



March 2010

Newsletter No. 24

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.

Join us at a film launch

We are launching four inspirational films made by people with dementia.

Join us at the launch in Exeter on 12 April 2010.
Find out more on page 2



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Invitation to attend the launch of inspirational films

On 12 April we will be launching four films made by people with dementia. The launch will take place at the Picturehouse cinema in Exeter at 1.45pm. If you are interested in attending, please contact Steve.

In 2009 we set out to make a series of films to illustrate the creativity and positivity with which people with dementia were living their lives.

We worked with people with dementia living in the Southwest who wanted to help spread the message that although a diagnosis of dementia may be life-changing, it is not life-ending.

We have made four short films. Three of these were made by people living in Exeter, and the fourth by the Forget-me-Not group in Swindon.

These films are not just about dementia. They are a testament to the energy and creativity of people living their lives with dementia.

We would be delighted if you would join us for the public launch, where we will be screening the films for the very first time.

If you would like to attend please contact Steve

Email: steve@innovationsindementia.org.uk

Telephone: 01392 420076



Involving people with dementia in big meetings

We often get requests to support people with dementia to attend big meetings.

Sometimes people with dementia are asked to do a presentation about their experiences of dementia. Other times, people with dementia participate in small group discussions.

People with dementia have said how important it is that those working in the field of dementia have a chance to hear from people who actually have dementia.

We know that not everyone enjoys these kinds of meetings. However, we want to make sure that those people who do want to attend get the right kind of support to participate fully.

A recent meeting was about the dementia strategy. A number of people with dementia and carers attended the meeting. They did a fantastic job of presenting their views about the dementia strategy to an audience of dementia professionals.



We also provided one-to-one support to two women with dementia who live alone. They did not feel confident about presenting their views in a formal way. But both participated in the smaller group discussions. Their perspective as people living alone with dementia was really important. They each said “the weekends are the hardest. When there is no one around to help”.

They each said they had “learnt a lot” and had “enjoyed meeting different people”. The professionals involved in the small group discussion said how valuable it had been to hear their views.

Making attending meetings enjoyable

At Innovations in Dementia we think it is important that a wide range of people with dementia get a chance to give their views at big meetings. We do our best to make it an enjoyable experience, by:

- Working with people beforehand, to identify the issues they would like to raise at the meeting.
- Clarifying the issues being discussed at the meeting. Making ideas clearer.
- Reminding people what has been discussed during the meeting.
- Prompting people about the things they wanted to raise at the meeting.
- Talking to people after the meeting. Discussing what could be improved, to make it easier for people with dementia to participate.

What people with dementia have told us

These are the recommendations by people with dementia about making meetings easier:

- Not too many presentations
- More time for small group discussions
- People who make presentations:
 - should use easy to understand language
 - shouldn't use acronyms
 - should speak clearly and loudly.



**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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