

BUILDING RESILIENT CARE AT HOME



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WHAT'S THE NUMBER ONE FACTOR (NOT WHAT, WHO!)

*Person centred
planning*

BUT WHAT ELSE?

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- - Family & friends
 - The right care provider
 - Neighbours
 - Right tech, right time
 - Regular reviews
 - Understanding changing needs



Tech helps.....

Provider/family/friends

- Monitoring health
- Tracking movements
- Keeping in touch
- Medication reminders
- Wellbeing

Person receiving care

- Enables independence
- Tailored to meet needs
- Keeping in touch
- Increased safety at home
- Live at home for longer



We have the tech to build it, right?

There is an assumption that providing tech for people to remain independent at home is a good thing. And it is, however, is the person surviving or thriving? If care at home, means less human contact, which can lead to loneliness and isolation it could diminish someone's resilience not enhance or sustain.





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Human interaction should be of value and meaningful as part of the persons care plan....

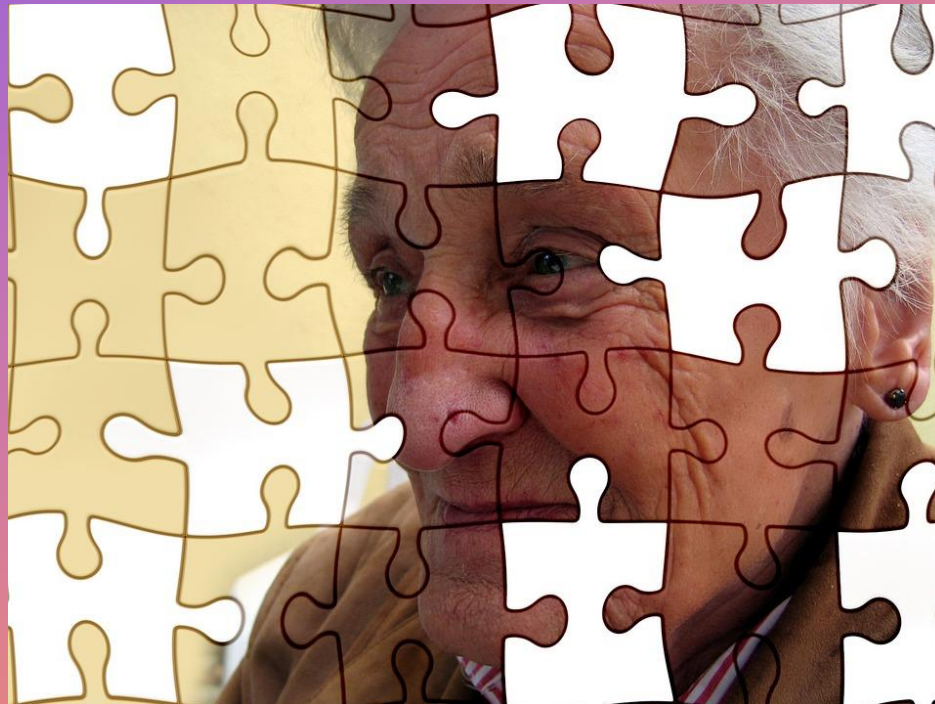
Keeping up the skills!

De-skilling is one of the risk factors with care. Encouraging even small tasks, such as making a cup of tea and answering the door that promotes independence can help build physical and emotional resilience.



ENVIRONMENT

- Fit for purpose?
- Safe and promotes wellbeing
- Reluctance to move
- Home – not a house
- Choice of decision making
- Emotional support





Ultimately.... Feedback as to what works and doesn't shouldn't come from data alone..... Care should be flexible and adapt to the persons changing needs to build resilience and maintain health and wellbeing.....

PRESENTATION TITLE

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THANK YOU