



February 2012

Newsletter No. 47

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.

AT Guide

AT Guide is an online tool that helps people with dementia and their carers to think about how assistive technology might help them.

Find out more on page 3



In this newsletter:

| | |
|---|----|
| Exciting times for Dementia Adventure | p2 |
| AT Guide complete | p3 |
| AT Guide – workshops for staff and volunteers | p4 |

Exciting times for Dementia Adventure

Dementia Adventure is one of our partner organisations. In April 2010, we told you about a great day out we had in Sussex. We hope to do lots more work with them in the future.



Dementia Adventure provides holidays and short breaks for people living with dementia and their carers or family members to enjoy together. Like Innovations in Dementia, Dementia Adventure is a social enterprise.

This is an exciting time for Dementia Adventure. They have been chosen by NESTA and The Observer newspaper as one of Britain's New Radicals - inspirational Britons improving the lives of people and communities across the country in radical and creative ways.

Find out more from the Observer website

Go to: <http://www.guardian.co.uk/theobserver/2012/feb/18/50-new-radicals-britain-nesta>

Tell Dementia Adventure what you think

Lucy and Neil at Dementia Adventure aim to inspire more people to take part in adventures through film and social media. Anyone is welcome to post pictures, films or news about their activities on their Facebook page

Go to: <http://www.facebook.com/DementiaAdventure>

They are also interested in hearing from groups of people who would like to go on holiday together, as they can help and support you to do so.

You can contact Lucy or Neil by telephone: 01245 230661



Try it out for yourself!

In April Dementia Adventure are organising a 5-day break to the Isle of Man, and in May they are running a sailing holiday in Essex.

Full details can be downloaded from the Dementia Adventure website

Got to www.dementiaadventure.org.uk



AT Guide

In May 2009, we told you about a new project to develop the ATdementia website. This project is now nearing completion.

The project was funded by the Department of Health and we helped Trent Dementia Services Development Centre and the Disabled Living Foundation to develop a new online tool that is called AT Guide.

The graphic features a photograph of an elderly man with a white beard and a woman with glasses looking at a laptop together. To the right of the photo is the 'at guide' logo, where 'at' is in white lowercase letters inside an orange circle, and 'guide' is in orange lowercase letters. Below the logo is the tagline 'how technology can help you live well with dementia'. A list of seven common dementia-related tasks is provided, each preceded by a red dot. At the bottom left is the website URL 'www.atdementia.org.uk' and at the bottom right is the text 'Developed and Managed by Trent Dementia Services Development Centre Registered Charity No. 1109855'.

at guide
how technology can help
you live well with dementia

Are you looking for advice and devices to help with:

- Getting up, washed and dressed?
- Taking medication?
- Making meals and drinks?
- Getting out and about?
- Keeping busy?
- Keeping in touch?
- Going to bed and getting up at night?

Try our on-line self help guide to how technology can help you to live well with dementia.

www.atdementia.org.uk

Developed and Managed by Trent Dementia Services Development Centre
Registered Charity No. 1109855

We worked with many people with dementia to try to ensure that the interface is as helpful for people with dementia as possible.

The AT Guide works by asking people a series of questions about their lives and their concerns around living independently. The website then provides a report which contains tips, advice and ideas for products that might help. The report can be easily printed and taken away.

The guide is divided into different sections to help people with different aspects of their lives.

Find out more and try the guide for yourself
Go to www.atdementia.org.uk/atguide

AT Guide - workshops for staff and volunteers

Innovations in Dementia are running a series of workshops to promote AT Guide and encourage creative use of the online tool.

The purpose of the workshops is:

- To promote the AT Guide to staff and volunteers who work with people with dementia.
- To encourage widespread use of the AT Guide.
- To explore different ways in which the AT Guide can be used.



The workshops will cover:

- An introduction to assistive technology and people with dementia
- Group discussions about some of the issues – eg ethics, costs, choice, different needs, role of carers, difficulties in admitting something is wrong
- Introduction to ATdementia.org.uk and AT Guide and an opportunity to use it yourself
- Different ways of using the ATGuide for example,
 - As a conversation aid
 - With the person alone or with family members
 - Dipping in to different bits
 - Using the tips and the product information wisely
 - Answering specific queries
 - Using ATGuide offline.

Is your organisation interested?

The workshops are free. All you need to provide is a suitable venue with internet access and some computers – and 4-12 willing participants.

To find out more contact Nada

Email: nada@innovationsindementia.org.uk

Telephone: 07549 921901

Alzheimer's Disease International Conference

Nada and Rachael from Innovations in Dementia will be presenting at the 27th International conference of Alzheimer's Disease International in London (7-10 March 2012).

We will be sharing our work on Shared Lives, AT Guide, dementia friendly communities, Mylife and our video work.

Please come and have a chat if you are attending.



**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