

Home-Based Health Promotion For Older People

Topic guide for interviews with older people

- Read and understood the information sheet?
- Opportunity to ask questions
- Confidentiality/anonymity – use term ‘private’
- Consent form

We want to develop a new way of helping people stay as healthy and well as possible. We are focusing on older people who have had some recent difficulty leaving their home e.g. to visit their GP when they were unwell, and who might be finding they are getting more easily tired and/or are feeling weaker than before, or have lost some weight. We are planning to develop a new service where the person could be visited at home over a period of time to help them with this. We want to know what you think is important to include in this.

- ❖ We want to know about your views, but you can also draw on other people’s experiences and examples

1. Views on current health and wellbeing – things that can be done to help people stay as well as possible (explaining this if necessary)

Probe:

- Tell me about your health
- Tell about a typical day for you?
 - Is there anything you need help with in your day?
- What is your appetite like?
 - (Discussion about diet needs changing with age: fat/calories/sugar more important, eating more...)
 - Were you aware that diet needs change with age?
- What are your energy levels like?
- What is your muscle strength/grip strength like?
 - How well are you able to get something down from a cupboard, lift a full kettle?
- What is your sleep like?
- Follow-up on any problems – seeking/receiving help for this?
- What kind of things can get in the way of/stop you staying as well as possible?
- What, in an ideal world, could be done to reduce this? – if anything?

- ❖ Can probe on other people of a similar age or situation as them

2. Views on maintaining well-being and independence

Probe:

- What helps you feel as well as possible/describe a good day to me:
 - Things you do for yourself inside/outside the home
 - Any activities you might do as advice from professionals, GP?
 - What helps you continue to do these things?
- Tell me about how well you are able to get out and about
 - How do you manage this? (Why is it helpful?)
 - Does anything get in the way of this? – if so, what can be done to help?
- Tell me about how often you see family/friends/neighbours/people in the community

- How do you manage this?
- Does anything get in the way of this? – if so, what can be done to help?
- What are the key things you enjoy doing now that you want to keep doing for as long as possible?
 - Later prompts: What do you find pleasure in? How do you have fun?
 - What would help you to continue doing these things?
- In the last year or so, has your ability to do the things you mentioned changed at all?
 - If so, in what ways? Ask for examples
 - Is there anything that could be done to help you with this?
- If you think ahead to the next year, do you think you might start to have any difficulties with
 - How can you be helped by other people in this? Who might be best to help?
- Any other comments on keeping independent
- *If managing well, ask about somebody else they know who might be worse than them*
- *If too frail, ask about before they became frail*
- *If hasn't come up yet: Does anyone ever help you out with tasks (e.g. shopping, help around the house)? – neighbour, family, friends?*

3. Views on content/structure of new service

This service is for older people who are managing well at the moment, but finding that their health sometimes gets in the way. For example, getting more easily tired, or a low appetite [Refer to their symptoms] – the service is designed to help with this and help you to continue to do the things you find important. Not long-term care; could be an initial one-off visit with follow-ups if appropriate. Someone to give you the tools so that you can stay independent.

It might include things like reviewing your diet and making sure you get enough protein and vitamins to keep energy up; keeping muscle strength so you are able to continue to get outside and move around on your own. Other things we want to look at are helping people if they are feeling low in mood, or perhaps having problems with their memory. – use participant's mentioned symptoms/health problems in this example

Probe using the previous responses on what is important for the older person's health and well-being

- What do you think about someone visiting you at home to:
 - Talk about your appetite, changing diet for your age and a good diet for someone with a low appetite or who has less energy?
 - give you advice and help on strengthening your muscles (if weak)/keeping up your muscle strength (if ok at moment)?
 - If you felt lonely or low at times?
 - What could help with this?
 - How would you feel about talking about that with someone?
 - give advice on what you can do if your memory isn't so good, and tips on keeping your memory active?
 - Can you think of any ways in which you could keep mentally fit?
 - discuss managing your medication?

- What kind of person would you like to help you with these things? (or what skills would they need?/Which professionals have you seen that might have the skills for this service?) – why?
 - Have you had experience of a professional who you found really helpful? What made them good at what they did?
 - What else that we haven't mentioned do you think a service like this could help with?
 - How would you feel about a service like this, if your doctor offered it to you?
 - Would you want to use a service like this (someone coming to your home etc)? (If not, why not?)
 - *If mentioned anyone helping them:* Would you like it if that person was involved in the service, or not? If so, in what way?
 - How often would you be happy for someone to visit you at home to help you? For how long?
 - If you had 6 visits, over 6-12 weeks with each visit lasting half an hour, how helpful would you find that? What would you change about it?
 - What would encourage you to take part in this if you were offered a new service like this?
 - What might stop you taking part? Would anything make you change your mind?
 - Any other comments?
- Ask about next time planning on doing the things they find important

- **Demographics form**
- **Voucher**



Home-Based Health Promotion For Older People

Topic Guide for Interviews: Carers

Ensure participants have read and understood the information sheet, given consent and had the opportunity to ask questions.

1. Views on health promotion for older people with who are beginning to become less independent (explaining health promotion and 'early frailty')

Probe:

- Can you tell me about a typical day for the person you are supporting, and what is your role in that?
 - FU: What does the person you support need help with in their day?
 - FU: how do you motivate/encourage them to still do things (when maybe they don't want to?)
- How is their:
 - Appetite/diet?
 - Energy levels?
 - Muscle strength/grip strength?
 - Memory?
 - Mood?
 - Sleep?
- What do you think, if anything, gets in the way of older people staying as well as possible?
- In an ideal world, what could be done to reduce this, if anything?
- Any other comments?

2. Views on maintaining well-being and independence

Probe:

- What might help older people who are beginning to become less independent for them continue to do what they want to do/enjoy doing for as long as possible?
- What gets in the way? What could be done to reduce this?
- How can friends and family help older people achieve this?
- Any other comments on keeping independent

3. Views on developing new home-based health promotion (explain this if necessary)

We want to develop a new way of helping people stay as healthy and well as possible. We are focusing on older people who have had some recent difficulty leaving their home e.g. to visit their GP when they were unwell, and who might be finding they are getting more easily tired and/or are feeling weaker than before, or have lost some weight. We are planning to develop a new service where the person could be visited at home over a

period of time to help them with this. We want to know what you think is important to include in this. (explain this if necessary) – EXAMPLES USED

- What do you think about a service like this?
- What do you think about someone coming in to help support with:
 - Appetite/diet?
 - Muscle strength/physical activity?
 - Mood?
 - Memory?
 - Sleep?
 - Anything else you think would be helpful that I haven't mentioned?
- What skills/individuals would be helpful in delivering the health promotion? Why?
- How can carers and other people (e.g. friends and family, home care workers/paid private helpers) be involved/what role should they have?
- How should it be structured?
 - How often should this health promotion approach be delivered? How long should the health promotion sessions last?
 - What would be the minimum and maximum number of sessions?
- We have noticed that older people are less able to identify themselves as becoming frail – how do we get around this to encourage older people to take part in a service which is aimed at helping to maintain their independence?
- Do you have any experience of any existing health promotion services for older people? (If yes) What do you think of them? Why?
- Any other comments?

- **Demographics**
- **Voucher**



Home-Based Health Promotion For Older People

Topic Guide for Focus Groups: Carers

Ensure participants have read and understood the information sheet, given consent and had the opportunity to ask questions.

1. Views on health promotion for older people with who are beginning to become less independent (explaining health promotion and 'early frailty')

Probe:

- Can you tell me about your typical daily role in caring for the person you support(ed)?
 - Motivation
- What might help older people who are beginning to become less independent for them continue to do what they want to do/enjoy doing for as long as possible?
- What gets in the way? What could be done to reduce this?
- How can friends and family help older people achieve this?

2. Views on developing new home-based health promotion (explain this if necessary)

We want to develop a new way of helping people stay as healthy and well as possible. We are focusing on older people who have had some recent difficulty leaving their home e.g. to visit their GP when they were unwell, and who might be finding they are getting more easily tired and/or are feeling weaker than before, or have lost some weight. We are planning to develop a new service where the person could be visited at home over a period of time to help them with this. We want to know what you think is important to include in this. (explain this if necessary) – EXAMPLES USED

- What do you think about a service like this?
- What do you think about someone coming in to help support with:
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 - Anything else you think would be helpful that I haven't mentioned?
- What skills/individuals would be helpful in delivering the health promotion? Why?
- How can carers and other people (e.g. friends and family, home care workers/paid private helpers) be involved/what role should they have?
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- We have noticed that older people are less able to identify themselves as becoming frail – how do we get around this to encourage older people to take part in a service which is aimed at helping to maintain their independence?

- **Demographics**
- **Voucher**

Home-Based Health Promotion For Older People

Topic Guide for Focus Groups: Community Health Professionals

1. Views on health promotion for older people with who are beginning to become frail

- We are focusing on older people who have mild or early frailty. What do you think are the main needs of this group compared to those who are not yet frail? (in order to stay healthy/maintain their independence)
- Is there anything that older people who you work with are doing to stay healthy/maintain independence that you think works well?
- What do you think, if anything, gets in the way of older people staying as well as possible?
- What do you think can help or encourage older people to make changes to become healthier? – give any examples?

2. Views on developing new home-based health promotion (explain this if necessary)

- What do you think could usefully be included in a new health promotion service specifically for older people with early frailty?

The new service will be individually tailored, including components such as nutrition (getting adequate amounts of vitamins/protein/calories), muscle strengthening, mental health, loneliness, medication management, pain, symptom management. It will also incorporate behaviour change techniques.

- What do you think about these components? Is there anything else you think would be useful?
- What professionals or people might be best placed to deliver health promotion for this group of older people (and why)? (e.g. health trainers, nurses, psychologists, peer support, home care workers)
- What skills would be needed for them to deliver it?
 - What should be included in training?
 - How long should it be?
 - What format should it take? (e.g. case based discussion, role play etc)
 - What on-going support and supervision would be needed? How can this be delivered?
- How should it be structured?/delivered?
 - E.g. How often should this health promotion approach be delivered?
 - How long should the health promotion sessions last?
 - What would be the minimum and maximum number of sessions?
- What do you think would encourage older people to take up and continue with a new home-based health promotion such as this? (esp. if they feel fit and well at the moment and do not believe they need any help)
- Any other comments?

3. Views on existing health promotion services

- Do you have any experiences of any current health promotion services for older people? (If yes) What do you think of them? Why?
- How do you think our new service would fit in with other existing services?
- Is there anything you have learned from your work that would be valuable in designing this new service?

❖ **Introduce co-design workshop and ask if would be interested in taking part**

HomeHealth study

Topic Guide for Focus Groups: Home Care Workers

Introductions

Ensure participants have read and understood the information sheet, given consent and had the opportunity to ask questions.

Ground rules (talk and listen to each other) and confidentiality. Tape recorder.

- In this study we looking at older people living at home who are just starting to need more help because we want to develop a way of supporting them to keep them healthy and well for as long as possible.
- Focussing on older people who are starting to struggle with everyday activities rather than waiting until they are less well or able to look after themselves.
- You look after people like this so we want to know your views and experiences. I'll ask you some questions about this.
- Study has just started and in the first part of the study, we are speaking to a range of people who support the older people and older people themselves. We know that you have lots of experience with older people but that not many people come and talk to you to hear your experience so we're really interested in what you have to say and what you think is important.
- The service/support that we develop would be provided in the persons home and that can be delivered by the NHS (funded by DoH). Second part of the study we will test it to see whether it makes a difference.
- There are no right or wrong answers; we are interested in hearing your experiences and thoughts.
- We would like you to think about older people who you support/have supported as homecare workers, who are starting to have difficulty with everyday activities, eg they may be:
 - finding it harder to leave their home or are going out less often and with more help
 - getting more easily tired or are feeling weaker than before
 - have lost their appetite and losing weight
 - starting to have some problems with their memory
- This is the sort of help that friends or family might provide, but for a person who doesn't have this support, it might be becoming a struggle for them to manage on their own.
- This wouldn't be someone who needed daily visits from Homecare workers but perhaps 1-2 visits a week.
- You may have worked with older people over a period of time and seen them deteriorate/become worse, but we'd like you to try and think about what could have helped them stay as well as possible for as long as possible.

ANY QUESTIONS?

1. How many of you have experience of working with people who need this sort of support (need help going out, becoming weaker, have lost weight)?
2. What helps this group stay as healthy and well as possible (so they can continue to do what they want to do/enjoy doing for as long as possible)?
3. What gets in the way of them staying as well as possible?
4. *Follow-up on the examples given above, or describe scenarios below:*
 - *people who are finding it harder to get out eg to see their GP or to see friends/family.*
 - *people who are losing weight and don't have much of an appetite, who need help to make sure they eat well.*
 - What are the problems for the older person
 - What could be done to make this easier?
5. Given your experiences, if we could put in some support for this group to keep them as well as possible in their home for as long as possible, what do you think that support would be like?
 - How should it be better organised?
 - How often should the support be delivered?
 - How long should each visit/session last?
 - What would be the minimum and maximum number of sessions?
 - What sort of person should provide the support? Why?
 - What sorts of skills would be helpful? Why?
 - Probe re health trainers, nurses, psychologists, peer support
 - How can home care workers be involved/what role should they have?
 - What do you think would encourage older people to take up and continue with a new home-based service for health well-being such as this?
 - Anything else you would like to add or comment on or think I should have asked you?

Thank you for sharing your views and experiences with us today. We will put these together with the views of the other people we are speaking to who care and support older people and the older people's views themselves. Together, the views will help us shape a new service that we can test to see if it helps support older people to stay well in their homes.