



# The development of the Toolkit

## Living well through activity in care homes

### Aim

- To develop a resource offering practical ideas and advice to support meaningful activity for older people in care homes, inclusive of everyone regardless of their gender, sexuality, ethnicity and cultural background.
- To include a range of materials to meet the diverse needs of the target audiences, including residents, their family and friends; care home managers and staff; and occupational therapists.
- To provide templates and audit tools for care home managers and staff to review and evidence the quality of life and wellbeing of residents.
- To support the shift in culture required in many care homes for them to meet the relevant standards related to activities of daily living, choice and care planning.
- To explain how to capture the experience of residents through person-centred outcomes.

### Development pathway

**March 2012 – May 2013**

Development period supported by External Reference Group

**October 2012**

Draft toolkit consultation with stakeholders, relatives of care home residents and occupational therapists

**November – December 2012**

Pilot in care homes across the UK - Feedback from care home managers, staff and relatives

**July 2013**

Endorsement - Meeting with key stakeholders and partner organisations

**August 2013**

Living well in Care Homes Network  
Online network set up to champion dignity, choice and independence for older people in care homes

**September 2013**

Launch  
Free online toolkit available from COT website

**College of Occupational Therapists Limited**  
*The professional body for occupational therapy staff*  
(A subsidiary of the British Association of Occupational Therapists Limited)

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