



Good news stories from Perth & Kinross



Update from Lynn Blair - Independent Sector Lead

During these challenging times, we have collected some positive stories from a selection of care homes. We are having to working differently and the Commissioning Team in the Partnership, care homes and I are keeping in regular contact through the use of Zoom.

It is amazing to hear about what these care homes are all doing to help people to stay in touch with their loved ones and their range of activities to keep residents active and entertained.

Keeping residents connected with loved ones at Richmond House

In Richmond House in Crieff, the residents are getting used to visiting in a different way. It means the world for our residents to keep in contact with families. Using this technology in the photo above (It's a Facebook portal that was donated by a residents daughter) is the next best thing to being able to have families visit us in the home.

We have taken part in international day of dance, we have been doing body boosting bingo to keep our residents active and even featured on the paths for all Facebook page as we are working so hard to keep our residents active. Please have a look at our Facebook page to see all the things we have been doing.

Compassion at Kippen House

My name is Angie I live at Kippen house in Dunning, I have a large close family. Sadly, my daughter - Trudy's father-in-law Tom passed away.



PICTURED: Angie planting the Tree that the staff bought her to remember her family member who has sadly died. This gesture from the staff meant so much to Angie.

Due to Covid-19 restrictions I was not allowed to attend his funeral. This was very upsetting for me not being able to say goodbye to him. I was delighted when staff arranged to get me a tree to plant in the grounds of Kippen house in his memory. I made a lovely memorial stone for Tom that I placed beside the tree, now I can go to the memorial garden when I feel the need to remember him.



PICTURED: Angie with the stone she painted to place at the base of the tree of remembrance.

Balhousie Pitlochry

Keeping families & friends in touch and keeping occupied

We are using all formats open to us, video calling Facetime, Messenger, Skype, Whatsapp. We have supported residents to set up their own mobile phones and to use these where needed. We have increased the amount of usable mobile land line phones in the home so that contact can be maintained if mobile or other tech is not in use. We have also encouraged resident to letter write to loved ones and members of the community who have been supporting us.

The residents have lots going on to keep them stimulated mentally, physically and socially. We have exercise classes, parties, movie afternoons, walking club (albeit only around the building but better than nothing), arts crafts sing-song, concerts in the carpark, baking, quizzes, bible reading and much more.

A local piper delighted residents at Balhousie Pitlochry care home this weekend. Ross MacNaughton played a range of tunes in the home's car park while residents listened from the windows



Activities from Enable



We have 3 Wednesday night events now via Zoom, we've done a disco, musical bingo and a Disney themed quiz so far. We send out a virtual leaflet with the Zoom login beforehand so anyone interested can join. We include anyone we currently support, community supports that have been put on hold and our children's service. We also included our Fife services and they joined in.

It was exciting to see people we hadn't seen for weeks, and for them to keep the contact with their PA's and Team Facilitators and to see other people they might know, who are also receiving support. We have dressing up, games and dancing and everyone loves it. We are looking at hosting similar events for children only, ladies only or men only, but we're still working on that. It's a great

for the people we support to feel part of things again and a wee break for families at the same time. Next week we are hoping to arrange 1 minute Karaoke via Zoom. On the left is a little snapshot of some of the people who attended.

We also had a young man we support, wanting to get involved in the Clap for Carers event on a Thursday, so along with his PA, they painted some rainbows to display in his window.



A poem from Strathtay House in Perth *by Diana Baxter - Wellbeing Coordinator*

Well, here we are, another day, on "LOCKDOWN" in our home STRATHTAY.
With ALL our outside visits stopped...We really could go BAMMY!
But, Oh No, NO ... Not Here... NOT US...WE are THE STRATHTAY ARMY!!!

"CORONA" She's the VIRUS, that has caused us all this bother,
But we shall not let her win this game...
Because WE CARE for One Another!
Judith and Irene do their best to keep us all updated...
The speed they keep us up with things... they might both need sedated!!!

The Carers are AMAZING they're such a Brilliant Team...
Working hard, as they always do,
Keeping Residents Well and Clean.
The Kitchen Staff are also great, They don't serve yucky gruel...
They cook us really yummy food, and keep us all Well Fuelled!!!

The Cleaners, Steve and Laundry Staff, they really never stop...
Every Nook and Cranny Checked... in fact CORONA just Get Lost!!!
I'm Wellbeing Coordinator, treading many different paths...
Doing hair, nails, dancing, games, and making people laugh!!!

Our Residents, What can I say...
We LOVE THEM as Our Own,
We will CARE and try to KEEP them Safe,
As they are Family, away from Home.

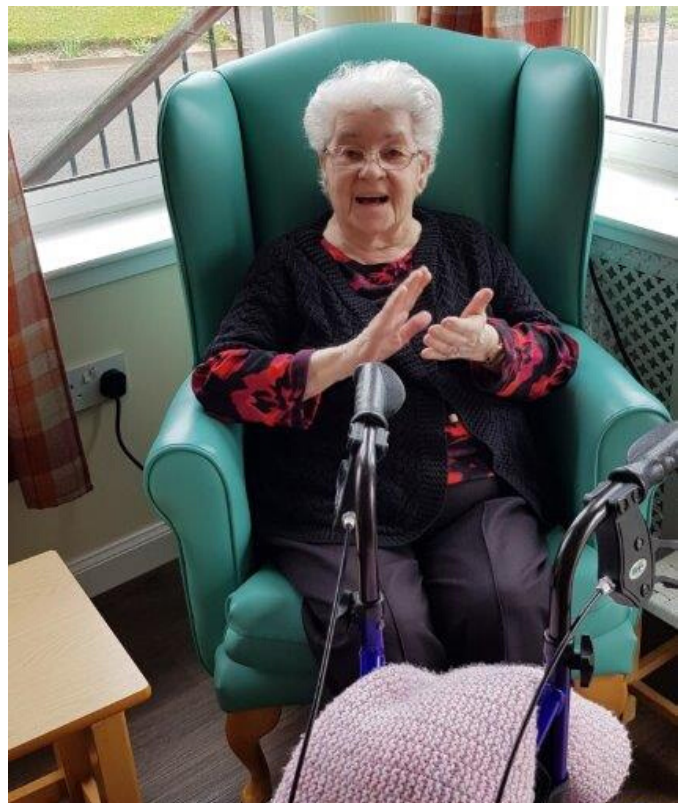
SO, All of US are in the same Army,
Fighting, but NOT ALONE,
We PULL in hope TOGETHER...
To keep Strathtay a CORONA FREE ZONE...

Robert Douglas Memorial Home *Supporting residents, families & staff*

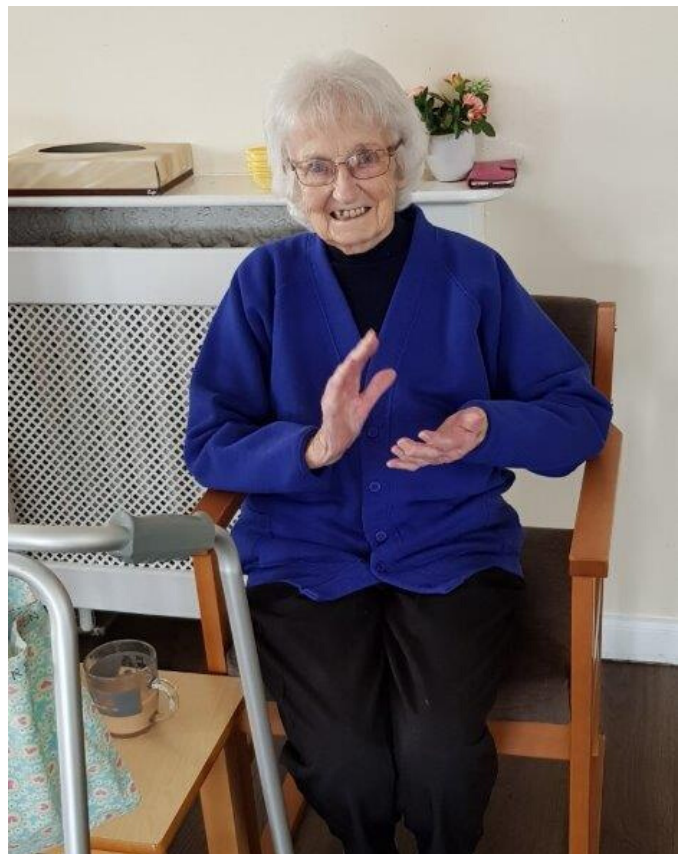
This is a difficult time for residents, families and staff, but despite this everyone at Robert Douglas is working hard to ensure that residents and staff remain in good spirits. What have we been doing?



During the lovely weather we had Chris White entertaining the residents, he was performing outside on our patio which could be accessed without entering the home to maintain social distancing. Residents and staff had an amazing afternoon of singing, clapping and an occasional dancer. This was just what everyone was needing. Staff said to see so much enjoyment from the residents is why they come to work each day.



We had a local schoolgirl who came down and played the pipes for residents from outside as she just wanted to support and entertain the residents.





Easter was a busy time, residents sent Easter cards to their families, and were busy making Easter bonnets for a competition which was judged by a resident and an independent member of staff (one of our chef's).



Staff are being amazing working with residents by continuing with regular exercise classes, movie sessions and some quiet 1:1 time which is also important.

We are still maintaining our intergenerational links with RDM primary school, some of the children along with help from teachers and via email, are sending individual letters to the residents who are delighted to be able to maintain contact with the children.

A couple of quotes from staff:

"I think staff morale in the home is the best it's been for a long time"

"I am happy when I am at work caring for my residents who have adapted well to social distancing, we are all familiar to them"

We are supporting residents to keep in contact with families, and they are also receiving regular updates from me which gives balance and reassurance to what they see on the news. Residents are maintaining regular contact with families via phone and through skype calls.

A couple of quotes from family members:

"I'm very please that activity, care and kitchen staff are working so hard to ensure that mum and all the other residents have a happy Easter, I do appreciate it. Please thank everyone for doing such a wonderful job in caring for the residents"

"Thank you for taking the time in your busy schedule to update us on the current situation within the RDM Home and on the health and wellbeing of our loved ones. I am sure that I speak for all relatives and friends in thanking you all for the sterling care being administered in this the most difficult of times. Your care and dedication to our family members is very much appreciated. Hopefully when this is all over and everyone has been given a clean bill of health, we will be able to celebrate with a great get-together and rejoice in typical RDM tradition".

