

Care Connections



think... **DEMENTIA**

We have been inspired by the **Alzheimer's Society's Dementia Action Week (May 13th - 19th)** to issue a **'Think Dementia'** clarion call in local communities across the country to get people thinking about dementia as well as giving them a better understanding of the condition and how it can manifest itself.

With over 255 offices across the UK, we have a real understanding of dementia and the impact it has on people's lives. But as we always say, whatever people's situation, we are here to listen and help and we take pride in helping families to find a way through whatever situation they are facing.

It is estimated that around 900,000 people in the UK are living with dementia, with the number predicted to rise to 1.6 million by 2040. There has never been a more pressing time to raise awareness of the condition.

We are keen to shine a light on the condition in this edition of Care Connections and share some

of the initiatives being undertaken across the Home Instead network that are helping families and people living with the condition.

After all, it is likely that we will all interact with a person living with dementia; be that a family member, friend or someone we bump into in the local community.

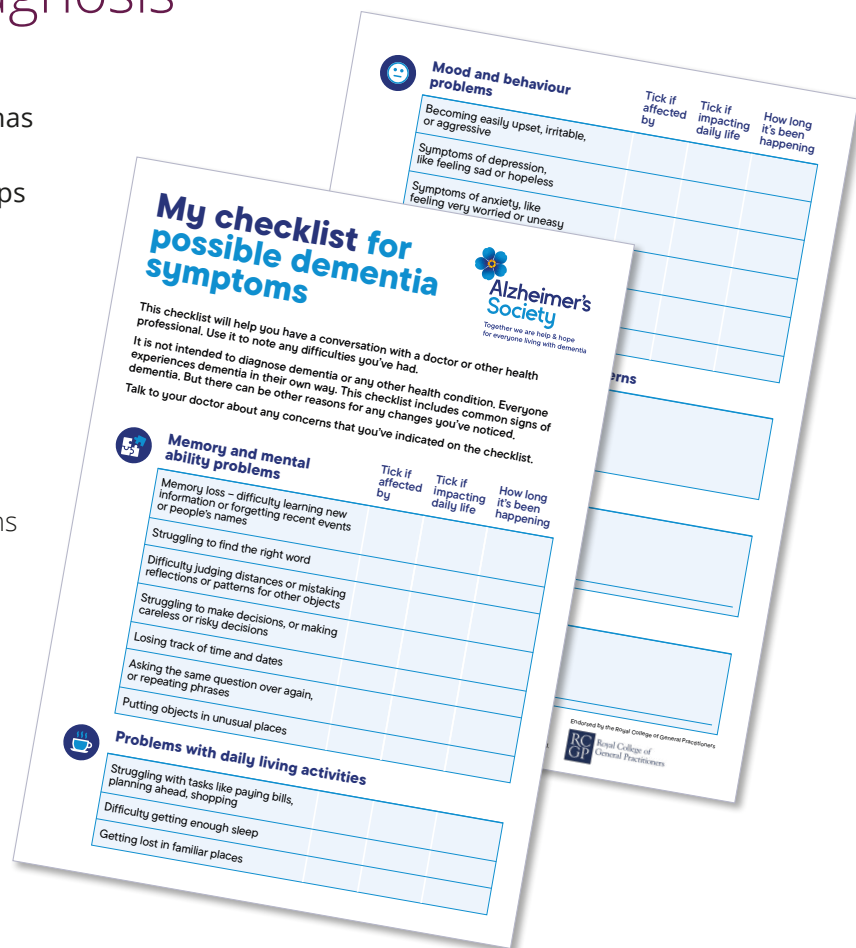
Alzheimer's Society *Dementia* Checklist: Ensuring an early diagnosis

Getting an early diagnosis of dementia is really important. The Alzheimer's Society, has created a checklist, endorsed by the Royal College of General Practitioners, which helps identify possible symptoms of dementia.

It also looks at how long the symptoms have been present and how they are affecting a person's daily life.

It also helps with accurate communication with health professionals and can avoid uncomfortable conversations when a family member is trying to relay details of symptoms that the person potentially living with the condition does not recognise.

We will continue to champion the checklist in the year ahead.



Guarding against a missing person:

The *Herbert* Protocol



The Herbert Protocol is a national scheme introduced by the police. It's certainly worth knowing about if you are concerned that someone you know who is living with dementia may go missing.

The Protocol is named after George Herbert, a war veteran of the Normandy landings, who lived with dementia. Sadly, George Herbert died whilst 'missing', trying to find his childhood home.

The Herbert Protocol is a form containing vital information about the person that can be passed to the police should they go missing. Ideally you would fill the form in before an incident occurs, allowing you to complete it in a calm atmosphere.

Our teams are working to raise awareness of this useful tool so that more families are aware of it.

You can find a copy of the Herbert Protocol online (a simple form), or ask at any Home Instead office.

Stepping into the shoes of someone with *dementia*

We've given people the chance to step into the shoes of someone with dementia, thanks to our partnership with Training2Care and its Virtual Dementia Tour Mobile; a bus adapted as an educational setting.

The experience provides a scientifically and medically proven way of replicating dementia. Those who undergo it wear goggles, headphones and spiky insoles.

They're then asked to perform various tasks, but with a twist. Distorted vision, loud noises and sensory overload all recreate what it's like to have dementia.



The Dementia Tour Bus

Suddenly, those everyday tasks we take for granted aren't so simple. It's no surprise that some people are reduced to tears when they undergo the experience and see just how tough life is for their loved one.

The mobile has been a key part of events run by Home Instead franchises across the UK, helping boost awareness and understanding of dementia within local communities.

Making communities dementia *friendly*

Helen Brown



Many of our franchise teams are contributing to making towns across the country dementia friendly.

In Portsmouth, Helen Brown's team have raised awareness of dementia through a number of initiatives which provide support to local residents, including advice and guidance for people caring for a loved one with dementia and techniques to manage the condition.

They have also supported a number of organisations with dementia training, including a GP Practice who, thanks to the training, transformed their reception area to make it more dementia friendly.

Championing *nature-based support* for people with dementia

Lynn Roddy who owns the Tavistock office of Home Instead has been championing the benefits of the great outdoors at a Conference in London.

The Conference explored the work of the 3-year Enliven Project, based at the University of Exeter, which is helping older people living with dementia or cognitive impairment to connect with nature.

Lynn, who is also chair of Tavistock Dementia Alliance and co-founder of Cycling Without Age West Devon & East Cornwall was invited to speak about the work she has been doing with Dartmoor National Park to give greater access to those living with dementia.

Lynn helped to co-ordinate a trishaw cycling event at the Burrator Arboretum where 20 seniors were taken on the ride of their life in the beautiful setting.

Speaking about her involvement, Lynn said, "I was delighted to be asked to get involved in the project as I am an advocate of getting people into the great outdoors."

For more information, visit www.enlivenproject.co.uk.



Trishaw fun

Care Professional of the year: Celebrating those who care

Earlier this year we crowned our Care Professional of the Year, naming Anthony Chinoso from our Camden franchise office as our winner.

The 30 year old was one of three finalists selected from the 12,000 Care Professionals employed by Home Instead across the UK.

Anthony received his award from Home Instead's CEO, Martin Jones MBE and Sky News' Sarah-Jane Mee in front of an audience of 1,200 delegates at our National Conference.

Speaking about his work, Anthony said, "Caring gives you the opportunity to experience life from another person's perspective. You need to take time to listen to each



(from left to right) Martin Jones MBE, Anthony Chinoso, Camden franchise owner Sylwia Sawa and host Sarah-Jane Mee

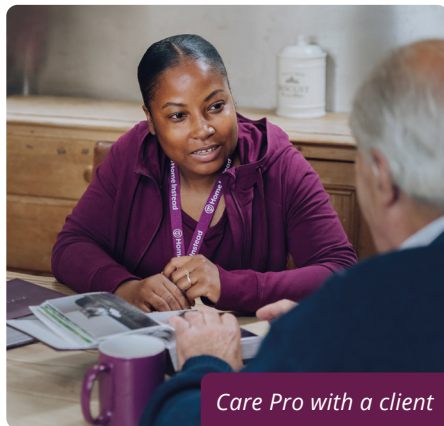
client's story so you understand them better and then you are able to bring the right energy.

"Working with Home Instead has put a smile on my face – the work gives me a great deal of energy and I like to pass that on to my clients."

Speaking about the awards, Martin Jones MBE said, "I had the pleasure

of spending time with our finalists during the Conference weekend.

"They all exude care and compassion. The judges had great difficulty selecting our winner. Anthony is truly a remarkable man with so much to give and a great deal of energy. His smile is infectious!"



Care Pro with a client

Experience optional – compassion essential

Home Instead employs in the region of 12,000 Care Professionals across the UK, delivering our unique, relationship-led and person-centred care to their clients.

Experience in the care or health sectors is not a requirement as we recruit based on personality and a caring, compassionate nature.

We provide all the training that is required to do the job- what we look for in our Care Professionals is a desire to make a difference to people's lives.

Find out more about joining your local team of Home Instead Care Professionals by visiting:

[homeinstead.co.uk/recruitment/](https://www.homeinstead.co.uk/recruitment/)

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