



November 2011

Newsletter No. 44

# 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.



### Our House

A progress report from this exciting project.

Find out more on page 2



### In this newsletter:

Our House – progress report	p2
A pamper day for residents	p3
Vote for Dementia Adventure	p3
Design Council Challenge	p4

## Our House

The Our House project is well under way. This is a two year project running at: Lennox House in London (Care UK) and Charnwood House in Coventry (MHA)



The project aims to answer the following questions:

- How can we best engage residents with dementia in the life of their care home?
- Is it possible for residents to feel a sense of ownership in the running of their care home?
- What kind of methods and approaches can help care home staff to involve residents?

Engagement activities so far include: a 'pamper day' to engage with residents who have difficulty communicating, developing a memory book about Christmas, and plans to make a film about life at Charnwood House by the residents.

### The benefits of "having your say"

Researchers at the University of Exeter have found that when care home residents are more involved in decisions, this improves their memory, attention and satisfaction with life. In a recent project, some residents were involved in redecorating a communal lounge. These residents reported improved wellbeing, and made more use of the communal space. Moreover the staff found the residents to be more engaged with their environment and the people around them, to be generally happier and to have better health. These patterns were observed one month after the move and remained four months later.

We will be working with Charnwood House and Lennox House to see what kind of outcomes there are when residents with dementia have more of a say in what happens in the care home.

## A pamper day for residents

Project ambassadors for the Our House project organised a pamper day for residents.

The purpose of the day was to find a way of engaging with residents who do not usually take part in activities

A pamper session was about 45 minutes in length. Some people enjoyed a foot, hand or face massage, others had their nails painted or their feet soaked in bubbles. Some residents enjoyed all of these (including men!)

### What residents said about the pamper day

“They won’t recognise me when I go back!” (male resident)

“There’s nothing wrong with my feet. It’s not raining!”  
(This comment made other residents chuckle!)

“You can relax and enjoy yourself. It’s something a bit different.”

“Thank you. This is something I’ve never done before.”

“It’s a long time since I’ve done anything like this.”

“I think I’m alright with you.” (said to a carer)

### What staff said about the pamper day

“We don’t often get the time to do this sort of thing. Because they were so relaxed we could connect with them more.”

“It was nice that we were all working together.”

“It gave us some time to go over people’s pressure points, which we have to morning and night anyway.”

“I didn’t think she would enjoy it. But she really did!”

“It made me really relaxed as well!”



---

## Vote for Dementia Adventure

Dementia Adventure are one of the finalists of the Social Vision photography competition 2011. The competition aims to find images that show the unique and transformative work of social enterprise. Now in its fourth year, the photography competition is run by Triodos Bank and Social Enterprise UK in association with Social Enterprise Live.



Visit the Triodos Bank website to find out more and vote - [www.triodos.co.uk](http://www.triodos.co.uk).

## Design Council Challenge – Living well with dementia

In the August issue of this Brain Waves newsletter we told you about the Design Council Challenge.



The five final teams chosen to develop their ideas are:

- A service that explores the potential of trained dogs to help maintain independence, dignity, companionship and joy.
- A permanently worn discreet wristband to provide user identification, personal monitoring and emergency alert functionalities.
- An online service for carers of people with dementia to help them find work that can be delivered on a time and location flexible basis.
- A home scent device to stimulate appetite.
- A collaborative caring and sharing tool which enables families to support their relative through easier, accessible communication.

To find out more visit the Design Council website – [www.designcouncil.org.uk](http://www.designcouncil.org.uk)

Innovations in Dementia is supporting some of these projects to involve people with dementia and carers in the design process. If you are interested in knowing more, please contact Nada.



**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)

Registered as a community interest company No. 06046815