



January 2015

Newsletter No. 82

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.

Staying connected with Circles of Support

The Circles of Support for people with dementia project has come to an end.
Read more on page 2.



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Staying connected with Circles of Support

The Circles of Support for people with dementia project has come to an end.

The Circles of Support project investigated a new approach to supporting people with dementia to voice and achieve their aims through connecting with people and their communities.

This project was run jointly with the National Development Team for Inclusion (NDTi) and built on their previous work developing Circles of Support with older people.

The aim was to work with people to find out what would help them to live well, and work towards achieving this with the support of others in their lives.

The project took place in four areas in the south of England: Devon, Dorset, west London and Hampshire. We worked with many organisations across those areas, including Age UK in Kensington & Chelsea, Portsmouth and the Isle of Wight, local Alzheimer's Societies in Dorset, Hampshire and West London, Nubian Life in London and Upstream in Devon.



Key findings:

- Working in a person-centred way really works.
- This approach can really help people with dementia to increase or maintain contact with personal and community networks.
- People find it really difficult to ask for and offer help – but if this is done in the right way it can make all the difference.
- Organisations can change their approach, but it's not always easy.
- People with dementia are often some of the best people to support other people with dementia.
- Often communities just aren't that dementia-friendly, but where they are it can really help people.

For more information and resources to help including the Keeping your connections leaflets go to the NDTi website: www.ndti.org.uk/circles.

Or read the Jan / Feb issue of the Journal of Dementia Care.

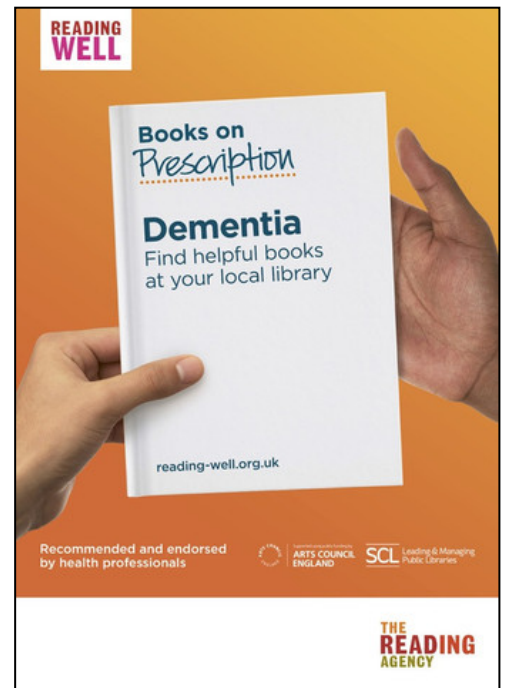
Reading Well Books on prescription to help people with dementia

The Reading Agency has developed a list of 25 books about dementia as part of their Reading Well Books on Prescription programme.

The books will be available in public libraries as part of the national library strategy to support the development of dementia-friendly communities and build understanding and awareness of dementia.

The list includes a range of books offering:

- information and advice about dementia,
- support with living well after the diagnosis,
- practical advice for carers,
- personal accounts, and
- suggestions for shared therapeutic activities.



It is hoped that having this range of books available in public libraries will help people with dementia, their carers and families and also many people living without a formal diagnosis, who may be worrying about symptoms and wanting to find out more.

What people with dementia say

Keith Oliver from the East Kent Forget-me-Nots DEEP group said:

“In my first two years after diagnosis I had a great drive to read as much as I could by way of factual manuals, first hand experiences and fiction relating to dementia in order to better understand what was happening to me, and to reduce the fear and confusion.”

Members of the Stockport EDUCATE group were also involved in the process.

- They also thought the project was worthwhile.
- They also stressed that it was important that the recommended books use positive language.
- And they particularly liked personal accounts written by people with dementia.

To find out more about the list go to the Reading Agency website:

www.readingagency.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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