

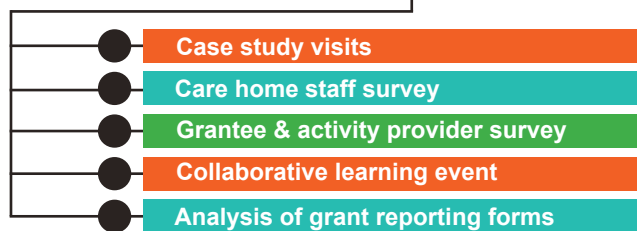
Comic Relief's Care Home Challenge 2 Grant

Meaningful activities for people living and working in care homes

Comic Relief's grant funding initiative, Care Home Challenge 2 (CHC2) was 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 activity.

This infographic outlines the grant scheme, and the results of an evaluation that ran from November 2017 to May 2020.

THE EVALUATION took the form of a multi-method data collection approach, that included:



THE CONTEXT

in which care homes operate face multiple challenges, including:

FUNDING

Low levels of funding and pay; expectations to pay the Living Wage and provide holistic levels of care, not matched with commissioning.

SKILLS

There is a lack of recognition of skills of care home staff. A lack of time and resources to deliver/receive training. No national career pathway.

WORKFORCE

Challenges in recruitment and retention, reliance on overseas staff, and less experienced nursing staff due to high turnover.

ATTITUDES

Perceptions regarding the value of caring as a profession, and negative attitudes towards an ageing population.

THE GRANTS

In total, Comic Relief funded 11 grants to for-profit (1) and not-for-profit (10) care providers.

Total value of all grants:

£198,000

Lowest: **£13,700**

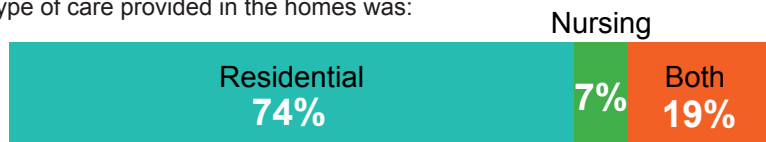
Average: **£18,000**

Highest: **£20,000**

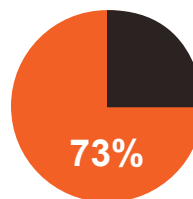
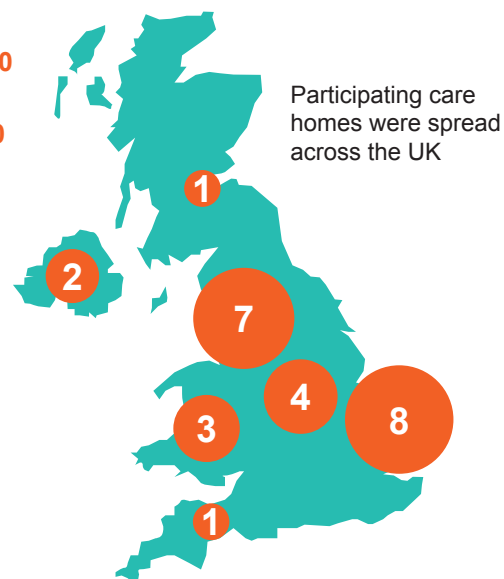


The grant scheme took place in 26 care homes, 33% were classified as 'large' (50+ beds), and 67% medium sized (11 - 49 beds).

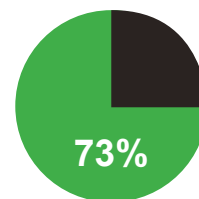
The type of care provided in the homes was:



Schemes involved wide ranging activities including music, chair-based exercises and life-story work:



of activities had a staff training element that enabled the care home to continue delivery.



of activities were delivered with an external partner organisation.

Evaluation Findings:

BENEFICIARIES

The grant schemes involved the participation and engagement of:



RESIDENTS

The impact of the CHC2 funded activities on the participating care home residents' wellbeing has been positive across three distinct categories:

MENTAL

Improved confidence, concentration & mood. A rekindling of old interests was observed, alongside improved enjoyment, relaxation & calm. There was more connection & laughter.

SOCIAL

Participation levels exceeded expectations. Over half of all projects reported that taking part in activities had reduced residents' social isolation

PHYSICAL

In two care homes, staff noticed a reduction in falls. Participants observed that residents' appetite had increased as they were now more active.

Levels of wellbeing improvements reported by grantees:



STAFF

There were 183 respondents to the staff survey:



'very satisfied' in their job



'satisfied' in their job



taking part in activities was part of their role



did not have enough opportunities to socialise with residents

Staff reported increased levels of confidence in:



supporting residents in activities



leading activities in the home



spending more time with residents

Activity works much better when staff are there. Successes have been due to staff we have been able to bring on board.



of care home staff indicated stronger relationships with families

RECOMMENDATIONS

- Involve residents in planning activities
- Play close attention to the sustainability of activities
- Care home management is vital for successful delivery
- Community connections are beneficial for residents' wellbeing
- Establish a strong collaborative working relationship with activity providers
- Monitoring impact improves performance and assists with fundraising
- Active participation from staff is key to positive outcomes
- Care homes have to be realistic about staff's willingness to participate; some might need extra encouragement and time

