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For immediate use

Pocket ideas... a moment in time

Pocket ideas... a moment in time, an award-winning activity tool created by the Activity Team at NHS Ayrshire & Arran, has just become a national resource. The tiny tool, small enough to fit in a uniform pocket, is currently finding its way to every Health Board in Scotland, as well as to the health and social care partnerships, and third sector organisations.

The resource is filled with ready prepared ideas to initiate a meaningful conversation with older people. Activities are divided into five sections: communication, games, physical activity, music, and culture and wellbeing. You can choose from pictures, inspirational quotes, simple questions and activities to stimulate discussion. These ideas can be carried out with one person, or in a group.

Andrea Boyd, Occupational Therapist and Project Manager, explains: "How we approach people matters. It helps us to engage people in purposeful activity. It might not seem like a lot, but even five minutes with an older person can enhance their quality of life.

"We wanted to design this tool not just to begin a conversation, but to encourage people to think about how to have a meaningful moment in time."

Pocket ideas is full of ideas and activities to stimulate and engage with older people. It promotes increased self-esteem, reduces the risk of low mood, and empowers people to achieve their own person-centred goals.

The project has already been recognised nationally after scooping the Best acute care initiative award at Scotland's Dementia Awards 2014. The team also won the Light bulb moment award at the 2015 Ayrshire Achieves Awards.

Andrea adds: "It's an incredible feeling to be able to finally share Pocket Ideas nationally so that people all over Scotland can receive the benefits of using the tool.

"Pocket ideas could not have become a reality without the enthusiasm, inspiration and creativity of the activity team. I'm so proud of them.

"Special thanks also to the many other people – staff, patients and relatives – who supported the project and encouraged us throughout. I'm so proud of what we have

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achieved and I'm sure all our hard work will benefit many older people across Scotland."

To find out more about the project or to get a copy of Pocket ideas... a moment in time, email PocketIdeas@aapct.scot.nhs.uk

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Date of release: Monday 3 July 2017

Photographs:

Photograph 1: The activity team who created Pocket Ideas... a moment in time. Left to right, Jean Knox, Gillian Agnew, Andrea Boyd, Elaine Tizzard and Darrell Line.



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Photograph 2: Andrea Boyd, Occupational Therapist and Project Manager (centre) with some of the key people involved in the launch of Pocket ideas... a moment in time.



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