

Dr Nicola Abraham, Royal Central School of Speech and Drama and Victoria Ruddock, Imperial College Healthcare NHS Trust

**Patients living with dementia as Artists: The Innovating Knowledge Exchange Project**

In this paper, we will share our learning from a collaborative project between the Dementia Care Team within Imperial College Healthcare NHS Trust and Royal Central School of Speech and Drama. This is an ongoing partnership that has expanded over the course of the pandemic adapting to COVID precautions and thriving in acute hospital settings within medicine for the elderly wards. The project locates patients living with dementia as artists to be heard, valued and centred at the heart of all workshops as the lead in creative practices.

Dr Nicola Abraham, Royal Central School of Speech and Drama and Rachel Hudspith, Imperial College Healthcare NHS Trust

**The CR38TUR3 Methodology: An escape room designed to challenge unconscious bias and enhance empathy**

The CR38TUR3 methodology is an interactive workshop that explores empathy and unpacks unconscious bias through an entertaining and engaging escape room activity followed by a reflection. This session has been used to support NHS staff, practitioners and artists to develop empathy and challenge prejudice through a playful activity that aims to help us to question and understand how we might address unconscious bias in our practice.

Teresa Atkinson and Rebecca Oatley, Association for Dementia Studies, University of Worcester

**What is the 'Extra' in Extra Care Housing for people affected by dementia?**

Over a fifth of people living in Extra Care Housing are living with dementia, yet little is known about how different models or approaches work best to support the needs of different people living with dementia. This 18-month project, funded by the NIHR School for Social Care Research, explored how Extra Care Housing could support people to live well with dementia. The research considered the lived experiences of different people with dementia in three different types of Extra Care Housing; integrated (mixed community with people with dementia living side by side with other residents); separated (people with dementia live in a different part of the building from other residents); specialist (exclusively for people living with dementia). This presentation will discuss how the findings translate into what in Extra Care Housing works well for whom, and considers what this means in terms of what is the "Extra" in Extra Care Housing?

**The Educational Offering of the Association for Dementia Studies, University of Worcester (UK) featuring The Hennell Award for Innovation and Excellence in Dementia Care**

Association for Dementia Studies, University of Worcester

The Association for Dementia Studies is a well-established centre for research, education, consultancy and scholarship, making a cutting-edge contribution to building evidence-based practical ways of working with people living with dementia and their families.

This symposium is an opportunity to hear about our courses and educational provision, all of which are grounded in person centred and citizenship approaches, with the goal of empowering everyone who learns with us to provide skilled, competent and compassionate care and support.

At the heart of the offering is the Post Graduate Certificate in Person Centred Dementia Studies (content aligned to the requirements of the Dementia Training Standards Framework and the Tier 3 leadership learning outcomes). The course is delivered on a fully online basis, meaning students can engage with learning in ways that suit them. Regular, live, tutorials ensure that learners remain in contact with their fellow students and Module Lead. The programme is built upon the synergy of research, education and practice, each informing the others, so that knowledge can be applied, and lives enhanced.

Dr Shirley Evans, Graham Galloway, Deborah Gerrard, Ron Coleman, Colin Capper, Barbara Stephens, Jane Ward (Association for Dementia Studies, University of Worcester)

**A Meeting Centre in Every Town: national and regional perspectives**

A Meeting Centre (MC) is a local resource, operating out of ordinary community buildings, that offers on-going warm and friendly expert support, including peer support, for people and families affected by dementia. MCs came to the UK from the Netherlands as part of the MEETINGDEM project, led in the UK by the Association for Dementia Studies (ADS) at the University of Worcester. Alzheimer's Society funded the first two MCs in Droitwich Spa and Leominster and has continued as a standing partner on subsequent projects. In 2016 Dementia Matters in Powys opened a MC in Brecon, the first in Wales. In 2019 Kirrie Connections set up the first Scottish MC. Prior to the COVID-19 pandemic there were 13 MCs in the UK. In spite of the pandemic there are now 48 funded MCs in the UK with the likelihood of another 10 being funded before the end of 2023.

Tom Bailey and Sarah Dyer, National Trust (POSTER)

**Damsons at the Reed Barn a National Trust pilot at Peckover House – funded by Interreg**

The COVID-19 pandemic exposed some of the weaknesses in the care system through over demand and the importance of physical appointments and interventions. The dementia care system is no different. This project provided an opportunity to fill a gap due to the decrease in the number of community organisations running in and around the area of Wisbech in Cambridgeshire. The National Trust saw this opportunity to test a new visitor offer to a group who we know already visit our properties across the UK. The MONUMENT project presented a brilliant opportunity to test this, in partnership with our partners across Europe to share learning, expertise and experience.

Robert Balmer and Emma Clappison, Mersey Care NHS Foundation Trust

**Developing an activity programme on an inpatient ward for people living with dementia; during and after a global pandemic**

This presentation will describe the different activity groups that are being ran/developed on an inpatient ward for people living with dementia and will consider the ongoing challenges with implementation, including the Covid-19 pandemic.

Paola Barbarino, Alzheimer's Disease International

**Global Perspectives**

Alzheimer's Disease International (ADI) is the federation of 105 dementia associations around the world, advocating for those living with dementia and carers at multilateral, regional and national levels. ADI is in official relations with the World Health Organization (WHO) and advocates to governments to adopt robust national dementia plans, prior to the 2025 deadline of the Global Action Plan on Dementia. ADI runs the World Alzheimer's Month awareness campaign and is the publisher of the World Alzheimer Report, the last two on diagnosis and post diagnosis support, revealing that 75% of people living with dementia are undiagnosed and 85% of people are not receiving treatment, care and support.

Anita Berlin, Barts and The London Medical School, QMUL and Kate White, Camden Carers Centre and The Bowlby Centre, London

**John & Ludwig: Compassionate residential end of life care during Covid - learning for the future**

Our session will focus on the theme of end of life care for people with dementia in care homes during the time of Covid restrictions. Vignettes will be shared from our lived experiences as a daughter and as a partner of a family member with dementia during their final weeks of life whilst resident in two different care homes. We aim to:

Discuss the complex relationships between the person at the centre of it all who is dying, and their family and how they interface with professional carers within the home, community care teams such as GPs, nurses, palliative care teams and other residents.

Explore factors that affect quality end of life care and how to work creatively together.

Identify excellent practice emerging from such difficult times and how this learning can enlighten future end of life care.

Include the perspectives of the care home managers to enrich our learning.

John Bond, LGBTQ+ Dementia Advisory Group

### **Queering Dementia Care: Changing the Narrative Through Lived Experience. Our Webinars - The Verdict!**

LGBTQ+ people living with dementia and their care partners feel that their voices are not being heard in relation to any care they receive. The community can also feel a lack of mistrust in health and social care services due to a fear of discrimination based on their past experiences. Come and find out what the LGBTQ+ Dementia Advisory Group has done to get these voices heard. The presentation will talk about the work we have undertaken, focusing on our two-part webinar held during Dementia Action Week 2022. We will share the impact it has had and the next step forward. Never be afraid to queering up dementia care!

Laura Booi, Leeds Beckett University, Centre for Dementia Research

### **"I am the only one I know of who participates in research": A Deep Dive into Engaging Seldom Heard Voices in Dementia Risk Reduction Research**

Current large-scale dementia prevention research is overwhelmingly homogeneous, with the vast majority of participants representing white, upper middle-class individuals from urban areas. This qualitative study worked in conjunction with the large-scale, multi-centre programme, the PREVENT Study, which aims to establish novel and clinically applicable early biomarkers of Alzheimer's disease. Through in-depth semi-structured interviews with participants who identified as belonging to seldom-heard from populations, this unique project identified the motives, facilitators, and barriers to participation in dementia prevention/risk-reduction research in healthy middle-aged adults who are under-represented in research. The outcome of this study is the development guidelines for large-scale epidemiological studies to encourage diverse, equitable, inclusive and supportive recruitment and engagement of participants from seldom-heard from populations.

Laura Booi, Centre for Dementia Research, Leeds Beckett University

### **Social isolation, loneliness and stigma in Lewy Body Disease (LBD)**

Social isolation, loneliness and stigma are some of the most detrimental psychosocial effects of living with including Lewy Body Disease (LBD). Peer-to-peer support between newly diagnosed people living with LBD and more experienced people living with LBD has the potential to reap extremely positive effects for both parties, and their care partners (CP). This presentation will discuss a protocol and the development of a project to co-develop a peer mentorship program (PMP) with people living with LBD and their CP. Co-design workshops with people living with LBD and their CPs will take place to co-develop the curriculum for the PMP. The PMP will be delivered via video conference technology. Recruitment for co-design workshops for developing the peer-mentorship curriculum are currently taking place.

Jennifer Bray and Shirley Evans, Association for Dementia Studies, University of Worcester

### **Exploring the role of data collection in Meeting Centres**

Data collection plays an important role in continuing to build and strengthen the evidence base around Meeting Centres, and is recognised as an 'Essential Feature' of operating as a Meeting Centre. As the number of Meeting Centres increases across the UK, the data collection toolkit has

been developed to contain qualitative measures to reflect the types of information required to support funding bids, while capturing the qualitative 'stories' that help to bring Meeting Centres to life. This poster explores some of the difficulties encountered by Meeting Centres when translating data collection into practice on the group, and also the strategies employed to support the successful, ongoing collection of data. It will also consider the impact of the Covid-19 pandemic on data collection activities and the findings from the subsequent analysis. Finally, we consider how the data is being used by individual Meeting Centres and across the UK-wide network.

Nancy Brown, University of Edinburgh

### **There's No Place Like Home: Sharing Cultural Symbols on Zoom with Persons Living with Advanced Dementia**

This study utilised Zoom to maintain social connectivity with 11 day centre clients representing an immigrant community living with moderate to advanced cognitive impairment. All clients are living in their own homes, a centre of one's self-identity, independence, and belonging, especially important for an immigrant population who have traversed continents and cultures. Items shared from their homes triggered culturally sensitive memories acquired through life experiences as they demonstrated resilience and emotive capacities. Three themes emerged from the analysis: Self-identity, Shared Cultural Identity, Social Connectedness. The environment of technology made this possible even among older adults experiencing later stages of memory loss who engaged through a medium not part of their generation. Making technology available to persons living with dementia ageing-in-place and seeing them socially connect verbally and nonverbally through culturally shared items from their homes have far-reaching implications for future research and for policy considerations.

Pat Brown, Amy Pepper and Karen Harrison- Dening, Dementia UK

### **Understanding risks of suicide and self-harm in carers of people living with dementia**

Caring for a family member with dementia can have negative consequences for the carer's health, including increased risk of depression, anxiety, burnout, and physical health problems. Risk of suicide and self-harm in carers of people living with long-term conditions is higher than that of the general population therefore it is important to undertake a risk assessment of the carer's needs as part of a holistic care provision. However, many services are now offered remotely. This presentation explores how Admiral Nurses on the Dementia Helpline assess and support family carers experiencing ideas of suicide and self-harm.

Matthew Simpson, Mersey Care NHS Foundation Trust

### **The Impact of COVID-19 on the Human Rights of People Living with Dementia**

It is recognised that COVID-19 has had a significant impact on the Human Rights of everyone in the population. The Rights of people living with dementia have been disproportionately impacted. The impact of public health restrictions were severe for those living with dementia and the recorded numbers of deaths of people living with dementia due to COVID should have been a national scandal. Human Rights violations in care homes were well documented but people living with dementia in the community also experienced significant Human Rights restrictions. This presentation will draw on the work of Mersey Care NHS Foundation Trust's dementia and Human Rights group to explore the impact COVID-19 has had on the human rights of people living with dementia, the existing problems this pandemic has highlighted and potential solutions for the future.

Sarah Butchard and Jill Pendleton, Mersey Care NHS Foundation Trust

### **Let's Explore: Developing a Dementia Friendly Travel Guide**

The last couple of years have been particularly tough for people living with dementia and

opportunities for travel have been severely restricted. Prior to the pandemic Mersey Care NHS Foundation Trust and people living with dementia in Liverpool had coproduced a travel guide for Liverpool specifically for people living with dementia Unlike a traditional travel guide this was focused less on particular things to do in Liverpool (as there are plenty of these available) but more concerned with issues pertaining to dementia such as accessibility of venues, orientation and where to access help and support in a new city. This interactive workshop will share the learning gained from developing this guide and start others on the journey to creating their own guides for communities around the UK.

Andrea Capstick and Clare Mason, University of Bradford

**Voices from the front line: co-creating research-informed theatre in the time of Covid-19**

Voices from the front line is a short (25m) piece of verbatim theatre devised from the words of 20 care home staff who took part in the research study 'Coronavirus and dementia in care homes (CoDeC)' in 2020-21. The play draws attention to the impact of coronavirus on those who lived and worked in long-term care for people with dementia, about whom we heard very little during the early months of the pandemic. This presentation includes extracts from the play, opportunities for discussion, and an interactive exercise in which you can turn samples from existing data , or your own experiences, into theatre. All materials will be provided and you don't need to be a researcher to take part.

Debbie Carroll, Step Change Design Ltd.

**'Why don't we go into the garden?' - Creating actively used care gardens**

Post-pandemic there is an increase in wanting to create more actively used gardens. We'll explore how to work effectively with garden designers to ensure changes lead to a well-used and well-loved space beyond the initial novelty period. Based on our latest publication it explores working in a 'Relationship-Centred Design' approach keeping the care settings as the expert, with changes over time, allowing for flexibility to suit the ever changing needs and mix of residents.

Trish Caverly and Roxanne Holton, The Bristol Dementia Wellbeing Service (a partnership between Alzheimer's Society and Devon Partnership NHS Trust)

**Spilling the beans: How can we improve ED&I in Dementia Care for the Deaf BSL community?**

How did the Bristol Dementia Wellbeing Service (DWS) a partnership between Alzheimer's Society and Devon Partnership NHS Trust, radically open up its access to Deaf BSL service users? The session will cover how it altered the diagnostic process, increased access and distributed information to the Deaf BSL community. Roxanne Holton and Trish Caverly (Alzheimer's Society Peoples Award winners 2022) DWS community development coordinators who steered these developments, will share the highs and the lows of the process.

Dr Caroline Chill, Health Innovation Network

**Using leadership development to improve the quality of care provided to persons living with dementia**

The Care Home Pioneer Programme is a leadership support and development programme offered to care home managers free of charge to advance their skills, facilitate personal growth and improve their management of complex everyday issues. The Health Innovation Network and My Home Life, a UK-wide movement for quality of life in care homes, have been working in partnership to deliver this bespoke programme in South London. The programme uses workshops and action learning techniques, supported by colleagues, to improve practice. The Pioneers are supported to drive forward a service improvement project. During the workshops, we speak about including the voice of all residents when considering making a change in the home. We know that residents living with

dementia form a significant number of those living in most of the homes, so changes in leadership, management and staff working, is going to have an impact on the quality of the care they receive.

Justin Christensen, University of Sheffield

### **People living with dementia accessing meaningful creative arts activities online in lockdown; successes and challenges**

Creative arts activities presenting opportunities for leisure and self-expression can also offer many benefits for people living with dementia including improvements to health and wellbeing. During the pandemic lockdown, arts organisations that offer services to people living with dementia had to transition their activities that previously involved face-to-face interactions to remote delivery, which led to changes in accessibility and types of services offered. Aiming to understand the accommodations and adjustments that were successfully made for people living with dementia to access arts activities through technology, we conducted a survey with arts-workers involved in the remote delivery. The findings highlight the diverse, individual needs of people living with dementia in group arts participation. Providing meaningful choice, access for the home-bound and offering different levels of participation were important improvements for some, while the need for added technological knowledge and screen usage were barriers for others.

Vicki de Klerk-Rubin and Nancy Brown, Validation Training Institute

### **Rethinking Person-Centred Care: The Validation Method**

The Validation method (VM) is a non-pharmacological method of communicating with older adults living with cognitive impairment. Developed in the 1960s and 70s by social worker Naomi Feil, the Validation method is grounded in Erikson's Development Stage Model, Butler's Life Review, Rogers counselling psychology, and Maslow's Hierarchy of Needs. Validation incorporates (1) a positive philosophy of supportive, multidisciplinary care, (2) a behavioural staging model of cognitive impairment, and (3) stage-specific communication techniques both for one-to-one and group interactions. Research shows that the VM provides a theoretical framework to understand the reasons behind the behaviour of older adults with dementia, and promotes proper treatment focused on basic human needs. With increased staffing shortages, limited resources, and caregiver burden, staff, caregivers, and families need skills to work optimally with this vulnerable population. Such techniques promote a new culture of dementia care upgrading their roles to that of skilled practitioners.

April Dobson, Hallmark Care Homes

### **Music on prescription; An evaluation of a social prescribing model in social care**

In October 2021 Hallmark Care Homes and Musica began a joint project to implement and evaluate a "Music on Prescription" approach. The extent to which this approach could help to embed music within dementia care practice, and improve quality of life for people living with dementia was explored through the perspective of two participating care homes across a six-month project. Due to the disruption caused by COVID-19 lockdowns in both care homes, this was extended for an additional 3 months through to June 2022. This presentation will summarise the findings from the project to explain both the model and impact of Music on Prescription in the participating care homes. It will also highlight the different contribution of an 'on prescription' service to that of more general use of music in dementia care.

Ruth Eley, Mary Mitchell and Hazel Barros, tide - Together in Dementia Everyday

### **Co-production in action - involving carers as equal partners**

Together in Dementia Everyday (tide) is a UK wide involvement network that connects current and former carers of people with dementia to create real change together. Come and hear about the various ways in which tide carer members are involved in influencing policy, practice, training and

research and find out about our Carer Development Programme that enhances carers' skills and knowledge and increases their confidence to speak up to influence change. This interactive workshop will demonstrate how tide invests in carers, utilises their skills and harnesses their voices to create real change. Participants will hear from carers themselves about the impact of their involvement as equal partners; be able to reflect on to what extent and how well they and their organisations involve carers in service planning, commissioning, training or research; and learn some 'Top Tips' for co-production with carers.

Sally Ferris, Together Dementia Support

### **The Benefits of Friendship & Activity Groups for People Living with Dementia**

Weekly Friendship & Activity Groups, run by a voluntary sector organisation in Manchester, provide many benefits to people living with dementia who attend on their own, with transport provided. Although people are often reluctant to join such groups they usually develop a strong sense of belonging, develop a social network of friends and look forward to their weekly group. A recently completed evaluation by researchers from Salford Institute for Dementia examined the factors that make this service model successful. The presentation will share their findings and discuss whether such a model could be rolled out more widely.

Rachel Fox, Leeds Beckett University

### **Implementation and Impact of interactive technologies in care homes and day services**

Interactive technologies such as the Tovertafel or Magic Table 360 were designed to provide meaningful activity for people living with dementia in the later stages of dementia, predominantly within care settings. There is limited understanding of how these technologies should be implemented with people living with dementia to achieve the best possible impacts for those using them. This research incorporates questionnaires, observations and interviews undertaken with care staff and people living with dementia. Initial results have identified impacts of the pandemic on the use of these technologies. Ongoing research aims to understand the key implementation features required for usage of Magic Tables and provide best practice guidance on using interactive technologies with people living with dementia.

Martina Gallagher, Belfast Health & Social Care Trust

### **Understanding the barriers for people with dementia accessing speech and language therapy in Belfast**

**Objective:** To examine speech and language therapy service provision for people with dementia in Belfast Health & Social Care Trust (BHSCT), and identify any barriers there may be to accessing these services.

**Methods:** A survey study of speech and language therapists in BHSCT to examine the current provision of speech and language therapy (SLT) for communication needs to people with dementia, and to examine SLT views regarding perceived barriers to accessing this service.

**Results:** Initial results indicate services are dysphagia focused, with limited funding to provide communication input. A lack of awareness of the SLT role has been highlighted. SLT respondents also report becoming progressively deskilled and losing confidence due to limited experience in this area. **Conclusions:** There is an inequality of SLT service provision for people living with dementia in BHSCT. The development of an evidence based care pathway to support future commissioning of these services is urgently required.

Maxine Groves, Joint Senior Commissioning Manager – Dementia, Sandwell MBC

### **Sandwell Community Dementia Service - a commissioned service for people living with dementia and family carers delivered by a 'Provider Collaborative' of eight local community organisations**

Health and social care leaders in the Black Country are working to bring about system change, to achieve greater integration between health, care and community organisations. Sandwell Community Dementia Service was commissioned in 2021 to deliver a responsive and holistic service for people living with dementia and their families and to improve the rate of diagnosis of dementia in the borough. The contract for the service was awarded to a 'provider collaborative' of eight third sector organisations, led by Murray Hall Community Trust. The service is staffed by Dementia Navigators and Dementia Advisers and is led by an operational manager. The Service works to a 'whole journey' pathway: a distinctive feature of the pathway is that it provides continuous support both for people experiencing the effects of dementia and for their families. Through the single point of access, hosted by the lead provider, the Sandwell Service provides a raft of support for people living with dementia and their carers from the point of diagnosis up to end of life. Anyone experiencing difficulties with cognition and memory can self-refer to the Service through the single point of access, or be referred by any agency, to start the process of engagement and support. The service works closely with GPs and primary care teams and with the Memory Assessment Service, helping families at this stressful time to navigate their way through the system. By commissioning local community embedded organisations to deliver a support service for people living with dementia and their families, the service ensures that different sectors within local communities can be reached. Many of the barriers that prevent uptake statutory sector services can be overcome.

Reinhard Guss, British Psychological Society and Oxleas NHS Trust, Felicity Caryer, Kent and Medway NHS Trust and Alex Bone, Oxleas NHS Foundation Trust

#### **Using the New Guide to PSIs in the post-covid dementia service landscape**

Eight years on from the publication of the first edition of the Guide to Psychosocial interventions in early stages of dementia there has been massive development in the evidence base for psychological and psychology researched interventions that assist people to adjust to a new diagnosis and maintain a good quality of life for considerably longer than had previously been assumed. The second edition, now published by the British Psychological Society, is therefore now listing 36 rather than the original 24 entries. Following a brief overview of the Guide, the inclusion criteria and some of the new interventions added, we want to focus on how people with dementia, families and carers, policymakers and commissioners can use the guide in the post-covid period to re-establish a good choice of post-diagnosis offers of treatments and support.

John Hammond, LGBTQ+ Dementia Advisory Group, supported by various members of the LGBTQ+ Dementia Advisory Group, including our core members with lived experience

#### **Queering Dementia Care: How to Support LGBTQ+ People Living with Dementia Across Their Dementia Journey**

LGBTQ+ people living with dementia deserve identity-affirming care from the point of diagnosis, during treatment, and right through to care in any setting. Unfortunately, cisgender heteronormative practices (as well-intentioned as they may be) can act as a barrier to care that celebrates LGBTQ+ identities. Join the LGBTQ+ Dementia Advisory Group in this interactive workshop to explore how to support people living with dementia who identify as LGBTQ+. We will reflect on our own privileges, consider what it means to be 'person-centred', and follow a patient pathway from home to care home, identifying areas that should be queered, not feared.

Dr Karen Harrison-Dening, Dementia UK

#### **What You Really Want to Know About Life With Dementia' - Co producing a guide for carers and people living with dementia**

There are many books and guides that aim to inform families affected by dementia and what to expect from the start in seeking a diagnosis, through to end-of-life and in grief and bereavement of a family carer and in picking up their lives again. Often these guides are driven by an author with a

professional background and what they think a family needs to know. This presentation tells the story of a book that has flipped this to the person affected by dementia telling the professional what they want or wanted to know. We will tell the story of how we went about this and give examples of the narratives along the way.

Shula Hawes, Vibrant Communities

#### **Dementia and Zoom groups - making real connections**

Vibrant Communities' live, online social groups began in response to the pandemic, and have blossomed into a long term solution for care communities. We've learned so much about how to have meaningful engagement via a digital platform, and we'd love to share this with you. This presentation will focus on our weekly 'Opener' group. This group is for one member of staff and one person living with dementia to join together. It's a fun, playful group where we dance, chat and create a story each week.

Kari-Anne Hoel, The Research Centre for Age-related Functional Decline and Disease, Innlandet Hospital Trust, Norway

#### **Person-centered dementia care in home care services - still challenging to obtain**

Dementia is one of the main causes of disability and dependence in older people, and people with dementia need comprehensive healthcare services, preferably in their own homes. A well-organized home care service is necessary to meet their needs for health care. This interview study aimed to find out how people with dementia experienced receiving home services, and how people with dementia experienced person-centered care and the possibility of shared decision-making. The findings indicated that the participants did not fully understand the organization of the care and support they received but appreciated the possibility to stay safely in their own homes. They expressed various views and understanding of the service and experienced limited opportunities for user involvement and individualized, tailored service.

Dr Rachel Holland, Associate Specialist Psychiatrist, Bristol Dementia Wellbeing service

#### **Supporting Dementia diagnosis in general practice, the impact of COVID and lessons learned**

In Bristol there is a local enhanced scheme where diagnosis of dementia has moved into primary care who now diagnose a significant proportion of cases across the city. The Bristol Dementia Wellbeing service is an innovative service that is a partnership between the Alzheimer's society and Devon partnership NHS trust that has the wellbeing of service users and their carers at its heart. It 'wraps around' primary care in supporting them to diagnose dementia and supports service users and their carers from assessment and diagnosis right through to end of life care. This presentation looks at the sudden challenges faced by the service with the COVID pandemic, how we worked with service users and their carers to overcome these and lessons that have been learned.

Kreshnik Hoti, PainChek

#### **Levelling up dementia care through the use of innovative technology**

The aged care sector is in a transitional period with its digital journey against a backdrop where people living with dementia is set to triple by 2050. Join Professor and PainChek co-founder, Kreshnik Hoti, who will share key insights into ensuring your digital journey transforms the way care is delivered and improves care outcomes for residents living with dementia. Hear real life examples of how a pain assessment system powered by AI, smart automation and advanced digital analytics has improved pain management for people who cannot reliably self-report their pain, ensuring no pain goes undetected, untreated and undocumented. Kreshnik will explore the current challenges the sector faces, and how we can adapt our approach to technology moving forward, ensuring outcomes for residents remain top priority.

Susanna Howard, Olivia Franklin, and Reinhard Guss, Living Words

**Bringing The Inside Out. A practical workshop exploring post-Covid informed methods of sharing best practice**

Consultant clinical psychologist, neuropsychologist and trustee Reinhard Guss, along with founder of Living Words, Susanna Howard, share how the charity's Listen Out Loud method was taught to care staff in remote action learning sessions when care home doors were closed to visitors. This practical workshop will include:

- joint reflection on ways of working during Covid-19, and how it impacts future practice
- short videos hearing first hand from carers and the words of residents with a dementia, and relatives

Plus, attendees will:

- gain practical skills in Living Words' Listen Out Loud method
- watch new interactive videos being developed by Living Words to support more care homes and carers.

Carer feedback, Karen: "I am sharing the Listen Out Loud practice with my colleagues, and I want all of the units to know this communication is possible. This is changing things. Living Words needs to be in every unit, in every care home.

Ellie Hoxha and Lucy Gilby, Imperial College Healthcare NHS Trust

**NOSH- HCA led nutrition support in hospital for people living with dementia**

Two Healthcare Support Workers sharing their experiences of working in an acute setting as an independent HCA-led nutrition support team for people living with dementia. Showing how bespoke menus, favourite foods and realistic goal setting can have a significant impact on the patient's well-being and health outcomes and also change staff behaviour. The presentation also highlights the importance of recognizing the contribution that can be made by Healthcare Support Workers who are not often seen as important, highly skilled members of the hospital workforce.

Rachel Hudspith, Royal Central School of Speech and Drama / Imperial College Healthcare NHS Trust

**A green balloon and a yellow feather: The importance of colour and conviviality in hospitals**

A hospital environment is never a comfortable place to be. During the pandemic, we have found that bringing a colourful carnival onto our wards has lifted spirits, encouraged oral intake and brightened the atmosphere of a space that is often a frightening place to be. Creating an environment to laugh, dance and play in allowed everyone, patients and staff alike, to participate and be included in a moment of joy during a difficult time. I would like to share my experiences and observations of a carnival I led, and other events, discuss the challenges we have faced and how we have overcome them. In this talk, I will share stories of the people who participated in the events and emphasize how much of a difference a green balloon can actually make!

Kirsty Hughes, Age UK Worcester & Malvern Hills

**Experiences of a Dementia Meeting Centre: The voices of members and family carers**

This poster will share thoughts and feelings of the members and carers at five Dementia Meeting Centres run by Age UK Worcester and Malvern Hills. The Meeting Centres are part of the Worcestershire Meeting Centre programme in which Worcestershire County Council invested £540,000 to establish specialist Dementia Meeting Centres across the county, putting Worcestershire at the forefront of this new way of supporting those living with the condition and their families. The poster presents the experiences of members and carers to give insight into the outcomes that are most valuable to them and give meaning to their lives. From the simple joy of an uninterrupted hot cup of coffee, to blossoming new friendships, and the sense of purpose that

attendance can bring, this poster brings the voices directly from those living with dementia and family carers.

Oma Iyoko, Leeds Beckett University

### **Exploring the role of community pharmacists in improving help seeking for dementia among the African/Caribbean people in the UK**

Conclusions: It is important that more healthcare professionals get involved in dementia care. There is a potential for community pharmacists who are in the heart of every community and are readily accessible, to offer intervention for timely help seeking for dementia among the target population. This requires a two-pronged approach: Educating community pharmacists on the wide range of factors that impact the help seeking behaviour of the African/Caribbean people and community pharmacists facilitating help seeking behaviour change among the target population through services provided within the pharmacy and through wider community services.

Nicola Jacobson-Wright, University of Worcester and Richard Coaten, dance movement psychotherapist

### **Dance as a way to re-connect post pandemic? Gaps in the research**

This workshop will give people an opportunity to engage in a simple and accessible warm up dance and movement session, facilitated by Nicola Jacobson-Wright, qualified Dance Movement Psychotherapist. Following the dance and movement session, Nicola will lead a discussion about the potential for dance and movement to bring individuals, families and communities together. This will include opportunities to reflect on the context of the pandemic and enforced social distancing, and whether dance and movement might provide a way to re-connect. This will lead on to an interactive conversation about what the unanswered research questions are in this area, in the hope of contributing towards a future research bid to address these. Participation and contributions will be welcomed from people with lived experience, families and professionals interested in this area of work.

Anuja Jalota, Alzheimer's Society

### **South Asian Families Engagement**

The demographic information of those people that were referred to ongoing dementia support to the Alzheimer's Society did not reflect the diverse population of the Wolverhampton area. Over 95% of the referrals that we were receiving prior to commencement of the project were from the White British community. However statistics show that more than 30% of the Wolverhampton community were not from a White British demographic. The Alzheimer's Society has 1.5 WTE Dementia Navigators, so not a huge resource to improve things quickly however we knew that we wanted to do something to reach out to the under represented communities. As Wolverhampton has a big Punjabi community the team agreed that this was an area to focus on. Our Part time Alzheimer's Society Dementia Navigator Anuja Jalota is able to speak a number of languages and was ideally placed to support a project. Anuja appears on Gulshan Radio (Punjabi Radio Station) once a month for approximately one hour talking about a wide range of topics. However ensuring that listeners have the opportunity to dial in and ask any dementia specific questions. If there is a them of questions being asked the Anuja will ensure that the next session starts with information regarding the topic. During the programme Anuja provides callers with the Alzheimer's Society Dementia Connect Telephone Number but also informs callers that she will be based at Lakshmi Sweet Centre on the Dudley Road in Wolverhampton if listeners wanted to speak to her face to face. Anuja bases herself within the cafe area of the store for a morning once a month. A week after the radio programme. The investment into this work has been ongoing for approx 18 months and we have seen an increase in the number of referrals from the Punjabi community.

Ian James, CNTW NHS Trust

### **Helping staff to be more confident and competent in the communication skills: use of the CAIT online program**

Care staff are often unaware about their communication skills and abilities to de-escalate distress in people living with dementia, ie. they're 'unconsciously competent'. The Communication and Interaction Training (CAIT) program assists staff to identify and articulate their skills, helping them to become more 'dementia care literate'. In CAIT, the staff are also introduced to the customer-care programs taught to retail staff and police to further enhance their communication skills. CAIT is a magpie package of national/international training tools (animations, quizzes), building on work of Kitwood, Thompson and Teepa Snow. CAIT contains six modules and presents information about dementia-related cognitive and sensory changes, showing how to adapt actions and words to maintain positive relationships with people living with dementia. Controversial topics like therapeutic lying and restraint are also discussed. The workshop leader is currently writing the British Psychological Society's guidelines on behaviours that challenge, and hence the information is current.

Jo Janes, Colten Care Ltd

### **Upholding freedom during a Pandemic: a risk-based approach**

The CCL Positive Risk Assessment model of care used during the pandemic, the rights and freedoms of residents living with dementia in our care homes were upheld, whilst protecting against Covid-19. By using the holistic tool, individually assessed residents were able to continue social excursions. It enabled Home Managers to make and record defensible decisions made in the best interests of individual residents, whilst ensuring the continued safety of the care home community as a whole. Its application was scrutinised by outside agencies during this time and evidenced infection control, safeguarding and regulatory commitments to our residents were being fulfilled. The individually applied Positive Risk Assessment model enabled each of our residents to live as active a life as possible. Continued use of the model will help us to maximise the freedoms of those living with dementia now and into the future.

Isobel Jones, Alive Activities

### **#onegoodturn - intergenerational linking throughout the pandemic**

#onegoodturn project is a positive example of how care homes can keep connecting with their local community, despite the challenges of a pandemic. Throughout multiple lockdowns, Bristol based charity Alive, has shown how intergenerational linking can continue even when not able to meet each face to face. Using simple but effective ways of enabling older and younger people to help and support each other, some digital and some physical, #onegoodturn has illustrated how creative you can be in bringing generations together. Based around social action, #onegoodturn has allowed older people to have an influence and a purpose in their local communities and younger people have supported residents through art, creativity, music, poetry, gifts, and friendship.

Isobel Jones, Alive Activities

### **Gardening in Covid - the growth of a dementia friendly allotment**

Alive has transformed an overgrown, unused allotment plot into a flourishing user-friendly, safe and accessible community garden for people living with dementia and their carers. Alive's dementia-friendly allotment, which was launched in the summer, is now being used as an open and welcoming shared space for people who are living with all stages of dementia and their carers/loved ones, providing opportunities to take part in supported gardening activities to improve physical and mental health and wellbeing, as well as reduce isolation and loneliness. The allotment is staffed by Alive's experienced facilitators, supported by trained volunteers, to run gardening activity sessions,

as well as supporting people living with dementia to undertake their own gardening projects. Alive is also running regular intergenerational sessions at the allotment to connect older and younger people as well as their carers/families, enabling people living with dementia to connect with their wider community.

Isobel Jones, Alive Activities

### **Alive On Demand – From Pandemic Response to Digital Revolution**

From Pandemic Response to impactful innovation tool. How digital service Alive On Demand opens up access to activities and at home engagement for people with dementia and their carers. Find out about how the Alive on Demand service has been developed through co-production and consultation, with older people and care homes and how it continues to evolve. View content and see the person-centred approach that sits at the heart of the design, delivery and function of the service. Join Alive to explore how as we as a sector can capitalise on a period of digital investment to embed meaningful technology and digital tools into care provision to spark joy, build connections and achieve positive outcomes for people with dementia, their carers, families and the wider community.

Dr Karan Jutlla, University of Wolverhampton and Dr Sahdia Parveen, Professor Richard Cheston and Dr Emily Dodd

### **The ADAPT study: developing an online toolkit for people affected by dementia from south Asian communities**

Although people from south Asian communities are more at risk of dementia than are their white equivalents, they are less likely to access the dementia care pathway or to receive NICE recommended treatments. This paper provides preliminary findings from an NIHR funded study to establish an online toolkit to augment the dementia pathway for people from south Asian communities.

Sally Knocker, Meaningful Care Matters

### **Responding to emotional pain**

Never has it been more important to talk about feelings in a world where many have experienced different levels of traumatic stress during the pandemic. In this introduction, Sally will share real quotes of people living with dementia, their families and team members, which express difficult emotions. She will invite participants to reflect on the extent to which we feel equipped to respond with sensitivity. How can we avoid the all-too-common desire to try and 'fix' things, rather than stay alongside people with what they are expressing?

Dr Kellyn Lee, Material Citizenship (Poster)

### **Material Citizenship for Dementia Care**

**Aim:** To implement Material Citizenship, a new approach to dementia care, in Abbotsford Care Ltd care homes.

**Method:** Delivery of the Material Citizenship Leadership workshop (n=9) and the Material Citizenship Skills Enhancement programme (n= 21).

**Results:** All staff found the training inspiring and were keen to embed within their care home. All staff attending the skills enhancement programme brought case studies to the second session describing how they had implemented Material Citizenship and its impact.

**Conclusion:** Material Citizenship was successful in producing a more solutions-focused approach and reducing behaviours staff viewed as challenging.

Alistair Moir, The History of Advertising Trust and Grahame Hardy, Kent Community Health NHS FT

### **Beanz Meanz Smiles! A vintage TV ad app makes a positive impact in dementia care**

Ad-Memoire features vintage TV ads (1950s-70s) from the History of Advertising Trust's unique

archive as an easy to use, accessible app which is having a positive impact on people living with dementia. HAT's Project Manager Jane Jarvis will talk about initial trials in acute settings at the Norfolk & Norwich Hospital NHS Trust and Grahame Hardy, Specialist Nurse for Dementia Kent Community Health NHS Foundation Trust will share his positive experiences of using Ad-Memoire at Tonbridge Cottage Hospital in their Vintage Tea Room and on the wards and his plans to use it in further hospitals across the county. 'BEANZ MEANZ SMILES' will show how the power of vintage TV ads stimulate memories and conversation, helps ease anxiety, gives a feeling of empowerment to older people and how specially curated reels of TV ads for food and drinks stimulate appetite and aid nutrition and hydration – and what's more, it's fun!

Dr Isabelle Latham and April Dobson, Hallmark Care Homes

### **Using Talking Mats™ to improve dementia care: an evaluation of impact and use**

Talking Mats™ is a picture communication tool, designed for those whose verbal communication is compromised. It is a relatively well-established tool in other fields, but less well known in dementia care. Hallmark Care Homes has 22 trained Talking Mats practitioners, using the tool as part of their role and within the annual resident survey. This evaluation used Talking Mat-facilitated annual survey responses (n=47), practitioner survey responses (n=17), focus groups (n=12) and care records (n=6) to explore the impact and use of Talking Mats. It identified the positive impact of using Talking Mats, the barriers and facilitators to their use, and the residents most likely to benefit from them. Findings showed they are a valuable, highly individualised tool which can enhance the voice of the person living with dementia and thus improve care. Sufficient time, flexibility and reinforcement was required to allow Talking Mats to be used to their greatest potential.

Dr Isabelle Latham, Hallmark Care Homes, Faith Frost, University of Worcester and Tracey Williamson, Betsi Cadwaladr University Health Board & University of Worcester

### **Turning research upside down: evaluating the Care Home Action Researcher-in-Residence Model (CHARM)**

It is known that traditional approaches to care home research face challenges. This project explored an alternative model of engagement between care homes and researchers to improve outcomes. CHARM embeds experienced researchers within participating care homes. Their role is to utilise action-research to build care home knowledge and expertise and support the care home to identify, design and deliver bespoke research projects of use to the whole care home community. CHARM was successfully piloted in four care homes. Each care home was able to produce two mini studies and all remained engaged, despite the pandemic. There were positive impacts for staff, residents and the care home. Facilitators included the researcher-in-residence role and the inherent flexibility of action-research. The transformative potential of turning research upside down and allowing the care home to lead was valued enough by one participating organisation that they adopted CHARM in-house and employed their own researcher-in-residence.

Dr Isabelle Latham and Sheryl Beebee, Hallmark Care Homes

### **Implementing Individual Playlists in Care Homes: impactful but not simple**

Music can be a significant contributor to high quality dementia care and understanding of how and when to use music forms part of dementia training within Hallmark Care Homes. However, translating knowledge from training into practical work with residents often requires additional effort. This project used provision of specific equipment and bespoke coaching alongside training to support the development of two "Playlist for Life" accredited Hallmark Care Homes in Wales. The multi-strand approach was evaluated to assess the impact of implementing individualised playlists on residents and staff and to capture the challenges encountered to embedding a playlist approach in the care homes. Findings showed that playlists had positive impacts on individuals'

emotional wellbeing given time. However, the time and effort required to embed the practical use of playlists in the home was more than the apparent simplicity of the playlist intervention itself would suggest.

Rachael Litherland, Innovations in Dementia

### **Dementia Enquirers: people with dementia in the driving seat of research**

Dementia Enquirers is a new approach to research – led and controlled by people with dementia. It was envisioned as an alternative research framework, increasing the skills and knowledge of people with dementia, putting power in their hands, and supporting them to lead their own research.

Ownership and control of the research would be in the hands of people with dementia.

Since 2018, Dementia Enquirers has been supporting more than twenty groups of people with dementia (from the UK DEEP network) to carry out their own research projects on issues that they find important. The programme is shaped by an advisory group of nine people with dementia called the Pioneers.

Our presentation will explore what it means for people with dementia to be in the driving seat of research. We will describe the foundations of the Dementia Enquirers programme, the adjustments that have been made to ensure accessibility, the range of research that has been carried out by people with dementia and the learning and impact that has come from this work so far.

We will also discuss some of the barriers to user led research including existing research systems. To support this we will highlight our work around the DEEP-Ethics Gold Standards for Dementia Research.

Rachael Litherland, Keith Oliver and Chris Norris, Innovations in Dementia

### **The Living with Dementia Toolkit: a co-production conversations**

The Living with Dementia Toolkit has had 11,000 website visits since launch in November 2021 with users from 67 different countries. It comes from the IDEAL research programme and was co-produced with 4 people with dementia and 4 carers. This presentation shares the co-production story and highlights key examples of how co-production has made the toolkit the valued resource that it is. The structure of the toolkit is based on the 'living well' map from IDEAL's research and centres around five themes: Stay safe and well, Stay connected, Keep a sense of purpose, Stay active and Stay positive. A variety of resources have been both gathered and created underneath these headings. This paper discusses the learning journey of co-producing the toolkit, from conception and design, through to implementation, dissemination and reshaping based on feedback. With illustrative examples and hearing from those involved in co-producing the toolkit, you'll hear about the manifold benefits of such collaborations.

Dean McShane, Liverpool John Moores University

### **Using personalised playlists as a dementia based intervention**

Music offers a potential lifeline for people with dementia, their carers and loved ones, with far more benefits than other interventions, such as chemical interventions, which often come with negative impacts such as side-effects. In a 2017 study by Abraha et al, the authors conducted a systematic review concluding that of all the 'non-pharmacological interventions' used within dementia - music therapy has convincing evidence of effectiveness in reducing both the behavioural and psychological symptoms of dementia. This presentation will explore the benefits, science and barriers to personalised music playlists for people living with dementia and carers.

Sarah Merrill and Ruby Guild, Dementia UK

### **Implementation of Dementia UK's Closer to Home (C2H) Clinic Project**

The C2H project launched during lockdown, thanks to a partnership between Dementia UK and Leeds Building Society, to offer support to families living with dementia. This virtual service offers

free, confidential, accessible appointments with an Admiral Nurse. There is the option of a phone or video call, with the aim to provide support closer to home and in areas without an Admiral Nurse. These virtual clinics offer pre-bookable telephone or video calls with an Admiral Nurse to get specialist dementia support and advice. This presentation (and or poster) will evaluate the service to date, incorporating what has been learnt- the successes and challenges along the way and how this model will now be taken forward to reach out to even more families facing dementia. In just over a year, hundreds of families have been supported with the service continuing to grow.

Deanna Mezen & Edwina Gould, HMP Oakwood. Dr Liz Walsh, UK Professional Lead for Justice and Forensic Nursing & Defence Nursing Forum, Royal College of Nursing

**Can we improve dementia care in prisons? Experiences of implementing RCN SPACE principles for people in prison.**

This session aims to explore the unique challenges faced by staff working with people living with dementia in prisons and shares their experiences of implementing the RCN SPACE principles which were adapted for prisons in 2020.

David Moore, Methodist Homes and Anne-Sophie de Dreuille, Famileo

**Dementia-friendly innovative way to keep families connected**

MHA is a national charity providing support for older adults. We have 89 care homes throughout the UK and we rolled out the Famileo product to all of our homes. Being out of touch with friends and family can be hugely detrimental to the wellbeing of those in later life. We believe connection is fundamental to the happiness of each person and the Famileo Gazette provides this, bringing a 'little bit of home' and untold joy to those who receive it each week. A Famileo Gazette is a personalised magazine full of messages and images from their loved ones. Family and friends can use their smartphones, tablets, or computers to post messages and photos for their family member. Our care homes colleagues print off the Gazettes for residents to read and keep. It is ideal for residents who struggle to keep in touch through new technology such as video calling.

Thomas Morton, Association for Dementia Studies, University of Worcester

**Keeping Meeting Centres for people affected by dementia going in a post-pandemic climate**

The Get Real with Meeting Centres project is looking at what can help or hinder Meeting Centres in keeping going long term. Meeting Centres are a type of community-led group support, where people living with dementia and those that support them can meet up, share, socialise and get help to meet their needs. Meeting Centres have seen a swell of renewed interest and activity around the country as the UK emerges from the pandemic. However, it is not understood how these communities can ensure they are putting in place strategies that will help them sustain in the longer term, beyond the start-up phase. Starting in 2021, this study is now nearing completion. As such, the impact of COVID-19 restrictions and how the landscape has changed for communities is a major part of this research. Early findings and points of learning from our data will be presented.

Karen Murrell, Dementia-friendly Alton

**Evaluation of the FLOURISH Programme - Horticultural Therapy for people living with dementia and their carers**

Established in 2014, Dementia-friendly Alton (recipients of the Queens Award for Voluntary Service in 2022), have demonstrated effective collaboration with community organisations to deliver a comprehensive social and support programme. In order to promote 'living well' with dementia following the pandemic, the FLOURISH Programme, aims to improve mental health and well-being of those involved. As well as records related to attendance, evaluation will be undertaken using a number of monitoring and feedback tools based broadly around Likert style questions, and also use the Warwick Edinburgh Mental Wellbeing Scale to assess outcomes in the impact on mental health.

Photographic and video evidence will also be used as evidence of achievement of outcomes. It is anticipated that positive feedback and reports of improvements in physical and mental health, social inclusion and independence will be demonstrated, and this evidence will be used to secure ongoing funding for future development of the programme.

Nusrat Nadir, De Montfort University Leicester

#### **Dementia care in intensive care: Triaging during COVID-19**

Intensive Care Units (ICU) have specialised multidisciplinary and interprofessional teams dedicated to the management, and monitoring of patients with life-threatening conditions. Across the UK, during the global COVID-19 pandemic, few people with dementia were admitted to ICUs due to scarce medical services and strict triage systems. We report early findings related to the COVID-19 pandemic from a large mixed methods study aimed to explore experiences, understanding, and feelings of ICU staff about ICU admissions for people with dementia. Participants were recruited from two ICUs and 16 ICU staff were interviewed from both adult general ICU (AICU) and cardiac ICU (CICU) who worked within the ICUs during the coronavirus crisis. Individual, face-to-face semi-structured in-depth interviews were conducted in June 2022 and analysed using thematic analysis. During the pandemic no people with dementia were admitted to either ICU under study. Staff reported that they “were just treating the COVID”. The decision-making processes, of who was admitted to ICU, were undertaken by others outside of ICU and were criteria based, using a strict clinical frailty scoring (CFS) process. Participants accepted that these decisions were justified in the circumstances. They understood that some “some very tough decisions” had to be made. We discuss the implications of these approaches to dementia care during a pandemic, and the ethical challenges that staff are faced with in such circumstances.

Rebecca Oatley, Association for Dementia Studies, University of Worcester (Poster)

#### **Bigger is not always better: Re-considering who benefits from the sport reminiscence group**

Sport reminiscence groups are reported to be an enjoyable activity for people affected by dementia that result in multiple beneficial outcomes. This poster presents findings from an ethnographic study of community-based sport reminiscence activity groups. Findings demonstrate that groups are made up of a variety of people with varied interests, abilities, histories, and symptoms of dementia. The wide variety presents a challenge to facilitators and can result in a context that undermines the participation of different people affected by dementia. Larger numbers promote passive entertainment-style activities that undermine the reported potential beneficial outcomes. However, sports clubs hosting such groups can be seen to benefit through demonstrations of corporate social responsibility, particularly when large numbers of people are reported to attend. Recasting the values of group interventions to provide smaller groups, with increased trained facilitators would be more effective in providing support that promotes individual outcomes for people living with dementia.

Keith Oliver, KMPT Dementia Envoy (voluntary) Kent and Medway NHS Partnership Trust, Reinhard Guss, Lara Stembridge, Ellie Warman, Millie Godfrey

#### **Book publication as a person living with dementia: Involvement strategies and support systems**

This presentation covers some of the history of writing and publishing of a person living with Alzheimer’s disease as the background for an overview of current involvement in a book series as co-editor and the writing of a book on the experiences of people living actively with dementia. It aims to share some of the experiences of people interviewed during the Covid pandemic, as well as an overview of the person-centred support structures put in place to enable this project despite increasing difficulties due to dementia. We are bringing together some of the people with dementia to hear their perspective alongside the main author’s and student volunteer supporters without

whom the project would not be possible. What we share at Congress will be unique in outlining life for people living with dementia both before, during and post pandemic through the lens of the Kitwood flower and his broader thinking.

Nicola Payne and Rosie Joustra, MacIntyre Care

**Learning Disability and a new diagnosis of dementia**

Rosie is living with dementia and a learning disability. Rosie alongside her work colleague Nicola will share lived experience of a diagnosis of dementia and how best we can support people to still live a life that makes as much sense to them as possible. Rosie will share how she has and continues to adapt her daily life.

Laura Phalp, Mersey Care NHS Foundation Trust

**Working before, during, and after a global pandemic to create a psychologically healthy ward for people living with dementia**

Our goal has always been to create a “psychologically healthy ward” for people living with dementia. However, the Covid-19 pandemic has presented unprecedented challenges for healthcare globally. This presentation therefore endeavours to reflect upon the impact of these, and other, challenges on working psychologically on an inpatient ward for people living with dementia. The presentation also endeavours to reflect upon the lessons learnt during this process.

Rebecca Platt, Leeds Beckett University

**Optimising acute oncology services for people with dementia**

This poster will provide an overview of an observation and interview study with 15 people with dementia, 20 carers and 30 staff working in acute oncology services.

We know that people with dementia experience cancer differently to those who do not have dementia. However, we know very little about their experiences of urgent cancer care.

This study aims to explore the experiences of people with dementia who need urgent cancer care, as well as their carers and NHS staff providing that care.

Findings from the study will be used raise awareness of the unique care needs of people with dementia who need urgent cancer care. It will also identify good care practices and areas for improvement.

Fiona Pritchard, Colten Care Ltd

**Creative Collaborations: An interactive demonstration of an intergenerational creative project following the Covid-19 restrictions**

This presentation shares the intergenerational experience of the themed creative sessions offered to care home residents living with dementia and school children following COVID-19 restrictions.

Through powerpoint and demonstration, participants will have access to the ideas and responses of residents and children leading to a story book. Participants will observe how collaborative creative arts stimulated and increased the levels of engagement and socialisation. This socialisation went beyond an ‘in the moment ‘ experience and was sustained and continued as they left and walked to lunch. Their ideas were shared with children at a local Infant school who were returning to classes.

Children then shared their ideas and this led to a growing interest, with residents looking forward to their contributions that culminated in a collaborative story writing project. Key Points:

- Increased awareness of using a creative medium for self-expression and interaction
- Creating intergenerational connections
- Increased understanding of how and why collaborating creatively is beneficial for people living with dementia.

Penny Redwood, Life Story Network/tide and Marley Walker, Lab4Living, Sheffield Hallam University

### **My Home Matters - I know what I like**

We will explore what 'home' means to participants as well as people living with dementia and the importance of preferences in terms of identity and well-being. Participants will be introduced to 'My Home Matters', a workbook designed to enable people to identify those attachments and preferences that can support them when faced with a potential move from home. We will also be using everyday objects (mugs and colour cards) as way to think about your personal likes and dislikes. A practical and fun workshop for you to discover what 'home' means to you!

George Rook, Wendy Mitchell, Dory Davies, Gail Gregory

The 4 Amigos: Living with dementia and DEEP group (facilitator George Rook)

### **'You don't look like you've got dementia'**

The 4 Amigos will ride into Birmingham to talk about living with dementia. Why do we go public? Christmas with dementia. Annual Reviews. Hospital visits. What we learned during covid.

George Rook, The Riversiders DEEP Group

### **Annual Dementia Reviews in Primary Care**

In 2021 The Riversiders DEEP Group in Shrewsbury carried out a Dementia Enquirers research project. Out of 73 returned questionnaires from across the UK, 23 respondents stated they had had at least one annual review in primary care. Only one said it was 'really helpful'. Just 2 people were given (then or later) a copy of their 'care plan'. None included discussion of future care plans. I want to share our findings and to stimulate discussion of what a meaningful review should look like.

George Rook, Shropshire and Telford Dementia Steering Group and Helen White, Shropshire and Telford ICB

### **Our new vision for dementia diagnosis and support in Shropshire and Telford**

A new model for dementia diagnosis and post diagnostic support has been co-designed in Shropshire and Telford over the last four years, with professionals, unpaid caregivers and people living with dementia taking equal part in the process. This model is now being implemented, over three years. This has required co-operation, enthusiasm and radical change across different organisations, both providers and commissioners, including the voluntary sector. We will describe our visionary new model, the barriers that have been overcome, and our progress.

Dr Chris Russell, Association for Dementia Studies, University of Worcester (Poster)

**Enhancing practitioners' knowledge and confidence to deliver physical activity for people affected by dementia** Despite the multiple health and well-being benefits offered by leisure and physical activity, people affected by dementia continue to be excluded from such opportunities. Barriers to facilitating leisure and physical activities for people with dementia can include a lack of confidence and/or knowledge.

The Association for Dementia Studies developed and piloted a 5-week online course championing physical activity as a leisure choice for people affected by dementia. Professionals from multiple disciplines enrolled on the pilot, and the course encouraged reflection upon their experiences of putting their learning into practice.

This presentation provides an overview of how the course was inspired by insights from two recently completed PhD studies, its development through consultation with people affected by dementia and professionals, the challenges and benefits of delivering the course online, and initial findings of its impact on students and their practice with people affected by dementia.

Poppy Sharples, My Life TV/My Life Films

### **My Life TV and My Life Films**

My Life TV is an innovative and scalable solution to support the wellbeing of People Living with Dementia and their caregivers across the UK. My Life TV (MLTV) is the world's first video-on-demand streaming service designed specifically for the cognitive needs of People Living with Dementia (PLD). It's also the first service in the world to make dementia-friendly TV available at scale. Initial evidence shows that the service improves the mental health and wellbeing of PLD, enables their caregivers to deliver essential, person-centred care more easily, and gives their primary carers opportunities for respite and shared, meaningful activities. We produce content for the dedicated Alzheimer's Society's channel on MLTV including their Singing for the Brain service. The Alzheimer's Society channel has a special focus on equality, diversity and inclusion to address health inequalities which have been intensified during the pandemic.

David Sheard, York St John University and Lesley Butcher, Cardiff University

### **Simplicity and sophistication - the value of emotional intelligence in dementia care**

In 1998 Professor Tom Kitwood shared his observations on the professional and moral development for care work writing " It is remarkable how little attention has been given as yet to the topic of providing a moral education ..... many people enter these professions very poorly prepared, in moral terms, for the tasks that they will face ". 25 years later the pandemic has evidenced the huge toll on people of providing emotional labour. David " in conversation " with Lesley will reflect on how Kitwoods quest for moral development - the opposite of training - has still much to be commended in developing emotional intelligence in dementia care. The areas of navigating emotions, fluidity, authenticity and vulnerability will be discussed as essential tenets of a moral education in care work. Discussing the themes and content in practising emotional intelligence with oneself and at work they will also be launching a new vlog series at UKDC

Molly Shepherd and Elizabeth Woolley, The Creative Comfort Company

### **An interactive workshop exploring digital storytelling using Twine**

(an open source software freely available online)

Within this 60 minute workshop we will share our practice of digital storytelling with Twine - a free online software that creates non-linear choice based stories. We'll share examples of our digital Twine based stories and discuss how digital elements can aid storytelling. We'll work together to create our own unique story in the workshop. We'll use a combination of traditional drama based storytelling techniques like improvisation and add digital visual aids and audio soundscapes to our story to bring it to life. Finally we'll look at choices within our story and how choices could change a linear story into a non-linear story.

Dr Sarah Jane Smith, Leeds Beckett University

### **Sharing good practice and innovation in Memory Assessment Services: supporting regional, national and local service development at a level.**

This project aimed to outline different models of MAS delivery across England and Wales, to identify and share good and innovative practice and to promote and support service development. The project had three phases:

- Phase 1: This phase aimed to describe what good or innovative practice in MAS might look like. We have produced a guide to supporting continued development, improvement and innovation in MAS
- Phase 2: Through a survey we sought to understand how MAS in England and Wales are designed and features of good or innovative practice
- Phase 3: This phase aims to look in detail at specific examples of good/innovative practice we were told about in the survey through a case study approach.

The findings from phase 2 and 3 identify the key issues and challenges facing MAS in the UK, and innovative approaches to addressing these challenges.

Dr Sarah Jane Smith, Reader in Dementia Research, Leeds Beckett University and Dr Rachael Kelley  
**The COUNTED Study - Communication about treatment for Dementia in Memory Assessment Services**

One of the main reasons people seek a diagnosis is to have access to treatments, which are offered to around 70% of people diagnosed. Discussing treatments can be complicated because medicines do not cure dementia, they only target symptoms and do not work in the same way for everyone. This study aimed to understand how medications are described to people in memory assessment services and see how that affects peoples understanding of the treatment. We recorded 30 appointments in MAS where medications were discussed, we then examined in detail how clinicians talked about medicines. We also conducted a large survey (676 respondents) in which we used videos to present information about medications in different ways and examine the impact on whether people understood the information. From the findings we have made recommendations about how to communicate about the benefits of medications clearly and how to prepare to attend a MAS appointment.

Professor Graham Stokes, Director of Dementia Care Services, HC-One  
Tracey Carter, Head of Dementia Care, HC-One

**Living with dementia, living in a care home. The post-Covid opportunity to do better.**

The Covid epidemic exercised a traumatic effect on the lives of people with dementia living in care homes. As we transition to what is often referred to as the 'new normal' this cannot be a metaphor for lowering expectations as to what 'good' looks like. Instead we have an opportunity to challenge complacency that all was once well, think differently and as importantly 'do' differently to give people the care they need, and the lives they want. Yet this opportunity coincides with residents having higher acuity needs. Will this be a barrier to change or can dementia care settings provide not only safe care, but also become therapeutic communities that mitigate, if not resolve stress and distress? This presentation will address this question head on to ask, 'in dementia care what is a therapeutic care community as distinct from a care culture that manages behaviour'?

Professor Claire Surr, Director of the Centre for Dementia Research, Leeds Beckett University  
Charles Cross, Anglian Care

**Developing and evaluating a Virtual Reality Dementia Training programme for homecare staff**

Experiential learning and simulation have been found to be helpful delivery methods for supporting staff working in dementia care to develop empathy for people with dementia and confidence in delivering care to this group. Virtual Reality (VR) offer an opportunity to widen access to experiential and simulated learning opportunities. Homecare provider Anglian Care have partnered with VR training company Moonhub and Leeds Beckett University to develop a programme of VR-based dementia training. This presentation will describe the process of co-developing the interactive training content which includes features such as identifying person-centred/non-person-centred care practices and how the physical environment might impact a person with dementia. Preliminary findings of research evaluating the training including staff reactions to the training and its impact on their knowledge, attitudes and confidence and their perceptions of its implementation into practice, will also be shared. There will also be the opportunity to try out the VR training.

Dr Nicky Taylor, Leeds Beckett University

**What are the impacts of engaging in long-term creative co-production on people living with dementia?**

A summary of key findings from an ethnographic study into long-term processes of creative co-

production to create a major theatre festival at Leeds Playhouse. This study highlights that people with dementia can be active contributors, make confident artistic decisions, hold roles with specific creative responsibility and contribute to co-creating safe spaces for personal growth. These actions, and the resulting creative products and performances, challenge prevailing narratives of dementia being purely about loss. The study suggests creative co-production renews energy and desire to be involved, increasing individuals' perceptions of what they are capable of. It makes the case for professionals to commit to long-term processes to nurture and support sense of purpose amongst people living with dementia and their supporters.

Rachel Thompson, Consultant Admiral Nurse, Lewy body dementia  
Lewy Body Society/ Dementia UK. Anne- Marie Love, Dementia UK

### **Improving understanding of Lewy body dementia; the role of the Admiral Nurse**

Lewy body dementia (LBD) is a complex and challenging condition which is often misdiagnosed and misunderstood with families experiencing poorer mental and physical health and reduced quality of life as compared with other dementias. In response a new Consultant Admiral Nurse post for Lewy body dementia was introduced by The Lewy Body Society and Dementia UK.

The service adapted its offer to provide video and phone support to both families and professionals during the COVID 19 pandemic, enabling national coverage.

An evaluation showed the service was able to provide psychoeducation and emotional support, via phone or video, which led to an increase in understanding, ability to manage symptoms plus improvements in coping. On-line training delivered to Admiral Nurses led to improvements in understanding of LBD and approaches to care. The evaluation demonstrated the service has been well received and made a positive impact on those who received support.

Rachel Thompson, Consultant Admiral Nurse, Dementia UK, and Chris Maddocks

### **Supporting couple work in Lewy body dementia using video consultation**

Lewy body dementia (LBD) is a complex and challenging condition which is often misdiagnosed and misunderstood with families experiencing poorer mental and physical health and reduced quality of life as compared with other dementias. In response a new Consultant Admiral Nurse post for Lewy body dementia was introduced by The Lewy Body Society and Dementia UK.

The service adapted its offer to provide video and phone support to families including a range of interventions for individuals, couples and families.

Couple / dyadic work in dementia care is considered to enhance mutual understanding, communication and relationship quality (Balfour 2014 Whitlach 2014). This presentation describes how couple work was offered to one couple affected by Lewy body dementia using video consultation and will explore its application and impact. It will include video excerpts from the couple describing their experience of couple work and contributions from the person living with dementia about its impact.

David Truswell, Director, Dementia in Dub  
Ronald Amanze, Simon Isaac-Bore, Colin Brown

### **Dementia in Dub- A box of Smiles and So Much More**

Dementia in Dub Brings A Box of Smiles to Birmingham. A one and a half hour workshop that will consist of a brief (15 Minutes) overview of what Dementia in Dub is about delivered by Ronald Amanze, David Truswell, Colin Brown and Simon-Warner Bore. This will be followed by a one hour workshop 'A Box of Smiles' participants will be invited to write a short 4 lines of text/poetry on the theme of what a smile means to them. Participants will be encouraged to recite their work to the group. with the recitation being recorded as they speak. Time permitting a live track of some of the voice recordings will have a backing music track added. A group photo at the end will illustrate the '

Box of Smiles' The closing 15 minutes will be for review and discussion of the experience with participants.

Sarah Waller CBE, Associate Specialist, Association for Dementia Studies, University of Worcester.  
Simon Evans, Jennifer Bray, Teresa Atkinson, Association for Dementia Studies, University of Worcester (Poster)

### **Designing for Everyone: developing cognitively inclusive design in the context of Covid 19**

This presentation describes the development of a suite of environmental assessment tools for cognitively supportive design to include people living with dementia, learning disabilities, autism and those who are neurodiverse. Commissioned by Assura plc and informed by reviews of literature, policy and practice, the project found that although each person will have a different response to certain stimuli, a range of common design features are important to all those with cognitive impairment and neurodiversity. The work was supported by the charity Dimensions who have produced a guide and easy read version of the tools to maximise patient involvement. Although developed for health centres, where 300 million patient consultations take place annually, with an expected increase in the number of people with learning disabilities and autism who will develop dementia the principles of Designing for Everyone have the potential to improve environmental design across a range of health and care services.

Gregory Whiteley, Assistant Psychologist, Mersey Care NHS Foundation Trust  
Robert Balmer (Assistant Psychologist)/Emma Clappison (Assistant Psychologist)

### **Mitigating Covid-19's Detrimental Effect on Meaningful Activity; The Development of a Ward Newspaper**

This Poster will describe how the psychology team developed a weekly newspaper to mitigate some of the loss of meaningful activity on an inpatient ward for people living with dementia during the Covid-19 pandemic.

Sophie Williams, Senior Music Therapist, MHA; Chris Wilson – MHA

### **When The Going Gets Tough...The Music Therapists' Get Going**

MHA's music therapy service continued worked in care homes throughout the covid-19 pandemic. Resourcefulness was central when having to be flexible in roles and duties. To minimise cross-infection risk, the style of work was adapted. Service delivery was adapted through the adoption of digital methods of service delivery, individual and group work, support and communication. Music therapists were able to offer support where there was an identified need not only for residents but also supporting the wellbeing of colleagues across the organisation and connecting with the loved ones of residents. Though music we were able to continue therapeutic intervention, providing ongoing emotional and psychological support. We were also privileged to support those approaching the end of their life. Our therapists helped individuals maintain relationships, reducing isolation, lifting spirits and bringing joy in what were often moments of darkness.

Thomas Williams, Core Member of the LGBTQ+ Dementia Advisory Group, LGBTQ+ Dementia Advisory Group

### **The LGBTQ+ Dementia Advisory Group: More Than Just Advocacy**

The restrictions caused by the Covid-19 pandemic forced us all inside and moved us to connecting online. The pandemic also shone a spotlight on pre-existing inequities in dementia care and support services. For example, a lack of support groups for LGBTQ+ people living with dementia, who are less likely to have close family for support. Although it was a difficult time for everyone, the severe restrictions kicked into action a group of passionate individuals who wanted to do something about the then lack of online support for LGBTQ+ people living with dementia. Those same people, plus a wealth of new members, continue to work together as the LGBTQ+ Dementia Advisory Group. In this

poster, we share some of the successes of the Advisory Group over the past 2 years and where we aim to go next.

Toby Williamson, Independent Health and Social Care Consultant, Toby Williamson Consultancy  
Rosa Hui MBE DL - Chinese Community Wellbeing Society

### **Supporting people from Black, Asian and minority ethnic communities affected by dementia under COVID**

This presentation will describe a successful programme that supported people from Black, Asian and minority ethnic (BAME) communities affected by dementia during the COVID-19 pandemic, including an example of working with the Chinese community.

COVID-19 had a disproportionately negative effect on people from BAME communities and affected by dementia. In 2020 the Race Equality Foundation secured funding for organisations in England to help them support people from BAME communities affected by dementia who were struggling during the pandemic. Support included translating and interpreting COVID-19 guidance, offering culturally appropriate practical help, and both face to face and online activities to reduce isolation. Over 21,000 people were supported by the programme. The presentation will be by Toby Williamson who advised on the programme and Rosa Hui MBE DL who will describe support given to the Chinese community by the Chinese Community Wellbeing Society who were funded by the programme.

Hilary Woodhead, Executive Director, NAPA  
Natalie Ravenscroft

### **Supporting care homes to be digitally connected**

The restrictions on social contact put in place to slow the spread of COVID-19 had an impact on all our lives but were particularly detrimental for people living in care homes. Social contact is essential in the lives of care home residents living with dementia. Visits from family members and friends is integral to individual wellbeing and part of care home life, providing companionship, helping with care delivery, and supporting meaningful activity. When family members and friends are unable to be part of care, the wellbeing of people who live in care homes is at significant risk.

This presentation explores how NAPA adopted a digital approach, and supported care homes to consider tech-based approaches and new ways of working during the COVID-19 Pandemic. The National Activity Providers Association (NAPA) is a national charity and membership organisation with 3,000 care home members. NAPA supports care services to prioritise wellbeing through the promotion of activity, arts, and engagement. We provide support services that equip Activity Providers with the essential knowledge, skills and resources required to provide person centred, meaningful connections. During the COVID-19 pandemic our flexible and responsive approach enabled us to adapt our support services to be available digitally.

Hilary Woodhead, Executive Director, NAPA

### **Professionalising a workforce**

NAPA is committed to raising the profile of activity provision ensuring an inclusive approach to workplace development and the need for a professionalised workforce.

In May 2021, following extensive consultation with Activity Providers, NAPA launched the Activity Professional Pathway; the process leads the activity provider through the learning process, obtaining training and qualifications and becoming registered as a NAPA Recognised Activity Professional. This presentation will explain the process of developing a professional pathway and share the experiences of a workforce working towards professional recognition in the care sector.