



June 2013

Newsletter No. 63

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.

DEEP networking event – Exeter 6 June 2013

One of the aims of the Dementia Engagement and Empowerment Project (DEEP) is to get groups of people with dementia together.

Find out about the Exeter meeting on pages 2 & 3



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DEEP networking event Exeter 6 June 2013

The Dementia Engagement and Empowerment Project (DEEP) goes from strength to strength.

One of the aims of the project is to get local groups of people with dementia from across the country together. On 6 June 2013, the Torbay Leadership Group hosted a DEEP regional event in Exeter.

DEEP regional meeting Exeter

Thursday 6th June 2013



deep Dementia Engagement & Empowerment Project

People attended from the Torbay Leadership Group, the Cornwall Leadership Group, the Bristol Leadership Group, the Forget me Not group in Swindon and the Oxfordshire Empowerment Group. They were also joined via Skype to the Redditch Together Group.

Discussion about DEEP

They discussed the support that DEEP could offer groups.

The groups agreed that:

- There should be more meetings like the one in Exeter
- Groups could be “matched” to others
- There should be a residential DEEP meeting
- Skype could be used to help groups talk to each other
- DEEP should share ideas and what we are learning
- DEEP should help set up new groups
- DEEP should give small grants.

And also went on to discuss ‘What is the point of early diagnosis?’ The groups thought about the arguments for and against early diagnosis, but people were overwhelmingly FOR early diagnosis.

What professionals need to think about

The meeting was then joined by six professionals working in the South West, and the topic for discussion was 'What do I need from professionals to support me in living well with dementia?'

People said:

- Be truthful with me but keep your communication free of jargon
- See me as a human being, not a collection of symptoms
- Walk in my shoes - try and see the world from my perspective
- Be proactive - don't just react to things.
- Try and be personal, as well as professional
- Give me legal advice
- Treat me as an individual - all people with dementia are different
- Understand my values - what is meaningful for me - I might care more about my relationships than about my ability to draw a clock.
- Small things can make a big difference
- Help me to find other sources of support
- Help me to find opportunities in the early stages of dementia
- Make sure that we stay at the heart of our services and decisions about them.
- If I am with my carer - don't just talk to them and ignore me - "how is he"? - when I am stood next to them.

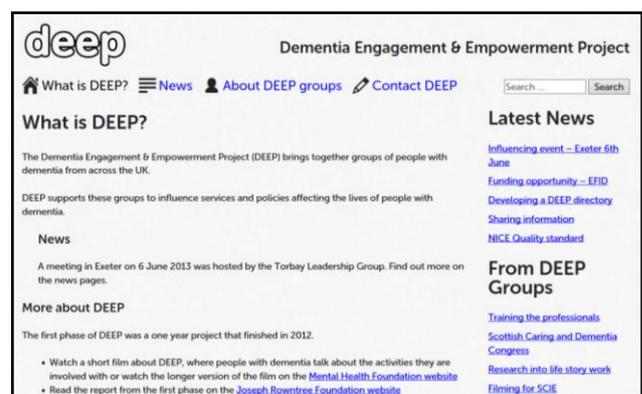
DEEP website – Dementia Voices

You can find out more about the Exeter meeting on the DEEP website.

The website aims to keep people informed about the work of DEEP and also about what the different DEEP groups are doing.

Also look out for the 'Resources' section, which contains links to useful information and materials and will be added to over the coming months.

Go to: www.dementiavoices.org.uk



What do you think about GPS tracking? – helping with research

What do you think about GPS tracking? Do you have enough information about it?

Ruth Bartlett is a social researcher at the Faculty of Health Sciences, University of Southampton. She and her colleagues are thinking about a new study to look at the use of GPS tracking by individuals and families affected by dementia. They want to develop practical information and guidance.

Because she wants the research they do to be relevant and useful, she would like to talk to people affected by dementia. She wants to find out what people with dementia and their families think and feel about using GPS tracking and also what they think about her plans for a research study.

Find out more from Ruth Bartlett – email R.L.Bartlett@soton.ac.uk

myhomehelper nominated for Technology4Good award

The Technology4Good Awards were created by AbilityNet to celebrate the work of people who use the power of computers and the internet to make the world a better place.



Myhomehelper was developed by Kevin Marsch, initially for his mum. The system displays regular, random and timed reminders/photos to assist with daily activities and help relieve boredom and anxiety. It doesn't require any computer experience or knowledge from the user.

Find out more at www.myhomehelper.co.uk

Myhomehelp has been selected in Accessibility award category.

Kevin says, "Being selected as a finalist alongside the likes of Barclays Bank is great. It gives exposure to myhomehelper that I just wouldn't be able to achieve on my own."

You can vote for Kevin and myhomehelper at

www.technology4goodawards.org.uk/peoples-award-2013/



**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

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