

Practice Development: a literature review and comparative analysis

Contributed by Belinda Dewar

I will be working with colleagues at the University of Ulster on a literature review and comparative analysis of practice development funded by NES. We started the project in August and aim to have the final report submitted to the funders by the end of March 2006. The purpose of this review and comparative analysis is to identify approaches to practice development and critically examine the evidence base that supports them drawing on both empirical data and expert opinion.

The outcomes of the study will be:

- Comparative analyses of approaches to practice development
- Indicators to guide choice of approaches that match particular circumstances
- Indicators that may lead to the development of a Scotland-wide model of practice development for health care organisations

I am providing critique and peer review as well as ensuring that strong working links with the Scottish practice development networks are established.

Literature Review for Help the Aged: Quality of life in Care Homes

Contributed by Belinda Dewar

Help the Aged has asked for a review of the evidence (research and experiential) about what quality of life means to older people living in care-homes. The intention is to identify and share examples of best practice with a range of key stakeholders e.g., older people, policy makers and care home providers. Help the Aged will produce a document from this work illustrated with narratives derived from older people about their experience of living in care homes. City University has been asked to co-ordinate this work and staff at the Centre will make a significant contribution to the review of this evidence. In addition it is hoped that older people associates will interview residents in care homes to gather stories about their experience of living there. If you have any information that you would like to share, we would be pleased to hear from you. Clearly, your contribution would be formally acknowledged in the Help the Aged document. Contact Professor Julienne Meyer at City University London. Email: j.meyer@city.ac.uk

The Financial Inclusion of Older People

Contributed by Maureen O'Neill

The Centre has been commissioned by Help the Aged to undertake a research project on the financial inclusion of older people under its Pro-Bono scheme. At the present time there is a lack of focus on older people in relation to this issue in Government policy and there is little research on this topic.

The aim of the project is to develop a narrative review to encompass the policy context and cultural environment and to ascertain through structured interviews where older people go to receive information, advice or education on this key issue.

The project will be undertaken collaboratively with a range of interested agencies.

CONFERENCE

'Coping with Change'

27th October 2005.
The Iris Murdoch Centre, Stirling University.

The Conference, which has been jointly organised by the Centre, Alzheimer Scotland, Dementia Services Development Centre and Age Concern Scotland will consider how older people cope with change and the support they require. The speakers are Professor John Keady, Northumbria University, Jim Jackson, Alzheimer Scotland, Dr. Harriet Mowat, Sheena Blair from Queen Margaret University College and Professor Faith Gibson, Ulster University. The Conference is supported by the Scottish Executive's National Programme for Improving Mental Health and Well-Being.

Applications should be made to Juanita Green, tel: **01786 467740** or email: dementia.events@stir.ac.uk
The registration fee is £85 (inc VAT).

Staff Changes at the Centre

Congratulations to Chris Jones who has been at the Centre for the past 2 years. She has been accepted to study for a PhD at the University of Durham and will be leaving at the end of September.

The Evaluation of the Better Neighbourhood Services Fund project ended in the spring and Elinor Newall, research assistant on the project, has now taken up a post at the University of Edinburgh.

We are sorry to be losing Debbie Sandeman, Development Officer for SHARE and the Pro-Bono fund.

Good luck to all three.

Dr Harriet Mowat of Mowat Research is working with the Centre as an associate. She is presently involved with Maureen on the Financial Inclusion project and will be contributing to the 'Coping with Change' conference.

THE ROYAL BANK OF SCOTLAND CENTRE FOR THE OLDER PERSON'S AGENDA



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CONFERENCE

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EDINBURGH

Welcome to our latest newsletter which has updates on current projects as well as news of some exciting new work being undertaken in the Centre. The summer has been busy with Centre staff working in the Scottish Borders running the successful Education for Participation courses and in Inverness with the Bolder and Wiser Participatory Appraisal course.

UPDATE ON ONGOING PROJECTS

Education for Participation 2005

Contributed by Diane Wilsdon



We were delighted to receive such a warm welcome in the Scottish Borders for the two Education for Participation courses. Thank you to everyone who supported us by offering advice, help in attracting participants, taking part and providing excellent accommodation and refreshments.

Participants came from as far as Coldstream and Peebles to attend the units in Galashiels and enthusiastically took part in the exercises and learning. For the first time we included health and social care professionals, in one of the courses, learning alongside the older people. A wide range of professionals took part, from front line staff such as nurses and community wardens to managers and staff responsible for public involvement and policy developments. Professionals attended from health, social work and the voluntary sector offering a range of perspectives on the issues discussed. The mix of professionals and older people worked well and they were able to learn from each other as well as from the course facilitators.

The 'telling your stories' unit and 'having a voice in a formal arena' unit both benefited from having older people who had previously completed the course as co-facilitators, adding a unique dimension to the learning. Having the co-facilitators was very much appreciated by the participants and academic facilitators. The co-facilitators also felt they had enjoyed it and we would certainly like to replicate this in future courses.

The drama for democracy unit remains one of the most talked about units as the participants discovered confidence and abilities they didn't know they had. During 'telling your stories' the intricacies of interviewing were teased out and participants felt safe enough to share personal stories. Practical advice on getting the most from policy documents and a wide range of meetings was appreciated as was the exploration of accessibility issues as part of these units.

A final event was held at the end of the courses for the participants to hear from 14 local organisations about volunteer opportunities where they could use skills they had learned on the course.

Overall the course was felt to be a success by both participants and facilitators. The enthusiasm for learning shown by the older people in all the units and their willingness to share their life experiences and knowledge demonstrated how highly they valued the opportunity to be part of this course. The interest of local organisations before and after the course also highlighted the need in both the voluntary and statutory sectors for a skilled population of older volunteers who are willing and able to become involved in their work.

The Education for Participation course offers a valuable resource for the growing population of older people and professionals who work with them to enable them to work in partnership. It is hoped that further funding can be secured to enable older people from other areas in Scotland to access the course in future. Full reports of the courses are available on our website at www.qmuc.ac.uk/copa

Recipe for Life

Contributed by Chris Jones



The Recipe for Life project is a three year project looking at the food related needs of older people who live alone and have difficulty leaving home. The project has reached an exciting point. It is being conducted in two phases - a research phase and a development phase and we are just coming to the end of the research phase. We have started planning and are hoping to be able to work with a small number of local authorities and other key agencies between October 2005 and June 2006 to pilot some new ways of supporting older people to eat well.

Other news from the project is that Chris Jones is leaving to join Durham University as a PhD student and

Diane Wilsdon will be joining Caroline in taking the project forward. Belinda continues to manage the project as before.

Active citizenship across Europe: the VIA project Contributed by Mary Wycherley



Belinda went to Iceland in the Spring with two older associates of the Centre, Ian Renton and Mary Wycherley. This visit was part of the Grundtvig programme funded by the British Council which is exploring active citizenship for older people. The project is in its 2nd year and has partners from Iceland, Finland, Wales and Ireland.

I very much enjoyed my visit to Iceland while at the same time finding it quite challenging. The accommodation and food were excellent and we all enjoyed experiencing a different culture and spectacularly different landscape. There was little greenery to be seen at this time of year - a predominance of brown, white, black and grey, with just a few cultivated trees and amazing natural geysers, hot springs, waterfalls etc. Our Icelandic hosts were very hospitable people, keen to display their country's assets. Icelanders appeared to be historically skilled at resolving internal conflicts, phlegmatic and inclusive. Some of these apparent characteristics could be attributed to the omnipresent threat of extinction from earthquakes, global warming etc. But those who do survive, do so to a very ripe and healthy old age - apparently Icelanders have the greatest longevity in the world.

The project meetings were challenging, getting to grips with a range of accents and language. I was quite fascinated by the diversity of each country's approach to the project, because of the very different stages that each country was at, in regard to consultation with older people. I was impressed with Iceland's inclusive policy regarding living accommodation for older people within Community Centres, thus enabling older people to fully integrate into the Community if they wished. I was very interested in Finland's presentation on the accreditation of their courses and would like to be involved in fleshing out an appropriate, accredited course for older people in the UK.

Bolder and Wiser, Inverness

Contributed by Fiona O'May

The Centre was delighted to receive further funding from NHS Health Scotland to run another Bolder and Wiser course, this time in Inverness.

Diane Wilsdon, from the Centre, undertook preparatory work with local organisations in Inverness and the course had a full complement of 12 participants. Margaret Petrie and Fiona facilitated the course, assisted by Diane. Along with all the hard work involved in running and taking part in the course, there was plenty of fun and laughter, and several new friendships were forged.

The interactive nature of the course ensured that participants spent little time being 'taught', but rather worked in pairs and groups to try out new techniques and consolidate new information. As well as learning about participatory appraisal techniques, and how these can be applied in research, participants were also encouraged to think about and explore the theme for the course, shopping, and how it related to both their own lives, and those of the older people they visited in the course of their fieldwork. Whilst many of the participants had initial reservations regarding carrying out research, their enthusiasm and willingness to learn meant that all were able to collect data, and then analyse it. The course culminated in a presentation of the findings to an invited audience from a wide range of organisations. These included RSVP, the University of Stirling (Highland Campus) Nursing Department, Inverness Community Care Forum, NHS Health Scotland, and the University of the Third Age, as well as one of the interviewees from a sheltered housing complex.

The full report is available to read on the COPA website, www.qmuc.ac.uk/opa, or copies can be obtained by contacting Fiona O'May, or Diane Wilsdon at the Centre.

Participants generally felt that they would like to be involved in more participatory appraisal, and a follow-up workshop is planned for December to discuss future possibilities. The Centre very much hope to be able to run this course again, in another part of Scotland, if we can attract funding.

Mental Health and Well-being in Later Life

Contributed by Maureen O'Neill

The Centre held a Conference in June at which Michelle Lee, Project Manager for the UK Inquiry on Mental Health and Well-Being, presented the findings of the Inquiry to date. The five critical issues which had been identified for further action were public attitudes, staying active, social networks, standards of living and physical health. The views of the Conference participants were fed into the recommendations to be made by the Inquiry. A copy of the Report and draft recommendations can be downloaded in full from www.mhilli.org/inquiry/evidence/

The Conference workshops focussed on 4 key questions to consider in the development of a Regional Interest Group in the East of Scotland. The responses emphasised the need for properly funded, multi-disciplinary groups to meet quarterly on a local basis

and feed into a regional group twice a year reporting to the National Steering Group. The remit needed to be clear and consistent across the 3 Regional Interest Groups in Scotland with the primary focus to be discussion and debate on a range of policy issues affecting the mental health and well-being of older people.

A further conference will be held in November to receive a presentation on the UK Inquiry recommendations and to report on further development of the East of Scotland Regional Interest Group.

NEW PROJECTS

Partners in Practice Project

Contributed by Belinda Dewar



We were delighted to receive funding earlier this year from the Burdett Trust for Nursing to start a project this autumn which seeks to explore the processes involved when older people and practice development nurses work together and the impact on quality of care. I will lead this project in collaboration with Professor Brendan McCormack at University of Ulster. The project runs over eighteen months and will take place in three sites in Scotland including care homes. I will develop an innovative education programme for practice development nurses and older people in each site to enable them to feel more confident about working together, bring about change and evaluate that change.

Involvement of older people in research is advocated by many as a good thing but we have little evidence yet to identify the clear benefits of such an approach to research programmes.

This study aims to establish:

If older people and nurses work together as practice developers, how does it make a difference to:

- i. The processes of practice development?
- ii. The outcomes of practice development as perceived by service users, older person practice developers, nurse practice developers, service managers and other key stakeholders?

If anybody would like more information about this work or indeed has relevant information to share with the project team please contact Belinda Dewar on bdewar@qmuc.ac.uk or 0131 317 3575