



A Good Life With Dementia

Practical post-diagnostic peer learning and support

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Inspiring Different Conversations



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Rationale



The impact of a diagnosis

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Rationale



TICKING OFF THE USUAL SUSPECTS

- DRIVING
 - LPA
 - HANDOUT SOME LEAFLETS
 - SUPPORT THE FAMILY
 - OH AND BREAK THE BAD NEWS
- SO I'VE NO TIME TO TELL THEM ABOUT YOUR COURSE.....

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Rationale

- So many questions. What's this dimension? – my Leaky brain – the fear – Explaining dementia to people with dementia - rarely simply explained.
- A safe space and pace to take it all on board
- The warnings and a focus elsewhere. 'Behaviours' and the prevailing 'Stress and Burden' model

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Introducing York Minds and Voices.



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Creation and Methodology



- Thanks to a small DEEP collaboration grant we went to visit 2 other groups in Manchester
- The EDUCATE group course and pathway
- The Magic of Minds and Voices
- The method – the tutors – the aims

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My longwinded aims for AGLWD



- **Show how people with dementia can be proactively engaged in creating a service rather than passively receiving services.**
- Enable both TUTORs and LEARNERS to recover, discover or maintain an important role and an active contribution within their own communities

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My longwinded aims for AGLWD



- **Present LEARNERS with an opportunity to answer a lot of their own questions about their diagnosis at a pace that suits them from peers in a safe, fun and stimulating environment in sessions based on the experience and learning of all concerned.**
- Provide a pathway to belonging more permanently to Minds and Voices -a peer support group of people living with dementia, connected to DEEP - the UK network of dementia voices.

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Aims of the Course creators



- We want to go from sad faces to happy faces
- We don't want people to feel afraid any more
- We want people to be more aware of their abilities and potential – 'I CAN live with this'
- We want learners to have a positive outlook
- We want people to feel connected to more opportunities and to feel part of a bigger network
- We want the learners to witness and experience being in an example of non judgemental company.

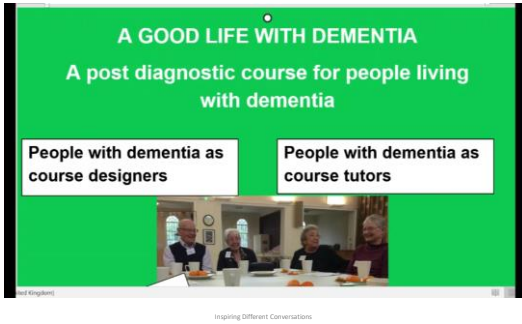
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A Good Life With Dementia



- 'What is Dementia?' (parts 1 and 2)
- 'Adapting and Accepting' (parts 1 and 2)
- 'Where to get help and how services work' (the Market Place)
- 'Our dementia our rights'
- 'Moving on and Graduation party'

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Outputs



- First steps and important numbers
- Learning Amongst equals
- The feedback
- The statements

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Feedback



- It's been friendly, fun and engaging
- I had been feeling so lonely but am so pleased to have come
- This is a really positive atmosphere
- Everything I've heard - I've felt 'that's me' and I thought it was just me.
- L's wife - I've picked up so much from listening to people with dementia

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Feedback



- Having something like this 6 months ago would have made a huge difference
- I'm really interested to do more research on exercise and feel so much better seeing how physically fit I am
- Just being here sharing and discussing with other people in the same situation - well, it makes me happy.

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Our statements



- **A diagnosis of dementia is not the end - it's the beginning of something.**
- We all have good and bad days - like anyone
- **Although brain cells die, we can still hold an equal place in our communities;**
- Although brain cells die, we can still hold an equal place in our relationships
- **Although brain cells die, we still have plenty in reserve and life goes on.**

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Our statements



- **Dementia is not our fault**
- How else will people know how we are feeling if we don't talk to one another openly - it's a two-way thing.
- **So what if we repeat things.**
- **So what if we repeat things.**
- **So what if we repeat things**
- Respite is not about moving out it is about a healthy space for all

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Our statements



- **It is not the dementia that makes us suffer**
- Dementia friendly is just about being friendly
- **The world is a better place for walking - use it or lose it!**
- Diagnosis causes a huge dive in confidence - bear that in mind and don't rub it in!
- **Joining research projects is so important. It keeps us busy and can help provide a legacy for those who come after us.**

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Our statements



- If we can't access what we're entitled to because of our dementia, then that is discrimination
- **I'm still me - We have a right to be ourselves**
- We are more than a label or a case on somebody's desk

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Our statements



- **We have a right to access meaningful and practical support after a diagnosis and not to feel abandoned**
- Learning amongst equals is a better way of learning
- **Learning and sharing amongst equals makes us happy**

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Sustainability



Hi Damian

I was wondering whether you would be able to attend the last session of the CST group we have been running

The group has gone really well but we have nothing to offer when it finishes and it feels very much as though some people will be left hanging .
If you could get back to me I would really appreciate it
Many thanks

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