

# Simple, Interdisciplinary, Creative and



# Inclusive Co-Production



## Insights from a Stirling Community Hospital good practice case study

Dr Dianne Theakstone, Carol Gallagher McCulloch, Dr Anna Pearce, Dr Louise Reid, Prof. Rose Gilroy, Julia Lawrence, Prof. Kim McKee, Prof. Vikki McCall

### Purpose

The Intersectional Stigma of Place-based Ageing (ISPA) project, in partnership with the Clackmannanshire and Stirling Health & Social Care Village in Scotland, draws upon insights from ISPA Community Peer Researchers (CPRs) in the development of a *Green Space* at the Stirling Community Hospital. This case study demonstrates how interdisciplinarity and co-production can be a simple yet effective and creative way to encourage inclusion. Far from being a resource burden, inclusive participatory practices can be significant assets.

### Case Study Background

ISPA CPRs provide lived experience of disablement, reviewing the wheelchair-accessible planters and a *Blether Bench*. Involvement led to participation in various workshops, volunteering, and social activities.

#### Come along to the green community

Have mental health problems, had nothing - no purpose in life... Invited me to come along, seemed a good idea.

Different workshops taught me things I didn't know before. different from normal everyday stuff. A challenge, if you like, gave you confidence that you were able to do.

Meeting people - everybody's so friendly, fantastic getting to know new friends. Involved me in a community, we learn by being together.

The staff here, they're brilliant, motivate you to become involved. Not a chore of any kind, see potential in what you can do.

Can see where they need people, I can fit into that role. I can be a help, they're grateful - has been a fantastic time.

Actively involved in the Blether Bench, There for the community to use. Was it suitable for people with disabilities? Was there anything else that we need to do?

All these things are impacting me, one of the biggest things to help. Felt lifted by experiences we share, given me a purpose in life.



### Engagement



### Key Reflections

- Improves environmental access, tackling isolation/exclusion.
- Fosters new friendships and a sense of community.
- Develops supportive, as well as preventative relationships for emotional and physical wellbeing.
- Brings a sense of worth and purpose to disabled individuals through their contribution and participation.
- Stakeholder interdisciplinarity/engagement benefited from peer support through volunteering opportunities and creative activities.
- Enhances interdisciplinary collaborations across health, social care, and allied services to create meaningful engagement.

### Methods

The Intersectional Stigma of Place-based Ageing (ISPA) project uses a mixed-method approach to explore how stigma attached to where people live intersects with experiences of disability and ageing. With 140 CPRs and 200+ completed diaries, this case study draws upon:

- CPRs actively engaging in co-production.
- Workshops focused on interactions with nature and place.
- Creative approaches, such as poetic transcription are utilised.

### Conclusion

Effective co-production can be simple and exemplifies the lived experience of older and disabled adults. This case study has highlighted the ways in which interdisciplinarity and co-production can be an asset to individuals, professional stakeholders, and the wider community, encouraging inclusion and supporting people to age well.

