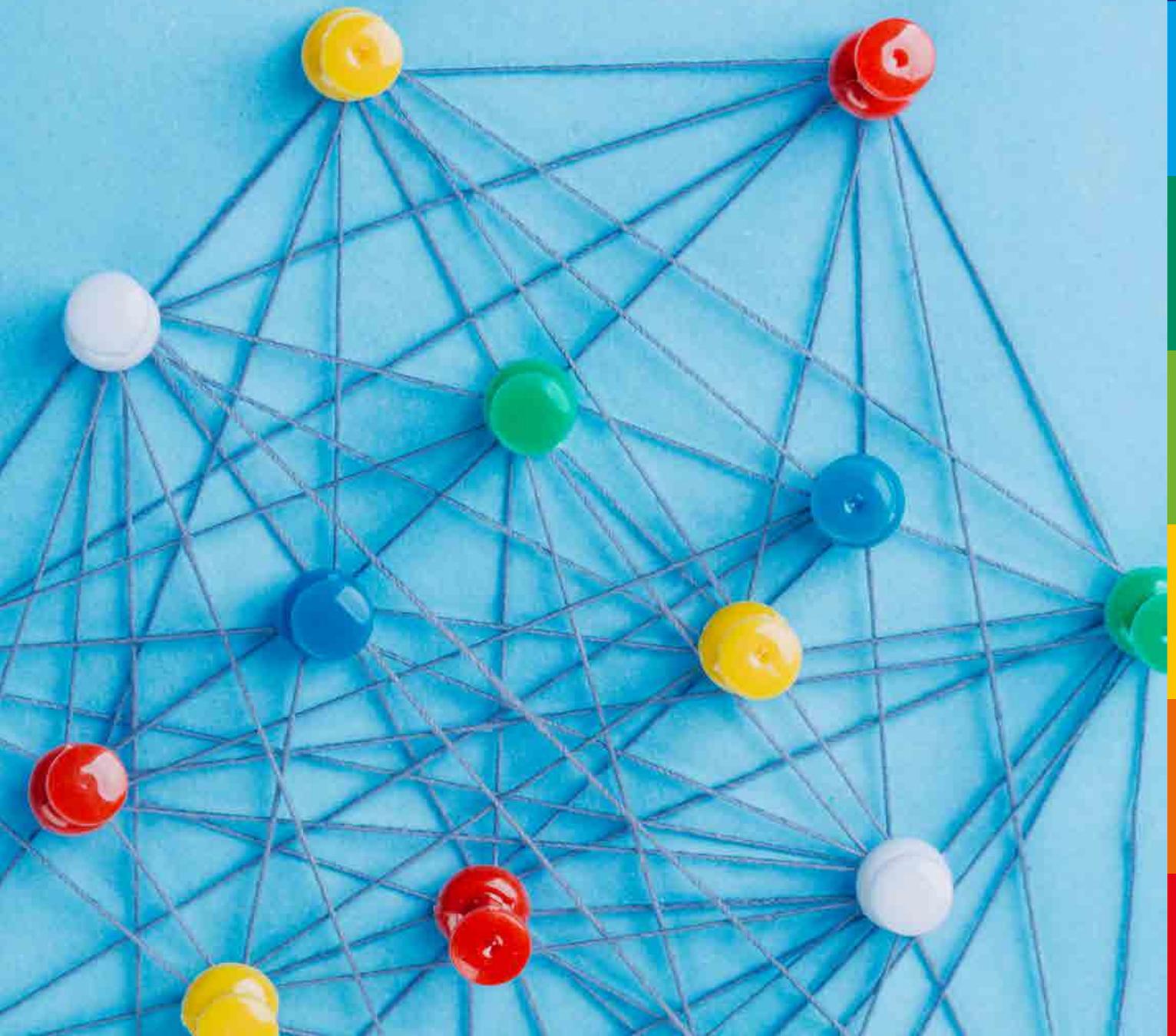
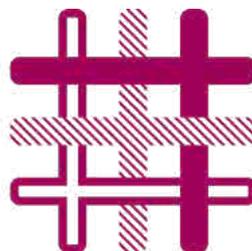


# Kinections Chronicles

Invitation into the Story of the 'Kinections-  
strengthening community in care homes'  
Research Project



UNIVERSITY OF THE  
WEST of SCOTLAND  
**UWS**



**Kinnections**  
*strengthening community in care homes*

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# In the Friendship that We Share

True friends will always be  
Worth their weight in gold  
Always there for me  
As they love and laugh and scold  
In the friendship that we share

And we'll all go together  
To pull wild mountain thyme  
All around the bloomin' heather  
In the friendship that we share

They're my anchor in the storm  
They're the colour in my darkness  
And they keep me safe and warm  
Sharing joy and tears and kindness  
In the friendship that we share

And we'll all go together  
To pull wild mountain thyme  
All around the bloomin' heather  
In the friendship that we share

I know we share our dreams  
Our laughter and our gladness  
And often times it seems  
That we hold each other's sadness  
In the friendship that we share

And we'll all go together  
To pull wild mountain thyme  
All around the bloomin' heather  
In the friendship that we share.

*In the Friendship that We Share was written by Carol Beckwith, using words and phrases offered by members of care home communities participating in the Kinections Festival of Friendship, Oct 2020.*

# Project and People



**Kinnections**  
strengthening community in care homes

## Our Project - About Kinnections

Kinnections was a collaborative research project, working with care homes across East Ayrshire, Scotland, to explore what community means for people who live, work and visit care homes, with a particular focus on the experiences of people living with dementia.

Kinnections was led by a team of researchers in the University of the West of Scotland. Kinnections is part of My Home Life, an International initiative which aims to promote quality of life for those living, dying, visiting and working in care homes for older people through relationship-centred and evidence informed practice. University of the West of Scotland aims to have a transformational influence on the economic, social and cultural development of the west of Scotland and beyond. Learn about UWS at: <https://www.uws.ac.uk/>

To read more about My Home Life visit [My Home Life Scotland](#) and [My Home Life](#). Kinnections was funded by Life Changes Trust. The Life Changes Trust is a charity that invests in and supports the empowerment and inclusion of three groups: young people with experience of being in care, people living with dementia and unpaid carers of those with dementia.

To read about the range of dementia related projects funded by Life Changes Trust please visit [Life Changes Trust Dementia Programmes](#).

## What were we aiming to do in Kinnections?

Find out what is important to people in care homes living with dementia and those who support them.

Use our learning about what is important to people to help create a picture of what community in care homes looks like at its best.

Work together to enhance and imagine small, everyday ways in which people's experiences of community can be strengthened in care homes.

Engage with people and groups from local communities and those who are involved with care homes to strengthen ways in which those who live and work in care homes are valued and cherished.

## **Facts and Figures**

1 Health and Social Care Partnership–East Ayrshire

19 Care Homes

3 years, Nov 2017– Nov 2020

100's Conversations

1000's Connections

## **Our People**

### **Who we worked with?**

Kinections engaged with a wide range of people who are connected with one or more care homes in East Ayrshire. The project participants (co-inquirers) in Kinections were mainly from three broad groups:

- people who live in care homes
- people who work in care homes
- people who visit care homes (be that in a personal or professional capacity).

### **They included:**

Care home residents, staff, family and friends. People from groups and organisations linked with care homes including people from: voluntary and community groups, health and social care partners, creative practitioners, academics, organisations with an interest in dementia, local authority staff, Care inspectorate staff and local businesses.

## **Project Team**

### **Core Team**

Dr Anna Jack-Waugh, Principal Investigator, UWS

Dr Edel Roddy, Project Lead, UWS

Dr Alison McLaughlin, Research Assistants, UWS

Angela Gregory, Research Assistants, UWS

### **Previous Core Team Members**

David Innes, Project Manager, My Home Life, UWS

Prof Belinda Dewar, Director, My Home Life Scotland, UWS

## **Members of Project Team**

Dr Annette Coburn, Community Education Lecturer, UWS

Alison Nugent, Expert by Experience

Val Allen, Integration Lead, Scottish Care

Charlie Allan, Contracts and Commissioning Office, East Ayrshire Health and Social Care Partnership

# Mode and Methods

## Our Mode

The mode of engagement (or methodology) used to inform how Kinections was organised centred on 3 My Home Life frameworks: namely, Appreciative Inquiry, Relationship-Centred Care and Caring Conversations.

If we were to sum up what the essence, or underpinning principles, of these three frameworks are we might say they are about:

- Celebrating that everyone has expertise, skills and talents. Recognising and valuing the different types of expertise that people hold as a key way to build community
- Tapping into people's stories as a powerful source of insight and energy. Sharing our own stories and listening to other's stories can help us build connections and closeness.
- Trusting that doing a deep dive of discovery into what people value, and what is currently working well provides rich learning that can be taken forward to enhance future developments
- Being genuinely curious and inquisitive to find out more about each other, ourselves or a situation and knowing that this can be extremely helpful in deciding what to do (or not do) next
- Recognising that it takes courage to try new things, to give something a go without knowing for sure how it will turn out. Believing that working together with others when trying something new can help to build courage and confidence.

## Approach to Research in Kinections

Appreciative Inquiry, the approach to research used in Kinections, places attention on learning what helps people to move toward their desired future. Rather than everyone coming up with one agreed action plan for what helps to build community in care homes, the approach in Kinections involved exploring a wide range of different ideas and actions.

The approach to research within Kinections therefore centred on:

**Generating ideas (about community in care homes)** – involves research participants feeling able to allow their thinking to go in new directions- to re-consider what they had maybe previously taken for granted, or be open to thinking differently about something.

**Practical Actions (about community in care homes)** – involves research participants feeling able to take a small idea, and explore themselves or with others if they would like to give something new a go. This could be asking a different question, starting a new conversation, or trying out doing something a bit differently.

To read more about Appreciative Inquiry, Relationship-Centred Care and Caring Conversations please visit My Home Life Evidence Base.

## **Our Methods**

The methods we have used in Kinections to engage and connect with people who live, visit and work in care homes include:

### **Gathering Stories**

We encourage people to share their stories about what is important to them in relation to their experiences of community in care homes, to uncover rich detail about what people currently value and to then use these stories as a platform for exploring what people feel would help to further develop community in care homes.

### **Creating Resources**

We develop creative resources to support conversations and interactions that can help to build strong bonds among people in care homes and can lead to the discovery of things about one another that we maybe hadn't known before.

Developing Questions, Ideas, and Actions

We work with others to generate new questions, new ideas, and (everyday small) actions that can help to further develop and enhance people's experience of community in care homes.

### **Collaborating**

We collaborate with other groups and organisations with an interest in supporting people with dementia and/or in care homes. We are keen to learn and share with and from them about what enables care homes to be communities where everyone can thrive.

### **Sharing Learning**

We share what we are learning as we go, knowing that there is always more we can learn and so we are always keen to hear people's perspective on what we share so that it can be further developed. We aim to share our learning in Kinections in ways which are accessible, engaging and have practical value to those living, working and visiting care homes.

### **Facilitating Events**

We facilitate events that bring people from care home communities together. At

the heart of these events are opportunities for connection. At these events we gather stories, try out creative resources, develop questions, ideas and actions, spend time with our collaborators and share our learning.

## **Where have the ideas in this Kinnections Chronicles come from**

They are the products of over 310hrs face-to-face engagement between members of the Kinnections team and people who live, visit and work in care homes between February 2018 and February 2020. These hours included group discussions, one-to-one and informal conversations, periods of observation both in individual homes and also group activities where various care homes came together. Further engagement took place online between March and November 2020.

## **Examples of Topics Explored at Group Discussions in Care Homes**

The focus of the topics at the group discussions was determined by those involved, a small selection of examples include:

- Enhancing mealtime experience
- Enhancing the lounge experience, with a particular attention on quieter residents and those with advanced dementia
- Exploring how we welcome people into the care home
- Giving appreciative feedback to one another
- Re-imagining the role of the keyworker
- Collaboratively developing a café space for residents and relatives to use.

## **Example of Group Activities between Care Homes**

Regular Generating and Enhancing Momentum (GEM) Meetings were established from the beginning of the project as a space for staff members from different care homes to come together for GEM's- to bring a 'gem' of insight or experience to share with others, and to leave with a 'gem' of an insight or idea that they could then bring back to their own care home.

For instance, one GEM Meeting focused on what helps new ideas or initiatives in a care home to become something that people get excited about and want to take forward. Below are just 2 of the GEM's that were collected during this meeting.

GEM 1: When we think about the language we are using For example, if we say we need people to 'buy-in' to a new idea/initiative this could suggest that we are trying to sell them something. Changing the words to 'creating shared ownership' means that those involved can belong to the process and feel part of the successes achieved.

GEM 2: When we can see the benefits to residents and staff for example, introducing the idea of residents being involved in washing ornaments in basins of soapy water in the home. Doing this can offer the residents a sense of purpose and significance, with the secondary benefit that peoples nails are being cleaned through being in soapy water. For residents for whom nail care is distressing this can potentially avoid the stressful experience of having to have their nails cleaned.

The following 20x21 section will continue to provide examples of focused pieces of work between people who live, visit and work in care homes, and the Kinnections team.

# Introducing 20x21

## Invitation

You may have heard others say, or yourself expressed, a longing for 2020 to be over and to start 2021.

Our Kinctions Chronicles is primarily an invitation to you to bring something of Kinctions into 2021.

The 20x21 section of Kinctions Chronicles has been created to share what has been happening within Kinctions, and also to give ideas for how you might like to continue Kinctions in the future.

## 20x21

The 20x21 section of Kinctions Chronicles gives 20 summaries of 20 different initiatives which formed part of the Kinctions project.

At the end of each of the 20 initiatives is an 'Opportunity to Stay Kinected' section signposting you to where you can find more information about that particular initiative.

The 20 initiatives are themed under the headings of:

- Perspectives on Care Homes
- Events
- Clues to Creating Community in Care Homes
- Creative Resources for People who Live, Visit and Work in Care Homes
- Ethics, Education and Research Presentations

The 21st initiative is Over to You- an invitation to you to consider if there is a topic, idea, feeling, question, connection or action you would like to take forward after reading Kinctions Chronicles.

## FusioN

A central theme running through Kinctions, which you may pick up on as you read the 20x21 initiatives is the theme of FusioN.

FusioN - Valuing the Familiar and Going in Search of the New

When supporting people with dementia, an awareness of what is familiar to them and what we already know about what they like and don't like is very valuable.

In Kinnections, we explored holding on to valuing the familiar and also actively going in search of the 'new'. The 'new' could be new learning about a person or situation that had been previously hidden- or it could be about introducing something new that hadn't been tried out before.

See our FusioN table below for some examples from Kinnections.

Examples of Familiar	Example of New
<p>What's already known, valued and deemed important for a person/ organisation/ system.</p> <p>For example: Knowing that a person enjoys listening to music.</p>	<p>Uncovering things that were previously hidden.</p> <p>For example: Finding out by accident that the person really enjoys listening to Mumford &amp; Sons.</p>
<p>Topics that are usual for us to discuss and questions that we ask regularly.</p> <p>For example: Chatting about what a good day looks like and what makes them happy.</p>	<p>Topics we hadn't covered, and new questions we hadn't asked before.</p> <p>For example: Chatting about if there are certain events or times of the year that affect their emotions and what helps if they are feeling lonely or worried.</p>
<p>Seeing our current successes as something to celebrate.</p> <p>For example: Praising a member of staff whose confidence has grown.</p>	<p>Seeing the potential for learning from successes (rather than solely mistakes being what we look to learn from).</p> <p>For example: Noticing that someone's confidence has grown and finding out as much as we can about what helped that to happen.</p>

As you read the various 20x21 initiatives some of what is contained within them might be familiar, and some new.

Our hope is that you find something to celebrate in what is familiar to you in what you read in the following pages, and that there is something that sparks your interest when you read something that is new.

## Perspectives on Care Homes

- **Dementia-Friendly Communities and Care Homes Bulletin.** A series of Community Bulletins on the theme of dementia-friendly communities, including an overview of the literature
- **Future of Care Homes.** A collaborative initiative with Innovation School, Glasgow School of Art and Scottish Care exploring the future of care homes
- **Life in Care Homes; It's not black and white.** A booklet and video, featuring residents from Grange Care home Kilmarnock, which offers an insight into everyday life in care homes
- **My Home Life Community.** Kinnections as part of the international My Home Life movement.

## Events

- **Collaborative Events.** Using the example of our Launch Event to illustrate how we facilitated collaborative events
- **Lounging Around Workshops.** Workshops with expert collaborators exploring enhancing the lounge experience for people with advanced dementia
- **Going the Extra Mile.** A community event which celebrated the ways in which people go 'the extra mile' every day in care homes.

## Clues to Creating Community in Care Homes

- **Clues and Cues to Creating Community in Care Homes.** A short summary of our findings regarding what supports a feeling of community to be enhanced in care homes
- **Using Our Stories to Enhance Community.** An approach to using small snippets of stories from care homes, to generate new ideas and actions for development
- **A Place in the Fun.** A set of 6 ideas for enhancing fun and connection in care homes, inspired by Hearts & Minds Elderflowers, and residents & staff in Crossgate care home
- **Namaste Care™ Training.** An exploration of Namaste training as a way of supporting connection, compassion and comfort for residents in care homes.
- **Enhancing and Celebrating Learning.** An introduction to the Kinnections Open Badge alongside an account of a reflective practice resource that was developed in Kinnections.

## Creative Resources for People who Live, Visit and Work in Care Homes

- **Knowing Me Knowing You Resources.** An insight into the range of resources, on the theme of Knowing Me and Knowing You, which have been developed in Kinections to support people to get to know one another
- **Interactive Online Activities.** An introduction to 3 free online interactive resources which can be used to build relationships in care homes
- **Creative Content for Care Homes You Tube Channel.** An overview of a host of videos, available to view on You Tube, which have been created specifically with care homes in mind
- **Storytelling and the Senses.** A collection of local stories, from Crossgate Care Home resident Jim Leitch, and legends from traditional storyteller Ailie Finlay, which can be enjoyed by people in care homes.
- **Human Rights Resources.** An opportunity to find out more about resources which have been developed on the theme of human rights in care homes.

## Ethics, Education and Research Presentations

- **Ethical practice when researching with people with advanced dementia.** Read an account of our journey to NHS AREC ethics approval, with information on accessing our ethics submission documentation
- **Weaving Kinections into Academic Programmes in UWS.** See how Kinections is being woven into programmes within School of Health and Life Science, UWS
- **Conferences.** Have a look at the various Kinections conference posters & presentations.

## Staying Connected

- **Over to You.** An invitation to you to consider how you might like to use Kinections learning & resources forward in your own setting.

# Perspectives on Care Homes

## Dementia-Friendly Communities and Care Homes

Type of Initiative: Perspectives on Care Homes

Key Themes: Dementia-Friendly. Research literature & publications. Principles of dementia-friendly communities.

A key aim within Kinnections has been to explore what helps a sense of community in care homes to grow and flourish, with a particular attention to people living with dementia and those who support them. The Kinnections project team were keen to find out if anything had been previously written that described care homes as being 'dementia-friendly communities'. And so, in the context of Kinnections being a research project we (the project team) carried out an extensive search of what has been written about dementia-friendly communities in academic journals, and in publications by dementia-focused organisations.

We didn't find any record of the term 'care home dementia-friendly community' being used as a way of talking about how care homes care for and support people with dementia. We looked at a number of documents which talked about dementia-friendly community initiatives, in the wider community setting, to explore if/how care homes were referred to in these documents. We presented the findings from this review of the literature in a Community Bulletin that can be accessed by clicking on [Dementia Friendly Communities and Care Homes Community Bulletin](#).

### Our Key Finding: Different Words- Same Heart

Our reading of the literature on dementia-friendly communities has led us to see how principles and values such as personhood, human rights, citizenship, inclusion and assets-based approaches inspire and inform both care homes, and dementia-friendly community initiatives. Care homes perhaps align more closely with the language of the healthcare sector when using terms such as 'person-centred care' and 'quality of dementia care'; so while different terminology may be used by dementia-friendly communities and care homes, at the heart of both lies the desire to create spaces where people with dementia and their carers feel welcome and can flourish.



## **Some Questions that were Posed in this Community Bulletin**

In a time of enhanced awareness of complexities in the care home sector owing to COVID-19:

What types of questions and conversations among us all do you think would benefit people living with dementia in care homes?

What would you like to see in the future with regard to how people with dementia in care homes are seen as citizens of the wider community? What small steps might enable this to happen?

## **Further work that took place on the theme of Dementia-Friendly Communities & Care Homes**

### **Community Bulletin Series**

A second community bulletin has been developed which details an exploration, by the Kinnections team, of what helps connections between care homes and dementia-friendly initiatives to be at their best.

The third Community Bulletin maps the Kinnections project to the 'Emerging Principles of Dementia Friendly Communities' as outlined in Community and Dementia, Life Changes Trust Publication. It also highlights a case study example of how one care home connected with a wide range of organisations in their local community to enhance their garden area for residents.

### **Short Presentation on Cornerstones of Dementia-Friendly Communities and Emerging Communities of Practice**

Dr Annette Coburn, a member of the Kinnections Project team has created a short presentation which considers how cornerstones of dementia-friendly communities both underpin, and illuminate, multiple conceptualisations of community in care homes, and poses questions on how this may be sustained as an emerging community of practice.

### **Opportunities to Stay Kinected:**

All three Community Bulletins are available at [\*\*Dementia Friendly Community and Care Homes Community Bulletin Series\*\*](#).

You may also be interested in Life Changes Trust publication on Community and Dementia available at [\*\*Life Changes Trust Community and Dementia\*\*](#).

Short Presentation on Cornerstones of Dementia-Friendly Communities and Emerging Communities of Practice can be found at [\*\*Cornerstones and Emerging Communities of Practice\*\*](#).

# Future of Care Homes

Type of Initiative: Perspectives on Care Homes

Key Themes: Future vision. Collaborative Inquiry. Opportunities & Innovation. Further conversations.

Kinections participated in a project entitled 'Creatively Exploring Care Home Futures'. This project involved a collaboration led by School of Innovation, Glasgow School of Art, along with My Home Life Team, University of the West of Scotland and Scottish Care to capture the perspectives of care home providers, staff and residents on their image and vision for care homes in the near future. The project aimed to ensure that exploration of the future of care homes and opportunities to innovate were informed by lived experience. Data Generation for the project involved:

- Pop-Up Engagement – Scottish Care Conference
- Exploratory Workshops – Scottish Care Conference and My Home Life Retreat
- Engagements with Residents & Relatives – 2 East Ayrshire care homes involved

Four main themes emerged from the data generation conversations above. Each of the four themes is presented as a Care Home Inquiry Topic- Chat (CHIT-Chat) paper. Each paper presents the main points for that theme along with some Puzzles, Opportunities and Key Questions pertaining to each of the themes. The CHIT-Chat papers have been designed to enable others to use or adapt these papers to enable conversations on these topics to take place in a range of settings.

Click the following links to access the [CHIT-Chat papers](#) and the [Future Questions Cards](#).

## Themes for the CHIT-Chats

A summary of each of the four themes for the CHIT-Chat papers are provided below.

### Exploring Risk in the Future of Care Homes.

For a significant proportion of people risk-taking activities would be linked with extreme pursuits or adventure sports. For residents in care homes the types of activities that are considered under the remit of positive risk-taking are often everyday pursuits which are part of being an independent person – for example walking around the garden or going shopping.

Key Question:

How would you like to describe and talk about risk in the future? What might you and others be doing tomorrow that could support these aspirations?

## **Sparking Curiosity about Care Homes**

Stories told about care homes can have a significant impact on people's perceptions of what it might be like to live, visit or work in one. The stories which are often told about care homes tend to be those which could be considered to be provocative; for example, stories of neglect or abuse or stories of people living in care homes doing something which disrupts the stereotype of care home residents, for example, motor car racing. The reality for the vast majority of care home residents is that their lives are not like either of these extremes. Residents, staff and visitors are going about their day in ordinary ways with times of extraordinary fortitude, kindness, humour and adaptability.

**Key Question:** What aspects of care home life would we like the community and public to have realistic perceptions about?

## **Recognising Expertise and Opportunity**

People living and working in care homes have rich life experiences, practical knowledge, skills expertise and hidden talents. There is a growing acknowledgment of the complex nature of the needs of those who live in care homes and of the importance of valuing the skills and contribution of those who work in care homes.

**Key Question:** What expertise might there be in care homes that we have never thought about before?

## **Exploring Connections and Exchange**

Connecting and exchanging in the context of care homes offers the opportunity to explore reciprocity and mutual benefit that can be shared between people living and working in care homes and people outside e.g., in the local communities. Supporting interactions with outside agencies and bringing people in to care homes can help to change the perception from a one way form of exchange (people coming in to care homes to provide benefits) to a two way exchange where the skills, knowledge and experience of residents are valued.

**Key Question:** What new mutually beneficial relationships could be developed between care homes and the wider community?

## **Opportunities to Stay Kinected**

More info on Future of Care Homes project is available at School of Innovation, Glasgow School of Art [\*\*Care Home Futures\*\*](#).

To see where the Sparking Curiosity in Care Homes led us please visit the Life in Care Homes: It's Not Black and White page in Kinnections Chronicles.

To access a resource which celebrates the variety of strengths and expertise in care homes please visit [\*\*Community Qualities Cards\*\*](#).

## Life in Care Homes: It's Not Black and White

Type of Initiative: Perspective on Care Homes

Key Themes: Sparking Curiosity. Perceptions and Perspectives. Friendship. Co-Creation. Future of Care Homes.

Life In Care Homes: It's Not Black and White' is a booklet and video which endeavours to give some insight into and spark curiosity about everyday life in care homes. It builds on Theme 2 of the Future of Care Homes CHIT-Chat Papers - Sparking Curiosity about Care Homes'.

The title Life in Care Homes: It's Not Black and White was used to convey that there isn't an easy black and white way of describing what it is like to live, visit or work in care homes. It was also used in recognition that some members of the public may not have had an opportunity to spend time in a care home, and so this booklet offers a splash of colour to perspectives on what life might be like for those who live, visit and work in care homes.

Residents and staff from Grange Care Home in Kilmarnock have been involved in the development of this booklet and can be seen sharing their response to it in the accompanying video. The residents feature in the photos, staff created a poem and both residents and staff were also involved in the text that accompanies the images.



The Life in Care Homes: It's Not Black and White booklet invites the reader to reflect on their own perceptions and perspectives on care homes. You might want to pause yourself now and reflect on:

What have you heard...

What have you read...

What have you seen...

What have you thought...

What have you wondered...

What have you felt...

...about life in a care home?

A key strand within the discussions which took place in developing Life in Care Homes: It's Not Black and White was the central role of friendship.

Below is a poem that Grange Care Home staff wrote about their experiences of friendship with the residents.

### **A Collective Poem about Friendship**

Friendships that are natural; tapping into people's natural abilities  
Our residents make me feel valued, this helps me to make them feel special  
The importance of being silly and of having the banter  
We're mischievous with each other, the residents like winding me up

Our residents make me feel valued, this helps me to make them feel special  
Listening to their stories has me on the edge of my seat  
We're mischievous with each other, the residents like winding me up  
Talking about their families, comforting them gives me a lump in my throat

Listening to their stories has me on the edge of my seat  
The importance of being silly and of having the banter  
Talking about their families, comforting them gives me a lump in my throat  
Friendships that are natural; tapping into people's natural abilities.

### **Opportunities to Stay Kinected:**

Watch a video on '[Life in Care Homes: It's Not Black and White](#)'.

View the accompanying video featuring residents from [Grange Care Home](#).

Find out more about the theme of 'Fostering Friendship' please visit the Clues and Cues to Creating Community in Care Homes in Kinnections Chronicles.

# **My Home Life Community**

Type of Initiative: Care Homes and Community

Key Themes: Social Movement. Community Engagement. International Connections.

Kinections, as has been discussed in our Motive & Methods section in this Kinections Chronicles, is part of the International My Home Life Community. My Home Life aims to promote and enhance quality of life for older people living and dying in care homes, and for those visiting and working in them; working with care homes across the UK as well as in Australia and Germany.

## **Kinections and My Home Life**

A note from Dr Belinda Dewar:

Kinections began as a project within the My Home Life Scotland programme at UWS. As the lead for My Home Life (MHL) Scotland I worked closely with the project for the first 2 years and had the luxury of participating in many inspiring conversations with the project team and the care homes involved. At MHL Scotland and MHL International we have been privileged to have had regular inspiring conversations about the learning from Kinections and share this more widely with the MHL network in Scotland. In particular care homes in Scotland and Hospitals who care for an increasing number of people with a dementia have tried out various resources such as the Picture Knowing Me, Community Quality Cards, and Blueprint for envisioning projects together. They have commented that they learn surprising and new insights about people and themselves that help them to engage in a different way and develop new ways of being together that enhance community.

In addition to trying out resources from the Kinections project we have been able to co-create resources and refine old My Home Life resources that help to engage people and create a sense of community such as the stories have legs, LIFE session process, and many more. These resources have been used both in the UK and in Australia and Germany.

The Kinections project has been significant in helping us in MHL to profile and evidence base more strongly one of our key themes 'Creating Community'. Previously we understood from the literature and our own work that creating community was often interpreted as bringing outside people from the community into the care homes to help them to feel part of the wider community. From our learning in the Kinections project we now have a much broader and deeper understanding of community which emphasises the importance of the 'feeling' of community -for example to feel connected, to feel you belong, and to feel valued for the significant contribution you can make. We have also learnt about more meaningful ways in which to connect and create community with those people who may not use words to share these feelings.

We have benefited from the connections the Kinnection project has made with other agencies and organisations that we had not had a relationship with in the past - we now do and are delighted to be learning from and with them.

The close collaboration between Kinnections and MHL has meant that we have been able to work together to plan and develop future initiatives going forward that will help to continue the important learning that has been developed in the Kinnections Programme.

The approach used in Kinnections has been inspiring, fun, motivating, and truly collaborative. Thank you to all who have helped this to happen.

### **Kinnections and Care Home FaNs**

The original idea, from which Kinnections developed, was inspired by the work of a My Home Life England initiative called Care Home Friends and Neighbours (Care Home FaNs) programme. Care Home FaNs, was formed to support confidence in care homes to open their doors up to their local communities and neighbours. The programme co-created tools and resources to support care homes embarking on a journey of community engagement for the first-time offering practical help and support. Care Home FaNs also strove to inspire, encourage and support members of the public, businesses, clubs and groups in the wider community to become good friends and neighbours to their local care homes, interacting with them meaningfully and regularly, seeing them for the important community assets that they are.

Kinnections was one of 9 projects from across the UK connected to the initial development of the Care Home FaNs programme and its associated Network; all the nine projects shared an interest in enhancing connections between care homes and the wider community. Members of the Care Home FaNs Network met up to 3 times per year, as well as having regular video conference calls to share ideas, resources and experiences of enhancing opportunities for care home community engagement. My Home Life England and those who took part, greatly benefitted from generous sharing of learning and as a result, My Home Life England built the Care Home FaNs website, a place to host all of the learning, resources, innovations and stories shared.

A year after its original funding ended, the Care Home FaNs programme continues to flourish and has since been working across North West London focussed on the development of the Activities Coordinator's role within care homes, helping care teams to rethink their role with a community engagement lens, this work was funded by the Mercers Charitable foundation.

Furthermore, Care Home FaNs has been awarded monies to promote young people's engagement with care homes, by linking together schools and youth organisations with older people living in care homes across England. This ambitious 3 year project which sees My Home Life England and The Linking

Network partnering together to develop an evidence based for intergenerational linking, has been funded through the #iwill Fund.

### **Kinections and My Home Life International**

Thanks to collaborations between My Home Life International and Helping Hand, a not-for-profit organisation offering help at home, retirement living and residential in South Australia, Kinections has found its way to the other side of the world.

Jory McGowan, My Home Life Practice Consultant, Helping Hand shares about their experience of connecting with Kinections.

At Helping Hand, our leadership teams are currently enrolled in the My Home Life program and have been courageous to try a number of Kinections resources in a range different service settings.

### **Picture Knowing Me**

Working with a group of service recipients, carers and family members, a Helping Hand team member used Picture Knowing Me to open the meeting. This group had met for nearly ten years, and they shared they learnt things about each other they had never heard before! They also shared the process has allowed everyone to have equality within the meeting discussion, to feel heard, has increased the value of the meeting and strengthened the purpose of the group.



## **Community Qualities Cards**

Some of our team members use the Community Qualities Cards in performance development discussions. They've found this helps the conversation to be a celebration of the things the person does well, and a positive conversation about what they might like to work on together going forward. The discussion feels less prescriptive, or a 'box-checking' exercise. It is a comfortable conversation, and a valuable experience for both people.

## **Opportunities to Stay Kinected:**

Visit the My Home Life websites at [www.myhomelife.uws.ac.uk](http://www.myhomelife.uws.ac.uk) and <https://myhomelife.org.uk>.

Learn more about the [\*\*FaNS Intergenerational Linking Project\*\*](#).

## Collaborative Events

Type of Initiative: Events

Key Themes: Collaborative Discussion. Creative methods. Energy.  
Kinnections established a name for hosting events that emphasised fun, engagement and something a bit different.

The first of these events was the Kinnections Launch Event which took place in UWS, Ayr Campus on Feb 6th, 2018.

The launch event attended by 70 people from a range of services, groups and organisations including care homes, Alzheimer Scotland, My Home Life England, East Ayrshire Health and Social Care Partnership, the Care Inspectorate, Scottish Care and Police Scotland.

A number of processes were used to help this to be an energising, engaging event where people were encouraged to share their ideas and perspectives.

The processes we used included:

- Unfolding Story
- Blueprint- Project Planning Resource
- Ribbons

### Unfolding Story

At the event people were invited to create an Unfolding Story by finishing each of the lines below.

- My idea of community is...
- What helps me to feel part of something is...
- When I think of community in care homes i...
- To be dementia-friendly could mean...
- My ideal community would ...

How would you have finished each of the lines?

### Blueprint- Resource for Collaborative Planning

We then used the image of building a house to think about what kind of project we would like to build in Kinnections.

When building a house, things to consider are the foundations, planning permission, neighbours and energy sources. Those at the Launch event were asked to think about what foundations we would like for Kinections, whose **permission** & support might help us to achieve good outcomes, what **neighbours** (local collaborators) we would like to connect with and where we will get the **energy** to keep the project going.

Example of the questions Neighbours section in the Blueprint Resource:



## Ribbons

To capture the idea of Kinections being about bringing individual people together in a spirit of community, everyone present at the event wrote their hope for Kinections on a ribbon and these were then tied to one main ribbon. People expressed hopes including that 'care homes are celebrated', that 'people with dementia are valued for who they are' and 'that we learn from each other'.



This giant ribbon then went on a tour of East Ayrshire care homes so that people could continue to add their ribbons of hopes for Kinections and community in care homes.

## Opportunities for You to Stay Kinected

To find out more about how you could work with a group to create your own Unfolding Story on any topic you like click on [Unfolding Story](#). See the full [Blueprints - Resource for Collaborative Planning](#).

## Lounging Around Workshops

Type of Initiative: Events

Key Themes: Exploring and enhancing experiences in care home lounges. Care and support of people with advanced dementia. Collaboration.

In August 2018 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 were 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. Skilled workshop contributors brought breadth and depth to the event, sharing their expertise and passions.

The workshops followed two strands:

1. Introducing staff to approaches and techniques for engaging with people with advanced dementia
2. Working with staff to explore their existing strengths when engaging with people with advanced dementia, and exploring how their learning could be used to support development of practice in the care home.

The various workshops that made up the Lounging Around Event are listed below.

<b>Workshop</b>	<b>Collaborator</b>
Adaptive Interactions	Dr Maggie Ellis
Care Empathia	Dr Margaret Brown, UWS
Empathy & Playfulness	Hearts & Minds
Maximising Music Experiences	Richard Ross & Margaret Connell
Namaste Comforting Touch	Lorna Reid, Accord Hospice
Promoting Excellence & Open Badges	Wendy Johnston, SSC
Re-Cap on CAPA	Laura Haggarty, Care Inspectorate
Experiences in Dementia Practice & Research	Lingo Flamingo
Sensory Storytelling	Ailie Finlay, Flotsam & Jetsam
Using Emotional Touchpoints to Hear about People's Experiences in the Lounge	Prof Belinda Dewar & Tamsin MacBride, UWS
Valued Activities	Gareth Hammond, Care Inspectorate
Volunteering in Care Homes	Annie Brown, East Ayrshire Volunteer Centre

Workshop participants also had the opportunity to explore 'hair and make-up as a sensory experience', to have a go at waltzing, flower-arranging and cake icing as potential ways in which to engage with people with advanced dementia.

## What People said about the Workshops

*"learning was new, very interesting and enjoyable. Gave an understanding of how gentle touch can affect a person"* Adaptive Interactions Workshop participant

*"changed my perspective on how to approach different communication opportunities while keeping all respect for residents"* Valued Activities workshop participant

*"thought-provoking and full of useful information. Brought things to light I perhaps had not considered. Positive and informative"* Care Empathia workshop participant

*"a lot of good strategies about personal space"* Empathy and playfulness workshop participant

*"excellent, absolutely loved this method for real engagement"* Emotional Touchpoint workshop participant

*"took me out of my comfort zone which felt good... when people told stories it helped create a good atmosphere"* Sensory storytelling workshop participant.

## Opportunities to Stay Kinected:

You can access our [Lounging Around Sketchbook](#) which offers a snapshot of what these workshops were about; the focus being on how we think and talk about being in the lounge and how we engage with others, particularly people with advanced dementia. The Lounging Around Sketchbook brings together a range of voices and offers a breadth of perspectives in exploring and enhancing relationships.

We have continued to collaborate with many of the expert collaborators who were involved in the Lounging Around Workshops. Go to A Place in the Fun, Local Stories and Legends, and Namaste Training sections in Kinnections Chronicles, to discover more about how we have built upon collaborations which begun at the Lounging Around Workshops.

## Extra Yards Together Make the Extra Mile

Type of Initiative: Community Event

Key Themes: Everyday kindness. Celebrating Stories. Stories have legs. Community Facilities.

People going the 'extra mile' for one another is something that happens every day in care homes. These 'little' acts of care and kindness are often minimised by the person who gifts it. "It's just what I do" is a common refrain. Kinnections was interested in these everyday, sometimes hidden stories, and how they could be shared and celebrated. Within the approach used in Kinnections, the sharing and celebrating of 'extra mile' stories is seen as a key way of helping beautiful, kind and interesting things to happen more of the time.



Extra Yard Story

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Care Home: \_\_\_\_\_

 Kinnections  
celebrating everyday kindness

Out of this the 'Extra Yards together make the Extra Mile' initiative was born. When we talk about going the 'extra mile' that possibly feels like we have to be doing something huge- an 'extra yard' reflects that the everyday, sometimes small sometimes big, ways in which people reach out to each other are worth celebrating.

This initiative invited people who live, visit or work in care homes to fill in a postcard with their Extra Yard story. We gathered together in April 2019 for a community event in Kilmarnock Athletics Arena. This event, in collaboration with Care Inspectorate C.A.P.A.. [www.capa.scot](http://www.capa.scot), project brought 80+ people together including East Ayrshire care home residents, staff and visitors and friends from local schools. Everyone in attendance joined together in holding a ribbon to which our Extra Mile postcards were attached. The occasion was awarded a ceremonial feel as a local bagpiper led us around the Arena.



Residents, relatives and staff from Grange Care Home Kilmarnock at the Kinectons 'Extra Yards Together Make the Extra Mile' Event in Kilmarnock.

There were opportunities for people to make the most of this community facility by having a go on the all-ability bikes, soft javelin and a variety of other games.

*"This event really celebrates the stories that are perhaps lesser told about what lies at the heart of care homes, and how there is extraordinary kindness, and love being shown- and maybe sometimes people don't fully realise the significance and value of what they do" Alison McLaughlin, Kinectons Team.*

### **Opportunities to Stay Kinected:**

If you would like to read some examples of the Extra Yard stories collected or try out this 'Extra Yard Together Makes the Extra Mile' initiative all information is available at [Extra Yards Together Make the Extra Mile](#). If you are interested in how to use stories or snippets from everyday life in care homes for bringing ideas and ideals in to practice, please check-out our [Stories have Legs resource](#).



# Clues and Cues to Creating Community in Care Homes

Type of Initiative: Clues to Creating Community in Care Homes

Key Themes: Creating Community. Research themes. Connection. Learning.

Clues and Cues to Creating Community in Care Homes was a document created in August 2019, which was designed to share some central themes that were emerging from engagement with care homes up to that point.

It was informed by hours of discussions with staff, residents, relatives and the wider community connected with East Ayrshire care homes.

The 6 'Clues and Cues' outlined below offer some ideas and thoughts for what it might look and feel like when the culture in a care home supports the growth and flourishing of community for the people who live, visit and work in the care home. Each of the Clues is written as what is termed a Possibility Statement within Appreciative Inquiry. The nature of Possibility Statements are that they are: grounded in reality, affirmative and reflect what is valued & desired. These 6 Clues and Cues Possibility Statements formed the basis for the research and engagement work for the remainder of the Kinnections project.

The full description of each of the Clues and Cues is available on our Kinnections webpage, along with a short Spark video for each.

- Clues and Cues to Creating Community in Care Homes
- Knowing Me and Knowing You
- Learning Each Person's Language
- Forging Friendships
- Time-Makers & Investors
- Wait til I Tell You What I Learned ...
- Short and Sweet Moments of Connection

## **Knowing Me and Knowing You:**

At the heart of community in care homes are people knowing each other, each others strengths, hopes & fears, quirks; the things people are fond of, the things people avoid. As people in the care home community get to know each other, there is an awareness that holding on to what is familiar can be very important for some people. There is also room for people to change their mind, and discover

new hopes and preferences as they get to know more about life in the care home community.

Accompanying Output/ Activity:

Development of Knowing Me Knowing You Resources and Booklet

### **Learning Each Person's Language**

Our care homes are places where we recognise that there are a variety of ways in which people communicate how they are feeling and what they are thinking. When people struggle to be understood using words, we give time and attention to picking up on the other ways people use to connect and express how they are.

Accompanying Output/ Activity:

Facilitation of SnipChat Sessions on the theme of 'Learning Each Person's Language

### **Forging Friendships**

Our care homes are places where friendships are fostered- this leads to people willingly going the extra mile for each other. We build friendships by: sharing bits of ourselves, showing affection (if this is something both people value), and being open to fun and forgiveness.

Accompanying Output/Activity:

Development of an Online Festival of Friendship and Creative Content for Care Homes You Tube Channel.

Creation of The Friendship that We Share- original song written by Carol Beckwith with words & phrases from residents & staff in care homes as part of the Festival of Friendship.

### **Time Makers and Investors**

Our care homes are places where we 'make time' for each other. In the midst of the busyness of everyday we see the value of investing time with people in order for them to have a good day.

Accompanying Output/Activity:

Facilitating SnipChat sessions on the theme of Time Makers & Investors.

### **Wait til I Tell You What I Learned**

Our care homes are places where people are hungry to deepen their understanding and insight of how to support residents, their family & friends who visit and staff who work in care homes.

When there has been new 'on-the-job' learning this is shared widely so that others can benefit from the new knowledge. Care homes are places where everyone has insights worth sharing that others can learn from.

Accompanying Outputs & Activity:

Piloting of Kinections SSSC Open Badges

Development of Resources for Reflection

Drafting of article entitled 'Moving Stories: Exploring the L.I.F.E. Session Storytelling

Method as a way of enhancing innovative, generative outcomes in practice'

(Pending Review).

### **Short and Sweet Moments of Connection**

Within care home communities are people whose lives have been significantly impacted by conditions such as dementia. We want our care homes to be places where people at the later stages of dementia have rich opportunities for connection, can feel they belong and are valued within the community.

We recognise that for people living with advanced dementia that it is in micro-moments that we can make a difference to their day.

Accompanying Outputs & Activity:

Development of successful submission to Scotland AREC for inclusion of people with advanced dementia in research component of Kinections

Collaboration with Hearts & Minds leading to A Place in the Fun Resource

Exploration of what helps staff to take forward learning from Namaste Care™ Programme.

### **Clues and Cues & COVID 19**

Plans for further exploration and development work on each of the Clues and Cues changed radically due to COVID-19. Much of what was planned could no longer happen because of restrictions on visiting, and the focus within care homes being to support residents, staff and relatives during this time.

Monies which had originally been allocated for a face-to-face Forging Friendships themed event was re-allocated to offer each care home £150 to spend on products that could support the enhancement of the theme of 'Forging Friendships' or 'Short and Sweet Moments of Connection'. The majority of care homes chose to focus on sensory items which could be used in 'short and sweet moments of connection'. The sensory items were therapy dolls, and therapy stuffed animals such as dogs and cats. The response to these items from residents was incredible. One care home shared

"The joy and smiles they are bringing is amazing, we have named 'our baby boy' Louis, chosen by one our residents by lucky dip".

And from another care home

"one lady was so happy and told story of how she won't have any grandchildren of her own but said that this was lovely just to have a cuddle".

In one care home some residents wanted to set up a chess club for themselves, but were missing some pieces in their chess set. When a new chess set arrived from the 'Forging Friendships' fund this was the response:

"the gentlemen loved it and it was a complete surprise! One of our gentlemen sat for ages just touching the wood on the board, he is a very proud man and was very taken aback by the kind generosity".

### **Opportunities to Stay Kinected:**

You can read the full Clues and Cues document and view the accompanying Spark Videos by visiting [Clues and Cues](#).

Have a go at our [Community in Care Homes Questionnaire](#) which is based on the Clues and Cues document.

## **Using our Stories to Enhance Community in Care homes**

Type of Initiative: Clues to Creating Community in Care Homes

Key Themes: Storytelling. Celebrating and enhancing practice. Culture change initiative.

Stories, can be construed as referring to something made up, like fairytales or legends. We have had those types of stories in Kinections- see our Local Stories and Legends Resource.

In Kinections we have also placed a significant emphasis on the power of stories from everyday life in care homes to act as a springboard. We have seen how they can be a springboard for both celebration of beautiful connections & practices that are currently taking place and for exploration of how stories might give insights into ways to further enhance people's experience of community.

### **How we have Shared Stories in Kinections**

The Kinections team have collected stories during our visits to care homes and shared these more widely with other care homes to act as a catalyst for further conversation (for example, Telling a Story in a Tweet). We also facilitated more in-depth work with the stories in individual care homes (SnipChat Sessions).

### **Telling a Story in a Tweet**

One example of how we shared stories within Kinections was to convey how it is possible to tell a short snippet of a story, in the length of a Tweet (280 characters). The purpose of telling stories in this way within Kinections was to (i) share stories that celebrate community in care homes (ii) highlight the potential of stories to get us thinking about what we value and would like to see happen more of the time. Alongside each story is a sample question that could form the basis for discussion on the story.

## Examples of 'Telling a Story in a Tweet':

A community physiotherapist wrote to care home staff to tell them how moved they were by the care the residents receive. The staff shared how lovely it is to receive positive feedback, and were particularly grateful for the physiotherapist taking the time to put it in writing.

Sample question: What are the ways in which you give feedback, and what helps feedback to be well-received?

In a care home lounge the music playing accidentally went on to one of the staff's own playlists. One resident, who didn't tend to respond to music, was noticed by the staff to be enjoying moving to the beat of Mumford & Sons. The resident went on to listen to their full album.

Sample question: This story could be said to have arisen from a 'happy mistake' - have you an example of where a 'wee mistake' led on to something positive happening?

## SnipChat Sessions

A SnipChat Session uses the L.I.F.E. (Learning and Innovating from Everyday Excellence) storytelling method developed by My Home Life Facilitators in Scotland. L.I.F.E. sessions aim to take stories from everyday practice, and using a structured format, to help people to collaboratively talk about the ideals and practical ideas that can be taken forward to benefit everyone who lives, works in or visits the home. The structure of the L.I.F.E. storytelling method is that a short story from everyday life in the care home is shared at the beginning of the session, and then everyone present takes it in turns to respond to each of the four questions below.

The four questions are:

What was there to celebrate in the story?

What are you wondering about after hearing the story?

What would you like to see happening more of the time?

What one thing would we like to ask/ think about/ try out after discussing this story?

To view a video of the use of L.I.F.E. storytelling method in practice, visit [Making Rights Real](#).

Fourteen SnipChat (L.I.F.E) Storytelling Sessions took place as part of Kinnections. Plans for a further 10-15 sessions were interrupted due to COVID-19. Stories shared within these SnipChat Sessions corresponded with central themes in the Clues and Cues document; namely, 'Learning each Person's Language', 'Time Makers and Investors' and 'Opportunities for Short and Sweet Moments of Connection'.

Those participating in SnipChat Sessions within Kinnections included care home staff, residents and relatives.

### Example of a SnipChat Session

The following SnipChat Session took place with 3 staff members in one care home.

#### Story Snippet

Anne (a resident living with dementia) went up to the mannequin\* and was carefully fixing and feeling the material on the mannequin's dress. She looked at the face of the mannequin and said 'oh, you're beautiful'.

\*The care home staff had placed a life-sized adult mannequin in the corner of one of the living areas in the care home, this mannequin was dressed in different outfits throughout the year, based on the season and special days. On the day referred to in the story, the mannequin was dressed in a multi-layered brightly coloured yellow taffeta skirt.

## Exploration of Story Using 4 Questions from L.I.F.E. Storytelling Method

Question	Summary of Responses
<p>What is there to celebrate in the story?</p>	<ul style="list-style-type: none"> <li>• It felt like we saw the real Anne, that she was being herself. The interaction seemed to spark an emotion in her</li> <li>• It was good that the colour of the material was bright to catch her attention, and that it was within reach for her to be able to touch it</li> <li>• It was lovely watching how she was fixing the skirt, and feeling the material.</li> </ul>
<p>What are we wondering about?</p>	<ul style="list-style-type: none"> <li>• What it was in particular that caught the lady's attention- colour of skirt, mannequins eyes or hair colour and if these reminded her of someone</li> <li>• What other things there are within reach for people to stop and touch in the home</li> <li>• Residents scan the staff every day- looking for anything new or different- that there are things for people to notice.</li> </ul>

Question	Summary of Responses
<p>What would we like to happen more of the time?</p>	<ul style="list-style-type: none"> <li>• Us thinking about giving the home/ dining area an injection of colour, with different textures and material.</li> <li>• Staff wearing accessories that catch people's eye- that are also in line with health and safety policies.</li> <li>• Taking the idea of a box of hats in the staff room like we have at Christmas, and having a box of hairbands for those would like to give wearing one a go</li> <li>• Finding out more about the ways staff are already doing that brings colour and personality e.g. bright socks, colourful laces.</li> </ul>
<p>What one thing would we like to ask/ think about/ try out after discussing this story?</p>	<ul style="list-style-type: none"> <li>• Give it a go at putting on different hair ribbons, clips- and start a collection of them</li> <li>• Think about easy ways to bring texture into the dining room- for example using the pillars as focal points.</li> </ul>

Ten minutes after the session ended, two of the staff members involved were in the lounge with ribbons in their hair, one had gone for a dazzling look and the other for a neat, pretty style. They had decided after the session to immediately go to the craft cupboard, see what was instantly available and use that as a starting point for bringing texture and colour into the home.

Key findings were that these storytelling sessions:

1. helped move stories from the specific (one resident) to the universal (developments change that can benefit everyone in the home)
2. involved a process which could in itself support development of connection and community among those involved in the session
3. inspired and encouraged people to feel confident to bring their learning and ideas into practice in a timely way.

### **Opportunities to Stay Kinected:**

To read a full report of the use of the L.I.F.E. Storytelling Method in the Rights Made Real project visit [Making Rights Real](#).

An article detailing the SnipChat Sessions, entitled Moving Stories: Exploring the L.I.F.E. Session Storytelling Method as a way of enhancing innovative, generative outcomes in practice is currently pending review, and we hope that this will be publicly available in 2021.

# Enhancing Connection and Fun in Care Homes

Type of Initiative: Clues to Creating Community in Care Homes

Key Themes: Collaboration. Moments of connection. Therapeutic clowning. Learning together.

In early 2020 a collaboration was formed between Crossgate Care Home, Kilmarnock Hearts and Minds<sup>1</sup> and Kinections. Between January and early March 2020 two Elderflowers visited the ladies and gentlemen in Crossgate Care Home on 5 occasions. At the end of each visit a reflection session took place with the Elderflowers, care home staff and the Kinections Project Lead. From these reflections sessions, as well as observations during the visits and further discussions, emerged a resource called A Place in the Fun.

## What do we mean by A Place in the Fun?

A Place in the Fun was the name given to the resource inspired by the work of the Elderflowers in care homes. A Place in the Fun captures the notion of creating places and spaces in care homes where people are coming together connecting, expressing emotion, using their imagination and trying things out. It doesn't mean everyone being happy the whole time, or people being treated like children- it may however involve laughter, surprises and sparks of connection.

The Place in the Fun resource is a set of 6 Ideas for creating connection and fun between those who live, visit and work in care homes; with each Idea being represented on an individual poster which can be used independently, or along with one or more of the other Ideas in the resource.

The 6 Ideas for creating A Place in the Fun are:

**Hellos and Farewells** - Creating moments of connection through the quality of our hellos and farewells

**Sounds Like a Song** - Creating moments of connection and fun through words, song, rhythm and rhyme

**Objects** - Creating moments of connection and fun by sharing 'not-so-random' objects that hold a story or feeling for the person who owns them.

**EyeCatchers** - Creating moments of connection and fun through eye-catching clothes, accessories hair or make-up

**Small Acts Made Big** - Creating moments of connection and fun by seeing the extra-ordinary in the ordinary

**Following Your Lead** - Creating moments of connection and fun, through people who live in care homes experiencing their authority & significance.

<sup>1</sup>Hearts & Minds is a charity which uses therapeutic clowning to bring playfulness, empathy and emotional connection in to health and care settings. Elderflowers (therapeutic clowns) use humour, improvisation and empathy to create connections with people living with dementia. [www.heartsandminds.org.uk/elderflowers](http://www.heartsandminds.org.uk/elderflowers)

## Continuing the Learning

Crossgate Care Home, with the support of Kinections, successfully applied to Life Changes Trust, as part of their Regional Grants Programme. This funding is allowing further exploration to take place with regard to how A Place in the Fun Ideas can be embedded within care homes.

## Opportunities to Stay Kinected

See the full [A Place in the Fun Resource](#), along with suggestions for trying it out in practice. Read more about [Life Changes Trust Regional Grants Programmes](#).

## Namaste Care™ Programme and Kinections

Type of Initiative: Clues to Creating Community in Care Homes

Key Themes: Moments of connection. Learning. Presence.

In Kinections we are interested in finding out what helps people to take new learning and ideas, and to bring these into their practice in order to enhance the lives of people living with dementia in care homes.

Following on from the Lounging Around Workshops a number of care homes expressed a desire to learn more about Namaste Care™. Care home staff were particularly interested in the Namaste Care™ training programme due to the focus within the programme on people living with advanced dementia, and staff's own eagerness to learn and develop their practice in relation to short-and-sweet moments of connection with this group of residents. Kinections collaborated with Lorna Reid, Prince and Princess of Wales Hospice and Fiona Irvine, Ayrshire Hospice who facilitated a two-day Namaste Care™ programme with 18 care home staff from 4 care homes.

After the two-day training programme, the care home staff participated in a workshop facilitated by the Kinections team to further share their learning, and explore how they could embed this learning within the day-to-day connections with people with advanced dementia in their care home.

Please read on to find out more about the Namaste Care™ programme.



## What is the Namaste Care™ programme?

'Namaste' is an Indian greeting meaning, 'I honour the spirit within'. The Namaste Care™ programme honours the spirit within by enriching everyday experiences of people living - and dying - with advanced dementia. The practical principles and practices of Namaste Care™ are:

- **N**urturing and honouring the spirit within
- **A**ccessing and using the Namaste Care™ toolkit - and other key resources
- **M**anaging implementation and regularly offering the programme
- **A**ssessing needs
- **S**upporting and nurturing a healing physical and relational environment
- **T**aking a team approach
- **E**nd in mind - thinking and planning ahead
- **C**omforting and connecting through the senses
- **A**tending to the needs of family and care staff
- **R**ecording and evaluating experiences of care
- **E**nriching and improving end-of-life care.

Although originally developed as a group based programme, Namaste Care™ can easily be transferred to the bedside. This means it can be used to promote comfort and connection with people at risk of becoming socially isolated.

To find out more about Namaste Care Training Programme please contact:

Lorna Reid, email: [lorna.reid@ppwh.org.uk](mailto:lorna.reid@ppwh.org.uk)

Fiona Irvine, email: [Fiona.irvine@ayrshirehospice.org](mailto:Fiona.irvine@ayrshirehospice.org)

## Opportunities to Stay Kinected

Read more about 'Engagement through Comforting Touch' by Lorna Reid in the [Lounging Around Sketchbook](#).

Discover more about care home staff's perspective on embedding [Namaste Care in care homes](#).

## Enhancing and Celebrating Learning

Type of Initiative: Clues to Creating Community in Care Homes

Key Themes: Learning. Dissemination. Recognition.

From the beginning of Kinections, the considerable skill and expertise of care home staff, was evident.

Two aspects of this skill and expertise were evident:

1. That care home staff perhaps undervalued the degree to which they held particular skills and expertise
2. That the skill and expertise was often what came instinctively the member of care staff, and so they maybe hadn't previously articulated how they knew what approach to take, or response may be helpful when supporting people with dementia.

Kinections became aware how the Scottish Social Services Council (SSSC) Open Badges (see [SSSC Open Badges Website](#)) was an established system which sought to value and expand the day-to-day learning which takes place in health and social care settings. Kinections collaborated with SSSC to develop an Open Badge on the theme of Knowing Me and Knowing You.

### What is an Open Badge:

It is a digital badge awarded in recognition of formal learning, informal learning, skills or other achievements.

The digital badge (see below for an image of Kinections' badge) is a digital picture or icon into which is embedded a set of (meta) data. The data is provided by the person applying for the badge and includes their supporting evidence which had been provided in order for them to receive the badge. Once the evidence has been approved as meeting the requirements for the particular badge for which they applied (example the Kinections Knowing Me and Knowing You badge) the person being awarded the badge can then electronically share their unique badge, which includes all the evidence (learning) they provided, in order for this learning to be extended to others.

### Kinections Open Badge Theme:

The purpose of this badge was to recognise the informal learning that happens everyday with regard to how staff get to know residents, find out what makes a good day for them and learn how best to support them. There were 19 successful applications to the Kinections Open Badge, with another 19 applications interrupted due to COVID-19.



Badge applicants were asked to evidence 2 of the following:

- **your learning** about helping someone to **share about** themselves, or their family member/friend
- **your learning** about yourself or others, and how you have/will **use this learning in the future**
- **your learning** about what helped you to **give something a go, try doing things differently, take a risk**
- **your learning** about what helped you to **get others on board or to share what you learned with others**
- **your learning** about what helps residents to have a **sense of belonging, achievement, purpose, safety, significance, continuity.**

### **Resources to Support Reflection and Learning**

We were keen within Kinnections to acknowledge that it can be tricky to pin down what we mean by 'reflecting' and 'learning' and sometimes we're unsure where to start if we want to think about our reflections or learning.

In response to this, a resource called 'Reflections and Ripples' was developed which provides a flexible structure to support people to think more deeply about their experiences at work, and how you can use these experiences to learn more about yourself and the people you work alongside including the people who live, work in, visit or access the service where you work. The Reflections and Ripples resource could be used alongside or independently of the Kinnections Open Badge.

The structure of Reflections and Ripples is that the person calls to mind a story or experience from work that they would like to think about in more depth.

A selection of song titles, and prompts are given to help the person to structure how they will write about their learning. An example of one of the song titles, with the follow on prompts are given below:

#### **Theme: The Sweetest Thing**

What this theme is about: What aspects of what happened in your story were you most excited/energised/hopeful about? What hints does this give you about what is important to you?

#### **Typical Sentences Might Begin with:**

I felt..... when.....

It surprised me when...

The best thing about this story was...

I think something I really value is...

I was buzzing to tell others...

### **Opportunities to Stay Kinected**

To view a sample of the Kinnections Open Badges visit our [Record Store](#).

To download a copy of the [Reflections and Ripples Resource](#).

# Creative Resources for People who Live, Visit and Work in Care Homes

## Knowing Me and Knowing You Resources

Type of Initiative: Creative Resources for People who Live, Visit and Work in Care Homes.

Key Themes: Relationship-Building. Relationship-Centred Care. Conversations. Reflection. Creative Methods.

Over the 3 years of the project, the Kinnections team have been having hundreds of conversations with people who live, visit and work in care homes. Again and again in our conversations, people emphasised how important it is to get to know residents, staff and family /friends who visit care homes. From these conversations emerged the theme of 'Knowing Me and Knowing You', as being a crucial element to building relationships and community in care homes.



The Knowing Me and Knowing You resources have been informed by all these conversations that have taken place in Kinnections. They have been tested out in practice and have undergone a number of different iterations to arrive at the versions that are available today.

They represent both the findings of this research into enhancing community in care homes; and their use in practice can also form part of the 'how' to enhance community in care homes.

### **An example of how these resources present the research findings: Insights into Me resource**

A resident in a care home shared her experience of how her wheelchair felt like an extension of her body, and so she appreciated when people in the care home were mindful of this. This conversation led to questions about being in a wheelchair being included in 'On the Move' page in the Insights into Me resource.

An example of the ways in which these resources form part of the 'how' of enhancing community:

### **Picture Knowing Me**

A care home staff member used the Picture Knowing Me Resource of images and prompts in conversation with a resident and relative. They were discussing 'Hidden Talents' which led them to discover the resident had a favourite song that was their party piece. This led on to a conversation about this song being played in the residents' last days, and from there they had an in-depth discussion on what the resident and family would like for the residents' final hours. The staff member felt that this Hidden Talents prompt had helped to reveal something new, both the talent and wishes for end of life.

### **Knowing Me and Knowing You- Resources for Building Relationships by Getting to Know One Another and Yourself**

Within Kinnections a range of new resources, to support relationship-building in care homes, have been created. A number of existing My Home Life resources have also been further developed.

The starting point of these resources is an acknowledgement of the skill, kindness and experience that people already have in relation to getting to know one another, and then to invite them to think about even a 5% stretch into thinking what might else be possible that would enhance people's connection.

The purpose of these resources therefore is to build on:

- The strong relationships you're already growing... and to see what else might be possible
- The great conversations you're already having... and to see what else might be possible
- The lovely information you're already gathering... and to see what else might be possible
- The new & different things you're already trying... and to see what else might be possible.

An example of one of these resources is the Community Quality Cards, which are a set of 40+cards with strengths-based qualities on them, to help people to name qualities they see in themselves and others. They have been designed to tap into the qualities of residents, staff, relatives and all who are connected with care homes. Examples of the types of qualities included in this resource include the quality of:

'Creating a Warm Feeling', 'Heart of Gold', 'Eagerness to Learn' and 'Looking Out for Others'.

The full range of resources can be accessed at [A-Z List of Kinnections Resources](#).

The Knowing Me and Knowing You Resource Booklet provides a step-by-step guide for using each of these resources, and can be found within the [A-Z List of Kinnections Resources](#).

### **Knowing Me and Knowing You - Resources for Reflection**

Within the range of Knowing Me and Knowing You resources, are resources designed to support individuals and groups to reflect on their practice. These resources could be used in the context of supervision, or reflective practice as part of ongoing training & development.

An example of a resource for reflection is [Community in Care Homes Questionnaire](#). See below for an example of 2 of the 15 questions asked in this questionnaire.

### **Community in Care Homes Questionnaire**

Please take 10 minutes of your time to complete this questionnaire. Be as honest as you can and put a tick in the square that you think best describes you in relation to each of the following items. You might also want to think about the areas where you have particular strengths, and the areas you would like to develop further.

<b>Question</b>	<b>Most of the Time</b>	<b>Some of the Time</b>	<b>Not very often</b>	<b>Don't Know/ Not Applicable</b>
1. I like to find out about other people's hopes, strengths, quirks and fears.				
2. Even when I know someone a long time I still make an effort to learn something new about them.				

Additional resources for reflection include: Community Qualities Reflections Tools, Reflections and Ripples and Questions for Reflecting About Myself/ How We Listen/ Working in Groups. All of these resources are available on [A-Z List of Kinctions Resources page](#).

### **Opportunities to Stay Kinected:**

As highlighted above all of the Knowing Me Knowing Resources are available at [A-Z List of Kinctions Resources](#) with information on how, where and when you might use them in the Knowing Me Knowing You Resource Booklet.

## **Interactive Online Activities**

Type of Initiative: Creative Resources for People who Live, Work and Visit Care Homes.

Key Themes: Relationship-building. Getting to know one another. Online activity.

Kinctions embraced the opportunities for technology to support connection by developing a range of online interactive activities based on the Knowing Me and Knowing You resources.

These interactive activities are available through the [Interactive Online Activities](#) tab on the Kinctions website, and free for anyone to use.

### **KeyCards**

Press a button to have a Key Card question chosen at random and appear on the screen. If you would prefer not to answer that question, press the button again to have a different question picked.



Examples of KeyCard questions:

What do you find funny?

What helps if you're feeling worried?

A risk you'd like to take is...

### **Picture Knowing Me**

Press a button to spin the wheel to have a prompt, for you to respond to, selected at random. Again, if you don't wish to say something about the first prompt picked, spin again to see a different prompt.



Examples of prompts:

My Ideal Afternoon

Something about me that might surprise you

Things I Do to Treat Myself



A care home resident in Grange Care Home, Kilmarnock using our 'KeyCards' question activity.

KeyCard Questions and Picture Knowing Me could be used:

- Between people as a conversation starter, for example residents and staff in the care home
- During online visits between residents and family & friends
- As an opening round at an online or face-to-face meeting to help people to connect
- As an online intergenerational activity between care home residents and younger people.

### **Giving 'KeyCard' Questions a Try**

The residents seemed to have fun answering the questions.

Great questions and it was helpful for me too. It was a good opener/icebreaker to start the day with the residents.

We took the Mobile phone to the table afterwards, for Morning tea and had the residents push the button again fun results!

This is a great tool for when you need to break ice, start the day, or just for fun!  
Care Home, Lifestyle Co-Ordinator

## **Insights into Me**

Insights into Me is a resource created with new residents in mind, and which can also be used to get to know more about all residents.

Insights into Me asks a wide range questions to help gather information about what makes a really good day for each person who lives in a care home. Asking and answering the questions in this resource also gives opportunities for staff and relatives to share something about themselves, if they would like to.

There are a lot of topics covered and questions asked in the Insights into Me resource, and so people are invited to pick and choose the topics and questions they would like to explore, without having to answer every question.

Insights into Me resource can be:

- Used by care home staff when a resident first arrives to the care home, alongside the other documentation the care home use when getting to know new residents
- Sent to the resident and their family before the person moves into the care home

- Used to gather information on one topic, for example by printing off the Connecting and Communicating page to explore with a range of residents

## Opportunities for You to Stay Kinected

Go to our website for all our Interactive Online Activities [myhomelife.uws.ac.uk/scotland](https://myhomelife.uws.ac.uk/scotland).

Check out the full range of resources that help us to get to know one another and to build relationships [Kinectons Resources](#).

## Creative Content for Care Homes You Tube Channel

Type of Initiative: Creative Resources for People who Live, Visit and Work in Care Homes

Key Themes: Creative engagement. One-to-one interactions. Collaborations.

The idea for creating a You Tube Channel specifically for care homes was born out of stories from care home staff, of how the possibilities for engagement and activities with residents had been so affected due to people having to remain in their bedrooms because of COVID-19 restrictions. Community for these residents, was experienced in their interactions with staff and so Kinectons wanted to explore how to bring colour and variety to these interactions.

Kinectons collaborated with a number of creative practitioners and organisations to put together a selection of high-quality videos specifically for people living in care homes, and with a hope that these videos would be engaging for people with dementia, irrespective of the stage of their dementia.

**Kinectons Creative Content for Care Homes**  
16 subscribers

SUBSCRIBE

HOME VIDEOS PLAYLISTS CHANNELS DISCUSSION ABOUT

Uploads ▶ PLAY ALL

Video Title	Duration	Views	Posted
The Irish Pig	0:48	1 view	1 week ago
Willies Gone to Melville Castle	1:45	1 view	1 week ago
Everyday Mindfulness with Jayne Howie	13:15	58 views	1 week ago
Lily Limericks	7:48	22 views	2 weeks ago

### **The range of videos include:**

Tambourine and egg-shaker music lessons, poetry readings, traditional story-telling & songs, instrumental music with classical guitar and Scottish harp, gentle movement & dance, step dancing, limericks recited by Elderflowers and a mindfulness exercise.

### **Quotes from care homes:**

*'The residents loved the videos- they were shaking their tambourines and maracas to Adam's videos and were really interested in Ailie's traditional story about Cumbrae';*

*'We've started using 'Time to Dance' for our morning chair exercises and it works great for this'*

*'One gentlemen who had played guitar himself commented how much he loved the music videos, and the Classical Guitar video was a special one for him'.*

### **Opportunities to Stay Kinected**

Our full range of videos for care homes videos can be accessed on our Kinnections You Tube Channel or by going to YouTube and searching for Kinnections Creative Content for Care Homes.

## **Storytelling and the Senses**

Type of Initiative: Creative Resources for People who Live, Visit and Work in Care Homes

Key Themes: Storytelling. Using our Senses. Collaboration.

### **Lounging Around: Local Stories and Legends**

Local Stories and Legends is a booklet of short stories, and legends created in Kinnections as a resource to stimulate the senses and support connection and further storytelling.

The idea for this booklet was borne out of a conversation with care home residents that took place within the context of the 'Future of Care Homes' project. Residents shared the importance for them that local traditions, skills and knowledge would be passed on to future generations. Following on from this, Traditional Storyteller Ailie Finlay engaged in a number of storytelling workshops. Ailie shared traditional Scottish stories, incorporating a variety of props such as brightly coloured cloths and treasure chests, to introduce a sensory element. Ailie's stories were the catalyst for care home residents to go on to share their own stories at the workshops.

From these workshops came the idea for the Local Stories and Legends booklet.

The booklet includes 7 short stories in this book written by care home resident Jim Leitch, which are interesting and entertaining true stories from his life. Ailie contributed the text of 2 local legends, which she had brought to life during the workshops, to the booklet so that they could continue to be enjoyed in care homes.

### **Example of one of Jim Leitch's stories:**

#### **Peat**

Peat was cut each spring on High Hapton [a farm in the Whitelee hill area]. Four days cutting peat kept the farms in fuel all the year round. No coal was used. Cutting peat was a job for four people and a horse...When we were working at the peat it was some distance from the house, too far to go home. My mother gave us a large baking bowl filled with stewed rhubarb, a loaf, a gallon of milk, four plates and spoons. We dipped the bread in the rhubarb and drank the milk, a very refreshing lunch.

#### **Activating the Senses**

Smell of peat- to achieve the smell of a peat fire, turf peat incense can be bought online

Taste of rhubarb- taste test of stewed rhubarb on bread, raw rhubarb dipped in sugar, rhubarb with .....

#### **Continuing the Conversation by Asking:**

What smells remind you of your childhood?

If you were going on a picnic what would you bring to eat?

As can be seen in the example above, the booklet also offers some suggestions incorporating the senses. This activation of the senses may be particularly interesting for people who enjoy using their sense of smell, touch, taste and for people with advanced dementia who may engage differently with these sensory experiences than with words alone.

There are also suggestions included for continuing the conversation and inviting further storytelling.

Following the publication of this booklet Ailie successfully applied to the Traditional Arts Small Grants Fund for some funding to work together Kinections again on adapting some more folktales and legends to make them accessible for people living with dementia and to run some online story sessions. Out of this Ailie developed two videos of traditional stories which are on the [\*\*Kinections Creative Content for Care Homes You Tube Channel\*\*](#).

*"This collaborative work with Kinections has been very valuable to me. Through these projects I learnt a lot about how storytelling can be used as a way of celebrating the lives of care home residents and can also help to develop a sense of community within a home. Being part of the facilitated story-telling sessions also helped me to develop my own listening and communication skills further and make me more confident about undertaking similar projects in the future".*

Ailie Finlay, Storyteller, Flotam & Jetsam

### **Opportunities to Stay Kinected**

Download a copy of [Lounging Around Local Stories & Legends](#).

Watch Ailie videos on You Tube where she is joined in song by Marie-Louise Cochrane [Video 1](#) and [Video 2](#).

### **Human Rights Resources for Care Homes**

Type of Initiative: Creative Resources for People who Live, Visit and Work in Care Homes

Key Themes: Exploring Human rights. Health and Social Care Standards. Language of human rights.

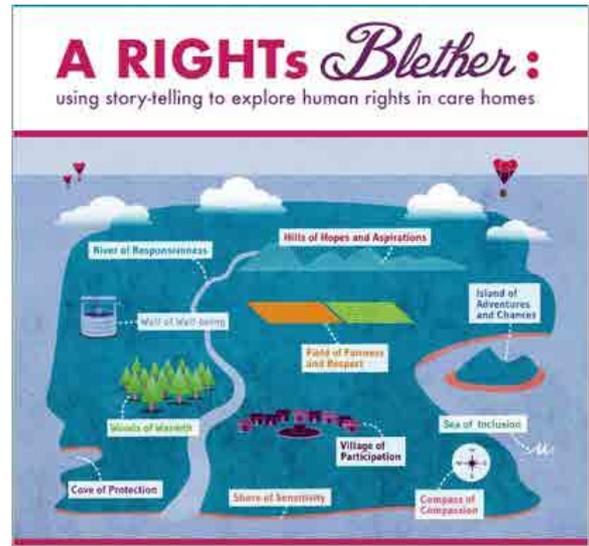
During the lifetime of Kinections, two hugely significant events pertaining to human rights in care homes have come to pass, namely, the implementation of Scotland's Health and Social Care Standards, My Support My Life, in 2018 and the COVID-19 global pandemic in 2020.

The Health and Social Care Standards sought to place a human-rights based approach at the heart of how positive outcomes were achieved for people accessing health and social care services. The global pandemic has had a colossal impact on those who live, work and visit care homes. People have been placed in tortuous positions in making decisions as to the 'best interests' of those who live in care homes. It has been traumatic and exhausting for many. Questions of what it means to uphold people's human rights have been raised often; questions which are complex and yet speak to a simple human desire to be able to connect and be with others.

Prior to the pandemic Kinections was involved in a number of activities which sought to support care homes in the language and practice of a human-rights approach to the care and support of people in care homes. The starting point for these activities was always that there was already outstanding examples of human rights being realised in care homes, and that a central piece of work therefore was to enable care homes to share their stories and examples of how human rights were being met.

## A RIGHTS Blether

Kinnections was involved in a partnership between University of the West of Scotland (My Home Life team) and the Health and Social Care Academy (a programme of the Health and Social Care Alliance Scotland), with support from Life Changes Trust, hosted an event in relation to exploring the new Health and Social Care Standards in practice. The event called 'A RIGHTS Blether' used a storytelling approach to demonstrating how rights were being realised. A resource called A RIGHTS Blether Map was created for the event, and used to support people in exploring how stories from everyday practice could be mapped to the Health and Social Care Standards.



## Insights Into Me

The Insights Into Me resource, is a resource to support getting to know how best to support each resident in a care home, has been informed by the research work of Dr Caroline Albuquerque-Green, whose PhD explored the multiple perspectives on human rights and the right to privacy, in care homes.

Aspects of the Insights into Me resource which have been informed by Dr Green's work include: framing privacy as being about asking the person (resident) what would help them to 'feel at home', inclusion of questions around family life which include using a family & friends tree, and what would help them to feel connected to their family & friends. The resource also makes both implicit and explicit references to the right to privacy & dignity, in terms of personal care, time alone and with others and consideration of the person's need for intimacy.

## Resources for Exploring Perceptions around Human Rights and Care Homes

A number of resources have been developed from Dr Green's work to support conversations which can be used for personal reflection, training events, in workshops and group discussions on the topic of human rights in care homes.

## Who am I?

This resource has been developed as a way of inviting personal reflection about one's own perspectives on human rights. It could also be used to stimulate group discussion.

## Human Rights in Care Homes Personality Test

Based on Dr Caroline Green's research findings on the different perspectives and assumptions people hold regarding the purpose of human rights in care homes and social care, this Personality Test is presented as a light-hearted way of raising

awareness about these varying perspectives and assumptions that people hold.

### **Human Rights in Care Homes Dice Activity**

Designed as an activity to stimulate conversation, and new insights into human rights- the dice activity involves a selection of different prompts on various human rights themes that be used for group discussions.

### **Opportunities to Stay Kinected**

To view the full report on the RIGHTS Blether event visit [Report on RIGHTS Blether Event](#). Access the Getting to Know Me go to [Kinectons A-Z Resources](#) and scroll to Getting to Know me Resource. See a copy of [Dr Green's resources](#).

# Ethics, Education and Research

## **Ethical practice when researching with people with advanced dementia**

Type of Initiative: Ethics, Education and Research.

Key Themes: Ethics applications. Research involving people without capacity. Collaboration.

As Kinctions is a research project, each action within the project is guided by ethical approval from the University of the West of Scotland School of Health and Life Sciences adhering to a range of international and national legislation, principles and guidelines. Adherence to research governance aims to ensure that high-quality research is conducted and shared in a way which has the confidence of the public and protects the rights of the service users, families and the workforce involved.

One of the intentions of the Kinctions project was to conduct a discreet piece of research with people with advanced dementia living within one care home participating in the Kinctions project. The purpose of this component of research activity within Kinctions was to ensure that the experiences of people with advanced dementia, as members of care homes (and dementia-friendly communities), were reflected in the overall findings of the project.

One of the fundamental principles of ethical practice is that all who participate in research have the ability (capacity) to understand the study and can agree to or decline taking part. It is the role of Scotland A Research Ethics Committee (Scotland AREC) to scrutinise and approve research projects which involve people who have reduced capacity; to ensure the rights and wellbeing of potential participants are protected. Ethical approval for a member of the Kinctions team to engage in social observations, of people living with advanced dementia in a care home, was applied for and after this scrutiny, was granted. The researcher would have spent time socially with the residents and observed which facets of their lives were enhancing and positive to develop and strengthen these aspects, which brought joy, contentment and happiness.

Then the Coronavirus pandemic happened. All research actions in care homes stopped. As a result, this research involving people with advanced dementia was unable to happen.

The procedures and methods to apply for this approval are stringent, involving

the development of information sheets, consent forms, observations schedules and a detailed, evidence-based research protocol. The Kinnections team were keen that even though this research was unable to happen in this project, that there was potential benefit to the wider dementia research community in sharing all the relevant documents which were prepared in order to obtain ethical approval. All these documents can now be accessed on the Kinnections website- see below for details. Whilst each submission to an Ethics Committee is reviewed on its own merit, this suite of papers provides a previously trodden pathway for those conducting or participating in research with people with advanced dementia.

*"The Scottish Dementia Research Consortium (SDRC) exists to promote and support dementia researchers in Scotland, ensuring a high quality research environment for all research in Scotland. These documents will be of great use to the members, particularly early career researchers and students who are navigating the ethical approval process for the first time."*

Dr Louise Ritchie, Reader, Alzhiemer Scotland Centre for Policy and Practice UWS, and SDRC Committee Member

### **Opportunities to Stay Kinected**

To access the range of documents which were submitted to Scotland A REC please visit our Kinnections Webpage [Ethics Submission to Scotland AREC](#).

## **Weaving Kinnections into Academic Programmes within University of the West of Scotland**

Type of Initiative: Ethics, Education and Research.

Key Themes: Student engagement. Dementia awareness.

### **School of Education and Social Sciences - Community Education**

Dr Annette Coburn, Senior Lecturer Community Education and member of the Kinnections Project Team, used the Kinnections project as a case study example with students undertaking the Degree in Community Education. Many of the students on this programme are connected with the health and social care sector with some working in care homes. The Kinnections Project was used as an exemplar of emancipatory practice - a means for people living with dementia and their families to use their power to live meaningful lives and have their human rights upheld.

The SnipChat storytelling method, used in Kinnections, was shared with students to illustrate methods for participation and engagement in learning conversations. Students were given an example of when this method had been used in Kinnections.

The class worked in small groups to consider when they might use 'SnipChat' storytelling in a Community Education practice, and to consider if they would like to change any of the question prompts. Feedback identified that it might be empowering to engage participants generating new prompts, and so extend critical thinking.

*"Our 'Strategies for Participation and Inclusion' module was enhanced this year by synthesising important ideas on storytelling from a community development perspective with storytelling in care home contexts...it created a wonderful synergy that transcended boundaries between education and care/care and education!"*

Dr Annette Coburn, Community Education Lecturer

### **School of Culture, Media & Society**

Kinections collaborated with colleagues in the School of Culture, Media & Society, as part of the Dementia Theme within the School. The collaboration involved engaging with students undertaking a Creative Writing module within the Film-making & Screenwriting degree.

Stories (research data) from Kinections on everyday life of people with dementia living in care homes was shared with the students. They were also given information as to where they could do further research into dementia, and how it impacts those with dementia and those who care for and support them.

The students were given the assignment of writing a short-story, in which a character in the story is living with dementia. They were invited to use the stories and information from Kinections to think about how they might:

- display a nuanced approach to describing what it might be like to live with, or care for someone living with, dementia
- give careful attention to context, language, intention when writing about dementia.

*'In their Evaluation Forms students praised the teaching and background research about dementia. Comments varied from "it helped me make my story better" to "I really enjoyed the dementia part because the speakers made me understand more about people who live with the condition. As chief marker on the module, I noticed a marked improvement in student grades with this story.'*

David Manderson, Module coordinator.

## **School of Health and Life Sciences**

### Discover Dementia

Commencing in 2020, students within the Adult Nursing, Mental Health Nursing and Paramedic programmes in the University of the West of Scotland will be introduced to 'Discover Dementia' as a central thread running through their learning journey. The Discover Dementia thread provides students with an opportunity to achieve the **Skilled Level** of knowledge and skills outlined within the **Promoting Excellence Framework**.

The Kinections Project has been integrated into the Discover Dementia component of the Values in Practice module, which both adult and mental health nursing students complete. First year students on these programmes will be introduced to Kinections, and the theory of relationship-centred care that underpinned the project. They will also be guided to Kinections resources for them to then try these out in their own practice.

### **Personal Tutor & Kinections Resources**

Kinections relationship-building and reflective resources are also being used in the School of Health & Life Sciences, UWS by Personal Tutors in their one-to-one interactions and groupwork with students. This affords the students an opportunity to experience first-hand how these resources can support people to connect, and reflect. Students can then be invited to consider how they might implement what they have learned from using the resources, within their own practice.

### **Opportunities to Stay Kinected**

For further information on Dementia-Related learning within UWS please visit **Dementia CPD Courses**. For information about the Alzheimer Scotland Centre for Policy and Practice within the University please visit **ASCPP**.

## **Conferences**

Type of Initiative: Ethics, Education and Research Presentations

Key Themes: Research findings. Dissemination. Collaborations.

Listed below are the Conference Poster Presentations submitted by the Kinectons Team.

### **World Appreciative Inquiry Conference, 2019**

Title: Kindling Kinectons: An Appreciative Inquiry Study into Strengthening Dementia-Friendly Communities in Nursing Homes

Roddy, E., and Dewar, B.

### **Talking Cures Festival, Year of Conversation, Storytelling Centre Edinburgh, 2019**

In What Ways are Storytelling a Conversation; and the place of listening within storytelling.

Finlay, A. and Roddy, E.

### **Scottish Dementia Research Consortium Conference, 2020**

Knowing Me and Knowing You: There ARE Some Things We Can Do. Using creative resources to help us to get to know people living with dementia in care homes

Roddy, E., Dewar, B., McLaughlin, A. and Jack-Waugh, A.

### **International Dementia Conference, Hammond Care, 2020**

Knowing Me and Knowing You: There ARE Some Things We Can Do

Using creative resources to help us to get to know people living with dementia in care homes

Roddy, E., Dewar, B. McLaughlin, A. and Jack-Waugh, A.

Using Open Badges to Enhance & Share Learning about Building Relationships between Care Home Staff and Residents

Roddy, E., Burton, G., MacBride, T. and Jack-Waugh, A.

### **Opportunities to Stay Kinected**

For more information, and to see posters submitted to conference please visit

[\*\*Conference Abstracts and Posters.\*\*](#)

# Staying Connected

## Over to You

Type of Initiative: Staying Connected

Key Themes: Staying Kinected. Real & Possible. Thinking/Feeling/Doing.

At the end of each of the 20 initiatives in Kinnections Chronicles is an invitation to you to Stay Kinected.

This 21st initiative belongs to you.

We'd like you to consider if there is one 'thing' however small that you would like to take from Kinnections and try out for yourself in 2021.

Your 'thing'- could be

- a topic or idea you would like to think more about, on your own or with others
- a feeling you had when reading about Kinnections that you would like to bring into your own practice
- a new question you would like to ask or new conversation you would like to have
- a new connection you would like to make with a person or group
- an action you would like take forward, such as giving one of the Kinnections resources a go.

What I'm going to take with me into 2021 from Kinnections is:

.....

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## **Closing Thoughts, Ideas and Questions**

In drawing Kinections Chronicles to a close we would like to leave you with some thoughts, ideas and questions.

As you read these last pages you may want to pay attention to what:

- sparks energy or enthusiasm in you
- feels like unfinished business
- conversations you might like to have about what you've read.

## **Our Closing Thoughts**

Perspectives on Care Homes

The Kinections project explored perspectives on care homes from the angle of:

- existing literature on dementia-friendly communities and how care homes are referred to within this literature
- care home residents, relatives and staffs opinions and ideas for the future of care homes
- offering a 'snapshot' in the form of photos, words and video of everyday life in care homes
- the wider international My Home Life movement

## **Events**

We organised events which:

- strove to forefront collaboration, engagement and energy
- provided opportunities for new learning
- celebrated care homes and the people who live, visit and work in them.

## **Clues to Creating Community in Care Homes**

We discovered and explored some clues to creating community that:

- communicated the emerging clues and cues (findings) to creating community
- fronted the place of stories in creating and enhancing community
- revealed how opportunities for connection and fun could be further enriched
- explored how learning from formal training can become part of day-to-day practice.

## **Creative Resources for People who Live, Visit and Work in Care Homes**

We designed and developed creative resources to:

- generate opportunities for people to get to know one another in new and different ways
- maximise the possibilities that online activities gives for resources to be used widely and over a prolonged period of time
- respond to the evolving needs of care home residents and staff when residents are spending long periods in their bedrooms due to COVID-19
- incorporate sensory elements so that they can be enjoyed by those for whom touch, taste, smell, sight and hearing are a key means of connection
- recognise that conversations on topics such as human rights can be complex, and that these conversations are crucial as they have the power to influence day-to-day experiences in care homes.

## **Ethics, Education and Research Presentations**

We engaged ourselves in matters of ethics, education and research dissemination to extend the reach of Kinections to:

- include people with advanced dementia, who can be under-represented in research activity
- involve staff & students from a range of programmes within UWS
- share our research with the wider dementia, social care and participatory methods research communities.

## **Over to You**

We positioned this Kinections Chronicles to be in keeping with the approach within Kinections in an effort for it to be:

- engaging and invitational to you the reader.

## **Our Closing Ideas**

It was not the hope or scope of Kinections to imagine that we might arrive at a neatly defined conclusion on what creates community in care homes.

Our 'Clues and Cues to Creating Community in Care Homes' represent key themes about some of what helps in creating and enhancing a feeling of community.

Whilst due to COVID-19 we were unable to complete significant work in further refining and co-analysing these themes we might say that creating community in care homes is about:

## **Knowing Me and Knowing You**

Seeing the significance of the informal moments where relationships are built and valuable insights are gained, and therefore also seeing the significance of developing processes and methods for these valuable insights to be captured and shared with others.

## **Learning Each Person's Language**

Seeing the significance of the smallest hints that people give us in verbal and non-verbal ways as to how they are, and how we can best support them. Seeing the significance and subtlety of the noticing skills that are required to recognise and value these sometimes smallest of hints.

## **Fostering Friendships**

Seeing the significance of the special bonds that develop between certain people- and for example actively encouraging staff to nurture a special bond that they are developing with a particular resident. Seeing the significance of knowing lots about people's strengths, interests and personalities so that these special bonds can be fostered.

## **Time Makers and Investors**

Seeing the significance of the quality of our presence- and how when present with someone else even the shortest of moments can have a deep impact. Seeing the significance of the time spent 'being' with someone, that may not necessarily involve 'doing' something.

## **Wait til I tell you what you learned**

Seeing the significance of informal, everyday learning that happens in care homes; and the significant skill and expertise that is required. Seeing the significance of having this learning recognised, and developing processes that help people to name out loud the learning that is often tacit and intuitive.

## **Short and Sweet Moments of Connection**

Seeing the significance of continually seeking out short and sweet moments of connection, even when the outcomes are unclear and that it may involve stretching ourselves in new ways. Seeing the significance of finding ways that everyone, at all stages of their dementia journey, has opportunities for connection and fun and to experience achievement, belonging and significance.

## **In Summary**

The Clues and Cues to Creating Community could be said to centre on seeing and amplifying the significance of all six of these Clues and Cues. At the core of seeing and amplifying the significance of these six Clues and Cues is the art of recognising & valuing small, short, special moments of community. Seeing and

amplifying the significance of each of these requires attention to the subtle and the simple. Attention to the subtle and the simple needs the whole community's eyes, ears, heads, hands and hearts.

## **Our Closing Questions**

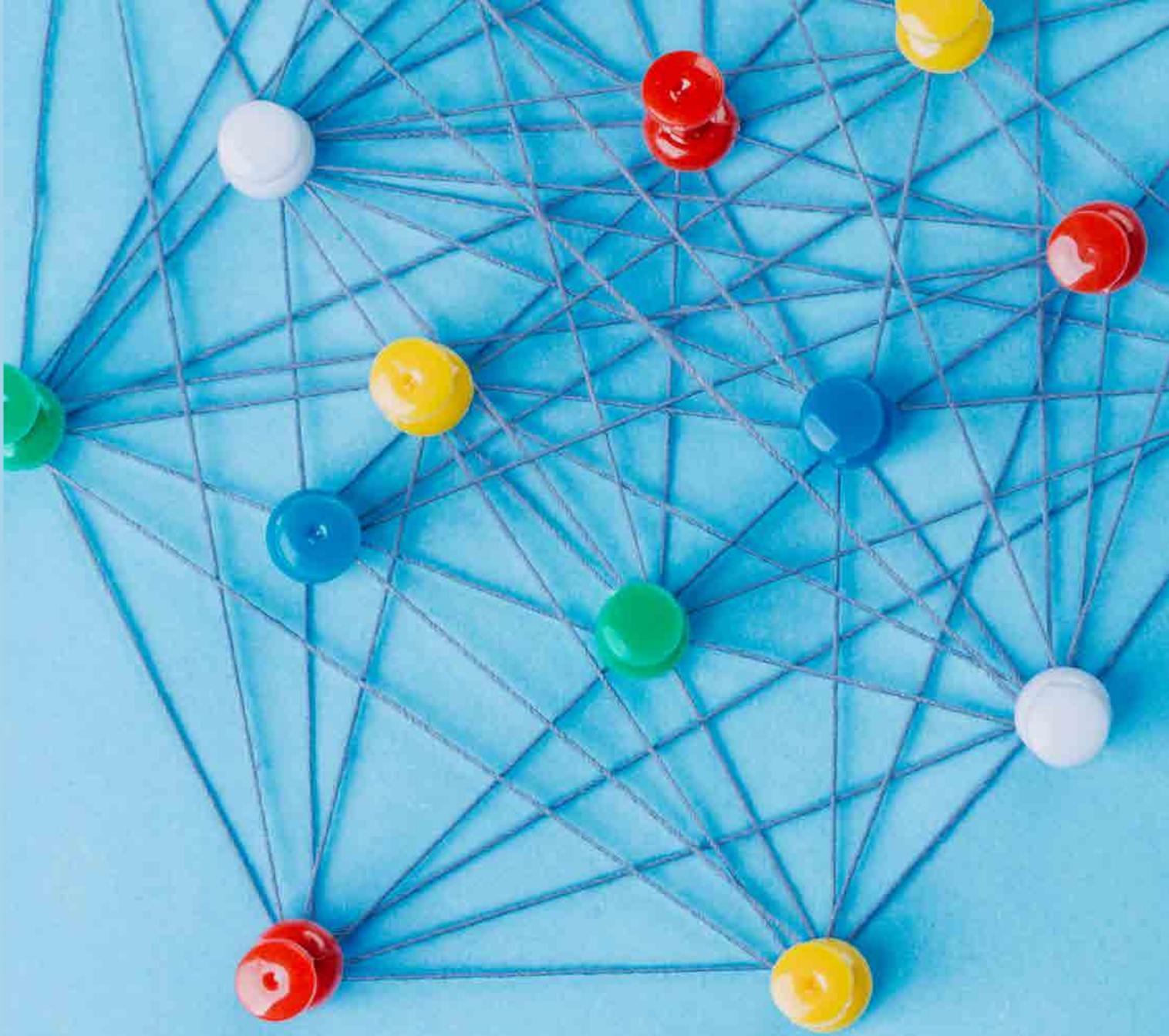
And back to you...

What is there to celebrate in what you read in Kinnections Chronicles?

What are you wondering about, after reading Kinnections Chronicles?

What are one or two specific parts that you read that you would like to see happen more of the time?

What might you do differently?



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