



Bradford Teaching Hospitals **NHS**  
NHS Foundation Trust

## Pioneering Changes for people living with Parkinson's

**Margaret was first diagnosed with Lewy Body dementia and Parkinson's in 2007. In the early years she was able to continue more or less her normal routine, with the support of her partner, daughter and granddaughter.**



As the years went by, Margaret required more support to be able to continue independent living, but still maintained contact with her family in Ireland, where she was born and where most of her family live. Margaret's phone calls to her sister were particularly important. Over a period of time, Margaret became more and more immobile and found it impossible to make trips to visit her family and it was hard for them to visit her in England. Her social life became more and more difficult and, in 2014, her partner sadly passed away.

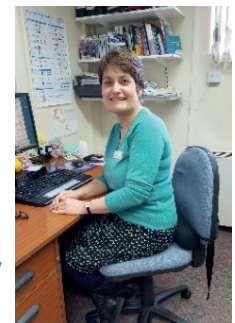
Isolation became a major issue for Margaret as she was now suffering from very bad nightmares and hallucinations that were very distressing. Medication helped, but these episodes and

frequent falls, that resulted in broken bones, meant that her daughter eventually had to give up work to provide the support she needed throughout the day and night. Her granddaughter also provided day and night support. This, as a result, meant that Mum and Daughter didn't really get any opportunity for time together, as they were caring for Margaret around the clock now.



A care package was put together, which was designed to provide Margaret with support. However, she still had episodes of distress when she was not able to see and talk directly with her Daughter and Granddaughter.

**Zoe Ridewood who is the Parkinson's Nurse Specialist in Neurology at Bradford Royal Infirmary** and has been supporting Margaret and her family since 2011, introduced her to one of the innovative tablet devices known as 'RITA' (Reminiscence Interactive Therapy and Activities).



Zoe Ridewood

Initially this was used as a means of purposeful occupation to help focus and stimulate Margaret. However, the power of the tablet soon grew and grew in terms of the level of support and companionship it was able to offer and became a valuable technology that has completely changed the lives of Margaret, Mary, Trudy and her care team.

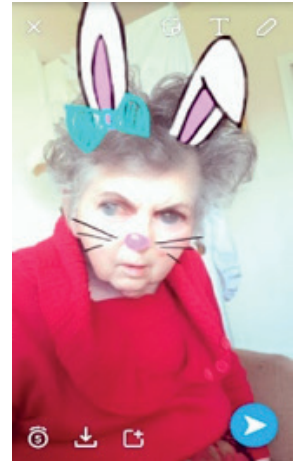
“ This type of technology has significantly contributed to Margaret's overall calmness and has reduced the need for some of her medication. The system has been able to calm her and help with some of the bad night dreams and hallucinations. The tablet device was recently used to conduct a Skype Call for a routine diabetes check-up with myself, the GP, Margaret and her daughter, to complete satisfaction, negating the need to travel to the GP's Surgery. ”

- Margaret's daughter and granddaughter, began to use the technology to leave messages for the care team, district nurses and the daily carer, to update information about Margaret's mood. They also included anything that she was looking forward to, enabling them to engage in conversation with her.
- The technology was later developed to record daily menus for the carers to make meals for Margaret of her choice. Margaret would sit down every morning with her daughter and granddaughter to do her meal plans.
- Margaret has retained a level of independency due to the way the technology has been used in her daily life. Mary and Trudy involve Margaret in shopping for weekly items online for occasions such as Birthdays and Christmas. In this way, she feels a part of everything and can choose the things she likes. Margaret has four cats and uses the technology, with the help of her family, to order pet food from the pet food store and eagerly awaits delivery from her regular delivery driver. This has been a key factor in Margaret's life in helping her retain independence and when she isn't up to getting involved then it can be done for her.



- The technology is used in such a way that it allows Margaret to be a part of family events that she is now not well enough to attend. An example of this was a recent family wedding in Ireland which her daughter and granddaughter attended and kept Margaret up to date with everything through recordings, which Margaret was then able to watch 'live' as the Bride and Groom arrived at the Hotel, where Margaret chatted to them and her sister and brother.
- She has had afternoon tea with her sister via live chat facilities - her sister, in Ireland, at their favourite hotel and Margaret at home.
- Every year she sends Advent Calendars to her great great nieces and nephews and this year she was able to watch them opening them up live and talking to her, via the technology.
- Christmas Day was very special this year as Margaret chatted live to her niece in Australia and then shared her Christmas dinner with her family in Ireland by using on line facilities for face to face chat.

- Margaret would never have been able to make the trip to Australia for a family Baptism, but this was recorded for her and she was able to watch it all at home, making her feel a part of it.
- Margaret loves her social media and has her own Facebook account, which helps her to keep in touch with family and friends across all age groups. She has an Instagram account and is fond of putting up pictures of herself, her cats and her activities. This last year she has also set up a Snapchat account and has great fun with the younger members of the family.



**In conclusion, this technology has really helped to improve the overall quality of life for Margaret and enabled her to maintain an element of independence. It is helping Margaret to retain her social life and engage with family and friends around the world. As the technology also transcends the different age groups, it makes it easy for everyone to keep in touch. This is now a very important part of Margaret's care plan, offering day to day support and pulling everything together for all people involved, thus ensuring her quality of life is the best it can be. The technology also encourages the sharing of information and ideas, whilst opening up conversations for Margaret with everyone.**

Margaret's daughter, Mary has been able to return to work, with confidence now, in the knowledge that she can chat to her mum at any time whilst she is away, using the skype facility, which has been an enormous comfort to them all.



**Fun Times with Margaret, her Daughter and Granddaughter!**

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