

Varis Court Forres

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- A year ago Varis Court Opened in Forres
- 33 2 bedroomed apartments
- 28 apartments provide housing with care
- 5 are led by the Forres Neighbourhood Nursing Team who are a Buurtzorg Test Site
- It empowers people to live independently by ensuring their health and social care needs are met under one roof

Partnership Working

- Brings together Hanover Housing and Health and Social Care Moray
- Clients/couples in the apartments have 4 or more hours of care per week.
- The care is provided by Hanover Housing
- The NHS facility is available for 24 hour patient care

NHS Beds

- Staffed by Trained Nurses
- Spread their time between the in-patient beds and the community
- The nursing team are a test site for the Buurtzorg Principles
- 10 full time nurses
- Supported by an Advanced Nurse Practitioner who has extensive experience in Elderly care

Coaching

- The coach aims to empower the nursing team to practice at the top of their capabilities
- Nurses lead on the assessment, planning and co-ordination of patient care along side each other
- The team is a self-managing team
- Each new patient relationship begins with high levels of support provided by the team

- This is gradually withdrawn as self-management, aids and adaptations and support from social care, voluntary or third sector organisations are identified and put in place
- In Holland this approach has cut costs by 30 to 40% and supports our national aim to provide care at home or closer to home

Nurses

- Decide on their own educational needs
- The Advance Practitioner supports this
- Individuals work as equals, no member of staff is superior.
- They take equal responsibility for making decisions within the team and they solve their own problems (including sickness/absence)

Key Services

- Holistic Assessment – this includes medical, long term conditions and personal and social care needs. Care plans are drafted from this assessment
- Staff map clients informal networks that can provide care – family, friends
- Identification any formal care needs
- Deliver care if required
- Support the client in their own environment first and foremost
- Promote self-care and independence

Changes

- This model has fostered an entrepreneurial culture amongst the staff involved
- Staff feel empowered to present tangible solutions to many of the significant challenges facing health and social care

Early Results

- Decrease in hospital admission for over 75yrs
- Better patient satisfaction
- Better staff satisfaction