



North Wales **Together**  
Gogledd Cymru **Gyda'n Gilydd**

*Seamless services for people with Learning Disabilities*  
*Gwasanaethau ddi-dor i bobl ag Anableddau Dysgu*



Paul Mazurek

# *Assistive Technology – 'Technology Enabled Care'*

<https://northwalestogether.org/>



CYDWEITHREDFA GWELLA GWASANAETHAU  
GOFAL A LLESIANT **GOGLEDD CYMRU**

**NORTH WALES** SOCIAL CARE AND WELL-BEING  
SERVICES IMPROVEMENT COLLABORATIVE



# North Wales Learning Disability Strategy 2018 to 2023



**GIG**  
CYMRU  
**NHS**  
WALES

Bwrdd Iechyd Prifysgol  
Betsi Cadwaladr  
University Health Board



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# What people told us was important to them:

- In the strategy we focus on how health and social care services can work better together and look at the areas people have told us matters to them: Adults and Children.
- having a good place to live
- having something meaningful to do
- friends, family and relationships
- being safe
- being healthy
- having the right support

- **Assistive Technology: (TEC)** - Find ways to use technology in supporting people to be more independent.

### AIMS

- Technology can be used in all areas of people's lives
  - Introduce people to technology.
  - Encourage the use of technology.
  - Technology is part of the conversation!
- Develop a strategy to help promote a consistent and forward thinking approach with regard to the use of technology.

# Priorities around use of Technology

- People with a Learning Disability are using Technology.
- Promote and increase people's independence. Having **'Just Enough Support'**.
- To promote positive risk taking, *allowing* people, as they've told us many times, 'I should be allowed to take risks like everyone else'!
- Use of Technology to assist with Communication.
- Use technology to make the sharing of information easier for people.
- Overcoming the barriers to using Technology.

# Barriers to using Technology.

- Accessibility
- Awareness
- Skills
- Training
- Support
- Motivation

## Impact (Negative)

- Banking, Finances, access to..
- Bills – Cost more
- Jobs
- Shopping
- Health – appointments, prescriptions etc
- Bus Passes!
- **Remain Digitally Excluded.**







Wales Co-operative Centre  
Canolfan Cydweithredol Cymru

Cymunedau  
**Digidol**  
Cymru

**Digital**  
Communities  
Wales



Rhaglen  
Llywodraeth Cymru  
Welsh Government  
Programme

<https://northwalestogethenw.org/>

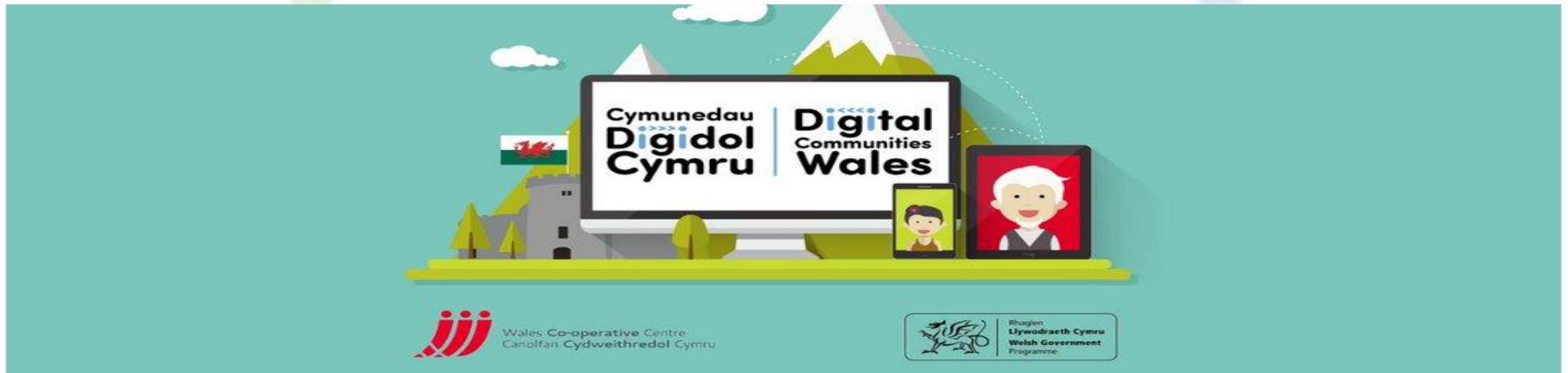


- Assessment/Consultation
- Training
- Digital Equipment loan
- Digital Volunteer Development i.e Heroes, Champions, Companion.
- And More

Website - <https://www.digitalcommunities.gov.wales/>

Twitter - @DC\_Wales





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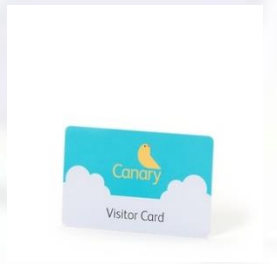
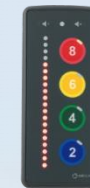
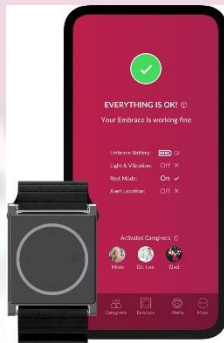
# Equipment – Telecare/Telehealth



# Assistive Technology -Equipment.



myhomehelper



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# Smart Speakers – Alexa, Google

- Promote Independence
- Communication – connect with family, friends
- Reduce Isolation - (might also increase it?)
- Entertainment - music, games etc
- Get information – weather, time
- Routine management - reminders, shopping list, to-do lists
- Control devices - Lights, switches, TV, Blinds etc
- Security – view doorbell, cameras etc





# Alexa!! - Wrexham



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# Smart Watches

- Health and Fitness
- Trackers
- Epilepsy / Falls
- Route Planning





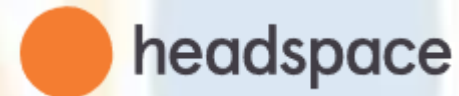
# Technology – Way2Be (Flintshire)

- <https://vimeo.com/241160325>

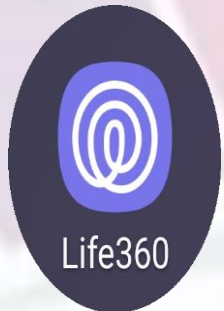
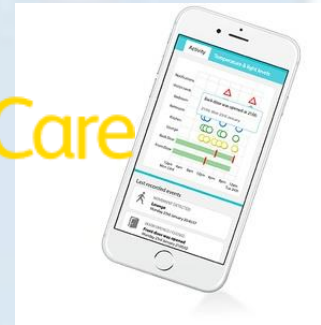
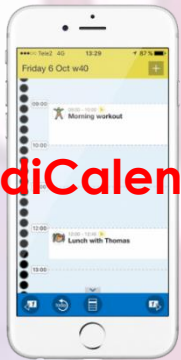


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# Assistive Technology – Apps and Systems



HandiCalender



# My Health Guide

<https://www.myhealthguideapp.com/features/>

- An App based system for people to have control of their own information.
- What Matters and is Important.
- Manage and control own information, including health.
- Can share with people.
- Manage routines.
- Record activities.
- Text to Voice and Audio



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# Routines – Abilia

<https://www.abilia.com/en/our-products/cognition>

## Equipment

- HandiCalender
- Memo Day Planner
- Memo Planner – Digital
- Timer



## Outcomes

- Routines
- Planning Aid
- Structure
- Improved Time Management
- Support – everyday activities
- Anxiety management



[https://youtu.be/DW5Jtt7\\_V\\_8](https://youtu.be/DW5Jtt7_V_8)

<https://northwalestogether.org/>

# Ethel

<https://www.ethelcare.co.uk/>

## Powerfully Simple

- Connect People – Voice, Video, Text
- Share Pictures and videos
- Reduce isolation
- Set reminders – Medication, To-Do etc
- Exercise routines



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# Virtual reality immersion



Virtual reality headsets are now being used for more than just entertainment, games etc. They can be used to support people in different areas of their lives.

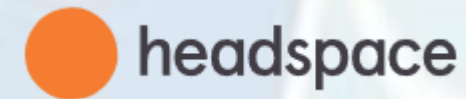
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# Virtual Reality



- Skills development i.e. Travel Training, shopping
- Desensitisation Work.
- Reminiscence/Memories
- Anxiety Management
- Distraction Techniques





- Safe/Secure 'Social' Platform
- Designed specifically for people with Learning Disabilities

I would like to Introduce:

Charlie Levinson from Multi ME

# Next Steps -



- There have been a number of Pilots/Trials being set up.
- Opportunities to Demo equipment with people. Groups etc.
- These are due to commence soon and run for next 6 – 8 months
- We will then have a look at how these pilots/trials have gone, whether they have been good, or not?
- Updates on Website – <https://northwalestogether.org/>
- <https://www.northwalescollaborative.wales/learning-disabilities/learning-disability-transformation-programme/>

# How to Get in Touch



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