



**Northern Periphery and
Arctic Programme**
2014-2020



EUROPEAN UNION

Investing in your future
European Regional Development Fund

Western Isles Intergenerational Service



RemoAge
REMOTE SUPPORT OF AGED PEOPLE

Western Isles Intergenerational Service

T1.7 Dementia friendly community

T1.8 Early identification of dementia

Summary

As part of the dementia-friendly communities' strand of the Programme we introduced an intergenerational exchange initiative. The scope of the schools involvement was a bespoke approach to designing their curriculum intervention based around four Key Indicators as identified by the REMOAGE steering group:

1. Understanding dementia
2. Caring for someone with dementia
3. Assistive and digital technology – through use of the GIRAFF technology to link “at a distance” pupils and those older people in care homes
4. Meeting someone with dementia – as part of the intergenerational bilingual work to include aspects such as reminiscence work, storytelling and language development.

This work would be delivered to a care home 20 miles away via technologies such as VC equipment, BEAM technology and ipads.

Typology of Impacts

Tangible impacts

- Improved access to services
- Cost savings
- Time savings
- Reduced energy consumption
- Reduced environmental impact
- Business development
- Job creation
- Improved competitiveness
- Other tangible impacts (specify)

Intangible impacts

- Building institutional capacity
- Raising awareness
- Changing attitudes and behavior
- Influencing policies
- Improving social cohesion
- Leveraging synergies
- Other intangible impacts

Contact

NHS Western Isles

<http://www.wihb.scot.nhs.uk/>

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Western Isles Intergenerational Project

Service end users

- School Pupils
- Care home staff and residents
- Communities

Challenge

To remove the stigma of dementia in society and achieve better community support and engagement for now and the future, by educating children and young people about the condition

- Provide children and young people with confidence and insight into a widespread issue affecting their lives and communities
- Provide interaction and enrichment via assistive technologies between people with dementia and children/young people.

The interaction would not be possible if it were not for the use of technologies due to the distance needed to travel. As such the opportunities for the sharing of skills would be limited were it not for the ability of technology to connect people at distance.

Service provider roles and Collaboration

- NHS Western Isles – Main provider of equipment and project lead/health support staff
- Sacred Heart House – Care home
- Iochdar School
- An Lanntair – Support worker to support use of intergenerational language exchange
- Alzheimer's Scotland – Support worker to work with pupils and staff in raising awareness of dementia
- IT Services – IT support

Service availability

This service is based in the Southern Isles of Uist, Benbecula, Western Isles.

Technology and tools

Provision of broadband at both sites (school and care home) at easily accessible points for both IT and Voove to access; I pads and tablets will be provided; BEAM (Telepresence Robot) will also be situated within the school to allow pupils to link to care home;

Service support

The service needs dedicated project support who has time allocated to project planning and delivery. This person would work closely with the lead teacher identified within the school; Teachers themselves will need sufficient knowledge and understanding of dementia and access to suitable resources and ideas. Providing information sessions for teachers should be considered as an option for improving their knowledge of dementia; (Dementia Friends training) The project worker would link the schools to form links with local dementia

organisations, care homes and other community groups to help with various aspects of their projects. IT Installation;

Implementation process

The scope of the schools involvement was to design a bespoke approach to designing their curriculum intervention based around four Key Indicators as identified by the REMOAGE steering group:

1. Understanding dementia
2. Caring for someone with dementia
3. Assistive and digital technology – through use of the GIRAFF technology to link “at a distance” pupils and those older people in care homes
4. Meeting someone with dementia – as part of the intergenerational bilingual work to include aspects such as reminiscence work, storytelling and language development.

Once identified this work was then supported by two support staff from the local arts based company and from Alzhimers Scotland as well as health staff from NHS Western Isles. The programme began with support from IT colleagues.

Questionnaires intended to be administered before (baseline) and after (follow-up) the key interventions were designed, which for ease are referred to as pre- and post-curriculum intervention questionnaires. These would be designed around the four KPIs:

1. Understanding dementia
2. Caring for someone with dementia
3. Assistive and digital technology
4. Meeting someone with dementia

The questionnaires would be designed a teacher-led evaluation at primary school level. Evaluation packs would include:

- Pre- and Post-Curriculum Intervention Questionnaires
- An Alzheimer’s Scotland Factsheet on Dementia
- A key-stage appropriate Information Sheet about the project
- An Outcomes Framework linked to the KPIs

Schools would be advised that the pre-curriculum intervention questionnaires should be completed prior to any dementia raising awareness to ensure genuine baseline data could be captured. It is anticipated that the intervening period would then be utilised by teachers to provide opportunities for their pupils to engage in a range of bespoke activities to enhance their understanding of the issues faced by people living with dementia and their carers. Wherever possible, the intergenerational exchange initiative would be introduced to allow pupils to experience the issues surrounding dementia first hand.

Skills, knowledge and competences

Educating children and young people about [dementia](#) is an essential aspect of creating [dementia-friendly communities](#). Children and young people will increasingly come

into contact with dementia through friends, family, neighbours or the media as the population ages and many may take on caring responsibilities at some stage in their lives. The proposed outcome would be for the schools to obtain balanced theoretical knowledge about dementia and technologies to support people with dementia alongside the intergenerational exchange which provided a practical component giving pupils the opportunity to meeting someone living with dementia and their carers.

Risks and Solutions found

Technological challenges due to poor infrastructure. Worked with local IT provider to find alternative satellite solutions.

Communication and dissemination

Regular communication through steering group

- Make local newspapers aware of the projects.
- Get the students to put on an assembly about the project.
- Start activities such as an intergenerational choir or tea dances to keep the connection between pupils and older adults.

Film made around project which has now been widely circulated and taken up by one of our local channels for possible tv production.

Service longevity

School and care home plan to continue the work themselves supported by health staff.

Output metrics

- Number of end users who have received the service – 20 care home residents were part of project along with near 30 staff and pupils
- Number of service provider professionals who have received training and are working with providing the services – 50 dementia friendly trained pupils and staff across both sites
- Number of other stakeholders impacted by the new service - 30 including community groups who have further engaged in project, and links to other projects further afield i.e Stornoway and Shetland.

Tangible impacts

Improved access to services

Due to the distance needed to travel to have these interactions in persons, and the unlikelyhood of this being possible the technology has allowed those in the care home access to services/social engagement and support via the technologies offered.

Cost savings

Time and money saved for not using transport which would normally involve a 20 mile journey each way and staff time to support taking residents out of care home etc.

Time savings

As above

Reduced energy consumption

As above

Reduced environmental impact

As above

Intangible impacts

Raising awareness

Impact relating to dementia:

- Greater awareness and understanding of dementia;
- Greater understanding and appreciation of the caring role and support available;
- Increased understanding of assistive technology and their benefits for people with dementia and their carers;

Impact on teachers involved in the project

- A wider impact in relation to teacher knowledge and understanding would look to:
- Improve knowledge of dementia;
- A greater understanding of the importance and relevance of dementia in a school setting.

Impact on personal development:

- Enhanced understanding of the importance of a healthy lifestyle, embedding knowledge from the project and linking this to a reduction in the risk of developing dementia;
- Development of transferable skills including enhanced confidence, leadership and interpersonal skills which permeate and impact upon their engagement in the wider curriculum;
- Altered perceptions of older people.

Wider impact within the school community

- Greater awareness of dementia;

- Parents are able to have conversations about dementia with their children;
- Pupils have a greater understanding of the responsibilities and pressures facing parents or relatives who are in a caring role, either professionally or personally.

Impact outside the school community

- Taking part in some of the activities will impact emotional cognisance for some of the people with dementia involved in the project

Changing attitudes and behavior

As above

Improving social cohesion

As above



Photo from an intergenerational activity in Western Isles Remoage project

Videos

Video describing Service: <https://vimeo.com/167804900>

Interview with Western Isles project: <https://youtu.be/M3LGVB3MywE>

Western Isles Project presentation: https://youtu.be/ZuUWMR-iBNY?list=PLloS7TUd1_xWXSCLBEmCfbN_Olrr4bW_i

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