

Making the Vision a Reality

Changing the realities and perceptions of the care of frail older people in care homes across the Region through the establishment of a teaching & research care home in Edinburgh/Lothians

A feasibility study is under way exploring all aspects needed to move forward and create a Care Home Innovation Centre, to improve the care of frail elderly people in Edinburgh/Lothians

The Centre will provide:

- high-quality, innovative **care** to frail older people;
- **knowledge & skills development** for staff working in care homes and in community health & social care teams;
- **experiential opportunities**, *in situ*, for doctors, nurses and allied health professionals during their training;
- a resource for **multidisciplinary research, practice development and quality improvement** programmes;
- **community involvement**, being part of the local community, providing care and support for and by local people.
- **Innovative respite care**

Chief Investigators

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The Vision

A Teaching & Research-based
Care Home in Edinburgh/Lothians



Developing...

- skills, knowledge & understanding

Delivering...

- quality through research & innovation

Encouraging...

- visionary professional carers

Involving...

- the community & families

Changing...

- the realities & perceptions

A 10-year plan

In the coming decade, the Centre will:

- challenge and bring about a sea-change to current perceptions of care homes
- encourage a new generation of visionary professional carers for frail older people living in care homes across the Lothians
- be a rich research resource in and from which quality improvement and innovation can be developed and shared
- support the integration of care, skills development and research locally first, then to regional and national levels
- work in a 'hub & spoke' manner, outreach will be a core objective

Cohesive partnership model

The Centre is based on a cohesive multi-partnership model which embraces its purpose, professional disciplines and institutional involvement. Care homes across the region will be at its heart. All will be underpinned by a strong resident, family and community focus.

The need is urgent

UK demographic projections show that, within 10 years, the number of over-80s needing 24-hour care will increase by 82%, with a demand for 630,000 care home places by 2030.

Today, around 19,000 UK care homes, provide over 478,000 beds – three times the number of all acute NHS beds.

Scotland has around 900 care homes for frail older people. Current policy aims to support frail older people to stay at home for as long as possible with various care packages. As a result, when admitted to care homes, older people are now very frail with multiple co-morbidities, including dementia. They require palliative care, which affirms life and aims to improve the quality of life for those with life-limiting diseases.

Whether care is given at home or within care homes, there is an urgent need to equip a workforce that is skilled and knowledgeable to care for the frailest in our society.



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Room for improvement

Whilst the majority of Scottish care homes provide good care, in 2014 the Scottish Government found 21% (193/920) at 'high risk' of providing poor care. Possible contributory factors are likely to be: greater complexity of care needs for residents with increased co-morbidities; high turnover of both care home managers and staff; an increasing burden of responsibility for social care workers; lack of both on-site nurses and external healthcare support.



Potential for change

Teaching Nursing care homes (TNHs) were first developed in the USA in the 1960s and became established in the mid-1980s. They not only provided opportunities for teaching, learning and research, but also helped to reduce acute hospital admissions, improve recruitment and staff competencies. TNHs have since been developed in Australia, Norway, The Netherlands and Canada.

