**Welcome** to the September’s edition of the PROSPER newsletter, designed to keep you updated with the progress of the PROSPER project.

**Meet the Team**

We have some new additions to the Prosper team so we thought it might be an idea to tell you a little bit about ourselves.

**Quality Innovation Manager**

Lesley Cruickshank

*Job History*

- 11 Years in ECC Quality Team
- Video Editor in Broadcast TV

*Interesting Fact/Hobby*

Likes crafty things, including Sewing and making handbags

**Quality Improvement Officer**

Sarah Perry

*Job History*

- 3 Years in the ECC Quality Team
- ECC Service Placement Team

*Interesting Fact/Hobby*

Loves a Scrap Book, including making them.

**Quality Improvement Officer**

Jane Diplock

*Job History*

- Just joined the ECC Quality Team
- Alzheimer’s Society

*Interesting Fact/Hobby*

Likes to travel to different places

**Quality Improvement Assistant**

Ryan Wicks

*Job History*

- Just joined the ECC Quality Team
- Senior Carer – Boars Tye

*Interesting Fact/Hobby*

Favourite meal is sausage egg and chips

---

**Essex Care Sector Awards**

**The Prospers**

Don’t forget to send in your nominations, we have 14 awards up for grabs:

- Outstanding Carer
- Unsung Hero
- Outstanding Leadership
- Team of the Year
- Best Innovation
- Best Community Engagement
- Best Partnership & Collaboration
- Best Innovation in Dementia Care
- Nutrition & Hydration
- Prosper Champion of Champions
- Prosper Falls Prevention
- Prosper Pressure Ulcer Prevention
- Prosper UTI Prevention
- Wackiest Idea

**Closing date for the Nominations is 2nd October 5pm**

If you need copies of the criteria and Nomination form email:

Quality.innovation@essex.gov.uk
Prosper Community of Practice

Our second Community of Practice of the year was held on Tuesday 12th September at The Essex County Cricket club. The purpose of these events are to bring Managers, Deputies and seniors from PROSPER homes together to discuss how the project is running, to gain feedback and give updates on what is happening with the project. We were thrilled to see that again this event proved to be popular with a total of 46 people attended representing 21 homes from all over the County.

The event had a jam packed agenda that covered a range of different topics and guest speakers. Kicking off the event was Faye Gatenby from ECL Sensory Services, who came to talk about services they offer to care home residents, as well as updates on legislation including the Accessible Information Standard, and a new charter mark. Next up we had our information sharing session which included a number of guest speakers from homes on the project talking about their PROSPER journeys.

Then it was time to grab a coffee and enter the PROSPER world Café which was a chance for you to give your opinions on a range of different area’s including Falls, Pressure Ulcer’s and UTI’s that included what you thought worked well, what issues you faced, and what we could do to further support you. This session went down really well and we are busy looking at all the feedback gathered. The fun didn’t stop there as we then introduced our new STEADY Game which has been designed by Ipswich Hospital to get carer’s thinking about different reasons and objects that may contribute to someone falling. This game will be used at our next set of champion study days as one of our many exciting workshops. To end the event we had Mary Northrop from Anglia Ruskin University come to discuss the opportunity of a Care Foundation Degree and get ideas and feedback directly from the care market.

Accessible Information Standard

From 1st August 2016 onwards, all organisations that provide NHS care and / or publicly-funded adult social care are legally required to follow the Accessible Information Standard. This includes Providers of NHS and / or adult social care from the voluntary and community or private sectors.

The Standard sets out a specific, consistent approach to identifying, recording, flagging, sharing and meeting the information and communication support needs of patients, service users, carers and parents with a disability, impairment or sensory loss.

CQC will be looking for your compliance with the standard.

More information can be found at https://www.england.nhs.uk/ourwork/accessibleinfo/
Brewster House PROSPER Board

Brewster house, have been busy creating a very impressive looking prosperous board. The board is used for their staff to visually see how they can help reduce all three key areas. They have used the Hydration umbrella from the toolkit as a colour key with the 3 area’s corresponding to the colour they appear as on the umbrella. The homes SMART Aim is around falls and they are using both the safety cross and 24hr falls to analyse why and when falls are occurring.

Fear of Falling

This month’s First Falls Friday is around fear of falling. It is most common for an elderly person who has fallen in the past to become fearful of falling again. A resident who has never fallen before can also be frightened of falls, for example a resident who has osteoporosis, as someone with osteoporosis knows the dangers of falling as their bones are more fragile and brittle.

Residents, who are at fear of falling, avoid physical activity, which makes them become weaker which may lead to them falling more. This creates a vicious cycle of falls. See the diagram of how the cycle works.

First Falls Friday

Friday 6th October 2017

October’s Theme is:

Fear of Falling

Why not take this day to help reduce the Anxiety your residents may have and see if the Vicious Cycle can be broken by:

Keeping active with things like:

Chair Activities/exercises

Taking a stroll in the Garden

Tasks around the home

Positive Thinking:

Reminding residents how far they have come

Remember to keep everyone laughing and smiling as the relaxation response takes over
Dancing for Dignity Challenge

Strictly Come Dancing starts this month. A chance for the stars to come out to dazzle us with their sequins, amaze us with their prowess and show off their nifty dance moves!

The National Dignity Council are launching their own fundraising initiative ‘Dancing for Dignity’ to give people the opportunity to get into the spirit of the programme whilst joining the nation to promote Dignity.

We are inviting you to hold an event anytime during October - it can be anything from a short routine in a wheelchair - a tea dance - a disco - a marathon event over a number of hours, or whatever you choose.

Visit the website for more ideas and all you need to get started. Don’t forget to share your event and add it to our map.

Take the opportunity to join their nationwide campaign, have fun, but remember to KEEEP Dancing for Dignity.

https://www.dignityincare.org.uk/Dignity-in-Care-events/dancing-for-dignity/

Nutrition
Hydration Facts

Dementia:
In a Boston University study it was found that people living with Dementia drank almost 84% more liquid when served in coloured cups

Why not offer residents the perfect cup of tea in brightly coloured dementia-friendly, anti-slip cups?

For dysphagia and people living with Dementia, thickeners can also be added to tea without affecting the flavour.

Blueberries may help to improve cognitive function in the elderly. Tests demonstrated improvements in memory & brain function.
Manning’s Methodology Corner  
By Rod Manning, Prosper Support Officer

For a few months now this section of the newsletter has described the various individual elements of the Quality Improvement Methodology used on the PROSPER project. So I thought over the next issues of this newsletter it may be useful to run through a fictitious cycle of the methodology tools, typical of the way they may be used in reality on the project.

Cosy Care Home has been regularly submitting data via the Monthly Mapping survey tool and receiving updated runtime dashboards since June 2016. At the end of August 2017 their runtime graph for falls can be seen on the right.

The graph clearly shows that apart from a temporary trough towards the end of 2016, there has been an upward trend in the number of falls each month throughout the entire period. On seeing this graph the home manager decided that a focus on falls was required to try and turn this trend around so the number of falls each month begins to decrease. Consequently the home set a SMART aim of reducing the number of falls occurring so that by the end of 2017 this number was no more than 15 falls per month.

At the next staff meeting the manager took the falls graph, the SMART aim and a blank driver diagram. Following a ‘brainstorm’ session for ideas, the driver diagram was completed as on the left.

Next month’s newsletter will explain how a PDSA can be created from the driver diagram and used as a means of conducting small tests of change.

Did You Know

Any infection can speed up the progression of dementia

UTIs can cause sudden confusion (also known as delirium) in older people

Delirium is linked to a more rapid worsening of a person’s mental abilities and function

After someone having delirium, a person is at higher risk of dying in the following year.

Remember Hydration & Hygiene can prevent UTI’s!
Other News….

IMPORTANT MESSAGE!

Old PROSPER Data Base used by cohorts 1-4

We would like to remind you that since April 2016 the old monthly mapping data tool, which was part of the original UCLP evaluation and run by Debi De Silva at the Evidence Centre, is no longer part of Prosper. As advised at the time, any data entered after April 2016 is done so at the homes own risk, we do not know what happens to this data, or how it is being used.

The only tool for data collection endorsed by Prosper is our own Essex Insight data survey tool, the link will have been sent to you from an essex.gov.uk email address, if it has come from any other source it is not valid.

To send monthly data to the PROSPER project you should be inputting your data on the ‘Essex Insight’ online monthly mapping tool for which you have all been sent your own personal hyperlink to your login page. If any of you would like your survey link to be sent to you again please email prosper@essex.gov.uk

PROSPER Champion Study Days

Invites will soon be coming out for the upcoming events. Below are the dates and venues to make note of and reserve the date!

<table>
<thead>
<tr>
<th>DATE</th>
<th>AREA</th>
<th>VENUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>2nd November</td>
<td>North</td>
<td>Tendring Education Centre</td>
</tr>
<tr>
<td>7th November</td>
<td>Mid</td>
<td>Hamptons Leisure Centre</td>
</tr>
<tr>
<td>9th November</td>
<td>South</td>
<td>Wat Tyler Country Park</td>
</tr>
<tr>
<td>14th November</td>
<td>West</td>
<td>Zinc Arts Centre</td>
</tr>
<tr>
<td>16th November</td>
<td>North</td>
<td>Colchester Football Stadium</td>
</tr>
</tbody>
</table>

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 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.