Developing Kent as a Dementia Friendly Community

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

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May 2013
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

May 2013
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

May 2013
So far

- Intergenerational Schools Projects
- High Street/Community
- Resources e.g. Checklist and Dementia Web
- Social Innovations e.g. Mentor Model
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- **Intergenerational Schools Projects**
- **High Street/Community**
- **Resources e.g. Checklist and Dementia Web**
- **Social Innovations e.g. Mentor Model**
HI, I'M FRED, AND THIS IS MY NOTEBOOK. I'M NOT CALLING IT A DIARY. IT'S A NOTEBOOK. DIARIES ARE FOR GIRLS. I THOUGHT I SHOULD START IT SO I CAN WRITE ABOUT GRAMPS AND HIS DIMENSA. WHEN IT'S FULL I'M GONNA BURY IT FOR FUTURE GENERATIONS. JUST LIKE I DID WITH SIMON'S PHONE.

PEOPLE SHOULD KNOW ABOUT GRAMPS, ESPECIALLY FUTURE PEOPLE. LET ME TELL YOU HOW I FIRST LEARNT ABOUT DIMENSA. GRAMPS WAS DRIVING ME AND SIMON TO THE ROATING POND. SO I COULD TEST OUT THE NEW RADIO CONTROLLED SUBMARINE HE GOT ME FOR MY BIRTHDAY.
Checklist

Kent & Medway Dementia Checklist Prototype

Preparatory
- Are you hungry?
- Do you need to use the bathroom?
- Did you have a good night's sleep?
- How did you spend your day yesterday?
- How many times did you talk today?
- Was the day busy?
- What did you do?
- What did you learn?
- What did you enjoy?
- What did you find difficult?
- What are your strengths?
- What are your concerns?
- What are your worries?
- What are your hopes?
- What are your goals?
- What are your dreams?
- What are your fears?
- What are your ambitions?
- What are your interests?
- What are your passions?
- What are your values?

Cardboard prototyping

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.

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 checklist is to help you think about the situations. We encourage you to think about and answer these questions yourself.

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This document was co-developed by people living with dementia and their families, supporting organisations and medical professionals, using the AGIS approach.
Maidstone Mentors walk through

1. Andy is diagnosed with dementia.
2. Andy attends a six-week post-diagnostic course at Memory Clinic.
3. Andy learns about Maidstone Mentors from Tim.
4. Andy decides to join Maidstone Mentors.
5. Andy is offered a two-week course.
6. Andy attends a two-week post-diagnostic course at Memory Clinic.
7. Andy learns about Maidstone Mentors from Tim.
8. Andy attends a two-week post-diagnostic course at Memory Clinic.
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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

May 2013