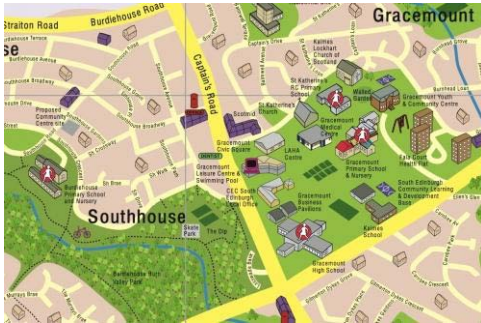


# ALISS

## (Access to Local Information to Support Self Management)<sup>1</sup>

### Help Wanted!



The ALISS Project is about the challenge of finding information to support you when you are affected by a long term condition. Do you sometimes feel it's hard to find out what's available locally to help you live well with your condition?

The ALISS Project wants to meet people like you so we can work together to develop a community-driven electronic service.

Did you know that over 40% of people in Scotland have a long term condition, and the numbers are growing? This is a huge challenge for Scotland. Everyone needs to work together to harness the contribution of our greatest asset - the local knowledge, expertise and diversity of people living in our communities.

Vital sources of support for people exist in most communities. These include sources of support for people with long term conditions and unpaid carers, for instance:

- condition-specific education programmes
- self management courses
- support groups
- carers' centres;

and sources of support open to everyone, for instance:

- sports clubs
- exercise classes
- complementary therapies
- walking groups
- leisure classes.



They're out there, but how do you know they're there?

<sup>1</sup> Project blog at <http://www.aliss.scot.nhs.uk/>

The ALISS Project needs people like you to share your experiences of trying to find information, so that we can work together to create a web-based solution. The new service will be a community-driven one, and this process starts right at the beginning. We want to build it together, as well as run it together.

There will be a number of different ways for people to share their experiences. Hopefully one will suit you. You can:

- attend one of 3 half-day workshops being held in February 2010 - 10.30am – 2.30pm;
  - GLASGOW: 11<sup>th</sup> February, LTCAS Hub, 349 Bath Street
  - EDINBURGH: 18<sup>th</sup> February, Scottish Health Service Centre (SHSC)
  - PERTH: 25<sup>th</sup> February, McDiarmid Park, St. Johnstone Football Club
- run your own event and send us results (we will provide materials)
- phone an answerphone service that you can use to tell your story
- email your comments (to Jenny Dowswell- see below)

This will be followed with a larger workshop at the LTCAS Hub in Glasgow on 11<sup>th</sup> and 12<sup>th</sup> March 2010.

We are calling these two days an 'Open Innovation Process', a new exciting process which aims to work with people's experiences to co-create the first version of a service which meets people's needs. The blueprint will be worked out between yourselves and IT professionals.

Will you help by:

- contributing your ideas and imagination to make this service work?
- sharing your experiences of finding out about support that can help people live well with their conditions?
- joining in the design process by guiding IT professionals to create solutions?

**For more information** or to **express an interest in taking part**, please contact Jenny Dowswell on 0131 244 2774 or email [Jennifer.Dowswell@scotland.gsi.gov.uk](mailto:Jennifer.Dowswell@scotland.gsi.gov.uk)

With support from Long Term Conditions Alliance Scotland

