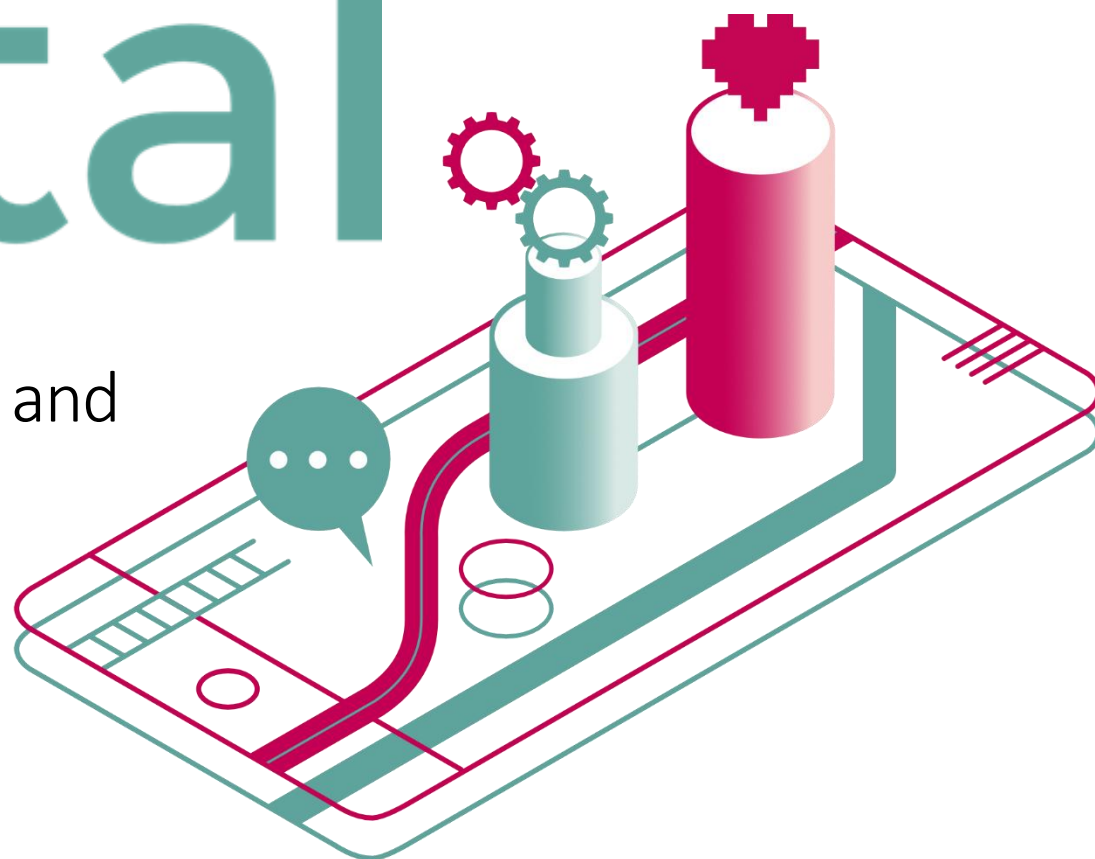


# discover digital

a guide to **digital** health, care and wellbeing

Section 7 out of 7: **Glossary / References**



## Glossary

**Digital tools:** devices, apps or services that involve or relate to the use of computer or online technology.

**Apps:** also known as mobile applications. They are programmes that you can access on smartphones or tablets.

**Assistive technology:** technology that supports disabled people or people with restricted mobility or other impairments. It helps with tasks that might otherwise be difficult.

**Games:** interactive activities, that are often fun to engage in.

**Home adaptation:** helps people with limited mobility or additional needs. They are assistive technologies, for example, a personal alarm. They help people to live more independently or safely at home.

**Home sensors:** devices that can monitor aspects of your environment. For example, movement, air quality etc.

**Occupational therapists:** they specialise in activities and tasks that are important to you. They help you to manage these every-day.

**Online counselling:** individual or group counselling. It can be accessed on the web.

**Online peer support:** advice and support from other individuals like you. It can be accessed on the web, on platforms such as discussion forums or blogs.

**Online programmes:** structured activities. You can access these and take part in them on the web.

**Online training:** structured and guided activities you can access and take part in on the web. They have a learning outcome associated with them.

**Tele-monitoring tool:** devices, apps or programmes that you can use to send information. The information is about your health and wellbeing. It is sent to a support worker or health professional.

**Virtual reality:** an immersive environment created with the help of special goggles. The goggles can make you feel like you are in a virtual space.

**Wearables:** devices that you wear and which track certain aspects of your lifestyle or health. For example, steps, heart rate etc.

**Websites:** online pages or portals. You can access relevant information by visiting these.

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## Websites

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Care Information Scotland. Equipment and adaptations/telecare: [www.careinfoscotland.scot/topics/care-at-home/equipment-and-adaptionstelecare/](http://www.careinfoscotland.scot/topics/care-at-home/equipment-and-adaptionstelecare/)

Carers UK. Where to find technology: [www.carersuk.org/help-and-advice/technology-and-equipment/where-to-find-tech](http://www.carersuk.org/help-and-advice/technology-and-equipment/where-to-find-tech)

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Near Me Scot: [www.nearme.scot/](http://www.nearme.scot/)

NHS Highland. Technology Enabled Care: [www.nhshighland.scot.nhs.uk/services/pages/technologyenabledcare.aspx](http://www.nhshighland.scot.nhs.uk/services/pages/technologyenabledcare.aspx)

NHS inform. Sexual health services online appointments booking system: [www.nhsinform.scot/sexualhealth](http://www.nhsinform.scot/sexualhealth)

NHS inform. Technology Enabled Care: [www.nhsinform.scot/healthy-living/preventing-falls/help-and-support/technology-enabled-care](http://www.nhsinform.scot/healthy-living/preventing-falls/help-and-support/technology-enabled-care)

NHS inform. Tools and apps: [www.nhsinform.scot/care-support-and-rights/tools-and-apps](http://www.nhsinform.scot/care-support-and-rights/tools-and-apps)

RNIB. Technology support we offer: [www.rnib.org.uk/practical-help/technology-hub/technology-support](http://www.rnib.org.uk/practical-help/technology-hub/technology-support)

Telecare Self-Check Online Tool: [www.telecareselfcheck.scot/](http://www.telecareselfcheck.scot/)

## Find out more:

You have just completed the **seventh section** of this guide:

1. About / How to use this guide
2. The big picture
3. Digital tools for self management
4. Digital NHS services
5. Technology enabled care
6. Safeguarding and self-evaluation
- 7. Glossary and references**

Revisit another section on the [ALLIANCE website](#).

## About the ALLIANCE

The Health and Social Care Alliance Scotland (the ALLIANCE) is the national third sector membership organisation for the health and social care sector. We bring together over 3,500 people and organisations dedicated to achieving our vision of a Scotland where everyone has a strong voice and enjoys the right to live well, with dignity and respect. Our members are essential in creating a society in which we all can thrive, and we believe that by working together, our voice is stronger.

We work to improve the wellbeing of people and communities across Scotland by supporting change in health, social care and other public services so they better meet the needs of everyone in Scotland. We do this by bringing together the expertise of people with lived experience, the third sector, and organisations across health and social care to shape better services and support positive change.

**The ALLIANCE has three core aims.**

**We seek to:**

- **Empower people with lived experience:** we ensure disabled people, people with long term conditions, and unpaid carers are heard and that their needs remain at the heart of the services and communities.
- **Support positive change:** we work within communities to promote co-production, self management, human rights, and independent living.
- **Champion the third sector:** we work with, support and encourage co-operation between the third sector and health and social care organisations.

The ALLIANCE is committed to upholding human rights. We embed lived experience in our work and aim to ensure people are meaningfully involved at every level of decision-making.

Working together creates positive, long-lasting impact. We work in partnership with the Scottish Government, NHS Boards, universities, and other key organisations within health, social care, housing, and digital technology to manage funding and develop successful projects. Together, our voice is stronger, and we can create meaningful change.

