



April 2015

Newsletter No. 85

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.

Dementia peer support resource

We have been involved in the development of a new dementia peer support resource pack.

Read more on page 3.



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Rights and dementia

MOST people still see dementia as an individual problem. They might say, "YOU have dementia - so that's why you can't understand the bus timetable."

Other people see that poor environments and attitudes of others can also be a major barrier to people with dementia. They might say, "The bus timetable is badly written and designed – it's hard for EVERYONE to read."

There might not be a cure for dementia yet, but there is a lot we can do about the environment and the way people are unfairly treated.

So it's not surprising that people with dementia and their supporters are starting to talk about RIGHTS ...

... for example - the RIGHT to have information presented clearly in a way which is easy to understand for everyone, including people with dementia.

We think that more people should be involved in this discussion. Which is why we are really pleased to be involved in a project looking at Rights and Dementia, organised by the Mental Health Foundation.

We have been supporting people with dementia on an advisory group, which hosted a meeting on 26th March in London.

The meeting was well-attended by a range of organisations as well as people with dementia, their supporters, and people from civil rights organisations.

People with dementia spoke at the meeting which considered:

- The legal rights of people with dementia.
- What it means to think about dementia as a disability.
- What people with dementia and their supporters can learn from earlier civil rights movements.

Also presented at the meeting was a discussion paper written for the project by Gráinne McGettrick. This paper is now being updated based on what people said at the meeting, and will be launched in early summer. We hope that the paper will be used to get people thinking differently about dementia, and encourage debate.

We hope that people will understand that people with dementia have a right to a say in the world.

As human rights lawyer Professor Gerard Quinn said, "It seems to be that the history of human rights is really a history of gradually admitting all of humanity, group by group, into its fold."

We believe that now is the time for people with dementia to be welcomed into the fold.

Dementia peer support resource launched

The Health Innovation Network (the Academic Health Science Network for South London) worked with Alzheimer's Society, Innovations in Dementia and community groups across South London to produce a resource pack to promote the importance of peer support opportunities for people with dementia.



The pack brings together in one place evidenced-based resources to help community groups and funders set up and run peer support groups, as well as guidance on how to make older people groups more dementia-friendly.

The pack includes films, case studies, policy and research related to the benefits of peer support, as well as resources on funding, staff training and evaluation of groups. It has been developed for the statutory, community and voluntary sectors that are working with, or commissioning/funding services for people with dementia. Age UK and the Mental Health Foundation also contributed resources.

The resource pack introduces the concept of a 'Peer Support System' that recognises the value of social opportunities for people with dementia to meet others in the community, whether they are informal or structured opportunities, dementia-specific or available to everyone to enjoy.

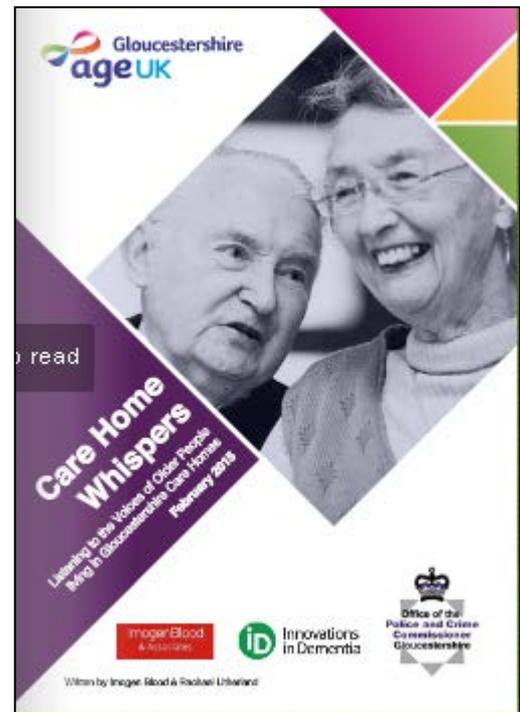
You can download the resource pack from the HIN website:

<http://www.hin-southlondon.org/resources/peersupportpack>

Care Home Whispers

We have recently finished work on a project called Care Home Whispers on behalf of Age UK Gloucestershire. With Imogen Blood Associates, we talked to 88 older people (including people with dementia) in care homes in Gloucestershire. We asked them:

- What is it like living here?
- What do you like doing here?
- How do you stay in touch with the outside world?
- Do you have a say in the way the home is run?



The funding for this project came from the Office of the Police and Crime Commissioner Gloucestershire. The commissioner was concerned that the needs (and rights) of people in care homes were being overlooked. It was important to the commissioner that the voices of people in care homes are heard.

This is what the police and crime priority plan (2012-2016) says, **Older but not overlooked:** "Older people need to feel and remain an active part of our communities whether they live in their own homes or in residential care. Both should be part of the police beat with the local officer being visible and proactive with all vulnerable people."

Find out more

To read the results from this work, including good practice go to the Age UK website:

<http://www.ageuk.org.uk/gloucestershire/information--advice/care-home-whispers/>

For more information email rachael@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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