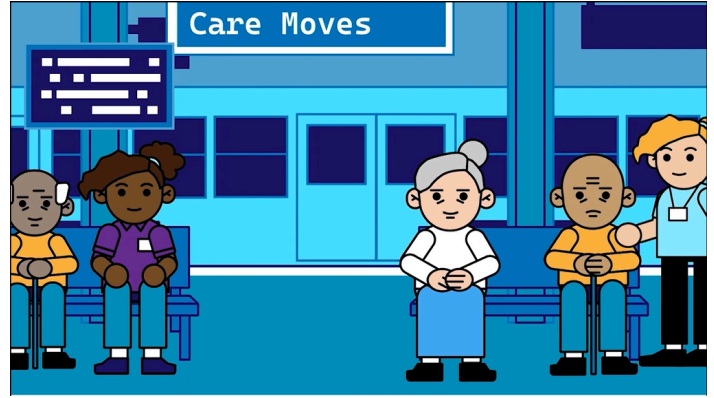


# BETTER CARE MOVES FOR OLDER PEOPLE

## Supporting older people's transition between different care settings



The project "Better Care Moves" involved older people, family carers, and social care practitioners as co-researchers. The project identified key challenges faced by those involved in care moves and lessons from good practice schemes, and proposed strategies to improve practice.

### MOVE RELATED CHALLENGES FOR OLDER PEOPLE AND THEIR CARERS

- Practical: e.g. logistics of moving, availability of good advice and information
- Emotional: fear and guilt
- Decision making
- Lack of support
- Unplanned moves and moving as a result of a crisis
- Funding and financial considerations
- The impact of multiple moves

### CHALLENGES FOR SOCIAL CARE PRACTITIONERS

- A fragmented health and social care system
- A lack of continuity and limited timescales to work with people
- Managing expectations and anxieties of the people they support
- Sourcing funding and understanding the eligibility for care and funding
- Limited capacity and resources

### HOW CAN WE IMPROVE MOVE-RELATED PRACTICE?

Take a person-centred, strengths-based, flexible approach

Provide timely information and advice

Consider the different types of available care provision

Keep the older person and their family informed and updated

Provide support and supervision to practitioners

For more information and tools, check our co-produced video-based resources: <https://socialcaretalk.org/older-people-care-moves>. If you want to know more about the project, please contact Dr Wenjing Zhang ([w.j.zhang@kent.ac.uk](mailto:w.j.zhang@kent.ac.uk)).

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