

# Six Ways to Improve Activities Delivery in Care Homes

This infographic summarises the key recommendations from the evaluation of Comic Relief's Care Home Challenge 2 (CHC2). 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.

## 1. GAIN CARE HOME MANAGEMENT BUY-IN FOR THE ACTIVITY

Care home management buy-in is vital for the successful delivery of projects as they are the gate keepers to necessary resources, and influence staff attitudes toward activities. Even if head office and an individual staff member are supportive of the activity, managers have to provide the right support for activity providers: practical help, such as booking rooms; manage staff rota and give staff time to participate; and manage communications within the home about the project.



## 2. INVOLVE STAFF TO INCREASE POSITIVE WELLBEING OUTCOMES

Staff presence makes residents more relaxed and confident to participate. Activities work better and achieve greater impact for residents when staff are present (not just the activity provider leading the activities). Participation in activities improves staff confidence through training and skills development, and helps them to better know residents, and their abilities and needs. Activities also have a positive impact on staff wellbeing, and help to create a better work environment.



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## 3. INVOLVE RESIDENTS IN PLANNING ACTIVITIES

Participation in activities has a positive impact on residents' mental, social and physical wellbeing. Involving residents in the planning of activities increases these outcomes by giving them a choice and more ownership of the activity. Other factors that contribute to the success of activities include: activities that are personalised and flexible to residents' needs, resident-led and available for all ability levels.



## 4. ESTABLISH STRONG COLLABORATIVE WORKING RELATIONSHIP BETWEEN ACTIVITY PROVIDER AND CARE HOME

Activity providers can often be the driving force behind an activity. Care homes should be encouraged to share the delivery and management of activities with activity providers to increase learning, positive impacts and sustainability. Partnership working can be a real asset for both parties.



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## 5. CREATE CONNECTIONS WITH THE COMMUNITY

Activities have the potential to increase community links and family members' participation. Developing these links takes time and effort; particularly family members can have limited time and ability to participate. Despite challenges, this type of social engagement has a beneficial impact on the quality of life for residents and staff in care homes.



## 6. MONITOR THE IMPACT OF ACTIVITIES TO IMPROVE PERFORMANCE AND ASSIST WITH FUTURE FUNDRAISING

Care homes and activity providers that capture the impact of the activities through regular data collection are in a better position to make an informed decision about the future of resident care. Evidencing impact also assists with applying for further funding to deliver future activities.



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