

Tool 5: The National Care Standards – what about evidence?

This guidance will support you to evidence improvement in the quality of care your care home provides, relating to promoting physical activity. It will help to think about ways that you can provide that important evidence towards meeting the National Care Standards, particularly numbers 12/4, 14/7 and 17/1/4/7. These are detailed below. The National Care Standards are being reviewed in 2014.

Theme	Standard	Statement
Lifestyle – social, cultural and religious belief or faith.	12. Your social, cultural and religious beliefs or faith are known and respected. You are able to live your life in keeping with these beliefs.	12/4 The social events, entertainment and activities provided by the care home will be organised so that you can join in if you want to.
Keeping well – healthcare.	14. You are confident that the staff know your healthcare needs and arrange to meet them in a way that suits you best.	14/7 You will have opportunities to take part in physical activities in, or outside, the home. If you cannot go out of the home, you will be able to take part in physical activities arranged by the staff, which aims to help you maintain your physical independence and ability.
Daily life.	17. You make choices and decisions about day to day aspects of your life and about how you spend your time.	17/1 the social events, entertainment and activities provided by the care home will be organised so that you can join in if you want to.
		17/4 You can keep up relationships with friends, relatives and carers and links with your own community. If you want, the staff will support you to do this.
		17/7 You are supported and encouraged to use local services such as hairdressers, shops and banks.



The suggestions in this guidance are only ideas. It may be that you can think of other examples that would work well in your care home. It can be very useful to speak with other care homes to find out what they do to evidence personal outcomes. You can also ask your Care Inspectorate inspector and find out if they have ideas about what would work well.

It is always very important to document personal outcomes for the individual being supported and not just what activity they are doing. It is also useful to document outcomes for others involved in the individual's life as this has an impact on their overall quality of life. You can also show personal outcomes in pictures, on a story board, through memory books, personal diaries and many other ways – just be creative.

Ideas for evidence

Principle A – Physical activity participation

1. Know individual stories and document them in a way that clearly states hopes, dreams and ambitions. This can be usefully kept in an individual's room so everyone can be involved.
2. Document individual physical activity choices in care plans, regularly review and clearly show what the individual is capable of and enjoys doing. This demonstrates individuals are enabled to take part in daily life as they would choose.
3. Consider the use of personal diaries which can be kept in an individual's own room. Everyone can input into them and support an individual to be more active, inside and out and can also act as a record of personal outcomes for everyone involved.
4. Record personal outcomes, such as improved sleep pattern, increased independence, being more content and socially more connected, not just what activity an individual has been doing.
5. Evidence in the care plans that physical activity is integral to daily life – a physical activity care plan can be useful to do this, linked to social events where appropriate. (Tool 6)
6. Evidence in care plans/physical activity care plans that there are choices and opportunities to take part in physical activities in or outside the care home.

Principle B – Organisational care home culture and commitment

7. If asked, all staff should be able to respond in a way that shows they understand the importance of physical activity, choices and opportunities in their own lives.
8. Complete the physical activity self-assessment in the resource and show you are working towards or have completed improvements using the action planning process.
9. There should be visible signs of social/physical activity taking place in and outside the care home – a spontaneous (and planned), active, daily care home life for all to witness.
10. Everyone involved in the life of the care home should be able to describe examples of individuals being supported to be more active while engaging in daily life.
11. Evidence through your recruitment process and staff development framework that promoting physical activity, health and wellbeing is an important value in your organisation (mission statement, adverts, interview questions, personal development plans, training).
12. Evidence through staff training records that all staff have a good awareness of the importance of and how to support individuals to be more active.

Principle C – Community connections and partnerships

13. Document support and guidance, for example, resident/family, carer and community meetings/events that focus on promoting active lives with positive feedback.
14. Document community support for your home provided by local partner agencies who can offer expertise and advice.

15. Maintain a record of places and spaces in the local community that can provide physical activity opportunities.
16. Evidence through various ways that the wider community, including family, friends, volunteers and others are actively supported to engage in physical activity opportunities.
17. Show evidence of intergenerational activity such as, residents with younger people being active together (e.g. gardening, walking, DIY, cooking) through pictures, stories and care plans .
18. Show evidence of a range of opportunities to be active being on offer daily, on a frequent basis through care plans, newsletters, diaries and various other ways.