Welcome to the February’s edition of the Prosper newsletter, designed to keep you updated with the progress of the Prosper project.

Dignity Action Day

For this year’s national Dignity Action Day which was held on Wednesday 1st February, our Quality Innovation Team set up a stall outside the Library in County Hall Chelmsford. The Stall hosted a wide range of information around Dignity in care including the “10 Dignity Do’s ” in handout form, Information on how to become a Dignity Champion, Poems around Dignity in care, badges, wristbands and lots more.

The main focus at the event was on the teams Dignity Tree which hosted messages from Essex County County Employees, The Public, and PROSPER home’s residents and staff thoughts on what dignity means to them. The tree will now be used at Future PROSPER events including the upcoming Community of Practice, and Champion days, so we can continue to add to the tree, and spread the word on what good Dignity in care looks like. We would also like to thank the homes who sent in their messages for the tree.

The Overall day was a great success and the team were able to spread the importance of Dignity in Care to a wide audience including members of the general public, and even had people sign up to become champions and spread the word in their sectors.

The Dignity Do’s

1. Have a zero tolerance of all forms of abuse.
2. Support people with the same respect you would want for yourself or your family.
3. Treat each person as an individual by offering a personalised service.
4. Enable people to maintain the maximum level of independence, choice and control.
5. Listen and support people to express their needs and wants.
6. Respect people’s right to privacy.
7. Ensure people feel able to complain without fear of retribution.
8. Engage with family members and carers as care partners.
9. Assist people to maintain confidence and a positive self-esteem
10. Act to alleviate people’s loneliness and isolation.
Dignity Action Day Continued…

Carrying on with the Dignity theme, below are some great examples of dignity trees which have been created by you to help promote the day and importance of the message.

Simple but Powerful

From all the messages we received from homes to add to our Dignity Tree. This one stood out.

Become a Dignity Champion

“A Dignity Champion is someone who believes passionately that being treated with dignity is a basic human right, not an optional extra.”

To find out more information and sign up, go to:

http://www.dignityincare.org.uk/Dignity-Champions/Becoming_a_Dignity_Champion/

Edensor celebrated the day by holding “A Dignity Pamper Day”
Manager Alison at the home wrote: “A range of massages, Nail Treatment, Hairdressing & Barbering services were offered to our residents to enjoy as part of the day. Which celebrate people’s rights to dignity and provides a memorable occasion for those receiving care”.

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Using Driver Diagrams for success!

In the December issue of our PROSPER Newsletter we included an article about setting SMART aims and using PDSA cycles to achieve these aims. Another element of Quality Improvement Methodology promoted by PROSPER, which alongside PDSA cycles, is the use of ‘Driver Diagrams’.

Once you have decided upon your SMART aim, a ‘Driver Diagram’ is a means of structuring your thoughts regarding what needs to be in place in order to achieve your SMART aim.

A good starting point in the process of creating ‘Driver Diagrams’ is to have a brainstorm session with your staff to decide on the factors that need to be in place to meet your target. Once the brainstorm is complete, all the factors should be grouped into ‘Primary Drivers’ and ‘Secondary Drivers’. A ‘Primary Driver’ should be an essential factor that needs to be addressed to meet your aim, whilst a ‘Secondary Driver’ should be a factor that feeds into a ‘Primary Driver’ being in place. For example if your SMART aim is to achieve a 30% reduction in UTIs by end of June 2017, you may decide that to achieve this goal it would be essential to have effective infection prevention and control processes in place, this would be a ‘Primary Driver’. You may then decide that for this to be in place you need to reinforce use of PPE, or reiterate the importance of thorough handwashing, these would be ‘Secondary Drivers’. Using your list of ‘Secondary Drivers’ you can decide on the changes you need to implement as a PDSA cycle.

The PROSPER team have created ‘Driver Diagrams’ for falls, UTIs and pressure ulcers; electronic copies of these can be requested by emailing Prosper@essex.gov.uk. Alternatively we can provide blank templates for you to create your own ‘Driver Diagram’, using the method above.

First Falls Friday

In December’s edition of the PROSPER newsletter we spoke about NELFT’s new creative initiative First Falls Friday and we are pleased to announce;

**MARCH’s Theme is:**

**FOOTWEAR**

Why not use this day (3rd March) To check the suitability of your residents footwear, or even look at getting your local shoe shop in to measure their feet?

You could also look at doing a display board around good footwear that includes the PROSPER’s Good slipper guide. Or even print it to hand out to any relatives/visitors that come to the home on the day.
Have fun whilst raising money for Alzheimer’s Research UK

Is crocheting your thing? Does the Brain of Britain live at your home? If the answer is yes then you are in luck, as Alzheimer’s Research UK has 2 great initiatives that could be ‘right up your homes street’.

**The Mighty Quiz**
Throughout April Alzheimer’s Research UK are hoping for people to get involved by holding their own Mighty Quiz, leading to a series of quiz’s taking place across the entire country. This could be a great way of getting your staff, relatives, residents, sister or nearby homes, or even the local community involved whilst having a great time.

For more details and information on how to get involved please visit: [http://www.themightyquiz.org](http://www.themightyquiz.org)

**Slither of Snakes**
A collection of charitable crafters are knitting, crocheting and sewing snakes in an attempt to break a world record and raise money for Alzheimer’s Research UK.

The campaign is being organised by Libby Swindells, a Sheltered Scheme Manager at Wellgreen Lodge in Hale, part of Trafford Housing Trust. She hopes that people will get crafting all over the world and send their snakes back to be sold to raise funds for the UK’s leading dementia research charity.

Attached are both the Patterns for Knitting and Crochet Snakes for your residents to get their knitting needles clicking!

For more information and where to send your completed snakes please visit: [http://www.alzheimersresearchuk.org/crafters-needed-smash-world-record-alzheimers-research-uk/](http://www.alzheimersresearchuk.org/crafters-needed-smash-world-record-alzheimers-research-uk/)

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**Did you know?**

There is over 100 Different types of Dementia, with the most common known being Alzheimer’s, Vascular, Lewy Bodies and Fronto-temporal

There are 850,000 people living with dementia in the UK today, including 40,000 people under 65 years of age. By 2025 the number is expected to rise to over one million

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**Useful Website**

To find out more about the different types of Dementia Please visit: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)
Other News...

Prosper Champion Study Days 2017

Reminder that our next PROSPER Champion Study Days are;

20th April – Marconi Club, Chelmsford
25th April – Wat Tyler Country Park, Pitsea
27th April - Zinc Arts, Chipping Ongar
4th May – Tendring Education Centre, Clacton on Sea

Email invites will be sent from the PROSPER inbox during March.

In the meantime, let us know of any specific topics you think should be included, Email Prosper@essex.gov.uk

Goodbye and Good Luck 🍀

Lastly we would like to wish Clare Perrett good luck in her new position, Clare has been successful in gaining promotion with another team in Essex County Council. This is a great opportunity for Clare and we will be sorry to see her leave the Prosper team, but would like to thank her for all the work she has done whilst being part of the team. Karen, Rod and Sarah will continue to provide support for Clare’s homes and if anyone requires any information, advice or support on Prosper email prosper@essex.gov.uk

Want to Feedback?

We want to hear your stories, email Prosper@essex.gov.uk

Nutrition/ Hydration Week

13th – 19th March 2017

Is fast approaching, and we here at PROSPER cannot wait to see what great events/initiatives you hold over the week. So don’t forget to send us pictures which could be featured in the April’s edition of the PROSPER newsletter

Don’t forget to Wear your badges with pride.