



My home life  
Cymru

*Promoting quality of life in  
care homes for older people*

## Annual Conference 2015

**‘Realising quality in care homes for older people’**

**4 March 2015, Village Hotel, Coryton, Cardiff, CF14 7EF**



**Older People's Commissioner for Wales**  
Comisiynydd Pobl Hŷn Cymru



**BARCHESTER**  
*Celebrating life*

# My Home Life Cymru conference 2015

## ‘Realising quality in care homes for older people’

### Programme

- 8:30 Registration, refreshments and exhibition viewing**
- 9:15 Conference welcome and introduction**  
Meirion Hughes – Age Cymru trustee
- 9:25 Care home quality:**
- **the manager’s view** - Discussion with care home managers
  - **the relative’s/ visitor’s view** - Discussion with care home relatives and visitors
  - **the resident’s view** - Discussion with care home residents
- 10:25 Realising quality in care homes for older people**  
Sarah Rochira – the Older People’s Commissioner for Wales
- 10:45 Supporting the sector in moving forward**  
John Moore – My Home Life Cymru Manager, Age Cymru
- 11:05 Refreshments and exhibition viewing**
- 11:25 cARTrefu – Art workshops in care homes across Wales**  
Emma Robinson – Arts and creativity development officer, Age Cymru
- 11:50 Parallel session 1 – A choice of 5 workshops**
- 12:50 Lunch and exhibition viewing**  
At **1:25pm** there will be an **Ideas Marketplace** made up of three parallel presentations
- 1:50 Parallel session 2 – A choice of 5 workshops**
- 2:50 Why My Home Life works?**  
Mike Kemp—Care Forum Wales. Discussion with care home managers
- 3:15 Your questions to the panel**  
Meirion Hughes – Age Cymru trustee
- 3:50 Conference summary**  
Meirion Hughes – Age Cymru trustee
- 4:00 Conference close**



**Older People’s Commissioner for Wales**  
**Comisiynydd Pobl Hŷn Cymru**



**Parallel sessions – workshop choices (11:50am and 1:50pm)**  
**(You can make your workshop choices at the conference)**

<b>A. Connecting older people with their hobbies, passions and memories (Session 1 only)</b>	Tim Lloyd-Yeates – Alive!	Improving the quality of life for older people in care homes by enabling their participation in meaningful activity
<b>B. REAL communication (Session 2 only)</b>	Sarah Reed – Many Happy Returns	Discussion and investigation of what makes up good communication with residents
<b>C. Health and safety in care homes – Busting the myths! (Session 1 only)</b>	Steve Scott – Health and Safety Executive Cymru	Do you feel your hands are tied because of health and safety? What does health and safety in care homes really mean?
<b>D. Book of you - Working to help people with dementia share their life story</b>	Tom Barham – Book of you	Using technology to bring together the stories of people’s lives
<b>E. Living with dementia (Session 1 only)</b>	Chris Roberts and Jayne Goodrick	The perspective of a person with dementia and his family, with experience of care homes
<b>F. Menus count in care (Session 2 only)</b>	Sarah Herbert – Aneurin Bevan University Health Board/ Torfaen County Council	Reducing variations in over or under provision of nutrition in residents in care homes across Wales
<b>G. Identifying, understanding and developing good practice (Session 2 only)</b>	John Moore—My Home Life Cymru, Age Cymru	What does good practice look like? How do we develop it and get the best out of it?
<b>H. cARTrefu – Art workshops in care homes across Wales</b>	Emma Robinson – Age Cymru	cARTrefu – an opportunity for residents and staff to participate in the arts <i>and</i> for mentor artists to deliver sessions for older people in care settings

**Ideas Marketplace – three short parallel sessions to give you a taste of some innovative projects (1:25 – 1:40pm)**

• <b>Working with residents, using creative writing to tell their stories</b>	Deborah Llewelyn – Writer
• <b>Laughter for wellbeing and happiness</b>	Robin Graham—Laugh Wales Project
• <b>Essential ingredients that make up engaged, caring, meaningful and interactive communication</b>	Sarah Reed – Many Happy Returns

**Your questions to the panel (3:15pm) – The panel will include:**

<ul style="list-style-type: none"> <li>• <b>Rachel Kemp</b> – Nursing home manager</li> <li>• <b>Victoria Lloyd</b> – Director of Influencing and Programme Development, Age Cymru</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Mike Kemp</b> – Care Forum Wales</li> <li>• <b>Chris Roberts and Jayne Goodrick</b> – a family living with dementia with experience of care homes</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Sarah Rochira</b> – Older People’s Commissioner for Wales</li> <li>• <b>Prof. Bob Woods</b> – Director of the Dementia Services Development Centre Wales</li> </ul>
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# My Home Life Cymru conference 2015

## 'Realising quality in care homes for older people'

### Booking form (one form for each delegate)

Name*	
Job title*	
Organisation*	
Address*	
Telephone*	
Email*	
*To be completed	
Please specify any dietary requirements or support needs:	
<b>Delegate rate</b>	
• Early bird rate £37.50 inc.VAT until 6 February • Normal rate £50 inc.VAT after 6 February	
• Closing date for bookings: 13 February 2015	
All delegates will be invoiced once your booking form has been received (payment must be received before the event). Please provide full and accurate details above and please include a purchase order number (if necessary). Cheques should be made payable to Age Cymru.	

**Workshop and Ideas Marketplace choices can be made on arrival at the conference.**

We would like to include your contact details on the delegate list that is circulated at the conference. Please tick if you **do not want** your contact details included:

Please note substitutes will be accepted on the day, please send us contact details two weeks in advance of the event. There is a charge of £50 inc.VAT for non attendance.

I agree to the above conditions of booking.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**Please return by email at [mhlc@agecymru.org.uk](mailto:mhlc@agecymru.org.uk) or post to Suzy Webster, My Home Life Cymru, Tŷ John Pathy, 13-14 Neptune Court, Vanguard Way, Cardiff, CF24 5PJ. All delegate spaces will be confirmed by the 28 February 2014.**

**All confirmations of attendance will be sent electronically to the email account you provide to us. NOTE: SUBMISSION OF A BOOKING FORM DOES NOT GUARANTEE A PLACE AT THE EVENT.**

#### Terms and conditions and data protection:

My Home Life Cymru would like to hold your contact details on file in order that we can keep you updated on My Home Life Cymru activities. Your details will not be passed on to other parties without your prior permission. If you **do not consent** to your details being held, please tick the box.

Photographs will be taken on the day for My Home Life Cymru publicity purposes. If you **do not consent** to this, please tick the box. On your arrival at the conference, please make your decision known to a member of Age Cymru staff.