

ABOUT US

Dignity in Dementia is an award winning not-for-profit Community Interest Company established in March 2014 by Lesley Gill and Diane Smillie. This means that any profits we make are used to support our community development work. This includes our three Dementia Embracing Singing Groups which run in Ambleside, Sedbergh & Silverdale, and our community based Dignity in Dementia Care courses for family carers. These run at different locations across the South Lakes, approximately 3 times a year.

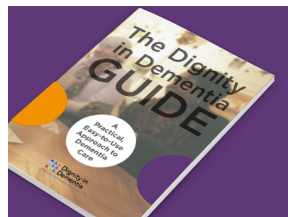
Prior to setting up Dignity in Dementia Diane had managed domiciliary care agencies and care homes 'rated excellent' within Cumbria for many years. Lesley had been the Workforce Development Manager and the Dignity Lead within Care Sector Alliance Cumbria and Cumbria County Council. Both have undertaken extensive dementia training with world renown dementia leads. Their innovative approach enables them to successfully work to enhance the well-being of people living with dementia within Cumbria, as well as their family carers.

Dignity in Dementia run a number of other projects. For example we are currently working with Cumbria Constabulary to reduce repeat call-outs involving people with dementia and The Royal British Legion supporting veterans and their families affected by dementia. We also work with some Cumbrian/Lancashire care homes and hospices to help their staff understand how they can improve the lives of the people living with dementia that they care for.

DIGNITY IN DEMENTIA RESOURCES

The Dignity in Dementia Guide :

A practical, easy-to-use approach to Dementia care



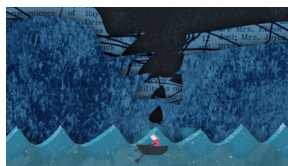
The Dignity in Dementia Emergency App

Free to download from the apple and android app stores – search using Dementia Emergency



Short Animation

'Dementia Poem – I May Be Forgetful'
Available on our website



Please contact us for more details and see our web site for current costs of the programme.

Diane on 07771 682378
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www.dignityindementia.org

**DO YOU CARE
FOR A FAMILY
MEMBER WITH
DEMENTIA
WHOSE
BEHAVIOURS
WORRY YOU?**

**DIGNITY IN DEMENTIA
CAN HELP.**

**Learn what you don't know
about dementia, and so
much more...**

DOES YOUR FAMILY MEMBER WITH DEMENTIA DEMONSTRATE UNUSUAL OR CHALLENGING BEHAVIOURS?

DO YOU SOMETIMES FEEL OVERWHELMED AND OUT OF YOUR DEPTH?

Dignity in Dementia can help you to remain connected to the person you love and overcome many of the challenges that dementia brings. We can also help you understand why your relative behaves in certain ways and work with you to reduce the frequency of their unusual behaviours.

What We Can Do For You

- Carry out an Emotional Trigger Assessment to establish behaviour calming strategies.
- Deliver a Family Information Programme.

The Benefits For The Person With Dementia

- Reduced levels of anxiety.
- Continue to experience a satisfying quality of life
- Feel contentment and fulfilment.
- Reduce the frequency of unusual behaviours that cause anxiety.
- Stay at home for significantly longer.

The Benefits For The Family

- Improved understanding of dementia.
- Greater confidence to provide care and support that really connects.
- Reduced anxiety and stress, particularly for the main carer.
- Improved wellbeing for the whole family.
- Shared decision making and a consistent approach.
- Helps the main family carer to feel less isolated and alone. They often tell us how lonely they feel, even with regular family contact.



WHAT'S INVOLVED?

1

Our dementia specialists will visit the family home to:

- Meet the person with dementia and family representatives.
- Learn personal history details.
- Gather information about any unusual or challenging behaviours your relative is displaying.
- Identify strategies for reducing the unusual behaviours, which will then be incorporated into a personalised Information Programme.

2

Dignity in Dementia will create and deliver a bespoke 3 hour training session for up to 6 family members, at an address of your choosing in Cumbria or North Lancs.

3

After the session, follow-up support will be provided via 4 weekly telephone or skype/ facetime conversations with the main family carer or a nominated family member, to answer any queries and provide ongoing support. If you require further assistance this can be offered at an additional cost.

4

Each team member will receive a copy of our Dignity in Dementia Guide.



CARERS FEEDBACK

"When Dignity in Dementia came to our house to talk about my dad, we were all struggling to respond as his Alzheimer's had moved on to the next stage and we were unable to respond to his increasingly frustrated behaviour. Dignity in Dementia helped us understand his world and why he thinks and behaves the way he does. We now use distraction strategies. He is happier and we are happier"
Carer, Allithwaite

"Thank you for helping Mum and I find each other again. Your help, knowledge and kindness has been invaluable."
Carer, Storth

"You might think you understand dementia and how to deal with it, but until you do the programme, you realise there is so much more to learn."
Carer, Kirkby Lonsdale

"I felt lost, useless and desperate to learn how to best help my wife. Dignity in Dementia didn't disappoint. A truly professional, expert and sincere outfit; I now have explanations, understanding and confidence, as well as loads of practical gems. My wife's dementia is no longer alien to me. Thank you so much."
Carer, Grange-over-Sands