

Supporting older people's moves into and between social care settings: co-production of practice guidance

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Background & Aims

- **Context**

- Moves between care settings in later life are challenging for older people
- Moves may be for positive reasons, as well as for unavoidable reasons
- Social care practitioners have a significant role in supporting older people moving into and between social care settings
- However, practitioners may lack understanding of the needs of older people and their carers, and lack the guidance or resources in practice

- **Research objectives**

- Investigate how social care practitioners currently support and could better support older people's moves
- Identify the move-related experience and expectations of older people and their carers
- Co-design practice recommendations, aligned to the needs of older people, to guide practitioners during the process of supporting older people and their families



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Research activities



Findings - key themes

- **Move-related challenges**
- **Barriers in practice**
- **Move-related social care practice**
- **Support for social care practitioners**



The Journey of Older People's Care Moves

<https://youtu.be/Er6xz6j-158>



How to improve move-related practice?

- **Approaches:** person-centred, strength-focused & more flexible approach
- **Better understanding of different care settings & charities by adult social care & health care staff**
- **Build trust & listen to older people & carers**
- **Consistent support between services**
- **Proactive & timely support & promote proactive and planned moves, esp. decision making**
- **Support carers**
- **Inclusive practice**

“we can't use a blanket approach for everybody because not everybody needs the same thing... It's always making sure that that person is in a centre of any decisions that are being made.”

– CP04, Social care discharge coordinator

“Just because somebody is a certain race or a particular religion it doesn't mean that that's necessarily important to them in that day. So it's about clarifying through our assessment process what is important to you.”

– CP08, Social worker

Support for practitioners

- **Allowing more time to support each person**
- **Supervision and peer support for staff**
 - Discuss options with team
- **Information**
 - Info about move agencies
 - Mapping of the system & organisations & process
- **Network with other professionals**
 - How to reach people & promote services

“It would be really handy if there was some kind of [...] mechanism or some kind of team or something that we could use, even if it's just like we have preferred providers who are aware of what those circumstances may or may not be like.”

– CP10, Case manager at a LA

“In terms of resources for ourselves, I think it comes down to training and opportunities to network with other professionals.”

– CP05, Community navigator

Practice guidance –structure of online resources

Overview

- Introduction
- Why important
Practitioner's talk
- **How to improve?**
People with lived experience talk



The journey of older people's care moves

- Animated care journey video
- Move-related challenges



How to improve move-related practice?

- Suggestions for practitioners



How to better support staff?

- Targeted for managers and organisations



Move-related inclusive practice

- Gaps & good practice examples and recommendations



Useful resources

Thank you!

Publications:

- Zhang, W., Greig, J., Darton, R., Saloniki, E.-C. and Towers, A.-M. (2024). Supporting Older People's Moves Between Different Care Settings: A Scoping Review, *Journal of Long Term Care*, p. 476–488. Available at: <https://doi.org/10.31389/jltc.338>.
- Zhang, W., Greig, J., Towers, A.-M., Saloniki, E.-C., & Darton, R. (2025). Supporting care transitions for older people: a practice-based qualitative study in England. *The British Journal of Social Work*. Available at: <https://doi.org/10.1093/bjsw/bcaf041>; <https://kclpure.kcl.ac.uk/portal/en/publications/supporting-care-transitions-for-older-people-a-practice-based-qua>
- Briefings: [key messages](#) and [policy brief](#).
- Summary report: <https://sscr.nihr.ac.uk/research/care-settings/better-care-moves-for-older-people/>

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