



Talking Mats Self - Management Project

Dr Joan Murphy and Nicki Ewing
joan@talkingmats.com

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Background

- Government Strategy 'Gaun Yersel'
- Self Management for people with LTC
- Health and Social Care Alliance funding
- Does the DTM support self management?

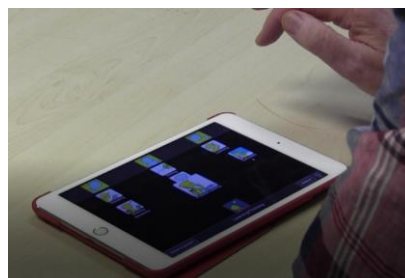
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Who were we working with?

- 9 People with Learning Disabilities
- 11 People who have Dementia
- 8 People who have had a Stroke

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Digital Talking Mats



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What did it involve?

- Personal digital licence
- Initial visit to demonstrate the App
- Person completes six mats
- Second visit to see how it has been
- Further mats
- Group feedback meetings



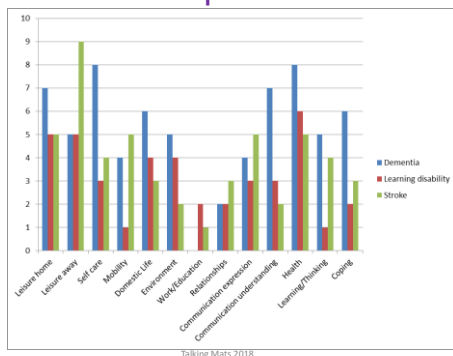
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Numbers

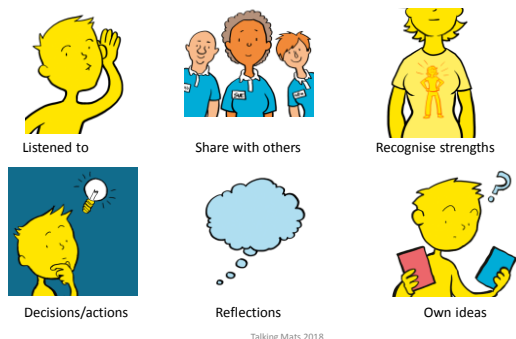
- 15 completed all 6 mats
- 12 participants continued to complete mats
- over the 18 months
- Participants completed 235 mats across all 13 topics
- 2 participants created their own topics 'football' 'meals'

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Topics



What were we evaluating?



Participants with stroke



Sharing mats with others

- Mainly family and support staff
- CPN
- Hospital staff
- GP



Recognising strengths - Graham



Michael



Self-management actions

- A man with severe receptive dysphasia is now using Facebook to connect with his social circle with whom he had lost contact
- A young man who has had a stroke has expressed his desire to go back to work with support
- A young woman with a stroke set her goal to tie her hair back
...even if its messy I'll have done it...it will be a huge achievement.



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Bill



6.6.17

9.11.17

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Self Reflection



- *I come up with niggly health things that my partner didn't know*
- *It helped me to pinpoint my goals – made it clearer. I know goals in my head butmurky.....this made it clear. It helped me to see what I could and couldn't do*
- *I can now talk to (my wife) in a way I couldn't before*
- *It made me think not just about dire thoughts, it prompted me to think about the good things*
- *None of us are really independent in life*

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Own ideas



- Comparing over time
- Sharing mats between couples
- Making up portfolios – a visual 'This is me'
- iPad group
- Thinking ahead

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References

- Gaun yersel:
<http://www.gov.scot/Publications/2008/10/GaunYersel>
- Ewing,N & Murphy,J (2017) See what matters.
Australian Journal of Dementia Care 6(5)25-27
<http://journalofdementiacare.com/see-what-matters/>
- Self-managing Long Term Conditions Smartly: Final Report April 2018
<https://www.talkingmats.com/projects/research/>

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For further information contact
joan@talkingmats.com
01786 479511

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