

MOVING MOMENTS

Research Summary: What is the impact of DementiaGo's Moving Moments in residential homes for residents, relatives and staff?

What is 'Moving Moments'?

Moving Moments is a project by DementiaGo in Gwynedd council's residential homes. The main purpose of the evolving Moving Moments project is to support staff to promote physical activity and movement, to empower residents to move more. By doing this, physical activity of residents will be increased, which will contribute to an increased quality of life.

Why was Moving Moments started?

The World Health Organisation (2010) recommend at least 150 minutes a week of physical activities for adults aged over 65. However, evidence suggests that residents in care home settings spend the majority of their day in a sedentary state with little interaction with care staff (Sackley et al., 2006). This can have an adverse effect on the physical and psychological health, as well as the quality of life of residents (Forster et al., 2017). However, research indicates that a low level of physical activity can improve the mental well-being of older people (Windle, 2014). DementiaGo is therefore aiming to increase the physical activity of residents in residential care homes across Gwynedd, and in turn improve the well-being and quality of life of residents.



What did we do?

As attempt to evaluate the impact of Moving Moments in the residential homes, one-off semi-structured interviews were conducted.

33 participants from three residential homes in Gwynedd (one of each area of Gwynedd) took part in the research. Participants consisted of 12 residents, 13 staff and 8 relatives.

All interviews were transcribed and analysed thematically

What are the key findings?

Theme 1: In the moment and beyond

- "I was going on holiday the day after and when I came home they were still going on about it." ST08
- "He meant the world of the medal and he was showing it to everyone, and one of the best things that he had ever done was having the medal and winning the shield to bring back, and he carried it the whole way on the bus, and he showed it to everyone. He would wear the medal if there was anything going on...Christmas meal, or anything that was going on the, the medal had to go around his neck. **When my Dad died, he wanted the medal to go with him in the coffin.**" FAM08



Theme 2: Personal impact on quality of life

- "it shows them that they can actually do it too." ST07
- "Confidence...it is only now I am starting to find it after all those years [of working in the home], after being on the courses [DementiaGo's workshops]." ST09
- "as you go older, you have to come into a home...everything is done for you isn't it, and I think maybe there isn't a lot of stuff you do that makes you feel proud? I think that that [sports day] had made him (Father/resident) so proud of himself, that he had brought the shield back. **He said that he felt like an Olympian!** It had benefitted him extremely, he had learned that he could still do something, he was still able at 97" FAM08
- "They can mix with others, stops them from feeling lonely..." ST12.
- "A lot of them could do much more than what I expected, I was shocked. They were brilliant!" ST07.

Theme 3: Barriers to taking part in physical activities

- "I don't move enough, to tell you the truth, because I suffer with Parkinson's and that limits me extremely." RES04
- "I have gone too old to do much." RES06
- "The ability is there (to help staff lay tables) but they have the attitude of 'you get paid to do it. You should do it for us'." ST08
- "I have become scared of falling." RES12
- "There is a lot of staff who are nervous of the activities side because they have to take the lead, and they haven't been trained how to." ST08

Theme 4: Recommendations/Practical issues

- "I would like more support...someone who would actually come and show us you know, even some exercises sitting down..." ST01
- "It's a fun time for staff to enjoy with residents isn't it, and if you're not getting the chance to go then you are left doing the tasks of the day, and somebody else is having fun...." ST04
- "If you put a bit of music on they love it!" ST07
- "All staff mixed together [in the sport day]...I know we were competitive with our own home, however, everybody supported each other and it was fun." ST11

Recommendations for the future delivery of DementiaGo

1. Offer practical based workshops for care staff.
2. Organise external organisations to offer practical trainings e.g. simple chair based exercise.
3. Set seasonal challenges for residential homes.
4. Increase awareness and understanding of the aims of the Moving Moments project e.g. design information leaflets for residential homes.
5. Set monthly challenges for homes to complete in order to keep momentum going.
6. Work on communication between residential homes and DementiaGo team.