

# POSITIVELY IMPACTING SOCIAL CARE THROUGH RESEARCH

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- Funded project to develop research skills in front line providers
- Evaluating the impact of a new role in social care - the "Hatha Helper"

*"Hatha Helper" - a trusted personal assistant who supports daily activities, manages appointments, household tasks, and errands, helping clients to feel less anxious and more in control. The service is known for its reliable and friendly support.*



## QoL (Quality of Life)

### Tools

\*ASCOT - Adult Social Care Outcomes Toolkit is designed to measure the aspects of an individual's quality of life that can be affected by social care.

\*WEMWBS - Warwick Edinburgh Mental Wellbeing Scale is a comprehensive tool for measuring mental wellbeing

## Method

This local service evaluation used a combination of qualitative interviews and QoL tools; the ASCOT-INT4\* and the WEMWBS\* to understand the impact of the Hatha Helpers on clients' quality of life and wellbeing.

### Participants

Clients n=7:

- 3+ months using service
- Self consenting
- 75+yrs
- majority white/British

## Results (Interviews)

Participants shared heartfelt appreciation for the support they received, describing better daily routines, increased confidence, and a noticeable reduction in stress. Many said they would have felt isolated or overwhelmed without the service.

*"They help with the stuff I don't like to do, they gauge my strengths and weaknesses and help with the things I need."  
(Participant HHS05)*

## Results (QoL tools)

The Hatha Helper service led to a measurable improvement in clients' quality of life, particularly in areas such as **Dignity, Control over daily life,** and **Meaningful activity,** with modest gains also seen in **Safety, Social participation,** and **Home comfort and cleanliness.**

## Challenges & Reflections

- WEMWBS data were hard to interpret without a pre-service baseline; future evaluations should assess wellbeing before service starts.
  - Interviews effectively highlighted emotional impact.
- Clients valued having their voice heard; future practice should include feedback opportunities.
- A future evaluation with a larger client group, better tool familiarity, and clearer guidance for clients in linking domains to support would likely show greater service impact.
- Applying research methods adds significant value to service delivery by highlighting areas of greatest impact and identifying what matters most to clients. Incorporating these tools into future client reviews would be highly beneficial.

## Conclusion

This project powerfully demonstrates how the Hatha Helper role can enrich older adults' quality of life. It also shows how local service evaluations led by front line providers can strengthen research capacity and generate meaningful, practical insights that advance social care innovation.