

Introduction to the Practical Dementia Resources Webinar

The webinar will begin at 11:00

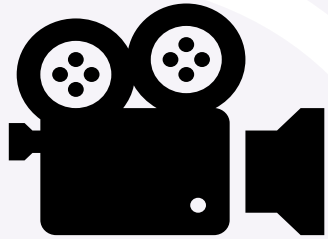


While we wait, please tell us in the chat

- **what care setting do you work in?**
- **what part of the country do you work in?**

Maureen Cossar, David Marshall & Lynn White

Housekeeping



This session will
be recorded



Microphones and cameras
have been switched off



Please use the chat for
questions and comments



Interactive polls to hear
your thoughts



Slides and recording will be
sent by email after the webinar

Aims

- Raise awareness of the Practical Dementia Resources Platform
- Demonstrate how to navigate site
- Share innovative work done by care services
- Get opinions on next steps

Agenda

1.	Welcome and Housekeeping	11:00	Maureen Cossar and David Marshall Senior Improvement Advisors, Health and Social Care Improvement Team, Care Inspectorate
2.	How we got to this point	11:05	David Marshall
3.	How to access the resource Demonstrating content Feedback form and how to share impact stories for the resource	11:15	Maureen Cossar David Marshall
4.	Hearing from the voice of lived experience	11:30	Maureen Cossar Bill Alexander NDCAN (National Dementia Carers Action Network)
5.	Frontline staff: share experiences and discuss how the resource is of value	11:40	Maureen Cossar Dr Vivek Pattan Consultant Old Age Psychiatrist, NHS Forth Valley Lorna Hart-Thomson Development Lead West of Scotland, Meeting Centres Scotland Kirsty Cartin QN, Care Home Manager Lexie Cielez Service Manager
6.	Evaluation questions	11:55	
7.	Thank you and finish	12:00	

Dementia Resources Project

- Legacy of psychoactive medication programme
- Empowering frontline staff to “Find the Why?”
- Reduce S&D and inappropriate use of psychoactive medicines



- Shared learning platform for sharing practical non-pharmacological Interventions

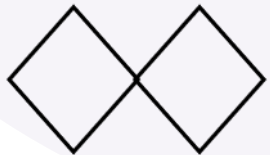
“Mum passed away peacefully not on any sedative medication. She was able to hold a conversation with us and share memories. I will never be able to thank the staff enough for never giving up and giving my mum a nice death”

Relative 2023



Practical Dementia Resources

AIM: Co-design and co-develop (with and for frontline care staff) a platform for peer-to-peer sharing of practical non-pharmacological interventions that have improved dementia care, reduced stress and distress and the inappropriate use of psychoactive medicines



1. **Discover:** Identify if there was a need
2. **Define:** Design what these resources might look like

**Sep 24–
Dec 24**

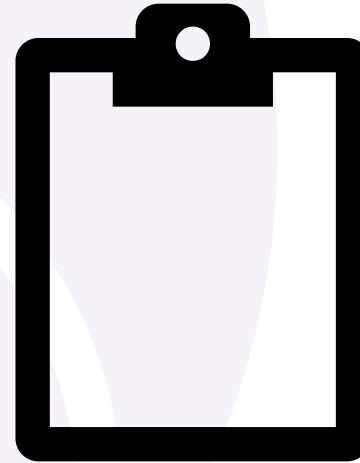
- Meetings with staff to test concept
- Type/format/content of site

**Dec 24–
Mar 25**

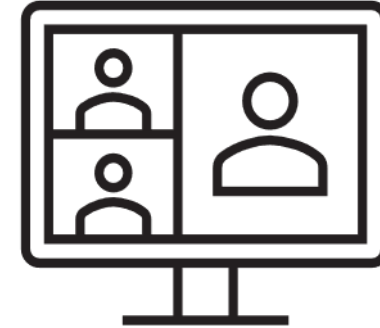
Agreement on
content themes

Scope production

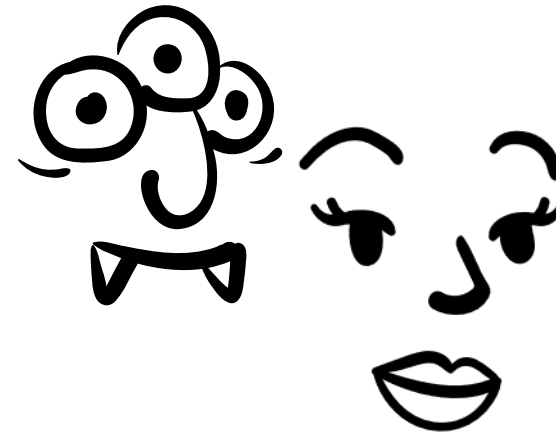
Online survey



Teams meetings



In person Workshops



Results: What you want

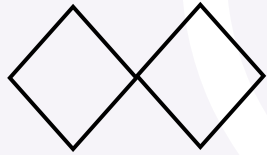
- Digital tool
- Easily Accessible
- Short bite size pieces of information
- **Various Formats - animations, video, audio**
- Learning from Peers
- Practical templates

Feedback

“Thank you for giving people the opportunity to influence our future and that of the people we support.”

“No matter what care service we work in **we're all here with the same goal**; to provide good care, and **if someone has an idea of what helps then we should share with everyone!**”

“I enjoyed the interactive nature of the session. Identified real practical resources that will be helpful to care at home services.”



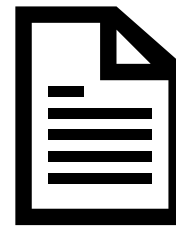
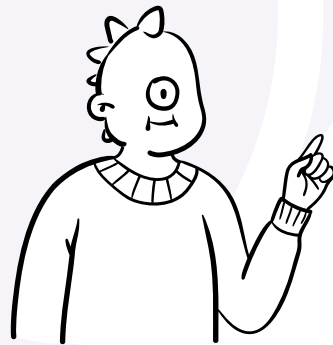
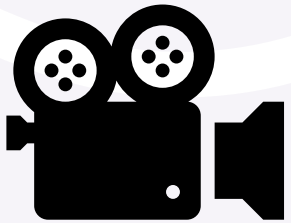
3. **Develop**: Source and produce content under agreed themes

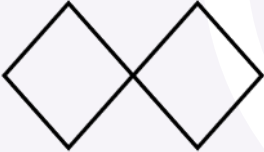
**Mar 25–
April 26**

- Workshops for gathering of stories and tools;
- Production of content
 - Advisory Group

Agreed Main Themes

1. Environment
2. Communication
3. Physical and Emotional Health
4. Meaningful Engagement
5. Medication
6. Family and Friends





4. **Deliver:** User testing, launch and continuous development

“Well done everyone for a fabulous project!
Great collaboration work.”

“Lots of chance to talk through ideas and
resources as they were being made
“My ideas were listened to and I can see
them in the app

“Feels like the resource has been developed
with the sector and not done to them.”

“Real positive experience
“Very hopeful for the future”

**Launch
19 May
2026**

SSSC Director of Workforce, Education and Standards:

‘...will help the workforce **learn from what’s worked for others, reflect on their own practice and get lots of practical guidance** and advice on supporting people living with dementia.’

‘Making information available in short videos, animations and audio will help the workforce fit learning into their busy schedules...**is a very impactful way to share learning** and demonstrate the positive effect the tools can have on outcomes for people.

Education and Dementia Coordinator, Care home Provider ...genuinely feel these resources will help to **enhance people’s quality of life, not just those living with dementia but also those who support them.** ..such a wide range of videos and podcasts in a ‘one-stop-shop’,

The website and app are simple to use, plus the clips are nice and short, so retain attention and give a lot of information in a short space of time.

How we progressed

- Scottish Government provided funding to support the progression and development of a digital resource
- Ongoing co-designed and co-developed and tested the resources
- Built a bank of information/stories/resources
- Established an Advisory Group
- Promoting and reporting on progress
- **Launched** the digital resource - May 2026

**Autumn
2026** Continuous
development

Remove from favourites ★

Practical dementia resources

Care Inspectorate



Information about these resources



Environment



Communication



Physical and emotional health



Meaningful engagement



Medication



Family and friends



General links for all resources



Feedback & questions form



About this toolkit



Can be added to favourites

Select key theme

Choose from the
good practice stories

Environment

 Practical dementia resources  Care Inspectorate



Lights on stairs help with visual perception



Soft furnishings & sense of smell



Individualised care/life stations



Colours and memories



Visual perceptions and a solution for car journeys



Personalised door frames build relationships



Visual perceptions, 1 to 1 care & activities of interest



Visual perception and misinterpretation

Lights on stairs help with visual perception video

This video is 3 minutes 25 seconds long. The video describes how putting lights on stairs outside a flat helped with the visual perception of a man, and in doing so allowed them to leave the flat and live a more independent varied life.

If this video does not automatically show/open you can open it directly in YouTube by clicking this [link](#).



Consent has been gained from all those who shared their stories.

Information about 'lights on stairs help with visual perception'

Please note: These are examples of what staff have done that have led to better outcomes for the people involved. However, it is important to recognise they will not suit everyone's needs but serve to offer potential suggestions and to encourage you to explore alternative solutions that may help. Each example is the result of firstly getting to know and understand the individual, being curious to find solutions to providing better care and closely monitoring the outcomes of any changes made. If initiating suggestions given from the stories shared, we would encourage you to safeguard that person-centred care is in place and that you complement your learning from these stories with the relevant training needed to ensure you have the confidence and knowledge required.

Now take time to reflect.

Think of an individual you support...

Would this advice work for the person you support?

What else do you need to think about?

How can you implement this? What help do you need to do this?

Do you disagree with any aspect of the video?

Links to more resources about 'lights on stairs help with visual perception'

1. [Environmental assessment tools](#) that staff can use to help them to develop dementia friendly environments.
2. The University of Stirling's Dementia Services Development Centre have developed [Environment for Ageing Dementia Design Assessment Tool \(EADDAT\)](#). This is a series of resources used to assess environments used by people with dementia. It is in two tiers the first has no charge where there is a cost for the second.
3. DesCHA's booklet [Designing homes for healthy cognitive aging](#) offers information to help you understand the basics of ageing and dementia friendly design.

[General links for all resources](#)

OFFICIAL

Good practice
story

care
inspectorate

Practical
Dementia
Resources

Reflective
questions

Links to further
learning

OFFICIAL

Practical Dementia Resources

Animation - Visual perception and misinterpretation



Practical Dementia Resources

Podcast – Personal Care & Staff Characteristics



Practical Dementia Resources

Lights on Stairs Help Visual Perception



FINDING THE WHY

Name:

Date:

Time started:

Time ended:

Before: describe what was happening just before the event and in the 2 hours period before e.g. were there visitors in the lounge, was there an emergency. **This box will help identify the trigger**

During: Describe, in detail, where the event took place e.g. on their chair, by the window, in the bedroom: in bathroom 2; in the corridor between rooms 1-10; etc. Who was there (name), what was said, how was it said. Describe what the person done only and keep factual. **This box will show what behaviours they display when stressed**

After: how were they after the event, how long did it take to return to their normal. **This box will show you their recovery period**

What did you try: list what you did differently when you next saw them in distress and did it work or not. **This box will show you what worked and what didn't work to build the care plan**

The Why: What triggers are you seeing? Have you thought pain, hunger, scared, environment, constipation etc

Practical Dementia Resources

Playlist for Life reduces pain



Right Decision Service



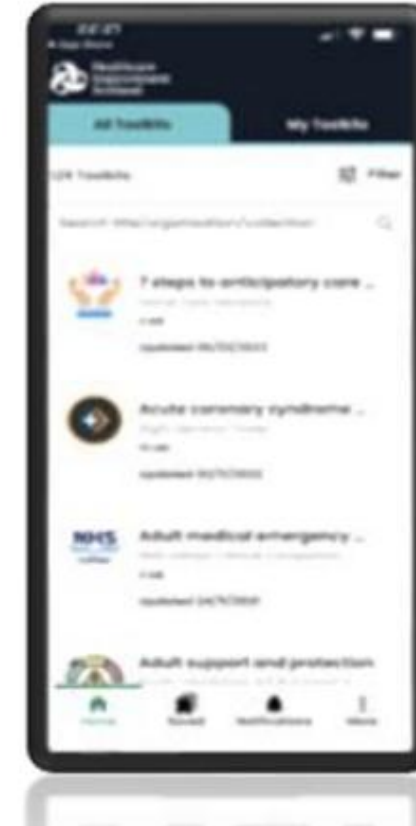
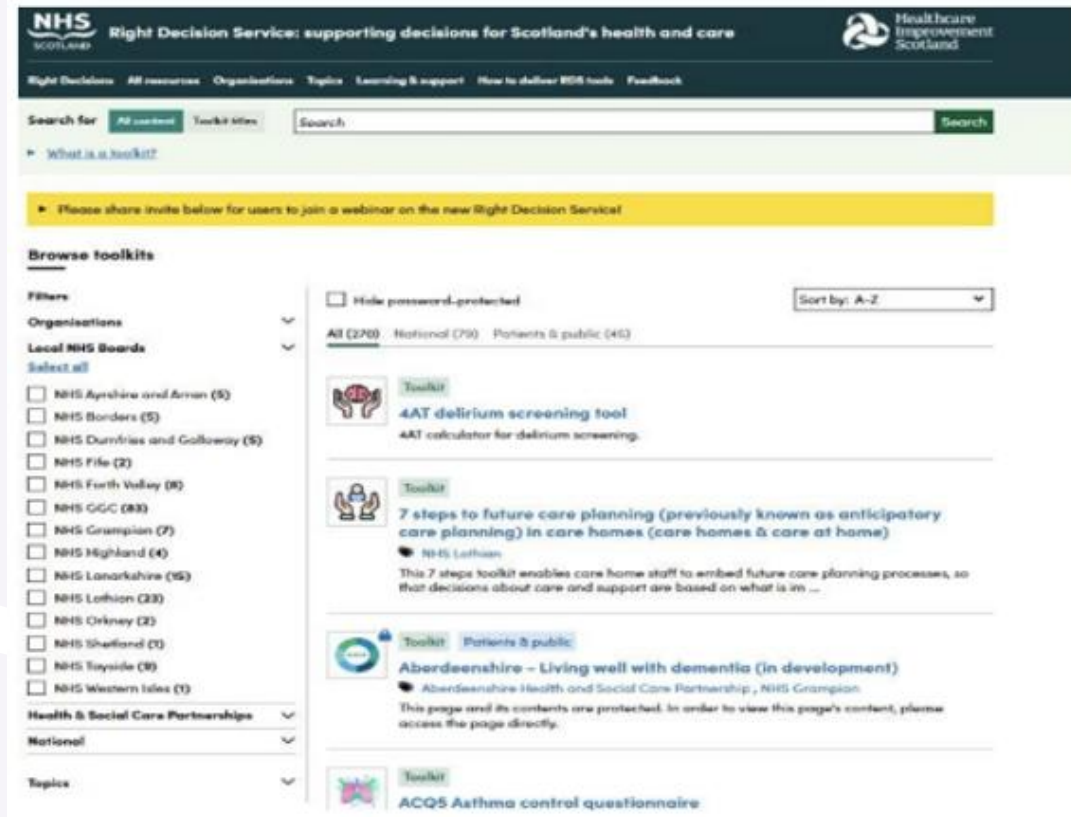
Android



Apple



Website



Web and mobile access - <https://www.rightdecisions.scot.nhs.uk>

PRACTICAL DEMENTIA RESOURCES

FOR CARERS OF PEOPLE WITH
DEMENTIA



Simple, but effective hints and tips to reduce stress and distress without the need for medication.



Visit your app store
**Right Decisions
Service**



Visit our website
rightdecisions.scot.nhs.uk/practical-dementia-resources/



Please continue to share your impact stories with us

 Practical Dementia Resources - Feedback & questions

Please take a few moments to fill out our short form. Your feedback is vital to help us improve the app going forward. The purpose of this form is to provide feedback on the app, share impact stories, and ask specific queries relating to the Practical Dementia Resources Improvement app with stakeholders, including frontline workers. We aim to ensure the app is working in social care settings. We will only use your data for research and improvement purposes. When you submit this form, it will not automatically collect your details like name or email address. This is your chance to share your thoughts on this yourself. You can contact us at practicaldementia@careinsp

When you submit this form, it will not automatically collect your details like name or email address.

* Required

1. Name

2. Email address

On the resource find the feedback & questions form **HERE**

Practical dementia resources

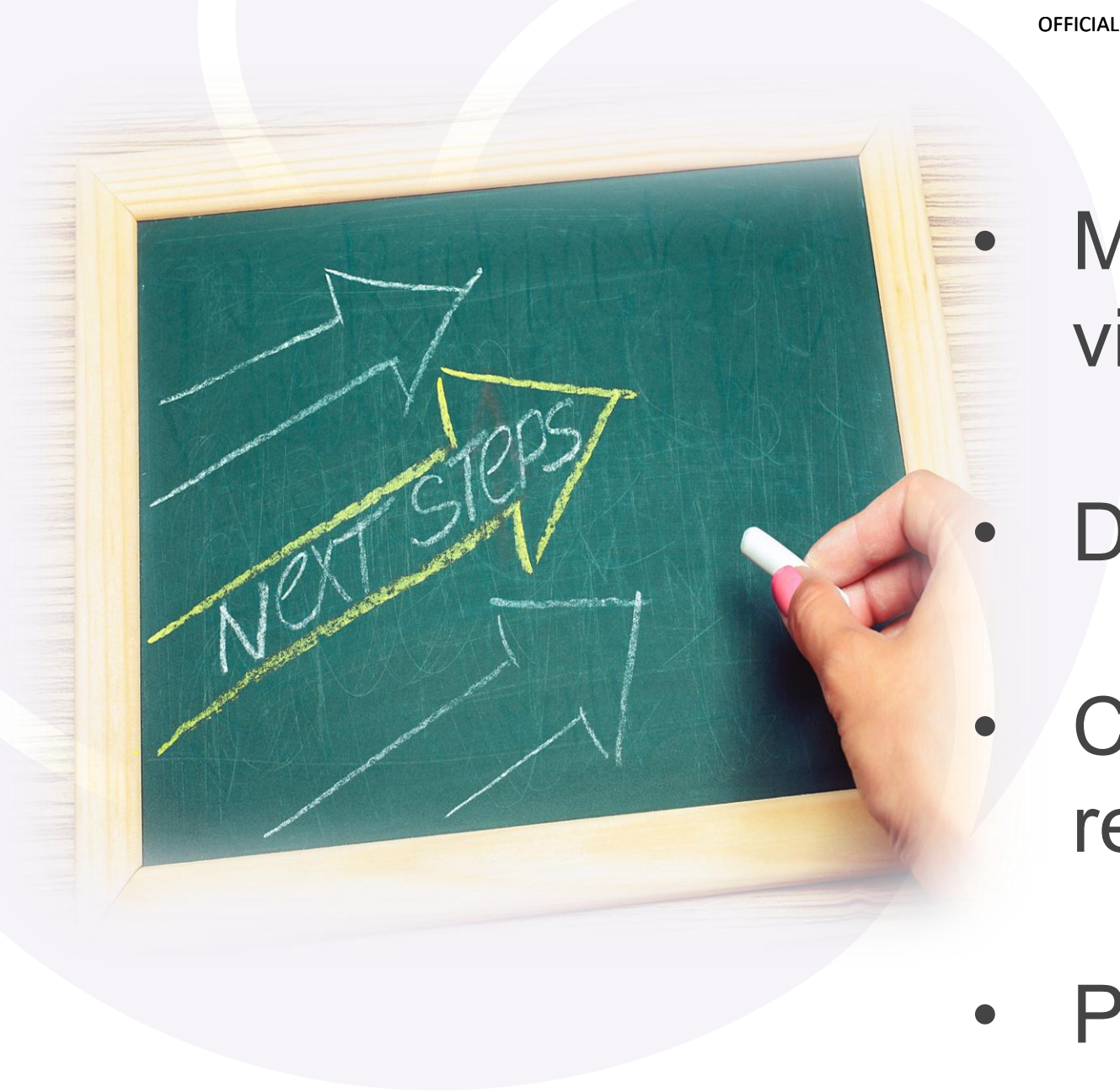
 Environment

 Physical and emotional health

 Feedback & questions form

 Information

 Medication



- Monitor analytics – over 7000 views up to June 2026
- Discover the gaps
- Continue to build bank of resources
- Promote the resources