



NHS
LANARKSHIRE
OCCUPATIONAL
THERAPY &
CONNECTING
PEOPLE
CONNECTING
SUPPORT

What are we doing?

Who Are We?

- Lesley Bodin, Locality Lead Occupational Therapist & Board Lead for CPCS
- Gillian Gowran, Advanced Specialist Occupational Therapy Practitioner, based within Hamilton Old Age CMHT
- Lynsey Dow, Specialist Occupational Therapist, based within Motherwell Old Age CMHT
- Sarah Jane Donald, Specialist Occupational Therapist, based within Lanarkshire wide Young Onset Dementia Service

Demographics



- Lanarkshire covers a large geographical area with a population of around 318,170 people
- It is made up of a mixture of urban and rural areas
- Areas of deprivation
- ‘New towns’ such as Cumbernauld and East Kilbride, with an ever increasing ageing population
- In 2017 there were approximately 10,500 people diagnosed with dementia in Lanarkshire
- South Lanarkshire had the highest numbers of people diagnosed in Scotland in 2017

Who works in Lanarkshire?

- Locality Lead Occupational Therapist & Board Lead CPCS
- Advanced Specialist Occupational Therapy Practitioner Old Age Psychiatry
- 10 Specialist Occupational Therapists in Old Age Psychiatry CMHTs
- 1 Specialist Occupational Therapist in Young Onset Dementia
- 2 Occupational Therapists in Specialist Dementia Units and Acute Admission wards
- 3 Occupational Therapy Health Care Support Workers

What we are doing ?

- Self-supported memory management
- HBMR
- TAP
- What Do You Want for Tea?
- Lanarkshire AHP Dementia Forum
- Link work with Emergency Service Partners
- Primary Care Developments

Self-Supported memory management

- Memory Management Group was initially developed over 15 years ago.
- Evolved over the years.
- Adapted according to local needs.
- Delivered in group setting, with 4-6 participants, over 4-5 sessions.
- During each session a general topic is covered.
- This is what led to us being involved in the National HBMR project.



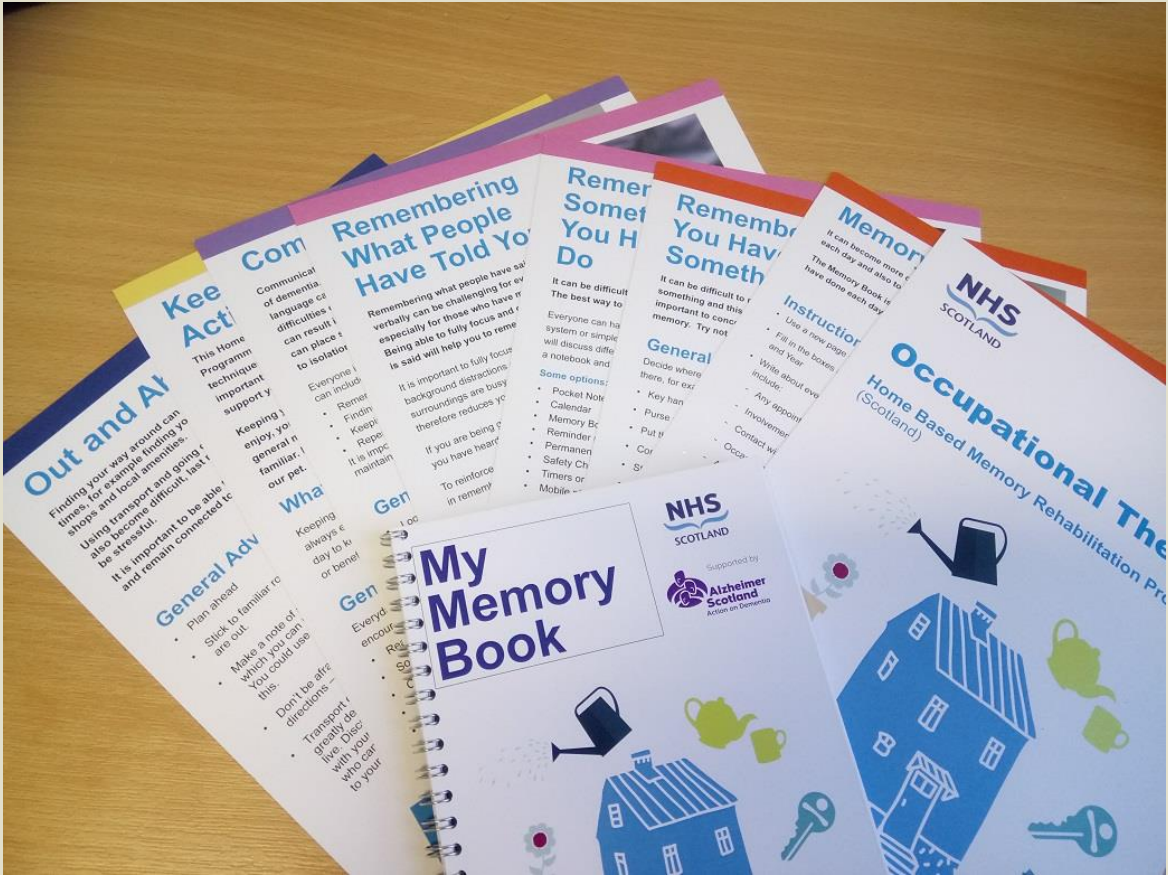
Some materials used



Home Based Memory Rehabilitation (HBMR)

- Lesley Bodin Lanarkshire Lead.
- 3 Specialist Occupational Therapists involved in project.
- Initiated to try to get some national continuity and create an evidence base for Occupational Therapy and Dementia.
- Part of the AHP contribution to Post Diagnostic Support in Scotland.
- In excess of 40 Occupational Therapists, across 13 Health and Social care partnerships areas are now involved in the 2nd phase of the project. Involving at least 6 patients per area.

HBMR Programme



Tailored activity programme (TAP)

- The aim of TAP is to improve the quality of life of the person with dementia and their carers through introducing meaningful activity to reduce stress and the challenges the condition can bring.
- Currently 30 Occupational Therapists in Scotland are completing the training which consists of 6 online modules and face to face sessions.
- TAP takes place over 6-8 sessions - this can be a mixture of visits and phone calls.
- Up to 3 personalised, engaging activities, that make the most of the persons abilities are identified which are introduced by the Occupational Therapist in a graded manner.

What Do You Want For Tea?

- Idea originated from a quality improvement conversation at a National AHP Dementia Forum.
- Multi-professional Project engaging with our social care partners.
- Pilot project to the develop a meal planning book for use with older adults living in the community who are supported with meal preparation by formal and informal carers.
- The benefits of this approach will help to improve nutritional health (including weight) with the potential to have a positive impact on both physical and mental wellbeing such as reducing risk of falls and fractures, improving cognition, positive impact on mood and self esteem as well as ability to fight infection.
- We plan to develop and produce a booklet containing cost and time effective convenient recipe ideas, shopping list, store cupboard ideas, visual prompts and nutritious snack ideas.

Lanarkshire AHP Dementia Forum

- AHPs from across the Health and Social Care partnership.
- Representation from most disciplines.
- Work plan is directed by the 4 ambitions of Connecting People Connecting Support.
- Sharing new initiatives.
- Developed Information Leaflets for patients and carers.
- Survey of learning needs.



Partnership Working

- Police

Links training project is a collaborative approach between Clydesdale Community Mental Health for Older People and Police Scotland Lanark Division. The four week programme aims to provide training, develop skills and improve interactions for people in the community with mental health issues working with Police Services. The Links project has created a network for communication between services improving patient care and individualised treatment for community management

- Fire

Occupational Therapy staff have become involved in supporting SFRS in their trainee programme in relation the home safety visits for individuals with a diagnosis of dementia they will carry out once trained. Through this partnership working we are ensuring that those carrying out visits are considering all aspects of a persons lifestyle and the variety of situations they could encounter.

Primary care

- 2 Advanced Specialist Occupational Therapists based within GP Practices.
- Recently had an award winning poster at the NHS Scotland event and articles in OT News.
- Community Clinics.
- Emerging Roles.
- Future developments.



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Thank you for listening!

Contact Details

Lesley.Bodin@lanarkshire.scot.nhs.uk

Gillian.Gowran@lanarkshire.scot.nhs.uk

Lynsey.Dow@lanarkshire.scot.nhs.uk

SarahJane.Donald@lanarkshire.scot.nhs.uk