

# A Life More Ordinary

Margi Daw

[margi.daw@haltonccg.nhs.uk](mailto:margi.daw@haltonccg.nhs.uk)

To audit the effects a deprivation of stimulation and interaction has on residents living in care homes and how this links to the MCA.

- If residents have mental capacity to make decisions would they choose to have limited meaningful interaction, activities and stimulation? If not is there evidence of best interest decisions being made on their behalf in relation to this?
- Many people have never left the care homes since admission, unable to visit a shop, a church or places that are important to them.
- Many people have never had the opportunity to sit in the fresh air or feel the sun on their face in the garden of their care home.
- Day after day sitting in the same place with the same people listening to the same noises. Frequently sat in front of a TV.
- Living a life that lacks quality and meaning.

## Project results/evaluation

- The likelihood of increasing anxiety or depression resulting in a complex medication regime. This in turn could predispose to lethargy and / or additional side effects for the resident.
- A DoLS may be required.
- The person becomes more prone to physical deterioration and inactivity. This could increase the risk of pressure ulcers, falls, injuries and contractures of the limbs.
- This could attribute to a bedbound state putting the person at greater risk of chest infection, aspiration pneumonia and admission to hospital more likely.

There is a risk of further deterioration in health and a less likely chance of recovery  
It is more likely that the increased cost of care, support, hospital treatment and medication will be higher compared to the cost of providing quality interaction and stimulation.

## Project area classification

Hospital care	x	Emergency care	
GP care		Dementia	x
Social care	x	Learning disability	x
Voluntary sector		Other mental health	x
Financial services		Palliative care	x
Police		Advance planning, LPAs	
Legal		Commissioning	x
Community health care		Training	x
Nursing and care home	x	For professionals?	x
Acute care		For public and service users?	x
Chronic care			