



NISCC mobile app equips care workers to deliver dementia friendly services

The Northern Ireland Social Care Council (NISCC), regulator for the social care workforce in Northern Ireland, has refreshed their mobile learning app 'The Domiciliary Care Toolkit'. The app has updated content on dementia care, adult safeguarding and the NISCC standards of conduct and practice for social care workers.

Opening the launch event, Sean Holland, chief social work officer, said: "The e-health and care strategy requires all sectors, including social care, to take advantage of digital technology. This app contains important areas of learning and development for care workers which will strengthen their practice and ensure the people they support receive high standards of care."

"I would like to congratulate the NISCC and their partners on the project team: Dementia Together NI, Bryson Care, Belfast Health and Social Care Trust, Social Care Institute for Excellence and the Regulation and Quality Improvement Authority. The learning exercises in this app will help care workers to recognise the types and signs of adult abuse. It raises awareness of dementia and will support workers to deliver best practice in caring for people with this complex illness."

Colum Conway, NISCC chief executive officer, said: "With mobile learning, our aim is to provide a

more accessible and interactive learning solution which workers and managers can access as and when they need to. As part of their NISCC registration, domiciliary care workers must meet our standards for their training and practice. This is a very diverse and disparate workforce and for most of them, their workplace is in people's own homes. This makes it more difficult for them to access and attend traditional training. We are committed to developing more products like this to bring learning to the heart of the workplace."

The Dementia Together NI team played a key role in updating the new app with information around dementia and delirium.



Speakers at the event pictured L-R:- Sean Holland (Chief Social Work Officer – Department of Health), Eleanor Ross (Co-Chair, Northern Ireland Dementia Strategy, Lorna Conn (HSCB Project Manager–Dementia Together NI), Colum Conway (Chief Executive – NISCC)

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Dementia ECHO project commences

The Dementia ECHO (Extension of Community Healthcare Outcomes) project is a tele-mentoring network which builds up the knowledge, skills and capacity in primary care teams to enable more locally delivered care while delivering the best patient outcomes.

Dementia ECHO offers an exciting opportunity to build the expertise of GPs, community pharmacists and others working in primary care services so that they can enhance their input to their patients who develop dementia.

This could potentially allow GPs within an enhanced primary care team for dementia to provide assessment, diagnosis and early interventions for their patients who suffer from mild cognitive impairment and early non-complicated dementias.

By ensuring people get the right care, in the right place at the right time, this should improve access to timely assessment and supports, whilst improving outcomes for the person including an improved patient experience.

Dementia ECHO is a series of nine clinics bringing together primary care professionals, staff working in specialist dementia services, the third sector and people living with dementia

and their carers to build a community of practice where everyone involved can share their knowledge of dementia and learn from each other.

The first two clinics have been completed. Clinic One is focused on an awareness of the symptoms of dementia and making a diagnosis and Clinic Two on understanding the dementia subtypes.

Roisin Doyle, the network lead for the project, said that although still in the early stages, the Dementia ECHO project is already showing evidence of the team sharing real practice examples and challenges which is allowing for increased learning, confidence building and clarity in what is best practice in future interventions for those who have mild cognitive impairments and dementias.

The Dementia ECHO clinic programme covers a broad range of topics and will be running until April 2017 (see programme).

Further updates will be provided during the course of the project. Further information on the Dementia ECHO Project is available from Roisin Doyle the Project Lead at Tel: 028 9536 2809 Roisin.doyle@hscni.net

Northern Ireland
Project
ECHO
Dementia Improvement Collaborative ECHO
Assessment, diagnosis and early intervention in mild cognitive impairment and early non-complicated dementias

HSC

Northern Ireland Hospice

Northern Ireland
Project
ECHO

ECHO Dementia Care Programme

November 2016 to April 2017

Education Programme

Friday 25th November 2016	Diagnosis/Awareness
Wednesday 7th December 2016	Dementia Subtypes & Early Onset
Wednesday 18th January 2017	Medication
Friday 27th January 2017	Capacity/Driving/Risk
Wednesday 8th February 2017	Community/Carers/Support
Friday 24th February 2017	Behavioural Issues
Wednesday 15th March 2017	Homebased Rehabilitation/Goal
Wednesday 29th March 2017	Communicating with PFD
Friday 7th April 2017	End of Life

A dementia friendly generation in the making

In recent years the Alzheimer's Society has led the way in working to create dementia-friendly communities in a range of settings including retail, transport, supported housing, care homes, community engagement and education.

On 16 November the society launched its Dementia Friendly educational resources for schools across Northern Ireland.

These resources cover Key Stages 1-4, with KS3 available in Irish. The Council for the Curriculum, Examinations and Assessment (CCEA) has supported the project and has given a commitment to translate the remaining stages into Irish during 2017.

The event took place in Bangor Grammar School and participants included educators; Alzheimer's Society volunteer Mae Burke MBE; students who had experienced a lesson on dementia; and Liz Cunningham (pictured), who has a dementia and is an Alzheimer's Society ambassador.

Guests at the launch watched a short film showing students from the school telling us what they understood of dementia before and after the lesson and the impact couldn't have been more striking.

The children's newly acquired knowledge and understanding and their thoughtful contributions showed how this intervention could be the start of building a dementia friendly generation, as its effects radiate within families, neighbourhoods and communities.

Education Minister Peter Weir commended the initiative. He said: "Schools provide children with a wide-ranging and broad education helping them to become well-rounded individuals. It is right that as part of their education they learn about issues such as dementia and learn the skills needed to best take care of and help family members and friends who have the condition.

I want to thank the Alzheimer's Society for their efforts to support our young people."

All the resources can be found at:
www.alzheimers.org.uk/youngpeople



Liz Cunningham and pupils from Bangor Grammar School

Dementia and learning disability masterclass

The Hilton Hotel in Templepatrick was the venue for a very successful Learning Disability and Dementia Master Class event held on 20 October 2016.

Around 112 health and social care staff heard at first hand the international expert in the field of learning disability, ageing, dementia and palliative care, Professor Mary McCarron, Dean of the Faculty of Health Sciences and Professor of Ageing and Intellectual Disability at Trinity College Dublin.

Very interesting information was presented by Professor McCarron who focused on her wealth of research and explained how the evidence base had informed policy and service development directly and shaped design and practice.

Initial feedback from the event recognised the need to have a greater awareness of the needs of those with intellectual disability, particularly as many are now living longer and a diagnosis of dementia is becoming more prevalent at an earlier age.

This is one of the training initiatives which have been put in place by the Health and Social Care Board and Dementia Together NI as well as the roll out of the "Supporting Derek" - A practice development guide to support staff working with people who have a learning disability and a dementia.

In addition Dementia Together NI are also training 300 Dementia Champions across the statutory and independent sectors and several staff working within the field of learning disability are undertaking the six months blended learning training.



Geraldine Fleming HSCB, Jerome Dawson DoH, Professor Mary McCarron from Trinity College Dublin who was the key speaker at the Master Class and Seamus McErlean HSCB, Co-Chair of NI Dementia Strategy at the Learning Disability and Dementia Master Class



Attendees at the Learning Disability and Dementia Master Class event held on 20 October 2016

Northern Ireland Dementia Friendly Awards Winners announced

Bankers, nurses, young Scouts, musicians and pharmacists as well as people with dementia are among the winners of the Northern Ireland Dementia Friendly Awards, held at the Europa Hotel on Wednesday, 12 October 2016.

Dementia Friendly East Belfast beat its rival the city of Derry to take the Dementia Friendly Community Award, while other winners included the Scouts 81st Beaver Colony in Belfast, Ulster Bank, NI Hospice, the Oh Yeah Music Centre and Belcoo Pharmacy.

The Inspiring Individual award was shared by Danny Brown and John McErlane, both from Antrim, two men with dementia who have campaigned to raise awareness of the condition while supporting others dealing with a diagnosis.

Dementia NI, the charity created by people with dementia to support others people with the condition, was given a Special Recognition Award by the judges.



Director of Operations of Alzheimer's Society in Northern Ireland Bernadine McCrory (centre) and 81st Beaver colony leaders Jacqui and Ian Berryman

The Awards were hosted by Sarah Travers, an Ambassador for Alzheimer's Society, whose father passed away with Lewy Body Dementia in 2013. Sarah was also a judge of the Awards. She said: "It has been a real eye opener to see so many different ways individuals and organisations are making the world a friendlier place for people with dementia. It can be something as simple as changing the way you do things, just giving staff Dementia Friend training that can help them to understand customers with dementia and respond to their needs, or it could be bringing music back into their lives.

"So much of it comes down to awareness and understanding, so seeing the 81st Beaver Colony training up future Scouts as young as six really makes me optimistic. When you see how such young children can be so accepting of dementia as a part of life, it gives you real hope that until we find a cure, people will be able to live well with dementia, and that we'll see the person, not the illness.

"For me personally, it is also important that people recognise dementia is a terminal illness and that people with dementia are entitled to the same dignity and respect as any others with a terminal illness. Seeing how Hospice NI support people at the end of their lives, both in hospice settings and in their own homes, and how the families and carers are supported brought home how important it is that people with dementia don't just live well, but also have the right palliative care when the time comes," she said.

Bernadine McCrory, Alzheimer's Society Northern Ireland Director, said: "I want to congratulate our winners in these awards, and indeed all of the finalists and the organisations nominated. The contribution that they are

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Northern Ireland Dementia Friendly Awards Winners announced continued

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making helps to build more supportive and inclusive communities for the 20,000 people in Northern Ireland living with dementia, and for their families.

“The standard of entries for the awards this year has been excellent, and we’ve seen a real array of different ways that people make a difference in their community. Anyone can become a Dementia Friend, which is the first step in knowing more about dementia and how to help a person with dementia. Our winners all took this first step and went on from there, whether it’s school children, librarians, shop staff, care workers or bankers, they are all shaping a better future for people with dementia.”

These are the second annual awards, celebrating people and organisations that have made an outstanding contribution towards

improving the life and experiences of people with dementia and categories range from individuals to whole communities.

Dementia Friendly Communities support and empower people with dementia to maintain their independence for as long as possible through inclusion, awareness and understanding.



(l-r) John McErlane, Sarah Travers and Danny Brown. John and Danny jointly won Inspiring Individual award

Dementia Champions

Dementia Together NI are delighted to report that the first cohort of Dementia Champions have completed the six months of blended learning training and will graduate early in the new year.

The second cohort has already commenced and the third cohort will start in February 2017. A total of 300 Dementia Champions will be trained and will be based across the statutory and independent sectors.

A further update on the graduation ceremony will be included in the next edition of the Dementia Together NI newsletter.



Phase 2 of the dementia public information campaign

Phase 2 of our dementia public information campaign is now live, with adverts back on our TV screens featuring Ronnie, Mary and Liz, real people with a dementia, showing they can still contribute so much to our understanding of living with a dementia.

The first part of the campaign in autumn 2016 focused on reducing the stigma of dementia, emphasising that the person with a dementia is still the same person despite having a diagnosis of dementia. We wanted to encourage people to see beyond the dementia and look what the person can still do as opposed to what they might no longer be able to do.

The second phase of campaign wants people to better recognise the symptoms associated with the various forms of dementia. We want people to see there is a reason to seek a diagnosis and that support is there not only for the person with a dementia but also for all those who provide support. We want people to know that dementia is more than simply 'forgetting things' but can have a wide range of symptoms and if someone was worried about any of these, to contact their GP.

To support this phase of the campaign, leaflets and posters have also been developed to help people recognise the symptoms of dementia compared to what might be natural aging and when it might be worth visiting your GP. These leaflets will be available in pharmacies, GP surgeries and many other places across the region. All people shown in the TV adverts and leaflets below are real people living with a dementia in Northern Ireland and we would like to extend our sincere thanks for everything they have contributed to this campaign.



Know the signs of dementia

Your memory often changes as you grow older. But memory loss that disrupts daily life is not a typical part of ageing. It may be a symptom of dementia. Dementia is not a part of natural ageing, nor is memory loss the only symptom. If you have any of the following symptoms which you are concerned about or which are affecting your daily life, it's a good idea to visit your GP. There are other conditions which can have similar symptoms so it is important to find out what might be causing them.

While people with a dementia might share similar symptoms, each person is unique. They still remain the same person they were before. To find out more about dementia and how you can get a diagnosis or how to best support someone with a dementia, please visit www.nidirect.gov.uk/dementia

Memory loss that disrupts daily life

A common sign in most types of dementia, especially in the early stages, is forgetting recent events. Others include forgetting important dates or events, repetition and increasingly needing to rely on memory aids (such as reminder notes or electronic devices) or family members for things they used to handle on their own.

What's a typical age-related change?
Sometimes forgetting names or appointments, but remembering them later.

Difficulty in planning or solving problems

Some people may find it more difficult to develop and follow a plan, or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. Doing certain things may take a bit longer too and they may also have difficulty concentrating.

What's a typical age-related change?
Making occasional errors with money or planning the day ahead.

Difficulty completing familiar tasks at home, at work, or at leisure

People with a dementia often find it hard to complete daily tasks. Sometimes, they may have trouble driving to a familiar place, managing a budget or remembering the rules of a favourite game.

What's a typical age-related change?

Occasionally needing help to use the settings on a microwave or to record a television show.

Changes in mood

The mood of people with a dementia can change. They can become confused, suspicious, depressed, fearful or anxious. This may cause them to be upset at home or at work. They may also react unusually to friends or in places where they are out of their comfort zone.

What's a typical age-related change?
Feeling a little down sometimes or not liking to have a long-term routine changed.

Confusion with time or place

People with a dementia can lose track of times and dates. They may have trouble understanding something being planned in the future. Sometimes they may feel confused about where they are.

What's a typical age-related change?
Getting confused about the day of the week, but figuring it out later.

Trouble understanding what they are seeing

For some people, having vision problems can be a sign of a dementia. They may have difficulty reading, judging distance and determining colour or contrast, which may cause problems with driving. They may also have problems understanding what they see (rather than how sharply they see it) due to changes in the brain rather than the eyes.

What's a typical age-related change?
Vision changes related to ageing such as developing long-sightedness or cataracts.

Dementia NI opens new empowerment group in Lisburn

A charity set up by people with dementia is opening an empowerment group in Lisburn. This will be the seventh such group in Northern Ireland.

Dementia is an incurable condition which strips people of their mental faculties, yet five people with the condition were able to come together to empower themselves and others by founding Dementia NI. Their message is that life goes on after diagnosis and people with the condition can live full satisfactory lives and be of value in their communities.

They are now reaching out to twenty thousand people with dementia in Northern Ireland.

“Many who first hear that they have dementia isolate themselves from the world, feel depressed and hopeless”, said Ashleigh Davis, the charity’s empowerment officer. “These are the people we are talking to and speaking for.” Now Dementia NI is coming to Lisburn and seeking the help of other people with dementia to establish itself there and expand its services. The need for this group is recognised by health trusts.

Brenda Arthurs, Assistant Director in Primary Care and Nursing, South Eastern HSCT, said: “We welcome the opportunity and look forward to working with Dementia NI. We are committed to providing high quality services for our local population and are actively involved in the

development of the Regional Dementia Pathway.”

Anne from Newtownabbey is already a member of her local group and offers examples of what the charity provides. She said: “After my diagnosis, the relief that there was someone out there to help and understand me was so overwhelming. I wasn’t alone anymore and that was such a fantastic feeling. I enjoy coming along to the groups, it’s the perfect opportunity for us to socialise, to share experiences and have my thoughts and opinions heard. The group has given me the confidence to feel proud of myself and make me feel that I have a place in society again.”

Tara Collins, Programme Manager for Dementia NI, said: “At present we are encouraging individuals with a diagnosis of any type of dementia who reside within the South Eastern HSCT catchment area to join their local group. We are delighted with our progress to date.”

The first group meeting will be held on Wednesday 11 January 2016. For more information, please contact Dementia NI on Tel: 02890 686768 or Email: info@dementiani.org



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

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