

# Dementia 2014

## “Have Your Voice”



13 November 2014 | Dryburgh Abbey Hotel | St. Boswells | 9.30am to 4.00pm

An update on the developments in dementia nationally and locally with opportunities to learn/experience more about dementia

### PROGRAMME

09:30	Registration / Tea / Coffee
10:30	Welcome Calum Campbell – Chief Executive, NHS Borders
10:45	Dementia Diaries – Aileen McFarlane
11:15	Citizens Advice Bureau – John Montgomery
11:45	Scottish Dementia Working Group
12:00	LUNCH – Participative Singing Group
12:45	Fitness Demonstration – Fitness Borders
13:00	Workshops
14:00	Tea / Coffee
14:15	National Picture Vicky Thomson – Scottish Government
14:45	Playlist for Life – Andy Lowndes & Christine Proudfoot
15:15	Personal Experience – Mrs Pickard
15:45	Recap and close



## DEMENTIA 2014 – “HAVE YOUR VOICE”

### WORKSHOPS

#### Workshop 1: Telecare

The Telecare workshop is a briefing on the emerging Technology Enabled Care agenda being embarked upon by the Joint Improvement Team and The Scottish Centre for Telehealth & Telecare, in relation to intended benefits regarding Dementia Care being realised by improving access, participation and availability of all digital networks such as Internet and mobile services.

#### Workshop 2: Forget Me Not

Over the past few years there have been a number of developments and initiatives which have aimed to improve the treatment and care that people with Dementia receive in General Hospitals.

Locally; the Borders General Hospital have begun to implement a 'Forget Me Not' scheme, the aim of which is the recognition of a person's confused state; leading to a cognitive assessment and follow up and a pathway through the hospital process which ensures:

- That people with dementia receive appropriate and early diagnosis of dementia
- A pathway to appropriate and timely interventions
- Appropriate application of legal framework
- Avoidance of inappropriate medications
- Greater carer and family involvement
- Appropriate and timely follow up by specialist services on discharge

Come along to the Forget Me Not workshop and talk with David, Heather and Scott about how the BGH are taking this development forward

#### Workshop 3 – Stress & Distress

##### Psychological Interventions in Response to Stress and Distress in Dementia

The Workshop: “The Stress and Distress model (or “The Newcastle model”) is an established and successful approach to working with people with dementia who present with behaviour which challenges. Building on an understanding of the complexities of dementia for each individual it considers background, personality, education, social context, physical health alongside cognitive decline. The aim is to recognise what factors underpin the behaviour as this allows the development of a strategy for management and support. Today's workshop will give an overview of this model and how it works in practice. This model is supported by NHS Health Education for Scotland and April and Peter are among eleven staff in the Borders able to deliver training in how to use it.”

Alzheimer Scotland  
Action on Dementia

