

Newsletter

Spring/Summer 2011

Issue 73

Welcome to the Spring/Summer 2011 edition of our newsletter.

In this issue, Sr Mary Threadgold talks about the Serenity package, which was recently launched at our annual conference.

We report on our May 2011 Conference which was entitled *Living Well with Dementia: Activities for Meaningful Lives*. The conference had a record attendance of 330 delegates.

Margot Hogan, Sonas Tutor, reviews an article about Communication and Dementia from the Journal of Dementia Care.

On the back page we provide details of forthcoming workshops and other events that may be of interest to our readers.

We are delighted to introduce our first series of International Trainers Workshops, starting this autumn with SPECAL and Cognitive Stimulation Therapy.

Serenity Spirituality Sessions Our new spiritual care resource for residential centres

By Mary Threadgold RSC

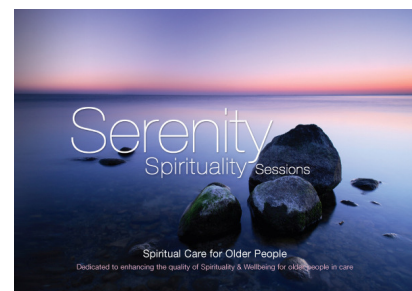
Founder, Serenity

Serenity Spirituality sessions have been created to encompass all the qualities that go to make up spiritual wellbeing, including joy and peace, the two qualities that Sonas aPc aims to help older people to find through a range of spiritual experiences.

A small group gathering together in a quiet place to pray and listen to Scripture gives older people a sense of belonging to a faith community, in this case the Christian faith community. A feeling of familiarity is triggered in this atmosphere which is a comfort to people in later life while sharing in the concerns of others adds further to a sense of belonging.

The body language of older people who have taken part in Serenity Spirituality Sessions provides evidence of the effect of joining in a group like this – smiling faces, expressions of gratitude, eagerness to continue to attend, friendliness, being some of the signs.

For the facilitator who experiences how well these spirituality sessions are received, he/she knows that in meeting spiritual needs, the older person enjoys an enhanced quality of life and a happiness that in itself greatly rewards the facilitator for providing for this area of need.



Serenity is a complete package for the Management and Carers in either Care Homes or Day Care centres.

It is a box set and contains:

- 1 x 'How-to-DVD' a practical guide to implementing Serenity
- 1 x 3 structured Spirituality Session CD's [each of different content]
- 1 x Outline Session to tailor a bespoke spirituality session
- 1 x CD-Rom containing the 'Serenity Spirituality Pamphlet
- 1 x Serenity Booklet

The Serenity Box set costs €90 and is available from Sonas aPc. It can be bought online at www.sonasapc.ie

This box set is the culmination of a three year project. Thank you to all of those residential centres who participated in the fieldwork phase of the project.

Communication and Dementia

A Toolkit to Improve Communication between Carers and People with Dementia
 Review by Margot Banville Hogan

As part of my research on what is known about effective communication involving people living with dementia, it was with great interest that I read Christopher Manthorp's article in the Journal of Dementia Care. He describes work to develop a communication **toolkit** for dementia care, which tries to bring a sense of their personhood and of our shared need to do all we can to respect, preserve and cherish a sense of everyone as an individual and how we owe it to ourselves too, to treat people who are dying and unable to respond, with respect, dignity and decency.

Manthorp provides us with a case study of Patricia a lady aged 72 years of age living with late stages of dementia, who retired with multiple physical problems having suffered several strokes, becoming bedbound, incontinent and dependent on assistance for all activities of daily living, which also increasingly affected her ability to understand what had been said to her and to communicate back to people in a way they could understand. She became isolated, withdrawn, showing little interest in her environment and spending more time looking at the ceiling or shouting out. The shouting is

distressing and appears to express discomfort, anxiety and a need for attention or the desire simply to express these feelings, which should be respected and responded to.

The two elements of the **toolkit** likely to prove most helpful are body language and trying to help her keep a sense of self. A clear focus on the possibilities and possible problems of body language become more and more important if people are having increasing problems with language. The simple act of hugging someone or of holding their hand can be of immense comfort to people who have little apparent ability to communicate left – a very real reinforcement of personhood. Before we carry out a care task or sit down with them, we should reassure them through touch, through communicating our intentions in a calm helpful tone, allowing extra time for the person with dementia to understand what is being communicated to them and for them to respond, this restores dignity, lifts mood and gives some quality of life. **Reference: Journal of Dementia Care January/February 2011 (Vol 19 No 1). Page: 18-19. Chris Manthorp, EPIC Trust**

Care Communications

Enhance communication to and among your resident's and visitors with our range of communication boards and residents guide.

Care Communications is a new organisation, dedicated to providing communication resources to people within residential care centres. The boards ensure that information is available to the residents and their families in a clear, bright and visually appealing way.

The boards are designed so that staff can easily and quickly update basic information on a range of topics, among them being menus, weather and activities.



Sample Resident's Guide

- Resident's Notice Board
- **Planned Activity Board** with Magnetic Icons
- Today/Orientation Board
- Menu Board

Resident's Board

Special Intro Offer!
Order all 4 Boards for
€795
+VAT

Planned Activities
Come along and join in the fun!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
☀️ Morning	🎄 Christmas Party	🧠 Memory Lane	🎲 Bingo	👤 Visitor	🏃 Exercise	🎵 Concert
🌟 Mid	👶 Baby	📺 TV	📺 TV	📺 TV	📺 TV	📺 TV

Today's Menu

Today	🍲 Soup
📅 The Month is	🍽️ Dinner
📅 The Date is	🍰 Dessert
📅 The Season is	🍵 Tea Time
📅 The Day is	
📅 Today it is	

🧶 Knitting

Sample icon

For more information: email info@deniseobrien.ie or call Denise at 086 8436993

Living Well with Dementia: Activity for Meaningful Lives Sonas Conference May 2011 Report



Thank you to all of those who attended our May 2011 Conference. We had a record attendance of 330 delegates. Almost half of the delegates completed evaluation forms and this was helpful to us in reviewing the day.



Delegates viewed the conference as an opportunity to develop their professional knowledge and to keep up to date with current approaches and new and evolving evidence based practice. They said that they wanted to learn approaches that they could use within their health care settings to provide better care to residents with dementia.



Delegates said that they found the content of the whole day very interesting and informative. They particularly enjoyed the talks during the morning session and many found the workshop sessions very practical and educational. Many identified Ann Johnson's talk as the highlight of the day. People felt her talk was eye opening and that it gave them real insight into what it is like to live with dementia.



Overall, people were very happy with how the day went and felt that next year the conference should include a similar format and content. Some said that they would welcome more practical talks and sessions on how to use activities within their care settings on a daily basis. In particular delegates reported they would like to be educated in methods to use with people who have severe communication difficulties and with people who may be bed ridden. Other comments included that delegates would like to learn more information about cognitive stimulation therapy (CST), and that the facilitation of a support network for healthcare workers would be invaluable.

Delegate Quotes
"Sonas makes a difference in a real way to people's lives"
"It was excellent"
"It has been one of the most motivating and truly enjoyable conferences I have attended in dementia care – looking forward to next year already!"



The only criticisms related to the stand-up lunch (people would have preferred to be seated) and the location of one of the afternoon workshops. We were delighted to get so much detailed feedback from delegates and will take all of it on board when planning our May 2012 Sonas Conference.



Palliative Care and Dementia A Platform for Seeking Consensus

Radisson Hotel,
Limerick
27th Sept 2011

Clare Mental Health
Services for Older
People.

In Association with: The Irish Hospice Foundation, The Alzheimer Society of Ireland (ASI) & Milford Care Centre.

The conference aims to highlight the importance of a palliative approach for people with dementia. The Keynote Speaker is Dr. Julian Hughes, Consultant in Old Age Psychiatry in Northumbria Healthcare NHS Foundation Trust and an Honorary Professor of Philosophy of Ageing at the Institute for Ageing and Health, Newcastle University. Other speakers: Professor David Meagher, Marissa Butler, Dr Henry O'Connell, Dr Marian Conroy and Annie Dillon. Presentations include findings from the ASI's *Opening Conversations Project*. An Bord Altranais Approval CPD Points Applied For. Registration fee €30. **To book**, contact Marissa Butler at marissa.butler@hse.ie. DEADLINE APPROACHING

Dementia Care Matters Diploma Course Dublin, Nov 2011 - Nov 2012

In association with Jackie O'Toole,
Dementia Training Ireland

Venue: Centre for Learning, St James's Hospital, Dublin.
For further information and to book, contact Dementia Care Matters, 29 Bloomsbury Place, Brighton, East Sussex, BN2 1DB. Tel: 00 44 1273 242335.
Email: admin@dementiacarematters.com or visit www.dementiacarematters.com

Discounts available for group bookings.

Forthcoming Events

Dementia Care Matters Conference

"Quality of Life Matters in Dementia Care in Ireland"

Date: Tues 20th September 2011, Louis Fitzgerald Hotel, Dublin
Times: 9.30am - 4pm.
Cost: €125

For further info & booking forms, contact Dementia Care Matters, 29 Bloomsbury Place, Brighton, East Sussex, BN2 1DB. Tel: 00 44 1273 242335 or admin@dementiacarematters.com

Forthcoming Sonas & Anam Workshops

S345, Galway (The Menlo Park Hotel)
Fri 9th Sept & Fri 14th Oct 2011

S346, Cork (St Luke's Education Ctre)
Fri 16th Sept & Fri 28th Oct 2011

Anam 26, Dublin (St Mary's Centre)
Fri 23rd Sept & Fri 4th Nov 2011

S348, Enniscorthy (St John's Hospital)
Fri 7th Oct & Fri 18th Nov 2011

S349, Dublin (St Mary's) - Dates TBC

For booking forms please contact the Sonas aPc office at 01-2608138.

International Trainer Wkshops

SPECIAL 1-day workshop by Penny Garner
(Speaker at our 2010 Conference)

Date: **Tuesday 20th Sept 2011 — Dublin**
SPECIAL stands for Specialised Early Care for Alzheimers. It is a practical method of caring for the person with dementia that will enable a state of contentment to be attained & sustained 24hrs a day, every day, for life.

Cognitive Stimulation Therapy workshop
by **Dr Aimee Spector**
(Speaker at our 2011 Conference)

Date: **TBC November 2011 — Dublin**
CST is an evidence-based group treatment for people with mild to moderate dementia. This 1-day workshop is interactive, involving group discussion/exercises, video observation & some teaching.

Contact Us

Address: St Mary's
201 Merrion Rd
Dublin 4
Ireland

Tel: + 353 (0)1 260 8138
Fax: + 353 (0)1 219 5937

Email: sonasapc@iol.ie
Website: www.sonasapc.ie