



December 2015

Newsletter No. 93

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.

Best wishes for Christmas and the New Year from
everyone at Innovations in Dementia
Steve, Rachael and Nada



In this newsletter:

Dementia Diaries needs volunteers	p2
Digital gaming with people with dementia	p2
Kent mystery shoppers	p3
Involving people with dementia in dementia friendly communities	p4

Dementia Diaries needs volunteers

The time for New Year's resolutions is fast approaching. Here's a chance to volunteer from the comfort of your own computer.

Dementia Diaries is a project that supports people with dementia from across the UK to produce audio diaries.

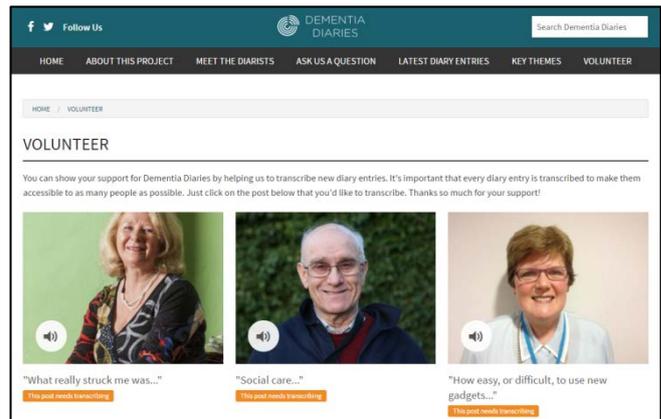
The project has worked with members of DEEP groups to enable them to record their thoughts and experiences when they want to.

The diaries can be heard on the Dementia Diaries website:

www.dementiadiaries.org

You can show your support for Dementia Diaries by helping them to transcribe new diary entries. It's important that every diary entry is transcribed to make them accessible to as many people as possible.

Just go to the volunteering page of the Dementia Diaries website, and click on any of the posts listed you'd like to transcribe.



Digital gaming with people with dementia

Ever thought about using commercially available gaming technology with people with dementia?

The University of Bournemouth have produced a 'how to' guide to on setting up and running gaming technology groups for people with dementia.

The guide is for health professionals, dementia support workers and community volunteers.

Find out more at <http://blogs.bournemouth.ac.uk/dementia-institute/>

Kent mystery shoppers

In July we told you about a new partnership with the consumer testing organisations Rica.



This month saw the publication of a report by Rica on the first project to involve people with dementia. They worked with members of the DEEP group Memorybilia, who visited the Huguenot Museum in Rochester ‘anonymously’ in October 2015.

As an active member of the Medway Dementia Action Alliance, the Huguenot Museum was keen to find out how it could improve the visitor experience.

The report finds that clearer directions and signage, avoiding information overload and providing dedicated headphones could all make Rochester’s Huguenot Museum an even more enjoyable place to visit for people who have dementia.

Lighting, signs, patterns and intrusive sound may all contribute to making public places frustrating and disorientating for people with dementia.

Shoppers “had a very positive experience” at the museum and “would like to visit again”. However, they highlighted improvements which could enhance the experience for people with dementia, including clear, unambiguous directions; easier to read text size with high contrast; headphones to add information and remove distractions; and clear explanations of interactive exhibits.

“Something that I did find difficult... there was a television video going on, and I found I couldn’t concentrate on [reading information cards], I can only concentrate on one thing at a time.”

“I would have liked to know more about the artefacts in the glass cabinet, but unfortunately the writing was too small.”

“It wasn’t too bright, it was easy to focus on the exhibits. Sometimes you go into a place with a bright light and it tends to occupy your vision rather than looking at what’s on the table.”

“I like the whole thing, really, it’s modern and comfortable, and it’s quiet. [You can] think quietly.”

Find out more and download the full report from the DEEP website:

www.dementiavoices.org.uk

Find out about Rica at www.rica.org.uk

Involving people with dementia in dementia friendly communities

DEEP has published a new guidance note about involving people with dementia in the development of dementia friendly communities.

The guide is based on discussions by 15 people with dementia and 8 carers at a DEEP networking event in 2015.

The event was hosted by Face it Together (FIT) group which is supported by Alzheimer's Society in Bradford. They were joined by members of Shindig from Sheffield and Minds and Voices from York.

The key messages are:

- ✓ Dementia friendly communities can only work if people with dementia and their carers are involved.
- ✓ There are many different ways in which people with dementia can take part in initiatives to make a community more dementia friendly.
- ✓ Many groups in the DEEP network are active in their communities.

All DEEP guides are available from the DEEP website –

www.dementivoices.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

Email: ideas@innovationsindementia.org.uk. Telephone: 01392 420076

Innovations in Dementia CIC, PO Box 616, Exeter, EX1 9JB

Website: www.myid.org.uk

If you wish to receive (or stop receiving) copies of this newsletter email newsletter@innovationsindementia.org.uk

Registered as a community interest company No. 06046815