



# Bespoke Supports

Learning Materials

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## Learning Outcomes

Through using these learning materials you and your team should achieve the following outcomes.

- 1 Understanding that outcomes based commissioning enables greater creativity in support planning.
- 2 Recognising that outcomes based commissioning will lead to more age appropriate and bespoke supports for people with younger onset dementia.

## Instructions

You will need:

- Gordon's character (page 3)
- Lucy Ann's character (page 4)
- Sorting important to / for tool (page 5)
- Talking Points outcomes questions (page 6)
- Example budget template (page 7)

Note : You may wish to amend the characters to have them living in your locality.

Divide the group into smaller groups of four. Give half the groups Gordon's character (page 3) and half the groups Lucy Ann's character (page 4). Allow one and a half hours for the groups to complete the tasks below.

## Give each group the following instructions:

1. Read the character you have been given
2. Allocate roles – 1 x the character, 1 x supporter (could be family carer), 1 x post-diagnostic support worker, 1 x social worker /commissioner.
3. Spend 20 minutes sorting what is important to and for your character using the 'sorting important to / for' tool on page 5
4. Spend 10 minutes identifying which of the Talking Points outcomes are most important for your character using the Talking Points Outcomes questions on page 6
5. Spend 45 minutes talking about how your character could meet their identified outcomes using an annual budget of £10,920. It is helpful if group members have a good knowledge of the community assets in the local area in which their character lives. For this reason you may wish to amend the characters to have them living in your local area. Complete the budget template on page 7.
6. Each group to feedback their ideas and invite group discussion (15 minutes)

# Gordon

A Living Well character



**Age:** 61

**Where do they live in South Ayrshire?** Troon

**Who do they live with?** Lives with wife Margaret



**Who are their family and friends?**

Best friend is John who he regularly goes golfing with. Six children aged between 16 -35 years



**What has happened since their diagnosis with younger onset dementia?**

There has been some conflict between family members at times. Margaret is now doing all the driving and Gordon has stopped working. Gordon is now on medication (anti-depressants). He is experiencing financial difficulties. Experiencing loss from lack of work, interaction with colleagues, purpose. Become more dependant and needs prompts. He has had a social work assessment and has been offered an annual budget of £10,920.



**What do they do on a typical day?**

Gordon gets up at usual time and takes the dog for a walk. Doesn't always feel like eating as mood is low. Margaret and John are both still working. Some of his children are still in education and others are working. He spends a significant amount of time in front of the TV and is unsure how to fill the day.

**What would they like to be doing during the day?**

If possible Gordon would still like to be working. He would like to feel productive and have a sense of purpose. He would like to have company.

## **Their important life experiences, skills and talents**

Worked at Grants as a chemical engineer.

Plays golf, Has a dog

Can juggle and cook delicious Sunday roasts.

Very fit and physically strong

# Lucy

A Living Well character



**Age:** 59

**Where do they live?** Coylton

**Who do they live with?** Partner and children: Malcolm, Sharon, Runa, Stephen



**Who are their family and friends?**

Parents George and Mildred live in Ayr. Friends are Fred, Barney, Wilma and Betty.



**What has happened since their diagnosis with younger onset dementia?**

Lucy Ann is keeping it to herself. Only sharing with partner and not immediate family at present. She has had a social work assessment and has been allocated a budget of £10,920



**What do they do on a typical day?**

Their 'normal day' has been abandoned and they are now trying to establish new routines.

**What would they like to be doing during the day?**

Creative, joyful and interesting accessible activities.



**How are they approaching planning for the future?**

Making a Power of Attorney and planning to inform friends and family

**What are her potential supports?**

Family, GP, district nurse  
Daycare services SADSA  
Carers support groups  
Friends and neighbours  
Crossroads  
Unity carers  
Social services  
Financial benefits  
Support groups  
Family, GP, consultant, If linked in - support networks like Alz Scotland.  
Dementia support (local authority and internet) would be main information resource with GP and consultant.  
Savings if having to give up work

**Their important life experiences, skills and talents**

Raised 3 children  
Music teacher  
Creative  
Taught Abroad in Paris  
Languages  
Arty  
Happy / cheerful.

**Important to me**

**Important for me**

**Important to me is what really matters to you from your perspective; things that make you feel happy, content and fulfilled, and things that you look forward to.**

**Important for me is about the help and support you need to stay healthy, safe and well.**

Which Outcomes are most relevant?

Talking Points Outcomes with the  
Focus on a Good Conversation



**Outcome****What Activities and Actions will support us to meet this outcome?****Who will deliver these supports?**