

5 TOP TIPS

in digital social care

01.

Person-centered care

Digital care is personal care. With digital records and real-time updates, support can be tailored to each person's unique needs.

02.

Improved access to services

Technology is breaking down barriers to access, especially in rural and remote areas.

03.

Increased independence

Digital tools help people live more independently while staying safe.

04.

Better wellbeing

Digital tools help people stay connected to loved ones and manage their health.

05.

More efficient care

From person-centred care to better wellbeing, digital tools are transforming lives across Scotland.

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1

Person-centered care

Digital care is personal care. With digital records and real-time updates, support can be tailored to each person's unique needs.



Example: Apps that let care workers instantly update care notes and plans—no more paper trails.



Impact: Saves time, improves accuracy, and ensures care is truly person-centred.



"It's not just about data—it's about dignity."

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2

Improved access to services

Care that comes to you.

Technology is breaking down barriers to access, especially in rural and remote areas.



Example: Secure video consultations like Near Me let people attend appointments from home.



Impact: Reduces travel, saves time, and makes services more accessible for everyone.



“Digital tools bring care closer to home.”

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3

Increased independence

Freedom with peace of mind.

Digital tools help people live more independently while staying safe.



Example: Motion sensors in homes of people with dementia or learning disabilities track routines and alert carers if something's off.



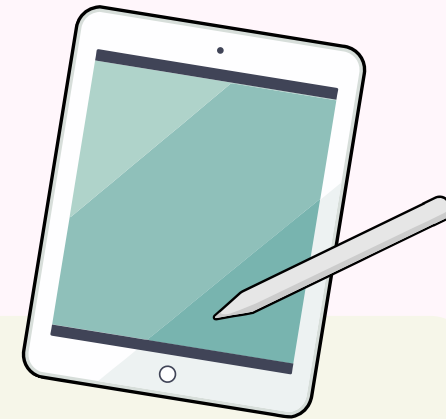
Impact: Promotes independence while enabling timely support.



“Technology supports independence—not replaces it.”

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4

Better wellbeing

Connection is care.

Digital tools help people stay connected to loved ones and manage their health.



Example: Tablets and smartphones for video calls, messages, and sharing photos.



Impact: Reduces loneliness, boosts mood, and strengthens family bonds.



“Wellbeing starts with feeling seen and heard.”

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5

More efficient care

From person-centred care to better wellbeing, digital tools are transforming lives across Scotland, freeing up staff time for what matters most.



Let's keep the momentum going. Share your story or tag someone making a difference in digital care.



For more stories, tools, and guidance on digital social care in Scotland, visit our Digital Social Care Hub at cihub.info/digital