



# Brain Waves



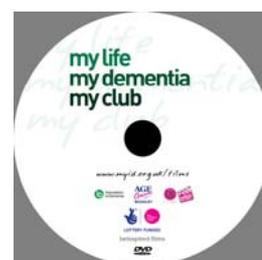
## A monthly newsletter from Innovations in Dementia CIC

The aim of these newsletters is to keep people with dementia and their allies informed about the work of Innovations in Dementia Community Interest Company.

### My life, my dementia, my club

Find out about our latest exciting video project and how you can get involved in making videos with people with dementia too.

Find out more on page 2



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## My life, my dementia, my club

In the October 2011 issue of this newsletter, we told you about an inspiring filmmaking workshop we were part of.

The DVD – called My life, my dementia, my club – is now available.

Please contact Nada ([nada@innovationsindementia.org.uk](mailto:nada@innovationsindementia.org.uk)) if you would like a free DVD.

### You can do it too!

But this project was always about more than just making a film. We want to encourage services for people with dementia and other groups to create their own films to ensure that people's voices are heard.

While dementia does have an effect on communication, many people with dementia retain the ability to communicate even if their dementia is quite progressed. Many people with dementia have a story to tell, or something they want to say. Their voices are a powerful tool for challenging stigma and negative stereotypes.



Some people with dementia who engage in public speaking tell us that because they can often be unsure on a day-to-day basis how they will feel, they can become very worried about their ability to “perform” on the day. By using film, we can enable a wider range of people with dementia to have a say, in comfort, and in their own time, and in a form that allows their voice to be heard forever.

Read and download our tips for making a video with your group or service from our website - [www.myid.org.uk/films](http://www.myid.org.uk/films)





## Looking back on 2011:

### People with dementia staying active in their communities

The overarching theme of 2011 for Innovations in Dementia has been our work around people with dementia staying active in their communities.

In January 2011 we sent out a call to all our friends and allies to tell us what makes a dementia capable community. Your thoughts made up part of a report to the Department of Health.

Since then we have been working with partners on different projects around the country on the theme of dementia friendly communities. For example, we've been capturing the experiences of people with dementia in York for the **Dementia Without Walls project** funded by the Joseph Rowntree Foundation.

Various other projects have continued in this theme in different ways:

- The **Our House project** is looking at how best to engage residents with dementia in the life of their care home to enable them to feel a sense of ownership in the running of their home.
- The **Circles of Support project** builds on people's natural networks in their local communities including family members, neighbours, friends and volunteers, as well as paid staff.
- **Shared Lives project** is about looking at a type of living arrangement that organises permanent or short stays in the home of a local family.
- The **Dementia Engagement and Empowerment project (DEEP)** is bringing together groups of people with dementia who are actively involved in influencing services and policies.



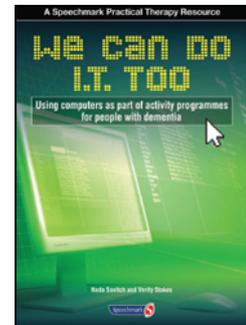
We also continued to work on different projects around how technology and design can keep people linked in with their communities.

- We helped produce the booklet **Getting equipped to tackle forgetfulness**, which was launched in March.





- The **AT Guide** that helps people with dementia and their carers to talk about assistive technologies is also now fully available to use online ([www.atdementia.org.uk/ATGuide](http://www.atdementia.org.uk/ATGuide))
- The **MyLife** project is looking at a specific system that helps people use internet facilities such as calendars and photo albums through a simple touch-screen interface.
- The book **We can do IT too** that aims to encourage people with dementia to use computers was published in June 2011.



Season's greetings and best wishes for 2012  
to all our friends and allies



**Innovations  
in Dementia**

Innovations in Dementia is run by three directors - Rachael, Steve and Nada. We are a Community Interest Company. This means that any profit we make is put back into the organisation.

We do not offer services for people with dementia. Instead we work with other organisations to make sure that people with dementia can continue to take part in their communities and have active lives.

Please share your ideas, experiences and positive stories with us.

**Contact us**

Email: [ideas@innovationsindementia.org.uk](mailto:ideas@innovationsindementia.org.uk). Telephone: 01392 420076

Innovations in Dementia CIC, PO Box 616, Exeter, EX1 9JB

Website: [www.myid.org.uk](http://www.myid.org.uk)

If you wish to receive (or stop receiving) copies of this newsletter email [newsletter@innovationsindementia.org.uk](mailto:newsletter@innovationsindementia.org.uk)

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