



# News

Two major Telehealthcare programmes that were officially launched by the Cabinet Secretary for Health and Wellbeing Alex Neil MSP are on the lookout for people to get involved.

**The projects, called SmartCare and United4Health, will operate across Ayrshire, Arran and the Clyde Valley. They are being jointly funded by the Scottish Government and the European Commission and aim to use familiar technology to support people within their own homes or communities in the management of long term conditions,**

The SmartCare programme will link service provision across health, care, family, informal carers and the voluntary sector. It will utilise technology to support the health, care and wellbeing for the over 50s with a specific focus on falls prevention.

The United4Health programme will give patients living with diabetes, COPD or heart failure a central role in the management of their condition. It will do this through home based monitoring of a patient's health and wellbeing.

This enables earlier detection of worsening health, supporting self management and early treatment that helps avoid hospitalisation and/or early discharge from hospital for patients who can be monitored at home during recovery.

At the formal launch, the Minister heard via video-link from East Ayrshire resident Jessie Chalmers, who told the minister how the technology has made a real difference to how she has been able to manage her health condition

Great-grandmother Jessie said: "When the practice first suggested one of the pods, I wasn't sure, but the longer I use the pod the more confidence I get. When I go out I know how far I can go before I need to use my inhaler. The pod monitors my oxygen level, pulse and sputum, so I know if I'm getting a chest infection and can start taking my antibiotics. It also gives me confidence to talk to my doctor about what I think is wrong."

Health Secretary Alex Neil said: "These projects are a fantastic example of how using innovative technologies can enable people to be treated as close to home as possible and reduce the need for hospital admissions".





SmartCare is a new project that aims to improve the health, care and wellbeing of 10,000 people aged 50+ within Ayrshire, Arran and the Clyde Valley.

**The project aims to link information across health, social care, well being and local facilities for people who have fallen or are at risk of falling. It will also support the person and their carer to coordinate the services they wish to use and to promote falls prevention and management.**

SmartCare will use familiar technology to support you to share information about your needs and coordinate daily activities. It will support you and your carer to identify local activities which could help you recover from a fall. The service will be developed along with people who use the services, building in opportunities to try out new technology.



Familiar technology such as smart phones and tablets can often give a new dimension to people's lives, helping them keep in touch with friends and family, as well as making new friends with similar interests and hobbies. When a person has more life satisfaction this will often have a positive impact on their wellbeing and independence.



The SmartCare project team understands that not everyone is "tech-savvy" and that both carers and those they care for must feel comfortable with any new technology or programmes they are provided with.

*The project will start rolling out across Ayrshire, Arran and the Clyde Valley from May 2014 and there will be a number of local events and opportunities to get involved.*



**United4Health**



People living with a long-term condition within Ayrshire, Arran and the Clyde Valley are being encouraged to get involved in an ambitious European health project – United4Health.

**The three-year project aims to help change the way people receive health care services. It will do this through the use of familiar technology which in turn will give them a central role in the management of their condition.**

The project will build on existing experiences from across Scotland and Europe on the benefits of using telehealth to support people to live well with a long term condition. It will do this by:

- Educating people on effective ways to manage their condition and providing easier access to information;
- Supported monitoring of a person's health condition through the use of technology solutions which can follow them wherever they are. This will enable earlier detection of worsening of health conditions, leading to earlier intervention that may help to avoid hospitalisation;
- Monitored and supported discharge from hospital as soon as a person living with a long term condition does not require anymore specialised treatment

**The long term conditions United4Health will focus on are:**

**Lung disease (COPD)** – The aim is to support discharge from hospital as soon as the patient does not require any more specialised treatment that only the hospital can offer, but simply needs to be monitored to follow his/her recovery. People have told us that they do not want to stay in hospital any longer than is necessary.

**Diabetes** – My Diabetes My Way is a national, Scottish wide website supporting people with diabetes. It allows people access to their clinical information from a wide range of health services. The United4Health programme will enable the digital upload of home blood glucose readings which will further enhance their own clinical information and support discussions with specialists, practice nurses and GPs during regular reviews.

**Heart failure** – Monitoring of symptoms of heart failure such as weight gain, sleeping patterns and breathlessness can identify early changes that can then be monitored and hopefully prevent hospital admission.

# Events Round Up

- A special event aimed at people who use falls services and their Carers was held at Hampden Football Stadium, Glasgow in October 2013. Its purpose was to raise awareness of SmartCare and United4Health and included a special exhibition demonstrating the range of health and care technologies that are available to support people and their carers.
- Another Hampden Event! The SmartCare Project played host to a Show and Tell event at Scotland's national football stadium in January 2014. The purpose of the event was to tell technology industry suppliers about the falls work happening across Scotland and the products we want them to design which could support people who have fallen or are at risk of falling. The event proved to be of great interest to service users and carers as well as support staff and professionals working in the area of falls prevention.



"Made more aware of the community based goals for service users"

"Useful information and supplier discussion. Useful session, well presented, engaging and informative"

"Good information provided regarding integration and discharge"

## Get Involved

SmartCare and United4Health are looking for people from across Ayrshire, Arran and the Clyde Valley to get involved. If you have ideas on how local services could be better delivered the team would like to hear from you.



For further information, or to get involved in either the SmartCare or United4Health project, please get in touch with your local contact below.

### Ayrshire & Arran

[sharon.callaghan@aapct.scot.nhs.uk](mailto:sharon.callaghan@aapct.scot.nhs.uk)

### Lanarkshire

[morag.hearty@lanarkshire.scot.nhs.uk](mailto:morag.hearty@lanarkshire.scot.nhs.uk)

### Renfrewshire/ East Renfrewshire

[Janice.Kinnaird@ggc.scot.nhs.uk](mailto:Janice.Kinnaird@ggc.scot.nhs.uk)



For general information on SmartCare email: [Scotland@pilotsmartcare.eu](mailto:Scotland@pilotsmartcare.eu) or visit [www.sctt.scot.nhs.uk/programmes/smartcare](http://www.sctt.scot.nhs.uk/programmes/smartcare)

And for United4Health, visit [www.united4health.eu](http://www.united4health.eu)



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