

**Title: Surfing the wave: Care home staff experiences of Covid-19**

**Date: Friday 22<sup>nd</sup> January at 11am**

**Target audience: This session is for all care home staff**

**Aims/objectives:**

- To reflect on the lived experience of Covid-19 within a care home setting at different stages of the pandemic
- To consider research from the Trauma Response Group at University College London (UCL) about what helps care home staff cope
- To recognise the importance of meeting care home staff needs
- To consult with participants on the support needed going forward
- To use participant's views to write a paper highlighting care home staff wellbeing needs as the pandemic continues

**Key evidence-based messages:**

- People respond in different ways at different stages of a crisis
- There are things that care home staff can do to support their own wellbeing, but they need to have practical and emotional support from the systems around them
- In order to meet the needs of their residents, care home staff have to have their own needs met

**Facilitators:** Dr Joanna Marshall, Clinical Psychologist and Dr Clare Winter, Counselling Psychologist, Durham and Darlington Care Home Wellbeing Service, Tees, Esk and Wear Valleys NHS Foundation Trust and Dr Marina Palomo, Clinical Psychologist, Care Home Liaison Service, Camden and Islington NHS Foundation Trust



**Key academic references:**

- Billings, J., Palomo, M., Greene, T., Chase, A., Hahn, S., Flint, B., Reeves, S., Rapaport, P., Mansfield, E., Makalo, F., Grey, N., Murphy, D., Elleithy, S., Brewin, C., Manthorpe, J., and Bloomfield, M (2020) *Guidance for Managers and Decision Makers in Supporting Care Home Workers during COVID-19*. University College London Trauma Response Group, [www.traumagroup.org](http://www.traumagroup.org)
- Highfield, J., Johnston, E., Jones, T., Kinman, G., Maunder, R., Monaghan, L., Murphy, D., Rao, A., Scales, K., Tehrani, N. and West, M. (2020). *The Psychological Needs of Healthcare Staff as a Result of the Coronavirus Outbreak*. The British Psychological Society Covid19 Staff Wellbeing Group
- James, I.A. & Marshall, J. (2020). The 8-Needs Framework's Relevance to the Covid-19 Pandemic: A Model for Meeting the Needs of Residents and Staff in Care Homes. *Psychology of Older People: The FPOP Bulletin 151*. Leicester: The British Psychological Society.