

## Digital Health Paper

ARC – Opportunities for integration of digital health innovations to augment community hub facilities and reflect the values and aims of the regeneration of Am Fasgadh community project.

MacRobert House Community Hub – creating opportunities for individuals and community groups to access and engage with digital health technologies.

Digital health technologies are an increasingly important means of accessing health and social care services, particularly in rural areas yet there are still many people unwilling, unsure or unable to adopt this means of receiving help and support with their health and wellbeing needs. Known barriers to the adoption of digital technologies include socio-economic and demographic factors such as low income and education levels, poor health literacy and/or digital skills and older age as well as lack of social connectedness and access to services - all associated with rural living and recognised as contributory factors to mental and physical health problems.

Community projects and social enterprises offer opportunities to engage with activities for mental health recovery and wellbeing through activities which combine physical and mental stimulation, creative participation and an opportunity for users to 'give something back' through engaging with their local community project - a place-based approach to relieving burdens of health. ARC will extend these benefits by integrating digital health innovations within the facilities and activities of the project and enabling real world and virtual access to participation. Combining the reach and interactive capacities of digital technologies with ARC's mission to cultivate a sense of wellbeing in the community encapsulates important factors in recovery-oriented practices; a safe location in which to connect and interact with others both in real and virtual world terms, a sense of belonging and access to meaningful activities and shared objectives of personal and community wellbeing, mutual recovery and growth. Integration can be approached at three levels:

### 1. Accessing digital health

- Facilitation of gateway digital skills and health literacy training.
- Provision of computers, tablets, smartphones for use in training sessions.
- Small group tuition - digital access training to elevate creative and cognitive digital skills development.
- Introduction to Virtual Reality and Augmented Reality technologies for health and wellbeing.

### 2. Experiencing digital health

- One to one sessions to learn and grow confidence in using wellbeing apps for meditation or mindfulness or task based support for (eg. DWP online form completion or job application) in a private, comfortable, rest and recovery room.
- Facilitation of one to one medical or therapeutic consultations via video-link in R&R room with peer support, if desired, before, during and after sessions.
- Peer-supported use of digital health technologies designed for assisting self-management of mental ill-health or multi-morbidity and support to embed and sustain recovery in daily life.

### 3. Engaging with digital health

- Access to digital health technologies such as wearables for monitoring mental and physical health with concurrent relevant access to virtual and real-world activities available through ARC, eg, Cycle Hub and allotment gardening and food production.
- MacRobert Community online portal through ARC website offering access to online participation with aspects of the project such as 'Plan, Plant, Grow and Eat - part of the meals on wheels initiative encouraging understanding of food for health and wellbeing.
- Interactive big screen for connecting with community groups from other areas and provision of user-specific sessions, eg, for people with autism, dementia or mums with young children.
- Collaborative virtual and real-world, Recovery-oriented game development.