



Making, Moving, Mutuality: creating memories that matter

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Workshop Outline

- Presentation
- Hands on opportunity to illustrate how to '*stimulate reminiscence in memory loss*'
- Hands on opportunity '*art as a stimulus for creativity*'
- Feedback and 'your pledge'

The 'D' Word

- In 2016 Alzheimer's disease overtook heart disease as the number one cause of death in England and Wales
- Approx **850,000** people living with Dementia, by 2021 projected rise to 1.1 million, 2051 to 2 million
- **1 in 14** over 65 years of age have dementia
- Early onset dementia - currently **40,000** people living with dementia
- Reported that **quarter of all** patients in hospital have dementia
- **5 Year strategy** in Derby (currently in year 3)
- Derby dementia diagnosis – **2016-2017** (3,994)
2017-2018 (4,452)



What role do we have in supporting patients?

- **Our Trust's PRIDE Objectives and CARE Values**
- **LQAF 5.3I States "Library / Knowledge Services are developed to support information provision for the patient and/or the public."**
 - Revised criteria "from 2017, all NHS funded library/knowledge services will be expected to evidence some level of direct or indirect contribution to patient and public information."
- **Knowledge for Health care and the Patient and Public Information Task and Finish Group**
 - "healthcare library and knowledge services Work in partnerships with key stakeholders to enrich the information offered to patients and carers, to enable people to better manage their health and wellbeing and make fully informed decisions about their treatment and care."
- **NHS Libraries are responsible for empowering patients to be active participants in their own health and well being**
 - Patient are being encouraged to self-manage, share decision-making and be partners in their own care



Reminiscence Resources and Activities

- Research states that physical and mental activities and social interaction can all benefit general well being
- Participation in meaningful activities can help to increase independence and provide much enjoyment and stimulation and thus helping to reduce anxiety, apathy, isolation and depression. Create a feeling of belonging and purpose
- The resources and activities encourage people to share their experiences and express themselves, and have clear benefits for the patient, carer and health care team
- Being creative and providing a multi-sensory approach important, to maximise opportunities for sparking interest and attention – person centred approach

Background and Aims



- Develop a collection of reminiscence resources
- Encourage engagement with local organisations and increase partnership responsibilities
- Support responsibilities with the dementia strategy including supporting the new roles
- Awareness and launch event – May 2016
- More recently expansion to ward based activities co-developed by Arts Co-ordinators



Dementia Steering Group

- Trust wide, multi agency membership
- Provide leadership, focus and steer for improving care for patients with dementia and their families
- Develop effective pathways
- Advise on staff training
- Advise on improvements
- Promote dementia care
- Liaise with external organisations to enhance care
- Review guidance and influence future decisions
- Working to a 5 year plan



Have you got an experience of dementia services to share?



Healthwatch Derbyshire wants to hear from people living with dementia, their family and carers, about the care and support they receive.

We want to hear from anyone who has had experience of dementia services in the last year.

The information you give us will be collected anonymously and shared with those responsible for running dementia services, so that they know what works well and what doesn't.

If you have something to say about dementia services, we would love to hear from you.

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Methods

Working with the dementia steering group

- Key links to relevant staff around the organisation
- Sounding board, exchanging of ideas, garner support
- Strategic approach to resources through supporting dementia agenda

Launch Event

- Showcasing themed boxes – music, crafts and fun
- Multi agencies promoting their services
- Derby County mock-up 1960s match

Actively approach organisations for support

- Garner feedback and generate ideas
- Develop custom made collection to reflect that partnership
- Support with memory boxes and activities

Positive ongoing working relationships with ward based staff

- Library couldn't work in isolation
- Arts Co-ordinators and Dementia Key Workers
- Responsive to their needs, support their roles where possible





Partnership Organisations



Derbyshire
Wildlife Trust





Arts and Activities Co-ordinator Role

- Working with staff and patients across the organisation
- Delivering visual arts workshops and projects to enhance the patient experience and encourage wellbeing
- Co-ordinating the Air Arts exhibitions programme with the Lead Curator which enriches the fabric of the hospital environment
- Working in partnership with colleagues and external organisations to develop new opportunities for patients, staff and visitors to experience creativity

Dementia Key Worker Role

- Mood therapy: Supporting patients with vulnerable mood
- Breakfast club/ Lunch Club: Encourage eating and drinking through socialising
- Activities (Group/Individual): Person centred activities for patients with communicative, cognitive and physical ailments.
- Relaxation (Aroma) Therapy: Hand Massage, grooming, music and social interaction
- Day out: Taking patients to different places in the hospital to assess and promote their location
- Increased supervision: Supervising patients with challenging behaviour for safety and security
- Work as a Music Detective: A technique to identify music that patient has an emotional connection to
- Memory Café: Getting patients in the dayroom. We pick a topic to talk about.
- Referral: Referring pts with dementia/ memory problems to community services





Outcomes

Patients and carers

- Wider scope for the resources, to include stroke, orthopaedic, step down, head injury, critical care and imaging
- Responsible for the distribution of information packs to be given at the bedside
- Develop content for the outward facing website

Staff

- Active use of resources on the wards
- Used by a variety of staff groups
- Tool - used in 1-2-1 or as part of a wider activity
- Loan to community staff, teams and charities
- Increased library membership and awareness of our services

Internal partnerships

- Ongoing programme of monthly activities for our two sites, in partnership with the Arts Co-ordinators





Outcomes



Evaluation

- Feeds the development of the collection
- Establishing work histories, interests, hobbies, family lives
- Feedback forms around use of resources and activities

Influencing

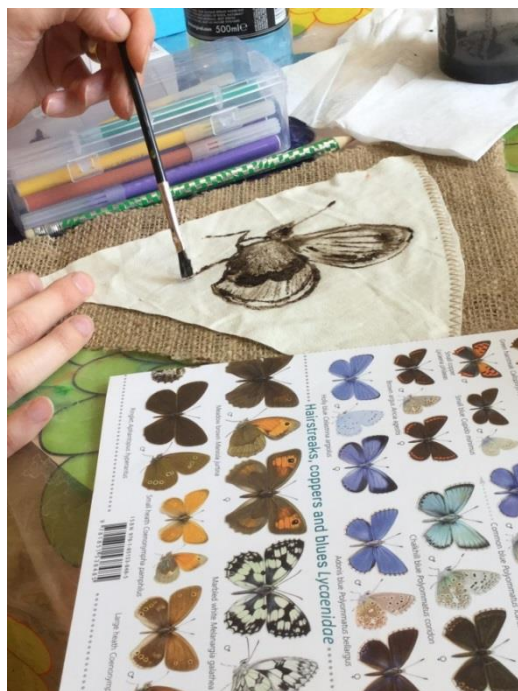
- Supporting the 5 year dementia strategy with presence on the Dementia Steering Group
- Links to Dementia Awareness Training, Tier 2 training, DAW
- Organisation of Trust wide conferences – A patient journey
- Participation in inductions and community based activities
- Members of the Dementia Champions Group

Fundraising

- Butterfly Fund for Dementia - Internal and external opportunities
- Boosts opportunities for match funding



Ward Based Activities Programme - Breath of Fresh Air



- Patient, carer and staff participatory sessions
- By the bedside, in the bay, group sessions in the day rooms
- Funded through charitable funds
- All DME wards across the organisation
- Artists, voluntary organisations and local businesses
- Facilitated by Arts Co-ordinators and Dementia Key Workers
- Monthly sessions
- Examples include; storytelling, horticulture, singing, aromatherapy, maypole dancing, local museums and a cellist!
- Funded through charitable contributions



Feedback



“That’s made my day. I love working with nature.”

People’s agitation visibly dissipated and there were lots of smiles.”

“ ... then her daughter came in looking confused, she joined in alongside two other relatives using the instruments and singing out loud. Afterwards, she was so happy to see her mum back to her old self.”

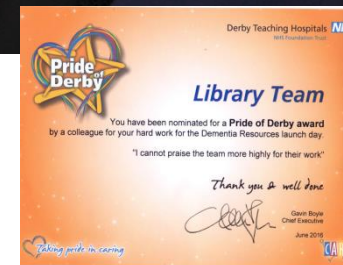


“The happy potter – I’ve been imagining that I’m in my garden pottering about.”



Lessons Learnt and the Future

- Resource development
- Get involved
- Capacity and sustainability
- Diversify
- Success
- Challenges and opportunities



Sharing Good Practice

- Forging partnerships with local organisations, with strong historical ties to Derby
- Full integration with clinical teams and strategy groups, enables engagement with staff, influences decisions, supports patient centred care and informs practice
- Longer term opportunities through external funding streams, external sponsorship
- Community wide initiatives – Wirksworth Community Event
- Inter-lending of resources i.e. Local university, care homes, public libraries, other NHS organisations
- Main challenge – target the right staff groups to facilitate access to these resources
- Evaluation key to measuring its success, and informing decisions going forward, ongoing sustainability, executive support and continued investment is achieved.



“Ask not what disease the person has, but rather what person the disease has”

William Osler





References

- Alheimers Society <https://www.alzheimers.org.uk>
- Knowledge for health care <http://kfh.libraryservices.nhs.uk/>
- Patient Information Forum making the case for information PIF <http://kfh.libraryservices.nhs.uk/patient-and-public-information/>
- LQAF <http://www.libraryservices.nhs.uk/forlibrarystaff/lqaf/>
- Patient and Public Information - Ideas Bank and Case Studies <http://kfh.libraryservices.nhs.uk/patient-and-public-information/ideas-bank-2/>



Let's get hands on!





Questions *and* 'Your pledge'

