

Policy Position Paper

Embedding arts and cultural activities
in every care home in Wales:

Why they are vital, and how it can be done

August 2023



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Background

The link between artistic and cultural activities improving wellbeing has been long established. Wales is renowned for its rich cultural heritage and this strength is something that can be tapped for the positive effects it can bring to care home residents in Wales.

The population of Wales is ageing. Whilst people are living for longer, this does not necessarily equate to living healthier.ⁱ As such more older people need care than before, and more will need residential care. It is vital that older people living in care homes have access to a range of cultural and artistic activities.

This position paper draws together evidence that demonstrates the many benefits of providing creative activities for care home residents. Research demonstrates the positive effects of engaging in creative arts for older people that can improve their physical and mental health, and these benefits are not limited to care home residents alone. Evidence shows the positive effects engaging in creative arts with care home residents has on care home staff's own wellbeing and how creative arts can be a really positive conduit for improved relationships between care home staff and residents which improves quality of care. Research also suggests that providing creative activities can in some cases reduce the levels of medication needed and reduce the amount of support needed for older people living in residential care.

The care home market is changing. Over time, the number of 'beds' in care homes has reducedⁱⁱ and particularly during the pandemic, a number of care homes closed for a variety of reasons. Care homes have struggled to retain staff, many have lost staff to the Covid-19 virus and deaths in care homes have been disproportionate to pre-pandemic levels. At the time of writing - as we come out of the Covid-19 pandemic – the crisis in recruitment in care is ongoing. Recent research from Swansea University highlights that a career in social care is not very attractive, with some seeing social care as the 'Cinderella to NHS care.'ⁱⁱⁱ Recurring themes of the research included how consistency, personalization, integration, recognition and investment in social care was needed.



Welsh Government sought to improve staff recruitment and retention by increasing carer's wages to the Real Living Wage in care homes and community settings in 2022. However, the cost of living crisis now means that these efforts have had very limited impact and care homes across Wales struggle to retain and recruit staff.¹ Improved staff wellbeing contributes to increased staff retention.

Having access to a cultural life is a human right. The United Nations Convention on Human Rights states that anyone should have the right to access culture and to be creative themselves, regardless of age. Guidance from the United Nations Committee on Economic, Social and Cultural rights regarding the right to take part in cultural life notes says the right to a cultural life is essential for the maintenance of 'positive social interaction between individuals and communities.'^{iv}

The Social Services and Wellbeing Act (Wales) 2014 includes duties around provision of social and cultural wants and needs of people in need of care and support. Despite these requirements, a range of factors have meant that many care home residents have not had access to the range of cultural experiences, including creative arts, that are so vital to wellbeing.

¹ Please note that the Real Living Wage does not extend to Activity Coordinators, cooks, cleaners or gardeners – all of whom contribute to providing a healthy living environment for care home residents.

An estimated 80% of care home residents are either living with dementia or have severe memory problems in the UK.^v Good quality care for people living with dementia is dependent on continuity of care.^{vi} Prior to the Covid-19 pandemic the care home sector in Wales was already experiencing challenges in providing appropriate staffing levels. In practical terms this inevitably means when staff time is stretched, creative activities are side-lined to ensure that the basics of care are provided.

Having creative opportunities helps care home quality. Evidence from an examination of care home inspection reports found that where care homes were rated 'outstanding,' every inspection report included reference to music provision in the home.^{vii}

Tell Me More

Without question, care home residents have been disproportionately affected by the Covid-19 pandemic. The voices of older people heard through Age Cymru's Tell Me More project starkly illustrates the resilience of older people in how they coped through the pandemic.^{viii} The project gathered insights into the lived experience of 105 care home residents across Wales. The project facilitated artists working with care home residents to create portraits of residents and have conversations with them. Over a 12 month period, residents were recorded having conversations about their lives and their experiences of living in a care home under lockdown. These portraits were then turned into 'talking heads,' and the work was animated to produce videos of older people's experiences.

The need to protect vulnerable older people resulted in some of the tightest restrictions on daily movement and interaction of anyone outside the secure estate. Care home residents have been affected most by intermittent and extended lockdowns, continuous safety measures and restrictions and being separated from those they love. At times, care home residents being confined to their rooms and many care home residents experienced bereavement grief and loss through the pandemic. These experiences continue to impact older people living in care homes.

The one to one nature of this project was highly valued. Feedback from the project on the positive effect it had on residents from their family members included how their loved one felt valued as an individual. Now more than ever, care home residents need an increase in the availability of activities that can contribute to improved wellbeing.

Research and Evidence

The difficulty in recruitment to the care sector can mean that creative opportunities are not available at times when staffing levels are not high enough to provide anything other than basic care - rather than care home residents living a full, meaningful life. The volume of resources available to care staff and care coordinators varies widely, and so a focus is needed on how resourcing can be provided across Wales.

If care home residents are provided with opportunities to actively be involved in creative activities, their improved health can mean that range and volume of care they need may be reduced. In times where resources are scarce, it is important that the focus of increasing creative opportunities is evidence based so that the greatest positive impact is gained for older care home residents.

Academic Research

It has long been established that participatory arts can help improve cognitive functioning, communication, self-esteem, musical skills, pleasure, enjoyment of life, memory and creative thinking.^{ix} In particular, participatory arts can be particularly important in counterbalancing the mental wellbeing difficulties associated with bereavement.^x And more recent research demonstrates that the positive effects of involvement in creative arts are long lasting.^{xi} As the body of research has grown over time, more detail is known on how and when benefits can be seen for older people with differing physical and diagnosis-specific needs. It is also important to note that research demonstrates that participation in creative activities only ever have a positive effect. It does no harm.^{xii}

Fancourt, Warran and Aughterson's research in 2020 confirmed the evidence on both arts and cognition in healthy older adults and arts and reduced physical decline is strong enough to guide policy development in most situations.^{xiii} They demonstrated strong evidence on the benefits of arts engagement for cognition in older age, including memory and executive function. They confirmed that arts can reduce physical decline in older adults, and this included improved gait, strength and balance. As with other research they confirmed the positive effects of music for people living with dementia.

Evidence

Much of the research included above highlights that one of the reasons it has not been possible to definitively prove the link between involvement in creative arts is that not enough studies have been done to reliably state statistically significant improvements in health and wellbeing. There is a growing body of evidence from those who have been providing creative opportunities to care home residents of the wide ranging benefits of the arts that add to this.

Evidence - cARTrefu

Our own work at Age Cymru with care homes across Wales has highlighted a range of areas that need further attention in order for creative opportunities to be embedded in care home life. It has been possible to provide statistically significant evidence of the impact of arts interventions on the wellbeing of older residents in care homes through this project.

Age Cymru has been delivering arts in care homes since 2014 through the cARTrefu programme. Funded by the Arts Council of Wales and the Baring Foundation, cARTrefu is thought to be the largest project of its kind in Europe. The project aimed to offer high quality participatory arts activities to care home residents and in so doing to contribute to improved well-being. It was also intended that care home staff would acquire new skills and the confidence to share them, thus allowing the benefits of the project to outlive the end of the funding. The project also sought to provide opportunities for artists to develop their professional practice.

The project included a mentoring role that was vital to its success. Four lead mentors were recruited from a range of performing arts, dance, music, visual arts, poetry and prose. The range of arts allowed residents more person centred choices in activity. The lead mentors mentored and supported a further four artists within each art form and each of the 16 artists delivered weekly two hour sessions over a period of 8 weeks in care homes. The project aimed to offer high quality participatory arts activities to care home residents and in so doing to contribute to improved well-being. It was also intended that care home staff would acquire new skills and the confidence to share them, and that the artist practitioners would develop their professional practice.

The initial evaluation of the project found a range of benefits for residents, staff and the artists.^{xiv}

For residents:

- ✓ A statistically significant improvement was seen in resident wellbeing scores after attending cARTrefu sessions
- ✓ 86% of residents rated the sessions as highly enjoyable
- ✓ There was a wider impact for residents that included socialising more and regaining skills, which included motor skills.

For staff:

- ✓ A statistically significant improvement in attitudes towards residents, which was most noted for residents that are living with dementia
- ✓ A statistically significant increase in confidence to lead creative arts session in the care home
- ✓ Staff were statistically more likely to seek out participatory or spectator cultural experiences (e.g., arts classes, visiting galleries of the theatre) outside of work.

For artists:

- ✓ A statistically significant improvement in attitudes, including hope and recognition of personhood towards residents
- ✓ Personal development and developing new skills.

In addition to the above, the evaluation demonstrated a social return on investment of £6.48 for every £1 invested.^{xv}

The project has facilitated the development of artist practitioners who have become more confident in working with older people in care homes and are hoped to continue the work in the future. Artist practitioners fed back that their involvement in this project had changed their view of older people in positive ways.

A range of tools have been developed to support care home staff to provide creative activities in care homes. Care home staff continue to need support to provide activities which we discuss further on in this paper.

Evidence from Finland – assessing holistic needs

International research and evidence from The Baring Foundation (Cutler, Karttunen and Rasanen)'s work on creative activities in Finland bring together 18 good practice examples of how creative activities are being embedded across society that promote healthy ageing.^{xvi} Of interest here is how creativity can enhance initial care planning when an older person moves into a care home and how creativity can help settle a person into their new home.

In Finland, creative ageing policy has accelerated since 2010. Strong and determined government policy has been focussed on using the power of creativity to improve health and wellbeing. Top down legislation, funding and grass roots activity have contributed to systemic change that is delivering creative activities to older people in care homes. It is mandatory to use a 'Resident Assessment Instrument' that incorporates all information needed for quality care planning. Care plans are reviewed every six months, or as the resident's situation changes, to ensure that staff know where the person has been in their life, who they are now and what their desires and needs are for the future.

Using creative planning helps to break down the language barrier between arts and health professionals. Creative tools have been developed that allow more holistic care planning over and above the basic care needs. Two of the good practice

examples included below are the blending of standard areas needed for care planning to assess an older person's needs when entering a care home and creative ways of doing this that allow a more holistic assessment.

The first is the 'Tree of Life' poster that allows the older person and their care givers to get to know each other. The different elements of the tree prompt discussions with the older person about things that are important to them – dreams, hopes, significant events, their likes and dislikes. This method allows care givers to more easily understand the person's wants and wishes and plan accordingly. The person chooses where to keep the tree – for example on display so that any care giver can see the information they need to provide care to the person. It is updated whenever there is a change in circumstances and is appended to electronic records so that it is transferrable to another care setting.

The second is a creativity tool – known as the Cultural Profile - that amalgamates all the necessary information needed for mandatory care assessments in Finland. The Cultural Profile includes background information on occupations, social involvement, interests, how they prefer to spend their time as well as what they would like to do now and in the future after moving into residential care. The Cultural Profile provides enriched information over and above the basics of care. It is systematic and comparable nationwide and internationally as its base includes all the mandatory areas of care needs. In particular, the Cultural Profile does not duplicate any other necessary paperwork and so can be easily incorporated into existing care planning systems and therefore not overburden busy care staff.

Professional roundtable discussion – Creative, cultural and wellbeing activities for older care home residents – December 2022

In December 2022 Age Cymru hosted a discussion for multi-agency professionals focussed on what is needed for creative opportunities to be embedded in everyday life for care home residents in Wales. Professionals from Care Inspectorate Wales, Social Care Wales, arts charities, care home staff, local authorities and universities talked of the priority areas that need attention that can help embed creative opportunities in care home life. Discussions illuminated some areas where current barriers could be overcome and importantly. Many areas discussed were those where it only requires small changes to be made to make a large impact in wellbeing.

“Stressed staff = stressed residents.”

Examples were discussed of how creative activities really improve communication between staff and residents and help everyone's wellbeing. Support for care staff formed the first area of discussion. With high vacancy rates this can lead in some circumstances to relationships between staff and residents being transactional rather than relational.

“Relationships are medicine.”

Professionals discussed how it is often small changes that transform relationships and improve care home life quality. Examples were shared demonstrating how communication, and therefore relationships, between care staff and residents greatly improved through activities, and how creative opportunities helped care staff provide truly person-centred care. This in turn gave staff immense satisfaction in their work.

An example was discussed where creative activity session discussions on what people want most in life highlighted the very basic things in life that would help care workers in the midst of a cost of living crisis. At the next creative activity session, the care worker was given numerous donations of items that made a difference and improved their wellbeing.

“Staff need support.”

Care workers need to be mentored and supported so that they can deliver quality care. Examples were discussed where a care home manager provides that mentoring role to staff and how this increases care staff's confidence to be more creative in providing person centred care.

Existing creative and cultural opportunities already exist and could be tapped into.

Professionals talked of cultural and artistic opportunities that already exist. Public services provide and support a range of community activities through libraries, museums, community centres, intergenerational projects for people living more independently. Whilst many of these are directed towards those with fewer care needs, it was thought that more could be done to both bring care home residents to activities or considers how these can reach further into care homes.

‘Doing To’ - Risk avoidance and risk taking decisions.

Examples were discussed of how much resident's wellbeing improved through involvement in events and activities outside the care home. The levels of dependency on care of care home residents can mean that days out cannot be managed in the same way they can be within the care home setting. Professionals discussed the importance of weighing the benefits of trips and events over the potential risk. It was noted that in some cases, *not* doing something could itself increase risk when a residents wellbeing is considered. Where residents have capacity to make decisions about their lives, care planning needs to consider further how risk taking can be better supported to prevent a denial of their human rights.

Professionals discussed the barriers to meeting every care home resident's needs in a communal setting.

Care home residents living with dementia.

A large focus of discussion was on the needs of residents living with dementia. As people living with dementia may revert to an earlier time in their life, the importance of gaining a full life history is vital to quality care. Creative care planning can greatly assist with gaining a fuller life history that in turn improves care quality.

“The burden of paperwork”

Paperwork was a recurring area of discussion. Professionals were all clear that good quality record keeping and monitoring is crucial to provide good quality care as required through Welsh legislation. However, there are differences in interpretation in what format and range of content of records are needed to meet regulation and care home residents’ needs. Professionals discussed the importance of meaningful discussions between commissioners and Care Inspectorate Wales on improving understanding, in order to reduce the burden of paperwork and free up more time to provide care. Examples were discussed where more creative ways have been used to both assess needs, desired outcomes and recording how those outcomes can be achieved which more easily demonstrate high-quality person-centred care.

The needs of residents needing temporary residential care.

Recent research by Age Cymru² highlighted the delays in access to social care in the pre-pandemic phase. Local authorities are struggling to meet the care needs of older people who wish to remain living independently. The lack of availability of community care is necessitating a move to residential care for many people who would not choose to move to a care home but have to do so for safety, at least until a community care package is available. Our forthcoming second report shows that some of those who move temporarily into residential care are often unable to move out to live independently again as they have lost fitness whilst waiting for a community care package to be available. Creative opportunities are one route to assisting older people to maintain physical and mental wellness and so reduce the numbers that continue to need residential care.

² Age Cymru’s August 2022 Why are we waiting? delays in access to social care report www.agecymru.org.uk/why-are-we-waiting highlighted the difficulties that social care departments and services have in filling vacant posts. Age Cymru are in the process of updating this research a year on and the report will be published in Summer 2023.

Evidence – Live Music Now

In September 2022, Live Music Now Cymru hosted a networking and training event in partnership with Amgueddfa Cymru and Age Cymru.³ Many activity coordinators, healthcare staff and unpaid carers attended from across Wales. The session provided a voice for activity coordinators who fed back barriers to providing high quality creative activities:

- ✓ The majority of care settings are running activities with a budget of less than £100 per month.
- ✓ Activity coordinators would benefit from having a network established to connect through which practice could be shared and confidence developed.
- ✓ Support is needed to integrate music into everyday care.

Lots of residential care settings are running fundraisers to support regular activities. A reduction in staff turnover is a high priority for health care settings, followed closely by exposure to creative activities for service users and improved agency and voice for service users. Almost half of the residential care settings are running 10+ activities a month with this limited budget.

Evidence – a lack of links to wider community opportunities outside care homes

Whilst thus far the focus has been on providing creative opportunities within care homes, consideration also needs to be given on how care home residents can be supported to engage in wider cultural life outside of the care home itself. Age UK research using an index of wellbeing from 2018 demonstrates that people with good social networks are more likely to have higher levels of wellbeing.^{xvii} The research also demonstrated the importance of maintaining meaningful engagement in a variety of ways with the world around you in later life.

A common theme of our report on supporting mental health of older adults in care homes was the need to have better access to communities to maintain and improve the mental health of residents.^{xviii} With many care home residents having limited communication skills, it is difficult to form friendships and this increases loneliness. Care home staff lack the time to foster community relationships, but where onboarding procedures identified resident's interests could be met with known community groups these links could be made.

In discussions with community groups for this research we found that community services don't usually reach into care homes. Community service delivery models often assume that the person can travel to receive the care and support they need, or receive support digitally, but for the majority of care home residents this is not possible without support from care staff or family and friends.

³ Live Music Now, Music and Culture in Care: Meeting musical needs <https://www.livemusicnow.org.uk/music-in-culture-and-care-cymru/> accessed 2/2/23

What care home staff need to deliver creative opportunities

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All care homes are required to provide activities for care home residents, but exactly how this is done varies widely across Wales. Evidence demonstrates that having support from management is key; when the creative input of activity coordinators and care staff is valued by their employer, staff are more likely to have the confidence to deliver creative activity sessions for care home residents.^{xix}

Whilst many care homes employ activity coordinators, the hours dedicated to this role and the resources allocated to this vital part of care home life vary widely. Staff in incredibly busy roles rarely have dedicated planning time and some have nowhere to even keep their resources for creative activities, which amplifies stress and tension within the home.

- ✓ Support from management is needed to empower care staff and activity coordinators to engage residents in wellbeing and creative activities that support their wellbeing.
- ✓ Staff induction and ongoing training should incorporate arts, creativity and wellbeing activities.
- ✓ Mentoring should be available to care home staff.
- ✓ A support network is needed to share experiences, tools and ideas - and so increase confidence.
- ✓ A dedicated, sustainable budget should be available that is sufficient to provide activities according to residents' individual needs. This should include consideration of how residents are able to take part in community and cultural activities away from the care home.

Resources currently available to care home staff:

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| SCW Framework for Wellbeing for Staff | https://socialcare.wales/resources-guidance/health-and-well-being-resources |
| SCW Leadership and Management | https://socialcare.wales/resources-guidance/information-and-learning-hub/learning-resources/social-services-and-well-being-wales-act-2014/leadership-and-management |
| Cultural Cwtsh by Arts Council of Wales | https://culturalcwtsh.wales/ |
| cARTrefu resources | www.agecymru.org.uk/artsincarehomes |

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| Treasury of Arts Activities for Older People – Liz Postlethwaite, The Baring Foundation | https://cdn.baringfoundation.org.uk/wp-content/uploads/BF-Treasury-of-art-activities_WEB2.pdf |
| Treasury of Arts Activities for Older People, Volume 2 – Liz Postlethwaite, NAPA, The Baring Foundation and the Rayne Foundation | https://cdn.baringfoundation.org.uk/wp-content/uploads/BF_Treasury-of-art-activities_2nd-Volume_WEB.pdf |

Recommendations



The following recommendations are broken down by sector.

Care home owners

- ✓ Sustainability of support for activity coordinators' role sufficient to range of needs of care home residents. Activities need to be person-centred, and encourage active participation to have a positive impact on wellbeing
- ✓ Ensure that meaningful 'What matters to me?' conversations^{xx} are held with all care home residents when they come to the care home that include a focus on creative and cultural interests. These should be reviewed 6 monthly, or sooner if there is a change in cognitive or physical function, in line with the Finnish cultural profiling model
- ✓ Staff induction procedures should include a focus on embedding arts and creativity in daily care home life.
- ✓ Activity coordinators training in mental health and wellbeing, dementia awareness
- ✓ Value the expertise of professional artists and allow budgets to include them in activity plans
- ✓ Consider and support opportunities for resident-led activities, that engage with families and the wider community

Regional partnership boards

- ✓ A coordinated approach by health, social care, providers of care and providers of creative opportunities to facilitate creative arts in care homes.
- ✓ When commissioning community wellbeing services, RPBs to ensure that contract clauses include consideration of how programmes and activities can involve care home residents.

Welsh Government

- ✓ Commission a toolkit and/or platform for activity coordinators and other care home staff to give them the tools and confidence to provide a range of activities appropriate to individual care home residents' needs and wishes. The National Activity Providers Association, and their Arts in Care Homes project, provides this platform in England but has limited reach into Wales at present.
<https://napa-activities.co.uk/>
<https://napa-activities.co.uk/services/projects/art-in-care-homes>
- ✓ Activity Coordinators need to be recognised as valued members of the care sector, and need sustainability of support.
- ✓ Welsh Government should commission an update the Mapping the Care Home sector report from 2015.^{xxi} This should include an examination of any changing factors in care home residents such as the % that are living with various forms of cognitive decline. This audit should include volume of hours of creative opportunities that activity coordinators and carers are able to deliver across Wales. This should take into account the varying interests, backgrounds and abilities of care home residents.
- ✓ Welsh Government should direct commissioners to ensure that community services contracted by local authorities include resourcing and requirements to provide services to care home residents where there is an identified need to provide these.
- ✓ Welsh government should promote the visibility of older people living in care homes within the community and encourage community connectedness.

Commissioners

- ✓ Contracts and monitoring arrangements should include an increased focus on creative opportunities for care home residents as part of person-centred care
- ✓ Funding of care homes to adequately cover the cost of delivering creative arts activities both by staff and external activity providers
- ✓ Care Inspectorate Wales (CIW) and commissioners to work together to compare the paperwork they require of care home providers and how this can be streamlined for the benefit of care home residents. Some activity coordinators reported using Nourish - <https://nourishcare.co.uk/>
- ✓ Explore 'What Matters To Me?' as a tool for supporting older people as they move into a care home. This ensures a rounded picture of the residents needs a wishes, and can be reviewed regularly.
- ✓ Promote the visibility of care home residents within the community and encourage community connectedness.
- ✓ Community service contracts should include resourcing and requirements to provide services to care home residents where there is an identified need to provide these.

Care Inspectorate Wales

- ✓ Investigate how the burden of paperwork can be reduced using creative assessment tools (like Nourish) and 'What Matters to Me?' to improve existing care planning
- ✓ Work with commissioners, care home networks and older people to develop best practice toolkit in arts and culture in care homes, integrating with admittance procedures, induction and training for staff,
- ✓ Audit the volume of hours of creative opportunities that activity coordinators and carers are able to deliver across Wales and assess whether basic needs are being met.
- ✓ Given the misunderstandings across Wales on proportionate risk taking that can provide vastly improved wellbeing for care home residents, CIW to work with care providers to improve understanding of what they require from care homes through their inspections and how this links to positive outcomes for care home residents. This could be via bite size workshops delivered over time to embed improved practice across Wales.

Social Care Wales and the Association of Directors of Social Services Cymru

- ✓ Work with commissioners, care home networks and older people to develop best practice toolkit in arts and culture in care homes, integrating with admittance procedures, induction and training for staff,
- ✓ Given the misunderstandings across Wales on proportionate risk taking that can provide vastly improved wellbeing for care home residents – CIW to work with care providers to improve understanding of what they require from care homes through their inspections and how this links to positive outcomes for care home residents
- ✓ Prioritise continuing professional development training for all care staff and activity coordinators, including but not limited to; dementia awareness, mental health support, arts and creativity - explore whether accreditation for arts and creativity training would add value

Third sector, voluntary agencies and community groups including arts organisations

- ✓ Age Cymru to share learning from cARTrefu, Tell Me More, and the Care Home Volunteer project as widely as possible
- ✓ Organisations to consider partnership working to provide opportunities for care home residents
- ✓ Organisations to consider providing volunteering opportunities for people to support activities within care homes - www.agecymru.org.uk/toolkit
- ✓ Arts organisations need to see local care homes as part of their community and therefore their outreach offer. They need to support their staff/artists to develop a deep understanding of life in care homes, including de-mystifying 'care sector language'

- ✓ Arts organisations to consider the language they use when approaching and engaging with care homes. Activities linked to cultural events, like St Davids Day, are often easier to connect with than art-form based interventions.

Funders

- ✓ Funding work and projects for older people shouldn't stop at the care home door and should make specific reference to older people living in care homes.

Due to the high turn-over of staff in the care sector, it can take a long time for external partners to build trust with a care home, and it can be easily lost with a change of staff. Longer term funding would help organisations to build lasting relationships with care homes and make it more likely for creative activities to become embedded.



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- ⁱ <https://statswales.gov.wales/Catalogue/National-Survey-for-Wales/Population-Health/Adult-general-health-and-illness/generalhealthillness-by-age-gender>
- ⁱⁱ 2015 The Care Home Market: Mapping the Sector <https://www.wcpp.org.uk/wp-content/uploads/2019/06/The-Care-Home-Market-in-Wales-mapping-the-sector.pdf>
- ⁱⁱⁱ Williams, S, (2022) Public attitudes to social care in Wales following the COVID-19 pandemic. Research commissioned by Senedd Cymru <https://research.senedd.wales/research-articles/social-care-during-the-pandemic-public-attitudes-and-experiences-part-2/>
- ^{iv} United Nations Committee on Economic, Social and Cultural Rights (2009), [General comment no. 21: right of everyone to take part in cultural life](#)
- ^v Social Care Institute for Excellence <https://www.scie.org.uk/dementia/about/>
- ^{vi} Chao, YH., Huang, WY., Tang, CH. *et al.* Effects of continuity of care on hospitalizations and healthcare costs in older adults with dementia (2022) <https://bmjgeriatr.biomedcentral.com/articles/10.1186/s12877-022-03407-7>
- ^{vii} David Cutler, Baring Foundation 09/2022, Every Care Home a Creative Home: A systems approach to personalised creativity and culture, <https://baringfoundation.org.uk/resource/every-care-home-a-creative-home/>
- ^{viii} www.agecymru.org.uk/tellmemore
- ^{ix} An Evidence Review of the Impact of Participatory Arts on Older People (2011) <https://baringfoundation.org.uk/wp-content/uploads/2011/04/EvidenceReview.pdf>
- ^x An Evidence Review of the Impact of Participatory Arts on Older People (2011) <https://baringfoundation.org.uk/wp-content/uploads/2011/04/EvidenceReview.pdf>
- ^{xi} Bone, JK & Fancourt, D. 2022. Arts, Culture & the Brain: A literature review and new epidemiological analyses. London: Arts Council England <https://www.communities1st.org.uk/sites/default/files/2022-08/Bone%20Fancourt%202022%20-%20Arts%20Culture%20and%20the%20Brain.pdf>
- ^{xii} Bone & Fancourt, January 2022, Arts, Culture and the Brain: A literature review and new epidemiological analyses. <https://www.communities1st.org.uk/sites/default/files/2022-08/Bone%20Fancourt%202022%20-%20Arts%20Culture%20and%20the%20Brain.pdf>
- ^{xiii} Fancourt, Warran and Aughterson, 2020, Evidence Summary for Policy: The role of arts in improving health and wellbeing – report to the Department for Digital, Culture, Media and Sport. <https://www.gov.uk/government/publications/evidence-summary-for-policy-the-role-of-arts-in-improving-health-and-wellbeing>
- ^{xiv} cARTrefu Evaluation Report 2015 – 2017, <https://www.ageuk.org.uk/globalassets/age-cymru/documents/cartrefu/age-cymru-english---evaluation-report.pdf>
- ^{xv} cARTrefu Social Return on Investment Infographic, <https://www.ageuk.org.uk/globalassets/age-cymru/documents/cartrefu/cartrefu-infographic---english-14.08.20.pdf>
- ^{xvi} Love in a Cold Climate: Creative ageing in Finland, <https://baringfoundation.org.uk/resource/every-care-home-a-creative-home/>
- ^{xvii} Age UK 2018 Creative and cultural activities and wellbeing in later life rb_apr18_creative_and_cultural_activities_wellbeing.pdf (ageuk.org.uk)
- ^{xviii} Age Cymru, March 2023, Supporting good mental health of older adults in care homes <https://www.ageuk.org.uk/cymru/our-work/care-homes/good-mental-health-in-care-homes/>
- ^{xix} David Cutler, Baring Foundation September 2022, Every Care Home a Creative Home <https://baringfoundation.org.uk/resource/every-care-home-a-creative-home/>
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