Welcome to the August edition of the PROSPER newsletter, designed to keep you updated with the progress of the PROSPER project.

This month’s edition we will be looking at the links between, sensory impairments, dementia and falls.

Charles Bonnet Syndrome
Charles Bonnet Syndrome is a sensory defect that affects the eyesight, making a person sees things that are not actually there (hallucinations), and this can be commonly mistaken as a symptom of dementia.

The hallucinations with Charles Bonnet Syndrome are only visual and do not involve any other sensations. These can vary from simple patterns, or detailed images of events, people or places. People who have this syndrome know that the hallucinations are not real, even if they are very vivid, which could be a big indication that it is in fact Charles Bonnet and not dementia. However people with dementia could have the same type of hallucinations, but will not be able to differentiate between realities and ‘make believe’. One big difference with Dementia is that the hallucinations affect all 5 senses. There is currently no formal test to diagnose Charles Bonnet syndrome, or medication to help treat symptoms. However medication for Dementia, Parkinson’s and Epilepsy has shown to be effective for some people.

According to the Macular Society, up to half of all people with macular degeneration, may experience Charles Bonnet hallucinations at some time. It’s thought there are more than 100,000 cases in the UK.

To find out more about Charles Bonnet Syndrome visit: http://www.nhs.uk/conditions/charles-bonnet-syndrome/Pages/Introduction.aspx
Colour and Contrast

Colour and contrast can be used to help people with Sensory impairments and/or dementia to identify key features and rooms. Good use of colour and contrast can support promotion of independence, for example, by supporting people to find their way around and to use fixtures and facilities such as lighting unassisted. However with age, older people may experience colours as ‘washed out’ and find it harder to tell the difference between blues, greens and purples.

Bedroom doors in a range of different colours can help a person to find their room. It may be useful if the colours used are familiar to the person, for example.

Using a colour that contrasts with the background draws attention to key features. For example, it can be easier to locate and use switches and sockets. Railings and handrails assist people in negotiating their way around the home, and furthermore lead to a reduction in falls.

White bathrooms may be the height of fashion, but are not always practical for people with a sight impairment or dementia.

Making small adaptations like fixing a coloured toilet seat, or having different coloured wall tiles, could greatly increase the probability of someone being able to use the facility independently.

For more information go to:
http://dementia.stir.ac.uk/design/virtual-environments/virtual-care-home

First Falls Friday

First Falls Friday
Friday 1st September 2017

September’s Theme is:

Osteoporosis, or thinning of the bones, a very common condition in older people. It occurs when there is a gradual loss of ‘density’ of the bones which means a person with osteoporosis is more likely to break a bone if they fall.

Keeping active, safe exposure to natural sunlight and taking a healthy balanced diet can help stop the bones weakening. Calcium and vitamin D supplements (if required and as prescribed by a doctor) and regular exercise can also help.

As we get older, Calcium can be absorbed less efficiently. Vitamin D is vital to help the body absorb calcium. It also helps muscles to work effectively. The main source of vitamin D is the sun. Older people can become deficient of vitamin D, especially if they do not go outdoors very often.

Remember practice
Safe Suncare!
For more information go to;
https://nos.org.uk/
The Havens Sensory Garden

One home in Colchester has been investigating ways of stimulating residents who have a sensory impairments, and also allowing residents to enjoy ‘The Great Outdoors’ all year round.

Manager Ryan Moring explains how this came about:

“We have been planning the indoor garden since May this year, we started to plan as a result of that months residents meeting, a number of residents said that they would love to spend more time in the garden and it’s a shame the weather hasn’t been so kind.

So this made us think "let's have a garden they can use all year round" during the planning with the owner, Karn, we also decided that we should make it as sensory as possible to stimulate the Senses of residents that have cognitive impairments.

The room has been very successful so far those that just want to relax and for residents that display behaviour that appears challenging and a result is another way in which we are trying to reduce falls. The room took longer than what we thought as it took Karn a number of trips to the garden centre to find what we envisaged. The grand opening was brilliant, we had our lovely Doreen Braddy cut the ribbon, she told us she felt like a celebrity who turns on the Christmas lights. The garden room consists of flowers and bushes on the walls, a patio seating area complete with garden furniture and benches, an indoor water feature, many different plants for residents to feel and bird noises playing in the background".

Another ‘Outstanding’ Home

Following on from Woodbury Courts recent Outstanding CQC rating.

We would now like to send our congratulations to The Haven in Colchester, who has recently been awarded the same accolade.

The initiatives implemented by home manager Ryan Moring have been regularly featured in our PROSPER newsletters, and we are really pleased that the home has now been rewarded with its ‘outstanding’ status.

We were also pleased to see the PROSPER project was recognised by CQC as an integral part of the homes processes.
Manning’s Methodology Corner
By Rod Manning, Prosper Support Officer

All new homes joining PROSPER on cohort 7 have now been sent their hyper link to their own monthly mapping tool where they can enter their monthly data. Consequently I thought this would be an opportune moment to cover some of the main points around entering data:

- The only monthly survey you are required to enter data as part of the PROSPER project is via the hyper link sent from the PROSPER Team, which will be an ‘surveys.essexinsight.org.uk’ website address.
- The first time you access the survey, you will need to tick the ‘check if you have no code’ box and submit. You will then need to remember the ‘Anonymous Log in Code’ generated by the website on the first page accessed. This code will be unique to your home and will not be known by anyone else. It should be used everytime you access the survey on future occasions. This can sometimes be problematic if more than one person at your home accesses the survey. It is important that everyone uses the same login code.
- If the code is mislaid the survey can always be accessed by again ticking the ‘check if you have no code box’, however at this point a new ‘Annonymous Login Code’ will be created, which should then be used in the future. Additionally you will then no longer be able to see data you have previously submitted. Never the less we will still have your data, and can re-send it to you if you wish.
- Ensure you enter your data to the corresponding month and year. The recording boxes on the survey begin in January 2016; the 2017 boxes are lower down the page.

Do not forget to scroll to the bottom of the recording page and click ‘done’ before exiting the survey.

Problems inputting monthly data?
Email Prosper@essex.gov.uk we are always happy to help

Nutrition Hydration Week’s Fruity Friday Focus Day
15th September 2017
Do something Fruity to increase Nutrition & Hydration and share on twitter @NHWeek

World Alzheimers Month September 2017
September 2017 will mark the sixth global World Alzheimer’s Month™, an international campaign to raise awareness and challenge stigma.
https://www.alz.co.uk/world-alzheimers-month

Worldwide Stop Pressure Ulcers Day
16th November 2017
http://www.epuap.org/stop-pressure-ulcers/
http://nhs.stopthepressure.co.uk/
Other News….

PROSPER Community of Practice

For all of you who have spaces booked for the upcoming event being held on Tuesday 12th September, joining instructions and agenda will be sent shortly. We look forward to seeing you!

Supplier Recognition Awards

Entries close on Thursday 14th September 2017 at 5pm.

Have you gone above and beyond? Does your company demonstrate forward thinking innovation, excellent use of digital technology, an excellent contribution to corporate social responsibility, or are you just the ‘best local SME’?

If yes, you can nominate yourselves and other suppliers that contract with Essex County Council to be considered for an award for 2017. For more details contact supplier.awards@essex.gov.uk

Essex Care Sector Awards: The PROSPERS!

These awards are open to the entire care sector, not just Residential Care, so competition is tough!

There are 14 awards up for grabs including 4 PROSPER specific awards open only to those on PROSPER.

The award criteria and nomination forms can be requested by emailing quality.innovation@essex.gov.uk

Closing date for nominations is 5pm 2nd October 2017.

Flu Fighters!

Do your bit to help prevent the spread of Flu this year, get a flu vaccination! Look out for our Flu facts vs Fiction in coming newsletters.

Done something new and exciting?

Do you have a top tip, an amazing new idea to share or an event that is different to any other. Then please let us know, as we are always looking for articles to share in our monthly newsletters

Email: Prosper@essex.gov.uk

Don’t forget to wear your badges with pride.
HOW TO FIGHT FLU THIS WINTER!

GET YOUR VACCINE
1. Having your flu jab protects yourself, your family, colleagues and people receiving care and support. It’s a serious illness that can result in death. The vaccine is typically up to 70% effective, depending on the strains of flu circulating each year. So be a flu champion and have the jab.

WASH YOUR HANDS
2. As well as getting your jab, you can help reduce the spread of flu by regularly washing your hands, particularly after sneezing or coughing. You can pass flu on without having any symptoms, so wash your hands regularly.

STAY AWAY
3. If you have flu, stay away from work until you are better. The virus is highly infectious and outbreaks can happen quickly. So do everyone a favour and don’t add to the spread of flu.