

CASE STUDY 8 : SOCIAL WORKER STOKE

Using a tablet/smart phone that recommends apps. Using a lot of the mental health and mindfulness apps but also finding apps that clients need and would find useful in their daily lives - used menstrual cycle tracking app to help a user that got stressed about carers coming at times and this helped her retain some control. Headspace has been great to refer people to when they need some support and are waiting for referrals.

Used what three words - helped with a client who had anxiety about getting lost. More confident in going out. Walking helped but social anxiety was making him concerned that if he got lost wouldn't know who to ask, having the app which is used for international rescue and can pin point your exact location when out off the main roads has made him feel more secure. Would know where he was if he needed to call for help.

Having a device to demonstrate the apps on is so much easier and engaging with the clients - it is easier to demonstrate than to try and explain verbally. Can search together for suitable apps.

It has had a positive impact as gives something else to introduce and to open conversation. Can have a really positive impact on someone and is a really simple tool.

Opening question

Helps to keep both service users and staff up to date with what's going on and ways that they can improve their lives and roles.

Impacted on the service users more, what they can do.

Since undertaking the ALS course what do you think are the main benefits to introducing digital health options in general? Can you see adopting TECS as saving time?

Building a better rapport with service users.

Opens new conversations - how can it help, what do they need. Little things can make a big difference.

Introducing to them what they can do for themselves. Giving them independence.