



## **Supporting Older People in Care Homes at Night**

### **Audio play “*Night and Day*” Facilitation Notes**

#### **Introduction**

Care homes provide a 24-hour service. Many research projects have focused on day-time care and provision in care homes, but little is known about night-time care practices and provision, especially the views and experiences of residents and the views and practices of night care staff.

A team from the Universities of Edinburgh and Stirling (Diana Kerr, Heather Wilkinson and Colm Cunningham) explored night-time care in three care homes in Scotland. The project was funded by the Joseph Rowntree Foundation and made public in April 2008. It is called “Supporting Older People in Care Homes at Night.”

For the project’s launch event, the funders commissioned a play – *Night and Day* – to dramatise the key findings. *Night and Day* is now available as an audio play for anyone who is interested in improving our understanding and practice around night-time care.

In writing the play, Tess Allen from Forum Interactive, incorporated quotes from interview data gathered by the researchers. Its aim is to re-create the atmosphere and experience of night-time care that the research uncovered so that listeners can make their own connections with the various stories told.

*Night and Day* is also available in text form.

#### **How to use this resource**

Anyone can use this resource to help them to understand the significance and relevance to them of the research findings (e.g. care home staff and managers, care home residents and relatives, other health and social care professionals, key stakeholders, policymakers, researchers).

The audio play is 15 minutes long. Whether you are listening to it alone or in a group, we suggest that you find a quiet place where you will not be disturbed for at least 30 minutes.

You can choose whether you wish to read the research summary beforehand or not.

When you are ready, close your eyes and listen to the play.

Then consider these questions:

1. What thoughts and feelings did you have in response to this play?
2. How does it relate to your own experience of night-time care?
3. What strikes you about the experiences of each of the characters: the resident, the two members of staff, the two relatives and the manager?
4. From these experiences, what do you learn about night time care?
5. What changes could you make that would improve the experiences of night time for residents?
6. How would you implement these changes?

Now read the research summary (or full report).