

# Zest in Care Homes

## What's the impact on care home staff?

### WHAT DOES ZEST IN CARE HOMES LOOK LIKE?

Over 50 care homes across Kent and Surrey have participated in our group Zest sessions in care homes, many receiving multiple sessions. The group sessions are themed and structured, incorporating a variety of creative activities e.g. story making, music, drama, dance, visual arts. Bright Shadow supports care home staff by providing training, free activity programmes and 'Bright Boxes' that contain props, materials and detailed booklets with guidance on how to run a themed session.

*"I thought that everything worked really well. I really liked the fact that you vary what you do, so that you do several things and don't dwell too long on one thing."* (Comment from staff member)

### ZEST IN PERSON AND ON ZOOM

The Bright Shadow approach, incorporating creativity to enhance the quality of care, benefits the organisation and its staff, as well as residents. Staff have told us:

*"We have been inspired and used your ideas and structure of the sessions to create our own themed afternoons."*

*"I'd recommend Bright Shadow to any other care home."*

*"What an amazing opportunity for the home."*

*"Sessions have been absolutely fantastic... we've been surprised about how the residents have become involved in ways we didn't expect."*

*"The staff have thoroughly enjoyed facilitating it."*

*"We've been inspired to organise our own [imaginary] trips... so you can see that these sessions go far beyond the hour we spend with the lovely [facilitator]."*

*"The staff have also had lots of fun joining in."*

(Comments from care staff and managers)

### BRIGHT BOXES

Bright Boxes contain all the materials needed to deliver themed activity sessions, from workshop plans and step-by-step guides to props. Different Bright Boxes have been designed for group and one-to-one work.

**83%** say that Bright Boxes make them more likely to run creative activities and **67%** say the boxes help them to have more fun at work and give them new ideas.



*"The Bright Box provides everything required to run a creative activity for people living with dementia, promoting engagement, fun and self-expression. The Bright Box really allows individuals to shine."*

*"Doing creative activities opens the door to more interesting ways to spend time with residents."*

*"The box of props was such a great help and both us and residents got excited at the beginning of each session opening it up and getting out what we needed. It became our own warm-up to the session, guessing what we would be doing with each prop."*

(Comments from care staff)

### TRAINING

Bright Shadow offer foundational creative activities courses and bespoke training for activities coordinators, care workers, day centre staff, occupational therapists and volunteers.

100% say training is useful:

*"This training blew my mind! This training has shown me a different way of taking a creative approach to everything."*

*"This training was a very bright light breaking through the shadow cast by the 'stigma' of dementia."*

(Comments from care staff)



**BRIGHT SHADOW**

Bright Shadow dementia charity is part of the local and national networks of expert arts providers working with people living with dementia and their supporters/caregivers. Our Zest programme offers a range of creative activities and inspiring resources designed to suit individual needs, ensuring person-centeredness and accessibility. Find out more: [brightshadow.org.uk](http://brightshadow.org.uk)