



March 2013

Newsletter No. 60

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.

Working with Age UK on dementia-friendly services

Since September 2012, Steve has been working with fifteen local Age UKs around England to help make mainstream services more accessible to people with dementia.



Find out more on pages 2 and 3

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Working with Age UK on dementia-friendly services

Since September, Steve has been working with 15 Local Age UKs around England.



He worked with:

- East London
- Calderdale and Kirklees
- Blackburn with Darwen
- Gloucestershire
- Wirral
- Blackpool
- Solihull
- West Cumbria
- North Tyneside
- Coventry
- Lancashire
- Norfolk
- Isle of Wight
- Doncaster
- Wigan

Age UK commissioned Steve to help make mainstream services more accessible to people with dementia.

Age UK has a long history of providing specialist services for people with dementia. However, many people with dementia, especially those being diagnosed earlier don't want or need to use specialist services. Age UK has a range of mainstream services at a local level which can help people to remain independent and stay connected to their communities and interests - and they wanted to make sure that these were accessible to people with dementia as well.

Over the course of the last 6 months, Steve has carried out audits of 15 local Age UKs - looking at:

- How they listened to people with dementia.
- The physical environment.
- Written material about services.
- Dementia-awareness of staff and volunteers.
- How they worked with partner organisations to improve services for people with dementia.

In follow-up work Steve:

- Carried out environmental audits of four Age UK premises.
- Met with representatives of an Older People's Reference Group to help them make their meetings and processes more accessible to people with dementia.
- Delivered six awareness-raising sessions for staff and volunteers.
- Developed training strategies.
- Helped refine action plans.
- Helped plan engagement events.



Things that have happened locally as a result of the project include:

- Plans for development of an access group of people with dementia to advise local businesses and organisations.
- Training and awareness of dementia made mandatory for all staff and volunteers in many Age UKs.
- Age UKs are providing support to enable partner organisations to become more dementia-friendly.
- Major reviews of buildings and published materials.
- Kirklees and Calderdale is supporting dementia “champions” in each service and engagement events are planned.
- An engagement event to gather the views of people with dementia to make the local town dementia-friendly.
- Making a film with a service user with dementia to use in training staff and volunteers.
- A large scale bid to completely remodel communal areas.
- The writing of a “statement of rights for service users” to ensure that people with dementia are treated with dignity and respect.
- Partnership work with Alzheimer's Society for engagement work with people with dementia.
- Piloting local circles of support for people with dementia.

All 15 local Age UKs now have action plans in place to make their mainstream services more accessible to people with dementia.

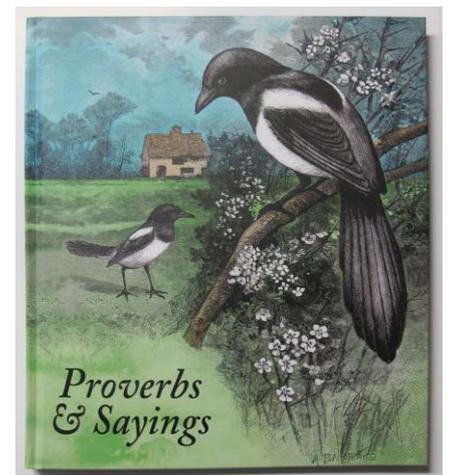
John Killick is a writer on dementia. His latest book is 'Playfulness and Dementia' published by Jessica Kingsley.

He has kindly agreed to review the latest Pictures to Share book for Brain Waves.

Book review: Proverbs and Sayings

This is the title of the thirteenth book in a series specifically for older people to look at on their own, to share with others, and to stimulate discussion. Like the other books, it is designed by Helen Bate, whose mother had dementia. It is an extra large hardback printed in full colour with large print for the captions.

Each proverb is printed very large for those with poor eyesight, and has underneath an explanation of what it means, or its origins, or both. An example would be 'A stitch in time saves nine'. There is, usually on the opposite page, a matching painting or photograph.



Pictures are especially valuable for stimulating conversation with people with dementia, and these are always bold and eye-catching.

Anybody would find this book stimulating. It seems to me that it would be particularly suitable to use with a grandchild, because many of today's children are unfamiliar with these traditional but thought-provoking sayings.

John Killick

The publisher is 'Pictures to Share' and the book costs £19.

To order this or others in the series:

Go to the Pictures to Share website www.picturestoshare.co.uk or phone 01829 770024



RYA Sailability sponsors sailing break for people with dementia

The Thames Sailing Barger, Reminder, is usually chartered by the Sea Change Sailing Trust to work with disadvantaged teenagers and people with special needs. Last year they worked with Dementia Adventure to see whether people with dementia would also enjoy the experience.

Because of the success of last year's trip, RYA Sailability has sponsored this break to happen again this year.



As one participant with dementia said: "It was a great experience which others should do... it was fun and the people were charming, and the food was good!"-



The trip will take place from 13th to 17th May 2013.

If you are interested in this sailing trip please call Lucy at Dementia Adventure on 01245 230661.



**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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