

Benefits of Activities Provision on Staff and Ways of Working in Care Homes

Care Home Challenge 2 (CHC2) is a grant initiative designed to support cultural change in the care home sector by improving the quality of life and wellbeing of people living and working in care homes through meaningful activities.

The funding encouraged staff to get involved in activities (such as music, arts and exercise classes) to improve relationships between staff and residents. This infographic is based on the evaluation of CHC2.

Engagement of staff and residents has helped to change culture.

KEY TAKE HOME MESSAGES:

- Activities reinforce person-centred care approach.
- Activities can influence the working culture of a care home.
- Activities encourage staff to get to know residents better.
- Activities teach new ways to interact with residents and make staff feel more confident.

ACTIVITIES, STAFF SATISFACTION & CONFIDENCE:

The care sector experiences many challenges, such as high staff turnover; however, respondents to the staff survey said:



were either **satisfied** or **very satisfied** in their roles.



felt that activities were **important, enjoyable and had a positive impact on their job satisfaction.**



did not have enough opportunities to socialise with residents, mainly due to time constraints.

I do really enjoy my job, I wish I had more opportunities to take residents out.

Care staff have indicated their awareness of likes/dislikes of residents that will benefit the appropriate care, provides motivation and saves time with tasks.

The activities had an impact on staff confidence. Grants reported:



staff confidence had increased in supporting residents in activities.



staff confidence had increased in leading activities in the home.



staff were spending more time with residents and getting to know them better.

CHALLENGES & SOLUTIONS



The activities can be outside of staff's comfort zone, just participating can present difficulties.

To address the challenges:

- Have a dedicated staff member responsible for activities.
- Ensure staff buy-in before the start of the activity.
- Design activities that involve both staff and residents.
- Be realistic about staff's willingness to participate: provide extra encouragement and time.