



Understand Stand Together

**'A life with dementia' conference
Thursday 28th March 2019**

Post-Conference Report

DAA

West Berkshire
Dementia Action
Alliance

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Overview of the conference

More than 100 delegates from over 50 different organisations attended the first conference hosted by the West Berkshire Dementia Action Alliance, which took place on Thursday 28th March 2019. Under the theme, “Understand, Stand Together”. Stakeholders from across West Berkshire met to explore how West Berkshire can become a better place to live for those affected by dementia. Delegates came from a range of health and social care systems, local businesses, community groups, the voluntary sector and local government to hear about good practice, to learn more about dementia, to exchange ideas and create and strengthen partnerships.



The “Understand Stand Together”, a life with dementia” conference had a number of key aims:

- To bring together stakeholders from across West Berkshire who impact or have influence in the lives of people living with dementia and their families in our community
- To raise awareness of what it might be like to live with dementia in the community
- To ensure that the voice of people living with dementia is heard
- To highlight the challenges and opportunities that we face in West Berkshire with our ageing and rural demographic
- To illustrate the need for services to be planned and coordinated to support people with dementia to live well in our community

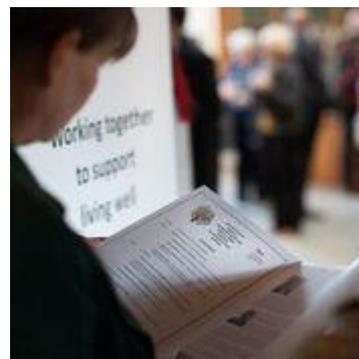
The conference demonstrated the importance of how having a greater understanding of dementia and everyone making a commitment to taking action, can help to enrich the lives of people living with dementia and their carers. The outcomes of the event, symbolised in ‘Pledges’, will support the aims of the conference and the West Berkshire Dementia Action Alliance going forward.

This conference report provides an overview of the presentations and draws together some of the themes that arose from the workshops. This report ends with consideration on how ‘Understand, Stand Together’ builds on the journey to make West Berkshire a better place to live with dementia.

Background information

The National Dementia Action Alliance¹ was formed in 2010 with the launch of the National Dementia Declaration which saw members committed to action that radically improves the lives of people living with dementia. There are over 150 local dementia action alliances in the UK and the West Berkshire Dementia Action Alliance (West Berks DAA) is part of the national dementia action alliance, where local organisations and individuals work together to share best practice to make West Berkshire more dementia friendly and support positive grass roots change. Local DAA's such as ours provide a structure and vehicle for creating dementia friendly communities and ensure that the work that we do reflects and supports the particular needs of our local communities. The West Berks DAA meets bi monthly and has three key aims:

- Raise awareness of dementia and remove the stigma that surrounds the condition
- Support improved diagnosis rates for people with dementia
- Increase the range of services for people with dementia and their carers



¹ For more information please visit: https://www.dementiaaction.org.uk/who_we_are

Conference Speakers

Greg Walsh, the chair of the West Berks DAA and Fellow for Equity in Brain Health with the Global Brain Health Institute opened the conference and set the scene for the rest of the conference:

Understanding of the challenges people living with dementia and their carers encounter in daily living in our community is of huge importance. Every invitee at the conference has a part to play in making our community truly inclusive and only by working together can we affect change, improve awareness, reduce stigma and assist people living with dementia to stay active, engaged and valued members of our community.

Dementia costs more than heart, stroke and cancer care combined and in the UK there are at least 850,000 people living with dementia. In addition to the personal impact for everyone affected by this disease, there is also an estimated economic cost of £26bn. The number of people living with dementia is predicted to increase to over 2.1m people across the UK by 2050. In West Berkshire there are 1656 people (aged 65+) with dementia at an estimated cost of £50m. This is anticipated to rise to 2638 people (65+) by 2025 and an estimated cost of £79m.

In 2016/17 The Alzheimer's Society led a review of the 2010 National Dementia Declaration on behalf of the National DAA alongside people with dementia and carers. Five key themes were identified through this project - identity, care, community, carers and research. A significant change was to move from 'I' to 'We' at the start of each statement signifying that this included people with dementia and carers equally. The research was summarised into the below Dementia Statements. When reading these it is important to understand that this is what people affected by dementia have declared they want. Throughout the conference we learnt that in reality, many people affected by dementia do not feel they are experiencing all the rights set out in these statements in their everyday lives:

- We have the right to be recognised as who we are, to make choices about our lives including taking risks, and to contribute to society. Our diagnosis should not define us, nor should we be ashamed of it.
- We have the right to continue with day-to-day and family life, without discrimination or unfair cost, to be accepted and included in our communities and not live in isolation or loneliness.
- We have the right to an early and accurate diagnosis, and to receive evidence based, appropriate, compassionate and properly funded care and treatment, from trained people who understand us and how dementia affects us. This must meet our needs, wherever we live.
- We have the right to be respected, and recognised as partners in care, provided with education, support, services, and training which enables us to plan and make decisions about the future.

- We have the right to know about and decide if we want to be involved in research that looks at cause, cure and care for dementia and be supported to take part.

If we face this challenge together, community activation and collaboration will be the key to success. The way we currently treat people with dementia and their carers is in fact costing society more and excluding them from our society. We have the knowledge to include people with dementia and reduce health and social care costs. It is important that we support the 650,000 'voluntary' carers that look after their loved ones with dementia as their health and wellbeing is affected with the stress of caring 24/7. This challenge is too big and important not to have all stakeholders involved in working towards a more successful and sustainable future for everyone affected by dementia.

Dr Gill Cresswell, Consultant Psychiatrist with the Newbury Older Persons Mental Health team clearly set the scene for the rest of the conference with a hugely informative and relatable presentation - 'What is dementia?' Gill explained how dementias affect the brain and some of the progressive symptoms people may experience. We know that the biggest risk factor for dementia is increased age but it's important to recognise that younger people can get dementia too. There is currently no cure for dementia, which is why understanding the challenges faced by people affected by the condition and standing together to make West Berkshire more dementia friendly is so important.

Gill also summarised some of the current evidence around nine modifiable risk factors which have been shown to reduce the risk of developing dementia. Over a third of dementias are theoretically preventable, so her closing remarks looked at what we can do now to reduce individual risk, rather than solely focusing on the possibility of future care needs. This positive, evidence based prevention message was summarised by encouraging the attendees to remember the 'healthy heart, healthy brain' messages which supports the Public Health England campaign 'what's good for your heart is good for your brain'.

Following Dr Cresswell, we then heard a personal story from **Margo Payne**, Mayor of Newbury. Margo's passionate and honest talk about her father's experiences of dementia were an enlightening insight into the life of a family carer, illustrated by two family photographs of her father. She shared her thoughts on the guilt that she felt about the loss of her father as a dad to him now as a dependent person requiring constant care and support. It was really powerful to hear such a personal story.

Professor Alistair Burns, National Clinical Director for Dementia and Older Peoples Mental Health, NHS England and NHS Improvement opened his hugely informative speech with how dementia has replaced ischaemic heart disease as the leading cause of death in England and Wales and the prevalence is expected to double in the next 30 years. Although not curable, lifestyle modifications can prevent a third of cases and may alter the course of existing disease.

Making the diagnosis unlocks support and allows people to plan and adjust to the condition. Dementia is the most feared diagnosis in the over 50s. Dementia requires a multi prong approach to reduce the incidence, reduce costs and to treat people with respect and dignity. These are:

- **Preventing well**
- **Diagnosing well**
- **Supporting well**
- **Living well**
- **Dying well**

About 35% of dementia is preventable applying many of the prevention programs that we used for the heart. Early diagnosis empowers patients and their carers, prevents crises, postpones further decline with interventions and access to post diagnosis care. Dementia Friends is a national programme that reduces stigma associated with dementia and helps provide a more inclusive environment for people with dementia.

Prof Alistair Burns also talked about **iSPACE** which is a NHS England framework that helps ensure a more comprehensive approach to supporting and living well with dementia:

- I** identify a Dementia Champion
- S** taff who are skilled and have time to care
- P** artnership working with carers, family and friends
- A** sessment and early identification of Dementia
- C** are plans which are person centred
- E** nvironments that are dementia friendly

Fiona Walsh, a Principle Architect at DDS Architects Ltd and Fellow for Equity in Brain Health with the Global Brain Health Institute, spoke about how our built environment is hostile for people living with dementia, cognitive and or sensory impairments. This results in people been excluded from our towns, communities, increased hospitalisation and earlier admission to care homes than necessary. In spite of 40 years of knowledge and evidence on how to build inclusive buildings for people living with dementia, society insists, because of the invisible nature of the disabilities caused by dementia or lack of understanding/ ability, to build environments that are not accessible to people with dementia.

When people have the choice, they withdraw from environments that cause them distress, stress, fear and/or anxiety resulting in social isolation. When 'housed' in hospitals or care homes where people with dementia can't withdraw from the effects of the environment on the individual, sedation is used to calm/ control the person.

Dementia design is the most comprehensive form of design as people with dementia can experience physical, sensory and/ or cognitive impairments. If an environment is designed to include people with dementia it will also make the building more accessible for the elderly, people with autism, ADD, stroke, learning difficulty etc.

Multiple reasons have prevented dementia design from moving into main stream design from the crude application of the knowledge resulting in ineffective, naïve environments that no main stream Architect would recommend to a client, a lack awareness of what can be achieved, lack technical knowledge, cost misconceptions, no professional owners, Dr's, Architects, Planners etc.

Dementia design can be sophisticated, building cost neutral, increase the independence of the person with dementia and their inclusion in our society, reduce pressure on carers and reduce health and social care costs if implemented correctly.

Fiona's key messages were:

- Every penny of capital expenditure not built to 'best practice' design creates redundant buildings of the future.
- Designing enabled and inclusive environments is about informed choice and not additional cost in new buildings
- The UN Convention on the rights of persons with disabilities Article 19:
- 'Recognizes the right of all persons with disabilities to live independently and be included in the community.'

In his dynamic and motivating session, **Ian Sherriff**, Academic Partnership Lead for Dementia from the University of Plymouth, explored some of the challenges of rural dementia, which is of particular relevance to many of the residents of West Berkshire. The rural location of the conference at the beautiful Sheepdrove Organic Farm and Eco conference centre was a very apt setting for visualising some of the issues affecting these more isolated communities. Ian also highlighted the impact of cuts to social care funding, drawing on research to highlight the scale of the issues facing an ageing rural population including lack of transport, chronic loneliness, and the challenges faced by ageing carers too.

Crucially, Ian then discussed a range of rural dementia projects and inclusive organisations which can provide solutions to the challenges faced by those affected by dementia in rural communities. Ian shared his experience of a network of dementia friendly parishes working together in Devon, and encouraged the attendees to think about the solutions that could be replicated in their own areas. Ian's interactive style of delivery enabled him to get many of the audience to participate in his presentation and share examples of what they are already doing or intend to do to make West Berkshire more dementia friendly.

Hilary Doxford, from the 3 Nations Dementia Working Group shared her personal perspective of living with dementia in an insightful talk, which was brutally honest yet still filled with humour and hope. Hilary helped the audience understand some of the daily difficulties she faces but encouragingly also shared the new outlook, purpose and friends she has encountered through the dementia community. A pertinent example of how Hilary has been affected by dementia but still very much enjoys life is that, although she can no longer

follow and remember the plot of a TV series, she still enjoys watching documentaries as she doesn't have to retain the info afterwards!

Hilary's top tips for supporting someone living with dementia were to 'create moments of joy'. Dementia friendly events, such as the West Berkshire dementia conference, that include, involve, enable, support and understand are important to create an inclusive environment for people living with dementia. The value of appropriate assistance, time, and allowing the person to at least try to do something for themselves first were also highlighted by Hilary as helpful means of offering support.

Hilary's talk really gave us an insight into her world living with dementia, and it was great to hear the enhanced level of customer care she now receives from her local taxi firm now that the drivers have had an opportunity to learn more about the sort of support a person with dementia might need.

In the afternoon, **Sue Butterworth**, from Public Health and Wellbeing at West Berkshire Council, and a member of the West Berks DAA provided a thought provoking talk that emphasised how dementia is **everyone's business**. Sue explained how vital dementia friendly communities are in helping people live well with dementia and remain a part of their community, and illustrated this with results of a recent survey conducted in West Berkshire. The feedback from what our residents would like to see in West Berkshire included; improved availability of public transport and more social activities, cafes and restaurants that make people with dementia feel welcome. There was also demand for more training courses for carers.

Sue shared examples of good practice which could be replicated elsewhere, including dementia friendly GP practices. A video montage of a local dementia café showed the value of these inclusive spaces not just for people living with dementia, but for carers too. The take home message was "Who needs to be involved in our West Berkshire Dementia Friendly Community? Everyone!"

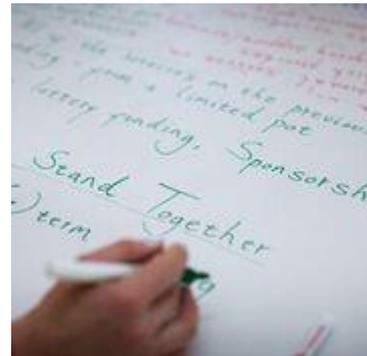
Personal Experience Stories

In addition to the live speakers the conference also shared two very powerful videos recorded with local residents before the conference. The first video was made with a gentleman with young onset dementia and his wife. They live in our community and we were very privileged to hear how dementia has affected their lives, family and future plans. The second video was filmed at the St Mary's Thatcham Memory Café which runs each Friday afternoon. We heard from a family carer how her life is affected by dementia and the importance of inclusive community activities such as the Memory Café for the wellbeing of both the person living with dementia and their carer. Hayley Dunne shared her hugely positive experience of running the café and encouraged others to consider setting up similar groups in their community.

About the Conference Workshops

The afternoon of the conference was spent in workshops with the delegates discussing two questions which were pivotal to the theme of the conference:

1. **Understand:** What do you think your responsibilities are around dementia?
2. **Stand Together:** How can we work together?



The workshop groups came up with some fantastic responses to the questions and these were feedback to all the delegates. We have summarised the feedback below; you will see we have used a person to illustrate the themes as the overwhelming response from the delegates was how important that any action we take going forward must be person centred.

Themes arising from the workshops

Education

There was a thread running through all the themes of the need for and importance of education and training around dementia for all areas of our community including family carers, business and retail, transport services, young people and voluntary groups. This could be through a combination of

- The Dementia Friends programme
- Community facing workshops and courses that are more in depth than Dementia Friends
- Workshops around dementia enabled design

Funding

More funding is needed for dementia not just at a strategic level but for communities too.

- Additional funding would support setting up of additional social and support groups
- Currently many community activities for people with dementia, and their carers, are run by volunteers who give their time, resource and goodwill free of charge
- Encourage local businesses to support dementia with charitable donations and employee community time
- Apply for lottery funding or other grants / sponsorship for collective projects

- Recommendations that the DAA should have a dedicated resource to enable it to have more impact and presence locally

Inclusivity

Whilst there needs to be provision of specific activities and services for people affected by dementia, it is important that people are able to access and participate in all aspects of wider community life. When people with dementia feel included in their society they will experience improved confidence and independency.

- Challenge the stigma around dementia and where necessary the system, to ensure that people with dementia are not put into silos but are a valued and respected part of our community
- Make the built environment in our towns and villages dementia enabled
- Employment inclusivity for those who want or need to stay in employment, particularly younger people with dementia
- Highlight both good and bad practices so that we can learn together and improve our community
- Faith group meetings and services to be dementia friendly



Access

Inclusivity is only fully possible when people with dementia are able to access our community venues, businesses, transport systems, activities and services. Examples of things that would support inclusivity are

- Access to blue badge or dementia friendly parking spaces
- Unisex toilets allowing carers to comfortably accompany their loved ones
- Buddy schemes to accompany people to go to groups and activities
- Encourage all customer facing staff to become Dementia Friends
- Encourage a Dementia Champion in each business so new staff can easily become dementia friends
- Have Dementia Friends as part of company induction process
- Make the built retail environment more dementia enabled
- Allow pets in sheltered accommodation
- Improved signage, toilets, seating etc. in our towns to be more dementia friendly

Transport

We have a large rural population in West Berkshire that is not well served by public transport and whilst there are good community transport schemes running in most areas they are very often fully booked for medical appointment journeys. Travel on public or private bus journeys also provide valuable opportunities to socialise and encourage building of friendships and a network of support.

- Better awareness and understanding of dementia by transport providers particularly buses and taxis is needed
- Community minibus or public bus routes that enable people to get to the memory cafés, activities and shops etc.
- Ensure that our transport facilities are dementia friendly

Carers

Throughout the day the needs of carers were repeatedly highlighted.

- Much more respite care needed to give the carers a break, not just for a week at a time but for short periods to enable carers to attend their own appointments and have time for themselves
- Carers need to remain well themselves to be able to care for their loved ones
- Financial support In addition to the carers course offered to families at the point of diagnosis there is a need for additional training to help carers understand more about how a person with dementia is experiencing the world and learn how to best support and care for them
- Informal peer support groups offering social interaction and emotional support

Safety

Ensuring the safety of people with dementia is of key importance and the community has a role to play in this.

- Scam awareness sessions to highlight risks and show the pathway to reporting a scam or getting help if you have already been scammed
- Training needed for Neighbourhood policing teams
- Recognise that what might be considered anti-social behaviour in an older person may be due to dementia
- Share message about how to raise safeguarding concerns or contact social services about a vulnerable adult
- Carry out risk assessments with people with dementia in mind
- Fire home safety checks to reduce the risk of domestic fire

Healthcare

- Access for everyone to the same level of care and support regardless of location
- Have consistent care pathways for all people with dementia including pain protocols etc.
- Ensure that hospitals and other health facilities are dementia friendly

What can we do about dementia?

Our collective responsibility

- Talk more openly about dementia to reduce stigma
- Challenge attitudes
- Listen with sensitivity
- Treat people as individuals not the diagnosis
- Avoid making assumptions
- Appreciate everyone's unique contribution
- Get involved not just be present
- Ensure that the person with dementia and their carers are at the centre of what we do
- Facilitate and focus on what the person can do, don't disable

How we can stand together

- Dementia Action Week activities to raise public awareness and call to action across the whole of West Berkshire
- Intergenerational work – supporting our young people to understand more about dementia and actively engage in activities with people affected by dementia.
- Better use of businesses
- Utilise empty retail space for pop up café's and information centres
- Centralised signposting
- Skill sharing
- Communication between communities and organisations to share knowledge and best practice
- Link the well-established Lions 'message in a bottle' scheme to dementia information, i.e. the biographical 'This is me' or 'Knowing me' documents, so that emergency services know that the resident is living with dementia



Call for pledges



Everyone was asked to consider what they could do, either personally or within their organisation, to make a difference to the lives of people living with dementia and their carers. They wrote their pledge to action on a puzzle piece and hung them on our puzzle tree.



A full list of pledges can be found in Appendix 2



Closing statement and call to action

On behalf of the DAA, I would like to thank everyone involved in the conference, organisers, speakers and delegates for your energy, commitments and engagement.

We, as a community, now have an awareness of the impact of dementia on people living among us and can no longer avoid taking action to be more inclusive, supportive, responsive and understanding to people with dementia and their carers. Please reach out and be there, be a friend and an advocate for people living with dementia and their carers. Live the commitments you made on the day and don't forget the people who feel forgotten and isolated. Let us remove the obstacles in the way of doing the right thing and own the feedback we heard at our conference.

Greg Walsh
Chair, West Berkshire DAA



Call to action

Everyone at the conference is asked to stand together and consider taking the following actions

- Join the West Berkshire Dementia Action Alliance
- Become a Dementia Friends Champion
- Arrange Dementia Friends information sessions for your colleagues, friends and family
- Undertake or request a review of your workplace Dementia Policy

For further information contact Sue Butterworth Sue.butterworth@westberks.gov.uk

Acknowledgements

The West Berkshire DAA would like to thank all the people who came together as a community of interest around dementia to support the conference in so many different ways. Without all the personal and professional commitments of time, services and expertise this conference would not have been possible.

We hugely appreciate the time and support extended to the conference by our speakers on the day and also to our community members who shared such personal stories that were recorded for us by South Central Ambulance Service.

A special thank you to The Berkshire Lodge of Hope, Jones Robinson Estate Agents, Building Communities Together, Sheepdrove Organic Farm and Greenham Common Trust for their generous financial support.

Conference made possible by the generous support of:



St George's Church, Wash Common



APPENDICES

Appendix 1: Conference Agenda



**Life with Dementia
Conference
Thursday 28th March 2019
9.00am to 4.00pm
Sheepdrove
Eco Conference Centre
Lambourn**

DAA
West Berkshire
Dementia Action
Alliance

A G E N D A

- 9.00am Registration with coffee and biscuits
- 9.30am Welcome - Greg Walsh, Chair West Berkshire DAA
- The economic impact of dementia - Greg Walsh, Chair West Berkshire DAA
 - What is dementia? – Dr Gill Cresswell, West Berkshire Memory Clinic
 - Living with young onset dementia - Hilary Doxford, 3 Nations Dementia Working Group
 - Professor Alistair Burns – National Clinical Director for Dementia and Older Peoples Mental Health, NHS England and NHS Improvement
- 11.00am COFFEE BREAK
- Caring for a loved one with dementia – Margo Payne, Mayor of Newbury
 - Dementia in rural communities - Ian Sherriff Academic Partnership Lead for Dementia School of Medicine and Dentistry, Plymouth University and Head of Rural Dementia in the UK
 - Living with dementia in West Berkshire – a personal story
 - Dementia Enabled Environments - Fiona Walsh, DDS Architects
- 13.00pm NETWORKING LUNCH
- Dementia Friendly Communities - Sue Butterworth, West Berkshire Public Health & Wellbeing
 - Afternoon Workshops – Understand Stand Together
 - Feedback session from workshops
 - Summing up and the way forward - Greg Walsh
- 16.00pm Close

Appendix 2: Pledges

- Ensure Thatcham toilets are Dementia Friendly
- Broadway and Road Access?
- Set Up Dementia Friends Training for Board and Volunteers Health Watch West Berkshire
- Help Build Bridges between the NHS, Social Care and The Built Community
- Lobbying harder for changes to housing and the built environment
- To ensure people with dementia and their carers can come to our groups. Open for hope and are welcomed and supported.
- I will reach out to the community and make more dementia friends as a dementia champion.
- I pledge to help support and make golden memories. To make every minute of every day the best I can for my buddy. Memories do not die.
- To build relationship with the community and help people with dementia in the community.
- Community awareness, local hub, information points.
- I will pledge to ensure that I consider dementia in my areas at work e.g. unpaid carers, social isolation etc. I will also help raise awareness of the risk factors around dementia.
- I pledge to ensure that dementia is considered in all policies.
- Be brave to make a difference and to understand empathy.
- Raise awareness of good design among other teams in WBC
- To simplify smart home technology to help care for our loved ones.
- Get involved in Dementia Action Week to raise awareness of our service.
- Work with Redwood restaurant to make it dementia friendly.
- Set up a café at the home I work at.
- To improve links to the community
- To ensure the needs of carers are not forgotten
- Will take it to my care team in the church to discuss what we can do.
- To endeavour to provide a high quality service to all member of the public, reacting to any symptoms of dementia in a professional and understanding way
- Increase awareness of dementia friendly communities
- Be patient (move)!
- I will think about how to improve knowledge and understanding in our local community
- Continue to take part in dementia friends training.
- Ensure all activities in my churches are dementia friendly
- Jones Robinson Estate agents are organising three community events during the summer to raise funds for DAA.
- Continue to advocate for people living with dementia and their carers
- To increase the awareness of parish council to become dementia friendly.
- Increase the awareness amongst our visits/colleagues at other sites.
- To change the environment where people living with dementia live

- I pledge to take all my knowledge and awareness from today's sessions back to my organisations to help our branch teams understand aspects of dementia with our members and their carers.
- Contact Parish Council re co-ordination with others for support
- Contact care homes Birchwood, Walnut Close, Broadmead for giving twiddle muffs, cushions and visiting for knitting sessions.
- Work to secure more funding for arts provision for people with dementia
- Look up and learn about information discussed
- Work with my church to become a dementia – friendly community
- I will visit local GP's to see if I can help or befriend someone with dementia or his/her carer
- I pledge for my team to become dementia friends and to encourage the wider service to become dementia friendly too.
- Ensuring that those diagnosed with dementia are given enough information to access useful help for themselves and their families.
- Education for colleagues
- Make more people more aware. Keep the momentum going.
- Share knowledge be aware in all environments and situations.
- I pledge to develop the knowledge of the people working with me and equip them to better support people living with dementia.
- Continued understanding/training
- Spend more time with granny
- Make contact with at least one shop/business in Pangbourne to make them aware of dementia and its implications.
- Look at signage at all Town Council Buildings. Change the doormat into reception.
- Will look at more dementia friendly sessions and talk to more staff.
- To make them feel valued, to stimulate them in a way suitable to them. Raise and encourage for each small goal.
- Get all Health and Wellbeing Board Members trained as dementia friends.
- Ensure we are more productive in making West Berkshire's public spaces more dementia friendly and accessible.
- More person-centred
- Pursue partnerships with Corn Exchange to start Memory Café in East of West Berkshire.
- To offer a midway Dementia Carers Support Group
- Find out about "Location Act"
- Keep it "Sustainable" not rely on one person running it.
- People withdraw from places that disable them.
- Arrange hold/a workshop for all customer facing staff – Dementia Friendly
- Spread Awareness – exhibits awareness and step in to help if it would help
- Promote:- i) Quality of Life ii) Independence iii) Voice
- Think about extending past diagnostic support
- Look to do more session in church and more interest in colleagues
- Understand Together
- Nursed led clinic to create awareness to people living with dementia and their carers about support available in the community.

- Think about extending past diagnostic support
- Ask Parish Council what we can do re: Dementia in East Ilsley
- Arrange dementia sessions in my local area
- I will do better networking with the different organizations to get people more help.
- Create Hungerford Dementia Friendly
- To work with residents, staff and DAA to raise awareness of dementia
- To make sure carers are also cared for
- Become a dementia friend and look at what I can set up in the church community
- Training for volunteers, learn more myself share with others