

My home life

Promoting quality in care homes for older people

Review of 2011

Des Kelly, our Chair...

2011 has been another great year for **My** Home Life. We have made a significant contribution to the national debates on care homes and the UK-wide movement continues to grow as increasing numbers of care home managers, owners and local authorities join us.

I hope you enjoy this selection of last year's highlights and wish you a very successful 2012.

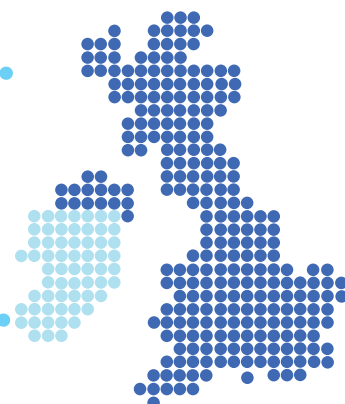
Making Our Voices Heard

My Home Life is increasingly being seen by policymakers as a key player in the care debate. Julianne Meyer was personally invited by Paul Burstow to contribute to the Quality and Workforce Reference Group for the White Paper on Social Care Reform. She saw it as "a golden opportunity for **My** Home Life to potentially influence the government about the needs of the sector to ensure quality of life, care and management for older people". The White Paper is scheduled to be published in the Spring.

My Home Life have also contributed to 'A Quest for Quality in Care Homes', a report published by the British Geriatrics Society which identified the urgent need for greater support to care homes from the wider health and social care system. MHL continues to talk with an array of national organisations including Welsh Assembly Government, Care Quality Commission, National Academy for Social Care, Skills for Care among many others, to help deliver the vision for quality in care homes.



The UK-wide movement
continues to grow! See inside



The UK-wide movement continues to grow!

250

250 Care Home Managers have engaged in our Leadership Support and Community Development Programme and are joining a growing number of MHL Associates.

38 Homes

In **Wales**, more than 38 homes are now engaged with the MHL programme.

*“We’re delighted that 30% of all care homes for older people in Wales are now actively engaging with MHL. We hosted a very successful annual conference in 2011 Swansea with 150 in attendance and we’ve recently launched 2 new booklets to accompany the training events that were provided for homes on dementia care and on reminiscence and life story work. **John Moore,***

19 Local authorities

7 London authorities

In **England**, MHL now works with 19 local authorities including 7 in London.

Scotland and Northern Ireland

In **Northern Ireland**, some funding has been secured for a MHL initiative and MHL were invited to present at the Scottish Care Conference & Awards.



Making a difference

We are delighted to hear so many wonderful stories from the MHL Associates. At a recent event in Kent, 2 managers spoke of the real personal impact from being part of the MHL Leadership Support & Community Development Programme. One described how she had begun the programme feeling completely burnt out, and, over time, had regained her resilience, confidence and skills to steer her team in the right direction.



At another event in East London, one of our associates talked about how, through developing skills in the MHL programme, she had been able to resolve some difficult issues in her own family life.

In Wales, managers in 4 care homes are benefitting from a grant programme to increase volunteer-led activities and to bring communities and care homes closer together.

For Managers



The Leadership Support and Community Development Programme

For Local Authorities

My Home Life works across the country to support better partnership between care homes, the wider health and social care system and the community, a subject that's very much in the news at the moment!

In Essex, we have been working intensively with the local Monitoring Team to help them re-invent their role so that they are there as a source of support and help to home managers. Since the new roles have come into place, some home managers have remarked how much difference it makes to them to finally feel acknowledged and appreciated by this team which has helped them to continue to take on the very complex and stressful job of managing a care home.



MHL Kent – improving hospital transitions

In other areas, we have helped create a real dialogue between care homes and health practitioners in order to improve the transitions from hospital to care homes.

Our Research Activity:

My Home Life continues to build up the evidence base for quality in care homes. Particular highlights include Julianne's involvement in an EU funded project on quality indicators for care homes (Measuring Progress) and Tom's work on 'supporting voice, choice and control & leadership' in care homes.

Lest We Forget...

My Home Life have been blessed by having so many wonderful people working with us. One of our most important supporters was Alison Wood, a 98 year-old resident, and life-long campaigner, who sadly died at the end of last year. Alison was a member of the UK MHL Advisory Group, contributing her unique insight into care homes with passion and authority. She certainly grabbed the attention of all the key stakeholders who attended the meeting and helped shape the MHL programme into what it has become today. A remarkable woman who will be greatly missed.



**Miss Alison Wood
1913 - 2011**

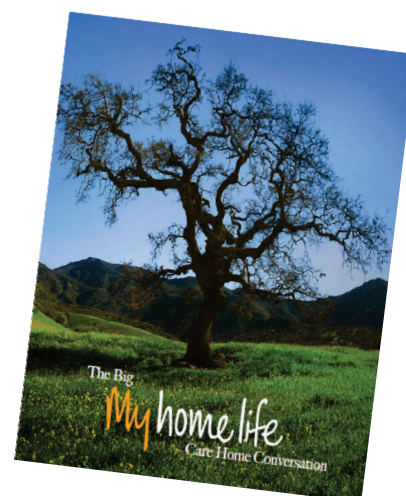
Looking Ahead

2012 looks as if it will be just as exciting. A major highlight will be the Big Care Home Conversation which will be launched in May. Recognising that society's attitudes towards care homes continue to create a real obstacle to delivering quality, we will be encouraging a UK-wide debate about quality in care homes for older people. We need your involvement in this, helping us open up the dialogue with the public at a local level. Do look out for our regular emails which will be giving you details and practical help.

We are also pleased to announce that Dementia UK have joined the **My Home Life** partnership and are helping us to roll out the Leadership Support and Community

Development Programme in London.

All that is left to say, is a big thank you from everyone in the national team for your on-going contribution to the movement. We recognize the challenges that you face in trying to deliver quality in these extremely testing times. Keep up the amazing work! The MHL movement relies on your energy and enthusiasm so do stay connected with us.



There are eight evidence-based themes for *My Home Life*

1. Maintaining identity
2. Sharing decision-making
3. Creating community
4. Managing transitions
5. Improving health and healthcare
6. Supporting good end-of-life
7. Promoting a positive culture
8. Keeping workforce fit for purpose

The first three themes are focused on how you approach and personalise care. The next three themes are concerned with how you help navigate residents and relatives through the journey of care. The last two themes are aimed at managers to help them support their staff, put the other six themes into practice and thus transform care

My Home Life

Email: mhl@city.ac.uk Tel: 020 7040 5776

My Home Life is a UK-wide initiative aimed at promoting quality of life for those living, dying, visiting and working in care homes for older people, through relationship-centred care and evidence-based practice.

It is led by Age UK in partnership with City University, Joseph Rowntree Foundation, and Dementia UK. **My Home Life** is supported by the Relatives and Residents Association and all the national provider organizations that represent care homes across the UK.



**CITY UNIVERSITY
LONDON**

Dementia^{UK}
Improving quality of life

JRF

JOSEPH
ROWNTREE
FOUNDATION

**ageUK**
Improving later life