

# Calmer By Nature for Care Homes



Let nature help create a  
Calming caring atmosphere

# Calmer By Nature Introduction

- A range of nature DVDs proven to reduce anxiety
- Help to demonstrate care & good practice for the CQC
- Proven to help with anxious and restless behaviour
- Reminiscence - everyone instinctively connects with nature
- Create a lovely working environment for staff & improve efficiency
- Products can resolve many issues around the Care Home
  - Let Calmer By Nature weave a relaxing thread throughout your home

# Background Information

**Our nature DVDs & CD have no people, voice-over, music or plots to confuse**

- **Just stunning nature footage accompanied by nature's call sounds and silences. See Three five minute demo films on our website**
- **Research by Dr Craig Knight PhD of Exeter University showed our products created a significant drop in anxiety levels.**
- **We have supplied our products to the Alzheimer's Society for many Years**
- **Testimonials and feedback from care homes cover a wide range of beneficial uses and are incorporated into the training programme**
- **Spending time in nature provides protections against a startling range of diseases, including depression, diabetes, obesity, ADHD, cardiovascular disease, cancer. See research page.**

# Calmer By Nature will help you satisfy the CQC's 5 key questions

## CQC Mum's & KLOE's

- Our pure nature DVDs & CD demonstrate your **caring** approach to residents family and friends.
- Independent studies have demonstrated that they are **effective**.
- Nature DVDs are **responsive** to the needs of most and particularly those with Dementia as there are no plots to confuse or frighten.
- Nature is a natural reminiscence therapy. There is some evidence that less anxious residents will have less falls and are therefore **safer**.
- This effective use of our products is **innovative**.
- Overall the use of our products outlined above will help to demonstrate that you are **well led**

# Client feedback uses of our products

- A care home clients says “an essential part of her tool kit”
- They use them one to one when a person becomes anxious
- Plays a DVD before bedtime if someone is not sleeping
- If reception is becoming a stressful area a DVD goes on
- Plays them in the lounge at sundowning times to reduce anxiety levels
- If a resident is making loud disturbing sounds she plays a DVD to replace background noise and lift the atmosphere.
- Plays them when weather prevents going outside

# Summary

- **Help improve CQC compliance**
- **Help deliver person centred meaningful activities**
- **Manager's role will be eased & enhanced by the Training Programme and Certification**
- **Nature is health giving & a natural reminiscence therapy**
- **Create calmness when and where required**
- **Improve the staff's working environment**
- **Boost occupancy rates**

# The Package

## Cost & Purchase Options

- **Option 1.** Cost including three DVDs & a CD is £179.00 per care home premises- Price includes Training Programme and Exam- three and half hours of relaxing nature films and sounds without voice or plots to confuse. Discounts available for groups.
- **Option 2.** Pay monthly based on pence per resident per month.
- **Option 3 .** Buy one or more product price £47.00 including licence & Training Programme & Exam
- **To buy:-** go to Licence Purchase Options tab

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