

Loneliness in Care Homes and HenPower

**Ageing, Loneliness and Dementia:
a learning event**

**Public Health England, Hatfield Hall, Wakefield
16th November 2017**

Andrea Wigfield, Care-Connect, University of Sheffield
Jos Forester-Melville, Equal Arts
Alan Richards, Owen Turnbull, Pam Snowball &
Doreen Railton, The Hensioners

Our Presentation

- Loneliness, older people and care homes
- HenPower and impact on CH residents
- Future planned research

Loneliness in Care Homes

- 416,000 people live in CHs in England
- Older care home residents twice more likely to be lonely – as high as 80%
- Acts and policies suggest CHs should provide activities to improve quality of life
- Initiatives determined by building design, indoor & outdoor space, organisational culture, staffing

Existing Research in Care Homes

- Lack of purpose, long and empty days (Brownie & Horstmonshof 2012)
- Feel lonely as surrounded by 'strangers & sick people' (Sim & Leung 2000; Tse 2007)
- Lack of 'quality' interactions with friends & family in Spain (Prieto-Flores et al. 2011)
- Moving into residential care - a key risk indicator of loneliness (Bernard 2013)
- Relational losses - loss of spouse, relatives and friends (Drageset 2004)



HenPower is an inspiring project working with older people, equipping them with the skills and knowledge to become hen keepers in residential and dementia care settings.



Spring 2012 –

Billy and his friends take delivery of six hens at Shadon House in Birtley, Gateshead...The HenPower egg is hatched!



September 2012 –

Big Lottery Silver
Dreams and Heritage
Lottery jointly fund a
pilot project to trial
HenPower in 8 care
homes across
Gateshead



November 2012 –

Wood Green are the first funded scheme to start keeping hens

Alan Richards, a retired taxi driver from Gateshead said

“I’m dead against it! I think it’s a ridiculous idea” ...



Meet Owen and Alan... Some of the Hen Men and Pam and Doreen, some of their chicks!





Designing hen houses



Working in schools





Hen Road Shows in Care Homes



Creative activities



Like this...

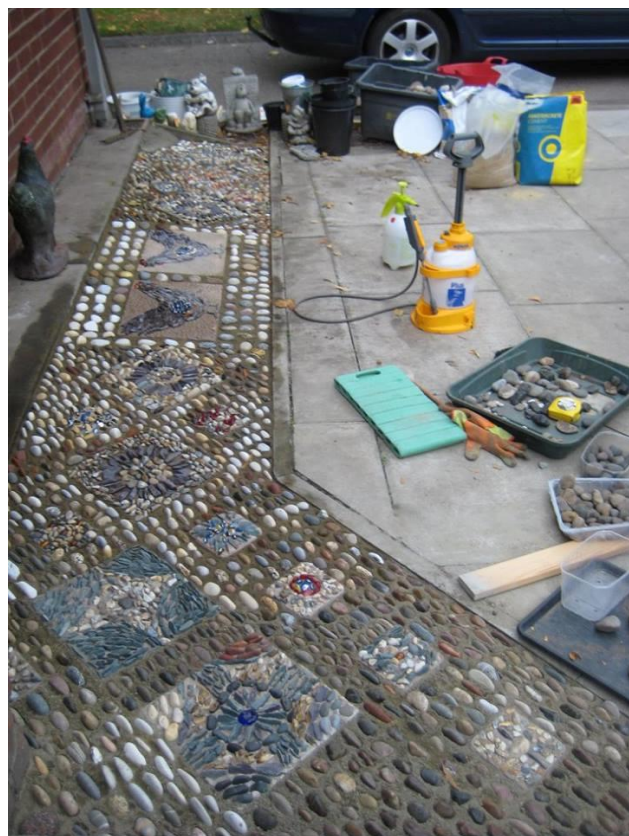




And this...



Leading to this...





Design and sell their own merchHENdise in
our online shop
www.equalarts.org.uk/shop



Breed and hatch our own
chicks to sell





Tell people about our work at conferences...



And festivals, like the British Science Festival





Receive regular press and media coverage, both regionally and nationally



HENSIONERS GO NATIONAL

Last summer we reported on the remarkable story of the Hensioners, the residents at care homes in the North East whose lives were transformed by having chickens. The

Continue to henspire and hencourage older people to become HenPowered!





Evaluation and research by Northumbria University has indicated a significant decrease in depression using the Geriatric Depression Scale (depression) ($p < 0.001$) scores



Research indicated a significant increase in mental well being using the WEMWBS (mental well-being) scores ($p < 0.000$)



The De Jong Gierveld Loneliness Scale indicated reduced loneliness for older men.



“It’s about making friends and getting new interests. It keeps your mind active. I mean, I don’t worry now about when I’m old and going into one of them homes we visit. I know there’s things to do that get you involved. It’s not all about playing you music and watching the telly. You’ve got to keep active in your head.”

Tommy 88 – Active older volunteer



HenPower's four year Flagship programme set out to:

- Help 8 new care settings in the North East build hub and spoke partnerships contributing to sustainability and wider community engagement.
- Nationally engage older people in hen keeping through developing 'long distance learning partners'



- Develop a set of E-resources to be tested with 12 care settings nationally
- The HenPower membership offer has been defined to ensure benefits are user led, accessible and sustainable.
- Years two to four saw 60 care settings & schools involved utilising the three models of engagement and additionally 20 projects develop in Australia, 3 in Holland and 1 in Taiwan



Bell

<https://vimeo.com/138635492>

Sunny Side Up

- <https://vimeo.com/224212516>



How can you help

- Like & follow The Hensioners



@henpowerproject



@henpowerproject

Get in touch if you know a care home that would like to be HenPowered



Thanks

Thanks

Thanks

Thanks

Thanks

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Thanks

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Thanks

Thanks

Thanks

Thanks

Future Research

- Research in 20 CHs
- Data collection for each CH & for residents
- Observational studies
- Health related quality of life (DEMQOL); Levels of depression (Cornell Scale); Loneliness (UCLA 3 item).
- In-depth interviews with a selection of residents, care home staff & relatives

Thank you



HENPOWER

henergising older people's lives