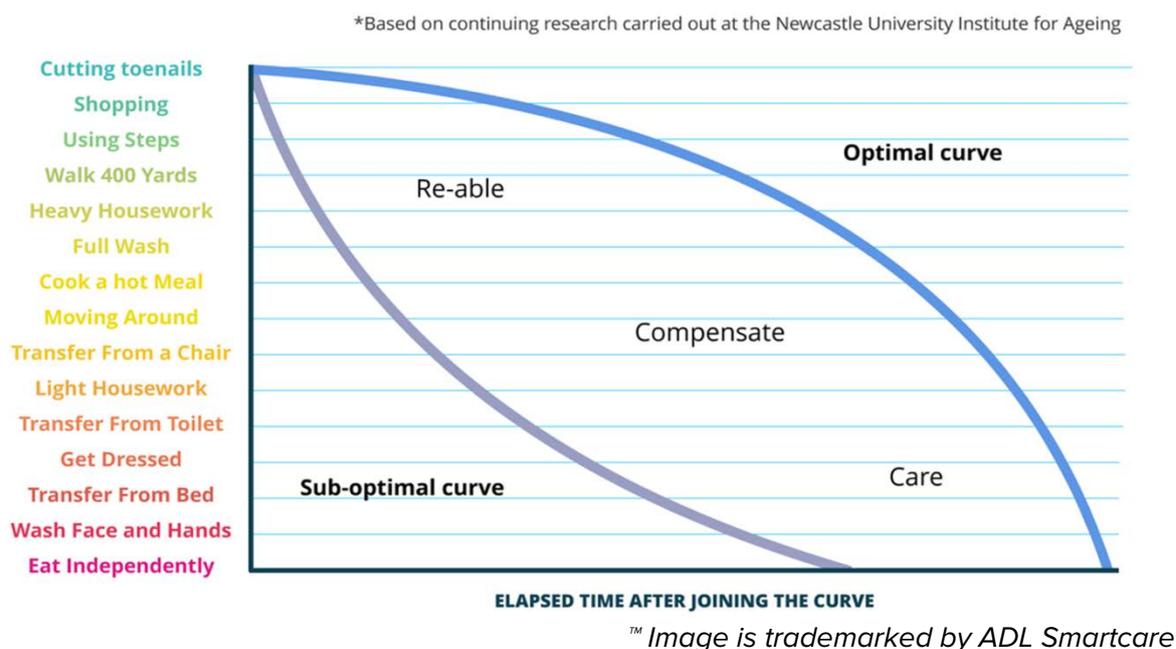


Scottish Care Lifecurve™ Survey

What is the Lifecurve™?

The Lifecurve™ is based on a theory of how we age which has been devised by Newcastle University. Research over the last 20-25 years has told us that as we get older we lose our ability to carry out every day activities in a set order.



The activities really describe how well we can use our arms, legs, body, muscles, range of movement, strength etc.

How do we age?

We all age very differently. Getting older is inevitable – but getting older doesn't necessarily mean we cannot continue to do the things we want and like to do as we age. How we age is dependent on many factors – including where we live, our general health, any kind of deprivation we experienced growing up, our genetics. When we start to age varies on all of these factors and more. The earliest a person could possibly enter their own Lifecurve™ is in their mid 40's, however many people 80 years + can be found 'left of the Curve'. In the Lifecurve™ picture above you can see that the first thing we stop being able to do without help from equipment or a person is cut our toenails and the last thing is to be able to eat and drink by ourselves. The 'sub-optimal curve' describes a journey where someone is ageing more rapidly than someone on the 'optimal curve'.

Scottish Care National Lifecurve™ Survey: Participant Information Sheet

Why is this important?

Understanding where a person is on their Lifecurve™ gives us valuable information about how well we are ageing – scientists and researchers at Newcastle University also tell us that ageing is 75% ‘malleable’ ie we can have some influence over how we age. So even people living in a nursing home environment can improve their muscle strength to enable them to take part more actively in every day activities – even where they still require help for these activities.

Why is this important for Scottish Care?

Scottish Care support people to live at home by supporting people with these everyday activities. How our staff support people is crucial to support those we care for being able to age well – and to maintain good health and wellbeing.

We know that staff work very hard in supporting people but are often frustrated due to the ‘time and task’ nature of their work. Scottish Care want to undertake a Lifecurve™ Survey to help identify at what point in the ageing journey we are supporting people. As care at home increasingly moves to an enabling culture – we want to ensure that we have the right resources and infrastructure within organisations to support people to age well. This means that we want to develop a body of knowledge and evidence to show where the people, who Scottish Care providers are currently supporting, are on their Lifecurve™, and what would need to be put in place to move towards a more enabling and wellbeing culture.

Undertaking the Scottish Care Lifecurve™ Survey

We are working closely with the Allied Health Professionals Active and Independent Living Programme, who have already undertaken a national AHP Lifecurve™ Survey. We will be working together to support Scottish Care staff and the people we support to have a more active and enabling Lifecurve™ journey with a focus on physical and mental wellbeing.

™ **The Lifecurve framework and its associated materials are the intellectual property of ADL Smartcare. For more information, please see: <http://adlsmartcare.com/Home/LifeCurve>**