

February 2009

Newsletter No. 12

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.

Start making sense

In this issue of Brain Waves, we report from one of the meetings we are holding to discuss accessible information.

Read more on page 2



In this newsletter:

Start making sense - what information do people with dementia use?

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Contact us

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Start making sense

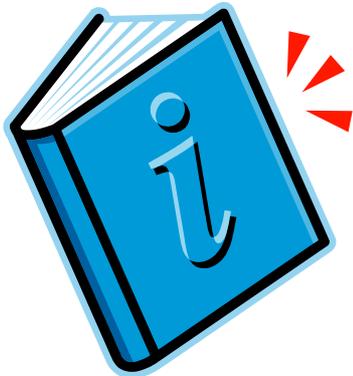
This project is funded by a Big Lottery development grant and is about finding out about how we can make everyday information easier for people with dementia to use.

We have been talking to people with dementia about the information they use and some of the problems they encounter.

In February 2009, a small group of people with dementia from London and South East England met to discuss the information they use.

They talked about:

- Shopping
- Using public transport
- Going to sports, leisure or arts venues.
- Finding out about issues around their dementia.



The group identified lots of different sources of information that they use. These including newspapers and magazine, advertisements, the telephone, TV and radio, friends and professional advisers, flyers and billboards, leaflets, maps and books.

The group stressed that each person was different - but everyone agreed that some things were more difficult than others.

For example, everyone in the group would like to use technologies such as the internet. However, they all felt that many technologies were too complicated.

Many people at the meeting had given up on activities that were too confusing. For example, many people at the meeting didn't like going on the London Underground and others had given up going to leisure activities such as the theatre.

“Anything for an easy life”

People said they liked routine and familiar places and routes. People tended to avoid complicated situations and found easier ways to do things. For example, buying a train ticket on the train, rather than at the ticket office or over the phone.

There was a big discussion about how useful face-to-face information from people can be. Most of the group would turn to friends and relatives for advice and information. Some people found that the staff in their local shops were very helpful - especially if they were told that their customer had Alzheimer’s disease. However, others felt that asking for help could be difficult if staff didn’t have the right attitude or training. Others pointed out that sometimes there are no staff to be found!

Help us to investigate this issue

We would like to work closely with companies and organisations that provide this sort of information. If you have any ideas, please get in touch.

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

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



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

Website: www.innovationsindementia.org.uk

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