



# My home life Essex

EssexWorks.

For a better quality of life



# Objective

To establish a sustainable, stakeholder led programme of “*resources, events, practice development initiatives and other activities*” designed to promote, facilitate and support improvements to the quality of life of care home residents, visitors and staff.

## Duration

Commenced in April 2009

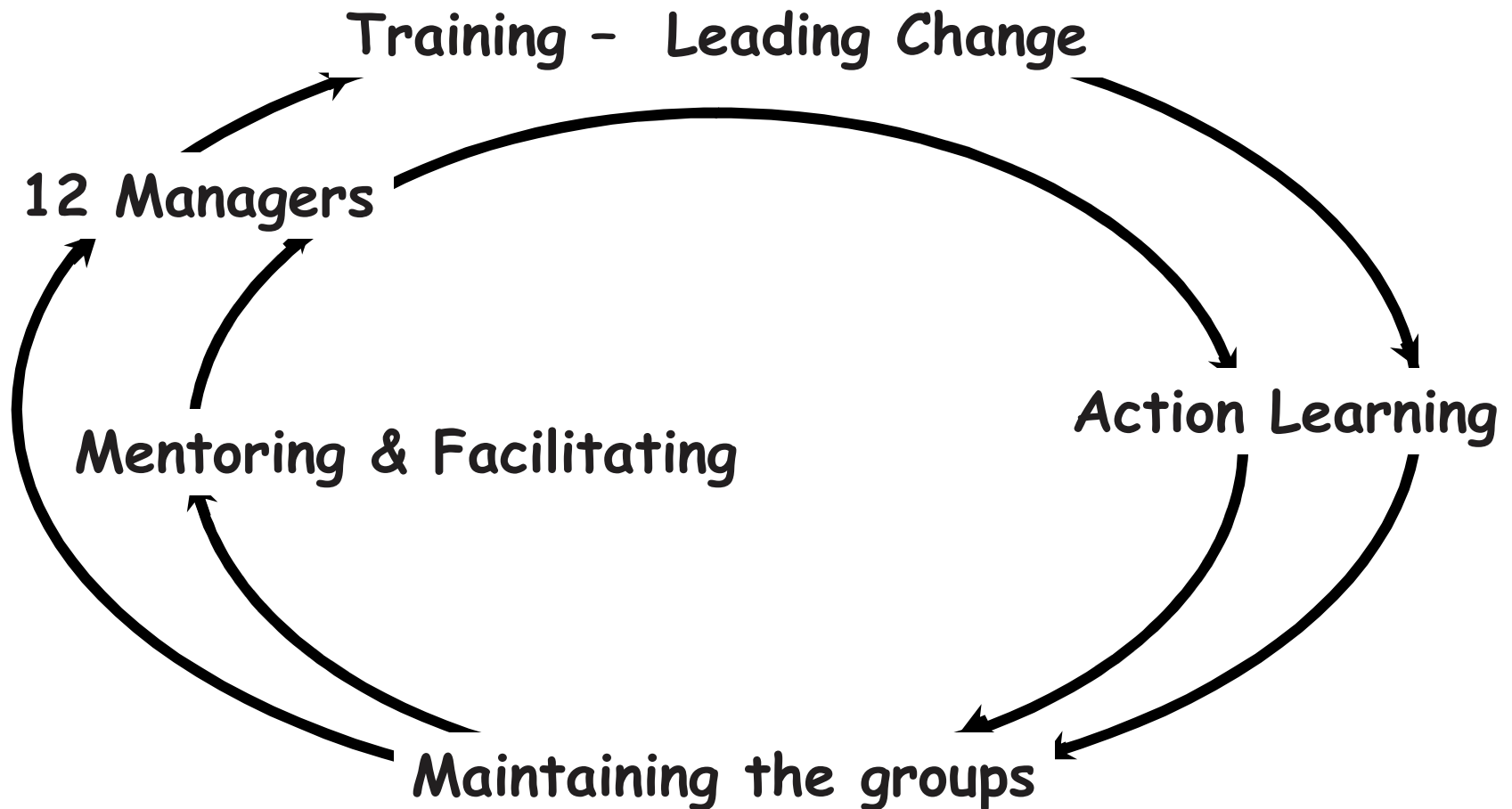
Funded for three years from April 2010  
(subject to annual review)

## Management

Until now - Tom Owen  
and Jan Lockyer

In the future - a stakeholder  
led initiative

# Action Learning Groups



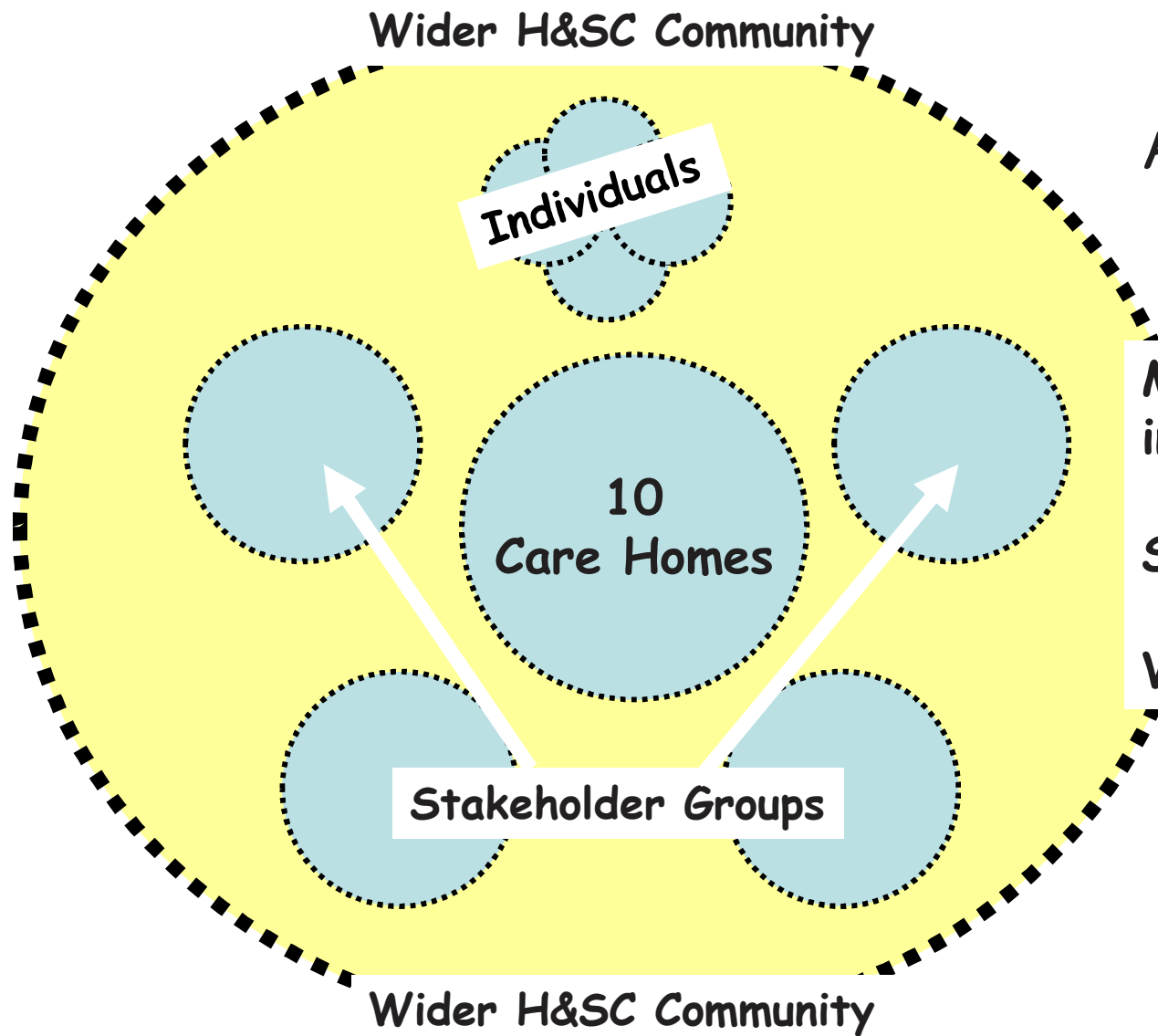
# Inclusion and Outreach

Extending the **facilities, services and opportunities** that enhance the quality of life for us all to make sure they are equally available to people living in care homes

Developing, exploring and supporting **good practice, good ideas and good ways to help people** living in care homes to enrich the texture and quality of their lives and maintain their links with the community at large

**Sharing and disseminating ideas and opportunities** and offering practical support to people who would like to try them out

# Whole Systems Approach



## RESEARCH

*How best to promote Quality of Life?*

Meetings - groups and individuals

Shared conclusions

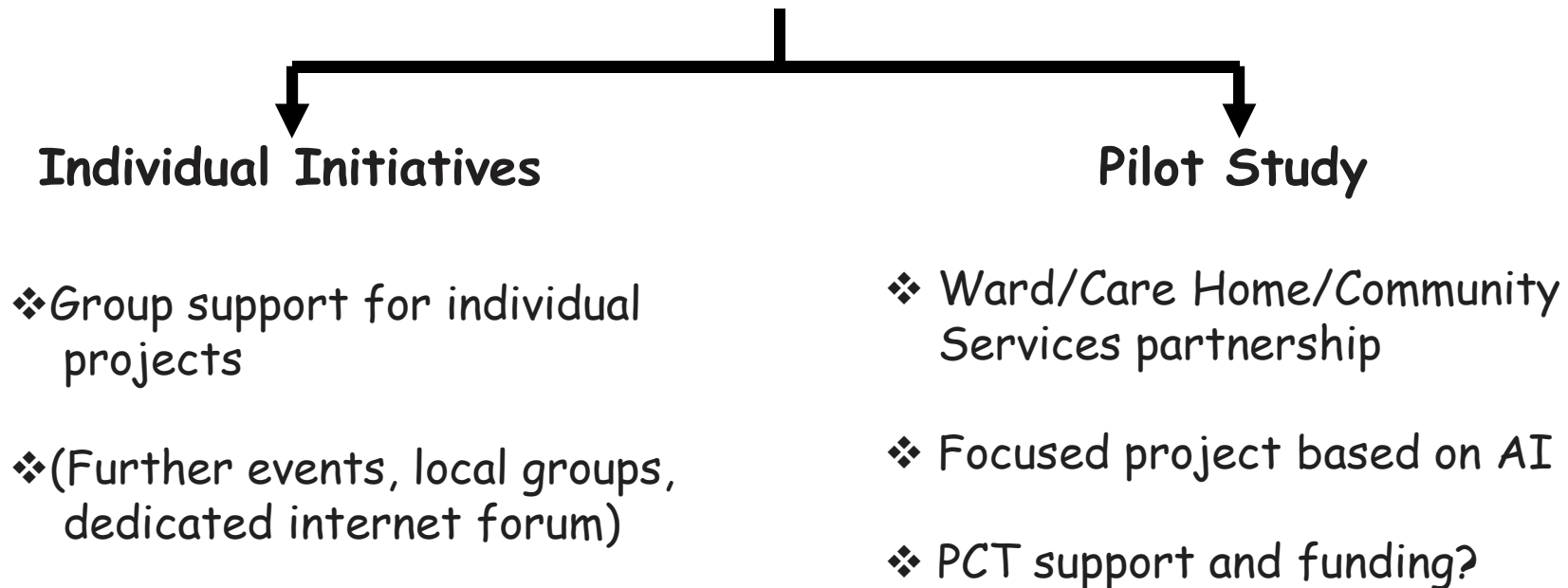
Wider dissemination



# Hospital Discharge

## Appreciative Inquiry:

- ❖ What needs to be in place for the best experience?
- ❖ What works well now?
- ❖ How can we build on what works well?
- ❖ What are the obstacles and barriers? How can we tackle them?



# Outcomes



- ❖ A County wide, self sustaining "My Home Life" initiative
- ❖ A group of up to 36 Managers, trained and supported to bring about positive change and help others to do so
- ❖ A range of practical projects, both within Homes and in collaboration with people and organisations in the wider community
- ❖ Research based recommendations and ideas for promoting Quality of Life
- ❖ A dynamic resource, available to all, of practical ideas, examples of good practice, guidelines, links, relationships and contacts for "Quality of Life" initiatives
- ❖ A "My Home Life" community of stakeholders, supported with events, action learning opportunities, website and forums, newsletters and practical resources

# For More Information



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