

## Good examples of prevention

Prevention in adult social care does not have a clear definition, but is about preventing adverse events for people, such as illness, deteriorating health, accidents, unnecessary use of services and loss of independence.

This document provides a list of just some of the good examples of prevention taking place across the adult social care workforce.

Name of project/ initiative/ resource	Summary	Setting/ user group	More information	Information correct as of
Vivaldi Social Care	This study aims to reduce the impact of infection and outbreaks in care homes. The Vivaldi Social Care project plans to do this by measuring the extent of infection and its consequences in residents and by doing research to find new, better ways to prevent infections and protect residents and staff.	Care Homes	<a href="#">Vivaldi Social Care - Care Home in England and Wales</a>	27/01/2025
24-hour Postural Care from Cradle to Grave Born at the Right Time <a href="#">Home Page - Born at the Right Time</a> Simple Stuff Works <a href="#">Simple Stuff Works – Passionate about Posture</a>	People with complex needs, deserve a thorough, co-ordinated postural care service. We only get one body and yet people with complex disabilities don't always get the 'annual service' afforded the equipment they use. This course is tailored for specialist professionals, as well as parent / carer training. One of the topics covered is around 'preventing, protecting and reversing body shape distortion'.	All	<a href="#">24-hour Postural Care from Cradle to Grave - Born at the Right Time</a>	27/01/2025
The Decaf project: a new approach to fall prevention in care homes	Falls are a persistent and serious challenge in many care settings, with implications ranging from reduced quality of life for residents to increased financial strain on healthcare systems. The Decaf Project, spearheaded by Care England, Stow Healthcare, and the University Hospitals of Leicester (UHL) NHS Trust, aims to tackle this issue innovatively. By making decaffeinated beverages the default choice in care homes, this initiative has demonstrated promising results in reducing falls related to toilet trips.	Care at Home	<a href="#">The Decaf project</a>	27/01/2025

TOMATO - nuTritiOn and deMentia AT hOme	The TOMATO project aims to work together with home care staff, people with dementia and family carers to provide nutritional care for people living with dementia at home.	Care at Home	<a href="#">TOMATO - nuTritiOn and deMentia AT hOme   Bournemouth University</a>	27/01/2025
Constipation resources for people with a learning disability	<p>Constipation can be a life-threatening issue for people with a learning disability who are at heightened risk from complications if it is left untreated.</p> <p>In fact, 23% of people with a learning disability who died in 2019 had constipation as a long-term condition. These resources have been co-created with people who have lived experience to help others with a learning disability prevent, recognise, and treat constipation.</p>	People who have a learning disability	<a href="#">NHS England » Constipation resources for people with a learning disability</a>	24/08/2023
Information about the Learning Disability Register	This leaflet helps people think about whether their child or someone they care for could be considered to have a learning disability and should be on their local GP practice's Learning Disability Register, to help them get the help they need.	People who have a learning disability	<a href="#">NHS England » Find out more about the Learning Disability Register – leaflet</a>	27/01/2025
Easy Health	Easy Health is an online library of accessible health information with simple words, clear pictures and films.	All	<a href="#">Easy Health   Home</a>	27/01/2025
The VIP Red Bag	The project was launched in Wakefield in January 2021, with support from the NHS and Pinderfields hospital. The aim of the bag is to highlight to hospital staff that the person has additional needs and may need some reasonable adjustments during their appointment or hospital admission. The VIP logo on the bag is used on the Mid Yorkshire Trust hospital passports and stands for Vulnerable In Patient.	People who have a learning disability	<a href="#">Choice Support   VIP Red Bag project</a>	27/01/2025
Annual Health Check Resources and Guides	This range of resources have been developed to support the implementation of health checks for people with learning disabilities.	People who have a learning disability	<a href="#">Annual Health Check Resources &amp; Guides - NDTi</a>	27/01/2025

A Whole New World: Daniel's Story	The Estia Centre at have co-produced a short film with Daniel, a young autistic man with a learning disability, his father, care team and Trust staff. This short film shows the first-person perspective of an autistic person with a learning disability, while also capturing the perspectives of his circle of support, his family, paid carers and Trust clinicians.	Autistic people with a learning disability	<a href="#">A Whole New World: Daniel's Story</a>	27/01/2025
Trauma awareness for professionals	<p>Navigating through health, social care and education systems can cause severe trauma to families of people with severe learning disabilities. Families, traumatised by a system that is supposed to work for them and their relative, are often labelled 'difficult' or 'un-cooperative'.</p> <p>For professionals working to support people with severe learning disabilities, gaining awareness of what trauma is, what it feels like to families and why it occurs can help them review their way of working in order to prevent trauma from occurring or re-occurring.</p>	Families of people who have a learning disability who are at risk of behaviours of concern	<a href="#">Trauma Awareness - Challenging Behaviour Foundation</a>	27/01/2025
Case Study: Birdie, intelligent monitoring for preventative care	<p>During a 6-month experiment with 20 care users, AI generated warnings detected:</p> <ul style="list-style-type: none"> <li>▪ One case of undiagnosed dementia.</li> <li>▪ Two cases of urinary tract infections (UTIs) requiring early management.</li> <li>▪ One case whereby it required changes to care plans due to dehydration.</li> <li>▪ One serious sickness necessitating hospital.</li> </ul> <p>While preventing health deterioration has improved short-term care quality, it also reduced long-term care needs and expenses. As well as ensuring that both care recipients and professionals are continuously monitored in a safe and non-intrusive manner. The pilot will now continue and include 40 additional care recipients.</p>	Care at Home	<a href="#">IET EngX</a>	27/01/2025

The Universal Pain Assessment Solution - Giving a voice to those who cannot reliably verbalise their pain	PainChek® assesses 42 pain-related indicators across six key areas: Face, Voice, Movement, Behaviour, Activity, and Body. In addition, the app includes a Numeric Rating Scale (NRS) for those who can reliably self-report their pain. This thorough approach generates a detailed, accurate pain profile for every individual, allowing for personalised treatment.	All	<a href="#">Pain Assessment Tools - Pain Assessment   PainChek UK</a>	27/01/2025
Feebris - Empower Community Care	Feebris AI-guided tools support community and family care workers to capture and share precise health measurements enabling more effective, preventative care for vulnerable patients.	Care at Home	<a href="#">Feebris - Transform Community Care</a>	27/01/2025
Co-producing a lifelong action plan	We are a group of people and organisations that have come together to identify what the barriers are that are currently stopping children, young people and adults with a learning disability from living good lives in their local communities – and what actions are needed to overcome these. Working together, people with a learning disability, family carers, and people working from across all different parts of the system have co-produced a list of actions that we know will have a real impact.	People who have a learning disability and / or autistic people	<a href="#">Co-Producing a Lifelong Action Plan</a>	27/01/2025
Dementia symptom check list	<p>The checklist contains 20 questions about possible symptoms or behaviours relating to dementia. You will need to think about:</p> <ul style="list-style-type: none"> <li>▪ the symptoms that each question describes</li> <li>▪ how long they have been happening</li> <li>▪ how much they are affecting daily life</li> </ul> <p>This may help you have a conversation with your GP, healthcare professional or a trusted individual. Talk to them about any concerns you've indicated on the checklist.</p>	People at risk of developing dementia	<a href="#">Dementia symptoms checklist   Alzheimer's Society</a>	27/01/2025
Lives through friends - a framework for good lives	Human lives are messy, complicated, complex and unique. Our engagement needs to be similarly fluid and flexible. But; in order to be 'loose' there are a number of activities and principles that must be 'tight' and conscientiously adhered to.	People who have a learning disability	<a href="#">A Framework for Good Lives</a>	27/01/2025

	<p>We look to share all this with those who commission us, such that adopting the LivesthroughFriends way of working is, in its most successful manifestation, an opportunity to acquire insight, knowledge and methods through experiencing new ways of thinking and practicing.</p>			
Embrace Wigan and Leigh	<p>This podcast series explores models of preventative support, highlighting how small, meaningful interventions can have a significant impact on recovery and resilience.</p> <p>In episode 1, the podcast speak with a young woman, who shares their personal journey of recovery from an eating disorder.</p> <p>In episode 2, they explore a scheme that provides preventative support for parents with learning disabilities. They discuss the challenges parents face, including barriers to support and the disproportionate rates of child removal.</p>	All	<a href="#">Episode 1</a>  <a href="#">Episode 2</a>	25/03/25