

## Clackmannanshire Dementia Group

24/07/17

**Attendees:** Gail Barton – Town Break Stirling, Tracy Gibson – Tullibody Healthy Living, Oliver Harding – NHS Forth Valley, Janis Young – Clackmannanshire Council, Ian McCourt – Central Carers, Bonnie McDowell – Church of Scotland, Craig Miller – Sauchie Community Group.

Welcome to new members and apologies from Kerry McPhee and Kayleigh Sinclair. Alloa BID have been invited but haven't replied.

The following points were raised:

- There was an update on Bonnie's mapping exercise. For some of the group it's about the delivery of a service such as the Singing from Memories group.
- We don't want to start anything new without looking what else exists. Nor do we want to do something we can't sustain.
- People from Clackmannanshire can use Stirling services for support
- Town Break focussed on Stirling – it's in their constitution
- Dementia Friendly Stirling is not just shops but the rest of the community
- There is a healthcare strategy that takes account of ageing and includes pathways. Pre and post diagnosis are separated. NHS Forth Valley has been more geared to pre-diagnosis.
- We should look at the Forth Valley dementia strategy
- We are looking at a whole person approach – physical, social and home environment and building on co-production.
- We can put together some dementia friendly resources. Alzheimers has some guidance and there is information from the Motherwell project
- [NHS Forth Valley Dementia Strategy](#)
- [Scotland's Third National Dementia Strategy](#)

### Training

- Need to clarify what we mean by **dementia friendly**. Is it inclusion or is it something more. We don't want to increase stigma.

- We need to know what training is available in the community. Some of the members of the Clackmannanshire Older Adults Forum have received training. Stirling University has a dementia training centre. There is a new trainer – Linda Hutton. They would like to develop an online course.
  - Clacks Carers Centre’s Care with Confidence programme offers training and support to carers of people with dementia.
- What else can community members do? Low tech activities.
- Dementia Services Development Centre can carry out access audits but it is expensive. There are audits available from 2006, which are broader.
- Auditing high street businesses would be an effective way of raising awareness
- We should consider what our collective ask is

## **Evidence**

- Funding – what about evidence-based intervention? We know that singing, cafes, reminiscence, golf and bowling are useful. The Tullibody singing group also provided opportunities for fire safety and benefits advice.

## **Venues / Environment**

There’s strength in Church of Scotland because it’s widely represented in the community. What about civic buildings that are open to everyone. How dementia friendly are they?

- Alva café/ bungalow – run by Alz. Find out what they do
- Ludgate House
- Local care homes – Sauchie, Beechwood, Parklands, March Glen, Orchard House, Menstrie House. Craig’s work will be based in Hillview/ Beechwood
- Friendship club
- Sheltered housing complexes?
- Minister in Sauchie wants to have a church-hall based approach
- Transport a huge problem when talking about reducing social isolation. Volunteering Matters and Tullibody Healthy Living did provide some. Dial-a-Journey is another option but it can be

expensive. The Friendship Club also has volunteer drivers, who also pick up meals from Ludgate House. There is also Linking People, RSVP and the Red Cross.

- Toilets can be made dementia friendly
- Things we can change and make dementia friendly – lunch clubs
- Community defibrillators – it would be handy to know where they are. There can be problems with people stealing them.
- There was also a discussion regarding Do not Resuscitate (DNR), the wishes of people participating in activities and where responsibility lies. This also raised questions about first aid provision in community venues and the need for emergency / GP contact details.
- One of the lunch clubs is served by a primary school
- Clubs and societies. We can encourage local clubs, for example, golf and bowling clubs to make a pledge to stay in contact with people who drop out because of dementia. Training could be rolled out to local groups.
- Quite often people go to the Third Sector for help. Language can be a real barrier.
- We need to engage with the private sector too. They don't always know what's available.
- We can investigate playlists for life

## **Actions**

- Bonnie to circulate progress on mapping so far
- All members to pass information on training that they either deliver or are aware of to Liz
- List of bowling and golf clubs to be collated by Liz