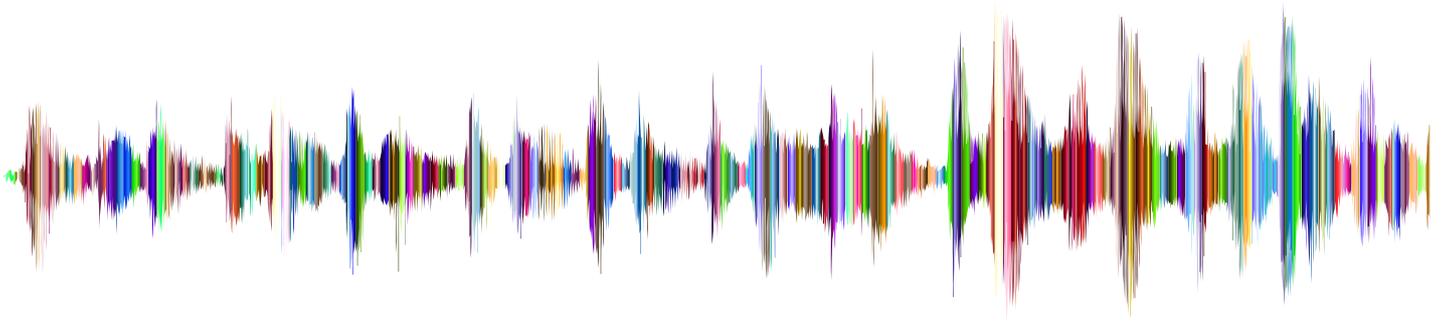


Care Home Soundscape

My home life.[®]
Charity



Care Home Sound Scape

An Introduction

Care homes are places filled with the buzz of everyday life. They can be places of peace and quiet, as well as busyness and bustle.

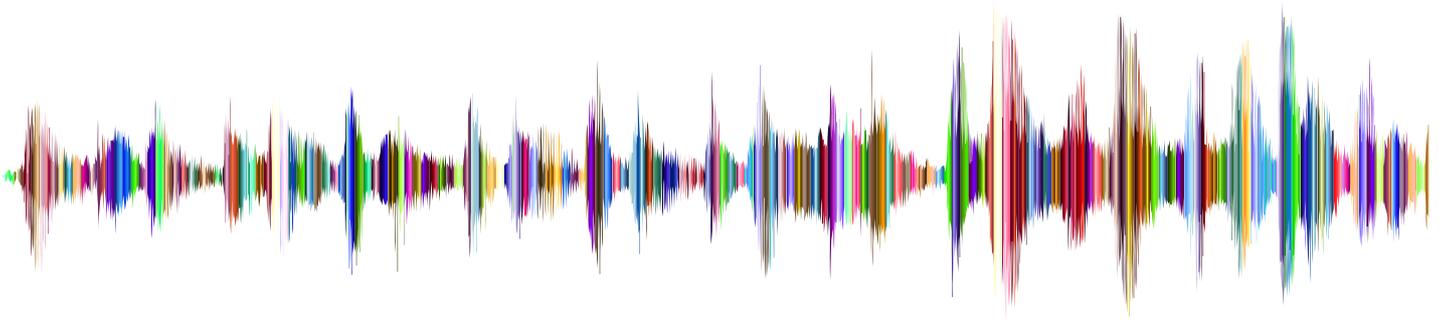
The purpose of this Care Home Sound Scape resource is to help us to tune into the sounds in care homes, particularly sounds that we have become so used to, that we may no longer hear. For example, the sound of friendly banter in the distance, or a dishwasher being emptied, or outside noises such as birds or traffic.

By becoming more familiar with all the everyday sounds of the care home, it may help us to become more aware of what the experience might be like for residents of being in the lounge, or their bedroom, or other areas in the home.

Becoming more familiar with the care home soundscape may offer clues as to sounds and noises that residents find enjoyable, soothing, confusing or uncomfortable.

The Sound Scape Activity could be carried out by staff, a visitor or a resident.

This resource has been developed as part of Rights Made Real in Care Homes project. The idea emerged during Namaste Care Training. This is a Draft Version, and so we would welcome any feedback. Please email feedback to eroddy@hotmail.com.



Aim: To quickly gather information about the types of sounds that residents might be experiencing.

What you need:

5 minutes to stay in one spot.

Copy of the pages overleaf.

A pen to jot down what you hear.

Watch or phone to time 5 minutes.

One or more people to reflect with about the activity once you have finished

Guidance:

Choose your spot that you are going to spend the 5 mins in. This could be anywhere in the home that one or more residents spend their time.

Let your colleagues/ staff know what you are doing.

Spend 4 minutes writing down the different sounds you hear. Those that could be considered pleasant sounds, and any that might be considered less pleasant, or just sounds that you notice.

Make a note of how certain sounds made you feel- you don't necessarily need to do this for all the sounds, you might want to choose a few in particular. The emotion words overleaf may be useful for this part of the activity. You may also want to jot down other things that you notice about the sound- for example how others seem to be responding to it, anything that is making it louder or softer.

When the 4 minutes is up, spend a further minute making a note of anything in particular you would like to celebrate about what you heard, any surprises and anything you are wondering about that you would like to explore more.

Share what you heard with a staff member. This may include sharing what you would like to celebrate in what you heard, your surprises and anything you are wondering about. Consider together if there are further ideas or actions that have come out of this activity.

You may then want to think about what other areas in the care home in which to do the Sound Scape activity.

Emotion Words

Anxious	Uncomfortable	A bit silly	Relieved	Comfortable	Included
Confused	A little irritated	On edge	Connected	Safe	Moved
Awkward	Flustered	Frustrated	Surprised	Calm	Respected
Tired	Powerless	Fed up	Heard	Trusted	Comforted
Overwhelmed	Unsafe	Embarrassed	Hopeful	Excited	Pleased

From the Care Home Sound Scape Activity:

Things to Celebrate

Surprises

Things to Explore or Discuss More

Ideas for Further Conversation/ Action following Care Home Sound Scape Activity