

Learning and Development opportunity / Weblink	Brief Description	Type / Mode	Aimed at
<b>Domain D3 Ageing well – Promoting and supporting independence, autonomy and community connectivity</b>			
<b>REPORTS / GUIDANCE/ DOCUMENTS</b>			
<a href="https://www.bgs.org.uk/resources/end-of-life-care-in-frailty-rehabilitation">https://www.bgs.org.uk/resources/end-of-life-care-in-frailty-rehabilitation</a>	This resource looks at maintaining independence and function in older people towards the end of life.	Clinical Guideline	H&S care staff
<a href="https://www.who.int/initiatives/decade-of-healthy-ageing">https://www.who.int/initiatives/decade-of-healthy-ageing</a>	WHO guidance: decade of healthy ageing. The United Nations Decade of Healthy Ageing (2021-2030) is a global collaboration, aligned with the last ten years of the Sustainable Development Goals, that brings together governments, civil society, international agencies, professionals, academia, the media, and the private sector to improve the lives of older people, their families, and the communities in which they live	Guidance	ALL
<a href="https://www.scie.org.uk/strengths-based-approaches/leadership">https://www.scie.org.uk/strengths-based-approaches/leadership</a>	An insight briefing which aims to develop understanding of and provide practical advice about leading strengths-based approaches and practice that support adults with social care needs. Social Care Institute for Excellence (SCIE)	Guidance	HSCP
National Voices 'I statements' <a href="https://www.nationalvoices.org.uk/sites/default/files/public/publications/im_still_me.pdf">https://www.nationalvoices.org.uk/sites/default/files/public/publications/im_still_me.pdf</a>	This is a report of National Voices' narratives on person-centred coordinated care. This narrative describes the way older people want high quality coordinated care to support them, from their perspective	Guidance	ALL
<a href="#">Person-centred and community-based working (strength-based approach) guide v2 (skillsforcare.org.uk)</a>	Skills for Care: This resource focuses on person centred care and covers: What is person-centred and community-based working? Why is it important to use person-centred and community-based approaches and how do you use these approaches? It has bite sized information	Guidance	Health & Social Care Staff

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	about the various ways you can use the approaches, who to involve and includes case studies, practice examples and top tips.		
<a href="http://housinglin.org.uk">PCrown A (housinglin.org.uk)</a>	Royal College of Occupational therapy: Adaptations without Delay The guide sets out the Adaptations without delay decision-making framework. This outlines the person-centred outcomes that can be achieved from having the home adapted. Workforce and operational factors to support integrated and new ways of working are also identified	Guidance	Occupational Therapists; Health & Social Care Managers
<a href="https://www.nice.org.uk/guidance/ng74">promoting-independence-through-intermediate-care.pdf (nice.org.uk)</a>	NICE guidance: Promoting Independence through Intermediate Care. This quick guide is for all staff who work or interface with intermediate care services. It focuses on person centred care, communication and using a strengths-based approach	Guidance	Health & Social Care Staff
<a href="https://www.nice.org.uk/guidance/ng74">https://www.nice.org.uk/guidance/ng74</a>	NICE Guidance: Intermediate Care including Reablement. This guideline covers referral and assessment for intermediate care and how to deliver the service	Guidance	Health & Social Care Staff
<a href="https://www.careinspectorate.com/telecare/leaflets/telecare-leaflet.pdf">Telecare leaflet.pdf (careinspectorate.com)</a>	The Care Inspectorate: This is a report titled Telecare matters: A quick guide to technology enabled care and support. It covers many aspects of telecare and its use in practice	Guidance	Health & Social Care Staff
<a href="https://www.tunstallreport.org.uk/ppp-tunstall-report-920.pdf">ppp-tunstall-report-920.pdf</a>	Tunstall report: Connecting Services; Transforming Lives. This report focuses on telehealth; it distinguishes between telecare, telehealth and telemedicine, and explore potential application	Report	Health Care Professionals, Health & Social Care Managers

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<a href="#">Seating matters leaflet.pdf (careinspectorate.com)</a>	Sating matters report Care Inspectorate This guide talks about the importance of seating for older people and how to recognise when as older person is not seated well	Guidance	ALL
<a href="https://www.england.nhs.uk/wp-content/uploads/2019/04/a-practical-guide-to-healthy-ageing.pdf">https://www.england.nhs.uk/wp-content/uploads/2019/04/a-practical-guide-to-healthy-ageing.pdf</a>	Age UK: A practical guide to healthy ageing The advice in this booklet will help improve the health and general fitness of people of any age, but it is written to be particularly relevant for people who are about 70 years or older.	Guidance	ALL
<a href="https://www.nice.org.uk/guidance/ng21">https://www.nice.org.uk/guidance/ng21</a>	NICE Guidance: Home care: delivering personal care and practical support to older people living in their own homes This guideline covers the planning and delivery of person-centred care for older people living in their own homes (known as home care or domiciliary care). It aims to promote older people's independence and to ensure safe and consistently high-quality home care services.	Guidance	Domiciliary care providers
<a href="https://www.england.nhs.uk/wp-content/uploads/2019/04/a-practical-guide-to-healthy-ageing.pdf">https://www.england.nhs.uk/wp-content/uploads/2019/04/a-practical-guide-to-healthy-ageing.pdf</a>	Age UK: A practical guide to healthy ageing The advice in this booklet will help improve the health and general fitness of people of any age, but it is written to be particularly relevant for people who are about 70 years or older.	Guidance	ALL
<a href="https://www.nice.org.uk/guidance/ng16">https://www.nice.org.uk/guidance/ng16</a>	NICE guidance: Dementia, disability, and frailty in later life – mid-life approaches to delay or prevent onset This guideline covers mid-life approaches to delay or prevent the onset of dementia, disability, and frailty in later life. The guideline aims to increase the amount of time that people can be independent, healthy and active in later life	Guidance	Health & Social Care Professionals

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<a href="#">38912 Connected Communities: Loneliness Strategy English (gov.wales)</a>	Connected Communities, Loneliness Strategy. This document details the Welsh Government's first strategy for tackling loneliness and social isolation and building stronger social connections	Guidance	ALL
<a href="https://youtu.be/MsZrhNsmLEQ">https://youtu.be/MsZrhNsmLEQ</a>	Short video entitled "Why Moving Matters", produced for all staff to increase awareness of hospital acquired deconditioning. It gives some useful facts and figures, and tips for promoting physical activity in hospital.	On-line resource	Acute staff
<a href="https://movingmedicine.ac.uk/">https://movingmedicine.ac.uk/</a>	This web resource has been designed to support healthcare professionals to integrate conversations about physical activity in routine care consultations. It has lots of useful hints and tips, with a strong focus on shared decision making.	On-line resource	All

#### ONLINE LEARNING & DEVELOPMENT RESOURCES

<a href="#">Reablement for care workers: e-learning course   SCIE</a>	Reablement for care workers: short e-learning session Use this course to find out about reablement, how it differs from home care and intermediate care, and why and how the service should be delivered.	e-learning	Health & Social Care Staff
<a href="https://portal.e-lfh.org.uk/Component/Details/563732">https://portal.e-lfh.org.uk/Component/Details/563732</a>	E learning for Health: Living Well with Dementia and Promoting Independence This session will help you to understand how to support and promote a person's independence and meaningful involvement in their own daily life	e-learning	Health & Social Care Staff
<a href="#">Ageing well programme - NIHR School for Public Health ResearchNIHR SPHR</a>	Information on the School for Public Health Ageing Well Programme	e-learning	Health & Social Care Professionals

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<a href="https://personalisedcareinstitute.org.uk">Your learning options (personalisedcareinstitute.org.uk)</a>	E-Learning form the personalised care institute on shared decision making	e-learning	Health & Social Care staff, Care Homes
<a href="#">Make Movement Count - YouTube</a>	Make Movement Matter: You Tube animation on the importance of regular movement to support independence	On-line resource	Health & Social Care Staff
<a href="#">Ageing well programme - NIHR School for Public Health ResearchNIHR SPHR</a>	Information on the School for Public Health Ageing Well Programme	e-learning	Health & Social Care Professionals
<a href="https://www.scie.org.uk/prevention/independence/promoting-wellbeing-video">https://www.scie.org.uk/prevention/independence/promoting-wellbeing-video</a>	Social Care Institute for Excellence: This short film focuses on services designed to improve or maintain older people's wellbeing	On-line resource	Health & Social Care Staff

#### RESEARCH ARTICLES

<a href="https://journals.lww.com/nsca-jscr/Fulltext/2019/08000/Resistance_Training_for_Older_Adults_Position.1.aspx">https://journals.lww.com/nsca-jscr/Fulltext/2019/08000/Resistance Training for Older Adults Position.1.aspx</a>	Resistance Training for Older Adults: Position Statement from the National Strength and Conditioning Association the goal of this Position Statement is to a) help foster a more unified and holistic approach to resistance training for older adults, b) promote the health and functional benefits of resistance training for older adults, and c) prevent or minimize fears and other barriers to implementation of resistance training programs for older adults.	Article	Health Care Professionals
<a href="https://pubmed.ncbi.nlm.nih.gov/29166818/">https://pubmed.ncbi.nlm.nih.gov/29166818/</a>	Can Digital Technology Enhance Social Connectedness Among Older Adults? A Feasibility Study This study examined the feasibility of a novel communication technology to enhance social connectedness among older adults in residential care. Research suggests that technology can create opportunities for social connectedness, helping alleviate social isolation and loneliness.	Article	Care Home Staff

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<a href="#">NIHR Evidence - Exercise classes improve mobility in older people - NIHR Evidence - Informative and accessible health and care research</a>	<p>National Institute Health Research The REACT study has shown that the downward spiral of declining mobility that many people face as they get older is avoidable. It can be prevented, and in many cases reversed through an exercise programme that is individually tailored and progressive</p>	<p>Research summary and video</p>	<p>Health and Care Staff</p>