

# Dignity Newsletter



Adults, Wellbeing and Health

November Edition 2011

Welcome to the Dignity Newsletter.  
This newsletter will look at:

- **Dignity Challenge 10**
- **The last taboo – older people, sexuality and care homes**
- **Dignity Action Day 1 February 2012**
- **Short listing for the personalisation awards**
- **Empower 2**
- **Safeguarding update**

## The Dignity Challenge 10

### “Act to alleviate people’s loneliness and isolation”

Social Care Institute for Excellence (SCIE) advise this means:

- Offer people enjoyable, stimulating and challenging activities that are compatible with their individual interests, needs and abilities
- Encourage people to maintain contact with the community
- Help people who use services to feel valued as members of the community

#### Ways to improve:

- Social networks should be promoted
- Identifying and respecting people’s skills, including the skills of older people gained in previous employment
- Giving opportunities to participate in community activities through person centred planning
- Providing information and support to help people engage in activities

Loneliness and isolation can be alleviated by social inclusion. SCIE provide a guide and fact sheet on social inclusion on their website.

This includes ideas that could be used by care providers:

- Start a project that will connect people with the community
- Explore how connections can be made with the local community by linking with local schools and organisations
- Look at ways you can support people who use your service to make new friends
- Involve people who use your service in the planning of services and ensure ideas are acted upon

For further Information on the Dignity standards, and dignity standard 10:

[www.scie.org.uk/publications/guides/guide15/index.asp](http://www.scie.org.uk/publications/guides/guide15/index.asp)

For further information on social inclusion:

[www.scie.org.uk/publications/guides/guide15/factors/socialinclusion/index.asp](http://www.scie.org.uk/publications/guides/guide15/factors/socialinclusion/index.asp)

## The Last Taboo

2 recent publications have addressed the issue of older people in care homes, sex and sexuality:

- The Last Taboo: A guide to dementia, sexuality, intimacy and sexual behaviour in care homes - The International Longevity Centre - UK (ILC - UK)
- Older people in care homes: sex, sexuality and intimate relationships – Royal College of Nursing

## Older people in care homes: sex, sexuality and intimate relationships – Royal College of Nursing

The RCN have developed a guide to help nurses and care staff work with issues of sexuality, intimate relationships and sex, particularly for older people living in care homes.

The RCN guide includes:

- Why sexuality is an issue
- Principles of good practice
- Organisational systems and care practices
- Broaching issues of sexuality
- Legal and professional frameworks for practice
- Case examples

The RCN advises care systems and care delivery should be:

- Person centred
- Promote and support human rights, dignity, privacy, choice and control
- Promote clear boundaries which protect and support residents and staff

In circumstances where an individual is unable to make choices nursing and care staff must adhere to legal and professional guidance.

**Legal frameworks for practice include:**

Human Rights Act 1998  
Equality Act 2010  
Mental Capacity Act 2005  
Sexual Offences Act 2003

## The Last Taboo. A guide to dementia, sexuality, intimacy and sexual behaviour in care homes – ILC –UK

There are 750,000 people in the UK who have dementia. Over one third of people with dementia live in residential care homes for people over 65. Two-thirds of people living in care homes have a form of dementia. (Alzheimer's Society, 2007).

The International Longevity Centre - UK (ILC - UK) - UK have produced a guide for staff in care homes on dementia and sexuality, intimacy and sexual behaviour in care homes. ILC describe dementia and sexuality in care homes as one of the last taboos of long term care.

The guide is aimed at care home staff and managers and provides information on this aspect of dementia care, practical advice and case studies. ILC - UK aim to challenge misconceptions and negative attitudes about the sexuality of older people who have dementia. The guide is intended to assist care home staff to learn more about the subject and to challenge attitudes, beliefs and values.

The guide includes:

- A definition of sexual behaviour
- Advice, suggestions and case studies
- Provides a guide to dementia and sexuality
- Older people from the lesbian, gay, bisexual and transgender community
- Developing good practice and policy
- Policy framework
- 10 key points to consider
- Test yourself quiz

Copies of the full reports can be obtained from:

Royal College of Nursing  
[www.rcn.org.uk](http://www.rcn.org.uk)

ILC – UK website.  
[www.ilcuk.org.uk/record.jsp?type=publication&ID=95](http://www.ilcuk.org.uk/record.jsp?type=publication&ID=95)

# Count down to Dignity Action Day 2012

Dignity Action Day will take place on 1 February 2012. This is the third year that Dignity Action Day has taken place.

The aim of Dignity Action Day is to ensure people using care services are treated as individuals, are given choice, control and a sense of purpose in their daily lives and are provided with stimulating activities (SCIE).

Dignity Action Day is to:

- Raise awareness of Dignity in Care
- Remind society that everyone has a role to play in promoting dignity
- Demonstrate solidarity for Dignity in Care

SCIE has produced 2 resource packs which are available on their website:

- Members of the Public Dignity Action Day Resource Pack 2012
- Health and Social Care Staff Dignity Action Day Resource Pack 2012

[www.dignityincare.org.uk/DAD/](http://www.dignityincare.org.uk/DAD/)

The website has a Memory Book to show dignity events from previous years.

Examples of events for Dignity Action Day 2011 in County Durham include:

- Pamper day and promoting awareness at the University Hospital of North Durham. This involved mini manicures, pedicures, hand and foot massages and shaves
- The Salvation Army held a tea dance in Durham

Activities that have taken place in other areas of Great Britain on Dignity Action Day include:

- Sponsored walks
- Dinner and dance
- Coffee mornings
- Creation of bird garden and vegetable plot
- Wish tree – where residents made a wish for something they would like that they had at home
- Memories – where residents discussed their most precious memories which were logged in a booklet

## Personalisation Awards 2011

The Personalisation Awards 2011 celebrate excellence across the care and support sector. This year there are 4 categories including:

1. **Award for the best example of personalised services in a community setting by a provider**
2. **Award for the best example of personalised services in a residential setting by a provider**
3. **Award for the best example of personalised services in the use of food and nutrition**
4. **Award for the best example of a service that promotes dignity**

The following organisation have reached the short listing stage :

Pioneering Care Partnership  
Creative Support  
Barnardo's  
Neuro Partners  
Stonham  
Hadrian Healthcare  
County Durham and Darlington  
NHS Foundation Trust



Finalists will be announced on 10 November.

## Would you like to be involved in writing an article for the Newsletter

The article could be:

- How you or your service promote dignity
- Innovative ways that you have provided care or support
- How your service is person centred and meets individual needs
- Being a Dignity Champion

If you would like to be involved in future newsletters please contact : **Dawn Richardson**, Practice Development Officer 0191 3835124 or e-mail: dawn.richardson@durham.gov.uk

## Empower 2

Empower 2 is a day care service in Chester-le-Street run by Durham County Council for adults who have learning disabilities.

At Empower 2, we are keen to ensure service users have the opportunities to access courses suited to their needs, abilities and interests. The courses enable social interaction and development of an individual's skills.

With recent changes to day services we have increased the number of in-house courses. These have included: digital photography; dance; drama; cookery and arts and crafts. Life long learning courses cover many aspects of life skills, such as relationships and time and money. Most courses last for 6-8 weeks.

Staff offer support where needed to facilitate interaction or to offer assistance where needed to enable service users to achieve the most from the courses.

Service users actively look forward to attending course sessions and have given positive feedback. One service user advised "doing courses makes me feel I can be more independent. They could help me get a job or voluntary work, or get married in the future."

Courses increase service user's confidence, develop skills and meaningful interactions and opportunities to try new experiences. Most importantly service users enjoy the courses. "I enjoyed that" is a frequently expressed phrase and is always heart felt when said. Service users can meet new people on the courses.

When the course is completed, staff assist service users to use the skills they have learnt and further develop their skills. With new courses starting soon we hope to continue the positive impact they create.

Karen Tindale, Empower 2, County Durham Care and Support



## User and carer feedback from the adult safeguarding process

The Care Quality Commission has highlighted the need for councils to improve their understanding of the impact that the safeguarding process has on the victim. This is to ensure that safeguarding processes offer the necessary support to the service user.

A system was put in place by County Durham Safeguarding Adults Inter-Agency Partnership to obtain feedback from service users on their experience of adult safeguarding.

Feedback has been mainly from family members and carers. Comments have been generally positive with people feeling that they have had a good service and are happy with the response, attitudes, level of involvement and that they were kept informed of what was happening.

Please visit the safeguarding website for more information on safeguarding adults in County Durham.

[www.safeguardingdurhamadults.info](http://www.safeguardingdurhamadults.info)

**Please ask us if you would like this document summarised in another language or format.**

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