

DIGG: PLAN FOR YEAR JULY 2007 - JUNE 2008

Services

1. Information provision and response to enquiries

Continuation of current activity, including further advertising and promotion of the information and support facility.

Collation and presentation of the views and experiences of people with a physical disability.

2. Self-management (chronic disease management) courses

'Expert Patient' courses will continue to be delivered under licence from Stanford University. These will be held in premises that have been negotiated at no or minimal cost. A bank of 'lay' course tutors already exists. Consideration is being given to setting up 'in-house' training programmes for new recruits.

An entirely new self-management course, incorporating 'mindfulness' techniques is being developed - geared to the needs of a West of Scotland audience.

It is proposed to deliver two more 4-session self-management courses, targeted to meet the particular needs of adolescents and young adults with a moderate or severe physical disability.

Health professionals will be encouraged to promote self-management as a possible adjunct to therapy for people with long-term conditions. DIGG has been asked to provide short training sessions for some specialist nurses, and it is proposed to extend these to include consultant neurologists, physiotherapists and occupational therapists for example.

The possibility is being explored of developing a self-management course specifically for people with acquired brain injury and (with the Prince's Trust) for carers..

3. Outreach Support (acquired brain injury; neuromuscular disorders)

Funds from grant-giving bodies will be sought to maintain and develop the work initiated by a Big Lottery-funded outreach worker for young people with an acquired brain injury. Efforts are also being made to establish the post of outreach worker for young people with

neuromuscular disease within the NHS.

4. Website Development

Maintenance, improvement and development of the website will continue.

It is proposed to produce a CD-ROM and possibly DVD version of the website.

Development of an internet comment and discussion facility is also planned.

5. Self Assessment

Work will continue to develop an (initially) electronic system to encourage and facilitate assessment of individuals' own needs. Experience will continue to be shared with self-assessment pilot sites in England.

6. Citizens' Forum; Self-management support groups

Meetings will be arranged between Citizens' Forum members and providers (NHS and Social Work) to reach agreement on issues of concern, and to explore ways to resolve these.

DIGG will continue to facilitate meetings of people who have participated in self-management courses and who wish to continue to exchange ideas and to support one another.

7. Development of flexible employment opportunities for young physically disabled people

DIGG will continue where possible to employ severely physically disabled people as paid employees of the organisation, including those able to participate only on an intermittent basis.

8. Advising and advocating on behalf of people with visual impairment: with individuals and with organisations (eg RNIB). Current activity will be continued.

9. Development of a training course and manual for 'Activities Coordinators' in care homes. This is a new enterprise - prompted by experience in engaging with activities personnel and promoting activities in a number of care homes.

10. Physiotherapy (for younger adults) and occupational therapy in care homes

Work will continue in exploring the most effective ways of deployment of a physiotherapist and occupational therapist in care homes.

11 Publications: continued production of reports, data analyses etc.