

## CAME Project UK - Workshop October 2011

The 2011 CA-ME UK workshop took place in Ischia, the largest of the Neapolitan islands in Italy, famous for its spectacular landscape and thermal spas. On Wednesday the group took an interesting mini bus drive along a very narrow road with many turns revealing incredible views to reach the R.S.A. villa Mercede Serrara Fontana care home. We were welcomed into the beautiful building by Dr Crescenzo Di Spigno. Serrara Fontana is a public home with rich resources namely: 1 medical director, 1 geriatrician, 1 sister, 7 nurses, 6 social animators, 1 psychologist, 1 social worker, 4 physiotherapists, 11 health and social operators and 8 auxiliary workers.



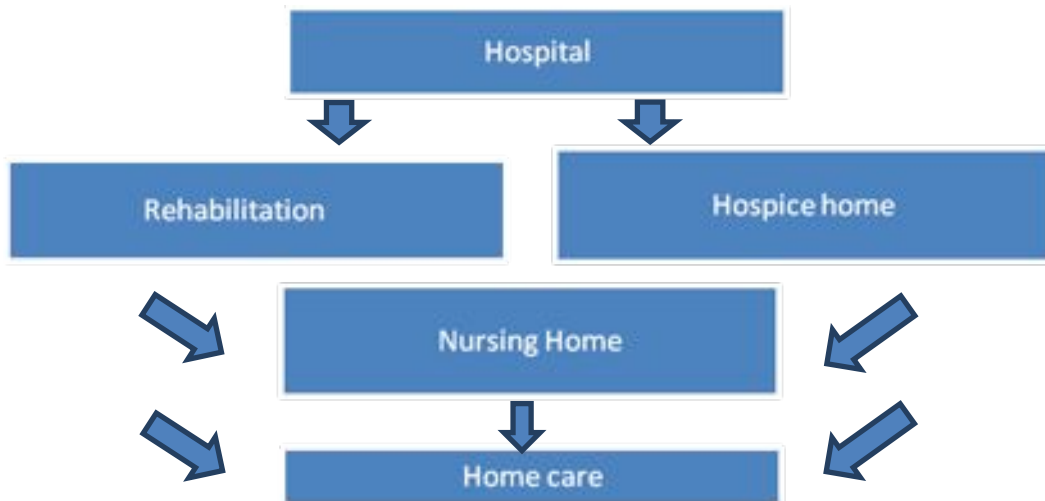
It is a 32 bed home with double rooms and en suite facilities. Each room has a balcony overlooking the sea. The physiotherapy room is impressive and is well equipped. The home has 16 day care service users who make use of all facilities. Social stimulation is an important aspect of care at Serrara Fontana, two highly trained members of the team act as coordinators for all social activities.

The home also has a dining room and lounge facilities available, although unfortunately I felt these rooms were a little clinical. The director did not show us a hairdressing salon which is an important aspect of care particularly for women. Dr Di Spigno explained the following aspects of legislation regarding care homes in Italy:

- L.R. 8 del 22/04/2003: Organisation and management RSA e centri diurni
- D.G.R.C. n.2006 del.05/11/2004 (Guideline on nursing home to elders and disabled people)
- D.G.R.C. n.1267 del 16/07/2009 (cost to admission to nursing home)

- Decreto Commissario ad ACTA Reg. Campania n.6 del 04/02/2010 (update cost of admission to nursing home)

The main goal of the service is to move elderly people back to their home. This is different to the goal of most care homes in the UK and was explained to us using the schematic below.



In my own personal view the cost per day of care in this setting is in good comparison with that in the UK at 105.09 Euro. We were not shown any documentation or care planning used in the home but Dr Di Spigno explained the phases of planning as follows:

- Setting goals
- Definition of interventions
- Testing and evaluation of results

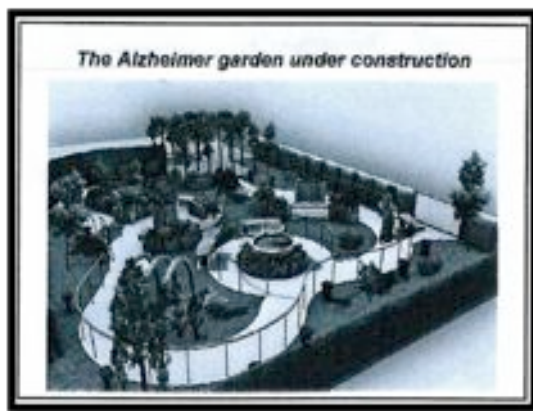
Dr Di Spigno stressed the importance of:

- Daily activities
- Communication
- Mobility
- Instrumental activities
- Cognitive therapy
- Psychological and behavioural therapy
- Sociability, relationships with family and staff
- Welfare problems

- Pathological conditions and interventions
- Burden of care

The home uses a multidimensional assessment tool in order to thoroughly analyse and identify the needs of service users and understand the resources required to meet these needs. Through this approach objectives in care can be made clear, shared, realistic and measurable.

Dr Di Spigno is very passionate about an upcoming venture the home is undertaking. The new Alzheimer garden which is currently under construction will provide stimulation in a relaxing environment for service users. He concluded by emphasizing the importance of qualified personnel, organisation and effective team work.



**The Alzheimer Garden**

**Currently under construction**



**Dr Crescenzo Di Spigno**

**Director of Serrara Fontana**

All staff members at the home were welcoming and friendly. The director was proud of the facilities and we, as a group of visitors, were treated with lovely snacks and cocktails. We enjoyed our visit to the Serrara Fontana and the lovely weather we had on the day.



**Enjoying the sun in Ischia**

**The CAME project UK team**



Once the day's work was complete the team had a unique opportunity to enjoy what Ischia had to offer. The team went on a sight-seeing tour of the island and were in awe of the beautiful castle.



Denise, Paula and Alison on a sight-seeing tour of Ischia. The lovely castle seen behind them.



The group who visited the Serrara Fontana nursing home



What a life! Alison, Sophie and Paula wait for the ferry to Naples with a glass of wine, looking at the peaceful port feeling privileged to enjoy an evening in gorgeous Ischia.

The UK team sends their thanks to Roberta and Emilia from CAME Italy for a wonderful meeting.



Roberta Moscarelli – Chair of CAME Italy

### *CAME Project UK- What's next?*

#### **Objectives for the coming year**

- All partners are committed to doing more training
- Test out the Health & Social Care and Food and Nutrition work packages
- On-going sharing of material and best practices for training
- Piloting web-based training
- Piloting different teaching modalities
- Accreditation of courses
- Update the course for professionals

#### **Important upcoming dates**

<b>Date</b>	<b>Event</b>	<b>Location</b>
18-20th April 2012	Workshop	Romania
4-6 <sup>th</sup> June 2012	Workshop	Oslo, Norway
31 <sup>st</sup> July 2012	End date of project	TBC