Media information

For immediate use

Pocket ideas... a moment in time

More than 150 delegates came along to the Park Hotel for the launch of Pocket ideas... a moment in time. Members of staff from NHS Ayrshire & Arran, the three health and social care partnerships, the voluntary sector, partner agencies and local care homes were just some of the groups who came along to find out more about the award-winning project.

Pocket ideas... a moment in time is a pocket tool designed to help older people be involved in meaningful conversations. The tool promotes the importance of meaningful activity for those in hospital and care homes, particular those with dementia.

Andrea Boyd, Occupational Therapist and Project Manager, explains: “How we approach people matters, and how we help people engage in purposeful activity is key. We wanted to give those working with older people a simple tool to allow them to do just that.

“Pocket ideas is full of ideas and activities to stimulate and engage with older people. The project 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 this year’s Ayrshire Achieves Awards.

Andrea adds: “Pocket ideas could not have become a reality without the enthusiasm, inspiration and creativity of the activity team.

“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 achieved and I’m sure all our hard work will benefit many older people.”

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
Media information

For immediate use

ends

Date of release: Monday 7 September 2015

Photographs:

040915pocketideas2.jpg: Andrea Boyd, Occupational Therapist and Project Manager (centre) with just some of the key speakers for the launch of Pocket ideas... a moment in time.

040915pocketideas5.jpg: The activity team helped to bring the idea of Pocket ideas... a moment in time to life.

Left to right, Jean Knox, Gillian Agnew, Andrea Boyd, Elaine Tizzard and Darrell Line.

For further media enquiries about this topic, please contact:

Miriam Porte
Communications Manager
NHS Ayrshire & Arran
University Hospital Crosshouse
Kilmarnock KA2 0BE

Telephone: 01563 826108
Out of hours: 07769 648975

Email: miriam.porte@aaaht.scot.nhs.uk
Website: www.nhsaaa.net

Find us on Facebook at www.facebook.com/nhsaaa
Follow us on Twitter @NHSaaa