



Northern Periphery and  
Arctic Programme

2014-2020



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**NHS**  
Eileanan Siar  
Western Isles

**REM  DEM**

## Support for People with Dementia and their Carers living in Remote and Rural Areas

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# REMODEM Aim

To develop an integrated care service for people with dementia in the Northern Periphery that supports ageing in place, and provides more cost-effective care for people with dementia.

**REMODEM**  **RemoAge**



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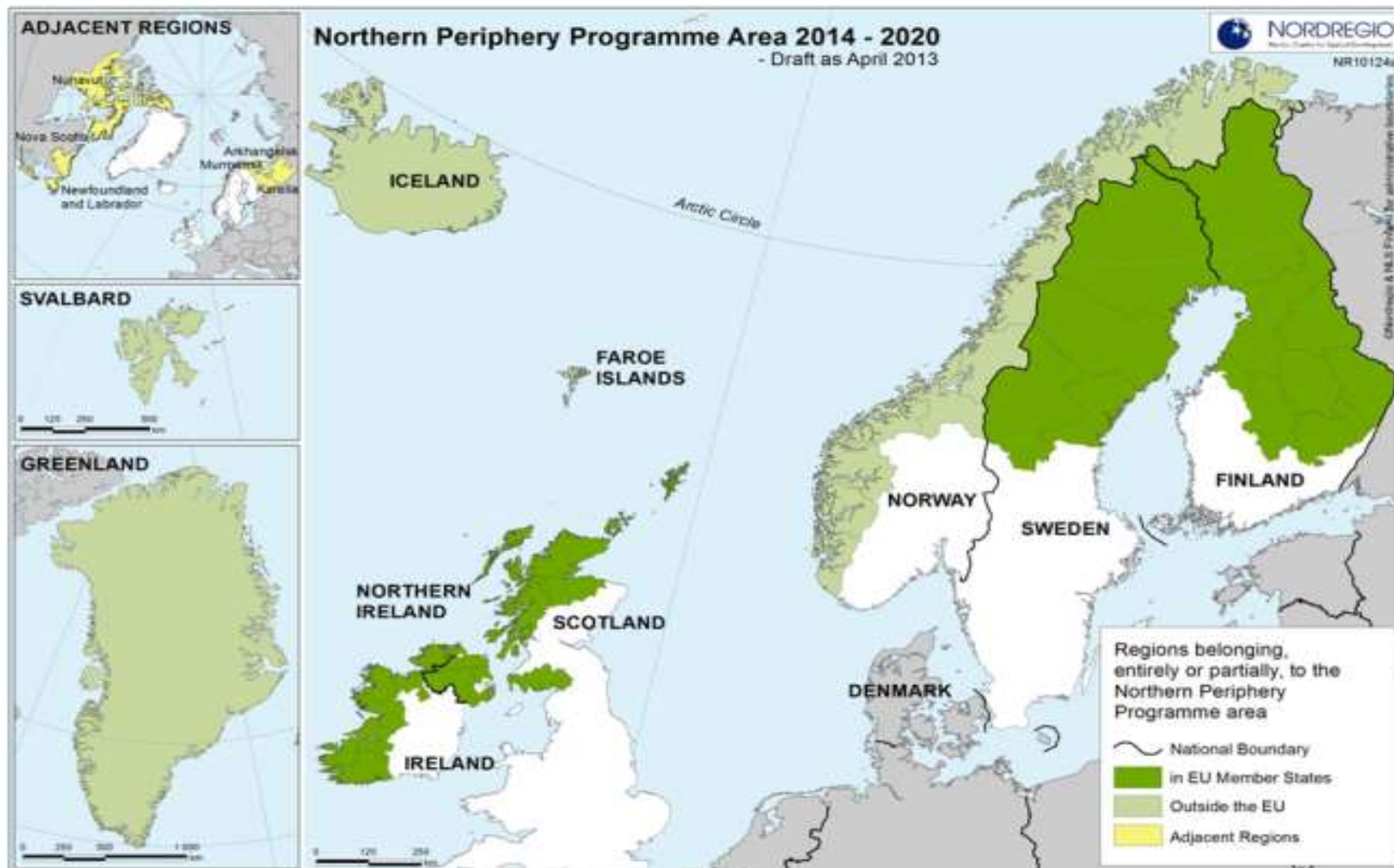


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# Work Packages

WP1: Project Management

WP2: Needs analysis & Service Development –

a) lit. Review on tech. Deployment

b) service needs analysis of test sites

c) Support modules and integrated service package for  
WP3 testing

WP3: Testing and Evaluation

WP4: Business Plan/Deployment Report





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# Tested Products/Services

Product/service	Tested				
	<a href="#">Western Isles</a>	<a href="#">Shetland Islands</a>	<a href="#">Norrbotten</a>	<a href="#">Faroe Islands</a>	<a href="#">University of Stirling</a>
The Remodem Tool	X	X	X	X	X
Open memory clinic			X		
Remote support	X		X	X	
Remote supervision night-time			X		
Remote family support			X	X	
Navigational support			X	X	
Dementia friendly community	X				



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# Remodem Decision Support Tool

RemoDem - Decision Support Tool

Comment by Stirling team	Examples from technical review and OSDC guide	Relevant resources	Lessons from Remodem
<p>1</p> <p>We studied the perspectives of people with dementia and their carers regarding tracking devices: they are positive about them because they value going out and perceive the devices as providing safety.</p>	<p>Backup tracking device (plus many others) some evidence that these reduce carers' stress</p>	<p>19 different GPS devices listed on Alzheimers.org.uk/ prod ucTSearch.asp?search-go&amp;searchme thod=cats&amp;cat_id=9&amp;subcat_id=33 Scotland: GPS tracking group - practitioners currently using GPS tracking devices to support people with Dementia</p>	<p>Fieldhills in the Faroe Islands, Sweden tested GPS tracking id with people with dementia. Overall response to these was positive, particularly from fami and community staff who felt reduced their anxiety and stre</p>
<p>2</p> <p>We found nothing specific on e-shopping: there is evidence that people can use IT devices with support, and e-shopping could be considered an example of IT use which people could manage with support.</p>	<p>Talking photo album Medication reminders: smart alarm/talking pill box. Enuresis sensors (bed sensors to detect incontinence) Temperature/smoke/carbon monoxide detectors Flood detectors or overflow prevention devices for baths and sinks Cooker/stove cut-off devices.</p>	<p>neighbours scheme in England provides support for older people to order groceries and other shopping online: <a href="http://www.ageuk.org.uk/york/our-services/net-neighbours/">http://www.ageuk.org.uk/york/our-services/net-neighbours/</a></p>	<p>In one fieldhills in Sweden a tri began of a night time camera and reduce the number of night time visits by paid care staff. This has been successful in the initi stages as staff can check the p with dementia is safe, using th camera, instead of visiting in p</p>
<p>10</p> <p>There is a need to consider a balance of safety and risk; for example, if there is a possibility that</p>	<p>Object finding devices such as Doro 735 (no evidence) Talking/vibrating alarm clock. Surveillance</p>	<p>In the Faroe Islands and the W Isles a number of orientation i were used including white bo</p>	

# REMODEM in the Western Isles

1. Context
2. Areas of focus/tested solutions
3. Keys to success
4. Where next? RemoAge

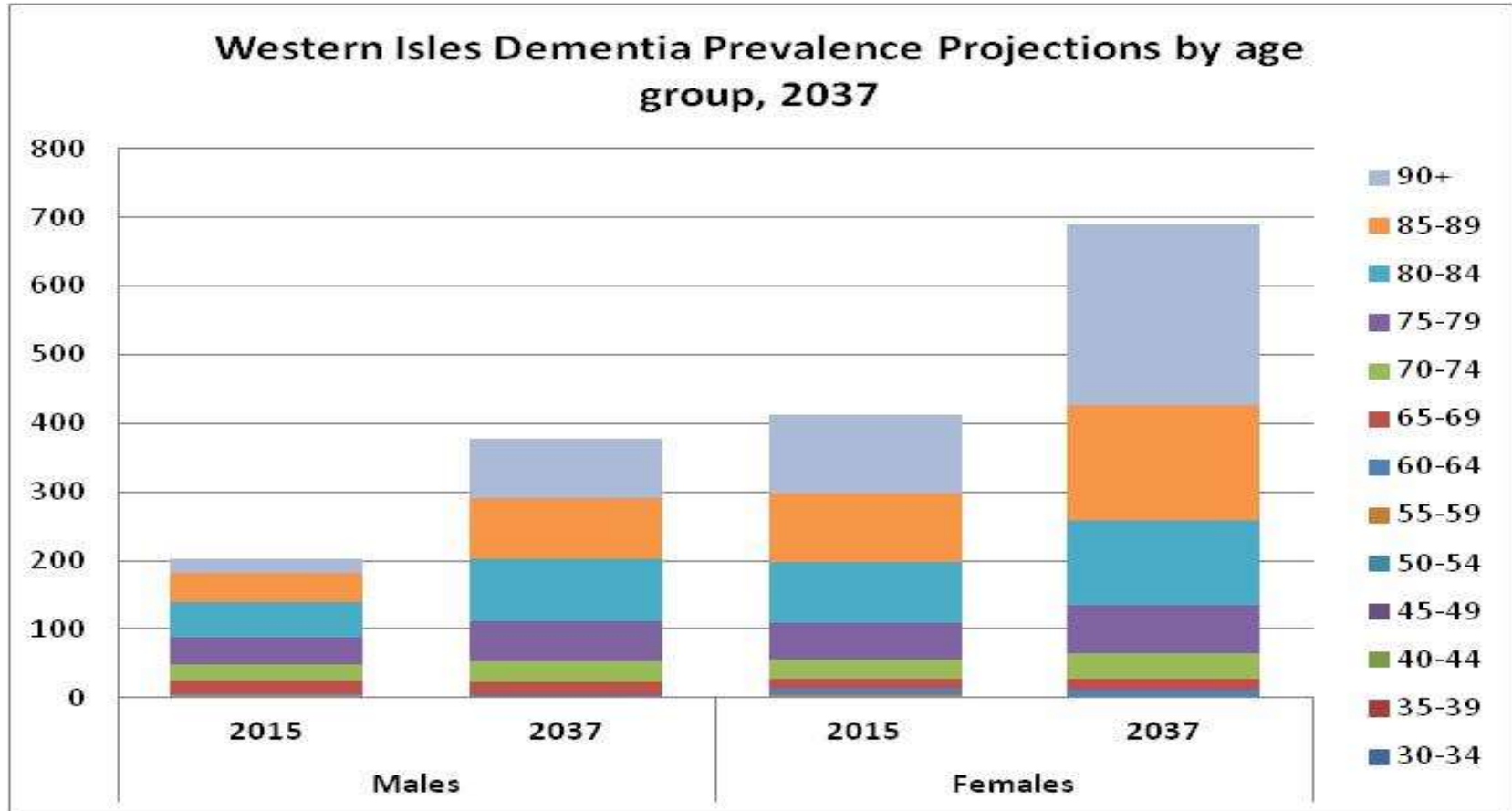


# Remote & rural Context in the Western Isles





# Epidemiology Context



# Strategy/ Targets Context

- Dementia Strategy
- EHealth Strategy (ASYMS)
- Integration of Health and Social Care agenda
- Housing Strategy
- Long term conditions
- Carers Strategy
- Govt. Targets – early diagnosis/post-diagnostic care

# **Focus in Western Isles:**

## **Education & Raising Awareness**

### **Use of Assistive Technology**

#### **Community Support**



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# Education/Awareness Raising



Local Training Sessions

Stirling University / Training for local care  
home staff & third sector organisations

Dementia Awareness articles in local papers

Broadcasts on local radio

## Dementia Dip



**REM**  **DEM** RemoAge





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# Assistive Technology



Scots dementia sufferers to be given hi-tech robot friends to look after them in their homes



NHS Western Isles is putting robots into the homes of people with dementia as part of a pilot scheme to help them to continue to live independently.

A relative or carer - potentially hundreds of miles away - can drive the machine around the house to check that everything is all right. The pair can also have a chat through a two-way video call system.

The Giraff robots are 1.5m (4ft 11in) tall with wheels, and a TV screen instead of a head. A relative or carer can call up the Giraff with a computer from any location. Their face will appear on the screen allowing them to chat to the other person.

The operator can also drive the robot around the house to check that medication is being taken and that food is being eaten.

NHS Western Isles will be piloting the Giraff for the first time in Scotland, as part of the



The robots will be used to connect people with their carers



# Dementia Friendly Communities



<http://youtu.be/IbYiLYEy0L8>

# Keys to Success

- Continue to aim for cultural appropriateness but look for compromise.
- Opportunity to try out innovative ideas
- High level of commitment is infectious
- Sharing of knowledge is key – find what worked well elsewhere, and consider them for your own locality (even if some modifications may be required).
- Widely publicise everything that's happening — it gets the wider community 'on board'.



# Next? RemoAge

## Driver Diagram: Western Isles RemoAge

Aim

Primary Drivers

Secondary Drivers

Ideas for Change –  
Activities to test

Frail older people and people living with dementia (PLWD) in remote communities will maximise their independence and prolong their stay within their own home and communities.

Care Systems for supporting at home Services

Older Person's emotional and social well being:

Older Person's Physical Health & Well-being

Education and Cultural actions

Trained health and social care workforce esp. around remote issues

adaptations and technology to maintain independence for as long as possible.

Carer support

Role of third sector and local businesses in supporting

Loneliness - Access to family/friends

Promoting Inter-generational Activity

Social Isolation: Supporting community connections

Access to Health promotion opportunities

Access to appropriate information to understand condition and manage symptoms

Increase community awareness of needs of older people and PLWD

Bilingualism social and protective effects in Gaelic/English speaking communities

Training of staff/carers inc. use of remote technology.

Identify and trial assistive technology inc. user acceptance evaluation.

Research new AT-QOLY tools.

Work with third sector/local businesses on additional supports for independent living.

Identify/trial remote social communication technology

Memory cafes – via Local Historical Societies.

Project to link schoolchildren with older adults via social use of tech.

Develop further 'Dementia Friendly Communities'

Develop physical activity opportunities eg. exercise classes

Gaelic/English info. resources

Develop Online Community Dementia/Older People Profiles

Maximise bi-lingual opportunities – 'Gaelic dementia choir'?

Research above for benefits of bilingualism and delay of dementia and other conditions.



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