

Connecting People, Connecting Support

Transforming the allied health professionals'
contribution to supporting people living with dementia in
Scotland, 2017-2020.

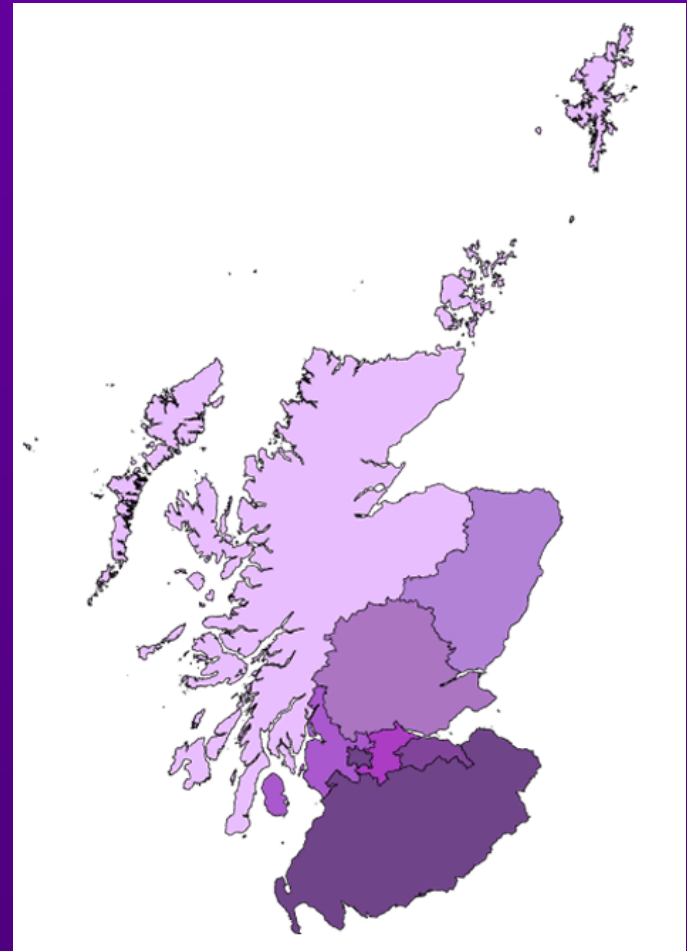
Elaine Hunter, AHP consultant,
@elaineahpmh
@AHPDementia
#AHPConnectingPeople

Making sure nobody faces dementia alone.

Scotland's dementia strategy

“Our shared vision is of a Scotland where people with dementia and those who care for them have access to timely, skilled and well-coordinated support from a diagnosis to end of life which helps achieve the outcomes that matter to them”

Scottish Government 2017





Deeper Purpose

“I have dementia but it does not define me, my actions, my hopes and dreams define me”

*Henry Rankin,
Scottish Dementia Working Group*

Dementia is every AHP's business

The aspiration is that people living with dementia have better access to a range of AHP's regardless of age, or place of residence, early in their diagnosis & throughout the illness



But no service, profession or group of professions can do it alone.

2. Evidence for Action

www.alzscot.org/ahp

- Conversations
- Collaboration
- Evidence

3. The AHP Approach

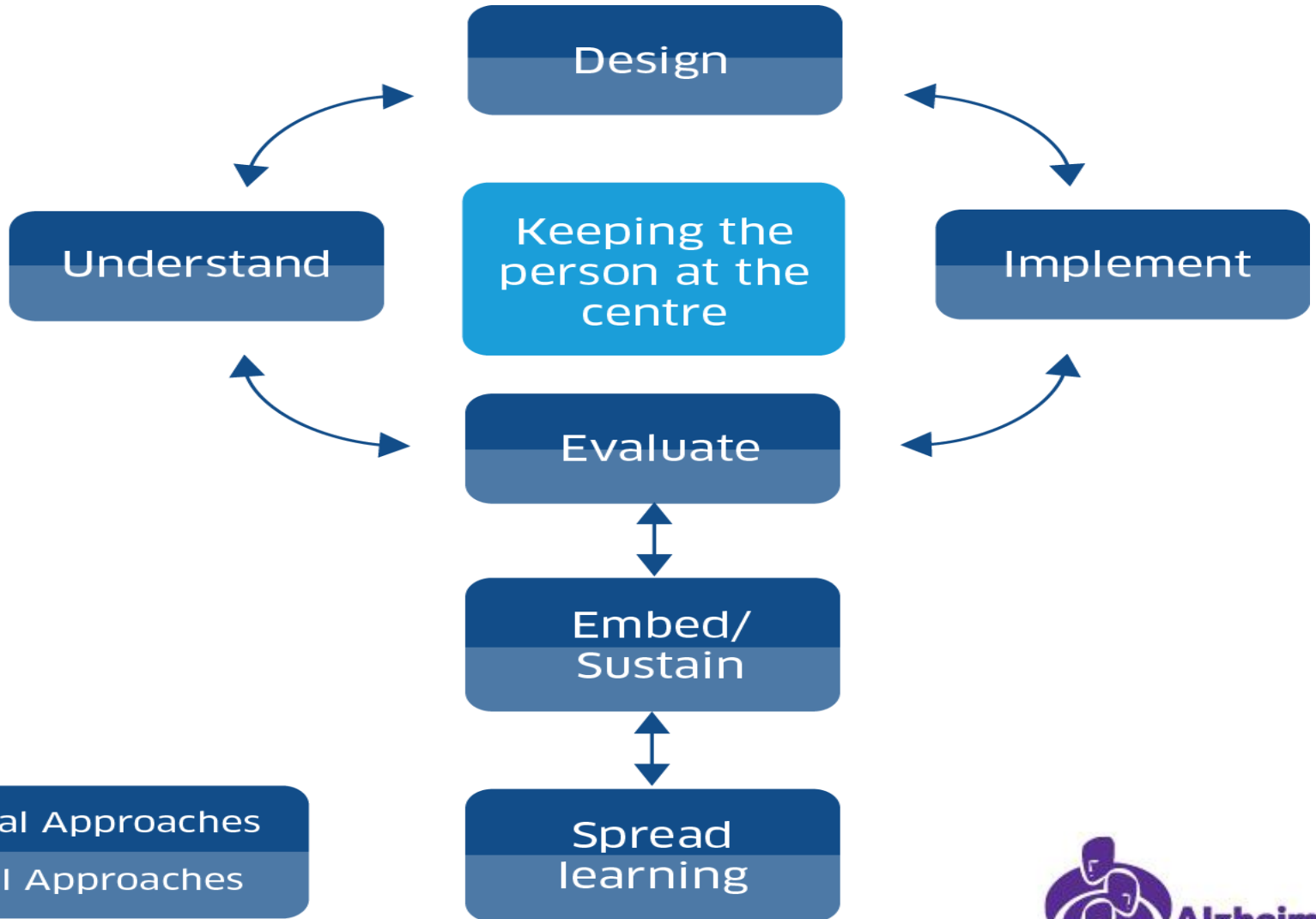


Connecting People, Connecting Support



An Improvement Approach :

A conceptual framework for planned improvement <http://ihub.scot>



Relational & Technical Approaches

Alzheimer Scotland AHP Dementia Forum

- Clinical leadership in a local context
- Vision & values
- Like & even better
- Integrating appreciative inquiry to generate the improvement ideas

Using a range of improvement tools & techniques

- Scoping current AHP contribution to the 4 ambitions
- Logic modelling
- Projects within all 4 ambitions
- Scale & Spread

Outputs

Activities examples

1. ENHANCED ACCESS

Work with Alzheimer Scotland and AHP services to increase awareness of the AHP contribution to dementia care

2. PARTNERSHIP

Define (across professions) what is meant by: - Universal, Targeted, Specialist for the needs of people living with dementia

3. SKILLED WORKFORCE

Baseline then monitor promoting excellence uptake by AHP professions

4. INNOVATION, IMPROVEMENT & RESEARCH

Home Based Memory Rehabilitation a) Assess effectiveness of pilot programmes using ICHOM framework

Scale & Spread

DRAFT Effective Decision Making when people ask for help from allied health professionals #dementia



Specialist

FEW allied health professionals

Targeted

SOME allied health professionals

Universal

ALL allied health professionals

Awareness

Dementia is every AHP Business

Universal & targeted

I am supported to look after my own health and wellbeing & do the things that matter most to me. I feel I get the support I need to keep on with my caring role for as long as I want to do that.



Living with Dementia

If you are living with dementia or know someone who has just been diagnosed with dementia with **OCCUPATIONAL THERAPY** you CAN...

Occupational therapists have designed these top tips for you to manage day to day, to stay active and keep connected with your local community.

<p>Staying active in everyday life You have a future – hopes and dreams can still be realised.</p> <p>Keep doing what you enjoy and what's important to you.</p> <p>Keep your routine going. Routines provide structure and familiarity.</p> <p>Decide what you need help with and what you don't.</p> <p>Try something new.</p> <p>Use technology, like mobile phone apps, to stay independent.</p>	<p>Taking care of yourself Exercise, get out and about.</p> <p>Eat regularly and have a balanced diet.</p> <p>Stay connected to family and friends.</p> <p>Keep Talking. Let people know what helps you with communication.</p> <p>Take time to relax. Be aware of how you feel, it's OK to have time to yourself.</p> <p>Try to do one thing at a time. Don't put yourself under pressure.</p>	<p>What you can do at home</p> <p>Use reminders for information, dates and appointments. Everyday technology can help.</p> <p>Declutter so the objects you use every day are easier to find.</p> <p>Use colour contrast to make objects stand out.</p> <p>Remove trip hazards, like rugs.</p> <p>Make sure rooms are clearly lit. Consider night lights.</p>
--	---	---

Alzheimer Scotland Action on Dementia

 Royal College of Occupational Therapists

 Alzheimer Scotland Action on Dementia

Allied health professionals

Who are they and how can they help you?

FOOT CARE
WALKING MOVEMENT ENABLING BALANCE

LIVING WELL

KEEPING ACTIVE COMMUNICATION
EAT & DRINK WELL

Making sure nobody faces dementia alone.

with

Podiatry

you CAN...

Alzheimer Scotland Action on Dementia
 The COLLEGE of PODIATRY



Skilled AHP workforce *“I feel I get the support and resources I need to do my job well”*



Informed

The dementia informed practice level outlines the baseline knowledge and skills required by everyone working in health and social service settings, including in a person's own home.

Skilled

The dementia skilled practice level outlines the knowledge and skills required by all workers that have direct and/or substantial contact with people with dementia and their families and carers.

Enhanced

The enhanced dementia practice level outlines the knowledge and skills required by workers that have more regular and intense contact with people with dementia, provide specific interventions or manage services.

Expertise

The expertise in dementia practice level outlines the knowledge and skills required for workers who by virtue of their role and practice setting play an expert specialist role in the care, treatment and support of people with dementia.

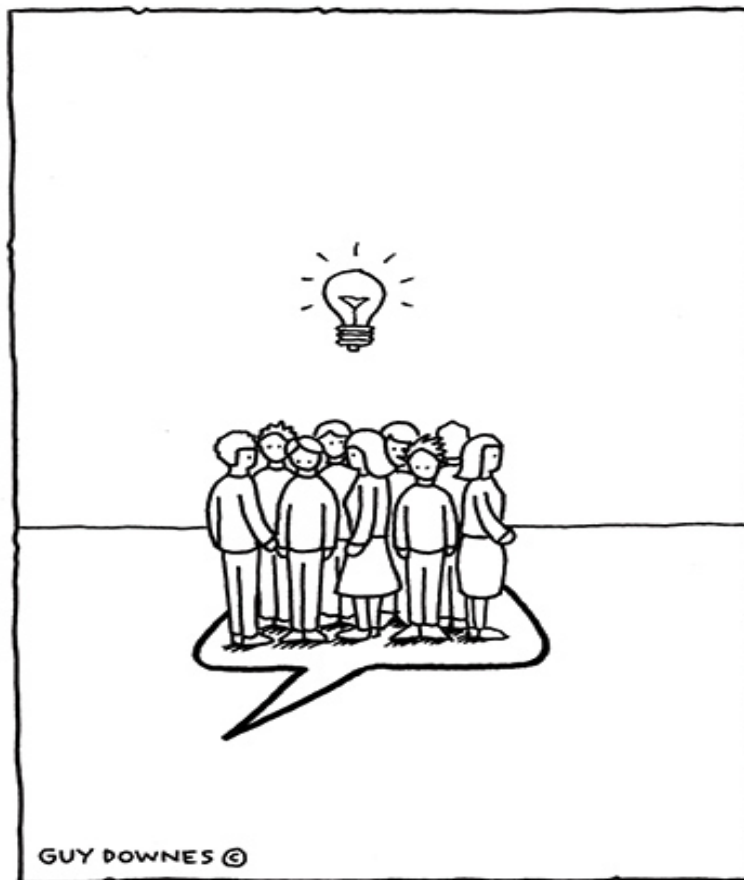
*Transforming the allied health professionals'
contribution to supporting people living with dementia
in Glasgow & Clyde*



“Give your conversations space & watch them flourish. It may be a face to face or virtual space, but these conversations are where the magic of innovation & improvement happens, far more than from best practice data bases, toolkits or improvement manuals”

by [@helenbevan](#) on 17.02.19, 20:20

Flourish



Elaine Hunter, AHP consultant,
ehunter@alzscot.org
@elaineahpmh
@AHPDementia
#AHPConnectingPeople

THANK
YOU