

Welcome to July's edition of the PROSPER newsletter. Designed to keep you updated with the progress of the PROSPER project.

Promoting Safer Provision of care for Every Resident.

Prosper Support Visits

The Prosper team are able to provide Prosper Support Visits to help you with your PDSA cycles, driver diagrams or to discuss an ideas you may have. These visits can be completed in the following ways:

- Virtually via Microsoft Teams
- Garden Visits at the home
- In the home, either in a office or appropriate room

We will continue to abide by social distancing rules that are in place at time of the visit and will have the appropriate PPE to use. We will also complete a Lateral Flow Test before coming for the visit, but we are also happy to complete another one when we arrive if you require it.



Rod Manning, Our Prosper Support Officer in the South recently completed a support visit at Silvana Court, and Manager Sue was very grateful to see Rod and be able catch up with him about Prosper and what the home have been up to.

As it's been a while since we have been able to visit in person, we completely understand you may have put Prosper on the back burner, but we will be happy to come and support you to get started again, we can give you a quick Prosper refresh, talk about what you are doing or plan to do or give you some ideas! To book your visit please email your support officer direct or email Prosper@essex.gov.uk We are looking forward to seeing you all soon!

Residents Riddle?

Each month we will provide a riddle for residents to solve. Please email their answers to prosper@essex.gov.uk

Answer to last month's riddle was **The Rain**

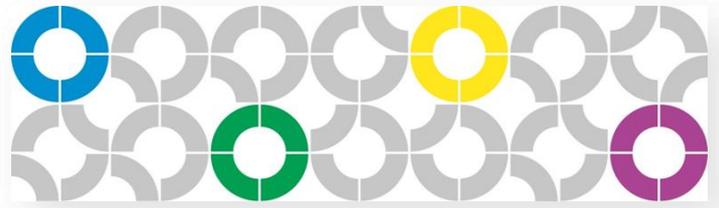
We had lots of responses this month and a Well done goes to **Parkview, Umika Lodge, Southminster and Hill House** for answering it correctly.

This month's riddle

What goes up and down but never moves?

Answer in next month's newsletter, with of course a new riddle for your residents to solve.





PROSPER in Action at Silvana Court

Now that PROSPER support visits have recommenced, home manager Sue Smith is keen for Silvana Court to use PROSPER methodology and resources to strive for continual improvement at the home.

At a recent support visit Sue and her team spotted early indications of an increase in the number of people being treated for a UTI on the home's Runtime Dashboard and decided this was the area the home would focus on at this time. Individual SMART aims were set for each floor of the home, and staff members have lots of ideas to ensure residents are always well hydrated.



Sue said "we have decorated our refreshment trolleys making them more colourful and we have colourful beakers too (glasses are available if residents wish). we fill our trolleys on a regular basis with fresh

drinks, fruit and nibbles and we also bring the trolleys around during our happy hour every afternoon 3:00 to 4:00pm, including wine and beer"!!



Symptoms of a UTI

Can Include the following:

Changes in behaviour, such as acting confused or agitated

Incontinence (worse than usual)

Shivering or shaking

Pain or burning when peeing

Needing to pee suddenly or more often than usual and will have Smelly or cloudy urine

Lower tummy pain

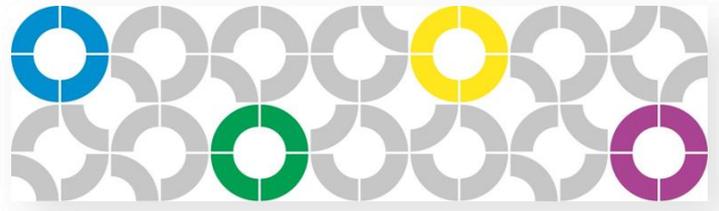
Loss of bladder control

A mild temperature

Did you know?

Women are more likely to develop UTIs than men because women have a shorter urethra, which makes it easier for bacteria to reach the bladder





Silvana Court's Poem

It wouldn't be right to end this month's edition any other way, another amazing poem written by the Manager at Silvana Court Sue Smith,

From my window

I look out for my window and what do I see, I see you arrive for work to take care of me!

I see a beautiful garden with flowers galore, I see a large oak tree and so much more! ❤️

I see grass so green with a patio set, this is where we sat when we first met

You were kind and talked to me and listened to my needs ❤️

I live in your care home now and you take good care of me I sit by my window I dream of days gone by Sometimes I laugh sometimes I cry ❤️

But most of all I can see the world go by and the sun is shining high in the sky

I am content as I feel so loved, I am as free as Turtledove! ❤️

I look out my window and what do I see I see my husband smiling & waving at me ❤️

You can't see him but I know his there! I feel him beside I feel his presence in the air ❤️

So when you close my curtains you block my view! my window means more to me than it does to you ❤️

So please remember when I look out my window it's more than just a view! ❤️

It's my whole life and full of my memories too ❤️



<https://www.livingwellessex.org/care-provider-information-hub/>

Done Something New and Exciting?

Do you have a top tip, an amazing new idea to share or an event that is different to any other and would like it published in the newsletter?

Email:

Prosper@essex.gov.uk

Don't forget to wear your badge with pride!



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