



February 2011

Newsletter No. 35

# 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 capable communities

Thank you to everyone who took part in our online survey and talked to us about their communities.

Find out about the results on page 2



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## Dementia capable communities - what you told us

Thank you to everyone who took part in our online survey and talked to us about their communities.

We wanted to find out what makes a good community for people with dementia to live in, and what can be done to make this happen.

This is what people with dementia and their supporters told us:



**Things that make the most difference in a community are:**

- The physical environment
- Local facilities
- Support services
- Social networks
- Local groups

**People said that things could be made better by:**

- Increasing awareness of dementia within communities
- Having more local groups for people with dementia and carers
- Providing more information, and more accessible information about local services and facilities
- Making local facilities more accessible for people with dementia.

**Based on what people told us, we recommended that:**

- People with dementia and their supporters should be made aware of their potential rights under the Equality Act 2010, and supported to press for their rights if necessary.
- We build on the potential for people with dementia in advising on access issues, raising awareness and training.
- We consider the potential for further development of “buddy” schemes to support people with dementia in the community.
- We develop the idea of “circles of support” for people with dementia.

- The continued support and development of local support groups for both people with dementia and carers must be prioritised.
- Organisations responsible for providing support and information to people with dementia and their supporters should focus on people's aspirations and abilities rather than on medical definitions and what people can't do.
- Awareness campaigns continue both nationally and locally.
- Guidance is produced to enable service providers to produce information which is accessible for people with dementia.
- Future consultations include a wider range of people with dementia, including those with more advanced dementia.

We reported these findings at a meeting on the 16 February 2011 hosted by the Department for Health - looking at dementia and the "Big Society"

You can find a copy of the full report on our website

Go to: [http://www.innovationsindementia.org.uk/projects\\_communities.htm](http://www.innovationsindementia.org.uk/projects_communities.htm)

### Help us promote a positive view of living with dementia

We have produced a car sticker that we are giving away free.

The car sticker says "**Living life...not living death**".

We think this is a small way of promoting a more positive view of dementia. We would like to get the public talking about this more positive view. We hope that people who see the car sticker will be interested to find out more.

The phrase was developed as a response to a newspaper headline in the Observer newspaper. The newspaper headline said that "Dementia is a living death for 700,000 Britons."

People with dementia who talk to Innovations in Dementia say that this negative view of dementia is not helpful. They say that they need to know that life is still worth living.

If you would like to display a car sticker (or two) please email: [rachael@innovationsindementia.org.uk](mailto:rachael@innovationsindementia.org.uk) with your name and address.

## Getting equipped - letting people know about assistive technology

We are working with the Foundation for Assistive Technology (FAST) and Trent Dementia Services Development Centre to produce a booklet about equipment that might help people with dementia to live well.



We have been talking to groups of people with dementia and their carers across the country. We are going to include what they have told us about their experiences of using equipment in the booklet.

The booklet will be available via the internet at the end of March 2011.

We need your help.



Please contact Sam at FAST if you:

- Would like to comment on a draft of the booklet in the next two weeks
- Would be able to distribute the booklet to people you know.

You can contact Sam by

email: [Sam@fastuk.org](mailto:Sam@fastuk.org) or phone: 0300 330 1430.

## Involving people with dementia in research about complex needs

- Do you know anyone with dementia and complex needs?
- Would they be interested in taking part in a consultation about good practice in social care?

The University of York is doing some national research looking at good practice in social care for adults with complex and severe needs, including dementia.

They want to work with people with dementia who also have other complicating issues, such as sight loss or physical impairment.

The research team is keen to make contact with people who might otherwise be excluded from research. If you know of someone with dementia and complex needs but are concerned that they might struggle to participate in a conventional interview, please contact Kate to discuss alternative ways of including their views in the consultation. Kate and the researchers are happy to travel to any location.

If you think you might be able to help the researchers make contact with anyone who could tell them about their experiences, please contact Kate Gridley at [kate.gridley@york.ac.uk](mailto:kate.gridley@york.ac.uk) or ring her for more information on 01904 321988.



**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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