

TIPS FOR PROMOTING POSITIVE MENTAL WELLBEING FOR CARE HOME RESIDENTS

Depression and loneliness are common among the elderly and have only been worsened by the pandemic and following lockdowns.



- Almost **half a million people** live in care homes in the UK



- Approximately **70%** of all care home residents have dementia or severe memory problems



- Approximate **2 in 5 elderly** care home residents have depression

Here are ways we support the mental wellbeing of residents in our care homes:



Person-Centred Care

to help address individual needs, which is hugely important to those suffering with dementia.



Daily Routines

with activities and regular social contact.



Increased Meaningful Activity and Engagement with Others

has a positive impact on quality of life, physical function, behaviour and reduces feelings of social isolation.



Recognise Mental Health Conditions

and ensure staff are properly trained on how to recognise and treat these conditions.



Maintain Personal Identities

to promote individuality through simple actions such as; choosing their own clothes, selecting valued possessions to carry with them, where possible, select the next activity.



Healthy Balanced Diet

with the right blend of nutrients to support positive physical and mental wellbeing.

At Altogether Care we understand the importance of mental wellbeing, and actively promote these steps in all of our care homes and residential settings, including encouraging residents to take an active role in choosing which activities are meaningful to them. We also involve loved ones in these activities wherever possible to maintain meaningful relationships.

For questions about moving into a care home or to arrange a visit to take a look around contact us today:

contact@altogethercare.co.uk, or call **01305 300 161**

www.altogethercare.co.uk/care-homes