



Dementia Services
Development Centre

IN ASSOCIATION WITH:



Innovations
in Dementia

Kindling the Spark – Creativity in Dementia: Exploring Creative Approaches to Dementia Support



Image courtesy of: Listen to Me by Innovations in Dementia CIC

The Trent Dementia Services Development Centre annual conference (this year in association with *Innovations in Dementia*) will focus on creativity and well being.

It will explore innovative approaches to enhancing well-being and unlocking the strengths and potential of people living with dementia.

People with dementia, writers, therapists and practitioners will deliver an inspiring and diverse range of workshops and presentations including the written and spoken word, film, drama, dance and music, alongside the development of innovative services and practice.

For further information:

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SUPPORTED BY:



Mental Health Services NHS Trust

8th September 2010
University of Derby

Who should attend?

Anyone with an interest in supporting the needs of people with dementia including all health & social care professionals, housing, voluntary agencies, nursing and residential care homes, inspectors and commissioners of services...

Standard Rate **£145**

Voluntary Organisations **£105**

- 09.00 **Arrival and refreshments**
- 09.30 **Chair's introduction: Professor James Lindesay**, *Head of Clinical Division of Psychiatry, University of Leicester*
- 09.40 **Creative approaches to poetry and drama: an exploration of ways in and possible outcomes**
John Killick, *Freelance writer, researcher and consultant, Dementia Positive*
 Providing opportunities for creative and artistic activity can play a crucial role in self esteem, confidence, quality of life and communication. Using poems, photographs and sound recordings, this presentation will show how poetry and improvised drama can confirm identity and give the satisfaction of achievement.
- 10.25 **"I'm giving out good vibrations": the musical world of people with dementia**
Forget-Me-Not Group Swindon + support acts
 This session combines performance with an exploration of the potential of music as a tool for expression, enjoyment and creativity for people with dementia.
- 11.10 **Refreshments and exhibition viewing**
- 11.40 **Parallel sessions:**
- Using technology in creative ways with people with dementia**
 Claire Craig, *Senior Research Fellow – Occupational Therapy, Sheffield Hallam University*
- Making a difference training**
 Brenda Walker, *Freelance dementia consultant/trainer*
- Drama in action: a participatory experience of improvisation and its rewards**
 John Killick, *Freelance writer, researcher and consultant, Dementia Positive*
- Collected short stories**
 Sarah Reed, *Many Happy Returns – Connecting the Generations*
- Souls and shadows: the co-creation of care**
 Bob Heath, *Music therapist, Sir Michael Sobell House Hospice*
- 12.40 **Lunch and exhibition viewing**
- 13.30 **Listen to me – how film making can give voices to people with dementia**
Steve Milton, *Innovations in Dementia CIC*
Tom Stubbs, *freelance filmmaker, Bigger House*
 This presentation will describe the making of a series of films about and by people with dementia. The process of creating a narrative about people's experiences and the things that are important to them will be discussed. Under the direction of people with dementia, these films are about people living their lives positively, with vitality and creativity. They are about people who are still learning, and still growing. They show that dementia is life-changing, but not life-ending.
- 14.15 **Achieving the 'just right challenge' – kindling the spark in dementia care.**
Jackie Pool, *Director, Jackie Pool Associates*
 The use of creative activity is known to support individuals to reach a state of flow, which can be described as being truly in a state of occupation. To achieve flow, there must be a good balance between the challenges of the activity and the skills of the individual. This presentation will explore how creative approaches to finding the 'just right challenge' can elevate the experience of individuals with dementia and those who support them, from task or activity to occupation and flow. The session will conclude with the case for a re-ablement approach to support the 're-mentia' of individuals.
- 15.00 **Refreshments and exhibition viewing**
- 15.20 **Parallel sessions:**
- Using technology in creative ways with people with dementia**
 Claire Craig (Repeated)
- Making a difference training**
 Brenda Walker (Repeated)
- Collected short stories**
 Sarah Reed (Repeated)
- Thinking creatively: working with people with dementia to design a new website interface**
 Nada Savitch, *Innovations in Dementia CIC*
- Making connections: using dance and movement with people affected by dementia**
 Nicola Jacobson, *Dance movement psychotherapist*
- 16.20 **End**

Parallel Sessions (selected on the day)

Morning

Using technology in creative ways with people with dementia

Claire Craig, *Senior Research Fellow – Occupational Therapy, Sheffield Hallam University*

The National Dementia Strategy requires services and support that can help people with dementia and carers to live well. This workshop will explore how technology can help meet the needs that people with dementia have identified as important – including technologies that help to keep people safe, maintain independence and promote enjoyment.

Making a difference training

Brenda Walker, *Freelance dementia consultant/trainer*

This workshop will describe the content and outcomes of a training programme that targets two senior staff in each of eight residential and nursing homes. On the final half day of training participants share what they have done in their units to 'make a difference'. The vast array of creative developments that staff have achieved through the programme will be described, including circle dancing.

Drama in action: a participatory experience of improvisation and its rewards

John Killick, *Freelance writer, researcher and consultant, Dementia Positive*

This session will describe recent work with people with dementia to create scripts and sketches to explore ideas around living with dementia. A shortened version of a drama session will be offered, with the emphasis on humour and spontaneity.

Collected short stories

Sarah Reed, *Many Happy Returns – Connecting the Generations*

The process of creating pictorial, autobiographical life story albums with people living with a dementia can be an informative and moving experience for them, their carers and their families alike. When helping people to record a life journey, we begin with REAL Communication workshops, using our REAL Model. This successful approach is supported by techniques we coach that are surprising in their simplicity and effectiveness – and in the pleasure they give to everyone. The workshop will consider the key elements of engagement with people, both with and without dementia and show how they can be encouraged to participate more and enjoy the process.

Souls and shadows: the co-creation of care

Bob Heath, *Music therapist, Sir Michael Sobell House Hospice*

In music therapy we endeavour to connect with the language of our souls, often to express what can sometimes feel like the inexpressible. Using examples from work with real patients, this workshop explores the power of music and song and their potential to reconnect us with ourselves and with our loved ones.

Afternoon

Using technology in creative ways with people with dementia (Repeated)

Claire Craig

Content – see 'morning' entry

Making a difference training (Repeated)

Brenda Walker

Content – see 'morning' entry

Collected short stories (Repeated)

Sarah Reed

Content – see 'morning' entry

Thinking creatively: working with people with dementia to design a new website interface

Nada Savitch, *Innovations in Dementia CIC*

This workshop will explore creative ways of involving different people with dementia in research and design projects. It is important to keep people with dementia at the heart of the research and design process but at the same time keep involvement fun, interesting and relevant to the individuals taking part. Some of the techniques and ideas used in a joint project between Trent DSDC, the Disabled Living Foundation and Innovations in Dementia to develop an on-line self assessment tool around assistive technology will be described.

Making connections: using dance and movement with people affected by dementia

Nicola Jacobson, *Dance movement psychotherapist*

This workshop will provide an opportunity to get up and moving. It will look at how dance and movement can be used to engage people with dementia and to build and maintain relationships. It will also look at the use of dance movement psychotherapy in this context, with examples from a group held in a care home setting.

Poster Presentations and Gallery

There will be an exhibition of original creative works by people with dementia and organisations that connect creativity and dementia.

Delegate Details:Please use a **separate form** for each delegate

Name:

Position:

Company/organisation:

Address for delegate information:

Post code:

Tel:

Email:

Fax:

Payment

Cost per person: £145

Voluntary organisations £105

Payment by cheque:I enclose a cheque for £ made payable to **Trent Dementia Services Development Centre****Payment by invoice:**

Please forward an invoice to the following address:

Name:

Position:

Company/organisation:

Address for invoice:

Postcode:

Tel:

Fax:

Getting there and special needs:

Directions:

The Conference is held at the Derby Campus of the University of Derby, Kedleston Road, Derby DE22 1GB

Directions at: <http://www.derby.ac.uk/how-to-find-us/derby/derby-campus> **There is free parking at the University of Derby.****Diet:**

Please indicate any special dietary requirements:

Access:

Please indicate any special needs you have around physical access/hearing etc.

Please send your completed booking form to Pauline Drew:

Post to: Trent DSDC, Active Community Centre, 9 Newarke Street, Leicester, LE1 5SN

Fax to: 0116 254 3983

Email to: info@trentdsdc.org.uk**Cancellations Policy:**

Cancellations within three weeks of the event will be subject to an administration charge of £20. Cancellations made less than two weeks prior to the event will not receive a refund. However, substitutions of delegates are welcome.

Enquiries: Trent DSDCTel: 0116 257 5017 email: info@trentdsdc.org.uk www.trentdsdc.org.uk

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