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Pilot participants wanted now

to test a new service for people with dementia in Wales

Cardiff Metropolitan University are looking for users who are interested in participating in a **6-week pilot study** of a new service for people with dementia and their care network.

In partnership with UHB and the City of Cardiff Council we have developed a new service called AbleMe and would like to **hear what you think about it**. The purpose of this pilot study is to test whether the system works for people like you and if so gain feedback so that **more people in Wales can benefit** from the support it provides.

Contact us now

To learn more about this pilot please call Alex Haagaard on **02920205584** or email **ahaagaard@pdronline.co.uk**

**Free tablet
computer for use
in the pilot is
yours to keep
afterwards**



Further information



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Who can participate?

PDR are inviting people who have been diagnosed with early-stage dementia or mild cognitive impairment, who are interested in technology, and who have a family member or close friend who is also willing to participate.

But I don't have a computer or wi-fi?

In return we will provide you and your carer with a tablet computer that you can keep once the pilot has ended. If you don't have wi-fi at home we can also supply you with a mobile wi-fi unit that will ensure you are connected.

What is this research for?

PDR, a research centre based at Cardiff Metropolitan University has developed AbleMe, a digital enablement service that aims to help people with early-stage dementia continue to participate in the activities that are important to them over a longer period of time. AbleMe helps users to coordinate their activities and care networks, offers access to guidance and support from Dementia Support Workers at the Alzheimer's Society, and provides a resource for people seeking accessible services in their community.

What will I be asked to do?

Users and carers who are selected to participate in the study will each be provided with a tablet computer that they can use to access the service. The study will take place between February 2016 to March 2016. Over this time, PDR will ask participants to take part in three short interviews so that they can learn about how they are using the service and how we can improve it. PDR will also ask users to complete a short survey about the service once the study has ended.

What is AbleMe and how will this help my carers or me?

AbleMe is based upon the re-ablement model used by Occupational Therapists, through which users are encouraged to develop, or re-develop, the skills and confidence to carry out tasks for themselves. The core of the service is an app that guides users to plan and keep track of their activities, coordinate them with formal and informal carers, and link them with personal goals. Members of a user's care network can be connected to these enablement plans, allowing them to more easily coordinate their own involvement, and providing reassurance for remote carers by helping them to stay connected with the user.

The service also aims to provide users with support and guidance for managing their dementia, by allowing them to schedule monthly video-conferences with a Dementia Support Worker, and to pose questions through an in-app messaging system. By participating in the pilot study you will be able to do this through the AbleMe app.

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