

**“Good support isn’t just about
‘services’ – it’s about having a life.”**

IMPACT Network – Care Homes and Relationships Discussion material for local Network session 1



This document talks about care homes and how people there form connections with others. It uses a review of sources created for the 'Anne's Law' Project by Dr George Palattiyil, which helps people in care homes have better lives.

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What are Meaningful Connections?



- Good relationships and happy interactions.
- People in care homes want different connections with different people.
- Connections with friends, family, staff, and community are important.
- Without good connections, people can feel lonely and it's not good for health.

COVID-19 and Connections



- COVID-19 made it hard to visit and connect with others.
- Not being able to touch or see loved ones made people sad and ill.

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Things That Make Connections Hard



- Sometimes, people in charge don't listen to families and friends.
- Being far from family and friends makes it tough.
- It's hard when staff change a lot.

Things That Help Make Connections



- Having places to meet and talk.
- Everyone being open and honest.
- Having clear rules and training for everyone.
- Letting people make their own choices.
- Seeing the same staff often.
- Using phones or computers to talk to family.
- Going out or doing fun things together
- Doing activities with others
- Mixing with different ages can be nice.



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Ideas That Can Help



- Some places let family and friends help with care.
- Others give advice to family members.
- Some places give technology to help people talk.
- Young people and older people can do things together.
- Some places do fun activities with the local community.
- Some care homes have kids and older people together.

What to Talk About When You Meet with Your Network



- Share stories about care homes and relationships.
- Talk about what makes it easy or hard to connect.
- Think about ideas from the document that could help.
- Share if you disagree with anything.
- Decide what to do next and if others should join.
- Ask for help from the IMPACT team if needed.

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