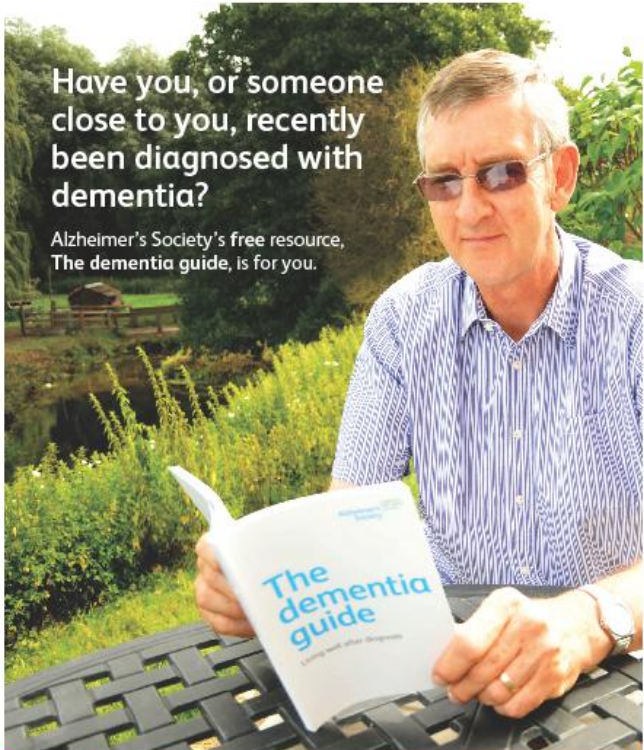


# Living with Dementia

## An update on the work of DEEP by Keith Oliver

Dementia Action Alliance,  
Annual Event, at Central Hall,  
Westminster  
Wednesday 20<sup>th</sup> November,  
2013



Have you, or someone close to you, recently been diagnosed with dementia?

Alzheimer's Society's free resource, *The dementia guide*, is for you.

You can order online or by phone:  
[alzheimers.org.uk/dementiaguide](http://alzheimers.org.uk/dementiaguide)  
0300 303 5933

Alzheimer's Society  
Leading the fight against dementia.

## The Forget-me-nots

A Network for people with a diagnosis of dementia



### Our group aims to help people with dementia get their voices heard.

Many organisations, including our Trust, are trying to improve the quality of service they offer to people with dementia. As such, it's vital that the opinions of people living with a diagnosis are heard by those who make decisions— by getting involved, you can help raise the standards of services across Kent. This group also functions as a network, where people can meet others with a similar diagnosis and get to know them better.

### Each meeting is slightly different—

The agenda will be decided by the group beforehand. There will usually be group discussions, social time and a task for everyone to work on together.

### Improving attitudes to dementia

- Helping create dementia-friendly communities
- Raising public awareness
- Reducing negative stereotypes of dementia

### Increasing our network's influence

- Linking with other Dementia Networks nationally
- Supporting the Service User Envoy
- (See right)

### Improving the NHS

- Assisting with staff training and interviews
- Evaluating Memory Services
- Commenting on plans for future service developments

Having had a diagnosis of Dementia you are now part of a sadly growing number of people who are seeking to come to terms with all that this entails. Seeing as I have also received the same diagnosis aged 55 in 2010, I know from personal experience that whilst the disease does create many challenges, having been diagnosed does not need to mean that your life will take a downward spiral. I am aware that everyone comes to terms with this in their own way, and then moves on to deal with life differently. You are not alone.

We are seeking to set up a small group of people in the same situation as you and me. This group will seek to network to support each other, and others who are in the same situation as ourselves but do not wish to, or cannot commit to helping.

I would argue that there is much for us all to gain by travelling down this road with others who share the same diagnosis and often the same experiences. Together we can make a real difference for us and for others in the same situation in Kent and Medway. I invite you to take part in the Dementia Service User Network - just let a member of staff know that you are interested and happy for one of our team to contact you with more information about our meetings.

- Keith Oliver, KMPT Dementia Service User Envoy



Excellent care, personal to you

[www.kmpt.nhs.uk](http://www.kmpt.nhs.uk)

# Kent Forget-me-nots hosting the DEEP project advisory group meeting, September, 2013





# Partnership working



Kent and Medway   
NHS and Social Care Partnership Trust



## The Forget-me-nots

A Network for people with a diagnosis of dementia




The Dementia Engagement  
and Empowerment Project

*Excellent care, personal to you*

[www.kmpt.nhs.uk](http://www.kmpt.nhs.uk)



# A selection of DEEP guides



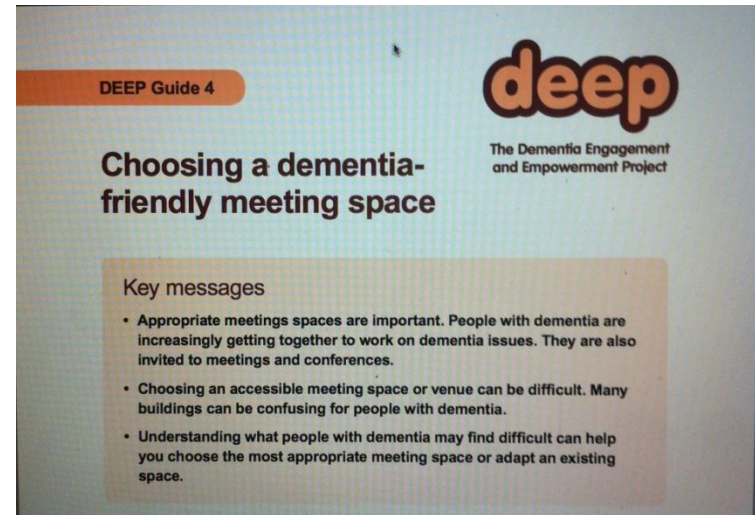
**DEEP Guide 2**

**deep**  
The Dementia Engagement and Empowerment Project

## Involving people with dementia in recruitment and selection

**Key messages**

- Many organisations recruit staff or external organisations to work with people with dementia.
- As customers of these services, people with dementia are in a unique position to judge whether the person has the right attributes to work with people with dementia.
- Involving people in the process does not always mean having people with dementia on interview panels.



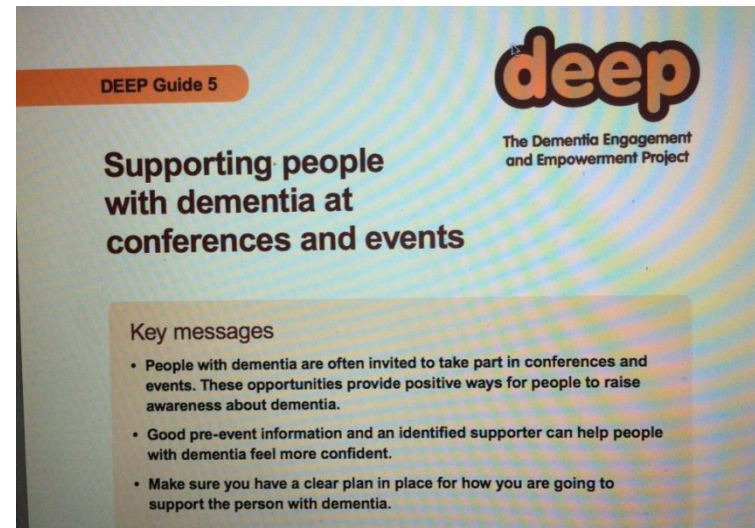
**DEEP Guide 4**

**deep**  
The Dementia Engagement and Empowerment Project

## Choosing a dementia-friendly meeting space

**Key messages**

- Appropriate meetings spaces are important. People with dementia are increasingly getting together to work on dementia issues. They are also invited to meetings and conferences.
- Choosing an accessible meeting space or venue can be difficult. Many buildings can be confusing for people with dementia.
- Understanding what people with dementia may find difficult can help you choose the most appropriate meeting space or adapt an existing space.



**DEEP Guide 5**

**deep**  
The Dementia Engagement and Empowerment Project

## Supporting people with dementia at conferences and events

**Key messages**

- People with dementia are often invited to take part in conferences and events. These opportunities provide positive ways for people to raise awareness about dementia.
- Good pre-event information and an identified supporter can help people with dementia feel more confident.
- Make sure you have a clear plan in place for how you are going to support the person with dementia.

[www.dementiavoices.org.uk](http://www.dementiavoices.org.uk)

# Keith, Ian & Reinhard presenting poster on service-user involvement at ADI conference, London, March 2012



For further information about what we are trying to achieve you might like to look at the following....

- DEEP website: [www.dementiavoices.org.uk](http://www.dementiavoices.org.uk)
- [www.kmpt.nhs.uk/keith-oliver](http://www.kmpt.nhs.uk/keith-oliver)
- [www.youtube.com/watch?v=CPulwcrkcxA](http://www.youtube.com/watch?v=CPulwcrkcxA)

“Kitwood’s Flower”

Tom Kitwood, Bradford Dementia Group/University (1997)

