



## Our Vision

A world where all care homes are great places to live, die, visit and work  
Where care homes are:

- Supported to deliver to their potential
- Valued and trusted by external professionals
- Cherished by their local communities

## Our Approach

Developing best practice together

Our research on what older people want and what works in care homes identified eight best practice themes. These are: Maintaining identity, Sharing decision-making, Creating community, Managing transitions, Improving health and healthcare, Supporting good end-of-life, Promoting a positive culture and Keeping the workforce fit for purpose<sup>1</sup>.

## Focusing on relationships

Underpinning the eight themes is a focus on enhancing relationships by enabling people to feel a sense of security, belonging, continuity, purpose, achievement and significance<sup>2</sup>.

## Being appreciative

To support change in practice, My Home Life draws on Appreciative Inquiry<sup>3</sup>. We are interested in promoting positive dialogue by asking What is working well? How would you like things to be? How can we work together to make it happen? What can we do together to make it happen more of the time? This approach re-engages and re-energises people to challenge the status quo and develop and take forward practice development.

## Having Caring Conversations

Developing best practice together, Focusing on relationships, and Being appreciative is enabled through Having Caring Conversations<sup>4</sup>. We support people to celebrate what is working well, consider the perspectives of all those involved, connect emotionally, be curious rather than judgemental, be courageous and take positive risks, collaborate to make things happen, and compromise in order to focus on what is possible.

## [www.myhomelife.org.uk](http://www.myhomelife.org.uk)

<sup>1</sup> NCHR&D Forum (2007) My Home Life: Quality of life in care homes – Literature review, London: Help the Aged (Available at: [http://myhomelife.org.uk/wp-content/uploads/2014/11/mhl\\_review.pdf](http://myhomelife.org.uk/wp-content/uploads/2014/11/mhl_review.pdf))

<sup>2</sup> Nolan, M., Brown, J., Davies, S., Nolan, J. and J. Keady. (2006). The Senses Framework: Improving care for older people through a relationship-centred approach. University of Sheffield. ISBN 1-902411-44-7.

<sup>3</sup> Reed, J (2007) Appreciative Inquiry. Research for Change, London: Sage.

<sup>4</sup> Dewar B and Nolan M (2013) Caring about caring: Developing a model to implement compassionate relationship centred care in an older people care setting, International Journal of Nursing Studies, 50(9):1247-58.