



September 2010

Newsletter No. 30

# Brain Waves



## A monthly newsletter from Innovations in Dementia CIC

The aim of these newsletters is to keep people with dementia and their allies informed about the work of Innovations in Dementia Community Interest Company.

### Shared Lives

We are delighted to announce the start of a new project. We have got 3 years funding from the Esmee Fairbairn Foundation to look at developing “Shared Lives” opportunities for people with dementia

Find out more about the project on page 2

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## “Shared Lives”

We are delighted to announce the start of a new project. We have got 3 years funding from the Esmee Fairbairn Foundation to look at developing “Shared Lives” opportunities for people with dementia. The project is a joint project between Innovations in Dementia and SWAPs (South West Adult Placement).

For more information about SWAP visit their website - [www.swaps.org.uk](http://www.swaps.org.uk)

Shared Lives is a type of living arrangement that organises permanent or short stays in the home of a local family. The person is welcomed as a member of the family. The family is checked and approved, trained and monitored by a Shared Lives scheme.

Shared Lives has traditionally been a service for people with learning disabilities. We think that Shared Lives could be a good arrangement for some people with dementia who need extra support.

Jane Bell, chief executive of SWAPs said this about the project:

“When someone develops dementia, the family carer may well need a break. It can very difficult to find care and support that the family trusts and we hear quite negative stories about people with dementia who have had stressful and upsetting stays in an unfamiliar care home environment while their carer takes a much needed rest.

We think our service would be exceptionally good for people with dementia and offers a real alternative to families. Shared Lives is a home-from-home environment, and our families are really motivated to offer very caring support.

Most of the people approved to offer this care through SWAPs have years of experience in the caring field but have been frustrated working in more institutional settings where they feel they can make little real difference. As Shared Lives carers with SWAPs, they can make a massive difference in the lives of the people they support and give carers a reliable and trusted opportunity to take a break.”

The project will be looking at the best ways of developing and supporting this kind of arrangement. We will be training and mentoring Shared Lives schemes in different parts of the country. We will also be looking at what people with dementia think about Shared Lives arrangements. The project will produce a wealth of information that will hopefully mean that a Shared Lives dementia service could be a possibility in every area.

We also know that there is a high incidence of dementia among people with Downs Syndrome, and will be pulling together peoples experiences around this as part of the project.

If you would like to know more please email Rachael  
[rachael@innovationsindementia.org.uk](mailto:rachael@innovationsindementia.org.uk)

## Ramblings

For the early risers amongst you, tune into “Ramblings” on Radio 4 at 6.07am Saturday 25th September.

Ramblings is a programme that takes a walk with interesting and notable people in the countryside.

We are delighted that they recently joined one of our consultation partners, the Forget Me Not group in Swindon, on one of their regular walks.

See the BBC website <http://www.bbc.co.uk/programmes/b00tw5xt>

You can also see the Walking Group on the films page of our website  
Go to [www.innovationsindementia.org.uk/videos.htm](http://www.innovationsindementia.org.uk/videos.htm)



## Thinking ahead

A number of you responded to an article in the June issue of Brain Waves titled "Thinking ahead". Thank you.

We asked for people who might be interested in talking about planning for the future.

Among those who responded was the National Council for Palliative Care.

They have asked for our help in writing a booklet for supporters of people with dementia to help them broach the subject of future planning.

The booklet will be called "Difficult conversations". It will help people to start talking to each other and making plans for the future.

We would like to talk to you about how you feel about having these kinds of conversations.

Many of these things are likely to be very hard to think and talk about ... but if you are feeling brave and would like to get involved we will do our best to support you in any way we can.

## Contact us

If you'd like to help with this booklet contact Steve at [steve@innovationsindementia.org.uk](mailto:steve@innovationsindementia.org.uk)

or telephone 01392 420076

or write to Steve at

Innovations in Dementia CIC, PO Box 616, Exeter, EX1 9JB



**Innovations  
in Dementia**

Innovations in Dementia is run by three directors - Rachael, Steve and Nada. We are a Community Interest Company. This means that any profit we make is put back into the organisation.

We do not offer services for people with dementia. Instead we work with other organisations to make sure that people with dementia can continue to take part in their communities and have active lives.

Please share your ideas, experiences and positive stories with us.

**Contact us**

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