



Information



Sent on behalf of the Development Worker team:

Dementia is a very big topic, the information below is intended to give a brief overview of some of the resources available. It's such a big field it would be impossible to cover everything.

Digital technology

A few suggestions of the apps available to help:

Mindmate <http://www.mindmate-app.com/faq.html>

AcTo Dementia <https://www.actodementia.com/>

early onset dementia <https://www.youngdementiauk.org/helpful-technology>

Thetford and district dementia support group

We offer a drop-in community support group that has no formal referral system, which is warm and welcoming to people with dementia, Carers, Families and Friends, which offers a choice of refreshments and activities.

We will:

- Provide a safe, friendly and understanding environment
- Provide a point of social contact and friendship
- Provide information, guidance and access to further resources you may need
- Promote participation and enjoyment through a range of meaningful activities
- Provide a Carers group where Carers will get support and be listened to
- Encourage Carers and people with dementia to participate in decisions which directly affect them.
- Encourage all who attend to laugh, have fun and feel valued.

TADDS "Helping Hands" Befriending Project launched on the 1st November 2017 after being granted funding from the Peoples Health Trust Lottery. The service is for

people with dementia and their carer and aims to provide a one to one befriender for a couple of hours per visit to allow both people to have some space and time.

<https://www.thetford-dementia-support-group.org/>

Check the Carers Matter Norfolk website and Norfolk Community Directory for other carer support groups elsewhere

<https://carersmatternorfolk.org.uk/groups/>

www.norfolk.gov.uk/directory

Herbert protocol

You can register details of a person which could be used in the event they go missing. This includes their photograph.

<https://www.norfolk.police.uk/advice/personal-safety/missing-people>

Music Mirrors

For most of us, memory loss is a normal part of ageing, but it can also be the result of dementia or other conditions affecting our brain. Whatever the reason, one way of holding on to our personal memories is to hook them up to music which has meant something to us. We all know moments when hearing a simple snatch of music opens up a whole world of memories and feelings and makes us think of people, places, words and times we have long forgotten.

Music Mirrors helps people at an early stage of memory loss — or even before that — to make very simple digital resources which link their life stories told in their own words to recorded music.

This is done in such a way that the words and music are easily portable to follow someone all through their journey. If they move from one care setting to another or go into hospital, the information can readily be passed to help them connect with unfamiliar carers who might have few other clues for getting to know them.

<https://www.musicmirrors.co.uk/>

Health information leaflet service – dementia specific leaflets

<https://brochure.norfolklivingwell.org.uk/leaflets-and-posters-dementia>

Dementia easy read leaflets

<https://www.nhsdirect.wales.nhs.uk/easyreads/articlelist/Dementia>

Dementia leaflets in other languages

<https://www.alzheimers.org.uk/get-support/publications-and-factsheets/publications-other-languages>

Dementia friendly arts guide

<https://www.alzheimers.org.uk/get-involved/dementia-friendly-communities/organisations/dementia-friendly-arts-venues>

Norfolk County Council web pages

<https://www.norfolk.gov.uk/care-support-and-health/health-and-wellbeing/adults-health/dementia>

Your guide to care and support for adults

If the family you are working with are not online, this can be a useful starting point for everything from carer support, to accredited day care opportunities and care homes that can support people with dementia. Copies can be found at your local library, locality teams should have paper copies, or they can be ordered through the customer service centre.

www.norfolk.gov.uk/careservices

Care Choices Norfolk Dementia Guide

<https://www.carechoices.co.uk/publication/norfolk-dementia-guide/>

Dementia UK

Grief, bereavement and loss.

<https://www.dementiauk.org/grief-bereavement-and-loss-in-dementia/>

Training for family carers and those who come into contact with people with dementia through their work (free) through Home Instead – please see the attached document for the next available dates

Home Instead Senior Care has worked with leading experts in dementia care to develop a City & Guilds accredited training programme for our CAREGivers to help them care for the growing number of people living with dementia.

Through our Community Dementia Workshop we are sharing this knowledge with family members and the broader community. These workshops are free to attend and provide family carers with an understanding of what dementia is, the effects of the disease on the person and how to best support that person.

<https://www.homeinstead.co.uk/about/community-involvement/dementia-workshops>

Training

Contribute significantly towards Subjects 1, 4, 5, 7 and 8 in the Dementia Standards Training Framework 2018

DEMENTIA DETECTIVES:
Finding the person within

Day 1: Dementia – The Wider Picture
Exploring the Brain, Different Types of Dementia, Recognising the Key Characteristics (including Signs and Symptoms)

Day 2: Dementia - Distressed Behaviour / Communication
What to say when someone says... What to do when someone does...

Dates:

Tuesday 30th July & Wednesday 31st July 2019
 Tuesday 28th August & Wednesday 21st August 2019
 Tuesday 22nd October & Wednesday 23rd October 2019
 Tuesday 26th November & Wednesday 27th November 2019
 Tuesday 3rd December & Wednesday 4th December 2019

Price: £57 per day or attend both days for a reduced price of £100. 8.30am – 4pm each day at The Willow Centre, Cringleford, Norwich NR4 7JL (The days are designed to be booked as a two-day workshop)

To find out more and to book your place please contact Claire Gilbert on 07584 047996 or email claire@carents.co.uk



ORAL CARE TRAINING

The CQC June 2019 report on Oral Health in Care Homes recommends all care staff are trained in oral care



Smiling matters

Oral health care in care homes

Oral Care Training for Care Settings delivered by Joy Hynes a practicing Dental Hygienist & Dental CQC Inspector

NORWICH	IPSWICH	CHELMSFORD
21st October	14th October	15th October
The Oaklands 89 Yarmouth Road Norwich NR7 0HH	Greshams 312 Tuddenham Rd Ipswich IP4 3QJ	Ashwells Sports & Country Club, Ashwells Road Brentwood CM15 9SE
£55pp + VAT		
09:00am - 11:15am 11:30am - 13:45pm 14:15pm - 16:30pm	CAMBRIDGE 22nd October Venue TBC	LINCOLN 29th October Venue TBC

01508 447311 / 01603 574079

info@angliantraining.co.uk www.angliantraining.co.uk





FREE DEMENTIA TRAINING WORKSHOPS

For family carers and those who come into contact with people with dementia through their work

The training workshop consists of one 2 hour session covering:

1. Alzheimer's Disease & Other Dementia's – gives participants a good basic understanding of the condition, its symptoms and impact on behaviour.
2. Capturing Life's Journey – introduces the benefits of recording information about the life of the person and shows how this can be used to provide high quality care.
3. Techniques to Manage Behaviours – demonstrates how some understanding together with a number of simple techniques can have a very positive impact on the individual and carer alike.
4. Activities to Encourage Engagement – provides understanding, ideas and techniques to help the carer engage the person with dementia.

The workshops are run from the Home Instead Senior Care training suite in Norwich and are free of charge. Places are limited to provide a friendly, comfortable and welcoming environment. Alternatively we can come out to your organisation to run a session. Workshops are being run on the following dates:

Tuesday 10th September at 14:00

Thursday 3rd October at 14:00

Thursday 14th November at 10:00

For more information or to reserve a place please email Mark Johnston at mark.johnston@homeinstead.co.uk or call 07776 060837

Events

Senior Friendship Group



Come along and make new friends, have a cup of tea and enjoy new activities each month. We welcome all including those with memory loss or other health conditions. There is no charge for attending.



The group is organised and facilitated by Mark Johnston

Date	Activity
12 th June	Come and meet us. Looking at reminiscence kits and quiz
10 th July	Board and card games
14 th August	Holiday photo's and making holiday collage
11 th September	Musical based games and activities
9 th October	Pets and animals theme
13 th November	Visit from local school children
11 th December	Making Christmas cards and Christmas carols

Second Wednesday of each month from 10:30am to 12:00 noon at Hellesdon Library.

Please contact Home Instead Senior Care on 01603 482116 for more information.



Norfolk County Council

Dear colleague

The next NOPSP meeting will soon be with us. This meeting is open to the public.

It will take place on Thursday 5th September 2019 from 10am – 1pm (with a buffet lunch served at 1pm)

CHANGE OF VENUE

The meeting will happen in the Jerningham Room at The Costessey Centre, Longwater Lane, Costessey, Norwich, NR8 5AH. This room is on the first floor, accessible by stairs; a lift is available (map attached)

We are planning to examine *communication* and its effectiveness in ensuring older people, their carers and everyone involved in their well being all have access to the right information and advice at the right time.

I hope you will be able to join us; please do let us know so we can cater accordingly, and if you have any special requirements.

Kind regards
David Button, Chair
NOPSP

Email: nopspb@aol.co.uk

Answerphone: 07963 304015

Website: <http://www.norfolkolderpeoplespartnership.co.uk> Have you seen our 5th Living Longer, Living Well strategy? You can download a pdf version or order hard copies via the Health Information Leaflet Service (HILS)-

<https://brochure.norfolklivingwell.org.uk/product/living-longer-living-well-the-5th-norfolk-older-peoples-strategy>

News from CQC

EU Exit planning update

This information is being shared with you by CQC on behalf of the Department of Health & Social Care

14 August 2019

We would like to bring to your attention to updated information on what adult social care providers and local authorities need to do to prepare for a no-deal Brexit.

This guidance sets out the actions you should take before and after Brexit, to plan for and help manage any potential service disruption to adult social care if the UK leaves the EU without a deal.

The information can be accessed [here](#) and includes information on the following:

- How to stay up to date
- Supply of medicines, medical devices and clinical consumables
- Supply of non-clinical consumables, goods and services
- Business continuity plans
- Workforce
- Recognition of professional qualifications
- Data sharing, processing and access
- Help and who to contact

You can also [sign up to email updates](#) to receive the latest information directly to your inbox.