



June 2014

Newsletter No. 75

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.

People with dementia enjoying using touchscreen computers

People living with dementia do not lack the desire to interact with today's technologies but do lack the opportunities.

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Mindfulness for people with dementia - second project

We are delighted to have secured more funding to test out mindfulness approaches with people with dementia. This funding is again from the Sir Halley Stewart Trust. Mindfulness is a way of training our attention to focus much more on the present moment - to savour what is happening to us right now, in the here and now.

With Positive Ageing Associates we completed a one-year small project to test whether mindfulness can help people with dementia. We used a mindfulness course and materials called “Mindfulness Based Stress Reduction” (MBSR). We found that those people with dementia who are able to understand and practice mindfulness meditation reported a range of improvements they felt it had made to their life.

We also learned a lot about the approaches and difficulties in teaching mindfulness meditation to people with dementia. These included exercises and techniques that focused too much on cognitive ability. It was also difficult for some people to practice mindfulness regularly.

Our plan with this second project is to rewrite (with people with dementia) the mindfulness course materials. We will make the course less dependent on cognitive skills. We will also test out ways that we can better support people to practice mindfulness between classes. We are also planning to collect more data about health and quality of life outcomes. This will give us more evidence about the effectiveness of mindfulness for people with dementia, and provide the basis for a larger research project.



A life worth living: young onset dementia services and support

30 September 2014, Oxford

This conference presents services that work well with and for people living with young onset dementia and their families, and initiates ideas for national changes to achieve together.

Rachael will be chairing the opening session. She will also help to facilitate a specific session for people with dementia with Anna from YoungDementia UK.



This session entitled 'Thinking nationally' will find out what people with young onset dementia identify as the priorities for change and how these viewpoints could feed in to national strategies, policies and services.

Many of our friends from DEEP groups across the country will be attending and presenting, including the Forget me not centre in Swindon and the peer support workers from Kensington & Chelsea and Westminster Memory Service.

Find out more about the conference from the Journal of Dementia Care website www.careinfo.org/youngdementia

Brian Hennell remembered

The University of Worcester Association for Dementia Studies launched the Hennell Award for Innovation and Excellence in Dementia Care in memory of the late Brian Hennell on 14th May 2014.

Brian's wife June has kindly sponsored this award which will recognise people from the University who have made a significant contribution to promoting person-centred care.

This award celebrates the achievements of an individual or team who have shown their ability to implement positive change for people living with dementia.



People with dementia enjoy using touch screen computers

Readers of this newsletter will know that we are great believers in people with dementia being supported to use computers.

Sarah Kate Smith from the School of Health & Related Research at the University of Sheffield has carried out a study which has concluded what we thought was true: people living with dementia do not lack the desire to interact with contemporary ICT's but rather the opportunities. Her study focussed of offering people with dementia something interesting to do.

She worked with people attending a day centre, where the devices were uploaded with familiar activities including dominos and jigsaws as well as interactive applications enabling members to illustrate their creative flair. And she also worked with people with a recent diagnosis in their own homes, where the devices were personalised to the individual's needs and requirements.

Ideas for activities using computers

Nada's book 'We can do IT too' is published by Speechmark and available from Amazon.

<http://www.amazon.co.uk/We-Can-Do-IT-Too/dp/0863888321>

There are many projects around the country, for example:

Alive! Activities work with people in care homes and day care

See <http://www.aliveactivities.org/>

iPad engage runs workshops

See <http://ipad-engage.blogspot.co.uk>





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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