



TIME FOR ACTION:
town crier Alistair Chisholm and Jeanette Acourt with residents and staff at Culliford House Residential Home
Picture: FINNBARR WEBSTER F10080

TAKING CONTROL

BY **HARRY HOGGER**
Dorchester Reporter

STAFF and residents at a Dorchester residential home preserve the dignity of people in care.

National Dignity Action Day aims to improve the wellbeing of people in care by making sure they are treated as individuals and are given choice and a sense of control.

Culliford House in the county town invited special guests, including Town Crier Alistair Chisholm, to help them promote the campaign with a fun-packed day of events.

Residents were all invited to make a wish for something new they would like to try out or take up that staff have pledged to fulfil.

Resident of seven years Gwyneth Harris, who at 85 claims to be in the 'younger generation' at the home, said her wish was to go to Portland for a

Residents are backing a campaign for dignity

meal at the Lobster Pot restaurant. Activities co-ordinator at Culliford House, Jeanette A'Court, said other wishes included trips to the seaside, going to watch a musical, having a picnic and going swimming. The wishes will be built into the home's developing activities programme.

She said: "This is all about treating people with respect and dignity and respecting people's choices and wellbeing by treating them as individuals. "Through our activities programme people have become more confident and interact more with each other."

Manager Suzanne Jackson praised the impact of her colleague's activities initiative, which endorsed the message of Dignity Action Day to give people choice and respect for individuality. She said: "The response has been

brilliant. We have exercises to try and keep the residents' independence and keep them mobile."

Mrs Harris said: "Jeanette does everything, she's not letting us get bored at all. We are all encouraged to more or less do our own thing and there's plenty of choice and variety. "It's a very happy home."

Fellow resident Maureen Wall, 76, said: "I do think it's important to treat people as individuals and it's important to have a variety of things to keep us busy."

As part of the Dignity Action Day event there were pampering sessions for residents, games and reminiscence activities. Relatives and health professionals from the local community were also invited to join in the fun.

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DAY OF ACTION

DIGNITY Action Day is a national campaign from the Department of Health spearheaded by National Dignity Ambassador Sir Michael Parkinson.

The day itself on Thursday February 25 urged people in health and social care to give up a little bit more of their time to provide a memorable day for those in care.

The overriding message of the day is to ensure people in care are given choice, control and a sense of purpose in their daily lives and provided with stimulating activities.

The event promotes the dignity of people in care and reminds the public that staff also deserve to be treated with dignity and respect.

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