

# MAKE EVERY MOMENT COUNT

A guide for everyday living

You can make my everyday life better – it's so simple - all you need is compassion, care and imagination

- 1 Get to know me
- 2 It's not just what you do - it's how you make me feel
- 3 Know what I can do and support me to do it
- 4 Help me feel comfortable, safe and secure in my surroundings
- 5 Remember little things all add up



...from the  
moment I get  
up in the morning  
to the moment I  
go to sleep  
at night

LEARN HOW AT [www.careinspectorate.com](http://www.careinspectorate.com)

"Make Every Moment Count" is an evidence-based resource with key messages and signposts to helpful websites. It has been designed to offer easy to read, simple guidance for everyone supporting someone in a care setting.

The resource aims to highlight how making the most of every moment can make a real difference to the person's quality of life in simple, but very meaningful ways.

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