



# Positive effects of wellbeing interventions in care

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# Context



- Current provision
- Known benefits – research evidence
- Expectation of care in later life

# Interventions

- Involving the community
- Variety of activities
  - Physical
  - Mental
  - Nutritional
- Reading Group sessions



# Tools analysis

- Funder requirements
- Relevance
- Ease of comprehension
- Subjective perception
- Memory
- Assistance
  - Project Workers
  - Carers



# Project Impact



- Improvement in self esteem
- Sense of community belonging
- Increase in daily activity
- Availability of healthy foods

# Results analysis

- Selection bias
- Confounding factors
  - Multiple activities
  - Home practice
- Control group
- Ecological validity
- External validity
- Scale



# Filling the gaps



- Structured interviews
- Adapted for dementia
- Main themes
  - Enrichment
  - Meeting others
  - Stimulation
  - Fun

# Future Factors



- Knowledge/vision
- Standards
- Money
- Link between health and wellbeing
- Importance



# Community



- Home environment
- Dignity
- Wellbeing
- Frail client group

# Unique need



- Isolation
- Nutrition
- Food hygiene
- Wellbeing
- Changing provision



# Contact us

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