



target:

wellbeing Interventions



Mary Bradley

Context

- The need



- Current provision
- CQC standards
- Media interest
- Known benefits
- Expectation of care in later life

Context

- The idea



- Develop a model of intervention
- Prevention works!
- Network with local communities
- Establish a range of activities

The project

- What we did



- Involving the community
- Recruiting and retaining volunteers
- Training
- Variety of activities
 - Physical
 - Mental
 - Nutritional

Community work

- The need



- Frail client group
- Wellbeing needs
- Solway Plain research
- Support to domiciliary care
- Changing provision

Community work

- Adaptation



- ◉ Dementia at home
- ◉ FSA Pilot
- ◉ Nutrition work
- ◉ Physical wellbeing – the next challenge



target:
wellbeing Evaluation



Anna Campbell

Design

- Context



- Funder requirements
 - > Defining wellbeing
 - > Relevance
- Tools provided
 - > Length
 - > Complexity
 - > Duplication

Design

- Challenges



- Capacity for comprehension
- Subjective perception
- Memory
- Assistance
 - > Project Workers
 - > Carers

Design

- Process



- ◉ Matrix
- ◉ Consultation
- ◉ Database

Results

- 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
- Ecological validity
- External validity

Results

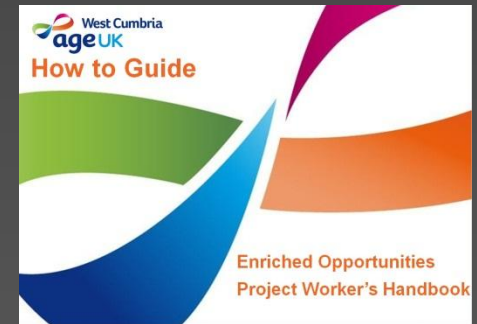
- Filling the gaps



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

Further work

- Capturing the learning



- 'How To' Guide
- Pilot
- Feedback