



October 2012

Newsletter No. 55

# 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.

### Creating a dementia-friendly York

The Joseph Rowntree Foundation has published a report into their work around how to make York a better place to live with dementia.

Find out more on page 2.



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## Creating a dementia-friendly York

The York Dementia Without Walls project looked into what's needed to make York a good place to live for people with dementia and their carers.

Dementia-friendly communities can better support people in the early stages of their illness, maintaining confidence and boosting their ability to manage everyday life. The research team investigated how local resources can be harnessed to this end, provided there is enough awareness.

The report highlights some ways forward, including:

- What is good for people with dementia will probably be good for everybody.
- Training about dementia should be easy to access and well promoted.
- York's bounty of leisure, cultural and spiritual resources can help people with dementia to live richer, fuller lives.
- Health and social care services will need to change over time to support people living in the community.

The report can be viewed and downloaded from the JRF website

Go to: [www.jrf.org.uk/publications/creating-dementia-friendly-york](http://www.jrf.org.uk/publications/creating-dementia-friendly-york)

## Creating an accessible report for the project

As part of our involvement in this project we supported people with dementia to create an accessible report for this project.

It was important that there should be a report that was written for people with dementia, **by** people with dementia.

Nada worked with four people with dementia who had been involved in the project in York. She and Claire, the publishing manager at the Joseph Rowntree Foundation, met people with dementia in small groups or individually. We talked about:

- what the most important findings were for people with dementia themselves
- how the information should be displayed
- the language that is used in the report.

It was important that the report was relevant and understandable to people with dementia who had not been involved in the project. So Nada took the draft report to members of the EDUCATE group in Stockport. They kindly made more suggestions that were included in the final report.

The accessible report can be viewed and downloaded from the JRF website

<http://www.jrf.org.uk/sites/files/jrf/dementia-communities-york-accessible.pdf>

## Peter's Comment

Peter is one of the people with dementia who is helping us with the Dementia Without Walls project. As part of the project Nada helped him to write a comment piece for the Guardian newspaper. This is what Peter said about writing the report and the Guardian article:

I enjoyed being involved in writing the report for the project. It was good to have a morning out and have a good time while doing something useful. But being asked to do things can create pressure. For example, with this piece, my brain wouldn't last long enough to write a paragraph. Talking to someone else gives me stimulation, food for thought. If we'd been under pressure we would have failed.

You can read his article at the Guardian's website:

Go to: [www.guardian.co.uk/commentisfree/2012/oct/19/dementia-friendly-cities-york](http://www.guardian.co.uk/commentisfree/2012/oct/19/dementia-friendly-cities-york)

## In memory of James

James Douglas was another key participant in the project. Sadly James died earlier this month.

His wife, Katie, told us:

James felt strongly that being involved was better than wallowing in misery. He thought if you must wallow make it worthwhile! So we are singing 'Mud, mud, glorious mud' at his funeral.



James helped with the final report and spoke at the Sounding Board event in May (the picture above with Anne Murray is from the final report). His contribution also lives on in a short film he made about getting around York.

You can see the film at the JRF Dementia Without Walls resource hub webpage

Go to: [www.jrf.org.uk/work/workarea/dementia-resources](http://www.jrf.org.uk/work/workarea/dementia-resources)

Thank you James. It was a pleasure working with you.

The Joseph Rowntree Foundation is committed to continuing this work in York. To find out more visit the JRF website:

<http://www.jrf.org.uk/work/workarea/dementia-without-walls>

## Dementia-friendly communities - have your say

You may remember that in January 2011, the Department of Health ask us to talked to people with dementia and their supporters about their communities. We reported our findings at a meeting in February 2011 hosted by the Department for Health looking at dementia and the “Big Society”.

You can see the full report on the Innovations in Dementia website:

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

Alzheimer’s Society is now conducting some research to understand how well people with dementia are living in their local area and what they would like to see changed. They would like people to complete a questionnaire. The questionnaire can be downloaded from the Alzheimer’s Society website.

Go to: [www.alzheimers.org.uk/site/scripts/download\\_info.php?downloadID=932](http://www.alzheimers.org.uk/site/scripts/download_info.php?downloadID=932)



**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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