



**THEME:**

Health & Social Care

**FUNDING(ERDF+MATCH)**

€9,187,010.22

**MATCH FUNDERS:**

Departments of Health,  
Northern Ireland and Ire-  
land; and Scottish Govern-  
ment

**LEAD PARTNER:**

NHS National Services  
Scotland

**PROJECT PARTNERS**

NHS Ayrshire & Arran , NHS  
Dumfries and Galloway,  
NHS Western Isles, Scottish  
Council for Voluntary  
Organisations, University of  
the Highlands and Islands,  
Western Health and Social  
Care Trust, Southern Health  
and Social Care Trust,  
Health Service Executive  
(HSE)

**PROJECT CONTACT:**

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**Start Date:** 01/11/2016

**End Date:** 31/12/2021



<https://mpowerhealth.eu/>

SPECIAL EU PROGRAMMES BODY

**Project Case Study: Delivering the mPower Project  
During COVID - 19**

The mPower project is helping to transform older people's services in Ireland, Northern Ireland and Scotland. It's assisting citizens in living well, safely and independently in their own homes, supported by a modernised infrastructure for healthy aging. The project is particularly beneficial for older people living in isolated rural communities.

**Ayrshire and Arran**

Witnessing an increase in referrals since lockdown restrictions came into force, the mPower team in NHS Ayrshire and Arran expanded its use of technology to continue to help its elderly beneficiaries. Telephone support assisted beneficiaries with: organising online food deliveries, staying connected with family and encouraging physical activity with simple exercise videos that could be carried out safely in the home, including chair based exercises for those with limited mobility. Staff undertook weekly calls with beneficiaries who didn't have technology.

**NHS Near Me - Care Home Support**

The mPower team in NHS Western Isles successfully rolled out NHS Near Me, a safe and secure video calling platform, to all 10 of the Islands' care homes. Working closely with the local Council, the team were able to arrange the delivery of tablet devices and provided support to care home managers to set up the platform. The platform enabled GPs to have safe consultations with their patients and residents were able to see their families, which was critical for their well-being.



*"We've been told that after being shown how to use the tablet, one resident was so excited about seeing his family over a video call that he barely slept the night before! The 'daily ceilidh' for residents in Bernera and Uig is a great example of a digital alternative to promoting the residents well-being. It's an online coffee morning that takes place every day where people can come together and chat to others."*

Sue Long, mPower Implementation Lead