

DAA Dementia Action Alliance

'Living well with dementia' Workshop with Ketso Summary

A North West Dementia Action Alliance (DAA) Conference was held in March to share learning on creating Dementia Friendly Communities. One session at the event was a workshop with Ketso

Ketso is a hands on, table top toolkit for creative engagement.

This conference session was designed to enable people with dementia, carers and others to share thoughts and ideas on what is helpful in health and social care for people with dementia and what could be done better.

Participants are guided through questions and encouraged to write ideas on colour coded leaves which are then placed on a felt workspace (a bit like a tree). This helps to show the groups evolving thoughts and encourages inclusive discussion.

30% of participants were people living with dementia

1545 ideas were recorded in 90 minutes

Now it is important that the ideas are analysed and made useful

Overview

The ideas provide us with a rich resource but this is just the start. Next we need to build upon the ideas at other events in other areas and with dementia policy makers, commissioners and service providers.

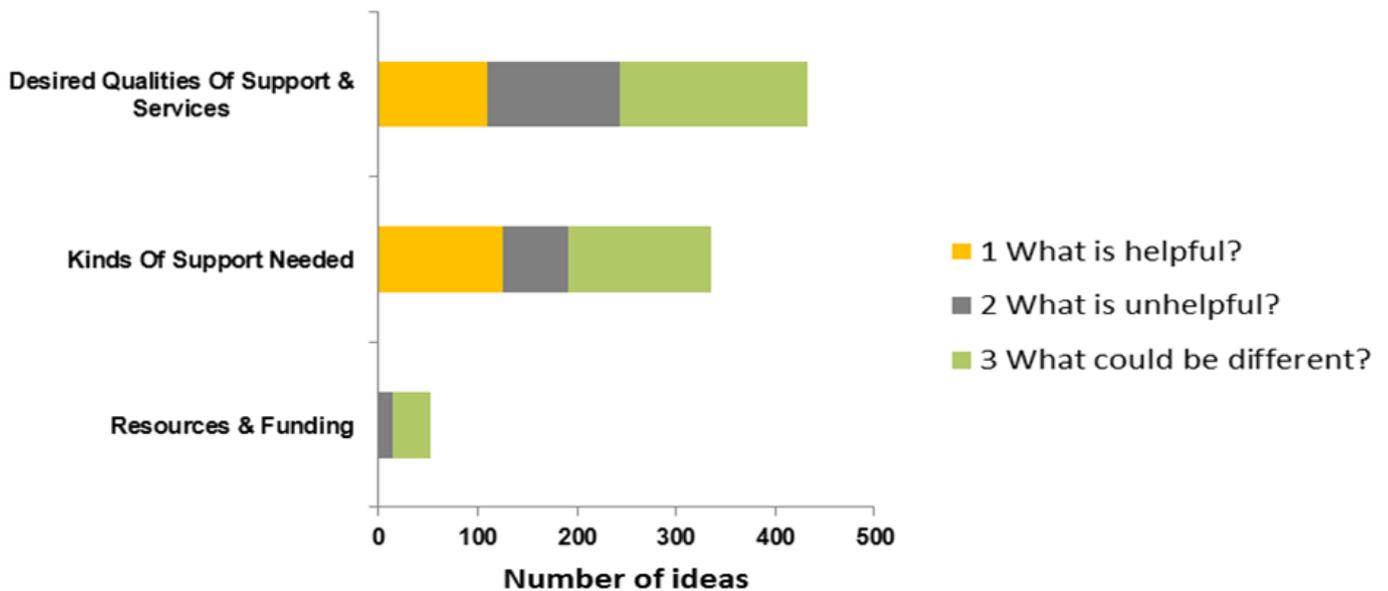
Ideas can be grouped into three broad categories:

- support and health & social-care services
- healthy lifestyles for people with dementia and their carers
- What a dementia friendly society would be like

Analysis of the ideas shows there is a lot that is working well in health & social care services with good practice to be learned from. A clear message in the feedback at the end of the workshop is that there has been significant improvement in including the views of people with dementia and their carers in designing services.

Support and health & social-care services

(approx. 850 ideas recorded)



This graph shows themes of ideas on '**Support & Health and Social Care Services**'. Underpinning these was the strong desire for people affected by dementia to be involved in shaping services and more cultural awareness.

Partnerships and services which truly join up had the highest number of ideas, with most being ideas and suggestions for how things could be different.

For many of the ideas on what is 'unhelpful' in living well or living better with dementia, there were many suggestions for 'what could be different'.

Some may be practical and achievable whilst some may be 'stepping stones' but all can help commissioners and service providers' understand more about the perspectives of people affected by dementia.

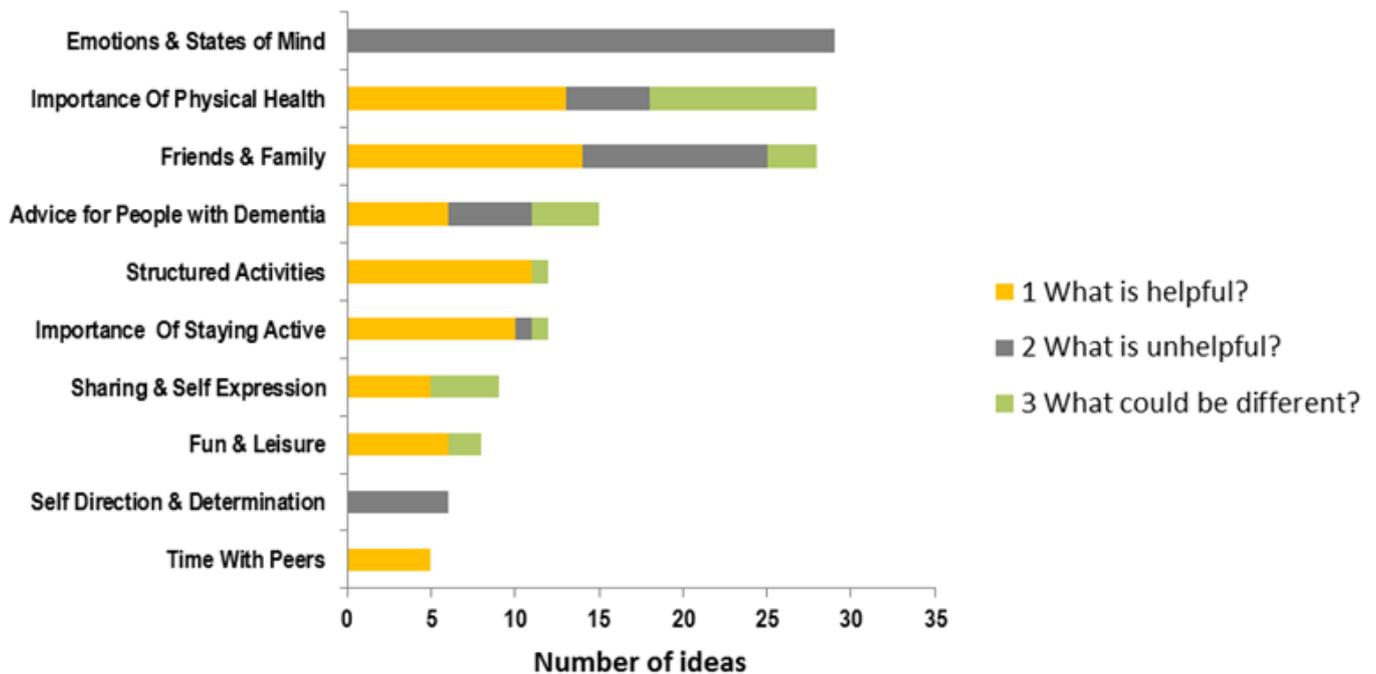
Clear themes of the **practical support** people with dementia need were:

- Planning for the future
- Financial and legal
- Direct monetary support (such as carer's allowances)
- Buddies / assistance
- Accessible information.

Healthy lifestyles for people with dementia and their carers

(approx. 600 ideas recorded)

Healthy Lifestyle



This graph shows ideas on **'Healthy lifestyle'** with 'Emotions & States of Mind' receiving the most ideas of what is unhelpful .

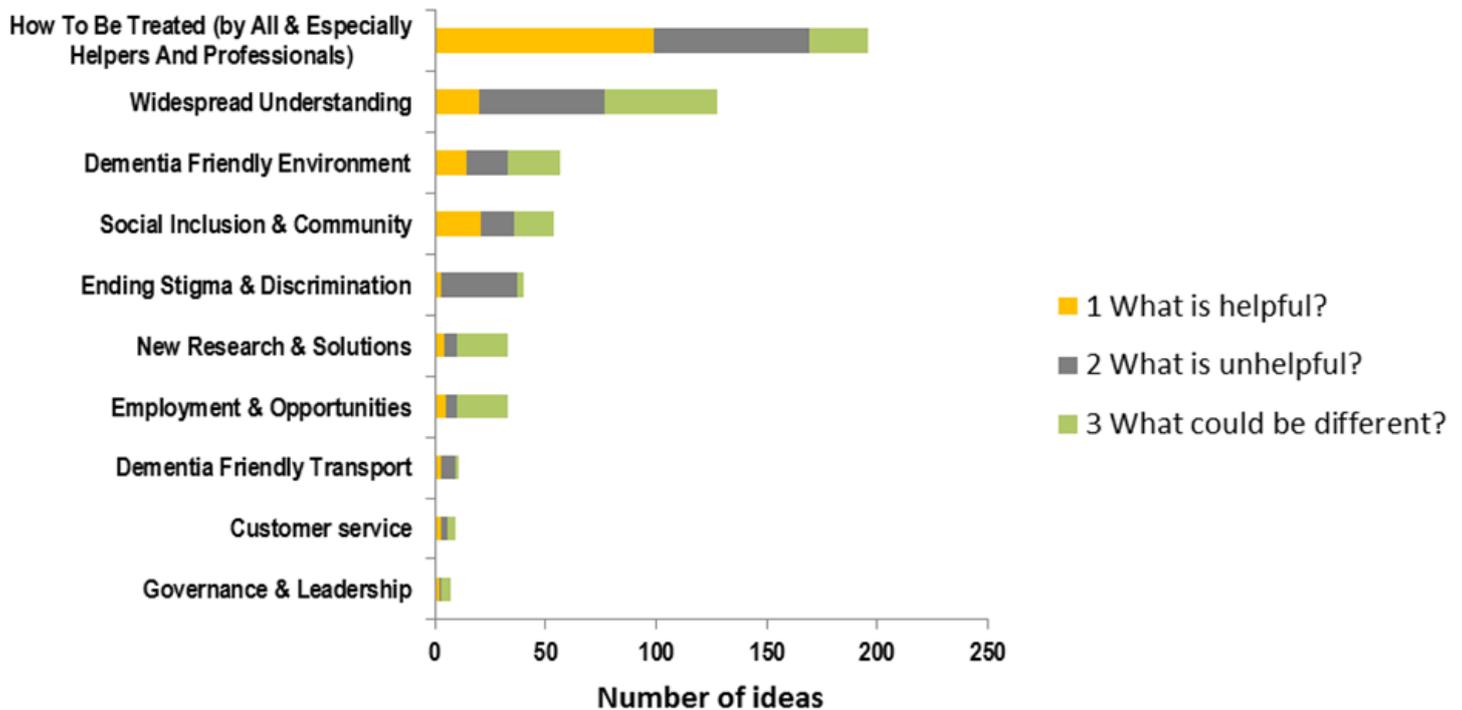
Many suggestions on what could be different asked for services to be more holistic.

Ideas show the important role that staying active and social connections play.

Ideas reinforced **the value of support groups, networks and opportunities** for "people with dementia (and carers) meeting other people with dementia".

What a dementia friendly society would be like

(approx. 150 ideas recorded)



Lots of ideas were shared relating to a ‘**Dementia Friendly Society**’, most on how people with dementia should be treated.

Actively listening and giving people with dementia time to speak was prominent with many suggestions on how to do this better

What could be different showed **hope for creation of a dementia friendly society** which helps people to retain their identity and stay active in their neighbourhoods and communities.

Comments on what could be different can help steer how Dementia Action Alliance’s and Dementia Friendly Communities work.

A poignant comment to the whole conference reminded of the **importance of finding a cure for dementia** – even when working on a Dementia Friendly Society.

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information from the full Ketso report and appendices available here:

<http://ketso.com/examples-case-studies/mental-health-wellbeing#NW-DAA>