

Dementia Workgroup  
Co-Production Work shop 2

10:00	<p><b>Welcome &amp; Introductions</b> <b>Reminder</b> of group norms</p> <p><b>Review</b> what was done in the last meeting – drawing activity that demonstrated co-production, wellness activity results</p> <p><b>Review the principles of co-production</b> – explain that the activities we do relate to various co-production principles</p>	<p>Have an attendance list Sticky labels for each person to write name on</p>
10:10	<p><b>Warm-up</b> As each person comes in they are to select a strength card. With a partner discuss:</p> <ul style="list-style-type: none"> <li>• Why did you choose that card</li> <li>• How have you used it?</li> <li>• Ask if anyone would like to share with the rest of the group</li> </ul> <p>(this strength can be used later during the tree of Strengths activity)</p> <p><b>This also relates to co-production principle 1: People are assets, the skills and strengths they bring are used in the process of change</b></p>	
10:30	<p><b>Dare to Dream</b></p> <ul style="list-style-type: none"> <li>• Divide into groups of 3-4</li> <li>• Dream big...elements of a good life</li> <li>• Write on post it notes and stick on wall</li> <li>• Rearrange with the group and put similar elements together under headings</li> </ul> <p>(This information will feed into our discussions about respite with a focus on wellness)</p> <p><b>This also relates to co-production principle 5: the focus is on delivering outcomes which promote wellness and enablement</b></p>	
11:00	MORNING TEA	
11:15	<p><b>Tree of Strengths</b></p> <ul style="list-style-type: none"> <li>• Work with a partner</li> </ul>	

	<ul style="list-style-type: none"> <li>• 5 post it notes each</li> <li>• Discuss and identify 5 strengths, each person (including practical strengths)</li> <li>• When complete, ask people to put the notes on the tree</li> <li>• Read all the skills and strengths the group has</li> </ul> <p>Relate this back to <b>principle 1</b></p>	Sally to give examples
11:30	<p><b>Understanding respite</b></p> <ul style="list-style-type: none"> <li>• Work in groups of 3-4</li> <li>• Discuss '<b>What is respite?</b>' (yellow paper) &amp; '<b>Who is respite for?</b>' (green paper)</li> <li>• One person in the group to scribe answers</li> <li>• Groups share their information</li> <li>• Collect answer sheets</li> </ul>	
11:50	<p>Summarise what has been covered today</p> <p>Plan for next meeting</p> <p>Next steps include project planning</p>	

Things to gather:

Attendance list

Sticky labels

Folders (for any new participant)

Note paper

Pens

Coloured pens

Tree

Markers

Post it notes