

# DEMENTIA FRIENDLY PARISHES AROUND THE YEALM

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# Who are we?

- 5 Parish Councils in rural South Devon
- Retirement destination
- Now in our 5<sup>th</sup> year

# What is a dementia friendly community?

- One that recognises the great diversity of individuals with dementia and their carers
- Promotes their inclusion in all areas of community life
- Respects their decisions and lifestyle choices
- Anticipates and responds flexibly to their dementia related needs and preferences

# What people with dementia and their families can say

- I live in an enabling environment where I feel valued and understood



- I have a sense of belonging and feel a valued part of family, community and civic life

# What we did

- Set up a committee
- Formed a fully constituted group
- Sourced funding
- Sourced a host employer
- Employed a project coordinator
- Became employers

We can't change the person with dementia but we can change the experience they have within their own community

# What do we do?

- Direct work with families
- Community work

# How we do it

- Find out what people need to stay active and involved in community life
- Give encouragement and ongoing support
- Be a point of contact for people
- Reassure families and carers
- Liaise with voluntary agencies, GP's, other health and social care professionals and schools
- General public awareness sessions
- Bespoke sessions targeting community groups, businesses and organisations



# Inclusive opportunities

- Afternoon Tea
- Gentle exercise group
- Art and craft group
- Shared reading group
- Community singing

# Information and Promotion

- ? Leaflets
- ? Display boards and banners
- ? Monthly diary sheets
- ? Information packs for families
- ?
  - Website
  - Facebook

# Testimonial

We would like to thank Dementia Friendly Parishes for the amazing work you have done with our Father. The various activities you have involved him in have had a major impact on his daily life. He now has several fixed points in his week to genuinely look forward to.

Despite his cognitive decline and transport problems attending these events has raised his activity levels and he really enjoys them!

In the past my Father has been a somewhat solitary person and now he feels a valued part of the community. He is on occasion contributing by talking to young people and others. We are so grateful for his new lease of life that Dementia Friendly Parishes has provided for him and thank all of the volunteers that support him so brilliantly.