

# Patient Network Meeting - 27 Jun 2018

## Introductions

- Marilyn Foster welcomed the group and explained the Carer's Engagement Survey – a piece of engagement that's being conducted by the CCG and the Local Authority. The engagement focusses on the services that support carers in the community, assessing the services' effectiveness, whilst offering space to suggest improvements.
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## Join Dementia Research presentation

- Sara Humphrey thanked the group for letting her attend and began her presentation
- The presentation gave a brief outline of what dementia is and why it's important that attendees know about it
- Bradford Districts CCG has a larger elderly population which is why there is a higher rate of dementia diagnoses when compared to the younger demographic of Bradford City CCG
- Sara also provided tips on how to protect yourself from the onset of dementia, quoting physical activity and diet as healthy suggestions
- Sara continued to explain 'Dementia Friends' - an initiative that helps to make practices dementia friendly and presented a brief list of resources available for PPGs and/or carers
- The presentation also covered the benefits to joining Dementia Research and also dispelled some of the myths that come with participating in medical research
- Sara thanked the group again for letting her present and announced that her email inbox ([sara.humphrey@bradford.nhs.uk](mailto:sara.humphrey@bradford.nhs.uk)) is open for discussions

## Talk by someone with dementia or their carer

- Chris Mcdermott thanked the group for letting him present and explained his background as a carer and as a community leader who helps to host support groups for carers
- Chris continued to present a case study that described a failure of care towards someone with dementia

## Dementia workshop

- A member of the Alzheimer's society thanked the group for letting them attend and explained the workshop exercises to the group

## Dementia friendly communities

- Julie Duerden thanked the group for letting her attend and explained that she wanted the group to explore what members, PPGs and practices can do to make their practices more dementia friendly
- Julie explained the rules of the tabletop exercise and the group discussed ideas around dementia friendly access

## Patient Network Evening Meeting - 28 Jun 2018

- Sasha Bhat welcomed the group and introductions took place
- Sasha asked the group for AOB of which there was none

## Introduction to dementia session

- The group discussed the symptoms of dementia and what dementia means to them
- Sasha and the group discussed the definition of dementia, the differences in brain diseases and the statistics around the numbers of people known to be suffering. Some of the group shared personal stories and accounts of caring for someone with dementia
- Sasha shared some anecdotes from carers and patients with dementia on what it was like to receive a dementia/Alzheimer's diagnosis
- Sasha and the group went through the information on the presentation slides

## Dementia workshop

- Paul Smithson introduced himself, thanked everyone for attending
- Paul continued to introduce the 'Dementia Friends' session as a workshop that provides basic awareness of what dementia is, how it affects people, how it's perceived and what, as a community, can be done to support those with dementia

## Talk by someone with dementia or their carer

- Paul introduced Derrick to the group and he shared his experience of managing an Alzheimer's diagnosis
- Derrick explained the struggles and sacrifices he made to improve his quality of life after his condition worsened. He praised the support of Alzheimer's society and stated that, although he could no longer partake in his previous hobbies, he'd managed to find new hobbies that fit with the symptoms of his condition. Derrick continued to highlight that GP surgeries provide very little to no information around dementia, and that GP practices' interiors are very unwelcoming and not very dementia friendly. Derrick praised, Browngate Pharmacy in Baildon as being dementia friendly, with plenty of leaflet displays on diabetes, dementia, etc.

## PPG support and GP practices

- Maria Florez thanked the group for letting her present
- Maria provided examples of how other GP surgeries have made themselves Dementia Friendly through the use and provision of double appointments, signs that are accompanied by picture, decent colour contrast between furniture, accurate signs for those with perception difficulties, (ensuring arrows are pointing in exact directions)
- Maria stressed to the group that becoming dementia friendly is a journey rather than an overnight affair
- Should any members wish to discuss these ideas further, they can contact Maria via email, [maria.florez@alzheimers.org.uk](mailto:maria.florez@alzheimers.org.uk) or via telephone, 07484924604