

# ABSTRACT SUBMISSION

## 2017 NSW RURAL HEALTH AND RESEARCH CONGRESS

27 – 29 SEPTEMBER 2017, WAGGA WAGGA

PLEASE DO NOT EXCEED 350 WORDS

**Concurrent Stream:** Rural Health Journeys - Design, Deliver, Experience

**Keywords:** Residential Aged Care

**Abstract Title:** Birth of the Henty Heirlooms

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**Background:** The residents of Henty Multi-Purpose Service and their families had little communication with the health service regarding information about the environment, lifestyle and activities that were available to residents. Families had minimal information about the ever day lives and activities for their loved ones after they became residents in the MPS. It was decided a resident/carers meeting would be held to allow the residents and carers to explore how each could provide advice and improve lifestyle, environmental and social elements to residential life in Henty MPS. This process led to the development of the *Henty Heirlooms*.

**Approach:**

The Nurse Manager with the MLHD Innovation and Redesign manager decided to workshop the concept of a co-design approach. Invitations were extended to both residents and families of the Henty Health Service, and all other interested parties to attend the meeting. Afternoon tea for all attendees allowed everyone to meet each other and encouraged networking, collaboration and ideas to improve.

**Outcomes / Results:**

Residents and carers developed the future direction of communications and improvement initiatives.

The *Henty Heirlooms* were formed, and provided the internal structure and direction for the future. Residents voiced their preferences for recreational opportunities, garden furniture for outside spaces, gardening opportunities, men's shed visits, movies and bowls, and the need to continue relationships from the small rural community to support a new living space in residential care living.

A resident newsletter, was established and will be issued quarterly. This will report on the resident/family meeting, community and lifestyle activities.

The community Garden Club was contacted to create a partnership to establish a sensory garden.

A better relationship was achieved with our resident and families.

Positive feedback has been received from all families, the relationship of trust and openness with facility staff resident and carers has grown exponentially.

**Take Home Message:**

This project has empowered residents and allowed them to direct their own activities and environment. It is transferrable to other areas and services.

*"It's their home and we are fortunate to be able to facilitate the care they need"*