



Rhaglen | Meaningful
Ymgysylltu | Engagement
Ystyrion | Programme

Launch of Meaningful Engagement Programme Patient Experience & Involvement Team

What is Meaningful Engagement?

Meaningful Engagement is an interaction between two or more people, that is beneficial to all participants. It can be as simple as having a cup of tea and a chat about the other person's interest, putting on a piece of music and listening together or going for a walk together.

The purpose of meaningful engagement is to promote person centred care, ensuring the person is valued, has a sense of purpose and ensuring they feel listened to, included and understood.

It is important to learn as much as you can about the person living with Dementia and to tailor engagements to what is meaningful to them. You should ask them things like what they like doing? What do they dislike? What did they do for work? Do they have any hobbies? Involving **carers and relatives** and completing a 'This is Me' document can help you better understand and tailor activities and engagement activities to suit the person.

Brief:

We are pleased to say we have been successful in securing a bid through NHS Charities Together, to extend our Meaningful Engagement Programme in Dementia Care.

Through a partnership agreed meaningful activity strategy, we aim to embed a multi-disciplinary, person-centred dementia approach within people's residences including the hospital environment, care homes, sheltered accommodation, supported living, prisons and a person's own home.

The benefit of partnership working, having a structured approach, alongside training, peer support, Dementia Volunteer Companions and improved social connectedness will provide an opportunity to truly embed person centred meaningful engagement.

Giving people the opportunity to engage in meaningful activities has many advantages; it provides a structure and purpose to a person's day, reduces stress, reduces frustration and reduces boredom. It can also help to increase peoples' social interactions, relieve anxiety and improve overall physical and emotional wellbeing. It can help to foster an atmosphere of hope and optimism, which can enhance recovery, reduce length of stay, prevent avoidable hospital admissions, prevent premature admissions to long term care and overall, provide improvement of a person's care experience and staff wellbeing.

Our programme is to develop and rollout a meaningful strategy across a range of care settings within Gwent, with a variety of meaningful engagement resources and learning opportunities. It will be enhanced through a listening and learning forum which aims to support staff, volunteers and carers enabling them to gain skills, knowledge and confidence to deliver and embed person-centred meaningful engagement.

What outcomes do we expect?

People's experience. Improved care experience for people with dementia by increasing accessibility to resources and opportunities to participate in meaningful engagement and activities which are person centred in consideration of their interests, hobbies and needs. People satisfaction surveys will be undertaken to determine person centred care outcomes

Staff Experience and Competency. Staff report feeling more confident and competent to undertake meaningful activities through training and expert support. Outcomes determined through staff surveys.

Carer and Family Experience. Carers report that they feel better able to manage behaviours we may find challenging through diversional meaningful activities and report that they feel better supported. Outcomes determined through carer and family surveys.

Learning. Improve the knowledge, skill, confidence and understanding of the importance and benefits of meaningful engagement and activities for people living with Dementia for staff, carers (Formal and Informal) and volunteers.

Environment. Using knowledge, skills, and networks, to work with areas to identify improvements in environment which will support meaningful engagement, specifically around their specialty, care homes, residential, general hospitals, prison health care and community settings.

Intergenerational Partnerships. Working to build on Intergenerational Partnerships with aims to bring people together in purposeful, mutually beneficial activities which promote greater understanding and respect between generations and contributes to building more cohesive communities. Intergenerational Practice is inclusive building on the positive resources that the young and old have to offer each other and those around them.

30 ACTIVITIES THAT CAN BE DONE IN 30 SECONDS OR LESS

1. Greet the *person* by name
2. Make eye contact and smile
3. Shake hands
4. Ask someone to "show me" an object
5. Gently tease: "Mr. Smith, I just saw you eat dessert first!"
6. Tell someone he or she is loved
7. Give a sustained bear hug
8. Give a compliment: "Wow! You're looking pretty spiffy today, Margie."
9. Ask an open-ended question: "How are you feeling today, Mike?"
10. Ask an opinion: "What do you think of my new necktie? Does it match my shirt?"
11. Play a quick game of catch
12. Notice an unusual bird out the window
13. Evoke a memory from the life story of the *person*: "Tell me more about that grandfather of yours who was a country doctor. Did he really make house calls?"
14. Give a hand massage
15. Share a new lotion and talking about its pleasant scent
16. Blow bubbles
17. Slip a little treat to someone (being certain it's dietetically okay)
18. Share a magic trick
19. Show off family photos of a new grandchild
20. Blow up a balloon and bat it around
21. Look at a flower arrangement and compare colors, textures, and scents
22. Ask for advice on a recipe
23. Tell a funny story or joke
24. Do a quick dance to some fun music playing in the background
25. Notice vivid colors in an unusual dress or shirt
26. Ask for help with a chore, such as folding a towel, helping make a bed, or squirting some wax onto a piece of furniture about to be polished
27. Try on a hat or hats
28. Try on a new shade of lipstick
29. Clown around for a moment, making funny faces, or throwing your hands in the air and spinning around once or twice in a silly dance
30. Step outdoors for some fresh air

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