Care by design

It ain't what you do, it's the way that you do it

Ed Russell

Director of Innovation and Development

WCS Care is a leading provider of care homes with 13 homes across Warwickshire. They have 6 homes rated as 'outstanding' by the CQC and are recognised for their innovation and creativity.

Fish, ship or boat?

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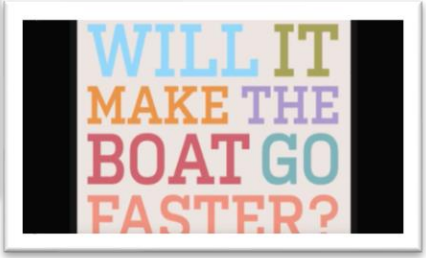
A bit of fish
www.youtube.com/watch?v= AAQT6ifGys

Ship shape or ship out
(1.7 million views)
www.youtube.com/watch?v=QaqpoeVgr8U



It's not what happens on the day, it's what happens leading up to it that counts
www.youtube.com/watch?v=lNOQAuMGxBQ

Every day well lived

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Creativity and technology

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Will it improve a resident's

- choice
- dignity
- independence?

Acoustic monitoring

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Acoustic monitoring

https://youtu.be/Sf3y6vSKKY4

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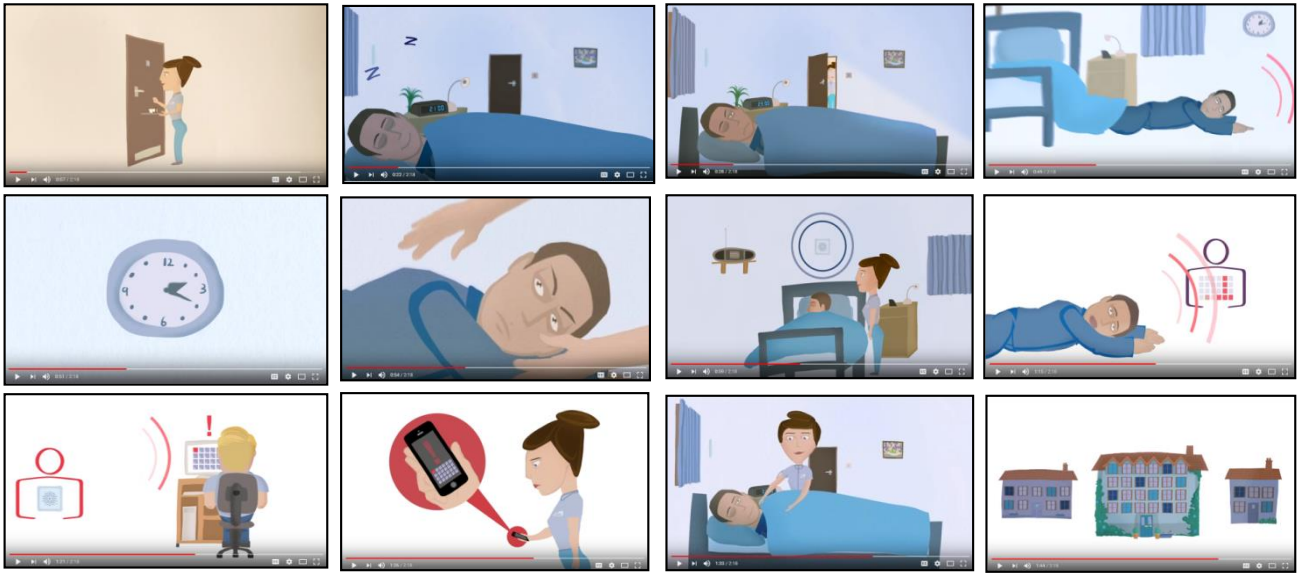

Acoustics – WCS Care results

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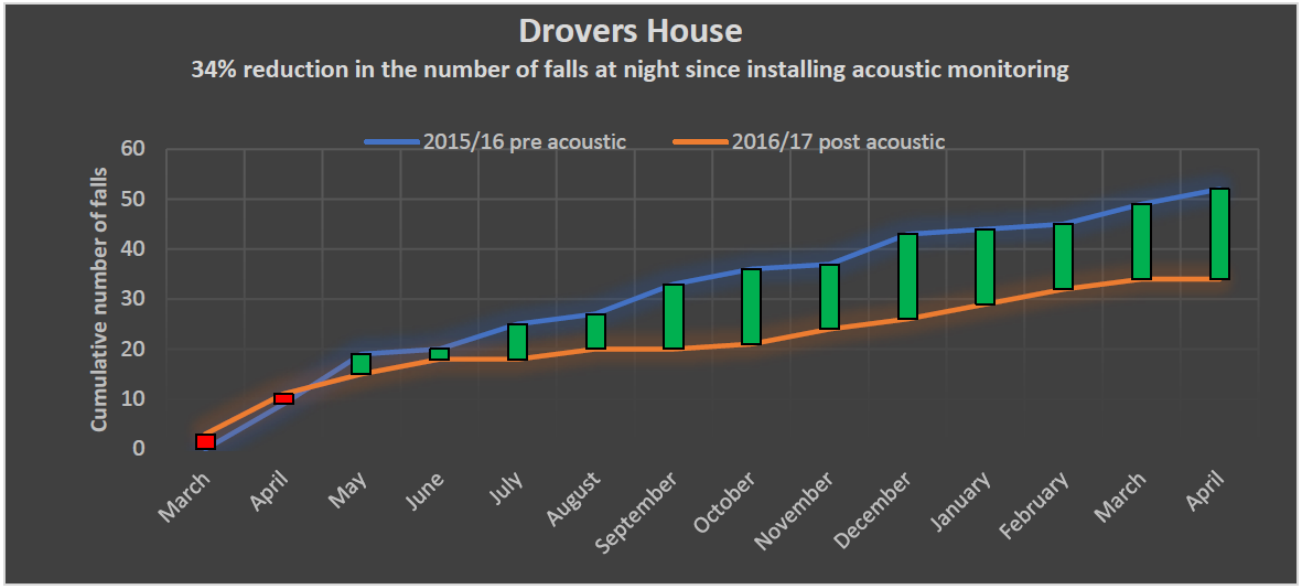

Night-time monitoring

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- Reduced falls by 34% at night
- Reduced the number of residents awake at night
- No more hourly checks
- Discovered we were waking people up in lots of ways
- Heard and responded to events we wouldn't have been aware of before
- Better Sleep Study with Coventry University

Electronic care planning

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- Saves one hour per carer per shift
- No outgoing handover – staff stay with residents
- Quality and quantity of data increased
- Group reporting provides a step change for senior managers for compliance
- Monitor and take action every day on care needs
- Sharing assessment portal with hospital discharge team

Fluids – WCS Care results

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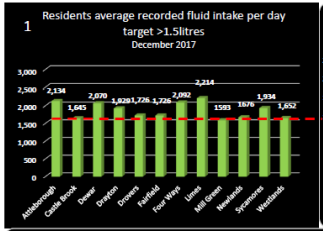

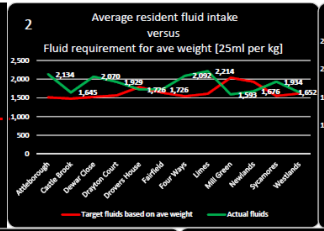

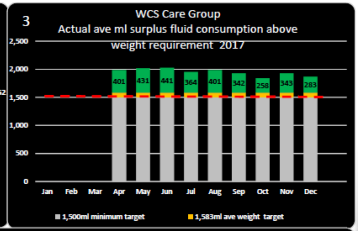

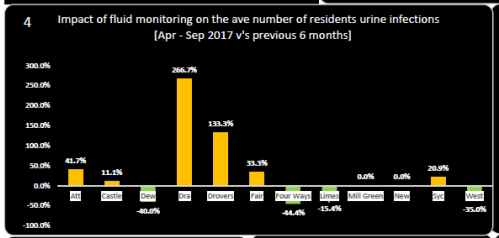

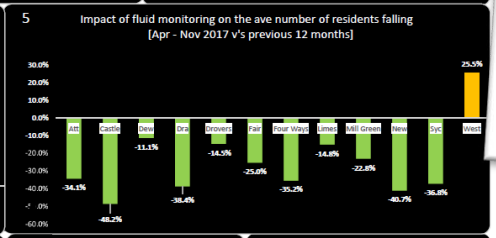

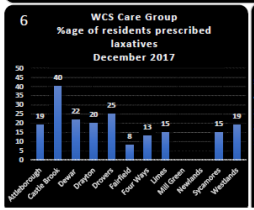

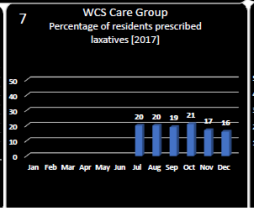

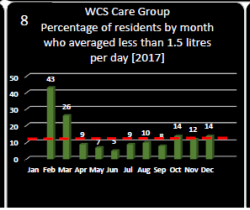

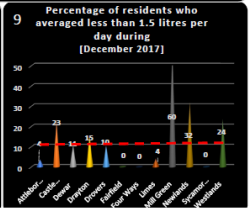

Care by design

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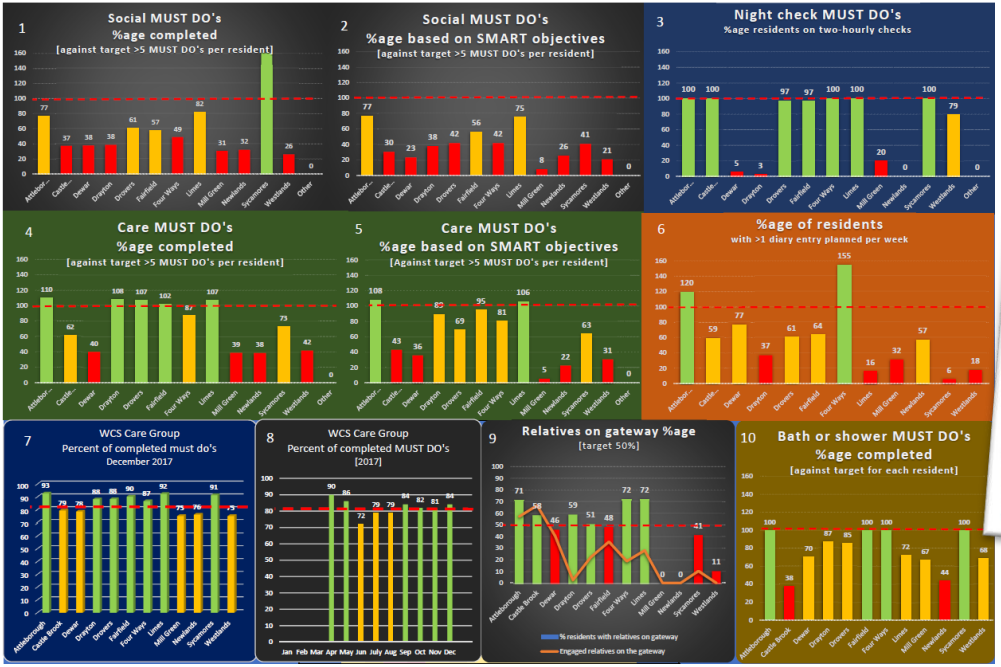

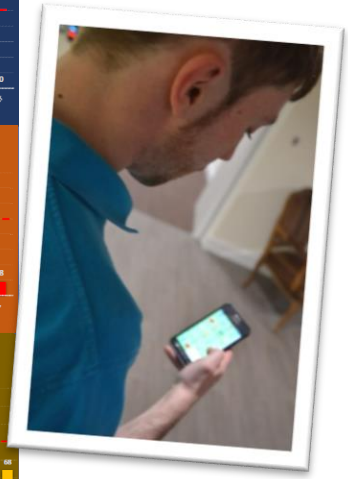

Outdoors time

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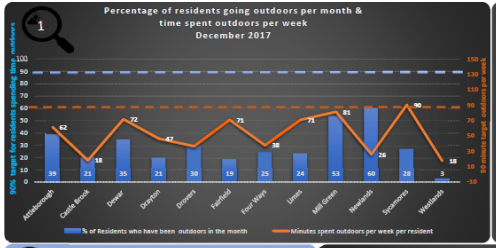

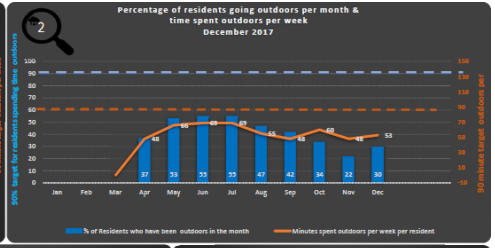

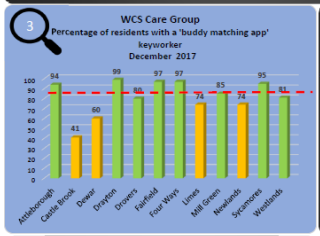

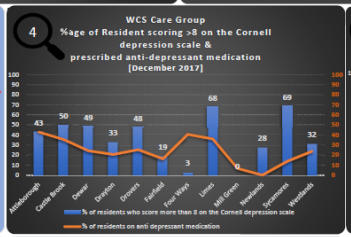

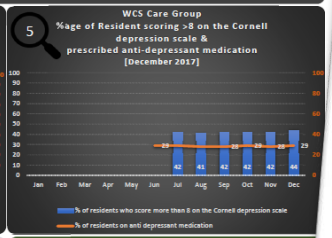

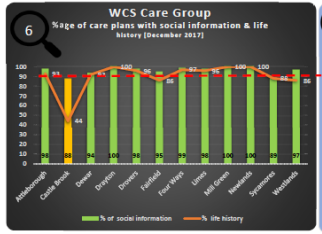

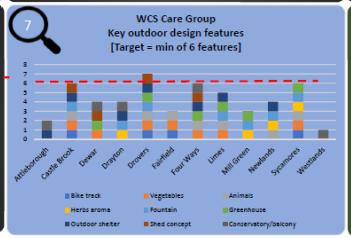

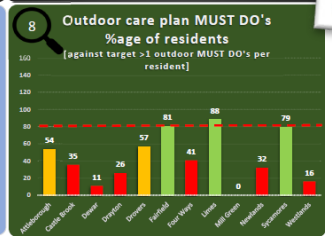

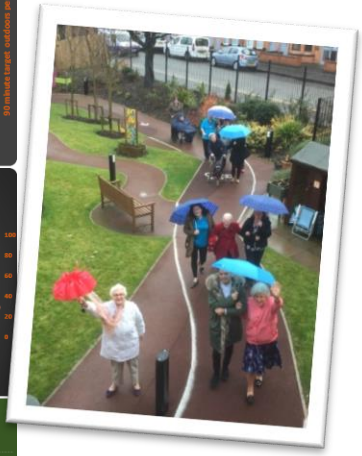

Circadian lighting

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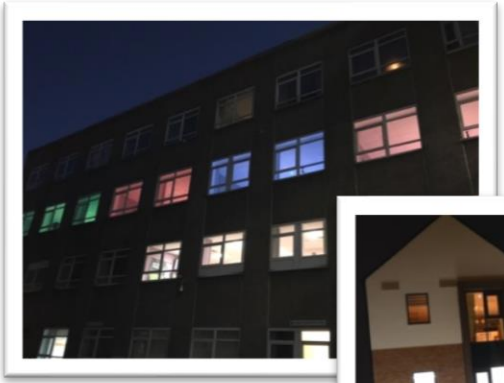

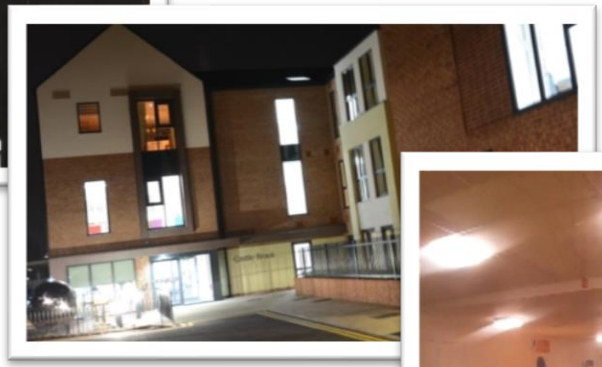

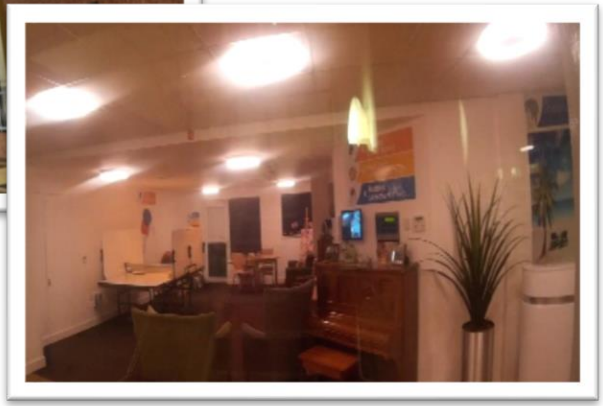

Circadian lighting

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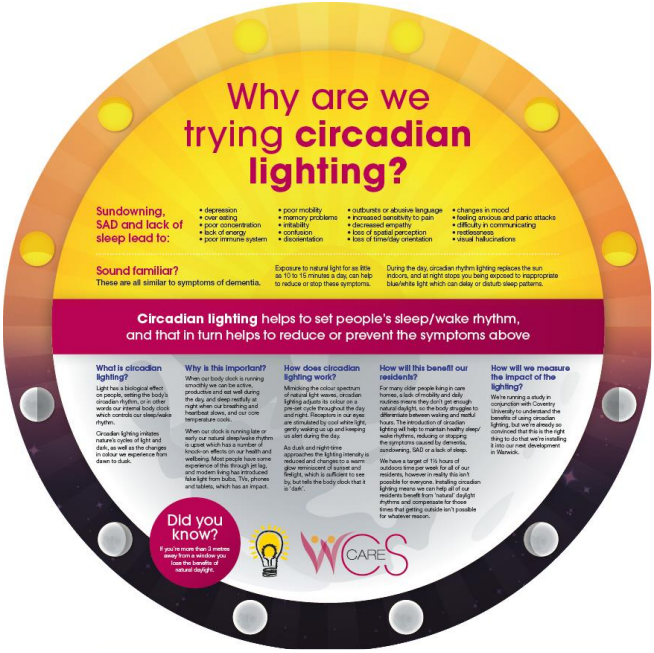
- Reduces symptoms associated with lack of sleep SAD and sundowning – similar to symptoms of dementia
- Helps to establish a solid circadian wake/sleep rhythm
- Contributes to being alert during the day and sleeping well at night
- A lack of mobility can stop some people who live in a care home getting outside – this lighting means all residents can benefit from 'natural' daylight



WCS/Coventry University

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Research studies

- Exploring the impact of **gardening and outdoor activity** on physical and mental health
- **Communities within communities** – an eco-system to support ageing in place
- Development of wearable technology to **detect dehydration** in older adults
- Innovation for dementia care – evaluation of **digital health and well-being apps** in real life living labs
- Developing a holistic methodology for **determining applications for robotics** in elderly care homes
- **Intelligent data processing** to support self-management and responsive care
- The effects of an **acoustic monitoring system on night time falls** by care home residents with dementia
- **Applied sleep interventions** for elderly residents in a care home setting
- Developing **smart building algorithms** based on machine learning
- Vice Chancellor's Challenges into **sleep, outdoors and consent**

What’s next?

Health monitoring

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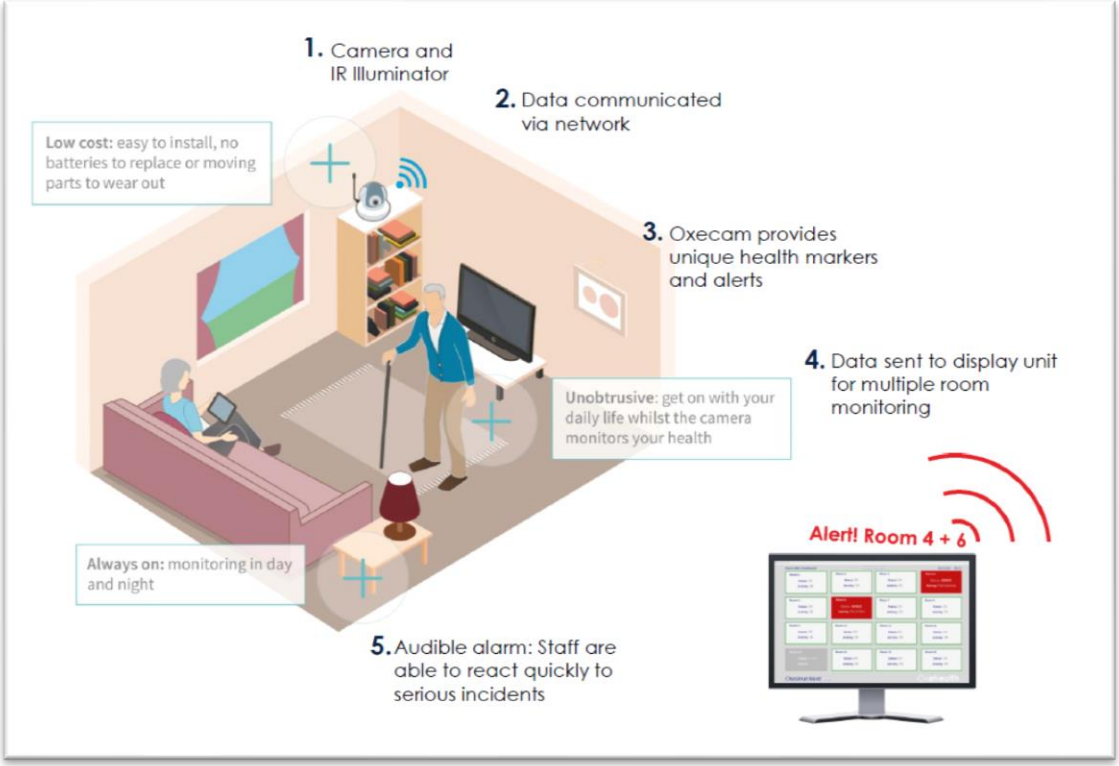

Woodside care village

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- 12 houses in a village
- Family-scale living
- Feeling of freedom – no locked doors on a safe, enclosed site – outdoor opportunities by design
- Offers a community café, launderette, corner shop, pamper salon and barbers, square with fountains which light up at night, seating, and gardens including a companion cycle track
- Acoustic night-time monitoring
- Mobile care monitoring
- Circadian lighting

Working with the university means we'll be able to evidence if all of these things come together to achieve improved health and wellbeing for our residents.

Meet our people & partners

@WCS_Care

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Any questions?

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