



January 2012

Newsletter No. 46

# 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.

## Networking events for people with dementia

DEEP is holding two events in London and Manchester for people with dementia to get together.

Find out more on page 3



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## Shared Lives

We are almost half way through our Shared Lives project, in partnership with Shared Lives South West. Shared Lives is a little known form of social care that offers either permanent support or regular breaks in the home of a local family.

Shared Lives is perceived by people with dementia and their carers as a really positive alternative to more traditional types of care:

“It allows me to indulge my passion for photography. It relieves boredom and I see things I would not get to see. It allows my wife to have a social life too.” (*person with dementia*)

“Because for me, relating to mum rather than the dementia was very important – so being with a family rather than a carer reinforced normality.” (*family carer*)

## Spreading the word

As part of the national project we have worked with Biggerhouse Film to make a short film about the experiences of all the people involved in one Shared Lives service.

The film features Pat and her husband Roger, who has dementia. Roger has regular breaks through Shared Lives South West with Kay, a Shared Lives carer who lives in the beautiful area of Dartmoor.

The film shows how the service works for Pat, Roger and Kay and each of them explain what Shared Lives means to them.

The film will be available for viewing at the Shared Lives website

Go to [www.sharedlivessw.org.uk](http://www.sharedlivessw.org.uk)

It will also be available to purchase from Shared Lives South West in February. Keep an eye on their website.





## Networking events for people with dementia

In previous issues of this Brain Waves newsletter, we have told you about DEEP (Dementia Engagement and Empowerment Project).

We had a fantastic response to the questionnaires – over 140 responses in total. To bring the project to a conclusion, we are holding two events to bring people with dementia together.

These events will be held in:

- Central London on 21 February 2012, and
- Stockport on 13 March 2012.



## What are these events for?

These events are to:

- Celebrate the achievements of people with dementia in influencing policy and practice.
- Provide an opportunity for people with dementia to meet other people with dementia from across the country to exchange experiences and ideas.
- Enable people with dementia to discuss the next steps in developing a UK-wide network of people with dementia.

There will also be an opportunity to hear about and discuss the main results from the DEEP questionnaires.

## Who are the events for?

These events are for people with dementia who want to talk to other people with dementia about the work they do to influence policy and practice.

We aim to make the events as supportive as possible for people with dementia. People with dementia are welcome to bring along a supporter if they wish, and the project has limited funds to help with travel expenses if necessary. There is no charge to attend.

Invitations are being sent to groups of people with dementia and to individuals who completed the DEEP questionnaire. But if you know anyone with dementia who would like to attend, please contact us.

## Dementia-friendly communities in Ireland

As you know, last year we worked on a variety of different projects around the idea of dementia-friendly communities. Some of you may have worked with us to tell us your ideas about what a dementia-friendly community might look like.



In November last year, Steve spoke to 25 representatives of the Alzheimer Society of Ireland who came from all over the country to a meeting in Dublin.

The meeting was set up to kick-start the work of the Society in making communities all over Ireland easier places in which to live with dementia.

We told delegates what people with dementia had told us in the UK.

We explored ways in which people with dementia could be better supported by the Society at a local level in Ireland.

Our central message to delegates was that in thinking about dementia-friendly communities – the voices of people with dementia should be at the start and the heart of the process.



**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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