Living it Up (LiU)
dallas Scotland

Florence Miller
LIU Project Manager, Forth Valley
dallas (Scotland) delivering assisted living lifestyles at scale

living it up
feeling happy, healthy and safe

**Budget** - £10.3m
**Timeframe** – June ‘12 to May ‘15
**Users** – 55,000
**Locations** – 5 regions
LiU will co-design sustainable and innovative improvements and choices in health, care and wellbeing for 55,000 by 2015.
## High level outcomes

1. **Healthier living** - Individuals and communities are able and motivated to look after and improve their health and wellbeing, resulting in more people living in good health for longer with reduced health inequalities.

2. **Independent living** - People with disabilities, long term conditions or who become frail are able to live as safely and independently as possible in the community, and have control and choice over their care and support.

3. **Carers** - people who provide unpaid care to others are supported and able to maintain their own health and wellbeing.

4. **Effective resources** - The most effective use is made of resources across health and social care services, avoiding waste and unnecessary variation.

5. **Engaged workforce** - People who work in health and social care services are positive about their role and supported to improve care and treatment they provide.

6. **Wealth creation** - Increase in GDP, innovation and employment opportunities
Target population – 55,000 users

<table>
<thead>
<tr>
<th>Total Population</th>
<th>5,200,000</th>
<th>Based on 2010 Census data</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Lothian</td>
<td>Highland</td>
</tr>
<tr>
<td>%</td>
<td>49%</td>
<td>24%</td>
</tr>
<tr>
<td>A. General Population</td>
<td>15%</td>
<td>8,250</td>
</tr>
<tr>
<td>B. Active &amp; Healthy 50 -70</td>
<td>20%</td>
<td>11,000</td>
</tr>
<tr>
<td>C. 50-75 years with/at risk of LT C</td>
<td>25%</td>
<td>13,750</td>
</tr>
<tr>
<td>D. 75+ with LTC/Frailties</td>
<td>25%</td>
<td>13,750</td>
</tr>
<tr>
<td>E. Service providers</td>
<td>15%</td>
<td>8,250</td>
</tr>
<tr>
<td>Total</td>
<td>100%</td>
<td>55,000</td>
</tr>
</tbody>
</table>
Driven by Co-design, co-develop, co-create
What are we learning?

- Key insights and themes to explore in co-design workshops:
  - Giving back
  - Information
  - Knowing your community
  - New job roles
  - Technology
- Ideas for services and products
- Asset mapping across the 5 communities
- Personas
WELCOME TO LIVING IT UP

Everyone can benefit from a little more know-how. So get more out of life with Living it Up.
A service to help you get and share information for a healthier lifestyle.

Find us on: Facebook Twitter

Register or Login

JOIN LIVING IT UP
Join – LiU for a richer experience

- Personalise
- LiU profile
  1. Owned by user
  2. Edited by user
  3. Shared by user
- Allows LiU to personalise the user experience

My Living it Up Profile

Hello Chris Reynolds

This is your Living it Up Profile and you can edit this information here.

- First Name: Chris
- Surname: Reynolds
- LiU Role: Service provider/off
- Email: chris.reynolds@live.co.uk
- Gender: Male
- Address Line 1: Shetland
- Address Line 2: Broom Place
- Town/City: Portree
- Region: Western Isles
- Post Code: IV61 9HT
- Date of Birth: 10/09
- Interests: Learning more
- How did you hear about us?: Web
- Age Range: 10-19
- Image: Add

Delete My Living it Up Profile

Contact | Account Terms and Conditions | Privacy Policy | Cookie Policy
SHINE

- Quiz
- Personality type
- Local opportunity;
- Social
- Intellectual
- Volunteering
- Community participation

QUICK QUIZ
What makes you shine?

Choose up to 3 things that have shaped your life...
Choose up to 5 items

- moving
- family
- learning
- travelling
- health
- friends
- giving back
- faith
- home
- work
- relationship
- upbringing

= Back

Question 1 of 10

Next >

WWW.LIVINGITUP.ORG.UK
Discover

- Local info
1. Information
2. Video
3. Products
4. Groups
- Digital guides

How to.....

www.livingitup.org.uk
Flourish – Experience guides

- User generated
- User rated
- Sharing;
  1. Experiences
  2. Ideas
  3. Tips
  4. Comments

WWW.LIVINGITUP.ORG.UK
Flourish – What keeps you well tool

- Fun
- Engaging
- Easy to use
Have telepresence already? Invite others to use Jabber Video to join your telepresence meetings.
Is my system compatible?

To join a telepresence meeting, download Jabber Video now.
Jabber Video system requirements
Where we are now

- Launch of test Portal
- Community Engagement – Pop Ups, Workshops, talks to groups
- Building Assets – link and support community groups, organisations and local business
- Developing skills
- Building the numbers of test users
- Marketing and awareness raising
- Ongoing development
Here is how you can get involved

- Register and join LiU
- Help us shape the project
- Aid with reach and recruitment
- Tell us the best ways to engage with target populations
- Identifying groups or services who would benefit from more information
What’s happening soon?

LIU Update and Feedback Session
3rd June 2014
10.00am – 12noon or 1.30pm – 3.30pm
At Forth Valley Sensory Centre, Camelon

Pop Up Engagement Event
15th May 2014
11th June 2014
10.00am – 3.30pm
FVRH – Foyer
(in the Community Hub space)
Thank you for your time

florencemiller@nhs.net

01324 673737