

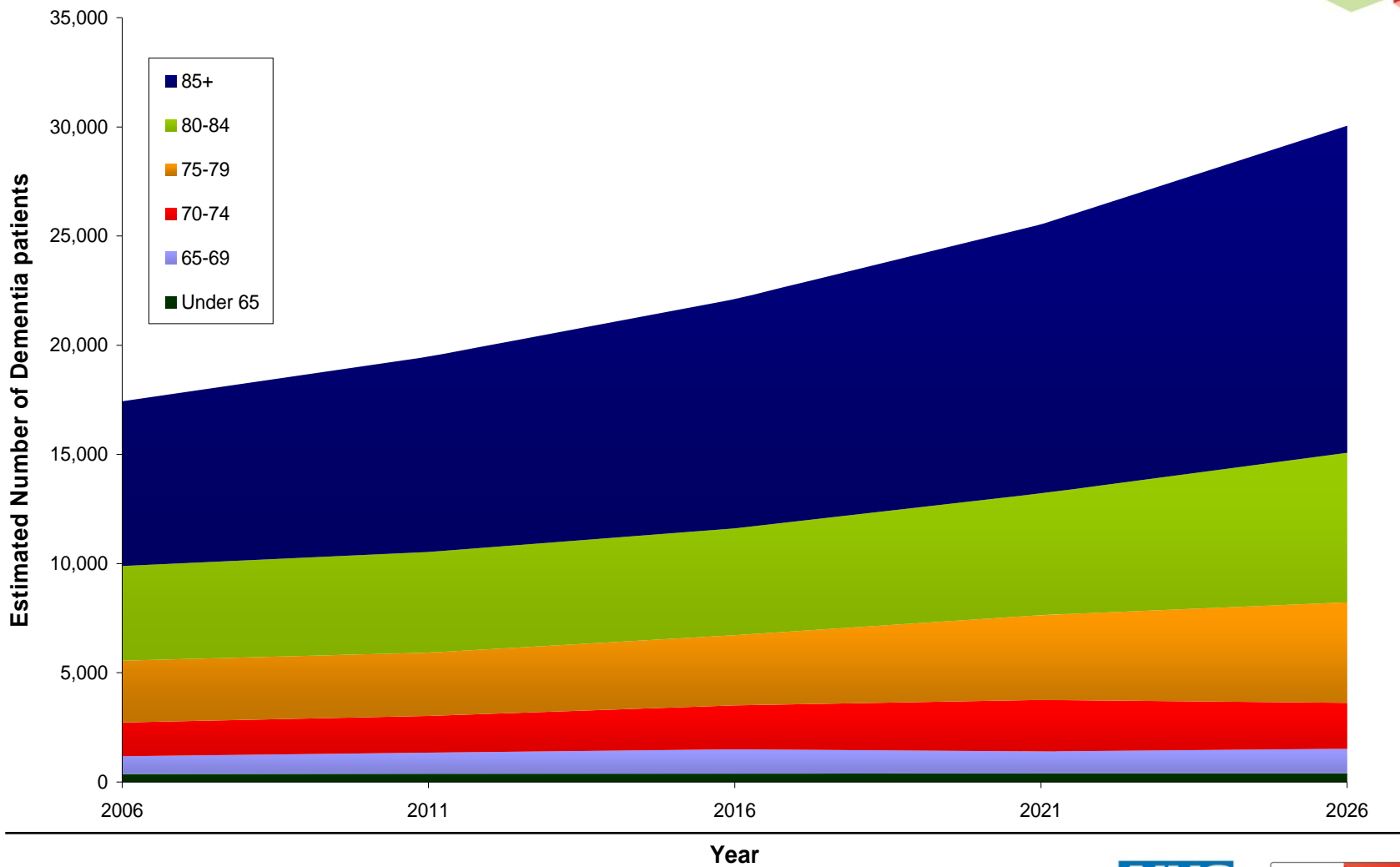


Developing Kent as a Dementia Friendly Community

Improving the quality of life for people living with dementia and their carers

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Building on existing best practice



Dementia Select Committee

DementiaWeb and 24hr Helpline

Dementia Cafes and Peer Support Groups

Dementia Buddy at Darent Valley Hospital

Dementia Crisis and Hospital Discharge

Broadmeadow Channel Suite, Shepway

People in Kent have told us ...



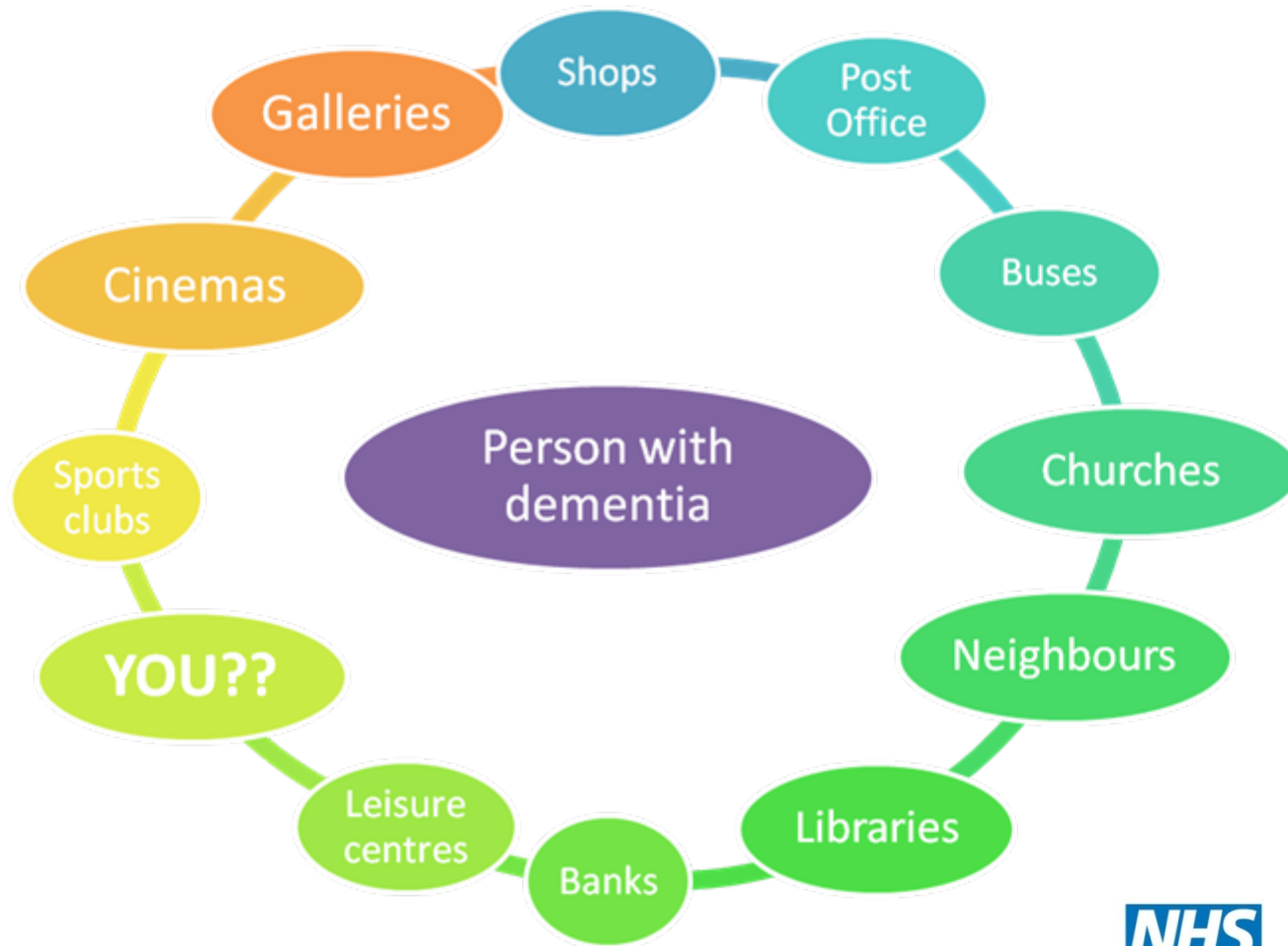
We want to **live** the life we had before diagnosis

Diagnosis is not the end of life, rather the beginning of a **new phase** of life

We should start with educating **young people**

This isn't just about dementia, this is about a better way of communities **working together**

Who is involved in a dementia friendly community?



People would like to be able to:



Pursue hobbies and interests

Simply “go out” more

Make more use of local facilities, “normal places”

· Help others in their community by volunteering

People say that 1-1 informal support was the key to helping them do these things

A dementia friendly community enables people:

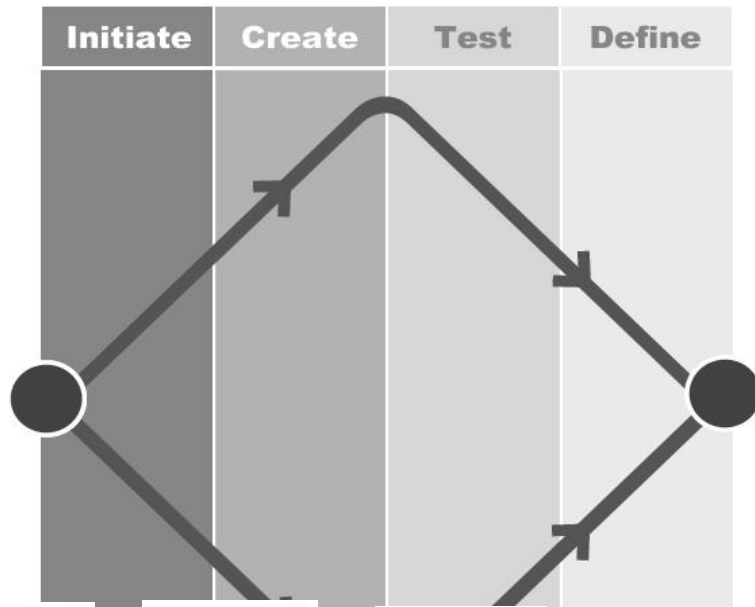


To find their way around and **be safe**

To **access local facilities** that they are used to (such as banks, shops, cafes, cinemas and post offices)

...and to **maintain their social networks** so they feel they belong in the community.

SILK co-production methodology



**Tried and tested since 2007,
a creative framework to
work alongside people
within their communities,
to review, design, test and
deliver new models of
collaborative working**



So far

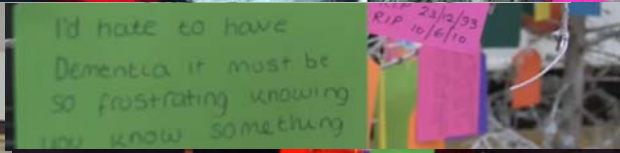


- Intergenerational Schools Projects
- High Street/Community
- Resources e.g. Checklist and Dementia Web
- Social Innovations e.g. Mentor Model



DFC projects and initiatives	Soc												
	Res												
	YP												
	HS												
	Area	1	2	3	4	5	6	7	8	9	10	11	12
	Dford	Gsham	SOaks	T&M	Tun Wells	MStone	Swale	AFord	Cbury	Shepway	Thanet	Dover	

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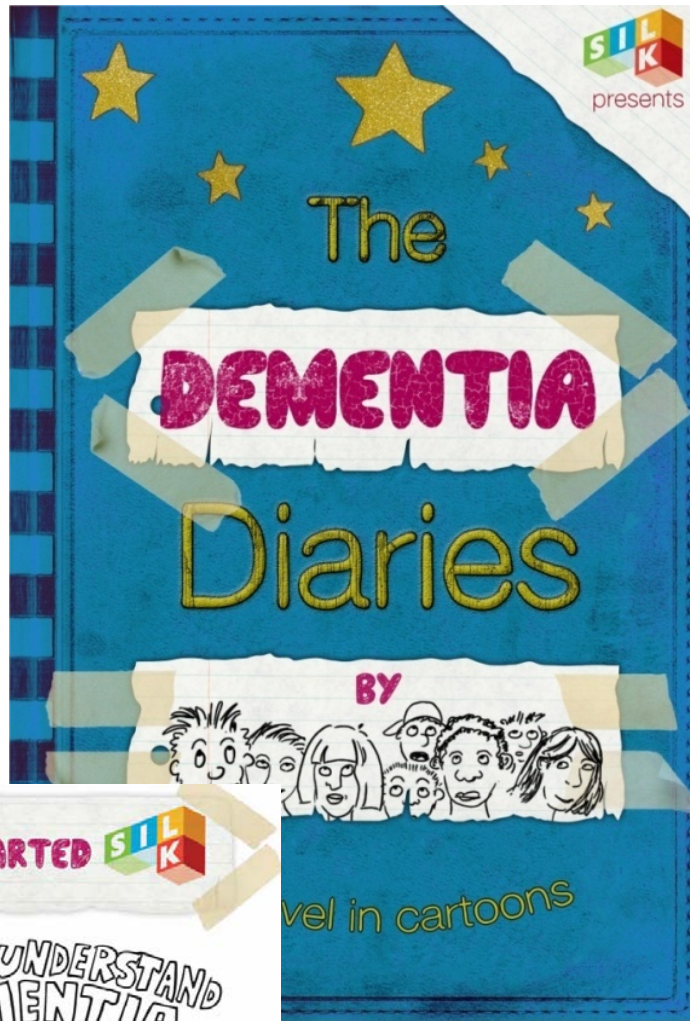
Gravesham





Shepway

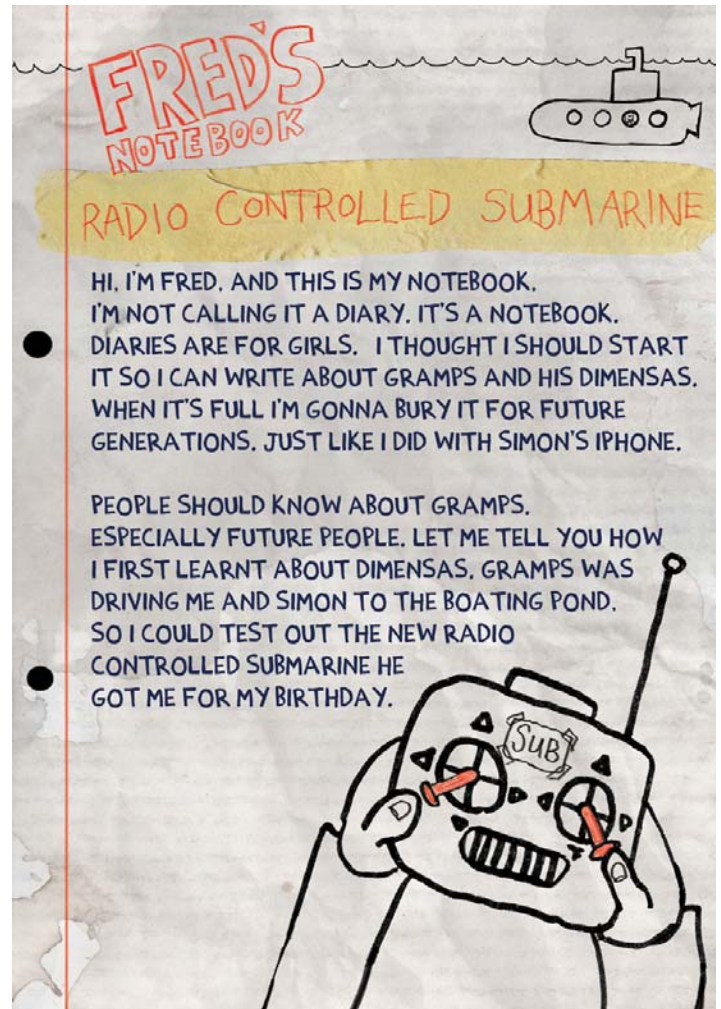




WHERE THIS BOOK STARTED



level in cartoons



Kent and Medway



Checklist



Kent & Medway Dementia Checklist Prototype

If you are worried about memory problems or any of the symptoms listed below you may want to make an appointment with your doctor to discuss these. This checklist aims to help yourself and/or your relatives prepare for an appointment, giving you time to think about and answer these questions beforehand.

Have you noticed problems with any of the following?

Repeating or asking the same things over and over?
 Yes No Sometimes

Remembering appointments, family occasions, holidays?
 Yes No Sometimes

Writing cheques, paying bills, balancing bank statements?
 Yes No Sometimes

Shopping alone e.g. for clothes, groceries?
 Yes No Sometimes

Taking medication according to the instructions on the box?
 Yes No Sometimes

Getting lost whilst walking or driving in unfamiliar places?
 Yes No Sometimes

Difficulty completing familiar tasks at home, work, or at leisure?
 e.g. following a recipe, changing a plug, following a TV show
 Yes No Sometimes

Misplacing things and unable to no back over clock to find them e.g. save mislaid

Cardboard prototyping

Preparatory

Has your health,

How did it change

When did you first

How often does

When does it happen

What do you do

What behaviours are the same?

Using props to imagine what a service should feel like

Design Version 1.0

Additional notes

Space to add any other symptoms, changes or questions

What medication are you currently taking?

Useful contacts

Memory problems can be the result of a variety of conditions. This questionnaire will support your GP to identify the cause. If you have answered 'yes' to any of the previous questions it may not necessarily mean you have dementia, but if you are concerned the following numbers are available.

For general enquiries, the 24 hour Kent Dementia Helpline on 0800 500 3014 or for medical professionals, Dementia UK on 0845 257 9406

Concerned about your memory?

A handy checklist of questions if you are worried about your own or a relative's memory. Fill it out before your next visit to your doctor, as it will help you explain how you are feeling and make diagnosis easier.



Kent and Medway **NHS**
 NHS and Social Care Partnership Trust

Maidstone Mentors



Cardboard prototyping

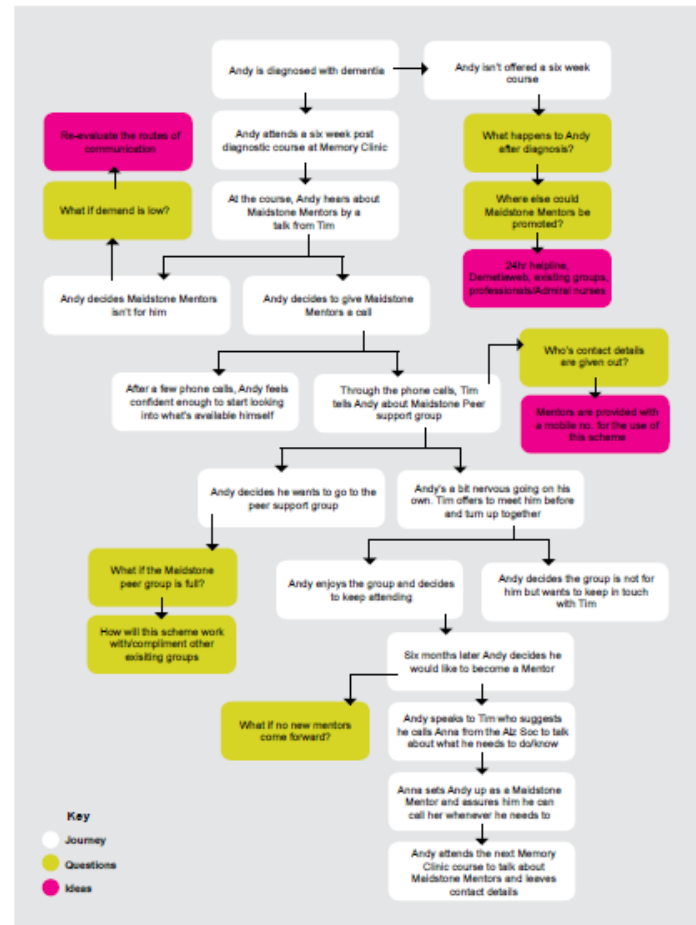


Using props to imagine what a service should feel like

Design



Maidstone Mentors walk through





Prime Minister's Challenge

KCC Dementia Select Committee

Kent and Medway Dementia Collaboratives

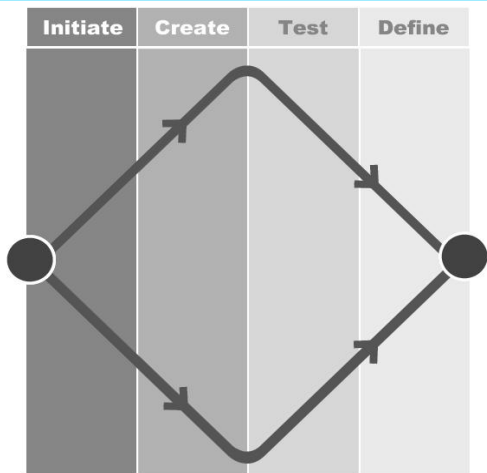
Building on good practice

Training and awareness

New ways of working

DementiaWeb – interactive web platform

Creating the conditions to follow a co-production approach which keeps people living with dementia and their carers at the heart of the improvement process



Project

Project

Project

Project

Project

Project

Project