



dementia perspective



News from the Dementia Services Development Centre, University of Stirling

Winter 2009

Celebrating twenty-one years of pioneering work

It is twenty-one years since the Dementia Services Development Centre was set up by a group of pioneers who believed that it was possible to improve the care for people with dementia through the provision of training and support for those who care for them and their families.

This initiative in Stirling gave rise to others across the world. At the time, it was thought by some that the need for a dementia centre would pass. Eventually all the knowledge about how to do this work would be complete. All the people who needed to know about dementia care would know enough. And with luck, a cure for dementia would be found.

The need for support is more relevant than ever

This has not come to pass. Research shows that even in countries with well developed health and social care systems, professionals are not taught the rudiments of dementia in their undergraduate or pre-registration training. People with dementia do not get their diagnosis. Carers are not told about the support systems that exist through the dementia related voluntary organisations.

The good news is that countries around the world are writing dementia strategies, and the issue is coming to the fore. It is just a pity that this is only as a result of a realisation that dementia is expensive and on the increase. It is even sadder that it

is happening at a time of financial recession. They realise they have a problem, just when they feel they've got no money to spend on it.

Join us in London

However, the spirit of the DSDC is always positive. There is a tradition in some western societies to have a party and celebrate when a person reaches 21 years old. So 2010 is going to be a year of celebration for us. We will celebrate those who have done so much to improve care for people with dementia. Those who wrote and

set up online courses. Those who created workplace training and information. Those who did the research on which our education is based.

And we especially celebrate those people with dementia and their carers who provided us with the information and advice we needed in order to make all this happen. They are the heroes in this story.

So please join us for the party, in London (England) in October 2010. We welcome everyone who works in dementia care to join us. Have a great year!



In 2009, Fiona Phillips joined the DSDC team at our York conference.



The Dementia Services Development Centre



UNIVERSITY OF STIRLING

***** Register your interest in our 2010 conference by 1 February and receive a 10 per cent discount. Visit www.dementia.stir.ac.uk/registerinterest today! *****

Call for papers

The Dementia Services Development Centre has pleasure in inviting you to submit a paper for presentation at our 4th International dementia conference 'Coming of Age: Dementia in the 21st Century'.

We are seeking submissions for both oral and poster presentations on a range of themes of key importance to dementia in the 21st century. The conference will run over two days and will begin with an opening event on the evening of 19 October 2010. The programme will showcase the latest research alongside best practical guidance on helping to improve the lives of people with dementia.

The themes of the conference focus on the person, and will address critical issues across the range of professions and organisations that support people with dementia and their carers. The themes of the conference contain some examples of the types of presentation that could be submitted but we are also happy to receive papers that are outside these parameters. If you need any guidance on submitting a paper or are uncertain where your paper might fit please contact **Jemma Galbraith** on 01786 467740 or at jemma.galbraith@stir.ac.uk.

Conference themes

1. Improving public and professional awareness

- Public awareness
- Information strategies and responses
- Changing attitudes

2. Quality early diagnosis and intervention

- Models and practice
- Providing a diagnosis
- Support on receiving a diagnosis
- Memory treatment service and support

3. Information post-diagnosis

- What people need to know after diagnosis

- Methods of information delivery
- Making an impact
- Accessibility of information

4. Easy access to care

- Accessing specialist support makes a difference
- Sustainable models of support

5. Peer support and learning

- Using the web and other methods of support
- Best practice in peer support
- Views of people with dementia

6. Improving community personal support

- Interventions to support people at home
- What do people with dementia and their carers want?
- Personalisation
- Communication and the person with dementia

7. Implementation of services to carers

- Enabling carers to care
- Personalisation and carers
- Short and long terms support to carers
- Support to the carer post-bereavement

8. Quality care in general hospital

- Emergency service responses – eg paramedic, allied health professional
- Care in accident and emergency
- Outpatient and treatment services
- Quality in ward care
- Meeting specialist needs in a general hospital context

9 & 10. Intermediate care, housing and telecare support

- Technology in practice
- What supports people at home for longer
- Delivering and supporting a supported housing model
- Care overnight
- Design and public spaces

11. Living well in care homes

- Care overnight
- Design of the internal and external space
- Delivering quality care

12. Delivering end-of-life care

- Best practice in end-of-life care
- Multidisciplinary working
- Pain care at all stages of dementia

13. Informed and effective workforce across all services

- Right skills for best practice
- Effective training approaches
- Sustaining changes in practice through education
- Competent and confident workforce
- Emergency service approaches

14. Joint Commissioning Strategies

- Better services through joint working
- Effective joint commissioning

15. Improved assessment and regulation

- Risks and rights
- Consent and capacity
- Limits to freedom
- Improving choice
- Regulation and practice
- Working in partnership with service providers

16. Research and evidence

- Diagnosis and treatment
- Drug therapies
- Ethical and consent issues
- Evidence

17. Specific groups with dementia

- People with a learning disability
- Alcohol and dementia
- Younger people
- Carers' needs

18. Creativity and the arts

- Mediums to meaningful activities
- Creative approaches to care
- Overlooks areas to quality of care

Don't forget to submit your paper by 10 March

If you would like to submit a paper for the conference, please visit the following web address and upload it by 10 March 2010

www.dementia.stir.ac.uk/abstract

The DSDC comes of age: 20.10.2010

In 2010, the DSDC will celebrate our 21st birthday at our 4th International Conference 'Coming of Age: Dementia in the 21st century'.

We've chosen a fortuitous date, 20.10.2010, and a superb venue, ExCeL in London, to mark this special event. The conference will specifically address the themes of the national dementia strategy and will be relevant to a UK and



Exhibitors and delegates at our 2009 conference in York.

international audience. The conference runs from 19 to 21 October 2010 and includes a series of events, presentations and seminars.

With keynote speakers and presenters from across the world focusing on a wide range of issues, 'Coming of Age' will be for everyone involved in supporting people with dementia and their carers, both in the UK and internationally. We will welcome delegates from a range of sectors including nurses, doctors, social workers, researchers, architects, emergency service personnel, volunteers, people with dementia and their carers.

Registration will be available online from early 2010 and details of delegate rates will soon be available on the DSDC website. As in previous years, reduced rates will be available for voluntary sector bookings and for people with dementia and their carers. To find out more, please visit the International Conference pages at www.dementia.stir.ac.uk/London2010.

Keynote speakers

Professor Sandrine Andrieu

Sandrine Andrieu (MD, PhD) is currently Professor of Epidemiology and Public Health at the Toulouse University School of Medicine.



Professor Henry Brodaty

Henry Brodaty is Professor of Ageing and Mental Health and Director of the Australian government funded Dementia Collaborative Research Centre at the University of New South Wales.



Professor Stephen G. Post

Stephen G Post is Professor of Preventive Medicine and Director of the Center for Medical Humanities, Compassionate Care, and Bioethics at Stony Brook University.



Professor Emma Reynish

Emma Reynish is a consultant physician in Internal Medicine and Geriatrics at Victoria Hospital Kirkcaldy, and Honorary Professor in Dementia Studies, University of Stirling.



Palliative care study day

Living & Dying with Dementia: 18 March 2010

Providing staff with the information they need to provide improved palliative care is the focus of a collaborative study day being offered by the DSDC on 18 March 2010. Run in conjunction with Strathcarron Hospice, the one day workshop features input from DSDC staff and senior lecturers from Strathcarron and will focus on ways to overcome some of the challenges faced by

staff in providing care and support to those living and dying with dementia.

Support from diagnosis to end-of-life

Working collaboratively with the hospice is one of many examples which highlight the DSDC's approach of bringing agencies and experts together to help promote quality of life for people with dementia.

As dementia is recognised as a progressive and incurable condition this approach for people with dementia is relevant from diagnosis to end-of-life. A fundamental aim in such an approach is to promote quality of life for those living with dementia, through the identification, assessment and treatment of pain and other physical, psychosocial and spiritual needs.

Booking

Places on the course cost **£125**. You can book your place at the study day by contacting Lynsey Manson on 01786 467740 or email lynsey.manson@stir.ac.uk.

Belfast Design School

3-5 March 2010

Bookings are now being taken for the DSDC's popular annual design school in Belfast. It will explore a range of issues including effective commissioning, project management, designing external and internal environments, and lighting.

Cost: **£825** (three-day event). To book your place email maria.mcmanus@stir.ac.uk or call **02890 737846**.



The Manager as Leader of Dementia Practice

The demands of managing and supervising team members can often create challenges and conflicts.

So creating a positive culture of care, centred on the individual, requires effective managers who also need to be proficient leaders. To help managers achieve this delicate balance, the DSDC has developed the four-day experiential Manager as Leader of Dementia Practice course. It is for all those who work in leadership, supervisory and management roles in settings where people with dementia are cared for.

Inspiring ways to implement the national dementia strategy

This inspiring and practical course is particularly relevant if you are required to implement the national dementia strategy in your area and influence the ways in which care and services are provided. It consists of two days facilitated experiential learning, the completion of a workplace project, applying learning to practice, two follow-up days of facilitated experiential learning and sharing

of practice and access to ongoing email and telephone support for the duration of the course.

You can choose to do this course in either Belfast or Stirling and will be required to attend all four days of this course at one venue. There are numerous leadership theories available and this course uses Kouzes and Posner's 'Exemplar Leadership Practices' as the framework for development.

Be prepared to have your personal thinking challenged!

If you are open to stimulating ideas and are prepared to have your personal approach to leadership challenged, this course offers a unique opportunity to reflect on your current style of management and leadership and assess its effectiveness in light of theory and experience. Previous participants on this course commented on their increased motivation, enthusiasm and renewed passion for improving practice as a result of attending this course.

How to book

Book a place on these courses by contacting

Stirling: Lynsey Manson on 01786 467740 or lynsey.manson@stir.ac.uk

Belfast: Maria McManus on 02890 737846 or maria.mcmanus@stir.ac.uk

The cost is **£699** per delegate and includes a resource folder and all hospitality.

Dates

Stirling:
25 & 26 Feb 2010
13 & 14 April 2010

Belfast:
20 & 21 April 2010
1 & 2 June 2010

New faces in the DSDC team

In recent months the DSDC has been joined by three new team members who will help to build existing programmes and develop new services. We also wished a fond farewell to Northern Ireland staff member Oonagh Thompson.

New Director of Training



Mike Simm recently joined the DSDC as Director of Training. He will help develop and deliver flexible and cost-effective short and accredited training courses covering all current dementia issues for clients throughout the UK and abroad. Mike has more than twenty years' experience

of devising and delivering training gained in the private sector and at a Further Education College and a Higher Education Institution. If you are currently looking for a specific learning programme, whether from our current range, a new topic or mode of delivery, he would be very pleased to hear from you. Contact him on 01786 467744 or email mike.simm@stir.ac.uk.

Northern Ireland office staff

We are also pleased to welcome two new staff to the DSDC's Northern Ireland office. Anna Egner joined us at the start of October in the position of Administrative Assistant/Project Coordinator, and Heather Sleator is our new Training Consultant. Heather is on



Anna Egner



Heather Sleator

secondment from the Regulation and Quality Improvement Authority (RQIA) where she has been working as an inspector. She has previously worked in health and social care as both a nurse and a social worker.

Farewell to Oonagh

Oonagh Thompson has now left the DSDC but will remain connected to the world of dementia care as she is pursuing a PhD in the subject of brain training at Queen's University.

Postgraduate and undergraduate courses in 2010

Postgraduate and undergraduate modules in dementia studies from the Dementia Services Development Centre are designed to make learning as accessible as possible. You can study a wide range of dementia-related issues, including person-centred approaches to dementia care, support for carers and neglected issues in dementia.

Combining superb networking opportunities and a lively online virtual community, the DSDC ranks highly for providing dementia studies which are recognised worldwide for their quality and relevance. The postgraduate programme offers

the chance to study dementia to certificate, diploma or MSc level. Module-based content is a mixture of initial face-to-face contact, online learning and independent study.

Sign up now for February 2010

Places are now limited for January and February intakes in Stirling and Belfast so to be sure of a place, apply before 31 December 2009. Although places may still be available during January, they will be allocated on a first-come, first-served basis and applications will not be accepted after 20 January 2010.

The DSDC's dynamic range of services encompass research, education, policy and change management for dementia care. Visit our website to download flyers and booking forms from our education and training pages. For more information contact course organisers:

Jennifer Walker (Stirling) on
01786 467740 or
DempPG@stir.ac.uk

Heather Sleator (Belfast) on
02890 737846 or
heather.sleator@stir.ac.uk

Courses available in 2010

A person-centred approach to dementia care:

Belfast and Stirling 1 & 2 February 2010.

Your ability to analyse and appreciate person-centred approaches to dementia care are important components of this course. Gain a thorough background in dementia before exploring specific aspects of the condition in more detail.

Early Interventions and support for people with dementia:

Stirling and Belfast 4 & 5 February 2010.

Designed for practitioners who support carers at the post-diagnosis stage of dementia. This course stresses the value of early interventions and identifies ways to maintain quality of life, dignity and choice for people living with dementia.



Postgraduate standalone modules: 15-week online courses starting in February 2010

Neglected Issues: Belfast and Stirling week commencing 8 February 2010.

Addresses previously neglected issues including younger people with dementia, people with learning disability and dementia and alcohol related dementia.

Experiences of Family Carers of People with Dementia: Belfast and Stirling week commencing 8 February 2010.

Examines the characteristics of carers of people with dementia, the challenges faced by the carers of people with dementia and the role of informal carers in the provision of care for people with dementia.

Postgraduate certificate/Diploma/MSc:

Belfast and Stirling 28 & 29 January 2010.

Introduces students to four key theoretical approaches to understanding dementia: biomedical, psychological, gerontological and sociological, providing an important grounding in the theoretical aspects of dementia studies.

Managing delirium and dementia in general hospitals

On 19 February 2010, the 'Delirium and Dementia in the General Hospital' conference will be staged at Edinburgh Royal Infirmary. The event focuses on providing information and guidance for staff in acute care settings. The newly appointed Dementia Nurse Consultant for Lothian Colin Macdonald will present on care for people

with dementia in Accident and Emergency and areas including delirium and disturbing behaviour will be addressed. The event is free for all those who work in Lothian. All delegates will receive a free learning pack including DVDs and information files.

Limited places are also available for people working in other parts

of the UK and the cost for those delegates is £195.

Please contact **Mike Sim** or **Lynsey Manson** on 01786 467740 or email mike.simm@stir.ac.uk or lynsey.manson@stir.ac.uk for more details. Booking forms will be available on our website's Lothian Project pages in January 2010.

Facilitator training for healthcare assistants

Dementia: a six part self-study course for healthcare assistants working in a hospital or care home

This course was originally piloted with hospital staff and is accredited by the RCN. It has since been adapted for care home staff. The format of the course involves our centre training a senior member of your staff team as a facilitator who will be able to deliver the course materials over six months in your workplace and with our regular support. Once trained, this facilitator remains registered with us and can therefore go on to facilitate further groups of staff. This ensures that the

cost of training is reduced and you benefit from your team being fully involved in putting their knowledge and skills into practice.

For the facilitator

For the senior member of the care team this course provides the opportunity to improve their knowledge base and create an improved caring and learning environment.

For your staff

This course will help care staff provide the best care for people with dementia. You may already feel you are doing a good job but do you use a person-centred approach?

- understand what is meant by a person-centred approach
- develop your existing skills
- gain new knowledge and understanding
- translate your knowledge into practice

For the person with dementia

The benefits for the person with dementia include being treated with dignity and respect, and being seen as a person, not as an illness. Overall they will receive a noticeably improved quality of care.

These innovative, supported workplace training courses enable your facilitators to cascade their training in dementia to up to eight of your healthcare assistants in the workplace over a six month period.



Cameron Hospital staff complete their training

Staff at Cameron Hospital in Windygates Leven, Fife successfully completed their training recently, here shown with their facilitator Heather Harper (fourth from left).

Dates

Northern Ireland

25 & 26 Jan 2010

Stirling:

18 & 19 Feb 2010

Contact

To benefit from this unique, RCN accredited, approach to work-based training in both Stirling and Belfast please contact:

Stirling: Lynsey Manson
01786 467740 or
lynsey.manson@stir.ac.uk

Belfast: Heather Sleator on
02890 737846 or
heather.sleator@stir.ac.uk

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For further information visit: www.justgiving.com/dementiaservices

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