

LIVING WELL





**South Ayrshire Dementia
Support Association**



Ayrshire Independent
Living Network



ScottishCare

The voice of the Independent Care Sector in Scotland



South Ayrshire Carers' Centre

carewatch

Our Goals

- Identified barriers to self-directed support for people with younger onset dementia and their carers
- A co-designed pathway underpinned by best practice models and tools
- Improved relationships across South Ayrshire Health and Social Care partnership and with
- Learning gained across the life of the project around creative design methods in order to support individuals and their carers to exercise maximum choice and control over their self-directed support.

Living Well co-design team



Co-production matters!



The parable of the Blobs and Squares shows that there is more to people than their problems, that the solutions to the problems lies in the problem in itself, not in an imposed solution, and that co-production really matters!

<http://s.iriss.org.uk/1WtSECD>

Working together

Ways we want to work



Get to know each other



Share knowledge



Share information



Be positive



Open to different viewpoints



Everyone included



Patience



Supporting others in the group



Confidentiality



Humour



Openness and honesty



Listening to others



Use 'stop' and 'I want to speak' cards



Focused and productive



Continuity



Going at a pace that works for everyone

Ways we want to work



Creative ideas



Learning from others



Problem solving



Making a difference



Passion



Being aware of going off topic

Ways we don't want to work



Disrespect for others opinions



Moaning sessions



People dominating / taking over



Lack of understanding of needs of other group members



Negativity

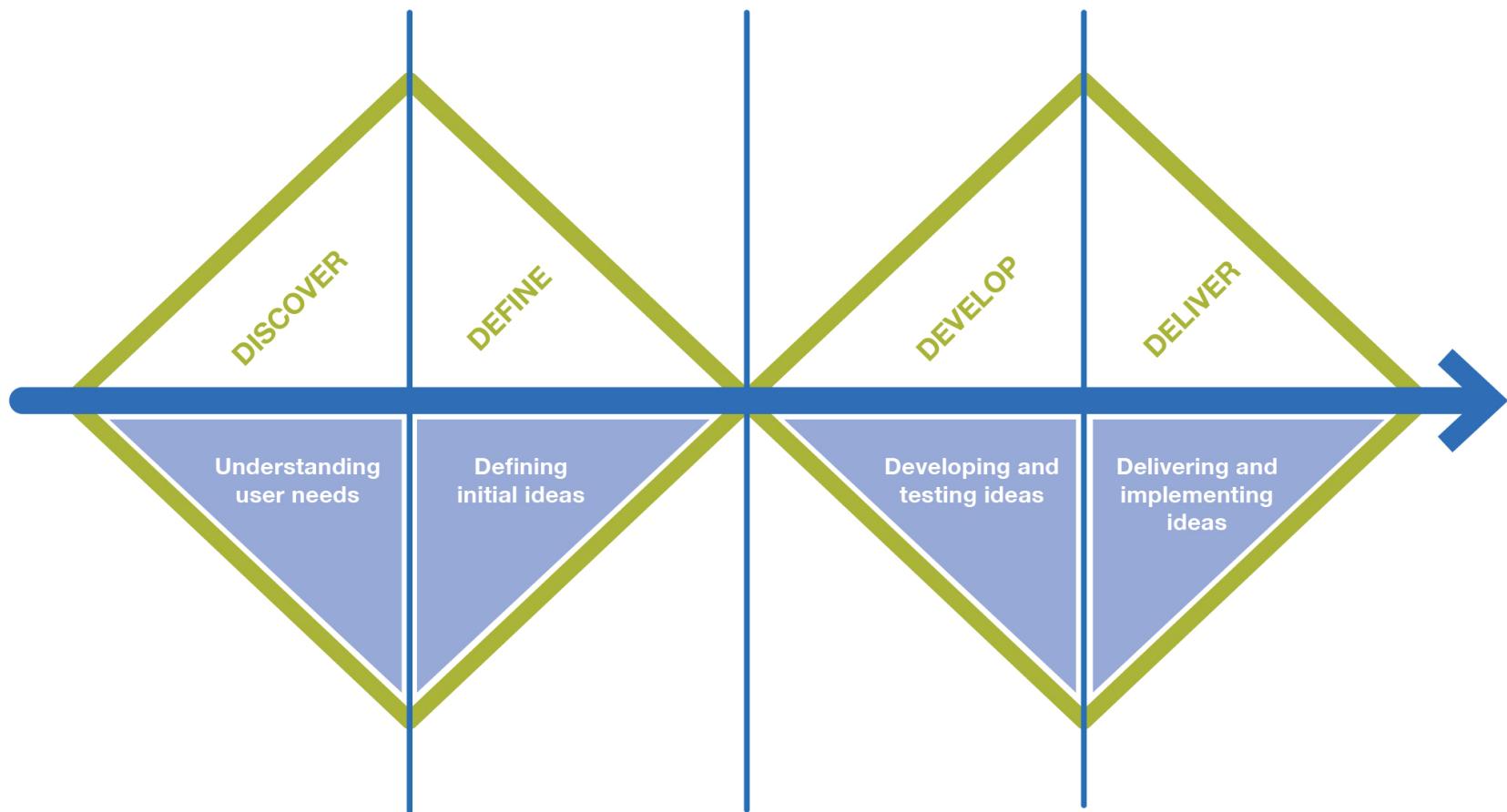


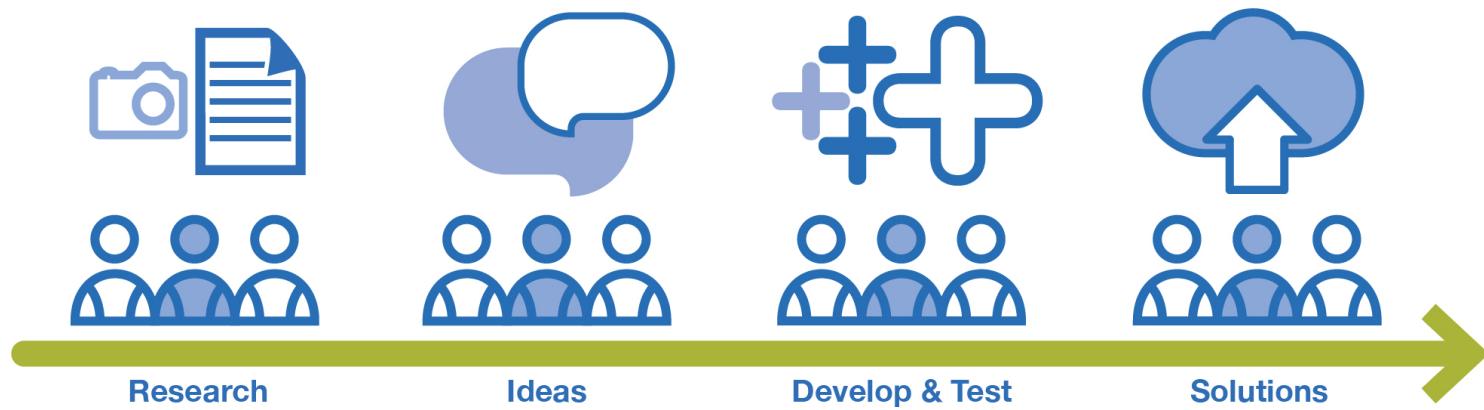
Feeling uncomfortable



Not having a proper understanding of something

Design process





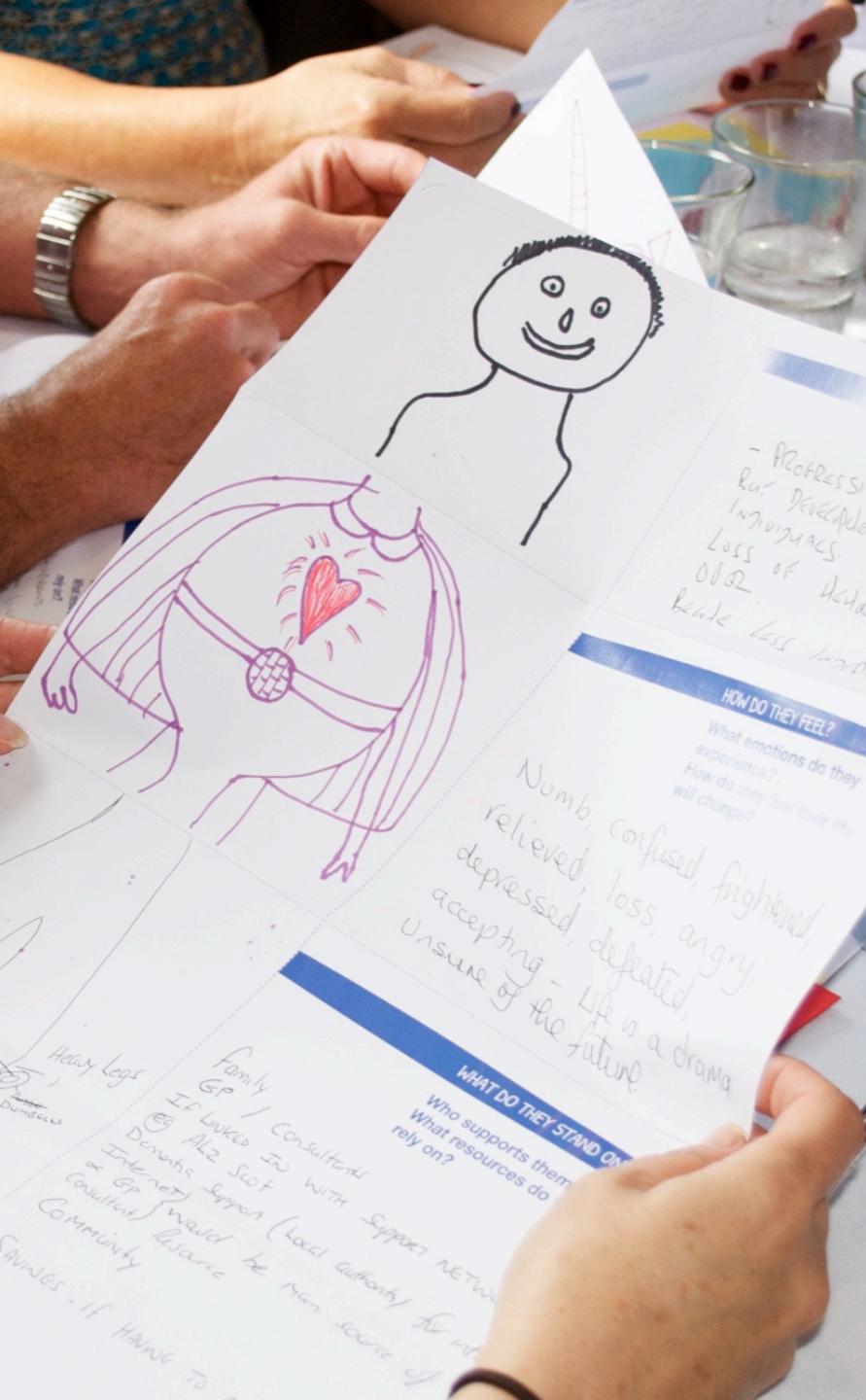


South Ayrshire Market Place



Living Well Characters





Define Emerging Themes

Personalised &
age appropriate
supports

Clear
Pathway

Information – SDS,
future planning,
legal, financial

Listen to
carers

Creative and flexible
respite opportunities

Practical help for
carers

Final Themes





Information About SDS



GENERAL EXPERT
CAN BE A
EARLY ONSET

NOT IN
IN DEMENIA
A SPECIMEN LIST

MENTAL HEALTH
MEDICAL ADVICE
COUNSELLING OPTIONS
MENTAL HEALTH
MEDICAL ADVICE
COUNSELLING OPTIONS

SUPPORT GROUPS
SUPPORT FOR CAREERS
DRIVING WITH DEMENTIA
DEALER ADVICE
MANAGING WORK
DRIVING WITH DEMENTIA
DEALER ADVICE
MANAGING WORK

LINKS TO ONLINE
SUPPORT
SUPPORT FOR CAREERS
DRIVING WITH DEMENTIA
DEALER ADVICE
MANAGING WORK

GENERAL COUNSELLING
DIFFERENCES ON THE WEB

DRIVING WITH DEMENTIA
DEALER ADVICE
MANAGING WORK

HOW TO CARE
HOW TO DO
CARRY OUT

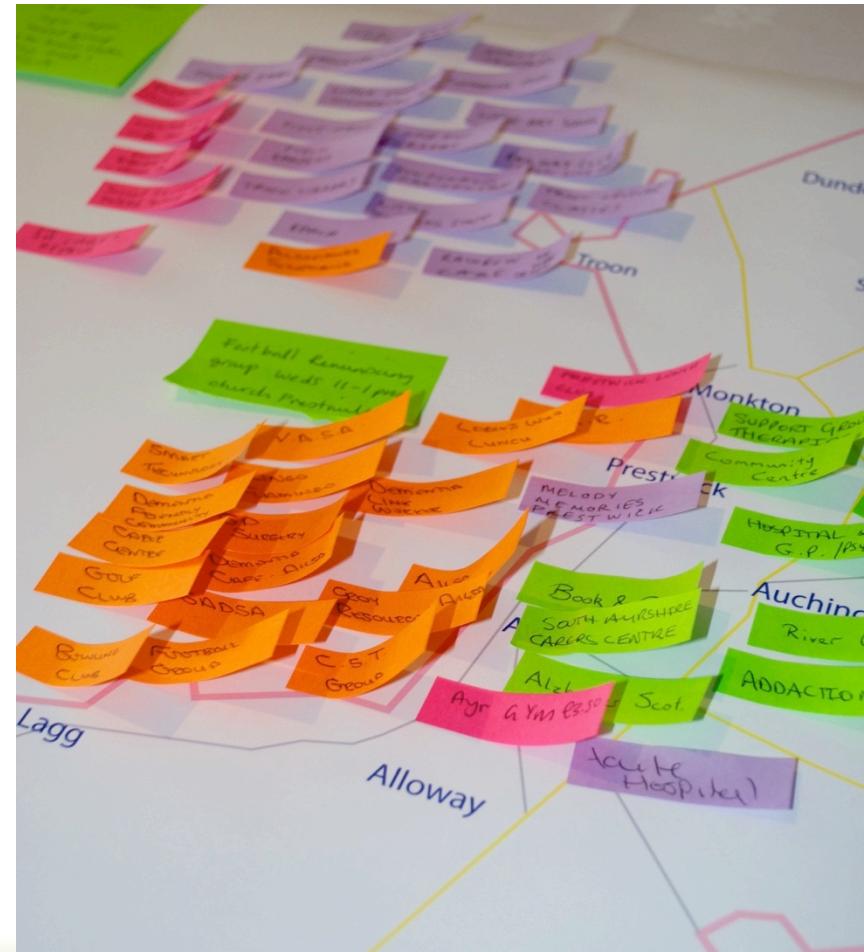
SUPPORT FOR
YOU & FAMILY

INFORMATION ABOUT
YOUR TYPE OF DEMENTIA

INFORMATIVE MEDICATION
ABOUT NON
AMENTS

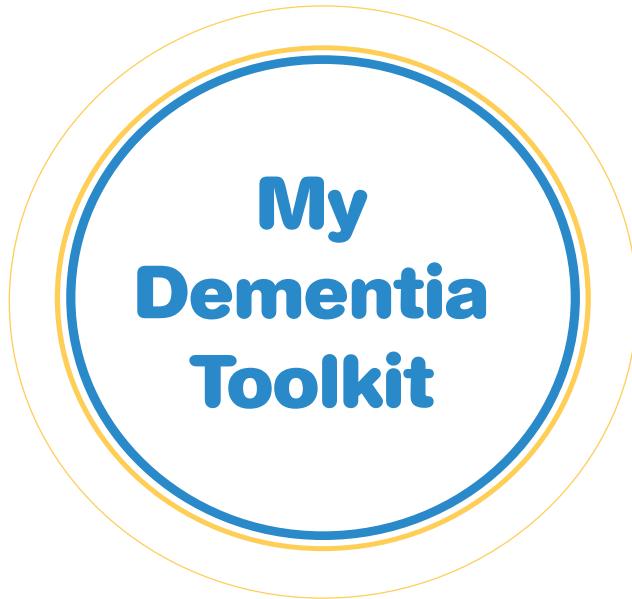
INFORMATIVE MEDICATION
ABOUT NON
AMENTS

Information



Clear Pathways





My Dementia Toolkit

This folder is a place to collect all the information that you will be given about your condition. You can also print information off the internet and add it to this folder.

You can also write notes and add them to your folder.

It is great to keep all your information in one place so you can come back to it when you need to.

Bespoke Supports

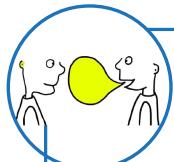
Bespoke Supports

Investigating Gordon's Options



What type of learning might benefit them most?

What time are they giving to learning?
What else could they be doing?



How do they like to learn?



Name: Margaret

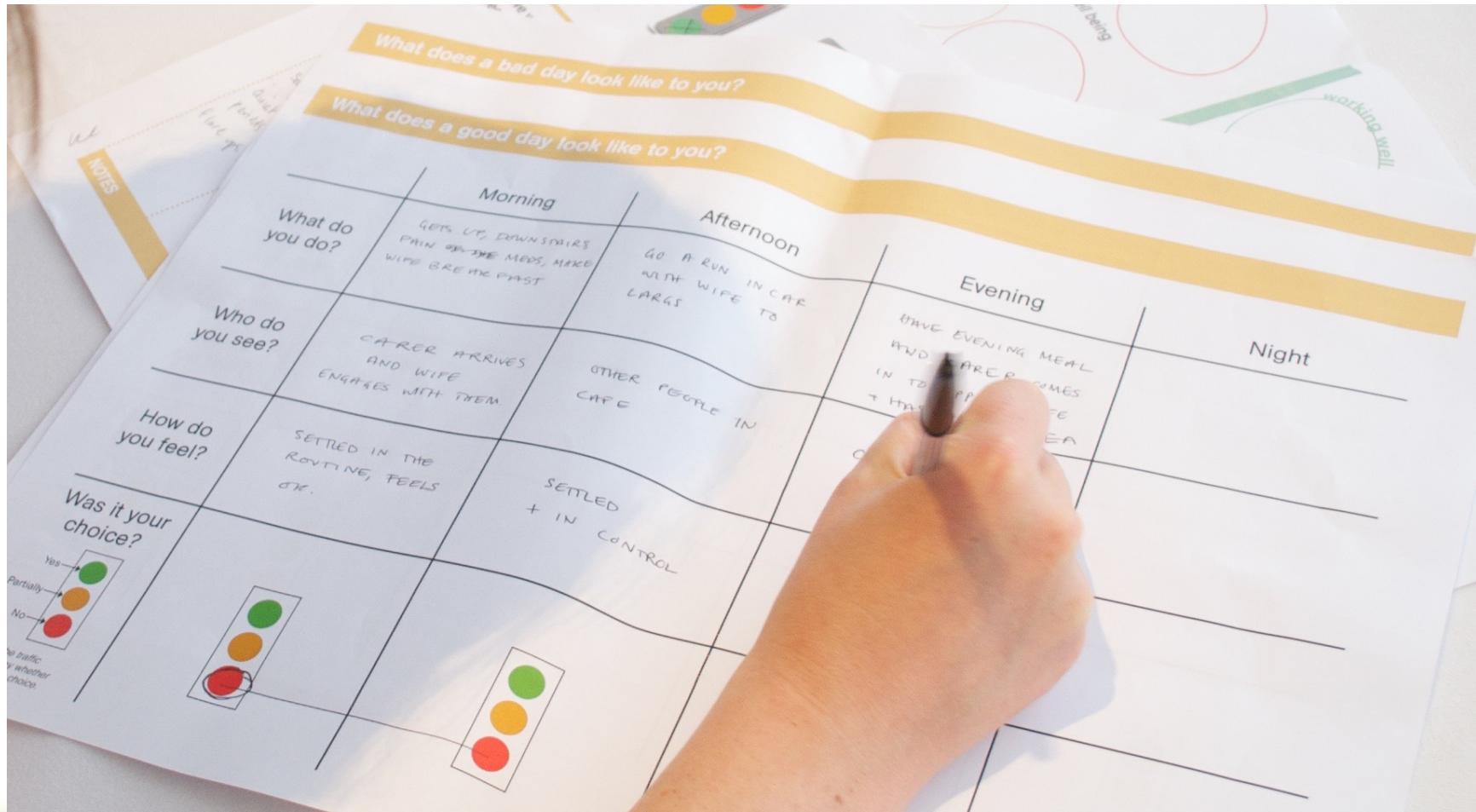
Age: 55

Experience: 25 years as
Community Psychiatric Nurse
in elderly mental health team
in South Ayrshire

What do they want to know about SDS?



Support for Carers



Prototypes





A graphic illustration featuring four stylized human figures at the bottom, each with a large, rounded speech bubble above their head. The figures are represented by white outlines with colored hair and clothing: an orange-haired woman in an orange top, a brown-haired man in a brown sweater, a teal-haired man in a teal shirt and tie, and a pink-haired woman in a red top. The speech bubbles are also stylized and overlap. The central bubble is pink and contains the text "Any questions?" in white, bold, sans-serif font.

Any
questions?