

Dementia Workgroup  
Co-Production Work shop

10:00	<p>Welcome &amp; Introductions</p> <ul style="list-style-type: none"> <li>• Who we are</li> <li>• Where we are from</li> </ul>	<p>Have an attendance list Sticky labels for each person to write name on</p>
10:10	<p>Group norms Important to have some group rules to ensure we all work well together Check the following have been covered:</p> <ul style="list-style-type: none"> <li>• Everyone has the right to speak and be heard</li> <li>• What is said in the group stays confidential</li> <li>• Be honest and open and ask for help if you need it</li> <li>• Keep it brief and stay on the topic</li> <li>• No put-downs, no talking over others &amp; no side conversations</li> <li>• All ideas will be listened to</li> </ul>	<p>Butchers paper, marker pen</p>
10:20	<p>Ice-breaker: starbursts Red: something about your family Purple: an activity you love doing Pink: a food you love to eat Orange: a favourite film or TV show</p>	<p>Allow each person to take some Starbursts – as many as they like - an answer for each colour</p>
10:40	<p>Why we are here?</p> <p>The focus of the working group is to identify what a valued respite experience is for people with dementia and how the experience can increase wellbeing. (or wellness of both the carer and person with dementia)</p>	

	<p>....however</p> <p><b>Today the objective is to get to know you, establish our group and set the scene</b></p> <p><b>The session will focus on:</b></p> <ol style="list-style-type: none"> <li><b>1. Co-production</b></li> <li><b>2. Wellness</b></li> </ol> <p>Firstly, we have to establish what co-production is ...what it means...and how we are going to work together on this project</p>	Write objective on butchers paper and display
10:45	<p>Co-drawing Activity</p> <ul style="list-style-type: none"> <li>• Round 1&amp;2=traditional methods of service delivery</li> <li>• Round 3=consultation (don't really have a voice in the end outcome)</li> <li>• Round 4=co-production as you discuss, decide and do together</li> </ul>	See activity sheet. A4 coloured sheets, coloured pens
11:00	<p>Co-production definition and discussion</p> <ul style="list-style-type: none"> <li>• Working together as equals – in partnership</li> <li>• Commitment to working collaboratively</li> <li>• Each person is involved in the process from beginning to end</li> </ul> <p>Read through the principles of co-production</p>	<p>Give out information on co-production</p> <p>Give out co-production principles</p>
11:10	<b>MORNING TEA</b>	
11:25	<p>Wellness – why it's important and why we need to know about it</p> <p>All services, including respite need to reflect a wellness philosophy</p> <p>Building individuals up rather than pushing them down</p>	Give out dependency model and wellness model

	<p>What is Wellness?</p> <ul style="list-style-type: none"> <li>• Looking at people’s strengths and abilities</li> <li>• People setting their own goals and making decisions</li> <li>• Services are delivered in partnership</li> <li>• Taking opportunities to improve capacity with the right support at the right time</li> <li>• Importance of social and community connections</li> <li>• People having a sense of control over their lives – being more involved in the planning and delivery of services</li> </ul>	
11:30	Wellness Pebble Activity	
11:45	Discuss results	
11:50	Plan for next session – when, where, what	

## References

2016 Co-producing Aged Care Services with a Wellness Focus Community West Inc.