

Dementia Matters



Thames Valley
Strategic Clinical Network

April 2018

The quarterly newsletter of the Thames Valley Dementia Network

Dementia Simulation Training



Health Education England, Oxford Brookes and Training2Care are now offering dementia simulation training, which can augment Tier 2 dementia training. The simulation involves wearing equipment to simulate sensory disabilities, such as arthritis, macular degeneration, mobility difficulties and confusion. Participants are asked to complete simple tasks whilst wearing the equipment to understand how activities such as buttoning clothing and making a bed become much more difficult and frustrating for people with dementia.

Traditional dementia training programmes are theory-based; the simulation training is designed to be more practical and help healthcare professionals to understand the daily challenges that people with dementia face. With this increased understanding, professionals can change their practice to support and improve patients' lives.

Simulation training has been an effective programme for carers and care home staff, and would also be beneficial for GPs, nurses, paramedics, hospital staff and social workers as part of Tier 2 training. To learn more about available training courses, follow the links below:

Health Education England Thames Valley: <http://bit.ly/2GAq2Pr>

Oxford Brookes University: <http://bit.ly/2q5G6ri>

Training2Care: <http://bit.ly/2Hczyye>

Living Well With Dementia Workshop

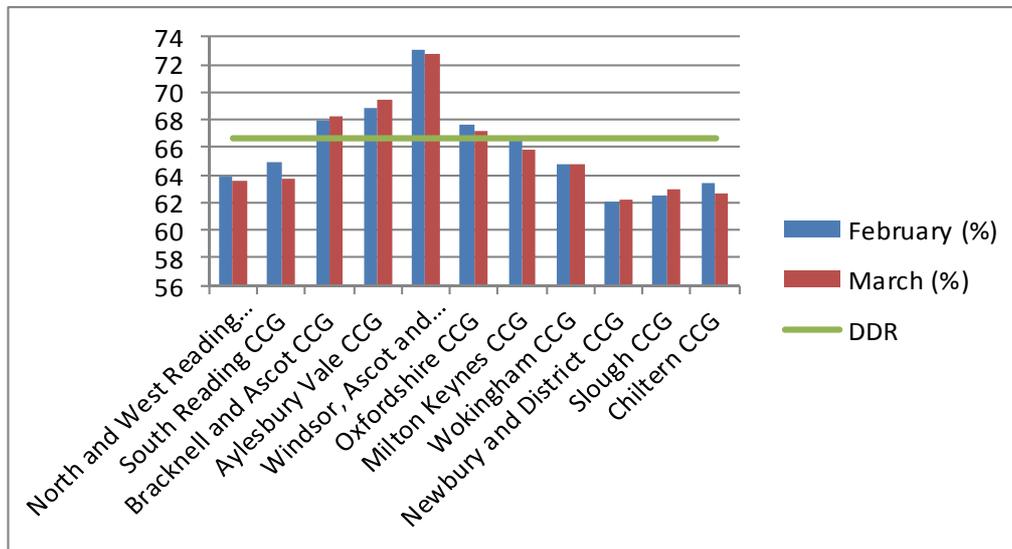
The Thames Valley Strategic Clinical Network is hosting a Living Well With Dementia Workshop on **Wednesday 23rd May 2018**, from 12:30-16:30 (lunch included).

It is an interactive workshop designed for clinicians and health & social care workers from primary, acute, secondary, community & social care, and care homes who are interested in improving care for people diagnosed with dementia. The workshop will cover a number of topic areas, including nutrition, care and support planning, Dementia Advisors, and living in care homes with dementia.

You can sign up for a free space here: <http://bit.ly/2GFAZ7A>

Dementia Diagnosis Rates

Thames Valley CCGs have collectively achieved a dementia diagnosis rate of 65.8% (March 2018).



Herbert Protocol for At Risk Adults

Thames Valley Police participate in a national scheme called The Herbert Protocol, a process which involves recording important information about at risk adults, especially those with dementia, who may go missing.

Carers, relatives, or friends can download and fill in part one of the form, which asks for important information about the missing person such as place of significance to the person, their bank accounts, their ability to travel, and their medical information. The form is then stored in a secure (but readily available) location. If the vulnerable person goes missing, carers complete part 2, and then hand it to their local police station with a recent photograph of the person.

The form can be downloaded here: <http://bit.ly/2Elx4uG>

Dementia Action Week

Dementia Action Week is taking place this year from 21st-27th May, with the aim of discovering and sharing the best small actions that can have the biggest impact on the lives of people with dementia.



Fill in the Alzheimer's Society's survey here to contribute: <http://bit.ly/2lxbXrt>

Ticket to Talk app

The DemTalk Team at Newcastle University have produced the Ticket to Talk app, which has been designed to bridge the conversational gap between younger people, and friends or relatives who are living with dementia.



The app is available on iOS or Android devices, and allows users to make a profile for themselves and for their friend or relative, and then helps the user to collate pictures, sounds, and videos to prompt talking points to enable better conversation.

The app is free and available to download now:

iOS: <https://apple.co/2Jjbk6p>

Android: <http://bit.ly/2GAaFLP>

Feature: Top Tips for Caring for People With Dementia

1. Get to know the person

- * Know their likes and dislikes
- * Gather their life story
- * Have three points of conversation

2. Smile!

The person with dementia will notice:

- * Your emotional state
- * Your body language
- * Your tone of voice



3. Slow down

- * Provide care in a relaxed manner
- * Enable the person to do things for themselves
- * Keep it simple



4. Introduce yourself

- * Let the person know who you are
- * Tell them what you are there for
- * Obtain their permission to assist with care

5. Communicate clearly

- * One point at a time
- * Make sure glasses and hearing aids are used if needed
- * Use an interpreter if needed

6. Step back

When the person is aggressive:

- * Leave the area
- * Reassess and try again later
- * Try to identify the trigger to the behaviour

7. Keep it quiet

- * Stop and listen
- * Reduce conflicting noises
- * Avoid crowds and lots of noise



8. Don't argue

- * Go with the flow
- * Acknowledge and respect what the person is saying and doing
- * Telling they are wrong may have a negative effect

9. Engage and encourage

- * Get the person started with a meaningful activity
- * Set activities up to succeed
- * Thank them for assisting you and themselves

10. Consider safety

- * Approach safely
- * Keep a safe distance
- * Allow yourself an exit



11. Distract

- * Talk about their life
- * Give them something to do
- * Provide a relaxed environment

12. Talk with others

- * What has worked and what hasn't
- * Talk together about what has happened
- * Record what you did

Got something to share?

If you have an event, a website, a new application or anything you'd like to share with dementia professionals across Thames Valley, let us know! We'd love to help spread the word. Contact Sian Roberts (sian.roberts2@nhs.net) or Sylvie Thorn (sylviethorn@nhs.net).