

A CHOIR IN EVERY CARE HOME

TRENDS IN CARE HOME PROVISION

WORKING PAPER 4

DES KELLY, JANUARY 2016



‘A Choir in Every Care Home’ is an initiative to explore how music and singing can feature regularly in care homes across the country. Funded and initiated by the **Baring Foundation**, it is a unique collaboration between 30 leading national organisations from adult social care, music and academic research. It is led by **Live Music Now**, **Sound Sense** and **Canterbury Christ Church University**.

The Baring Foundation



About A choir in every care home

This enquiry is an initiative of the *Baring Foundation* which since 2010 has focused its arts programme on older people, especially those in care homes. Following a roundtable discussion in October 2014 the Foundation decided as a first step to undertake a short-term investigation into singing in care homes which would:

- Collate the existing evidence for the benefits (for staff, family and friends, choir members as well as residents) of singing/choirs for older people/in care homes/links to the wider community.
- Map existing activity
- Explore different models of activity: benefits, challenges and ways forward
- Collate existing materials that support choirs in care homes and produce new materials where needed.
- Consider issues of quality of the artistic experience and art achieved, with special reference to dementia
- Describe what more can be done without extra resources and cost what more activity could be achieved with further resources.
- Launch and widely disseminate this work in a way that will encourage the greater use of choirs in care homes.

Following an open application process a consortium of three organisations, led by Live Music Now, was awarded funds to carry out the investigation.

Our working approach

The worlds of singing, arts and wellbeing, and care homes are all well understood by a wide range and large number of organisations working at both practical and policy levels. These organisations – nearly three dozen at the last count – not only know about the subject, the results of this enquiry matter deeply to them. No investigation could successfully research the issues – nor, crucially, be able to “disseminate the findings in ways that will encourage the greater use of choirs in care homes” – without genuine buy-in from these organisations.

Our working approach therefore invites these organisations to form not a steering group, but a *working* group that shares and learns from each other, that determines work that needs to be done – and that then is involved in carrying it out.

Compared with conventional practices of evidence-gathering and recommendation generating, our approach:

- involves the sector fully from the start – so they own the solutions
- makes full use of the knowledge, expertise and experiences in the sector – it is efficient
- creates a community of practice that is worthwhile in its own right – so leaves a legacy
- creates solutions already agreed by the sector – so are much more likely to be adopted.

About working papers

Our working papers distil the sharings and emerging learnings of both the working group and the consortium, to provoke further debate and discussion. They are subject to change as the initiative develops. Together, they form the evidence for our actions and recommendations for future work. A list of proposed working papers is on the outside back cover.

Cover image

Musicians working in a care home



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see back cover*

Who provides care?

In a period of around 30 years there has been a significant shift in social care provision:

- In the 1980s most care homes were in public ownership
- Now around 74% are private for profit, 20% not for profit (the area represented by NCF) and 6% publically owned

Quality and context

The current top concern for care homes are changes to the inspection and regulation regime of the Care Quality Commission (CQC) and particularly the new quality ratings. There are around 18,000 care homes: 75% residential and 25% nursing homes. CQC assesses and has four ratings: Outstanding, Good, Requires Improvement and Inadequate. Current ratings are showing:

- *Outstanding or Good* 60% of homes assessed
- *Requires improvement or Inadequate* 40% of homes assessed.

Interestingly in the CQC *caring* category some 85% of care homes were assessed as *Good* or *Outstanding*.

Changing patterns of provision

The average age of those in care homes for older people is 85, which is an increase of 10 years over a 10 year period. Of those it is estimated (Alzheimer's Society) that 80% will be living with dementia.

The length of stay in care homes is diminishing with the length of stay in nursing homes: often less than a year and many care homes, especially those with nursing, are providing specialist end of life support.

Workforce issues

- Average staff turnover in care homes is around 20%,
- The churn is typically 40% - with an estimated 40% of people having left sector within a year of recruitment
- Large temporary agency workforce has become established.

Attitudes

My Home Life was started in order to develop the importance of 'quality of life' and not just 'quality of care'. This has contributed to a conversation within the social care profession about what personalised care in residential care settings really means and the importance of relationship-centred approaches.

Structural changes

There has been significant consolidation of the care home sector over recent years and the top six corporate companies now have a total of 26% of the market. The collapse of Southern Cross – the largest care provider at the time – in 2011 highlighted this consolidation and the risks it can bring. It stimulated the government to strengthen legislation and regulation to minimise the risk of unidentified financial failure in the future.

Several trends have been occurring simultaneously:

- Specialisation – particularly in the provision of dementia care, meeting complex needs or end of life care.
- Diversification – forms of intermediate care such as ‘step up’ and ‘step down’, rehabilitation or respite, all of which are resulting in shorter periods time and more purposeful interaction.
- Segmentation – some providers have taken the decision to concentrate on self-pay rather than those publically funded. There is a growing number of people funded by Local Authorities for which a ‘top-up’ is paid.

Observations

Evidence presented to the *A choir in every care home* working group supports the idea of singing as important part of *meaningful activities*, but there are inevitable time and money constraints for care providers.

It will help to encourage engagement with this project if it can be show that it helps with the CQC ratings as well as improving quality.

There is, in addition, the potential to make the case that the bonding aspect of music brings the two world that meet in care homes -- the staff and the residents -- closer together as a single community .

Working on A choir in every care home

Leader Evan Dawson, executive director Live Music Now

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Lead consortium

Live Music Now was founded in 1977 by Yehudi Menuhin and Ian Stoutzker CBE to train the best young musicians to give workshops in a range of challenging settings. It now delivers over 2,500 sessions each year, in care homes, communities, special needs schools, hospitals and more.

LMN project manager: Douglas Noble, strategic director for wellbeing

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Sound Sense is the UK membership body and development agency for community music. It represents some 1,000 community musicians, promoting the value of the work and assisting in their professional development. Community musicians work in all areas of disadvantage, (health, social care criminal justice and more) almost a half of them with older people, largely through singing.

Sound Sense project manager: Kathryn Deane, director

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The Sidney De Haan Research Centre for Arts and Health, Canterbury Christ Church University is one of the UK's leading research units in the growing field of arts, wellbeing and health, and is known internationally for its work on the role of singing in promoting health and wellbeing through its research and community projects

SDHRC project manager: Professor Stephen Cliff, centre director

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Working group

The latest list of working group members is at W: www.achoirineverycarehome.co.uk

Arts sector

British Association of Music Therapists
Creative and Cultural Skills
Live Music Now
Making Music
Mindsong
Natural Voice Practitioners Network
Nordoff Robbins

Sing for Your Life
Sing Up
Sound Sense
Superact
Tenovus Choirs
Voluntary Arts
Welsh National Opera

Care sector

Abbeyfield
Age of Creativity
Age UK
Care England
MHA

My Home Life
National Care Forum
Orders of St John Care Trust
Skills for Care
West Kent Dementia Action Alliance

Wellbeing

Arts and Health South West
Creative and Credible
National Alliance for Arts Health Wellbeing
Mental Health Foundation

Royal Society for Public Health
Sidney De Haan Research Centre
South East Arts and Health Partnership

Working papers planned

This list is subject to change as the initiative develops

1	Jul 15	Gathering 1: preliminary learnings and later observations
2	Dec 15	Survey results: musicians in care home; care homes with music
2a	Dec 15	Surveys: raw data
3	Dec 15	On quality and frameworks
4	Jan 16	Trends in the care home sector
5	Dec 15	Gathering 2: learnings and observations
6	Mar 16	Thematic literature review
6a	Mar 16	Literature review: raw data
7	Feb 16	How to run a great campaign
8	Mar 16	Models of singing
8a	Apr 16	Case studies of singing
9	Mar 16	Resources for singing
10	Apr 16	Barefoot singers

This working paper

Citation

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Authors

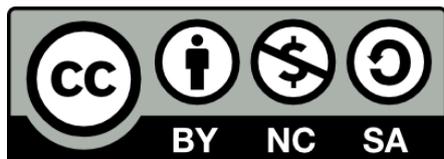
Des Kelly OBE is executive director of the National Care Forum (NCF)

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V0-V2 unpublished variously titled

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