

Latest phase of #STILLME dementia campaign launched

The latest phase of the dementia campaign #STILLME will raise awareness of the signs of dementia, encourage anyone experiencing any of these signs to seek help, and reduce stigma and fear about the condition.

The campaign features three local people, Evelyn, Danny and Martin, who are living with a dementia, along with family and friends, talking about how the condition affects them and the benefits of an early diagnosis. It shows how all three individuals are still themselves, living well, and pursuing interests and activities, with the support of carers, family and friends.

The campaign, which will include TV, radio, outdoor, press, online and social advertising, runs from 4 September until the end of December 2017. To support the campaign a leaflet has been developed to raise awareness of the 10 common signs of dementia, which will be inserted into various newspapers, as well as being distributed to health service facilities and community organisations.

Eleanor Ross, Nurse Consultant at the Public Health Agency (PHA), said: "Dementia can happen to anyone and with an ageing population it is important that we look at how we can raise

awareness about the condition and consider how we as a community respond to it.

"Often people with dementia feel isolated and alone. People can also find it difficult to talk about it when they think that they, or someone close to them, may have dementia. However, we believe that life doesn't end when dementia begins – Evelyn,

Danny and Martin are proof of this and we hope that by showing people who are living well with a dementia it will encourage others to speak up and ask for help.

"We are encouraging people to open up about worries they might have about their memory early and to seek help as soon as possible.

"By talking openly about dementia and its impact on daily life, people with dementia, family members and carers can begin to access the



Continued on next page...

Inside this issue

Latest phase of #STILLME dementia campaign launched • MLAs become Dementia Friends
 • NI Dementia Champions celebrate at third regional graduation ceremony • Dementia NI
 summer update • Regional Delirium Bundle • Kirk House engages local community • Update
 from SEHSCT

...continued from previous page

practical help and support available. A diagnosis allows people to receive treatment and care to enable them to live independent and fulfilling lives. Early diagnosis and support also enable people to plan for the future and to make their own decisions about their care.”

Seamus McErlean, Commissioning Lead for Older People and Adult Services at the Health and Social Care Board (HSCB), said: “Often people are reluctant to seek help with memory problems as they feel that nothing can be done. However, recent investments in dementia services are making improvements to the care and support that people with dementia and their carers can expect to receive. For example, the Delivering Social Change Dementia Signature Project has enabled organisations from across the statutory, voluntary and independent health and social care sectors to work with local businesses to provide information and training about dementia. Innovative and flexible carer support schemes have allowed carers to be supported to continue to provide care to their loved

ones in their own homes for as long as it is safe to do so and in the interests of everyone concerned.

“The project has also provided funding for 10 Dementia Navigators who are based across the five HSC Trusts to signpost people living with a dementia on to services that can offer help and support. It has also provided bespoke Dementia Champion training to over 260 staff from HSC and the independent sector, as well as specialist training on delirium, cognitive assessment and rehabilitation to improve services for people living with dementia. It is vital therefore that we encourage people to open up and have the confidence to ask for help.”

For more information on dementia see www.nidirect.gov.uk/dementia

If you, or a member of your family, have concerns about dementia, visit www.alzheimers.org.uk or call the Alzheimer’s Society Dementia Helpline on 0300 222 1122 which can provide information, support, guidance and signposting to other appropriate organisations.

MLAs become Dementia Friends

A cross-party event in Parliament Buildings on 20 September drew 10 Members of the Legislative Assembly (MLAs) for an interactive Dementia Friends workshop that is likely to be the first of many, to meet growing demand.

Alzheimer’s Society facilitated the workshop, sponsored by Pam Cameron MLA, to allow elected representatives to learn more about dementia and how it can affect a person and to build through this new understanding a more dementia friendly society here in Northern Ireland.

All participants reported having a greater appreciation of how complex and profound the impact of dementia can be for those affected by it. The workshop explored how small changes in popular attitude, understanding and

interaction with a person with dementia can break down isolation and barriers to a person’s involvement in their community.

The group explored practical tips on how to adapt their communication style and approach to support the continued independence and involvement of people with dementia and to ensure their constituents who have dementia are supported to live well for longer. So, look out for MLAs sporting their Dementia Friends badges and most importantly their enhanced understanding of dementia which will make them great advocates for thousands of people across Northern Ireland.

Elizabeth Byrne McCullough (Alzheimer’s Society)

NI Dementia Champions celebrate at third regional graduation ceremony

Graduates from Northern Ireland's third cohort of Dementia Champions were recently honoured at a graduation ceremony held in Antrim. The graduates, health and social care staff from across Northern Ireland who work in Health and Social Care Trusts and in the independent care sector, were successful in completing the six month Dementia Champions training programme.

The first cohort of Dementia Champions in Northern Ireland graduated on 1 February 2017; the second cohort on 11 April; and the third and final cohort on 29 June. A total of 260 Dementia Champions have now been trained with the Dementia Together NI project.

The graduates received their Champion of Champions commendations for work undertaken through participation on the Dementia Champions Training Programme. The Dementia Champion awards are recommended by course lecturers based on graduates' contribution, enthusiasm and overall attainment in the submission of their work-based assignments as well as their attendance and engagement during study days. There is one Dementia Champion award available per Trust area and one overall regional NI Dementia Champion of Champions award.



NI Dementia Champions of Champions attending the recent NI Dementia Champions Graduation Ceremony in Antrim. Pictured with their Champion of Champions awards (from L-R) are Anne Holmes, Southern Trust Area Champion, Briege McNally, Western Trust Area Champion, Helen McCullough, NI Champion of Champions, Sharon Doey, Northern Trust Area Champion and Palmira Valente, South Eastern Area Champion. Also successful, not in attendance, is Kate Russell, Belfast Trust Area Champion.

Dementia NI summer update

Dementia NI members have been enjoying the summer and continuing to meet up through our empowerment groups. Some members and their loved ones were fortunate to get a short break in Fermanagh or the north coast, with much thanks to Dementia Together NI Short Breaks initiative. Those who went reported that this was an amazing opportunity for relaxation and a change of scenery, helping to reduce anxiety and improve overall wellbeing.

Dementia NI member Liz Cunningham said: "Just want to say a big thank you for the break in Killyhevlin. Philip and I had a wonderful break, beautiful scenery, fantastic food. We both got back massages and the swimming pool was lovely. We can't thank you enough, it was so peaceful and really appreciated. Thank you."

We continue to develop empowerment groups across Northern Ireland, with new groups launched over the summer in Portadown and Carrickfergus. We welcome and encourage anyone with a diagnosis of dementia to contact us on 028 9068 6768 and find out more about groups in their local area.

Dementia NI have recently partnered with Radius housing and Alzheimer's Society in Holywood to continue to make Holywood a Dementia Friendly community. Plans are in place to further develop this important initiative in other areas of Northern Ireland.

Over the summer months we have continued to raise awareness about dementia through our social media pages, local media campaigns and by delivering awareness workshops throughout Northern Ireland. We also met with Mr Eddie Lynch, Commissioner for Older People NI, who is keen to work with us and help us improve services for people living with dementia.



The organisation recently received its charity status from the Charity Commission for Northern Ireland and has successfully recruited an Income Generation Manager to sustain the organisation after our core funding from Atlantic Philanthropies ends.

Through raising awareness, challenging the stigma, and enabling all those who are living with dementia to access appropriate services, Dementia NI will continue to reach out and support more people living with dementia across Northern Ireland throughout their journey.

Dementia NI still have so much more to do and look forward to exciting and challenging times ahead!

To receive more information, provide feedback, make a donation, or support us in continuing to develop our work please contact:

Programme Manager

Dementia NI

54 Elmwood Avenue, Belfast, BT9 6AZ

T: 02890 68 67 68

E: info@dementiani.org

W: www.dementiani.org

Find us on Facebook: <https://www.facebook.com/DementiaNI>

Follow us on Twitter: https://twitter.com/Dementia_NI

Regional Delirium Bundle

The regional delirium improvement work that has been undertaken across all trusts has improved identification and treatment of delirium. This has improved patient outcomes in addition to improving knowledge of front line staff and their capacity to provide appropriate interventions.

The Regional Delirium Bundle consists of key clinical and practical resources to embed improved delirium recognition and care at a local level.

The Regional Delirium Advisory Group and front line staff from pilot wards, have agreed the final versions of the components of the clinical recording tool, awareness and educational materials.

Each trust has identified a plan in relation to spread and sustainability of the delirium

improvement reflective of local strategic planning.

To assist in this spread the regional delirium 'Train the Trainer' model will be used to enable local delivery of delirium awareness and management training by trust staff, using agreed training materials.

The nominated staff will be provided with resources and in a position to provide training sessions by autumn 2017.



Invitation

Hilton Templepatrick

Thursday 30 November 2017

9.30am – 4.00pm

The Dementia Together NI Project will be coming to a close at the end of December 2017.

By way of showcasing the many achievements of the project, I would like to invite you to join us in a special celebratory event.

For further information or to book a place please contact Thelma.Swann@hscni.net

Kirk House engages local community



Belfast Central Mission's programme 'EngAGES All NI' was driven by the manager of Kirk House, Andrea Selby, who was responding to the desire of the residents and staff to engage in, and be engaged by, the local community.

Kirk House is a BCM project that provides housing with care for older people and includes 'Memory Lane', a provision for people living with dementia. Memory Lane was awarded a Gold Standard by the University of Stirling in recognition of the exceptional standard of care it provides. Kirk House has a residents' forum which is not just a reference group, but is actively involved in policy direction and decision making in Kirk House.

Many residents expressed to Andrea that while they were active in the community life of Kirk House, they also missed being part of the wider community. Staff members were also keen to strengthen links with the community. BCM encouraged this endeavour and so the programme began.

Andrea is quick to point out that the vision could not have been fulfilled without the engagement of partner agencies. "Without the Alzheimer's Society and Linking Generations NI (LGNI) this programme would have taken much longer to get off the ground," she explains. "Both offered invaluable resources and support and were enthusiastic and encouraging partners."

The programme began by linking in with three local groups – Tullycarnet Youth Club, Gilnahirk

Primary School and Our Lady and St Patrick's College, Knock. The children and young people in each became Dementia Friends, trained by Andrea, Ken from LGNI and Sammy, one of the residents of Kirk House. Each group has been involved in a variety of activities with the residents of Kirk House including crafts, reminiscence and technology.

How did it go? Here are a few of Andrea's favourite stories:

Sammy and Jonny

Sammy is now quite vocal about how his own prejudices about 'teenagers' meant that he was sceptical, and a little fearful, about inviting the youth of the area into 'his home'. Although the activities took place in communal areas with plenty of staff around, Sammy worried that somehow the young people were going to be 'casing the joint'. He laughs about it now, but it was a genuine concern. When the young people came they were genuinely interested in the stories the residents were telling and began to tell a few stories of their own, both of which brought great hilarity. Sammy was able to tell Jonny that he would have walked past him and his friends with a sense of discomfort and Jonny said he and his friends would look out for that in future and try to make sure they weren't intimidating older people.

Joan and Olivia



Joan, who lives with dementia, joined one of the 'field trips' to Our Lady and St Patrick's College to the technology suite. Joan, a former teacher, talked to Olivia about her teaching career and how things had changed. She asked Olivia about her hopes and aspirations for the

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future and gave her sincere encouragement about her dreams. Olivia showed Joan some of the new technology which is available to today's students and they worked together to create and print a 'Wordle' that captured Joan's personality, her hobbies and interests. The Wordle was framed and now hangs in Joan's room.



Jean and Callum

Callum sat beside Jean the first time Gilnahirk Primary School visited Kirk House. He sought her out every time after that and it was clear to everyone

that they had formed a special bond. Jean referred to him as 'my wee boy' and made sure that she attended every event, even when she was feeling poorly. On the morning of the celebration event Jean talked excitedly about how she was going to see Callum and how she had missed him. When we arrived, the children were already seated and Jean couldn't see Callum. Callum was one of the children chosen to speak and when he stood up to talk about the inter-generational project he fixed his eyes on her and gave her

a beaming smile while he talked about how much he had enjoyed going to Kirk House and making new friends. She beamed right back at him, bursting with pride about 'her wee boy'.

EngAGES All continues to develop its links with the community – local businesses have or are signing up to become age-friendly and some have committed to becoming Dementia-friendly communities. local churches, community groups and residents of the area have also taken part in Dementia Friendly Community training in Kirk House.

An exciting partnership with the Ulster University means that Kirk House will be assisting in the development of assistive technology for older people and for those with a dementia.

So what next for EngAGES All? Andrea explains that Autumn 2017 will see the resumption of an enhanced programme of activities with young people in the community and pupils of Our Lady and St Patrick's College and Gilnahirk Primary School. For the first time, nursery school aged children will also be involved.

Andrea summed up the feelings of the residents: "They talk about it all the time – they look forward to it and can't wait for the next session. New residents think that they won't enjoy the noise and the fuss of the children and young people, but they do. There's something for everyone. All the children are Dementia Friends, so it means that every resident is welcomed and involved. We do crafts, the children read to us, we play games, the children entertain and educate and we talk to them about 'the olden days'. The residents are vocal that EngAGES All has made life more fun! Having anticipated a slower pace of life in residential care, they have developed a taste for fun and have come up with other ideas that we're exploring – watch this space!"



Update from SEHSCT

Within the SEHSCT the delirium assessment tool is well established within ward 3A. There are ongoing delirium awareness sessions and a support and advice service for staff on a weekly basis on level 3.

We are now at the stage of spread and the next step is to begin increasing knowledge and education throughout level 3 before expanding into surgery, ED and the community hospital. These areas are all keen to roll out the delirium tool within their clinical environments.

I have identified delirium champions within these areas who will drive the initiative forward and monitor compliance. I will liaise with them on a regular basis in order to share experience, problems, concerns or answer any questions they may have.

I plan to use my protected time one day a week to hold further delirium awareness sessions within the Ulster Hospital and I have also arranged to spread these further afield and will be delivering the education to staff in the community hospital.

As staff knowledge on delirium has developed their confidence and ability to care for individuals with a delirium has flourished and they now explore solutions in prevention and management strategies.

The overall achievement we wish to see is a positive hospital journey for everyone that comes through our door and I feel this is now a goal that is within our reach.

Catherine Armstrong, staff nurse specialising in dementia and delirium



Public Health Agency
12-22 Linenhall Street, Belfast BT2 8BS.
Tel: 0300 555 0114 (local rate).
www.publichealth.hscni.net

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www.northernireland.gov.uk

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