



Dementia  
Friendly  
Gurudwaras

Our story so  
far...

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[www.dementiafriendlygurudwaras.com](http://www.dementiafriendlygurudwaras.com)

# Outline



- Identifying there is a problem
- Thought process behind DFG
- Formulating an action plan
- Implementation
- Challenges
- Looking towards the future



# The Problem

- Several studies in South Asian people with dementia and their carers have demonstrated;
  - Overwhelmingly negative experiences of dementia
  - Poor quality of life
  - Desperate needs for support
  - Lack of access to appropriate services
  - Little knowledge of dementia
  - Isolation from community and family life

Bowes A, Wilkinson H. 'We didn't know it would get that bad': South Asian experiences of dementia and the service response. *Health Soc Care Community*. 2003 Sep;11(5):387-96.

La Fontaine J, Ahuja J, Bradbury NM, Phillips S, Oyebode JR. Understanding dementia amongst people in minority ethnic and cultural groups. *J Adv Nurs*. 2007 Dec;60(6):605-14.

# Dementia Friendly Gurudwaras

- A Gurdwara is the place where Sikhs come together for congregational worship
  - Spiritual wisdom
  - Religious ceremonies
  - Centre of learning
  - Community centre
- The Dementia Friendly Gurudwaras Project is a local initiative in Bradford launched in 2012
- Spear-headed by Sikh healthcare professionals and carers of people with Dementia



## Forming a Dementia Friendly Gurudwara Project; Seven Stage Model



# The needs of Bradford Sikhs

- Identified through research
- Engaging the community was challenging
- Variable understanding of dementia as an illness
- Lack of awareness regarding risk factors
- Poor knowledge of dementia's natural history and management options
- Misconceptions regarding impact dementia has on lives

These factors ultimately impact on how people interact with those living with dementia

# Implementation

- Informal face-to-face discussions
- Environmental changes
- Physical information portal
- Workshops
- Memory Cafe
- Lectures
- Children's classes



# Challenges

- Engaging the community and institutional hierarchy
- Cultural challenges
  - ▣ Language barrier
  - ▣ Stigma
    - Lack of understanding
  - ▣ Resistance to change
- Time
- Limited resources





# Dementia Friendly Awards

- Winner of Voluntary Organisation category 2014



AWARD: Angela Rippon, left, with AS Ambassador, Hazel Blears MP, Dr Rajinder Singh and Dr Bhajneek Grewal

# The Future

- ❑ Over 300 Gurudwaras across the UK
  - Providing guidance/assistance to several Gurudwaras
  - Dementia Friendly Toolkit
  - Continuing to build a virtual information portal
- ❑ Disseminating information via Sikh Media
- ❑ Translating & delivering Dementia Friends Course



## Dementia Friendly Gurudwaras

A Toolkit to making your Local Gurudwara  
Dementia Friendly

This toolkit is designed to support you in making your local Gurudwara Dementia Friendly. It will hopefully provide some food for thought, and have some practical applications.



Thank you

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