



Psychological Support for Care Home Staff in Lancs & South Cumbria



Psychological Support for Care Home Staff

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Principal Psychologist, Health Psychology Lead @ Resilience Hub

I am a Health Psychologist who supports staff who work in complex health and social care environments. My role is to support staff in care homes with their psychological wellbeing.

You have been dealing with high levels of uncertainty and stress. We have all been challenged by lots of events outside of our personal control and rules and mandates that have caused division and upset. These challenges could be traumatizing.

There are a number of ways that we can support you; as a sector, as a care home, in small groups or individually.



Options for support

A Stepped Care Model of Support

Usually, we will firstly speak with a care home manager or staff member about what support they think they may find useful.

Options could include:

- Mapping out **basic needs** and physical resources for staff at your care home. Better utilizing existing resources.
- Providing **information, teaching or training** around psychological wellbeing or tricky issues including **online sessions**.
- Facilitating spaces for **staff to get together** and talk and reflect.
- Self referral for **one-to-one therapy** in the Resilience Hub
- Supporting staff with groups that focus on managing **Long Covid Symptoms**.



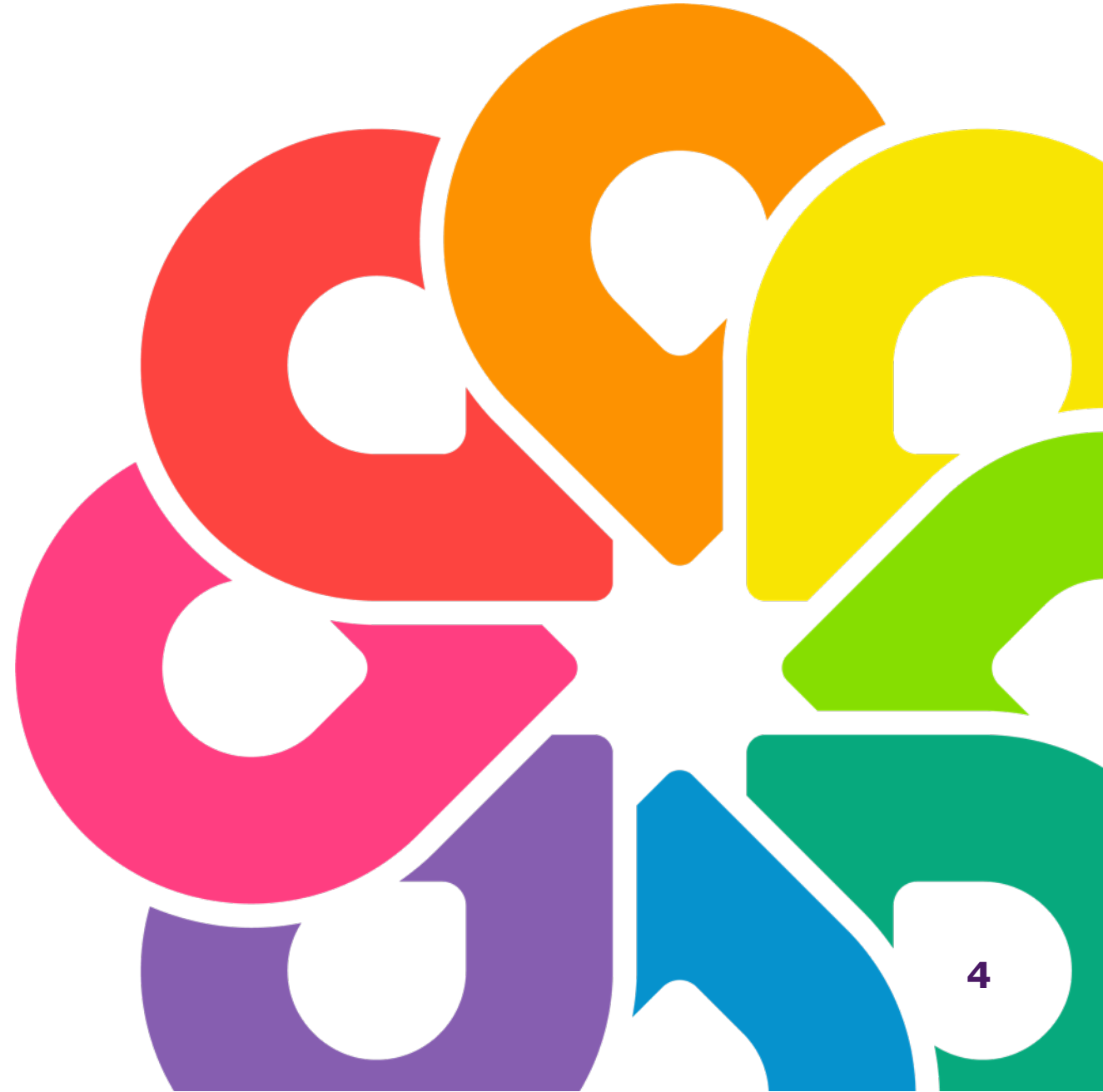
How can we help?

We are flexible about how we provide the support to you

- Zoom, MS Teams or Telephone
- We can come to the care home to meet with you and other staff
- You can use the LSCFT Resilience Hub website to seek individual support
- You can contact me via email Louise.Roper@LSCFT.nhs.uk , or make contact with the Resilience Hub via this link

[Welcome to the Lancashire and South Cumbria Resilience Hub - Resilience Hub \(lscresiliencehub.nhs.uk\)](https://www.lscresiliencehub.nhs.uk)

- You can refer for the long covid therapy groups or the care home meetings via lschub.carehomes@lscft.nhs.uk



Psychological Needs Assessment Tool

On the next slide, you will see the Psychological Needs Assessment Tool (PNAT).

We will use this in our next discussion to try and focus on what might be most helpful to increase staff feeling supported.

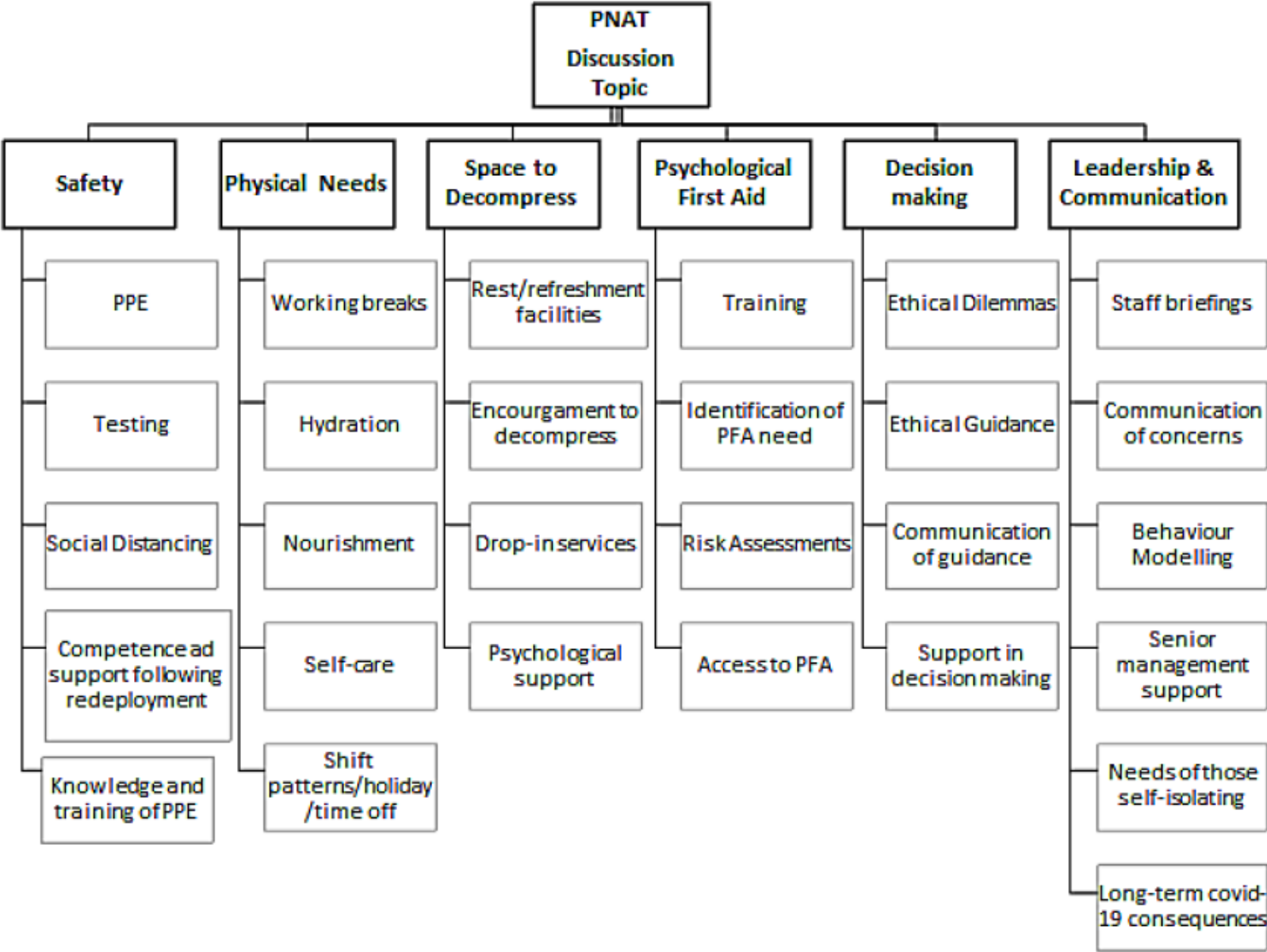
Please feel free to share the tool with staff more widely and ask them to indicate the areas that they would like to work on.

We are flexible in the way we work with you.

“You’re here for us. We’re here for you.”



Psychological Needs Assessment Tool



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We are flexible about how we provide the support to you
-Teams, Zoom, Face to Face, Drop in, Group based, Individual

We have a stepped model of care for care home staff
-Psychoeducation, Training, Reflective Groups, Therapy

Examples include:

Covid-19 Resilience Sessions

Wellbeing sessions- sleep, menopause, anxiety etcetc

Long Covid Therapy Groups

Individual Therapy

Online Reflective Practice groups for managers