



March 2011

Newsletter No. 36

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.

Shared Lives for people with dementia - getting creative

We have started running 'good practice days' for Shared Lives schemes.

Find out more on page 2



In this newsletter:

Shared Lives for people with dementia - getting creative	p2
Getting equipped to tackle forgetfulness - top tips guide launched	p3
Peter Thursby	p4

Shared Lives for people with dementia - getting creative

Our project with SWAPs (www.swaps.org.uk) to develop “Shared Lives” for people with dementia is underway. Shared Lives is a type of living arrangement where people who need support can live in family homes. We are providing training, support and mentoring to Shared Lives schemes around the country to look at the best ways of developing this kind of arrangement for people with dementia.

Shared Lives services aim to:

- Enable people to live life to the full within a safe and enabling family and community setting
- Offer people support and encouragement in all aspects of their life
- Promote and develop people’s independence and daily living skills
- Help people with their every day care and health needs
- Help people realise their ambitions and potential.

Good practice days

As part of the project we run “Good practice days” for Shared Lives schemes. There are approximately 150 Shared Lives schemes across the country. Some of the schemes are already working with people with dementia, whilst others are interested in developing their work.

Our first good practice scheme was on “Dementia and learning disability”. Many people who currently use Shared Lives have a learning disability. As this group of people get older, they are statistically more likely to develop dementia, and at an earlier age. Dr Karen Dodd, an eminent psychologist, who has done a lot of work around the issues facing people with learning disabilities who develop dementia, was our guest speaker.

Our next good practice day will look at how families who provide Shared Lives can use creative methods to help them to support a person with dementia. We are joining forces with an organisation called Ladder to the Moon (www.laddertothe moon.co.uk).

Ladder to the Moon is a training and theatre charity, using staff coaching and interactive theatre to improve quality of life for older people living in care, particularly people with dementia.



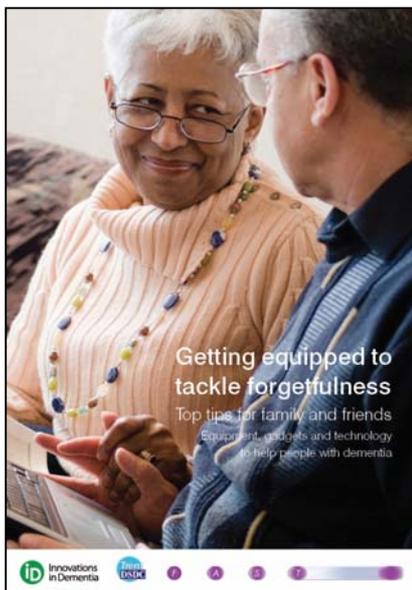
They use a technique called Relationship Theatre®. This uses professional actors and coaches, who work with care staff within the day-to-day life of the care home setting to enable people with dementia to get enjoyment out of whatever they are doing.

Characters (played by professional actors) treat the care setting as if it was somewhere different (eg a Hollywood Studio) and everyone participates in whatever way they wish to in the dramatic world that is created by the characters.

A professional coach works with staff across the setting to develop three key attitudes (confidence, awareness, and responsibility) and three key skills (communication, initiation, and improvisation), enabling them to create richer and more connected relationships with their residents, patients, or clients.

We are keen to find out if any of these approaches can be adapted for use within a family environment. We also want to inspire people to think more creatively about how care for people with dementia can be provided.

If you want to know more please contact Rachael
Email: rachael@innovationsindementia.org.uk



Getting equipped to tackle forgetfulness - top tips guide launched

We joined up with the Foundation for Assistive Technology (FAST) and Trent Dementia Services Development Centre to produce this free booklet.

The guide reflects the real experiences, views and voices of people with dementia, their family and friends, who were involved in its development. Their insights helped us to ensure that the booklet is honest, practical and easy to understand

We especially want to thank the staff and people with dementia who are part of telecare services at Selwood Housing in Trowbridge.

Go to our website - www.innovationsindementia.org.uk to download the booklet and please pass it on to anyone who you think might be interested.

Peter Thursby 23rd December 1930 - 6th January 2011

On 4th March we attended a service of thanksgiving for the life of Peter Thursby at Exeter Cathedral.

Peter was a world-renowned artist and teacher.

We were delighted when he agreed to work with us on our film project, and together we made the film "Listen to Me" which you can see on our website.

We only knew Peter for a few years, but will always remember Peter's gentle spirit, the wicked twinkle in his eye, and his infectious sense of wonder at the world around him.

The Cathedral is massive, but was full to the brim of people who had known him or been touched by his work.

Here is a poem written for Peter, and read at the service.

Turning Bronzes

You pull scimitars of light from nowhere.
Miraculously, feelingly, you turn each shape
in space until its form is ready to escape
into a new sense of reality. You dare

the unexpected: out of darkness a frozen blaze
of steel is burnished into sudden suns
and glints of cold intensity. Your spirit runs
like molten metal through all our days.

Down Time's black hole your pieces will persist
as bright parabolas of light in distant spaces
held by other hands and viewed in alien places.
Old artificer, you are a modern alchemist:

With aluminium, silver, steel and bronze you mould
slivers of time and space and matter into gold.

Professor Roger Iredale - a former pupil of Peter's
Written on the occasion of the Golden Wedding of Peter and Mo in 2006

Thank you Peter.





**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

Email: ideas@innovationsindementia.org.uk. Telephone: 01392 420076

Innovations in Dementia CIC, PO Box 616, Exeter, EX1 9JB

Website: www.myid.org.uk

If you wish to receive (or stop receiving) copies of this newsletter email newsletter@innovationsindementia.org.uk

Registered as a community interest company No. 06046815