

# Embedding Post-Diagnostic Support in Occupational Therapy at 60 Degrees North



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**Project Aim:** Improve the quality and uptake of Post-Diagnostic Support for the person with dementia and their families/carers - promoting the achievement of individual outcomes.

## Before

21 different staff—  
PDS variable quality

Only 31% with  
Anticipatory Care Plans

Only 47% uptake  
PDS per year



## After

Dedicated PDS  
Practitioner role

97% with Anticipatory  
Care Plans

Uptake of PDS 76%  
per year and growing

Feedback from people with dementia and their family/carers has been very positive

"I have found the signposting part of the service very helpful. The flexibility...has been really helpful, it's about us and not just the person with dementia."



"I have found acceptance! I needed support in how to cope. I am finding new ways to communicate my needs."

"...it can be frustrating to see dementia portrayed in the media....speaking it out with someone can be really helpful..."

## How we did it?:

- As innovation site for PDS in Primary care, funding and support from Focus on Dementia, ihub, Healthcare Improvement Scotland, supported the creation of a 35 hour PDS Practitioner post.
- Inspired by *Connecting People, Connecting Support*, the PDS Practitioner was based within Community Occupational Therapy .
- The PDS Practitioner manages their own caseload and is supervised/supported by an Occupational Therapist.
- Working closely with the PDS clients, the Dementia Assessment Service and Alzheimer Scotland in Shetland, new referral and assessment pathways were agreed.
- The PDS Practitioner flexibly supports individuals with dementia & their family to identify and achieve what is important to them.
- The approach is guided by the Alzheimer Scotland five pillars model.

## The Future for PDS in Shetland?:

Securing permanent funding for a PDS Practitioner supported through Occupational Therapy and working closely with primary care will ensure that individuals with dementia and their carers/families are able to make decisions about their future.

This model of PDS empowers them both to be active partners in managing their own health and wellbeing.