Having caring conversations

Being appreciative

Focusing on relationships

Developing best practice together

Wider health and social community

Residents

Relatives

Local community

Staff

Quality of life in care homes

www.myhomelife.org.uk
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.

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.

Being appreciative
To support change in practice, My Home Life draws on Appreciative Inquiry. 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. 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.

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