

We also provide...

- Dementia training for health and care organisations (dementia awareness, challenging behaviour, end of life)
- Dementia training for care home family visitors
- Mentoring for care home managers to support CQC and other inspections - using our knowledge and experience of quality care services
- Tailored training to meet your individual service needs
- Bespoke Project work - past examples include creation of learning materials and training packs, short films, research, workshops, audits

About Us...

Dignity in Dementia is an award winning, not for profit organisation established by Lesley Gill and Diane Smillie in March 2014.

Prior to setting up the social enterprise Diane had managed domiciliary care agencies and care homes for many years. Lesley had been the Workforce Development Manager and the Dignity Lead within Care Sector Alliance Cumbria and Cumbria County Council. Their innovative approach and complimentary skills enable them to successfully work to enhance dementia care within Cumbria.

Remember...

“People will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

Maya Angelou



 Dignity in
Dementia
Helping you support people with dementia



To find out more

Telephone or text: 07816 895021 (standard mobile rates)

Email: info@dignityindementia.org

More details can be found at www.dignityindementia.co.uk



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Helping **You**
Support People
With **Dementia**



There's a perception that dementia steals someone's dignity, but it's actually our response that does.

It's so easy to unwittingly rob the individual of their dignity by:

- Not understanding that their feelings are important
- Not allowing them to do simple tasks
- Forgetting that they too have human rights
- Being unaware of the importance of meaningful occupation
- Assuming they can't think or speak for themselves
- Seeing the dementia, not the person

Who we work with...

The bulk of our work is with family carers and individuals living with dementia.

We also work with:

- Health & social care providers such as nursing and residential care homes
- Domiciliary care agencies
- Hospices
- Any organisation who sees value in our work

Our work with family carers and people with dementia

Fact: supporting a family member with dementia can be extremely difficult, both emotionally and physically. We deliver a range of services that help improve the wellbeing of both, enabling individuals with dementia to stay at home in their local community for longer.

We provide:

- Dignity in Dementia Care programme
10 hours delivered over 5 weeks combining dementia instruction and relaxation techniques to help carers deal with the stresses of their role.
"The course is really useful for carers who are struggling to cope."
"Thank you for helping Mum and I find each other again"
- Setting up and training of Dementia teams
A new innovative service, which addresses the need to involve wider family and friends in the creation of a care team. We train team members (in the family home) to have a deeper understanding of dementia so that they can provide care that improves the wellbeing of the person with dementia. Additionally the main family carer gains greater support.

- The Really Helpful Dementia Guide 1 and 2
Two really useful instruction guides that help you gain a deeper understanding of what it's like to live with dementia and how to provide care and support that enhances quality of life.
 1. For early to mid stage Dementia
 2. For mid to later stage Dementia

- Emotional Trigger Assessments
Support for carers to identify the reasons for challenging or unusual behaviours and strategies to reduce/remove them.

"I wish I had known about your service sooner as it's been really helpful to have such clear guidance."

"Thank you for the report and for identifying so many strategies that we can use"

- Dementia Embracing Singing Groups (Silverdale, Ambleside and Sedbergh)
Weekly singing groups enabling people with dementia, family members and the local community to come together to sing and have fun. Carers may choose to use the time for personal respite.

"Coming to singing is the highlight of my week. Thank you."

"Whilst I really enjoy the singing, making new friends has been wonderful"

- Independent Advocacy for individuals with dementia and their care givers

