

Stockport - Workshop-Results: (Working-Paper)

What did you learn? What are the key messages?

- People with dementia are their own experts.
- Never give up (motivation!)
- The glass is half full and/or half empty > competences
- Look at the person not the dementia
- Listen to the person & not the dementia – we are all individuals
- PERSON with dementia
- Information about dementia
- Acceptance of illness (environment)
- Day – structure (tools using) and supporting each other
- Social contact/network
- Carpe Diem Stay yourself
- We will overcome (optimism), there is life after the diagnosis
- Social inclusion, exchange
- Individual – symptoms, handling
- Make life easy – use technology
- Adjustment aids/technology
- Variety of tech gizmos to support & help
- Invisible
- Their vision & mobility is impaired
- It can be a secondary condition
- Coping mechanisms
- You can learn new skills if you need them & keep using them
- Keep independence as long as possible
- Learning to accept the condition early is really helpful.
- We are where we are today by listening to people with dementia
- Working across services is very helpful.

What do you learned from people with dementia?

- They are not silly or stupid – listen to their interest – they keep themselves motivated by all kind of activities.
- By accepting the disease it is easier to give your life still a positive turn.
- Remarkable how long some people are already living with the disease.
- We have learned that you cannot see that someone has it.
- New was that these people are working so nicely together in this group and that this is a very positive experience for them.

What is transferable for your daily work?

- Intergenerational Choir
- Dementia Dance Group for co-ordination
- Telecare – tools using
- Smart House (technology)
- Pre-diagnostic
- More intergenerational contacts – in creative & artistic activities
- Information centres
- Courses for carers

What do we need?

- Money/funding
- Persons (qualified staff & understanding)
- Structure
- Relatives
- Co-operation partners (welfare associations)
- Make a campaign > inform people
- Intergeneration activities
- Information session
- Dementia expert
- You need people who are braking through the taboos
- It is important to make more visible that if people are with dementia.
- Expertise of colleagues
- Stockport experience – getting them to come to Cambridge? Video?

What do you see are the barriers?

- Money
- Not getting funding
- Qualified Staff
- Structure
- Awareness
- Social attitude
- LAW > social & insurance policies
- Establishing people for dementia group
- Being overstretched already?
- Blocks from other services
- Lack of knowledge
- Sustainability



What did you hear today that you can try at home?

- Intergenerational choir
- Be aware of the environment
- Deliver courses to carers
- The EDUCATE model – we think we can replicate it through cross service work, the innovate fund
- Thrive project
- Can we work with social care to develop an 'Educate' type club to help us to deliver training to carers?