

Ideas for exploring research priorities with residents



To find out more, visit:
www.carehomepriorities.com

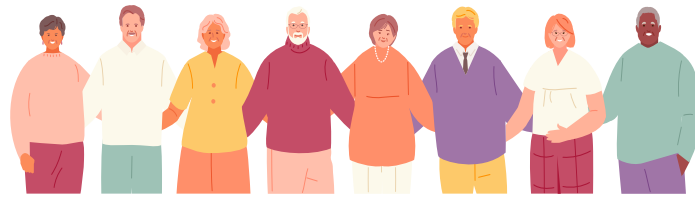
Any questions or concerns?
Please email:
carehomepriorities@herts.ac.uk



University of
Hertfordshire **UH**

School of Health and
Social Work

Summary of resources



Below is a list of activities and resources included in this pack:

<i>Resource</i>	<i>Page number</i>
About these activities	3-5
1: Icebreaker idea (Quiz) – a true or false quiz about research breakthroughs and care home facts. It is nine questions long and has A4 “Yes/No/Not sure” prompt cards included.	6-11
2: Icebreaker idea (Tile matching game) – a simple game involving making pairs of matching images.	12-13
3: Suggestion box – how to set up a suggestion box to gather research ideas.	14
4: Discussion prompts – ideas to help facilitate a discussion around care home research in the news.	15-18
5: Priorities poster – a printable poster to allow participants to “vote” for research topics.	19-21
6: Prompt cards – A4 prompt cards with pictures and large text to help with facilitating activities and discussions.	22-35
Feedback form – an optional way of telling us any feedback about this pack.	36-37
<i>At the back of the pack, we have also included...</i>	
A4 flyers	
A4 leaflets for general audiences (<i>e.g., for family members, staff or to leave in communal areas</i>)	
A4 leaflets for residents (<i>please give one to your residents!</i>)	
Printed answer cards that responses can be written on	

About these activities



These are activities and suggestions about how to explore residents' views on **priorities for care home research**.

We do not need a set number of people to take part. We are keen to hear from anyone who is interested and comfortable with sharing their opinions. You are not expected to do every activity - we appreciate any feedback you can give.

If residents' family or friends are visiting they are welcome to take part too. We are keen to hear from staff members, volunteers and anyone else who supports residents. We also have an online survey that people can use to share their thoughts (see page 5).

Thank you very much for your help!

Frequently asked questions

Who made these activities?

Researchers at the University of Hertfordshire worked with care home Activity Providers and residents at two care homes to make these activities.

Who are the activities aimed at?

The activities are aimed at residents who are happy to participate, able to engage with the activities/discussions and feel comfortable with sharing their thoughts. As we are also interested in the views of care home staff, the friends and family of residents, volunteers and health/social care professionals who work with care homes, these groups are also very welcome to take part – they may prefer to use our survey directly or write on an answer card.

How long should the activities run?

There's no set period – you can decide based on what works best for you and your residents. You might wish to have a week or fortnight focusing on the activities, or to just complete a one-off session – either is fine.

How do we return our answers to you?

If you requested a postal activity pack, there is a prepaid return envelope included that you can use. If you downloaded activities from the internet and would like prepaid postage, you can get in touch via our website (www.carehomepriorities.com) or our email address (carehomepriorities@herts.ac.uk). You could also submit answers written on response cards directly into our online survey (see next page).

What happens after we send our responses to you?

Researchers will look at and analyse your responses. They will make a list of potential research priorities to help guide what things future care home research should focus on. They can compare what is most important to different groups of people – for example, what residents think compared to family members. The researchers will also look at whether information collected during previous research might help address these priorities.

Frequently asked questions (continued)

I'd rather not do the activities, but I'd still be happy to spread the word about the survey. How can I do that?

We would be very grateful if you did! We have a promotional guide and materials like leaflets and flyers on our website that are free to access. Our promotional guide makes it easier to spread the word, such as options for text that can be copied directly into a tweet or email to promote the survey.

Can you provide a certificate to show that we took part?

Yes – you can contact us via carehomepriorities@herts.ac.uk if you would like a certificate of participation for your care home emailed to you.

How do I access the survey?

You can use your phone to scan the QR code below, or you can go to our website (www.carehomepriorities.com) which has a link to the survey.

How long will the survey be open?

The survey will be open until the end of January 2025.

Will you be collecting personal information?

We will ask what group you would put yourself in (e.g., resident, family member, care home staff), but nothing beyond this. Please make sure not to include any personal information, such as your name or the names of any residents.

Can we send you feedback about the pack?

Yes – you're welcome to get in touch via email. You can use the optional feedback form at the end of this pack if you like.



Idea 1 – Icebreaker (Quiz)



This icebreaker is intended as a more light-hearted activity to start a conversation with residents about research and life in a care home. We have included questions relating to historic research breakthroughs and care home trivia.

- a. See how many they get right! Did anything surprise them?
- b. Answers are available on **page 8**.
- c. Do they know any surprising facts about research, famous discoveries or care homes?

True or false?

General knowledge (Research breakthroughs)

1. Alexander Fleming was responsible for the discovery of Penicillin.
2. The current record holders for the most Nobel prize winners in one family belongs to the Curies.
3. Pythagoras is famously said to have had a “eureka” moment in the bath.
4. Louis Pasteur was interested in how to make milk safer for children to drink.
5. The first human-to-human heart transplant took place in Cape Town in 1967.

Care home questions

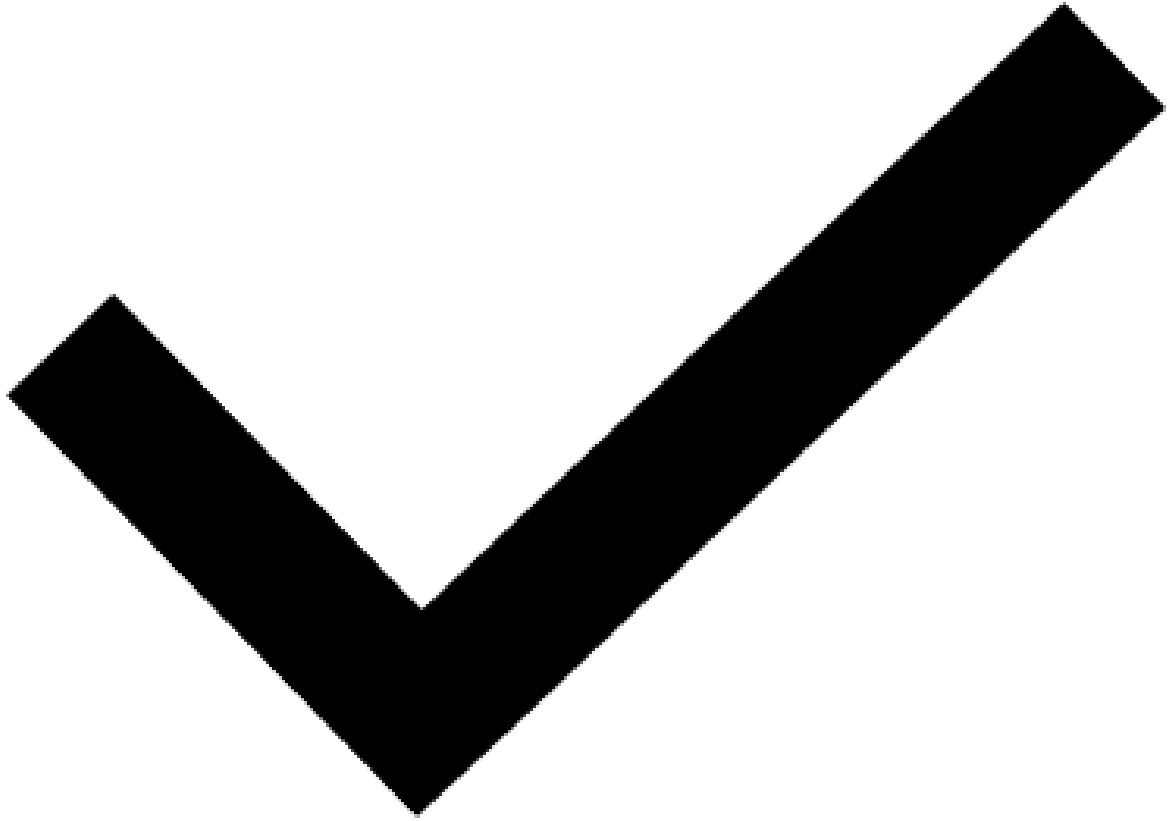
6. There are 10,000 care homes in the UK.
7. Before the 1960s, it was common for residents to sleep in dormitories rather than having their own rooms.
8. The longest-lived person in the UK was a care home resident who lived to 112.
9. The first recorded care home was built in the 1200s.

Answers

- 1) **True** – An easy one to start with! This was in 1928. Less well known are Howard Florey, Norman Heatley and Ernst Chain, who were vital in purifying penicillin and getting it to the point where it could be used in humans.
- 2) **True** – Both Marie and her husband, Pierre won Physics prizes. Later their daughter Irène and her husband won in Physics too, while Marie's other son-in-law won a Nobel Peace Prize.
- 3) **False** – This was Archimedes. He made enormous contributions to maths and physics – it's unclear if he really came up with them while having a bath though!
- 4) **False** – Pasteurisation was actually initially developed to help prevent wine from souring! It was then applied to milk and beer. A quote often attributed to Pasteur is that "A bottle of wine contains more philosophy than all the books in the world."
- 5) **True** – The surgeon (Christiaan Barnard) and his team became famous overnight.
- 6) **False** – There are approximately 16,700 care homes in the UK.
- 7) **True** – Though this is hard to imagine now! The work of people like researcher Peter Townsend led to big changes, including a shift to individual rooms for everyone.
- 8) **False** – It was actually a lady called Charlotte Hughes, who lived to 115 years old! She was a supercentenarian (a person who is 110 years or older).
- 9) **False** – It was actually in 936 and was founded in York by King Athelstan.



**NOT
SURE**



TRUE



FALSE

Idea 2 – Icebreaker (Tile matching game)



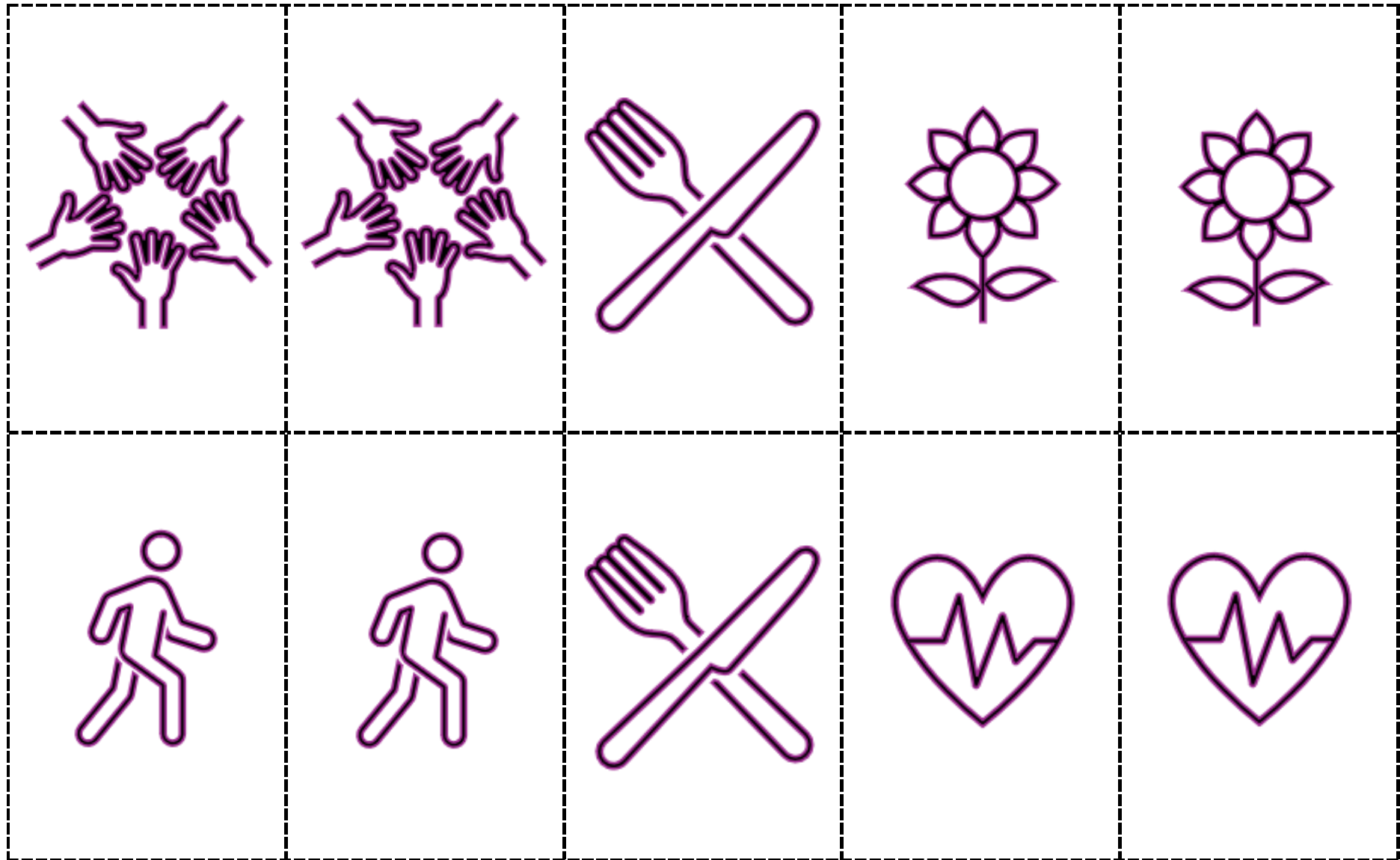
This game is intended as an alternative icebreaker. It's a simple game where your residents try to match together pairs of images.

You can put the cards out in a random order with the “?” side up, with residents taking turns to flip the cards and see if they have made a matching pair. If they are successful, the cards are removed and put to one side.

For a more straightforward version of the game for people who find memory games or concentrating difficult, you can put the cards with the picture side up instead.

INSTRUCTIONS:

Cut out the cards along the lines shown.



Idea 3 – Suggestions box



One way of gathering ideas about research priorities is to leave out some of our posters and leaflets near a suggestions box that people could leave their responses in. We have included a set of **lilac answer cards** that people can write on and leave in the box. The box could be set up in an area where a lot of people gather – for example, a reception, dining area or staff room.

When you have responses that you would like to send back, you can send these to us via the prepaid envelope provided.

We've included flyers, leaflets and printed answer cards in this pack that you can leave out with your suggestions box.

If you would like to have more leaflets, flyers or answer cards we have printable versions available on our website that are free to download.

Idea 4 – Discussion prompts



You could have a discussion session to explore research priorities. This could be done in a group or one-to-one, whatever you and your residents prefer. Smaller groups might be easier to manage for a discussion, depending on if you have any help (e.g., in a larger group, it might be helpful to have someone to write down what residents tell you).

To get the conversation started, we have given some examples of research and new approaches used in care homes on **pages 16-17**. As well as discussing them, you could also cut these out and ask residents to rank them in order of how important they feel each topic is.

On **page 18**, we've suggested some questions you could ask to see what residents think about the research.

You might also want to bring some **answer cards** (included in this pack) so that you can write out any research ideas residents talk about. You could also bring the **picture prompts cards** on **pages 22-35** we have made to give you some more ideas/support the session.

Young, old and marvellous: how a care home built a nursery – and everyone thrived

At Belong Chester, the older residents and young children have the chance to spend each day together, and it's led to big improvements in all their lives. What's the secret?

By [Helen Pidd](#), North of England editor

Remote monitoring in care homes reduces hospital admissions finds study



A first-of-its-kind independent study linking care home data to NHS records has proven that remote monitoring of care home residents can significantly reduce the number of unplanned hospital admissions, consequently saving costs for the NHS.

Above: The Guardian, February 2024

Above: Digital Health, September 2023

HEALTH

Japan uses robots to care for its elderly. Could it work in the UK?

The country with one of the world's oldest populations is turning to robots to deal with the elderly. Can new technology be the answer to our social care problem?



Care home staff and residents need 'family' bonds to thrive

Science news

16 April 2024



Care home residents receive much better care when they enjoy 'family' bonds with staff – but staff must be empowered to create these bonds, new research has found.

Above: The Times, August 2023

Above: University of Leeds, April 2024

Hen-keeping - a cracking new therapy for older people

A project that lets people keep hens is reducing depression, loneliness and the need for antipsychotic medication for those in sheltered housing and care homes



The hen project, which is supporting some 700 residents in more than 20 care homes in north-east England, was launched in London last week. Photograph: David Charlton/Equal Arts

In the garden of a care home, ginger nut ranger hen Ellen has just laid her second egg. Staff and residents of Elmgrove House, in west London, are hoping that their other three hens - Alice, Sylvie and Craven - will follow suit. The four are already proving popular. Resident Ashok Patel, 64, has been pronounced "a natural" with the hens, someone who can coax them back into the henhouse when it is time for bed. "I like the hens, and the hens like me," he says.

Henpower, a project that brings hens to older people in care settings, has joined with **Notting Hill Housing** to introduce the hens into two of the housing association's extra-care sites. The project is supporting some 700

Study to examine benefits of sounds of nature in care homes

© 24 September 2023



Researchers will investigate the effects of natural sounds on the mental health and wellbeing of older people

New research will explore whether the sounds of nature can have a positive impact on care home residents.

Experts and researchers at the University of Gloucestershire will work with older people in the community to record nature-based soundtracks.

Sounds such as waterfalls, birdsong and sea waves will be played through immersive sound systems.

Above: The Guardian, July 2015

Below: inews, September 2023

Above: BBC, September 2023

Below: BBC, February 2023

How AI smart lamps are preventing falls and keeping people out of hospital

BIG READ

Hartland House in Cumbria is the first residential care facility in the UK to install Nobi lamps to help detect and prevent falls - the results have been extraordinary



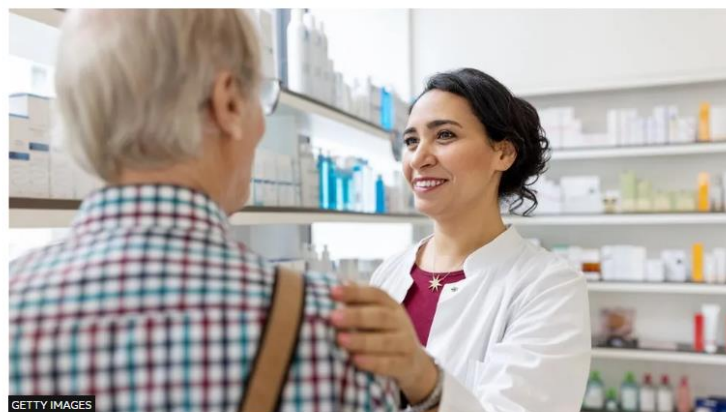
Each Nobi lamp camera takes an image every second to quickly detect signs of a fall



By Paul Gallagher
Health Correspondent

Pharmacists make care homes safer, research suggests

© 14 February 2023



GETTY IMAGES

The research found the presence of the pharmacists reduced harm

By Jennifer Harby
BBC News

Basing pharmacies within care homes makes them safer for residents, new research suggests.

Looking at the research:

1. Out of the topics shown, which ones do residents think are the most useful/important? Why do they think this?
2. Do they think any of the topics are unhelpful/not important? Why?
3. Are there any research topics not covered by the pictures that the residents think are really important? What are these? If the residents could ask researchers to improve or look into something, what would it be? (Consider writing these on our answer cards!)

Idea 5 – Priorities Poster

We are keen to learn how residents think research could make the biggest difference to their lives.

To get things started, we've made a poster with some suggestions of things researchers could focus on. Residents can say or point to which areas are most important for researchers to address. Stickers, stamps (e.g., a bingo stamp) or putting a cross could be used to indicate their "vote".

After the activity is finished, the poster can then be sent back to us using the prepaid postage included in this pack.

Want to give more detail about why a resident has voted for a particular topic? Consider using some of our answer cards (included in this pack) so that you can write about their answers in more detail and send these to us.













INSTRUCTIONS:


Please use/put up the poster as shown in the below picture, with the instructions above the grid.

What are your priorities?

We are researchers at the University of Hertfordshire.
We want to know where researchers should focus their work to make the biggest difference for residents.
Could you help us?

Put your vote in the boxes that matter to you the most.
Family and care home staff are welcome to contribute too – if they do, please use different colours so we can see who answered! We have included a key you can fill in.
Want to give a more detailed answer or something that isn't included in the boxes?
Consider filling out an answer card!
Thank you for your help!

 Medication	 Hospital visits	 Exercise	 Funding and finance
 Staffing and organisation	 Quality of life	 Eating and drinking	 End of life care
 Living with chronic conditions	 Transition to living in a care home	 Mobility and preventing falls	 Mental wellbeing

University of Hertfordshire **UH** 

Colour key - Residents' answers:
Family or friends' answers:
Care home staff members' answers:

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 <p>Staffing and organisation</p>	 <p>Quality of life</p>	 <p>Eating and drinking</p>	 <p>End of life care</p>
 <p>Living with chronic conditions</p>	 <p>Transition to living in a care home</p>	 <p>Mobility and preventing falls</p>	 <p>Mental wellbeing</p>

Idea 6 - Prompt cards with pictures



These are optional prompt cards that you can use to support discussions or activities with residents.

For example, they could be used alongside some of the other activities in the pack for a facilitated discussion or residents could be asked to pick their top three/rank the cards by importance.

Remember, we are looking for things that could be improved if funding and time went into researching it. For instance, eating and drinking is very important, but an individual resident might be quite happy with their diet and nutrition – however, they are worried about needing to go to hospital if something goes wrong, so ways to safely prevent that could be something meaningful to them that research could help with.

PRINTING INSTRUCTIONS:

Make sure to keep in mind your group size and whether one set of prompt cards will be enough. If you need another set, a printable version can be downloaded for free from our website.

We would suggest that these are printed **single-sided**.



Should research focus on...

Food, drink and nutrition?

For example, finding new ways to help people eat and drink enough, or helping people to be more independent at mealtimes?



Should research focus on...

Activities and interests?

For example, how to help residents pursue their interests, access the community, learn new things and spend their time the way they want to?



Should research focus on...
Social connections?

For example, how to help
residents maintain or make new
social connections?



Should research focus on...

Health conditions and medications?

For example, improving access to healthcare and finding new ways to manage the symptoms of health conditions?



Should research focus on...

Hospital visits

For example, avoiding unplanned trips to hospital and the impact of time in hospital on health and wellbeing?



Should research focus on...

Quality of life?

For example, how to maximise quality of life for residents and how we can measure quality of life?



Should research focus on...

End of life care?

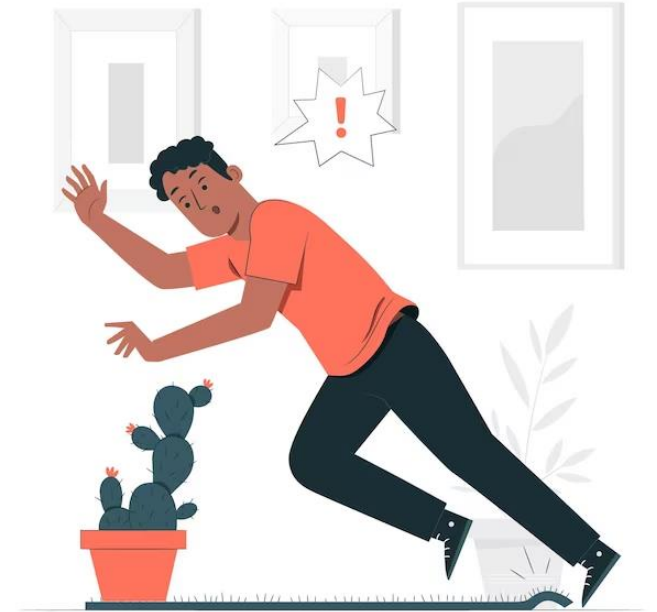
For example, making sure people get the type of care that they want at the right time?



Should research focus on...

Mental wellbeing?

For example, how to improve mental wellbeing or help manage mental health conditions?



Should research focus on...

Mobility and falls?

For example, how to keep people mobile for longer
and how to avoid falls?



Should research focus on...

How best to staff and fund care homes?

For example, how to help staff retention and promote innovations in how care is delivered?



Should research focus on...

Exercise?

For example, practical ways to help residents to stay fit for as long as possible?



Should research focus on...

Living well with dementia?

For example, helping people to stay as independent as possible?



Should research focus
on...

Something else?

Is there something
important missing?

Please consider filling in
one of our answer cards
with your views on care
home research priorities.

Feedback form



This is an **optional feedback form** in case you would like to tell us anything about this pack and what it was like to use – for example, anything that worked particularly well or suggestions you have about how we could improve resources like this in the future. You can either send it back using the provided prepaid postage or download a copy of this form from our website (www.carehomepriorities.com) and send it to us at carehomepriorities@herts.ac.uk.

- 1) **What activities/resources did you use?**
If possible, it would be great to know roughly how many people got involved and how long you ran the activities.

2) Did you find the activities/resources helpful?
Including if anything was particularly helpful or things that could be improved

3) What did your residents think about the activities/taking part?

4) Any other thoughts or suggestions?