

## 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

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### Context

People living with mild dementia often have less:

- Social participation
- Empowerment





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.).



### 1. Interviews and focus groups

Preferences, barriers, and facilitators to participation



### 2. Co-design workshops

Working together to design potential tools/services

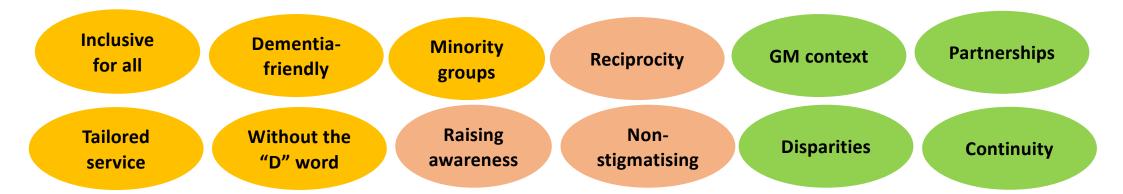


#### 3. Evaluation

Feedback regarding prototypes

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## Step 1 - Needs

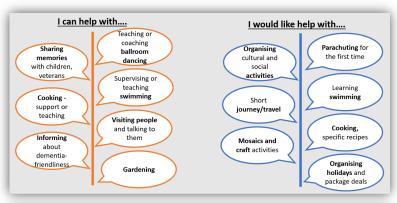


**Skills and preferences inventory:** to define opportunities for people for active participation in activities they enjoy as well as volunteering - by orienting them to the good organisation, charity, or service.



### Step 2 – Potential tools

Workshops	Participants	Content
Session <b>1</b>	People with dementia & care/partners	Activities, skills
Session <b>2 - 3</b>	Service providers	Services and opportunities
Session <b>4 - 5</b>	Service providers	How the service could/should work
Session <b>6</b>	People with dementia & care/partners	How the service could/should work





### Step 3 – ICanDo pathway

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

Session 1
One-to-One
Exploring your
strengths and
interests

### Session 2 Group

Exploring what you want to do and what's on offer

### Session 3 One-to-One

Deciding what to do and what support you need





#### **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)

