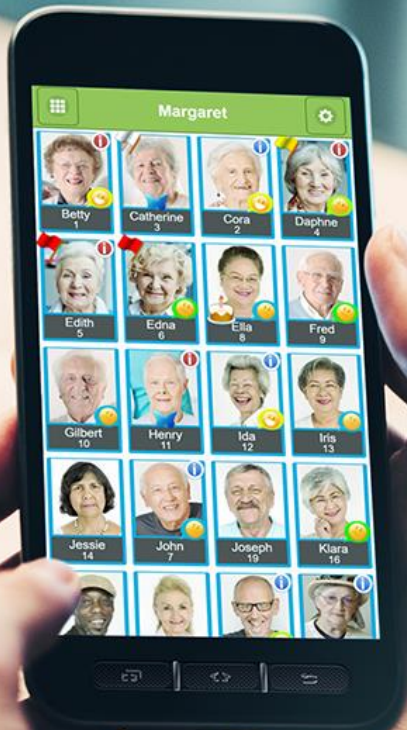


Is it important to measure care, and how do you measure it?



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Who are these people?



The fastest man in the world



Usain Bolt

Who are these people?



Greatest UK Olympian



Sir Chris Hoy

Who are these people?

Leading run-scorer in Test matches for England



Alastair Cook

Who are these people?

Winner of most Grand Prix world championships



Michael Schumacher

One thing in common with all these people



- Measured time to cover 100 meters – got better at it
- Measured speed – got better at it
- Measured runs – got better at it
- Measured lap times – got better at it



Peter Drucker

“If you can't measure it, you can't improve it”

If you can't measure something, and know the results, you can't possibly get better at it. For example, it's nearly impossible to lose weight without stepping on a scale once in a while to measure your results - if you don't, you have no idea if you are succeeding or not.”

What could you measure?

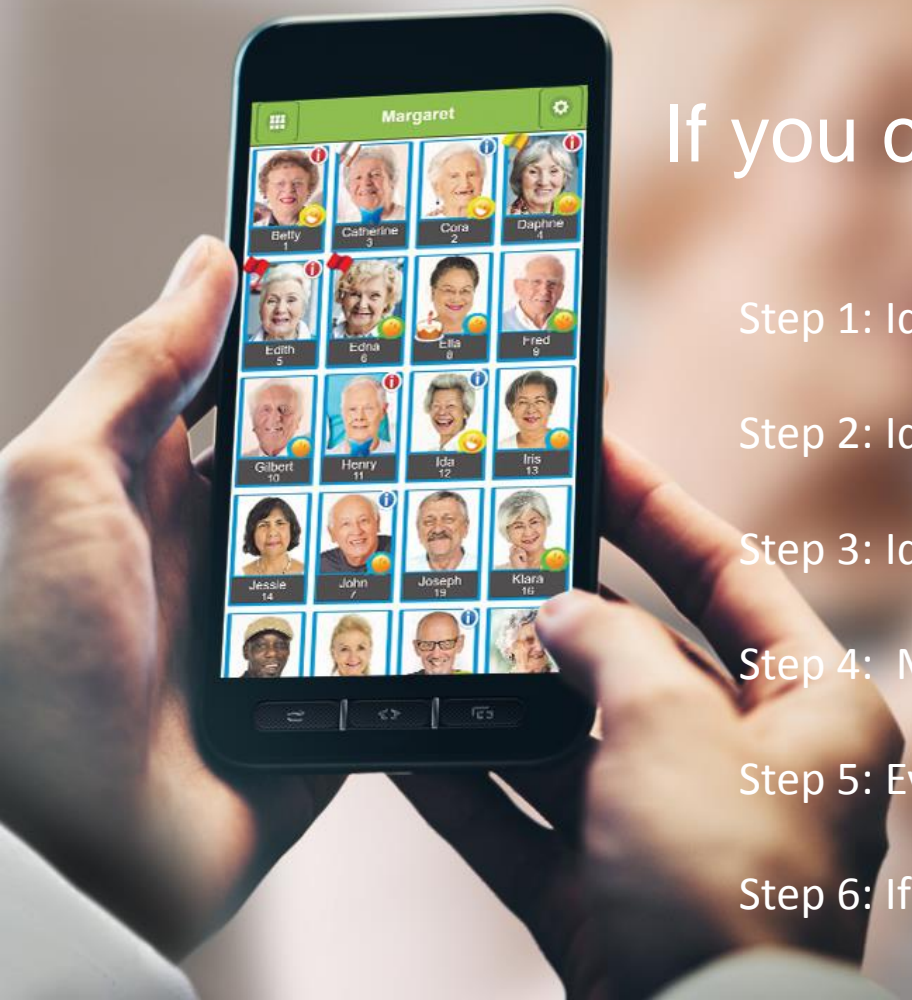


- Number of falls a month?
- Number of minutes engaged in activities?
- Length of time engaged in conversation?
- Duration of physical activity?
- Amount of time spent outside?
- Happiness?

How will you determine what better means?



- Less hospital visits
- Fewer UTI's
- More able to state personal wishes
- More engaged with other people
- Able to walk unaided
- Happier



If you care about it – measure it

Step 1: Identify what you want to improve

Step 2: Identify how to measure it

Step 3: Identify what a better measurement would be

Step 4: Make a change

Step 5: Evaluate if the measurement has improved

Step 6: If not, go back – and try something different