



# Measuring and Improving Care Home Quality

## Information for Care Home Residents

### What is this study about?

The Brighton and Sussex Medical School (BSMS), in partnership with Personal Social Services Research Unit (PSSRU) at the University of Kent and the School of Education and Social work at the University of Sussex is conducting a study about the quality of life of care home residents.

We are interested in finding out how care homes manage pain, anxiety and depression and exploring how care staff help people manage their symptoms. As well as observing and talking to residents, we'll be asking staff and family representatives (where available) to tell us about residents' lives, through short interviews and questionnaires.

### Why have I been invited to take part in the study?

The care home you live in has kindly agreed to take part in this research and we would like to know if you are happy to be included in the research as well.

### What will happen if I agree to take part?

We will visit the care home and collect information about your quality of life. To really understand this, we will:

- Talk to you about your quality of life.
- This will last no longer than 45 minutes.
- Ask care staff to fill out some forms about your health and the support they give you, including daily activities, such as washing and dressing. This information is important in helping us understand the results because care homes care for people with a wide range of needs.
- Ask the home to tell us how much it costs for you to live here (weekly fees). This is important because care home charge different amounts and this might affect quality.
- We will also ask staff and, where available, family members for their views about your quality of life, and if you have any pain, anxiety and depression.

- Spend about two hours observing what life is like for you and other residents in the home and will take notes on the things that happen. This will take place around lunch time and we will ask your permission again for this on the day.

The researchers will:

- Carry out most of the research in the communal areas of the home. They will not observe any personal care and will only come into your bedroom to talk to you if you allow them to.
- Talk to you about the notes they have taken, if you want them to.
- Leave if you ask them to at any time.
- Write to the care home after the visit to thank residents and staff for taking part.
- Send you some information about the project when it is completed.

The research team has a lot of experience conducting research in care homes. Their names, photos and contact details are on the back on this sheet. Madeline Naick and Grace Collins will be the main points of contact and will collect most of the research data. Nick Smith and Ann-Marie Towers will also visit some homes.

We hope that you will agree to take part in the study. However, if you decide not to take part you do not have to give any reasons and this will not affect any services or support you are getting in any way. You can change your mind about taking part but if you want us to delete the information we have collected about you, you must tell us before December 2019. After that date, your data will already have been included in the analysis for the final reports and we will not be able to withdraw it. You can ask to see or have read to you the information collected about you before it is used

If you would like to take part, please fill out the form we have given you and give it to a member of staff or the manager of the home. If you would like help filling in the form or you would like someone to fill it in for you then please ask someone you trust.

As a thank you for your time, you will receive a **£10 High Street voucher** for taking part in the research.

## What will happen to the information?

The information that we collect will be analysed and shared with others to increase knowledge, share learning and have an impact on policy and practice. We will do this by:

- Writing a report for the funder of this research.
- Publishing the findings in academic journals.
- Presenting the results at conferences and commissioner and provider events.
- Sharing summaries of the results with the residents, managers, staff and family members that took part in the research.
- Trying to raise awareness of the results using social media and linking with local organisations.

The researchers will not use your name or the name of your care home in any reports of this work. The only time we would tell anyone what you have said or what we have observed is if you are being hurt by someone or you are in danger. We would usually discuss this with you beforehand.

All personal information such as your name and contact details will be kept securely in a locked filing cabinet and discarded 3 months after the study ends. The information collected during our visits (except for your contact details) will be saved on computers at the PSSRU at the University of Kent and could be used by the research team and other researchers in the PSSRU at the University of Kent for other research in the future.

## Questions about the study

If you have any questions about the study and you would like to speak to a member of the research team please let us know when we visit your home.

[Research team contact details and photos here]