

# Care ... About Physical Activity (CAPA) Programme Evaluation 2017-18

**Report to:** Board

**Date:** 18 December 2018

**Report by:** Edith Macintosh, Interim Executive Director of Strategy and Improvement

**Report No:** B-80-2018

**Agenda Item:** 20

## PURPOSE OF REPORT

To advise members of the wide impact of the Care About Physical Activity (CAPA) improvement programme on the lives of people across Scotland.

## RECOMMENDATIONS

That the Board:

1. Notes the impact from the CAPA improvement programme in the two page executive summary which will give some details of specific measures used and the outcomes on the health and wellbeing of older people from the programme
2. Accesses the full evaluation via the CAPA microsite [www.capa.scot](http://www.capa.scot) for more detailed information about the programme.

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**Consultation Log**

| Who  | Comment   | Response                               | Changes Made as a Result/Action |
|--|---|--|---------------------------------|
| Senior Management  |   |  |                                 |
| Legal Services   |   |  |                                 |
| Corporate and Customer Services Directorate  |   |  |                                 |
| Committee Consultation (where appropriate)   |   |  |                                 |
| Partnership Forum Consultation (where appropriate)   |   |  |                                 |
| <b>Equality Impact Assessment</b>  |   |  |                                 |
| Confirm that Involvement and Equalities Team have been informed  | YES <input type="checkbox"/>  | NO <input checked="" type="checkbox"/> |                                 |
| EIA Carried Out  | YES <input type="checkbox"/>  | NO <input checked="" type="checkbox"/> |                                 |
| If yes, please attach the accompanying EIA and appendix and briefly outline the equality and diversity implications of this policy.  |   |  |                                 |
| If no, you are confirming that this report has been classified as an operational report and not a new policy or change to an existing policy (guidance, practice or procedure) | Name: Edith Macintosh<br>Position: Interim Executive Director of Strategy and Improvement |  |                                 |
| Authorised by Director   | Name:   | Date: 4 December 2018                  |                                 |

## **1.0 BACKGROUND**

In 2016 the Care Inspectorate was commissioned by the Scottish Government funded through the Active Scotland Division to design and lead the Care...About Physical Activity (CAPA) improvement programme. This programme was based on the 'Breakthrough Collaborative Model' from the Institute for Healthcare Improvement (IHI) to support sustainable improvement through collaboration, learning and improving together. The first phase of this programme was completed in October 2018 with very positive outcomes which show significant health and well-being improvements for older people experiencing care.

## **2.0 THE CAPA IMPROVEMENT PROGRAMME**

The main component of the improvement programme involved eight Partnerships across Scotland and around 140 social care services for older people. Those services ranged from care homes, care at home, housing support and day services who all committed to make improvements in their service to enable older people to move more each day. Many of the change ideas for the improvements were based on the CAPA resource pack published by the Care Inspectorate in 2014.

**2.1** The programme was delivered through a team of improvement advisors (IAs) who ran around 30 learning events for social care professionals and local networks of support across health, social care and the local community to build confidence, knowledge and skills to enable older people to be more active. The IAs also supported individual services to implement good practise, measure improvement and look at ways to sustain their improvements.

**2.2** The CAPA improvement programme also included;

- developing and delivering an internal learning programme for inspectors in the care Inspectorate;
- developing, in partnership with Glasgow Caledonian University, a taught degree module and an online module for health and social care professionals on supporting frailer older people to move more and the benefits; and
- designing and running a conference (ACTIV8) for 300 people from across Scotland to share the learning, spread the improvement and reach others not currently involved in the programme.

## **3.0 MEASUREMENT AND EVALUATION**

The Care Inspectorate procured Ukactive Research to develop the measurement framework for the CAPA improvement programme. The framework used had a dynamic, flexible and multi-tiered approach. This included:

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- short and long term behaviour change through learning;
- learning being translated in to practice; and
- short and long term changes for people experiencing care

A summary of this and the outcomes using these measures is summarised in Appendix 1.

#### **4.0 WIDER IMPACT**

In addition to meeting the key objectives, the improvement programme has had a wider impact such as:

- Working with the Scottish Prison Service to support prisoner healthcare
- Developing a tried and tested model for intergenerational practice with care homes, schools and nurseries. This has won two awards.
- Building on the national work and collaborating with organisations who support the promotion of an active life such as Paths for All
- Improving the health and wellbeing of social care professionals themselves through education and motivating them to live a healthier life
- Sharing and spreading the ideas and successful improvements at many national and international events.

#### **5.0 RESOURCE IMPLICATIONS**

The programme was grant funded through the Scottish Government, Active Scotland Division.

#### **6.0 CUSTOMER SERVICE IMPLICATIONS**

This programme supports the customer service strategy significantly through its sole focus on improving the quality of care and ultimately improving the health and well-being of older people experiencing care and social care professionals. Throughout the programme people experiencing care and those who support them were involved in contributing and shaping the programme.

It particularly supports progress on:

**Customer Insight** - We take the time to understand the diversity of our customers and their needs and requirements.

**Culture** - We build and maintain a level of professionalism and positive attitude to ensure a customer focussed approach.

**Information and Access** - We continue to develop the range of information we provide and ensure that it is accurate.

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**7.0 BENEFITS FOR PEOPLE WHO EXPERIENCE CARE**

The CAPA improvement programme focused directly on improving outcomes for people experiencing care. This is evidenced throughout the programme through qualitative feedback using powerful stories and in the final evaluation report.

**8.0 CONCLUSION**

The final evaluation shows clearly the measurable success of the CAPA improvement programme and the impact the Care Inspectorate has had, through this programme, on improving the lives of older people across Scotland. It has affected positive change in practice, a shift in culture to an enabling and empowering approach in social care and one which respects people's rights, needs and choices.

As a result the Scottish Government has provided a further grant of £750K to spread the improvements more widely over the next 18 months through a second phase of the programme.

**LIST OF APPENDICES**

**Appendix 1 -** Care About Physical Activity (CAPA) Programme Evaluation 2017 – 2018 executive summary