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Newsletter No. 68

Brain Waves

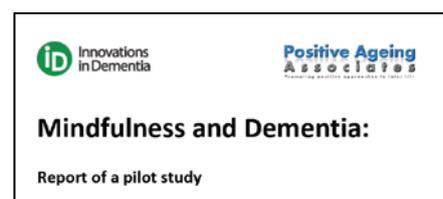


A monthly newsletter from Innovations in Dementia CIC

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.

Mindfulness and dementia

Our pilot project (in association with Positive Ageing Associates) on mindfulness meditation with people with dementia has just ended. Find out more on page 2



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Mindfulness and dementia

Our pilot project (in association with Positive Ageing Associates) on mindfulness meditation with people with dementia has just ended.

Mindfulness is about focusing on what is happening in the 'here and now'. Our project has been teaching people with dementia (and their carers) mindfulness techniques. We hoped that this approach would reduce stress - encouraging people to focus on being in the moment (rather than worrying about the past or the future).

We collected results from 12 people with dementia and 8 carers. The headline messages were:

- It is possible to teach mindfulness meditation to some people with dementia, particularly those in the earlier stages of the illness.
- Mindfulness techniques need to be adapted for people with dementia.
- People need support to practice mindfulness on a regular basis.
- There may be quality of life benefits for those people with dementia who can understand and practice mindfulness meditation.

Find out more

A fuller report will be available to download from the Innovations in Dementia website soon.

We are currently applying for funding to further adapt mindfulness for people with dementia.

Contact Rachael for more information. Email rachael@myid.org.uk



Mindfulness and Dementia:

Report of a pilot study

Forget me Not group has won an award!

Earlier this year the Forget Me Not Group in Swindon made a film called “Getting to know the person with dementia - the impact of diagnosis”.



The film was made for the Social Care Institute of Excellence (SCIE) and will be used to get people to think beyond the diagnosis and label of dementia. Steve supported the group with the making of the film - working with them to help them work out what the key messages should be - and was then demoted to making hot drinks for the cast and crew.

The film was part of our work with SCIE to help them give a more prominent voice to people with dementia on the Dementia Gateway website.

The film was nominated for an award in the Best factual new media category at the Older People Media Awards 2013 hosted by Independent Age and Barchester Healthcare.

Guess what? It won!

Steve went along to the awards ceremony and confessed to having a “bit of a cry” when Ian, Roy and Harry from the group along with Lynda Hughes trooped up to receive the award from actor Larry Lamb.



Our warmest congratulations to everyone at the group who worked so hard to make the film.

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Watch the film online

You can view the film from the Social Care Institute for Excellence (SCIE) website by following links to Social Care TV or Dementia Gateway

Go to: <http://www.scie.org.uk/socialcaretv/video-player.asp?v=gettingtoknowthepersonwithdementia>



Working with Age UK

Last year Steve worked with 15 Age UKs around the country to help them make their mainstream services more dementia-friendly.

We were very pleased to do this work because we think that Age UKs have a lot of offer to people with dementia.

Many of them provide specialist support for people, usually with more advanced dementia. BUT they also provide a range of mainstream services that can be really useful to people in the earlier stages of dementia - services like advice and information, handymen (and women) services, social and leisure services and more.

In the past some services have referred people with dementia away from mainstream services towards specialist provision and Age UK recognise that this has not always been appropriate.

By working with Age UK we have been able to help them make sure that these mainstream services are more accessible to people in the earlier stages of dementia.

This month Steve started working with a further 15 Age UKs, this time in partnership with Neil Mapes from Dementia Adventure.

Like last time, they will be looking at making mainstream services easier to use by people with dementia. They will also be looking at what new services might be developed - especially those involving outdoor activity.

We will be working with Age UK in

Northamptonshire	Sunderland	Ealing
Winchester	Ashford	East Sussex
Lincolnshire	Bromley and	Harrow
Wakefield	Greenwich	Redbridge
North Staffs	Camden	
Hereford	Dacorum	

Do you use these Age UKs or know people with dementia who do?

If so, and you would like to get involved in giving them some feedback - please contact Steve on 07549 944795 or email him at steve@myid.org.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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If you wish to receive (or stop receiving) copies of this newsletter email newsletter@innovationsindementia.org.uk

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