

## Well-being in care homes: implementation of (outcomes- based) care planning



### Public Summary

Around 400,000 older adults live in care homes in England. However, there is currently no systematic way of measuring or reporting care home residents' Quality of Life (QoL.)

Working with stakeholders, this research project aims to further develop and pilot approaches to care planning in older adult care homes which focus on the QoL of residents.

There are two phases to this work:

#### Phase 1:

The research team undertook a scoping review of published literature on care planning interventions for older people in care homes and identified, mapped and summarised relevant studies.

They also conducted interviews with social care professionals involved in care planning in English older adult care homes to explore their views on how the process is conducted and could be improved.

The researchers then developed a framework to understand what person-centred care planning (PCCP) requires (including barriers and facilitators for implementation).

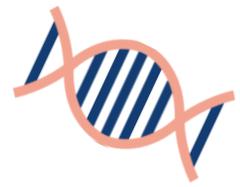
#### Phase 2:

The team undertook a consultation exercise with stakeholders, in the sector, to develop a set of best practice principles for care planning within older adult care homes.

The project is currently supporting three care homes to use the [ASCOT in care planning tool](#) as part of a small pilot and evaluation of this specific quality of life approach to care planning in older adult care homes.

### Public and Community Involvement

The project team includes two independent patient, carer and public involvement and engagement advisors with lived experience of caring for a relative living in a care home.



They have been involved throughout the project and support the research in numerous ways. This includes:

- providing invaluable insight and guidance on caring for a relative living in a care home
- advising on relevant issues (e.g. care home engagement)
- contributing to the development and focus of project activities and documentation (e.g. interview guides)
- co-authoring project outputs, including guiding the interpretation of research findings and commenting on draft manuscripts
- attending and contributing to project meetings and events (including our bi-monthly team meeting).

Input into project plans has also been provided by the [ARC National Priority Programme Strategic Lived Experience Advisory Group](#).

## Dissemination

Research findings and project progress have been communicated in the following ways:

- Four journal articles (and one in submission, two in development)
- Four conference papers (and three pending):
  - [Enhancing quality of life for older adults in care homes: A qualitative investigation into care planning approaches. 5th annual Liverpool Dementia & Ageing Research Conference, Liverpool.](#)
  - [Care planning in older adult care homes: The NIHR Applied Research Collaboration National Priority Programme.](#)
  - [ARC National Priorities Programme: Wellbeing in care homes. 6th International Conference on Evidence-based Policy in Long-term Care, London.](#)

- [Care Planning Review and Consultation. British Society of Gerontology, 52nd Annual Conference, Norwich.](#)  
<https://www.britishgerontology.org/events-and-courses/past-conferences/2023-uea-norwich>
- In addition: two research posters (and one pending); three webinars; one event presentation; and two guides to care planning in older adult care homes.

## Impact and Implementation

The study has had real world impact in the following ways:

- A guide to care planning in older adult care homes, alongside a shorter guide to improving QoL with care planning in care homes, has been developed collaboratively with care home staff. The voices of family members of people who reside in care homes has also fed into the guide.
- The study is currently supporting three older adult care homes to implement a QoL care planning tool, [ASCOT in care planning](#), into routine practice. The tool aims to help care homes support residents in ways that reflect what really matters to the resident. The study will be evaluating the use of ASCOT in care planning in these homes and hopes to shed new light on its applicability (for residents and staff) within older adult care home settings. This could potentially lead to a larger roll-out and evaluation.



## Publications

[Investigating Person-Centred Care Planning in Care Homes Across England: An Exploratory Study of Practices and Contextual Factors](#)

[Care planning in older adult care homes: A qualitative study of care staff experiences and views](#)

[Care Planning Interventions for Care Home Residents: A Scoping Review](#)

[Developing a set of key principles for care planning within older adult care homes: Study protocol for a modified Delphi survey](#)

## Next steps

For the remainder of the project, activity will be focused on completing the evaluation of the ASCOT in care planning implementation in the three participating care homes and on disseminating findings from this and other project activities. This includes academic journal articles and conference papers, alongside projects blogs, and sharing the guidelines for care planning with the older adult care home sector.

## Forthcoming dissemination

One pending publication (and another in progress):

- Taylor, J., & Smith, N. (2025). *Steps to effective care planning in older adult care homes*. National Institute for Health and Care Research (NIHR)

Two further papers in progress:

- Promoting family/friend involvement in general care planning in care homes: an exploration of the usefulness and relevance of an information resource (*working title*)

- Views and experiences of digital care planning in older adult care homes in England: a multi-method qualitative study (*working title*)

Three forthcoming conference presentations:

- Charles, A., Smith, N., Caprioli, T., Hamashima, Y., & McLeod, H. (2025a, June 24). *Care, dare, commit and prepare: Visualising, prioritising and potentially realising greater research activity, engagement and capacity in older adult care homes*. BSG Emerging Researchers in Ageing 2025 Pre-Conference, Guildford.
- Charles, A., Smith, N., Caprioli, T., Hamashima, Y., & McLeod, H. (2025b, June 27). [“Sorry, we’ll need to reschedule as something’s come up!”: Challenges encountered while setting up research projects in older adult care homes and proposed workarounds to mitigate them](#). British Society of Gerontology 54th Annual Conference, Guildford.
- Damant, J., Taylor, J., Giebel, C., Caprioli, T., Smith, N., & Charles, A. (2025, June 27). [Digital care planning in care homes for older people: Perspectives of unpaid carers and care practitioners](#). British Society of Gerontology 54th Annual Conference, Guildford.

One forthcoming research poster:

- Charles, A. C. (2025, June 23). *Care, dare, commit and prepare: Visualising, prioritising and potentially realising greater research activity, engagement and capacity in older adult care homes*. [Research poster].