Journeying Through Dementia
#scotland

Designing Post Diagnostic Support with People with Dementia

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Our ability to engage in and participate in activities we find meaningful is central to wellbeing. Finding ways to continue to engage in and participate in these activities is important for everyone and more so for individuals living with long-term conditions such as dementia. Indeed, Tom Kitwood said that being connected and engaged in valued roles and occupations was at the heart of personhood.

Journeying though dementia is an evidence based programme that has been created by occupational therapists and people with dementia. It aims to promote **continued engagement** in **meaningful activity** through equipping individuals at an early point of their dementia journey with the **knowledge, skills and understanding** of ways to continue to do the things they enjoy for as long as possible.

These skills are developed in **weekly groups** supported by **occupational therapists** where participants have the opportunity to **build understanding, share techniques and experiences** and **engage in activities** to put these into practice. A facilitation guide and kit of resources has been developed to enable interactive sessions (photographed to the left); sessions are framed around 5 themes (illustrated below).

Over the next six months, as part of the **Connecting People, Connecting Support** (Alzheimer Scotland 2017) policy document, Journeying through Dementia will be implemented in **Aberdeen and Fife** underpinned by integrating an improvement approach to capture the impact of this work for people living with dementia and the occupational therapists facilitating the groups. It is hoped that this will be the beginning of a much longer journey, one that will be shaped and crafted by people with dementia and therapists across Scotland.

"We are really looking forward to facilitating Journey through Dementia, it will allow us to continue to develop and embed early intervention into our occupational therapy practice while also providing individuals with the skills to engage in everyday occupations within their own homes and communities"
- Emma & Bridgetta

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Enhancing daily living

Adapting everyday environments

Maximising psychological wellbeing

Maximising physical wellbeing

Supporting families & carers as equal partners