



November 2010

Newsletter No. 32

# 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.

### Gardening and allotments

We are talking to gardeners who have dementia about the importance of their gardens. This is for a new book called “Nature and Dementia”.

Find out more on page 2



### In this newsletter:

Gardening and allotments	p2
Mental Capacity Act	p2
Dementia capable communities	p3

## Gardening and allotments

Gardening has been shown to be of as much benefit as going to the gym. Gardening keeps you fit, reduces stress, helps you to retain and learn new skills, and gets you out in the fresh air.

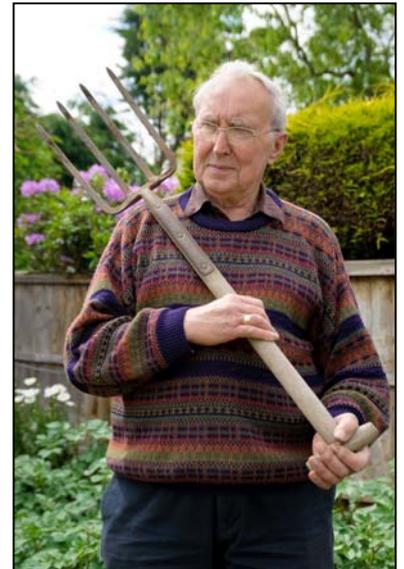
We are talking to gardeners who have dementia about the importance of their gardens. This is for a new book called "Nature and Dementia".

We are especially keen to talk to people with dementia who have an allotment.

If you wish to share your views please contact Rachael

Email [rachael@myid.org.uk](mailto:rachael@myid.org.uk)

Telephone 01392 420076



## Mental Capacity Act

We have been doing a small piece of work for Gloucestershire County Council about the experiences of people with dementia and their carers when using the Mental Capacity Act. The Mental Capacity Act provides a legal framework when making decisions on behalf of someone who cannot make decisions for themselves.

We have been speaking to people with dementia in Gloucestershire about their views and hopes in the event that other people need to make decisions on their behalf. We have also discussed with people with dementia and carers the practical aspects of the Act, mainly around their experiences of taking out a Lasting Power of Attorney.

If you are someone with dementia or a carer and live in Gloucestershire, we are keen to receive your views on this issue. We are particularly interested to hear people's experiences around making decisions about non-financial issues, such as where someone lives, or health care decisions.

Please contact Rachael

Email [rachael@myid.org.uk](mailto:rachael@myid.org.uk)

Telephone 01392 420076

## Dementia capable communities

For a long time we have been interested in what local communities do or don't do to support people with dementia to stay connected and involved.

Some of you will remember our project Start Making Sense, where we looked at how information can help or hinder people in their interactions with the world at large.

We are about to start a small piece of work to look more deeply at the elements of a community or neighbourhood that make it more 'capable' of supporting people with dementia. These elements might be

- the physical environment
- local facilities, or
- awareness and understanding of dementia within a community.

We will be doing some focused work in three distinct communities - urban, market town and rural.

We will then circulate our findings in this newsletter, and look forward to receiving your comments on the suggested definitions of what makes a community 'dementia capable'.

If you have any early views, do please get in touch with Rachael

Email [rachael@myid.org.uk](mailto:rachael@myid.org.uk)

Telephone 01392 420076

### Find out more about our previous work

- In issue 22 of Brain Waves (January 2010) we introduced the idea of dementia friendly communities and the work we are doing in a village in Surrey.
- In issue 13 of Brain Waves (March 2009) we reported on the experiences some of our ThinkTank members have when using maps and symbols.
- In Issue 12 of Brain Waves (February 2009) we talked to people with dementia about the information they use and some of the problems they encounter.

You can obtain copies of these newsletters from our website or email Nada [nada@myid.org.uk](mailto:nada@myid.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**

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