



How Home Instead is supporting Sally with motor neuron disease (NMD) through delegated healthcare

Introduction

Home Instead, a national home care provider, talks about how they've been supporting a person with motor neuron disease.

Since December 2022, we have been supporting our client, Sally, a 70-year-old lady who is living with motor neurone disease (MND). Sally and her husband reached out to us due to a decline in her physical abilities. Sally had a strong desire to stay at home and be part of family life while receiving support. As a published author and artist, being able to remain creative at home was important for her and being accessible for her children and grandchildren who she enjoys spending time with.

Initially, Sally could verbally communicate with us and her family. However, as her ability to speak deteriorated, she began using an iPad's touch-to-type functions for communication. Sally's swallowing ability also declined, necessitating the placement of a PEG tube. Although she aims to continue swallowing as long as possible, it was put in place to administer medication for now. Sally also uses a NIPPY mask overnight and has recently added a suctioning machine and a cough assist machine, provided by Papworth Hospital, to manage her secretions and assist with coughing.



Kelly has been my carer for a year she has moved on with me tackling each new challenge as it arrives in a really positive way. She anticipates my needs before I have slowly typed them out. It's such a relief to have someone who understands without me having to spell it out!

Sally, Home Instead's supported person



Learning new skills and capabilities to support Sally

Sally's care needs are steadily increasing, prompting collaboration with her specialist nurse team, who have been instrumental in providing training on MND to Home Instead's care team. The specialist teams at Papworth Hospital have also been very supportive, visiting Sally's home to train our staff on using the equipment. We were very appreciative when we were asked to come to Papworth Hospital to attend some in-house training, supported by the lead specialist nurse, on respiratory conditions.

To ensure Sally's comfort and control, having a consistent care team is crucial. Understanding Sally's preferences and needs helps us determine when to intervene or allow her to manage her airway clearance. Our team is enthusiastic about learning new skills and has responded positively to the training, feeling respected by the specialists they work with.

We have completed various training programmes with support from the specialist nurse and hospital teams, including:

- train-the-trainer sessions - cough assist/non-invasive ventilation/suctioning
- cough assist techniques
- non-invasive ventilation
- suctioning procedures
- respiratory conditions training
- condition-specific training.

These competencies are essential for providing quality healthcare services and enabling more clients to stay at home with their families.

To support Sally in the future, we are pursuing Level 5 Nurse Associate apprenticeship courses for Sally's primary care professionals, further enhancing our team's capabilities. We will also be looking to employ our own nurse as our client base grows. This additional expertise is crucial for supporting clients with complex clinical needs.

We currently have four other clients with MND and several others with multiple sclerosis (MS) and muscular dystrophy, all requiring similar respiratory support. We will continue to work closely with our local specialist nurse team to be able to support more people to stay at home and live the life they want. Being able to offer support ourselves with specialist health care needs also means relieving the community nursing teams of some of their workload.

Investing in our team's learning and development has proven invaluable. It allows us to offer comprehensive healthcare services, supporting clients like Sally to remain in their homes and participate in family life. The ongoing collaboration with specialist teams and continuous training ensures that our staff are well-equipped to meet the evolving needs of our clients and the future of domiciliary care.

Find out more about delegated healthcare activities

Visit: www.skillsforcare.org.uk/DelegatedHealthcareActivities

