

Self-Reflection Target Exercise

On the target there are eight statements. As a domiciliary care agency, go round every statement and get each person to make a dot on the target with the marker pen to 'score' how much you agree with each statement. If you strongly agree you should put a dot in the middle circle. If you disagree your mark goes in the outer circle. It's a snapshot. Go with your initial feelings and do not reflect at huge length. Do not discuss anything or challenge each other while dots are being placed on the target. When you have all marked all the segments of the target, discuss the results. Where you are a high achieving provider of care services – identify your top 3 priorities 1, 2, 3 next to those statements

8. We provide good continuity of care to our service users

1. If a close family member was dying and was a service user of this domiciliary care agency, you would feel happy with the care

2. We do everything we can to avoid unnecessary hospital admissions, especially in the last stages

3. We feel confident in assessing people's clinical conditions and knowing when to seek help

4. We feel comfortable with advance care planning discussions with our service users. These are discussions to find out the service users choices for their care when they approach the end of life phase.

7. We have protocols in place which allow us to administer drugs to service users

6. We use a care of the dying pathway, in conjunction with district nurses,

5. We have very good working relationships with GPs and other health and social care professionals and good means of team working e.g. via the coordinator

