

LIVING WELL





**South Ayrshire Dementia
Support Association**



Ayrshire Independent
Living Network



**Alzheimer
Scotland**
Action on Dementia

ScottishCare 

The voice of the Independent Care Sector in Scotland



South Ayrshire Carers' Centre



carewatch

Our Goals

- Identified barriers to self-directed support for people with younger onset dementia and their carers
- A co-designed pathway underpinned by best practice models and tools
- Improved relationships across South Ayrshire Health and Social Care partnership and with
- Learning gained across the life of the project around creative design methods in order to support individuals and their carers to exercise maximum choice and control over their self-directed support.

Living Well co-design team



Co-production matters!



The parable of the Blobs and Squares shows that there is more to people than their problems, that the solutions to the problems lies in the problem in itself, not in an imposed solution, and that co-production really matters!

<http://s.iriss.org.uk/1WtSECD>

Working together

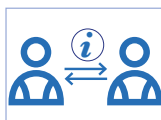
Ways we want to work



Get to know each other



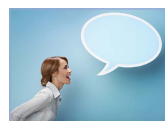
Share knowledge



Share information



Be positive



Open to different viewpoints



Everyone included



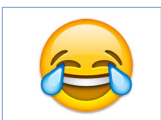
Patience



Supporting others in the group



Confidentiality



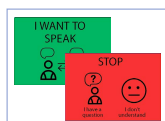
Humour



Openness and honesty



Listening to others



Use 'stop' and 'I want to speak' cards



Focused and productive



Continuity



Going at a pace that works for everyone

Ways we want to work



Creative ideas



Learning from others



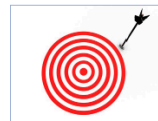
Problem solving



Making a difference



Passion



Being aware of going off topic

Ways we don't want to work



Disrespect for others opinions



Moaning sessions



People dominating / taking over



Lack of understanding of needs of other group members



Negativity

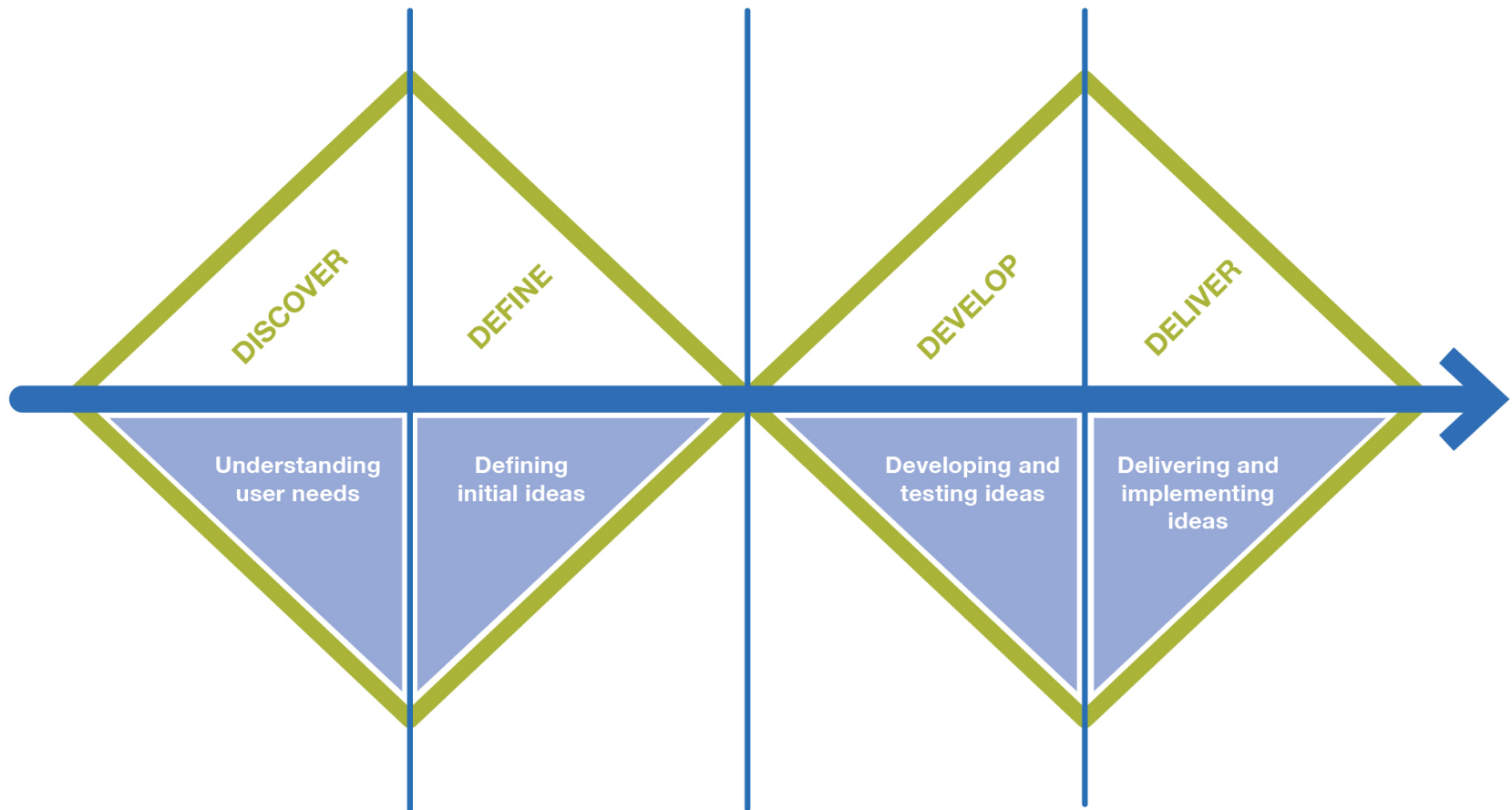


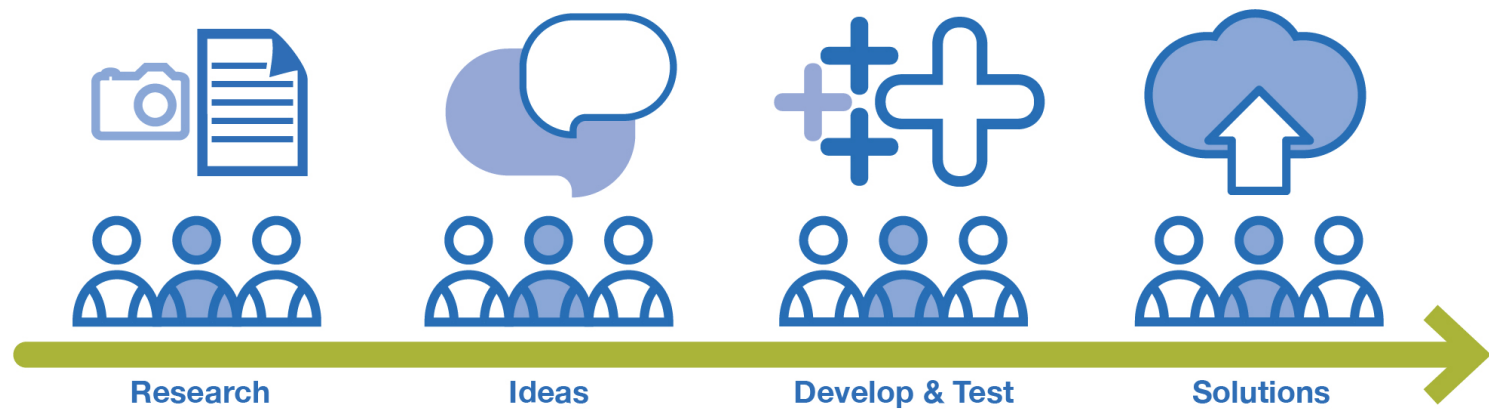
Feeling uncomfortable



Not having a proper understanding of something

Design process







South Ayrshire Market Place



Living Well Characters





Define Emerging Themes

**Personalised &
age appropriate
supports**

**Clear
Pathway**

**Information – SDS,
future planning,
legal, financial**

**Listen to
carers**

**Creative and flexible
respite opportunities**

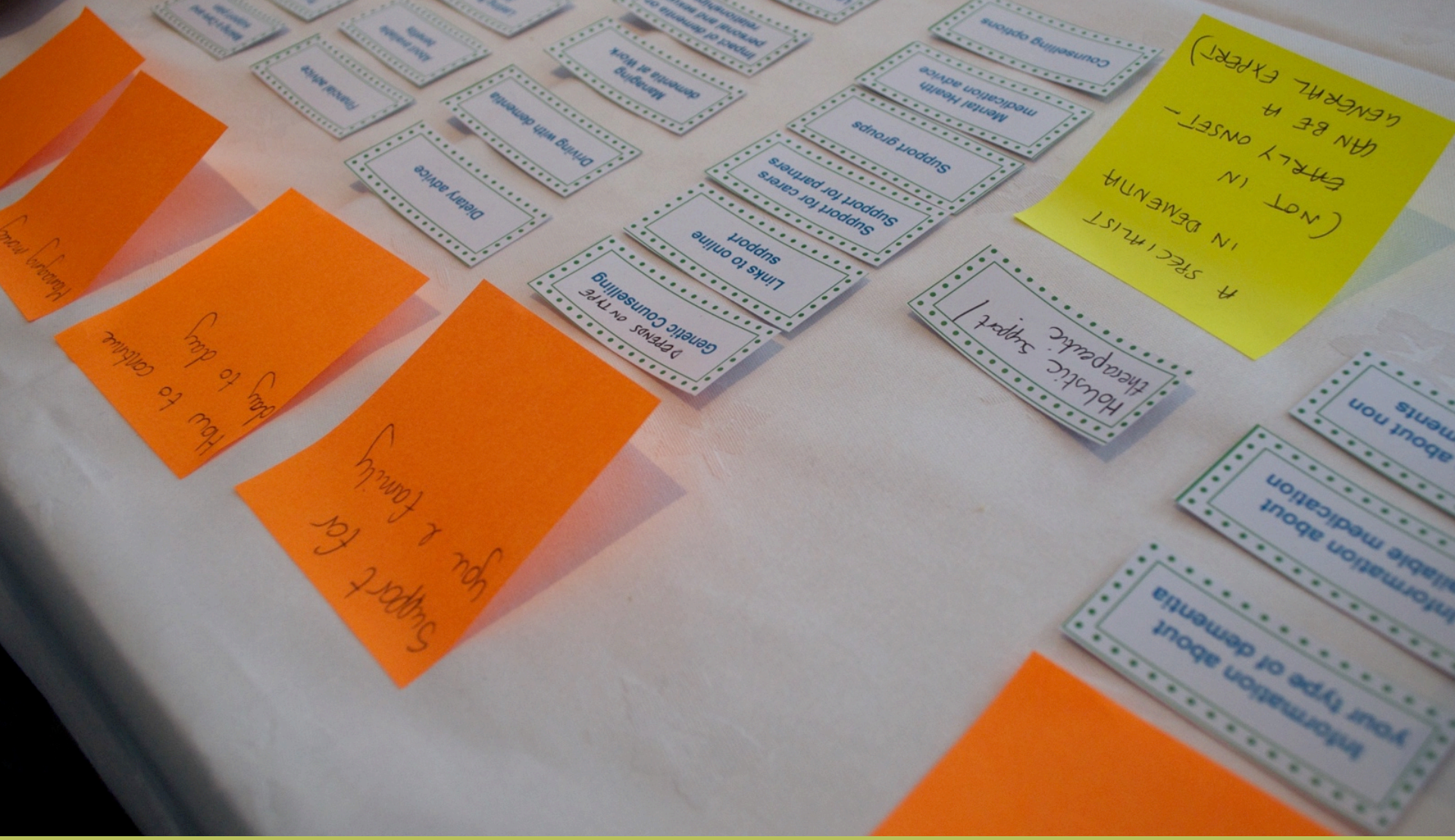
**Practical help for
carers**

Final Themes



Information About SDS





A SPECIALIST
IN DEMENTIA
(NOT IN
EARLY ONSET -
CAN BE A
GENERAL EXPERT)

Holistic support

Genetic Counseling
on the
links to online support

Support for carers
Support groups

Mental Health
medication advice
Counselling options

Advice about what to do
Leaving work - support
and advice

Impact of dementia on
personal and sexual
relationships

Managing dementia at work

Driving with dementia

Dietary advice

Financial advice

After medical
appointments

Living with or
caring for someone
with dementia

Managing your own
dementia

Managing your
feelings

Managing your
feelings

How to continue
day to day

Support for
you & family

Information



Clear Pathways





My Dementia Toolkit

My Dementia Toolkit

This folder is a place to collect all the information that you will be given about your condition. You can also print information off the internet and add it to this folder.

You can also write notes and add them to your folder.

It is great to keep all your information in one place so you can come back to it when you need to.

Bespoke Supports



Bespoke Supports

Investigating Gordon's Options



What type of learning might benefit them most?

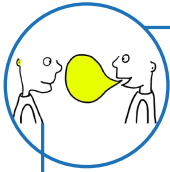
What time are they giving to learning?
What else could they be doing?



Name: Margaret

Age: 55

Experience: 25 years as
Community Psychiatric Nurse
in elderly mental health team
in South Ayrshire



How do they like to learn?

What do they want to know about SDS?



Support for Carers

What does a bad day look like to you?

What does a good day look like to you?

	Morning	Afternoon	Evening	Night
What do you do?	GETS UP, DOWNSTAIRS PAIN ON THE MADS, MAKE WIPE GREASE PAST	GO A RUN IN CAR WITH WIFE TO LARGE		
Who do you see?	CARER ARRIVES AND WIFE ENGAGES WITH THEM	OTHER PEOPLE IN CAFE	HAVE EVENING MEAL AND CARER COMES IN TO SEE + HAVE A TEA	
How do you feel?	SETTLED IN THE ROUTINE, FEELS OK.	SETTLED + IN CONTROL		
Was it your choice?				

NOTES

working well

Yes 
Partially 
No 

be traffic
y whether
choice

Prototypes





**Any
questions?**