

Appendix 1: All tools showcased during 2018 – 2019

General

The ALLIANCE

The ALLIANCE have over 2,900 members including large, national support providers as well as small, local volunteer-led groups and people who are disabled, living with long term conditions or providing unpaid care.

www.alliance-scotland.org.uk



Aberdeen City HSCP Digital Team

How may digital innovations support you? Share your ideas and learn more about developments within primary care services taking place in Aberdeen.

www.aberdeencityhscp.scot



NHS24

NHS24's innovative services make looking after your health easier by putting you in the driving seat of your own health.

www.nhs24.scot



2020 – 2025 Strategy

How could digital technology improve the health and care of you and your family? NHS Grampian are producing a Digital Health and Care Strategy for 2020-2025, to improve people's health and modernise the experience of being a patient or carer.

[@NHSGrampian](https://twitter.com/NHSGrampian)



Fire Safety in the Home

Staff from the Scottish Fire and Rescue Service provide support and guidance on fire safety in the home. You can request a home fire safety visit, where they will explain some of the equipment they can supply to assist with making your home safer.

www.firescotland.gov.uk/your-safety.aspx



Technology Enabled Care

Young people from Young Scot's Technology Enabled Care group have been developing ideas and reflections on TEC for young people in Scotland. They are developing new prototypes for young person focused TEC.

[@YoungScot](https://twitter.com/YoungScot)



Accessibility

Welcome by Neatebox

This free app helps people with accessibility requirements to request visits to participating venues, indicating the assistance they require. Venues are notified of the request and receive an overview of the person's condition and top tips to aid their interaction.

www.neatebox.com



Environmental Control

The service enables very disabled patients to operate domestic devices (TV, radio, door openers, computer equipment) with the activation of an easy to use switch.



Pressure Mapping and Moulded Seating

These two projects support therapists in the assessment and decision making process over choice of cushion and seating to be used for individuals to best support their pressure care needs, postural needs and maintain the health of their skin.

Awareness

The Reason I Jump Digital App

This digital app is part of a 2018 production inspired by a book by Naoki Higashida: a non-verbal, autistic, Japanese author, who was just 13 years old when he wrote a one-of-a-kind memoir that demonstrates how an autistic mind works.

www.nationaltheatrescotland.com/production/the-reason-i-jump



Dish Life

This collaboration between Pocket Sized Hands and Cambridge University teaches players about stem cell research and the lives of stem cell scientists.

www.pocketsizedhands.com/our-work/DishLife



Communication

Communication for All

Effective communication underpins almost every aspect of our lives. Together we can develop solutions to remove communication barriers and create a society where all people have equal access, rights and citizenship.

<https://deafscotland.org>



My Cancer Portal (MCP)

MCP provides a secure online messaging service between patients and their health care team. Users can message their team in privacy using mobile, PC or other smart device, at any time or place. You can use the MCP concerns checklist to voice your concerns so your team can provide the support you need.

<https://nhs.mcp-care.uk>



PAMIS Digital Passport

This flick-through eBook encourages partnership working between family carers, paid carers and professionals. It can be created and displayed on tablet devices to hold information about an individual.

www.pamis.org.uk/services/digital-passports



Digital Talking Mats

Working together with tenants and staff from

Loretto Housing and Care, Stirling University, Napier University and Age Scotland, they have developed and piloted a new Talking Health and Housing set for the Talking Mats App.

www.talkingmats.com/product/talking-mats-taster



Community

ALISS

There are many local community activities, groups and services which help people to live well.

ALISS can help you to find this information and share your own knowledge with family, friends, neighbours and colleagues.

www.aliss.org



Higher or Lower

The 'Higher or Lower' game uses statistics from Understanding Glasgow (the GCPH data website) to investigate how neighbourhoods across the city compare – and how well people actually know their own neighbourhoods.

www.understandingglasgow.com



Social Prescribing

mPower supports people who are 65 and over to live healthier and more independent lives through:

The development of Wellbeing Plans, supporting changes to improve health and wellbeing. Digital services to help manage a long-term health condition and to live more independently.

<https://mpowerhealth.eu>



Scotland's Service Directory

The place to go to find your local health and wellbeing services. This has been a joint venture between NHS 24, Macmillan Cancer Support and the ALLIANCE, together with a range of other partners to develop a local directory of health and wellbeing services.

www.nhsinform.scot/scotlands-service-directory



VR Over the Doorstep

Can Virtual Reality be used to bring local events to those with limited mobility? Roar have developed a VR experience of Paisley's Coats Observatory featuring their own members.

www.roarforlife.org

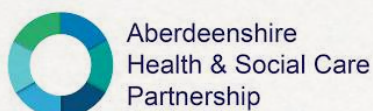
Health at Home

Aberdeenshire HSCP

There are several digital pilot projects in progress:

- Making Near Me available in GP practices and in the community for physiotherapy, speech and language therapy and mental health support;
- Blood pressure monitoring with Florence text messages;
- Self-management with the myCOPD app;
- Living safely and independently at home, supported by digital telecare solutions.

www.aberdeenshire.gov.uk/social-care-and-health/ahscp/about-ahscp



The Digital High Street

Alzheimer Scotland are working with dogs and technology to create smart home solutions that can be supported by either an assistance dog or a family pet.

[@AlzScotDigital](https://twitter.com/AlzScotDigital)



NHS Near Me

This video consulting technology enables citizens to access local health and care services remotely using internet enabled devices.

www.nhshighland.scot.nhs.uk/NHSNEARME/Pages/Welcome.aspx



Home Health Monitoring

Learn why knowing about blood pressure monitoring is important for your health, see how you could be monitoring it at home and how you can help yourself to better health.

www.bhf.org.uk



Dundee Voluntary Action TEC Project

Smartphones, tablets and monitors can mean people are able to better manage their own health. If you can't see or hear well, technology can also help there. Plus, did you know that some health and care consultations are turning to videolinks?

<https://dva.scot/our-work/healthcare-and-wellbeing/technology-enabled-care-tec>



Giraffe Healthcare

Giraffe Healthcare is an online platform for the remote delivery of physiotherapy to help people with long term conditions manage their condition.

www.giraffehealth.com



cCBT

This self-help interactive computer programme guides the user through the principles of Cognitive Behavioural Therapy over a course of 6-10 weeks.

cCBT is available across Scotland.



TEC Ayrshire

The Technology Enabled Care Team from NHS Ayrshire and Arran are looking forward to telling you all about Home and Mobile Health Monitoring and App Development for supported self-management of COPD, Heart Failure, Hypertension, Diabetes and Smoking Cessation.

www.nhs.uk/services-a-to-z-support-pages/using-technology-to-manage-your-health



NHS in Your Home

NHS Highland use various technologies to enhance the way in which they support you. Discover how simple tech may help you to stay safe and independent in your own home for as long as possible, to attend hospital appointments without the need to travel, and to take control of common health conditions such as high blood pressure.

www.nhshighland.scot.nhs.uk/Services/Pages/TechnologyEnabledCare.aspx



Innovation

Digital Health and Care Institute

DHI is one of Scotland's eight innovation centres funded by the Scottish Government and the Scottish Funding Council. They work to turn great ideas into real digital health and care solutions.

www.dhi-scotland.com



Virtual Reality

A new project aims to open up the world of Virtual Reality and consider how it could be applied to self care and management.

www.livelifeberdeenshire.org.uk



Nesta Innovation Foundation

Nesta is the UK's innovation foundation. They bring bold ideas to life to change the world for good. They are looking for peoples' thoughts and ideas on the use of health and social care data.

www.nesta.org.uk/archive-pages/health-lab



AI for Self Management

Pharmatics are developing artificial intelligence for supported self-management of long-term conditions. The project is early-stage.

www.pharmaticsltd.com



Long Term Conditions

OneTouch® products

LifeScan, Inc.'s vision is to create a world without limits for people with diabetes. Globally, more than 20 million people use OneTouch® brand products to help them manage their diabetes. They include personal blood glucose meters, testing strips, lancets, point of care testing systems and integrated digital solutions. Join them for a demo on their One Touch Reflect / One Touch Reveal system.

www.lifescan.com/home



Living Well with Diabetes

This co-produced project promotes equal relationship and responsibility between people and medical professionals to self manage diabetes better. Learn more about the journeys of the peer supporters and project staff.

www.mydiabetesmyway.scot.nhs.uk



Self management and rehabilitation apps

my mhealth are a leading supplier of self-management and rehabilitation apps and platforms for people with COPD, Asthma, Diabetes and Heart Disease.

mymhealth.com



PBC Foundation

Their new self management app includes features that allow users not only to record their symptoms on a day-to-day basis and their biochemistry results, but also to personalise the app to match the user, their journey and their priorities.

www.pbcfoundation.org.uk



Self Management

Self Management Toolkit

LGOWIT have developed a new eLearning tool, to support you on your self management journey.

www.lgowit.org



Medsmart® app

This free app helps patients manage and understand all of their medicines, whether prescription or over the counter. It seamlessly links people to their medicines, simply by scanning the existing barcode on their medicines.

www.talkingmedicines.com



RGU Apps for Self Management

Researchers from the Schools of Computing Science and Digital Media and Health Sciences are developing a range of mobile phone apps, to address lower back pain, musculoskeletal conditions, mental wellbeing and to encourage activity in older age.

www.rgu.ac.uk



Support and Carers

ClickGo and CareFree

ClickGo enables people who access support services to have more choice and control over their support, whereas CareFree is an app which helps families and informal carers to coordinate care.

www.carrgomm.org



CogniCare

This digital companion for family carers that enables personalised care, providing guidance and insights to ensure carers have support each step of the way.

[@Cogni_Health](https://twitter.com/Cogni_Health)



Young People

Your Emotional Homunculus

Ever get the feeling that your body has a mind of its own? This development provides an interactive opportunity to explore mental health and wellbeing, conflict, family and relationships; combining the science of brain chemistry, evolution and a creative approach to understanding human interactions.

scottishconflictresolution.org.uk/homunculus



BCS Health and Care Scotland and Robert Gordon University

This collaboration presented two self management resources for children to help them learn about hygiene, microbes and managing eczema.

scotshi.bcs.org



#Think2Drink

The NHS NSS Health Protection Team have created a set of resources to promote the importance of hydration, especially in children.

www.nhsinform.scot/campaigns/think2drink-h2o



VR in theory and practice

This collaborative have developed several innovations, all involving the use of virtual reality. They cover VR for Art Therapy and Mental Health, as well as using VR in hospitals and for children.

www.uhi.ac.uk

