, and Maxine Kinnoch from Boclair Care Home in Bearsden.

Angela was named as Nursing Support Worker of the Year and Maxine was runner up in the Care Home Nursing Award category. Well done to you both, and all the finalists!



# Demystifying Death Week 2024



Crosslet House Care Home in Dumbarton got the conversations going during Demystifying Death week on Thursday 9 May. Staff and visitors opened up about the challenges they face when delivering high quality care at end of life. They shared experiences that have shaped them as people and employees. They allowed us a glimpse into their grief and bereavement journeys whilst still managing to care for their residents.

Our "Conversation Menu" let people choose a question on death, dying and bereavement and tell us their thoughts.

A great big "Thank you" to all those who got involved.

To learn more about Demystifying Death Week and Good Life Good Death Good Grief click [here](#).



# Care Home Development Day 9 May 2024

I will change the way I approach a resident who is distressed. I will stop and think 'What is causing this resident to be frustrated?'

Feedback from staff member

Staff from various care homes gathered together at Crosslet House Care Home in West Dunbartonshire to learn about all things palliative and end of life care. Presentations included "What makes a good death?", Oral Intake and Nutrition Screening, Understanding Dementia and it's progression, and Wound Management and Pressure Ulcer Prevention for palliative or end of life care for residents.

Staff delved further into these topics to increase their understanding and knowledge, taking what they have learned back to their care homes. With good practice examples on display, health and social care staff told us of the ways they will change their practice following the day of learning.



Our next development day will be held on 25 September in East Renfrewshire with a focus on falls - more information to follow.

# Falls Awareness

Falls can have a serious impact on a resident's health and wellbeing. Falls cannot always be prevented but there are many simple things that you can do to promote the health of your residents and to try and reduce the risk of falls and injury.

Completing a regular Falls Risk Assessment and developing a falls care plan will help to reduce the risk of your resident falling. To learn more about the risk factors and actions, click [here](#) to access the falls reduction resources.

These resources include posters and educational videos for staff working in care homes.



**How to spot when a stick is rot!**  
This guidance will support you to ensure all types of walking sticks are safe for use and support your residents to stay safe whilst walking.

**Key things to remember about when a resident is using a stick**

- Sticks are suitable for use indoors and outdoors
- If you have any concerns about a resident's safety when using the stick or if you feel it may no longer be appropriate then seek further guidance.
- Ensure that residents always use their own sticks

Here are a few handy hints from AHPs to giving a stick an MOT!

**Is the resident using the right size of stick?**  
If you are unsure there is an easy way to check when they are holding onto the stick there should be a slight bend in their elbow. Any more and the stick is too tall, and they have straight arms then it is likely too small.

**Did you know that most walking sticks have a maximum weight limit?**  
Residents over 20 stone should be referred for assessment for an appropriate stick. If a resident is using a specialist stick and their weight drops below this level then refer for assessment.

Here is what you need to consider to ensure sticks are safe.

**Check the handle!**  
Is it loose?  
Is it cracked?  
Is it damaged?  
Is it a comfortable shape?

**Is it straight or dented?**  
Over time sticks can become damaged or warped. If this is the case the stick requires to be replaced.

**Check the ferrules!**  
This is the rubber part on the end of the stick. Like tyres on cars these need replaced when worn. If you can't see the circular tread it is time for a change! Remember to keep a stock of ferrules so these can be replaced as required.

**Check the adjuster**  
Is the hole too big?  
Can you see the metal switch?

**How thin is the base of the stick?**  
Thicker sticks are generally more stable.

Sticks come in many shapes and sizes and can be quite personal to residents. Monthly checks should be carried out and if you have any concerns then please consult your local community rehabilitation service or local physiotherapy service.

**How to know when a zimmer is past it!**  
This guidance will support you to ensure all walking frames are safe for use and support your residents to stay safe whilst walking.

**Key things to remember about zimmer frames:**

- They should only be used inside (if your resident requires a walking aid for outdoor use refer to physiotherapy) Residents should always use their own frame and not borrow someone else's.
- Ensure residents use their own frames not someone else's.

Here are a few handy hints from AHPs to giving a zimmer an MOT!

**Is the resident using the right size of frame?**  
If you are unsure there is an easy way to check when they are holding onto the handles there should be a slight bend in their elbow. Any more and the frame is too tall, and if they have straight arms then it is likely too small.

**Did you know that zimmer frames have a maximum weight limit?**  
Residents over 25 stone should be referred for assessment for a specialist frame. If your resident is already using a specialist frame and their weight drops below this level then refer for re-assessment.

What should we be doing to make sure all zimmer frames are safe?

**Check the handles!**  
Are they secure?

**Is the frame clean / in a good state of repair?**  
It is important to give the frame a clean and dry regularly. This will ensure the frame should last longer.

**Check the joints!**  
Ensure that all screws are tight and not loose or missing.

**Check all legs!**  
Are they the right height?  
Can you see the metal switch?  
Are they bent or damaged?

**Check the wheels!**  
Do they run smoothly?  
Are the wheels positioned outwards and facing forward?  
Are they secure?

Remember to conduct monthly checks and if you have any concerns please consult your local community rehabilitation service or local physiotherapy service.

**Suitable Footwear for Care Homes**  
This guidance will support you to raise awareness with your residents and their visitors of things to consider when choosing footwear. This can improve stability, mobility and balance. Where possible, residents should be encouraged to choose shoes rather than slippers.

**Examples of Good Footwear**

- ✓ Secure fastening (laces, Velcro) to accommodate swelling and holds shoes onto the foot when walking.
- ✓ Sufficient width, depth & length – to reduce pressure/friction.
- ✓ No seams inside that may rub against your foot and cause harm.
- ✓ Low broad heel base to help maintain good ground contact.
- ✓ Natural materials to absorb sweat/odour
- ✓ Support at heel area to provide stability
- ✓ Textured flexible non-slip sole to help prevent slipping.

**Examples of Poor Footwear**

- ✗ No secure fastening: shoe could fall off your foot.
- ✗ Backless type footwear/Sandals: Little or no support. Not secure and your foot is not stabilised.
- ✗ Smooth soles: increases your slip risk.
- ✗ Soft stretched fabric: your foot slides around within the shoe and is not secure.
- ✗ Heels: posture puts strain on your joints, makes your foot & ankle unstable and increases instability when walking.



Videos include:

- Falls facts and risk factors
- Reducing falls risk
- Vision and Hearing
- Footwear and foot health
- Mobility and Physical activity
- Dizziness, blackouts and palpitations
- Medication
- Consequences of falls

Managing Falls and Fractures in Care Homes for Older People - Care Inspectorate  
To download the document click [here](#)

# Care Home Learning Forum

*for nurses who work in or with care homes*



The Care Home Learning Forum is a space for all registered nurses with an interest in care homes to learn together. It is an opportunity to share knowledge and experience, building connections and peer support networks with colleagues across settings.

# Let's Grow Together

The next Care Home Learning Forum, hosted by Glasgow City HSCP, will take place on **Tuesday 11 June at 1:30pm** via MS Teams

Topics:

- 1.30 pm - Skin Tears
- 1.50 pm - Grading Pressure Ulcers
- 2.15 pm - Initial Assessment and Treatment of Burns in Older People



To register please click [here](#) or scan the QR code



## Learning opportunities

Essentials in Psychological Care - Dementia Training - 5 June, 18 June, 13 August, 20 August

Delirium Risk Reduction - 12 June, 6 August and 27 August

Wound Care Study Day - 13 June

Nurses Learning Forum - 11 June

Sage and Thyme - 20 June (this is the last opportunity for care home staff to access this free training)

Scottish Improvement Foundation Skills (SIFS) - Next session begins on 22 August, with attendance also required on 19 September and 2 December [Click here to apply](#)



[Click here or scan the QR code for further details of all our learning opportunities and to book one of our sessions](#)

## How to get involved

There are many ways to get involved and the team welcomes your input.

- Sign-up for our newsletter and updates
- Share your stories of person centred care and good practice.
- Join our groups and inform our work

Contact us for support, information and enquiries.



Visit our website at [www.nhsggc.scot/carehomecollaborative](http://www.nhsggc.scot/carehomecollaborative) for up to date resources and training