



*Facilitating inclusion and empowerment of people living with dementia through access to cultural and creative activities*

## **IDoService project: using a co-design approach to facilitate participation in meaningful activities for people living with mild dementia**

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**IDoService Project [www.idoservice.org](http://www.idoservice.org)**

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# Context

1

People living with mild dementia often have less:

- Social participation
- Empowerment

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The *IDoService* project aims to **develop tools to support people living with mild dementia to plan, connect with and participate in activities** they enjoy (2020-2022)



## Co-design approach

### Various stakeholders

(people living with dementia, care partners, staff from service providers, researchers, designers, etc.).

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### 1. Interviews and focus groups

Preferences, barriers, and facilitators to participation



### 2. Co-design workshops

Working together to design potential tools/services



### 3. Evaluation

Feedback regarding prototypes

# Step 1 - Needs

Inclusive  
for all

Dementia-  
friendly

Minority  
groups

Reciprocity

GM context

Partnerships

Tailored  
service

Without the  
“D” word

Raising  
awareness

Non-  
stigmatising

Disparities

Continuity

**Skills and preferences inventory:** to define opportunities for people for active participation in activities they enjoy as well as volunteering - by orienting them to the good organisation, charity, or service.





# Step 3 – ICanDo pathway

## 1-to-1 and group sessions with a *wellbeing mentor*



### Tested with:

- 2 people with mild dementia as testers
  - 1 dementia support worker as a wellbeing mentor
- + 2 workers from a volunteer centre (opportunities)

## The sessions are detailed in a workbook (68 pages)

