

DEMENTIA CARE AT UNIVERSITY OF SALFORD



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FOR DEMENTIA

SCHOOL OF
HEALTH
& SOCIETY

SCHOOL OF
THE BUILT
ENVIRONMENT



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SALFORD INSTITUTE FOR DEMENTIA

The Salford Institute for Dementia, based at the University of Salford, aims to improve the lived experience of people affected by dementia. Our research is focused on the challenges faced by people living with dementia and their care partners and seeks to improve the lives of these individuals in a variety of innovative ways.

<https://www.salford.ac.uk/salford-institute-for-dementia>

Dementia Associates

At the Institute we have a panel of Dementia Associates who act as our experts by experience. This panel is made up of people living with dementia and their care partners. They meet with academics from the Institute once a month to talk about projects and to steer our research. They are also involved in education provision and community engagement at the Institute.

People living with dementia have reported an appetite for influencing dementia specific attitudes, policy and services. Despite this, initiatives aimed at enabling such influence are currently under-researched¹. Interventions aimed at maintaining identity and sense of self for people living with dementia are also similarly underdeveloped². This group aims to address some of these issues by offering people living with dementia an opportunity to be involved in a variety of projects at the Institute.

Community Engagement Groups at the Hub

As part of our commitment to improving the lives of people with dementia, the Institute hosts a number of community engagement groups from our specially designed Dementia Hub on the University campus. People living with dementia in the UK often report low levels of wellbeing and quality of life. Indeed, only 22% of individuals say that they live well with the condition³. This has been attributed to a loss of identity, depression and a lack of social interaction⁴. We know that there is often limited support for people living with dementia in the community and those who care for them. We also know that regular social interaction can have a positive effect on the wellbeing and quality of life of these individuals.

Sid's Café

Memory Cafés have been found to promote social inclusion, prevent isolation, and improve the social and emotional well-being of attendees⁵. They are also a key source of support and respite for family carer⁶. Cafés offer a 'safe space' for people living with dementia⁷ where they can meet and interact with others who are experiencing similar situations. It is a space where bonds of friendships are formed and valuable peer support is offered. The Institute runs a monthly memory café to provide mental stimulation, social interaction and to improve wellbeing in a communal environment.

Music Group

Music can often have a positive effect on people living with dementia. As well as promoting wellbeing, engaging in music can increase cognitive functioning and reduce depression^{8, 9}. Concert performances appear to have a positive impact on the well-being of people living with dementia in care settings¹⁰. The Institute runs a monthly music café in partnership with the national charity Music in Care and Hospitals. At this group people with dementia and their care partners have the opportunity to watch live performances from some of Salford's most talented musicians and to interact with the music. People who attend these groups have reported how much they enjoy the experience and we are using observational tools (Dementia Care Mapping and concurrent unstructured observations) to assess the impact that these groups have upon attendees.

The Good Life Club

The Good Life Club is a gardening group for people living with dementia and their care partners. People living with dementia



PUBLIC ENGAGEMENT

often express a wish to participate in gardening and other outdoor based activities. These can have positive impact on health and quality of life outcomes for these individuals¹¹. The Dementia Hub garden is maintained by individuals affected by dementia. They are involved in every part of the gardening process from buying seeds and plants at the local garden centre to watering and tending these plants. In the garden we grow flowers as well as fruit, vegetables and herbs, which we harvest together to cook and eat.

The influence of garden therapy on health outcomes, quality of life and well-being is well documented for a wide range of medical conditions¹². The impact of a community based gardening group on the well-being of community dwelling people living with dementia remains unexplored. The group is currently being evaluated by academics at the Institute to address this gap in knowledge.

Dementia Action Week 2018 at University of Salford

The week featured a roundtable discussion with Nordoff Robbins regarding 'Music in Dementia' followed by an interactive afternoon celebrating the 'Power of Music'. The 'Role of Arts and Media in Public Perception of Dementia' evening panel discussion featured actor Christopher Eccleston and led to Christopher accepting the role of SID patron. Later in the week, Greater Manchester Mayor Andy Burnham as well as Kathryn Smith, CEO at the Alzheimer's Society, Helen Davies, Head of Public Affairs at Alzheimer's Research UK, and David Croisdale-Appleby, Chairman of Dementia UK visited the Dementia Hub to see how the Hub has transformed the lives of families impacted by dementia. The University also hosted the Alzheimer's Research UK North West Public Engagement Event for a successful afternoon of lab tours, interactive sessions, exhibitions, discussion and performances.



STUDY

MSc/PgDip/PgCert DEMENTIA: CARE AND THE ENABLING ENVIRONMENT at University of Salford

This course will equip you with the knowledge to develop enabling and life engagement focussed services and interventions for people living with dementia, and their carers.

The course is inter-disciplinary, exploring different approaches to enhancing life engagement for people who have dementia and their carers. The course is not limited to a health and social care perspective. The design focus looks at ways in which the environment (buildings, urban spaces, transport) can be designed or modified to provide meaningful activity and support for people with dementia and their carers.

This pioneering course has strong links with the Salford Institute for Dementia. You will enjoy opportunities for involvement with the Institute, supporting your learning and future career progression.

- / Enhanced flexibility of study through online tuition
- / Learn to make a positive difference to the experience of living with people touched by dementia
- / Benefit from a multi-disciplinary course including care and design including being taught by credible dementia care and design educators, researchers, registered professionals, people with dementia and activists
- / Part-time study option

Find out more: <http://www.salford.ac.uk/pgt-courses/dementia-care-and-the-enabling-environment>

The course is jointly delivered by the School of Health and Society and School of the Built Environment.



RESEARCH

The Smart Urban Futures Research Group draws together academic expertise at the University of Salford which is at the interface between the physical design, construction, functioning and development of urban spaces; and the lives, health, behaviour and movement of humans who exist within cities. The group complements cutting edge built environment research at Salford by seeking to understand the development of cities as equitable, prosperous and liveable spaces for all, and how citizens, individually and collectively will shape this development. A research degree with the School of the Built Environment offers you the flexibility to conduct your own research project under direct academic supervision. You can study towards a Master of Philosophy (MPhil), Doctor of Philosophy (PhD), Professional Doctorate (DProf) or MSc by Research.

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PROUD TO BELIEVE IN A LIFE BEYOND DEMENTIA

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