



Kinnections News

OCT 2018

Lovin' a Bit of Lounging

On August 2nd and 3rd Kinnections hosted twenty workshops in our University of the West of Scotland, Ayr campus to explore together how we might enhance the care home lounge experience, particularly for people with advanced dementia. The idea behind these workshops arose from the conversations that are occurring through care homes involvement in Kinnections. In these conversations care home staff spoke about a particular desire to want to learn more and further enhance their practice when supporting people living with advanced dementia.

Our fabulous workshop contributors brought breadth and depth to the event, sharing their

Enhancing Connections with People Living with Dementia 'Lounging Around Workshops'

Welcome, welcome, welcome

Kinnections- strengthening community in care homes

expertise and passions. Thanks to our contributors and attendees who came with an openness to sharing and learning.

Turn to Page 2 for more about the workshops.

Greetings from... here, there and everywhere!



I am so delighted to pen my first newsletter contribution, and I have much to write home about. My first few weeks in the Kinnections team have been quite a trip and a treat for the senses. It's really been something to write home about...

I've had a trip down memory lane - to school, to the beach - exploring the memory boxes at the Dick Institute. At the Lounging Around workshops I had the luxury of experiencing Namaste Care which was a soothing contrast to the raucous time at the Lingo Flamingo workshop, belting out Volare.

I thoroughly enjoyed my first Care Provider's forum where I got to share the latest Kinnections postcards. In a time of social media and instant communication, I think there

is something special about receiving a postcard. I am looking forward to hearing the stories and conversations that the postcards will generate.

Having met so many of you at the LIFE launch and Lounging Around workshops, I would like to extend my thanks to everyone. Without fail all have extended the warmest of welcomes and I look forward to forging new Kinnections. Please do keep in touch and sharing your stories.

See you soon! Alison

Back to the (Future) Lounge

Two days of Lounging Around workshops brought together care home staff from all over East Ayrshire and beyond to listen, discuss and generate ideas with facilitators from the worlds of practice, education, research and the creative arts. The inspiration for these Lounging Around workshops coming from care home staff is an example of how Kinnections conversations can grow arms and legs where we continue in the direction of strengthening dementia-friendly communities, taking paths that are a combination of the familiar and the new.

Storytelling was a star of the event, with attention to communication and connection. Ailie Finlay from Flotsam and Jetsam showed us how props can be used to bring stories to life through enhancing the sensory experience for those involved. We explored adaptive interaction with Dr Maggie Ellis from University of St Andrews and immersed ourselves in Comforting Touch alongside being introduced to Namaste care by Lorna Reid, Accord Hospice. The LIFE team explored how collaborative, creative conversations can be used when engaging with relatives and staff in exploring their lounge experiences.

We had colleagues from UWS sharing with us about person-centred care, partnership and empathy as the foundations of meaningful lounge experiences. We learned from the Kilmarnock Dementia Resource Centre about resources which have been developed to maximise the football reminiscence experience. Laura Haggerty from CAPA shared rich ideas on movement in lounges and even had a proper waltzing and jiving lesson! We appreciated contributions from the following people: Wendy from SSSC on the topic of Open Badges and Framework for excellence, Barbara Lawson-, Manager of Kincaid House Nursing Home spoke about their experience of developing a dementia strategy and Marie from Thorntoun Estate nursing home literally put the icing on the cake(s)! Kilmarnock Volunteer Centre, Lingo Flamingo, and The Music People were among the other contributors who opened fresh possibilities for enhanced experiences in care home lounges.



What People said about the Workshops

Comforting Touch- "learning was new, very interesting and enjoyable. Gave an understanding of how gentle touch can affect a person"

Adaptive Interactions- "changed my perspective on how to approach different communication opportunities while keeping all respect for residents"

Valued Activities- "thought-provoking and full of useful information. Brought things to light I perhaps had not considered. Positive and informative"

Care empathia- "a lot of good strategies about personal space"

Empathy and playfulness- "there were 2 others from my work (at the workshop) so having someone else there with you to implement certain areas will make it much easier"

Emotional Touchpoints- "excellent, absolutely loved this method for real engagement"

Storytelling- "took me out of my comfort zone which felt good... when people told stories it helped create a good atmosphere"

I got loads from the day that I can use as an Advocacy Worker and have realised this project needs every single person to be involved for this to work. I am excited about moving forward with this. Janette Barclay, Advocacy Worker

"It was great to see participants realise how using the new Personal Outcomes eBook and wider learning resources can enable changes, including the facility to note an individual's music choice for his funeral, to discuss with relatives and colleagues." Wendy Johnston, SSSC

What Now?

We are currently working alongside an illustrator on developing a resource booklet, so that those who were, and weren't, at these workshops can continue to try out some of the ideas/methods and resources shared during the various workshops.

Our hope would be that the finished booklet could be a resource for every care home lounge, something to pick up quickly and scout through for quick ideas on trying out different approaches to engaging with people in the lounge.

A printed copy of the booklet will be given to each care home in East Ayrshire, it will also be available to download free from the Kinnections/My Home Life website. If you would like to receive a printed copy please email us on: KinnectionsEA@uws.ac.uk.

Learning Event- Celebrating Cohort 1 and Kinecting with Cohort 2

Since February 2018, the four care homes in Cohort 1, namely Graceland, Grange, Springhill and Thorntoun Estate have been engaged in meetings and care home visits to explore what community means in their care home. On November 8th Kinectons will host the first of 3 annual learning events; the first of these events will see the care homes in Cohort 1 sharing the ideas, learning and stories that have been generated over these months. This event will also see the passing of the baton to the care homes in Cohort 2: Bute House, Hallhouse, Nightingale House, Torrance Lodge and Westpark. Care home meetings, workshops and visits will begin in these care homes in the second half of November and will run until July 2019.

November 8th will also see the launch of some new Kinectons resources that have been inspired by those involved thus far- those present on the day will be offered these resources to take away.

We would like to extend an invitation to you for this event; spaces are limited to please do book soon.

Details:

Date: Nov 8th 9.30am-1.30pm
Venue: Crosshouse Bowling Club, Busbie View, Crosshouse, Kilmarnock KA2 0HT

Nourishment:

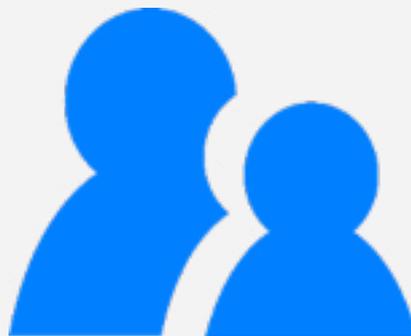
Refreshments on arrival.

Community Potluck Lunch- Soup will be provided. The style of lunch is potluck; if you are able to you may like to bring something to eat or drink that you can share with others. Please do not worry if this isn't possible, there will definitely be plenty for everyone.

To book:

Search 'Kinectons Learning Event' on www.eventbrite.co.uk or Email: KinectonsEA@uws.ac.uk

Innovations and Collaborations

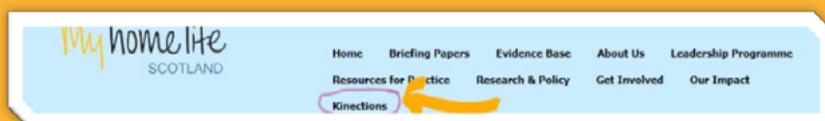


The Kinectons team are delighted to have the opportunity to collaborate with Dr Ross, Dr Selveindran and colleagues in the University of Glasgow on the improving Systems of Care for the Older PErsOn (i-SCOPE) project. As part of this project a number of care homes are using Standard 4 and 5 of the Scottish Government Health and Social Care Standards as the basis for exploring the perspectives of residents and relatives on their care service.

A second collaboration will begin in the coming weeks whereby members of the Kinectons/My Home Life team in partnership with Dr Tara French and Dr Ute Schauburger, Glasgow School of Art, in a Scottish Care project which will engage in exploring people's vision for the future of care homes. Within this overarching focus one of the sub-themes will be 'care home as community'. As part of this project Tara, Ute and Edel will be facilitating an Insight Session at the Scottish Care Annual Conference on Nov 16th.

New Resources

Please check out the Kinectons Page on the My Home Life website www.myhomelife.uws.ac.uk for new resources for you to download.



An Update

10 months in to Kinections
And where have we been,
Down the by-roads and up
the high roads of setting up and settling in.

And now at this point
What's the news to share
What's the learning to reap
What's the truth to bear.

Are we further in to knowing community,
Seems to be less of the cerebral
And more of the 'being',
To try for integration, seems to be integral.

Integration of all that already exists
From services to relationships
To connections that give meaning
To the gems of potential from each person's lips.

And what might we say
About being dementia-friendly?
Is it the springing of laughs from impromptu chats
Or welcoming wee mistakes as part of shared
humanity
Is it I see you, I hear you, you're important to us,
Is it dispelling myths that the wider world doesn't
enter,
Because these care homes are places where lives are
shared
With a natural to-and- flow of kindness right at the
centre.

Getting under the surface
Getting under the skin
Where labels don't matter
Where people are kith and kin.

Is this what we'd like,
Is this where we're going
To know and be known
To feel that we're thriving.

Could we learn from each other's ways of relating
Our Common Sense(s) language so to speak,
So that with or without words we hear each other,
From this place, will we cherish, will we flourish, will
we reach our peak?

Staying Curious

If you feel part of Kinections, what helps that to happen? If you would like to feel part of it, what would we be doing together to help that to happen?

Back to the (future) Lounge

What would you like care home lounges of the future to look like?

What existing strengths in your community would support this future ideal to become reality?

Collaboration Question

Are there people/groups or organisations you would like to see Kinections collaborate with- who might these be?

National Care Standards

Dignity and respect is one of the 5 principles of the Standards. One care home manager described dignity for residents as 'people who live in care homes being able to take chances, and maybe make mistakes'. What other ways could we describe a dignified life?

Stay in Touch

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You might like to get in touch to find out more about or become involved with Kinections/ share some ideas/ offer feedback or suggestions for this newsletter/ share news for the next edition of Kinections news.