

2020 has been a difficult year. We hope 2021 will be better for you all.

Zoom Online Meetings

Location free!

To accommodate lockdowns and Covid-19 restrictions, our Dementia Carer Network now meets weekly on Zoom.

All welcome, Thursdays, 1400 – 1440

To attend register by contacting:

mary@4dementiacarers.org.uk

Sharing issues, tips and knowledge with others is very beneficial and reduces isolation. Learning to use Zoom enabled some carers to keep in contact with their families too. However, we still keep in touch in other ways with those unable to access Zoom.



Mayor's Charity Funding

We would like to thank Newton Abbot Mayor Richard Jenks for the kind donation of £631 from funds raised during his term of Office. His other charity was Home Start Teignbridge. The cheque, presented in October, will be put to very good use in 2021.

Herbert Protocol– Safe and Found

The Police spend a great deal of their time searching for missing people who have dementia. The [Herbert Protocol missing person incident form](#) was created originally by West Yorkshire Police. The principal is that you fill in the form in advance, answering basic, frequently asked questions. If the person goes missing, they will be found much quicker. It has now been adopted by several other forces - always a good idea to be prepared. There are many unexpected and emotionally draining situations that the dementia carer has to deal with. Preparing information in advance reduces stress when they go missing. The form is easy to follow and asks some very pertinent questions, like their normal routine, places they have lived and places they like to visit. Help

the person you know with dementia to be Safe and Found.

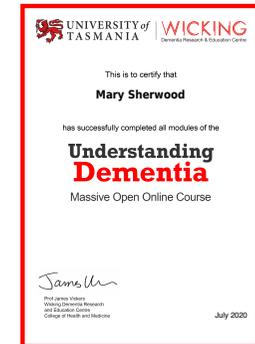
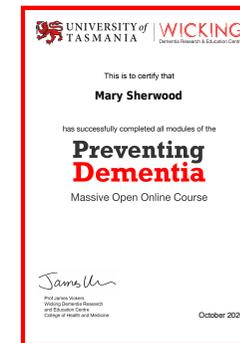
Massive Open Online Courses

University of Tasmania – The Wicking Dementia Centre

You can enrol now for the next [Understanding Dementia MOOC](#)

starting on 16th February 2021 or

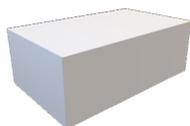
[Preventing Dementia MOOC](#) which will be in May 2021. Two very worthwhile (and free) online courses which Mary completed in 2020. They do allow a bit of extra time for completion, in case life gets in the way.



Real Empathy

An elderly couple related an incident which had occurred many years ago, with the wife's elderly mother who had dementia. She had been living with them but was in hospital after a fall. At visiting time, they found her very agitated. She was very concerned about the cat, which was leaving muddy footprints all over the bedcovers!

Without saying a word, the husband left the room and returned a few minutes later with a large cardboard box. He told his mother-in-law that he had caught the cat and would put it outside where it could get up to no more mischief! She was very relieved. I was struck by the husband's kindness and sensitivity, at a time when so much less was understood about dementia. He did not tell her she was mistaken, entering her reality to reassure her and make her feel listened to and respected.



Dementia Friends

This friendly and interactive information session is very helpful. It can now be

accessed by you from wherever you are. Due to Covid-19 restrictions, Alzheimer's Society has designed online sessions. If you or your group would like to arrange one of these, please email Mary who is a Dementia Friends Champion.

BRAUN – a decision tool

Benefits – what are they? Do they outweigh the

Risks

Alternatives – what are they

Unknowns – be aware of them

Nothing – what happens if we do nothing.

This last one is often left unconsidered.

We should remind ourselves that we don't always have to do something!

A tool for life in general – think electric toothbrush to remember it!

Workshops/Webinars

Dementia carers benefit from face-to-face support. They are at risk to their own mental health and well-being. A small amount of support can make a massive difference. Dementia carers are often invisible and unsupported. Nearly 40% of the population is impacted by a person's dementia.

The Equality Act 2010 protects dementia carers through their association with the person who has dementia. Dementia is a disability – it is a degenerating, terminal brain disease. Return on Investment is high. Our case studies have shown that supporting dementia carers also benefits other carers, as taboos are removed and generic issues addressed and discussed. Until face-to-face workshops are back, we can provide online webinars. Save on travel and room hire! Our workshops can be tailored to your needs, providing essential support, knowledge and understanding for dementia carer, team or management delegates [Contact us](#) for more information or to discuss your needs.

With all good wishes for 2021

Keep safe and well...

and keep in touch!

Mary

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www.4dementiacarers.org.uk