Derby City Dementia Support Service

making space

Dave Says

Sharing hints and tips for those with Cognitive impairment by those Who have already started their journey.

deep The Dementia Engagement and Empowerment Project

Derby City Council

DEEP is coming to Spondon

The aim of this project is to share hints and tips from people with Dementia and Conative impairment

Have a think about how your life has changed since your memory has been in decline, what you do differently that makes your life easier that you can share with others?

We are aiming to distribute a booklet along with our activity schedule.

Any hints or tips are welcome no matter how small.

Carers

Any hints and tips that you can think of will also be include in the booklet, this can be a tip that help you care for your loved one or something you do that makes life easier for you as a carer.

So please let me know by either e-mailing me on Tracy.potter@makingspace.co.uk or ring the office 01332 497640

There are some amazing tips on the DEEP website:

https://dementiatip-share.org.uk

Life at home

- Make a note of what I am doing the next day and leave on the breakfast table.
- The dementia clock in the bedroom which lights up at 7.00 am and lowers the Light during the evening. It states the day, date, time and also changes the hour when we go from summertime to wintertime and vice versa.
- I have shaky hands, so I use a plate with a high rim, so that food doesn't go over the
- I have alarms on my phone to remind me to take my tablets, plus a backup alarm in case I forget.
- I choose wide, deep cups and mugs with big handles. This means that even half a cup is a decent size drink.
- I now have slip on shoes as I struggle with Laces.

Life outside the Home

- Since having my blue badge, I find I am not worried as much about going out.
- I always make sure I carry a radar key to get me into disabled toilets.
- I always wear my sunflower lanyard this shows that I have a hidden disability.
- I find I need to know a plan of where we are going so I don’t get anxious.
- I took up a new hobby after my diagnosis, I think it helps me keep my mind active and stimulated.
- When we are going out for a meal or drink, I think about what time suits me best, this can be lunch time due to me getting tired towards teatime.
- When I go to a hotel room, I put up post-it notes e.g to show which way to go for the exit & the bathroom as I sometimes get confused as all the doors look the same.

Health Issues & Symptoms

- When I go see my GP or other health professional, I take a note book with me as I will sometimes have a question but forget when I am in the room. I also write down the answer so I can tell my family later.
- If I find that a room is too noisy for me, I turn off my hearing aids, to the annoyance of my family, but I find I cannot concentrate when it is too loud.
- I have noticed my eyesight has declined, I love to read so I have brought myself an over head lamp so I can see the words better plus a magnifying glass.
- I have a folder with all of my medical/personal information inside just in case I have an accident and my family can find it.
- My mind whirls round at night. So I find it helps me if I listen to some calming music.

Money & Legal Matters

- I keep stuff safe such as Passports, Driving Licence and Birth Certificate in a safe at home.
- I have spoken to a Financial Advisor to help sort out my money and make sure my wife is looked after if I die before her.
- As a family we have talked about wishes and what we would like to leave people, plus my funeral wishes.
- We have sorted out our Power Of Attorney so family can deal with financial/health matters as and when required.

- I made sure that the utility bills were in both names so my partner can deal with them too.
- My husband has third party access to my account, so he always checks it.
- My spending was becoming a problem, so I asked my bank to set a daily spending limit on my account and cards.

Emotional & Family Life

- We keep Family photos up to date, that way I know who is who and I try to remember them.
- I like to still play golf with friends, I feel this keeps me active and gives my wife a bit of respite and time to herself.
- I find going for a walk helps alleviate stress.
- As I live on my own I feel that watching TV or listening to the Radio makes me feel that there is someone else in the room with me so I don't feel so lonely.
- Be open with family about how your feeling - if you don't tell them they will not be able to help.
- I attend groups in the local area to keep my-self busy and to meet new friends that are going through the same as myself.
- I like to play a board game with the family to keep my brain active.

Friendship & Peers

- If I have arranged to meet friends, I will set a reminder in my phone, they will also text me.
- I still have the same friendship group who will take me out to give my wife a break.
- I still go to watch the football with my friends, they look out for me all the time so I don't get lost in the crowd.
- I still play golf twice a week with friends, they come and pick me up to make sure I am safe.
- I still meet up with my old work friends, they know I have Dementia and still treat me the same, this is something I really value.
- If I forget someone's name I tend to call them "mate or "love"- nobody seems to mind that I do that, or I simply ask what their name is and say that I am sorry but I forget things sometimes.

Connecting & Communication

- I use my mobile phone all the time to set reminders for tables and appointments.
- I make calls using my smart phone so I can use the voice assistant, it is so much easier than typing everything in. I learnt how to do this soon after my diagnosis as I knew my memory was going to decline.
- I close my eyes when I'm on the phone, as concentrating is difficult.
- I keep a calendar so that I can remember appointments and birthdays.
- I have a smart device that I use to remind me to take my tablets, it also reminds me when my favourite programme is on.
- I find that if I close my eyes when I am on the phone it helps me to concentrate.
- I use my tablet to talk to the grandchildren, if I am not feeling too good I can turn it off and blame the WiFi.

Carers Tips

- Life doesn't have to be terrible after the diagnosis. Initially we were both absolutely devastated and overwhelmed, now 3 years later, our life is as happy as it was before.
- Sometimes you won't respond in the best way possible, don't feel guilty about this. (I wasn't perfect before the diagnosis and I'm still not).
- Ways I've found to reduce confrontation and upset include:
  - I give myself time before I respond because that helps me think of a kinder more thoughtful response so, I might repeat what he has said or say that's a good question. I've make a conscious effort to count the good things. I notice when he smiles at our grandson.
  - You are likely to be upset at times, twice I have cried on the shoulder of a good friend and shared a bottle of wine. That definitely helped.

Local Services

Derby City Council – 01332 640000

Royal Derby Hospital – 01332 340131

Dovedale Day Hospital – 01332 866980

Florence Nightingale Hospital - 01332 265500

None Medical Emergency advise - 111

Citizens Advice Bureau – 0808 2787972

Adult Social Care 01332 640777

Universal Services for Carers – 01332 228777

The Hardy Group – 07354 611592

Derby Theatre – 01332 593939

Derby Law Centre – 01332 287850

Team and Service Contact Details

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Team Leader	**Mary Brown**	07896 800 921
Team Leader	**Wendy Burton**	07971 826 354
Dementia Advisor	**Mairi Forbes**	07812 739 850
Dementia Advisor	**Angela Meynell**	07773 226 348
Dementia Advisor	**Tracy Potter**	07792 584 764
Dementia Advisor	**Callie Jackson**	07510 927 168
Volunteer Coordinator	**Jack Strand**	07843 268 139

To email a member of the staff team please prefix their Name.Surname then add @makingspace.co.uk