



Care Home

Collaborative Newsletter



NHS
Greater Glasgow
and Clyde

May 2026 Issue 34

Falls Development Day - Little Sisters of the Poor

On March 19th, the team held their second Falls Development Day at Little Sisters of the Poor. Staff came together to learn more about how to help keep residents safe. There were short, easy-to-follow talks about things that can make someone more likely to fall. These included:

- Contenance
- Medicines and how they can affect balance
- Hearing and sight problems

Speakers from the Care Inspectorate and the NHSGGC Falls Team also shared helpful tips and advice. Everyone left with new ideas on how to prevent falls and keep residents healthy and safe.



A big highlight of the day was the interactive sensory session. People got to try simple tasks while their hearing or sight was reduced. This helped everyone understand how hard everyday activities can feel for some residents. The feedback from the day was very positive.



Many people said they found the sessions really helpful and full of useful ideas.

A huge thankyou to our hosts, speakers and everyone who took part for making the day such a success.

Venepuncture

The Care Home Collaborative are offering Venepuncture Training for registered nurses and senior carers.

Due to high demand, the session in May is **now fully booked!**

If you would like to register your interest for future sessions please get in touch using this [link](#) or QR code below.



Anyone who registers their interest will be added to the waiting list and offered a place on the next session before new sessions go live.



Venepuncture Training
21 Dava Street,
21st May 2026

Open to all
GGC Care Home Registered Nurses
and Senior carers

Pre-reading to be completed to attend

FULLY BOOKED

Register Here

Click the link or scan the QR code

Care Home Collaborative logo

Strength and Balance Training



Previous newsletters and national documents have showcased the impact the Strength and Balance programme has had for many residents and their families across NHSGGC care homes.

Physical Activity for Health Framework

Care Inspectorate Allied Health Professional case studies

Have you thought about bringing Strength and Balance sessions into your care home?

Our upcoming workshop event in June is fully booked but we welcome you to register your interest for future sessions.

Anyone who registers will be added to the waiting list and offered a place on the next session before new sessions go live.

Please contact our team to register your interest.



Residents participating at a strength and balance session at Erskine Care Home

NHSGGC Falls Resources

Did you know? - Care Home residents have an increased risk of falls but falls are not an inevitable part of ageing. There are a lot of simple steps that you can take to help reduce the risk of your residents falling.

Want to find out more? – NHS GGC has worked in partnership with care homes, residents and families to produce a series of educational resources to allow you to learn about the common risk factors that cause falls and pick up tips on simple interventions that you can use to reduce the risk of falls.

From colourful posters to video training sessions and booklets all designed to support you to refresh or expand your learning on this important topic. There is also a leaflet designed to educate your residents and their families around what they can do to reduce their risk.

Mind Your Step

A guide for care home residents and their families and friends to reduce falls



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 shoe 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 level 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.

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 AHP's 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 backwards and facing forward?
Are they secure?
- Check the ferrules!**
These are the rubbers on the feet of the zimmer. If you can't see the circular tread it is time for a change!
Ensure glides if fitted are in good condition and used as a pair on rear stoppers only.
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?
- Check the ferrules!**
This is the rubber part on the end of the stick. Like tyres on cars these need replacing when worn. If you can't see the circular tread it is time for a change!
- Check the base of the stick!**
Thicker sticks are generally more stable.
Remember to keep a stock of ferrules so these can be replaced as required.

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

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 AHP's 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 if they have straight arms then it is likely too small.

Did you know that most walking sticks have a maximum weight limit?
Residents over 25 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 re-assessment.

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

- Check the handles!**
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 replacing when worn. If you can't see the circular tread it is time for a change!
- 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.

Where can I find out more? – All the resources are housed within the resources section on the [Care Home Collaborative webpages](#). You can download them and print them directly from the website or follow the instructions to order them.

What next? – We really want you to support you with your learning. Please visit the website, access the resources and share with colleagues. Encourage the use of the resources within your Care Home.



Caring for Smiles for Dependent Older People

We are pleased to share a new online learning resource developed by Glasgow City HSCP. It has been designed to support care home staff in delivering high quality daily oral care in line with Caring for Smiles for Dependent Older People — Scotland's national oral health promotion programme for older people in care.

The programme provides clear guidance and practical training to help staff confidently carry out essential oral care, including denture care, natural teeth care, soft-tissue care, and supporting residents with higher levels of dependency or dementia.



Strengthening staff knowledge in these areas also supports services to meet key expectations under the Health and Social Care Standards and contributes to Care Inspectorate compliance, where safe, effective and person-centred oral care is a core requirement. This new resource makes accessing best practice easier than ever and helps ensure every resident benefits from improved comfort, dignity, and wellbeing.

Click [here](#) to access the e-learning module.

SPAR Launch at Balquhiddar House

The palliative indicator tool SPAR (Supportive and Palliative Action Register) was launched in Balquhiddar House Care Home in Alexandria on Thursday 9th April 2026.

This was a valuable opportunity to introduce the tool for recognising change and decline to both staff and relatives.



Balquhiddar staff at SPAR training



A lovely afternoon tea was kindly provided for everyone who joined us for the afternoon launch. This created a welcoming space to spend time with relatives, hear their stories, and share information about change/decline and Future Care Planning.

Supporting Residents with Swallowing Difficulties

Welcome to the first in a series of short articles to support you in caring for residents with swallowing difficulties. Over the next few months, we'll share helpful information and resources from our Speech and Language Therapy and Dietetic colleagues who work closely with care homes. The focus will be on practical, everyday guidance to help staff feel more confident using IDDSI correctly and consistently, supporting their residents' health, safety and wellbeing.

Below is a poster for care homes that shows how drinks should be thickened to match each resident's IDDSI level. If you are unsure about thickening fluids or need advice, please speak to your Speech and Language Therapy or Dietetics team. You can also contact them by email at ggc.slthcarehome.referrals@nhs.scot

Care Home Collaborative **IDDSI and Dysphagia** NHS Greater Glasgow and Clyde

Key Components of the IDDSI Framework

IDDSI
The IDDSI (International dysphagia diet standardisation initiative) framework consists of a scale of 9 levels (0 - 7), where drinks are measured from Levels 0 - 4, while foods are measured from Levels 3 - 7 (Level 7 Easy Chew and Level 7 Regular).

IDDSI Training Videos:

Fluids: Level 0-4

- Level 0: Thin fluids** - No Nutilis Clear required
- Level 1: Slightly thick** - 1 level scoop of Nutilis Clear
- Level 2: Mildly thick** - 2 level scoops of Nutilis Clear
- Level 3: Moderately thick** - 3 level scoops of Nutilis Clear
- Level 4: Extremely thick** - 7 level scoops of Nutilis Clear

Level	Level 0: Thin fluids	Level 1: Slightly thick	Level 2: Mildly thick	Level 3: Moderately thick	Level 4: Extremely thick
1	1 level scoop of Nutilis Clear in 200ml drink	2 level scoops of Nutilis Clear in 200ml drink	3 level scoops of Nutilis Clear in 200ml drink	7 level scoops of Nutilis Clear in 200ml drink	

Key things to note when thickening fluids:

- Add level scoop(s) of powder to a dry glass, cup or bowl.
- Slowly add the 200ml of liquid while stirring continually.
- Stir until the powder is completely dissolved.
- Leave the drink to stand for up to 3 or 4 minutes until the desired consistency is achieved and consume within 2 hours.
- Please note that Oral Nutritional Supplements (ONS) should never be thickened. Pre-thickened ONS will be advised by the Dietitian.

Please note:
There are other thickeners available, however Nutilis Clear is first line on the NHSGGC formulary

Nutilis Clear

Points to remember

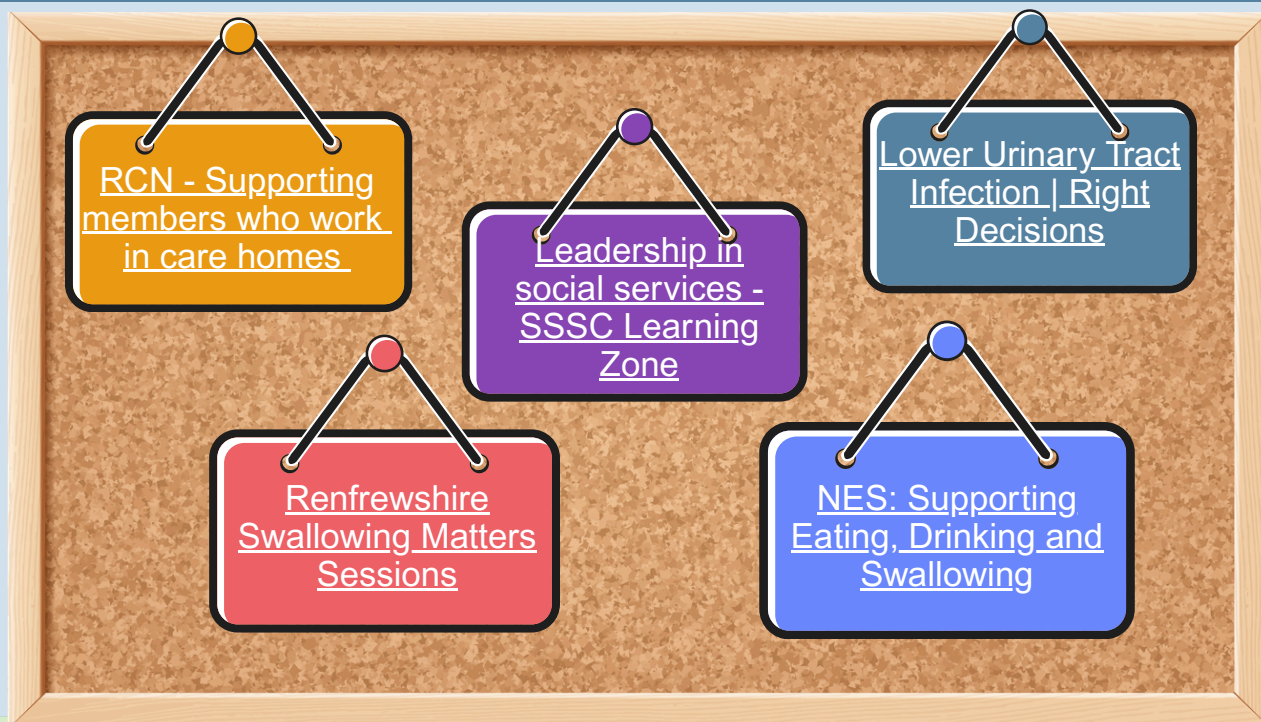
- Different cups and glasses hold different amounts of drink. Check your favourite cup to see how much it holds – don't guess. You can draw a line on the cup to show where to fill it up, so you always use the right amount of drink to thicken.
- Milky drinks, hot drinks, fizzy drinks and fresh fruit juice take longer to thicken. Check them to make sure they are the correct thickness before giving them to someone.
- If you don't mix the thickener in well enough to the drink it might have lumps in it.
- Thicker fluid is not always best.
- Thickened drinks can get even thicker if you leave them. Make them fresh each time and don't leave them all day.
- Don't put hot or fizzy drinks in a shaker.

There is also information in the 'Swallowing Matters' booklet and on the videos on this website: [Dysphagia - NHSGGC](#)

The poster above and other IDDSI resources can be downloaded from the Right Decision Service: [IDDSI and Dysphagia | Right Decisions](#)

[Care Home Collaborative Resources - NHSGGC](#) includes IDDSI videos, posters.





Learning Opportunities

There are a number of training and education opportunities, over the next few months on the following topics. Please use the QR code to access our training page to book your place.

- Capturing Workplace Learning for RNs
- IPC Kit Bags
- Wound Care Study Day
- Caring for Smiles
- New Sage & Thyme communication training dates
- Venepuncture



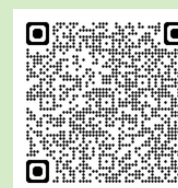
Scan QR code to access all training



Useful links to further training

Turas is available to all social care professionals

Continence Assessment - Continence Pad training. Various dates visit Sphere and Bladder Website/Health and Social Care Professionals



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
- Follow us on social media.

Visit our website at www.nhsggc.scot/carehomecollaborative for up to date resources and training

