

Designing Post-Diagnostic Support with People with Dementia - Overview

Summary report and full report available on request



This is an introduction to the findings of the first phase of an improvement project to deliver a peer to peer support intervention for people in the early stages of their dementia journey, facilitated by Occupational Therapists in Scotland.

Connecting People, Connecting Support (CPCS) is the national framework for transforming the contribution of Allied Health Professionals (AHPs) to supporting people living with dementia. The four principles and ambitions for change in CPCS drive the transformation of AHP services to meet the needs of people living with dementia and those who support. The developing evidence on the benefits of AHP early interventions, supported self-management and rehabilitation on helping people to live well with dementia is overwhelming. It is therefore imperative that AHPs develop and adopt models of practice based on the evidence and which reflect greater use of self-management, technology-based, co-created and partnership approaches.

Journeying Through Dementia is an occupation-based group programme that aims to support people at an early stage of their dementia journey to engage in meaningful activities and maintain community connectedness. The programme was developed in partnership with people with dementia who spoke of the value they attached to continued participation in everyday occupations and in new learning. Journeying through Dementia is underpinned by the premise that there is a relationship between the activities we participate in and health and wellbeing.

People taking part in the programme spoke openly of their experience within the group, sharing their thoughts and experiences and the impact the programme was having on their engagement in meaningful activities: **“The more you do the more you can do” ... “I feel more confident” ... “When I go home from here, I feel better.” ... “I really enjoy myself.”**

Participants appeared to value the opportunity for open communication and frequently commented on this element of the group within the feedback: **“Comfortable sharing what we do” ... “No judgement” ... “Being around people that understand what I am going through”**

Feedback suggests they found sharing and talking with others enjoyable but also reported it was useful: **“Content discussed provided clarity and cleared things in my head”**

Carers/Supporters offered feedback: **“When he returned home from the group, he was happy and very pleased with himself.” ... “He is brighter and more motivated to do things around the home.”**

Occupational Therapist facilitating the groups highlighted 3 key factors for success:

- **Facilitation skills**
- **Group membership**
- **Flexibility**

Facilitator interviews can be found by following this link:
https://www.youtube.com/watch?v=tYImfidl4_w&feature=emb_logo