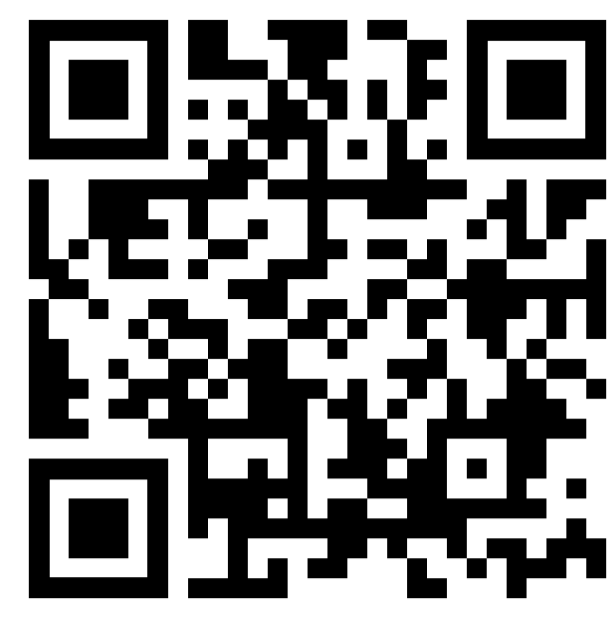


connecting people, connecting support occupation matters



A website co-designed for people to embed health promoting activities into their daily routine

The World Health Organization (WHO) recognizes dementia as a public health priority setting out a global action plan on the public health response to dementia, where dementia is prevented and people with dementia and their carers live well and receive the care and support they need to fulfil their potential (WHO 2017). All people living with dementia can benefit from rehabilitation and it is essential in supporting people in achieving and maintaining optimal levels of functioning and independence for as long as possible (WHO 2023).

However, in spite of a growing evidence base showing the value of multi-disciplinary rehabilitation programmes for people with dementia, individuals are not routinely offered these services. One solution to lack of access to rehabilitation was to integrate the use of digital platforms to support the call for accessible rehabilitation for people living with dementia and their family carers.

“Thank you for sharing this wonderful resource. The role of creativity and meaningful occupations in supporting health, wellbeing and quality of life sings out from the web pages. An inspirational collaboration”

10 blogs | 2 educational webinars

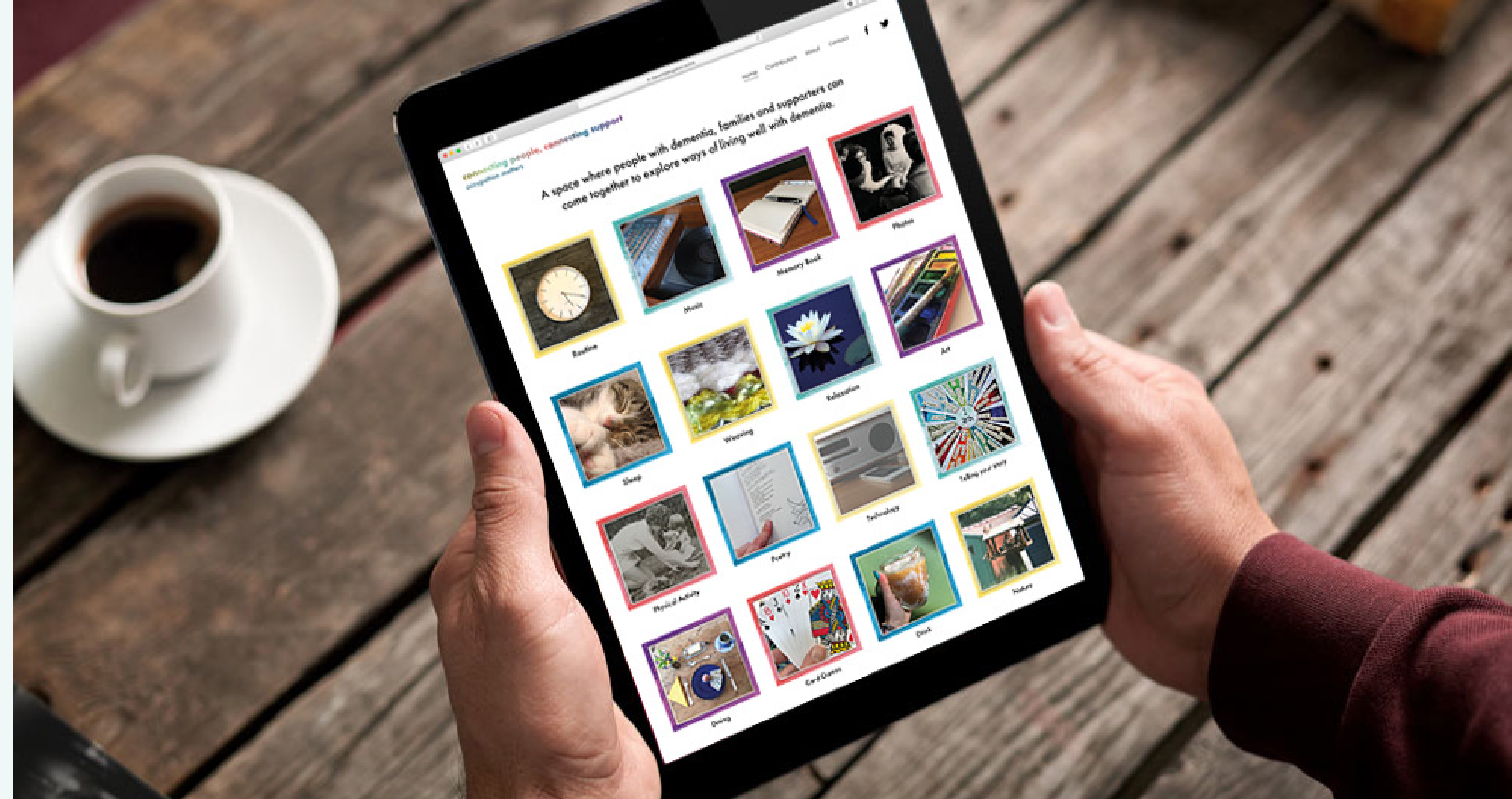
To enhance the reach of the website, we share the resources weekly at [@ScotJtDementia](#), [@AHPDementia](#), as blogs, educational webinars and also online at www.alzscot.org/ahpresources. We designed postcards about the website that are available in local community centres throughout Scotland.

Having a variety of dissemination methods enables people to learn about the website, contribute to it, while also supporting people to take tangible small steps to support brain health, dementia rehabilitation and emphasis the health benefits of occupation for everyone.

www.cpcs.online

Authors:
Elaine Hunter, National AHP Consultant, Alzheimer Scotland, Scotland, UK: ehunter@alzscot.org @elaineahpmh
Claire Craig, Co-Director Lab4Living, Sheffield Hallam University, England UK
Helen Fisher, Design Researcher and Co-Director of Designed with Care, England, UK
Alison McKean, Executive Lead for Brain Health and Research, Alzheimer Scotland, Scotland, UK

References:
 Health Improvement Scotland 2023 Scottish Intercollegiate Guidelines Network Assessment, diagnosis, care and support for people with dementia and their carers. A national clinical guideline
 World Health Organisation 2017 Global action plan on the public health response to dementia 2017 - 2025
 World Health Organisation 2023 Package of interventions for rehabilitation: module 3: neurological conditions.



29,000

visitors increasing year on year!

(March 2020 - April 2024)

74%

The majority (74%) of visitors are UK based. 26% of visitors are from outside of the UK including the USA, New Zealand, Canada and Singapore

7,330 followers on social media

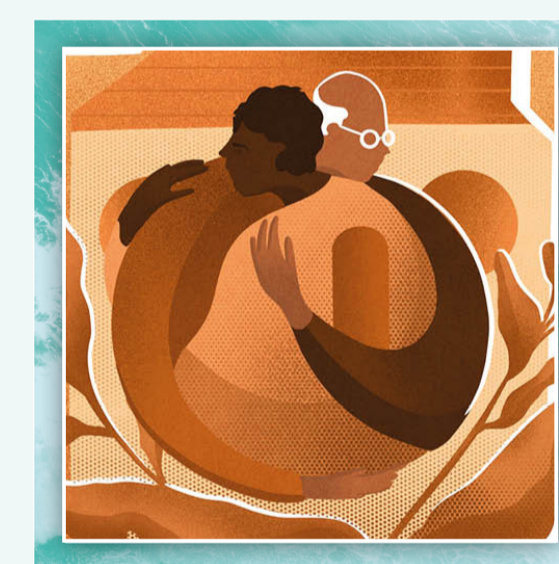
Included in **SIGN Guideline (HIS 2023)** as an online resource for people living with dementia their family members and supporters.

Occupational therapists came together with researchers, designers and people with lived experience to develop an interactive website designed to help people embed health promoting activities into their daily routine. The interactive website was designed for people who wanted to keep well by taking steps to maintain good brain health, for people with mild-cognitive impairment or for people who had a diagnosis of dementia. There is something there for everyone!

Connecting People Connecting Support Online shares 32 topics full of information and resources supporting health promoting activities into a person's daily routine using film, illustration and photography. The resources and activities have been tried, tested and recommended by people living with dementia and those who support them while also being informed by the developing evidence base on brain health, occupational therapy and dementia rehabilitation.

32 topics to choose from!

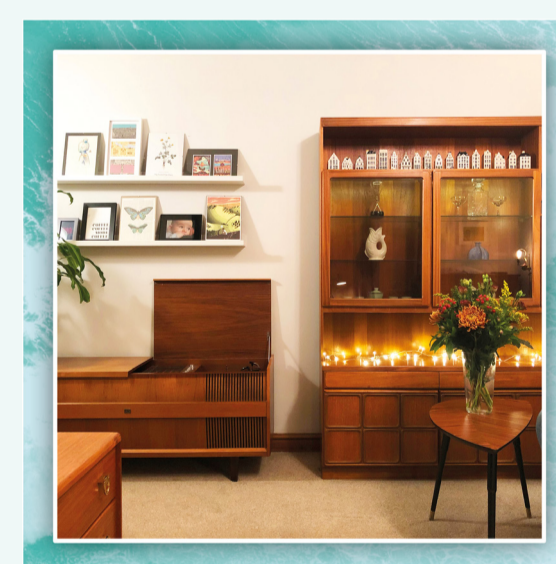
Topics include



Lifestyle matters



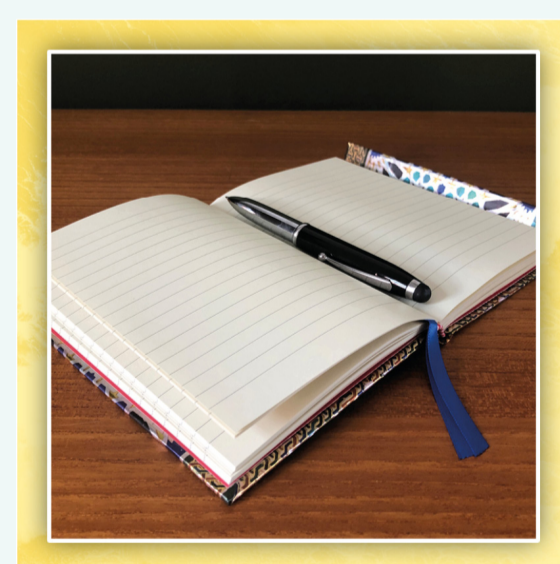
Sleep



Home environment

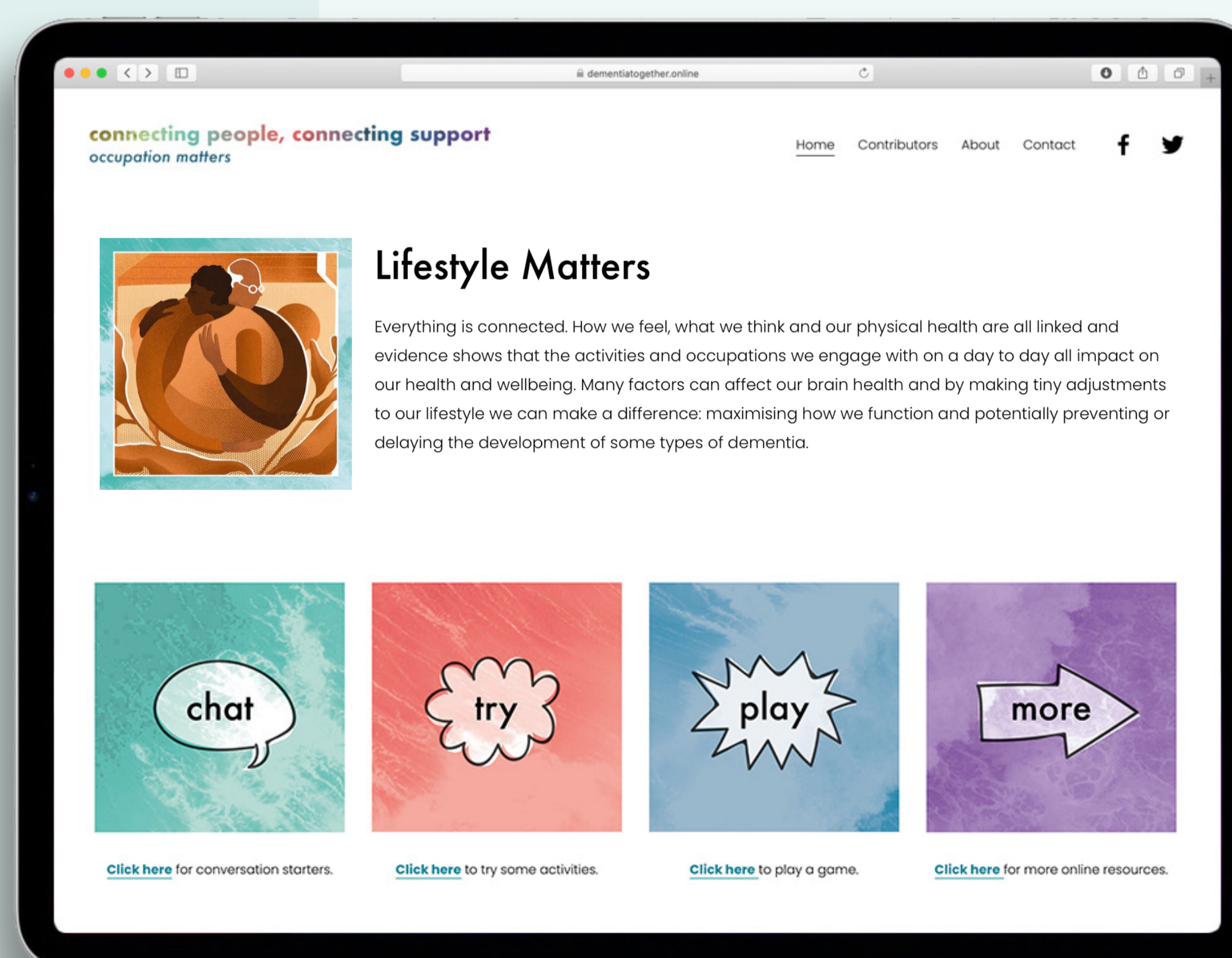


Card Games



Memory book

Each topic has things to **chat** about, **try**, **play** and **more!**



Thank you for reading our poster. If you are living with dementia or a carer, you can find more allied health professional led self-management resources at www.alzscot.org/ahpresources



Email us at AHPDementia@alzscot.org with any questions or comments. Thank you.