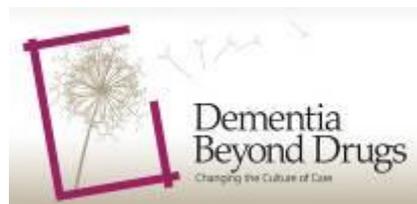




June 2013

Introduction

Welcome to the June edition of the Eden Newsletter. The big news in this edition is that the **Dementia Beyond Drugs course** which we proposed in the last newsletter has been arranged for the 18th and 19th July. Jewish Care has very kindly offered to host the course at Amelie House, their facility in Golders Green. This has significantly reduced the cost to participants. Some of you may have met Dr Al Power, the author of *Dementia Beyond Drugs: Changing the Culture of Care* who was a key note speaker at both the Eden UK & Ireland Conference last year and also at the UK Dementia Congress at Brighton in the following week.



This course has been presented by Dr Power across North America, Australia, New Zealand and in Denmark. This is the first time it has been presented in the UK and, given that it has proved to be an extremely popular course, it may be a while before Dr Power is available to run the next. So make the most of it while it is here. Full details and a booking form are appended to this Newsletter.

Eden Alternative UK & Ireland Register of Homes

2013 continues to be a busy year for the Eden Alternative UK & Ireland Register of Homes. Following three new additions in the first three months of the year there have been another five since then bringing the total to 22 homes on the Register. There are now over 1,100 residents living in homes where the Eden Alternative is being actively implemented.

The new homes include Bennett House in Telford, an Accord Housing Association home that has been implementing the philosophy since 2006. They have been particularly good at developing relationships with schools and youth groups in the area, as shown by the story below.



Lisa Johnston, residents and staff of Bennett House

Broadlands and Harleston House are two Greensleeves homes in Lowestoft. They have a very close working relationship, with Broadlands, a large house with beautiful gardens running down to Oulton Broad, caring for elderly frail residents while Harleston House is a purpose built care home specialising in caring for residents living with dementia.



Anne Mass, residents and staff at Broadlands



Sue Graham, residents and staff at Harleston House

Perrygrove is an Avante Care Partnership home that also specialises in caring for residents living with dementia. They are doing a wonderful job while coping with the uncertainties surrounding a move later this year to a new, purpose-built facility.

Lastly, Grosvenor House in St Leonards on the East Sussex coast. In an earlier life Grosvenor House was a large seafront hotel. Now it is a beautifully refurbished care home and still has magnificent views up and down the coast from many of its rooms.



Elizabeth Mandeya, residents and staff of Perrygrove



Janet Fox, residents and staff of Grosvenor House

Grosvenor House and Pestalozzi

Down a country lane near Sedlescombe in East Sussex is Pestalozzi International Village Trust (www.pestalozzi.org.uk), a charity which offers two-year scholarships in the UK to academically bright but economically disadvantaged students from developing countries. The 16-19 year olds live in a multi-faith, multi-cultural environment and study for the International Baccalaureate at Sussex Coast College Hastings. Between classes they actively contribute to the local community as well as sharing and promoting international understanding between people of all ages.



Grosvenor House in St. Leonards, a Greensleeves homes, has successfully introduced the Eden Alternative approach to elder care which compliments the Pestalozzi principles of educating Head, Heart and Hands. Our aim of bringing together residents and the Pestalozzi young people is now in its fourth year. Initially the students visited our home to perform songs and dances from their own countries. Now common interests are discovered each month through crafts, gardening, croquet, local history and a love of food. We have benefitted from their lively personalities, sense of fun and ability to easily engage with the elderly. To quote an octogenarian, "They are polite youngsters and we always learn a little about each other's cultures."

Arnelda John [arnelda@arnelda.co.uk]

Amherst Court and B&Q Medway

Since the unveiling of the aviary last year, Amherst Court staff and residents have taken a keen interest in birds and their habitats and have wanted to build bird boxes of their own. So with this keen interest staff planned a trip to the local B&Q in Medway to see what wood, nuts and bolts would be needed to make such bird boxes.

The staff at B&Q, Gillingham were keen to know more about what Amherst Court residents were planning on building and very kindly offered their knowledge on what was needed for building the bird boxes.



While they were in the store the staff discovered that B&Q in Gillingham run regular workshops for children and DIY beginners, so with this in mind and a little gentle persuasion, B&Q staff agreed to run a bird box workshop for the residents from Amherst Court.

Staff at Amherst court said: 'One of our residents who attended the workshop used to work at Chatham dockyard and has a keen interest in woodwork and joinery, so to see him so happy making a bird box from start to finish and seeing his satisfaction with the finished item was just priceless'

'We can't thank the staff at B&Q enough for such an excellent afternoon. It was lovely to see residents using old and new skills and the fun and laughter that was taking place throughout the whole afternoon was just heartwarming'.

We now go to B and Q approximately once a month and have graduated to flower boxes for the garden and make one person tea trays as well. The ratio is one to one, B and Q provide two staff and we provide two staff. We take 4 residents at a time as the tripping risk and other hazards are numerous but not insurmountable.



Many of the ladies we have taken are of an age where they would not previously handled work tools so the whole experience is new for them. We have had a mixed response but on the whole it has been very positive. When I first approached B and Q they were nervous having never had any contact with Dementia sufferers and so they opted for a trial session after which they would decide if they wished to continue with the relationship. It was a nervy start they provided 4 staff and as they had asked us to



provide lots we provided three and the driver. At the outset each resident was given a member of staff and a B and Q worker - we had previously agreed amongst the Care staff to gradually back off if it all went as well as we anticipated, leaving the resident primarily with the B and Q staff member. This we did and it went swimmingly - we left B and Q with our completed bird boxes and within an hour we had received a phone call asking when we would like to visit

again. Since that time the local B and Q staff jostle for positions where they are in contact with us and because the whole process produces lots of fun and laughter the general shoppers within the store look in to see what is going on and the fear of a mental condition is hopefully alleviated a little. The cost is minimal and the resident keeps what they make and families can see that although the family member they knew is not the same person they are someone with a value and not ignored or uninspired.

Amanda Odd (aodd@avantecaresupport.org.uk)
Dawn Christopher (thechristophers1@virginmedia.com)

The Shop at Amy Woodgate

Step back in time to a 1950s shop for residents living with dementia - Welcome to 1959 where Harold MacMillan is your Prime Minister, rock'n'roll is your music and baked beans on toast is your tea time treat.

Anyone popping into the Amy Woodgate shop may well feel like they have stepped back in time as the walls are covered with 1950s posters, sweets are crammed into see-through jars and weighing scales are on show – even the cold counter is laid out on a marble surface.

This old fashioned convenience shop inside Amy Woodgate Resource Centre in Nigel Fisher Way officially opened its doors to customers on Thursday this week. The 1959 inspired shop in the care home for dementia sufferers has combs, hair nets, old school chocolate bars and all things reminiscent of yesteryear for sale.

Handyman Tony O’Gorman, who built the shop, said: “I am really pleased with it. There’s a few bits I still need to sort



out but it’s pretty much finished. I might add a post box outside the shop. The residents that have seen it are impressed. It is a bit embarrassing how lovely everyone is being.”

Claire Windsor, activities co-ordinator at the centre, said: “It is a shop but also a room to reminisce in. Residents can just go in to have a wander around – not even to buy anything. This is somewhere to get a chocolate bar or even some bubble bath. Residents can shop without going to the supermarket, which is big and

busy. It is empowering for them to make their own decisions.”

Many of the shop’s products have been ordered from the internet or have been donated and have a likeness in appearance to the packaging from many of the residents’ younger years.

Resident and dementia sufferer Lola Myers, who will be running the shop, said: “I am an old girl and have been around a long time. I am looking forward to running the shop and having a chat.” The grandmother-of-five who has been in the West End and owned her own beauty shop also said she would not get confused about the decades as the shop is much smaller than the grand ones from her day.

Claire Windsor (claire.windsor@rbk.kingston.gov.uk)



Bennett House and the Brownies

Bennett House was one of the first homes in the UK to implement the Eden Alternative and has always placed a great emphasis on attracting children into the home. Their initiatives began with the creation of a play area for children and visits from a local pre-school. They have also developed a close relationship with a local Brownie group who visit the home regularly to meet with residents, play games and share in craft activities and fulfil the requirements for some of their badges.

In the last couple of years this association has expanded to include a sleep-over. The



Brownies come into the home in the afternoon and spend their time playing games with the residents, and when they are pyjama'd and ready for bed there is time for last



minute stories. The Brownies sleep in a makeshift tent erected in the activities room which is cleared for the purpose. In the morning they have breakfast with the residents before packing up and going home. This something that is looked forward to by all concerned and talked about by the residents for weeks afterwards.

Lisa Johnson (lisaj@accordha.org.uk)



The next Eden Alternative International Conference will be held in Nashville, Tennessee in April/May next year. This is a top conference for everyone involved in or interested in culture change. If you are planning a holiday to the USA or you can find the funding this is well worth attending. For further information visit the conference website www.edenaltconference.org.

Kingston House and a trip to Swindon Town Football Club

The trip to watch Swindon Town Football Club take on Stevenage Football Club at the Swindon County ground was a day to remember by all who came on the Kingston Travelers mini bus!!!!

Speaking to three male residents John Morley aged 82, Alfred Orchard aged 99 and Cyril Webster aged 87 all week building up to the match you could see they were very much looking forward to it.

From the word go as we turned up at the County ground stadium to mingle with all the Swindon Town fans I remember vividly Cyril saying 'WOW'. When I asked what he thought, he said the atmosphere was brilliant as you could tell by the smiling faces on all three residents as we entered the stadium and found our seats.

First half over and Swindon are winning 1-0 with the goal scored at the opposite end but that didn't stop the cheering; COME ON YOU REDS!!

During half time, like typical football men, all three residents tucked in to a steaming hot steak and ale pie. It felt to as though I was at a football match with three best friends.



During the second half another 2 brilliant goals were scored by the Swindon Town faithful and the crowd went wild both times including Alfred and Cyril cheering and smiling and tears of joy from John as the atmosphere overwhelmed us all.

As the final whistle blew the crowd cheered and there was a huge sense of satisfaction from the way the day went. Considering the result and the great sunshine we could have not asked for a better day out.

We had photographs taken by the Swindon Town Emblem and beside the pitch before we got on the mini bus back to Kingston house. On the way back Cyril said he has never experienced anything quite like the day at Swindon Town Football Club in his entire life. They all enjoyed it so much they were exhausted and all fell asleep on the way home; a great sign of a satisfying and terrific day out.

Carol Grainger (kingston@greensleeves.org.uk)

In conclusion

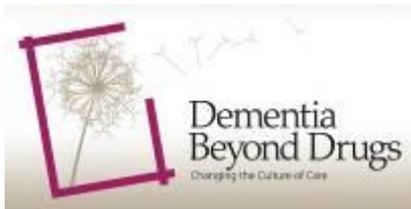
We hope you have enjoyed this newsletter and will share it with your friends and colleagues and if you have a story about culture change in your home to share let us have it for the next edition we would love to hear from you. If you have photographs that illustrate your story, so much the better; a picture may or may not be worth a thousand words, but it does make for a more balanced newsletter.

June Burgess

Eden Alternative Regional Coordinator,
UK and Ireland

Paul Bailey

Eden Mentor and Trainer



The Eden Alternative UK & Ireland Dementia Beyond Drugs: Changing the Culture of Care 18th – 19th July 2013

at Amélie House, Maurice and Vivienne Wohl Campus
221 Golders Green Road, London, NW11 9DQ

Based on the award-winning book by **G. Allen Power, M.D.**, who will deliver this course, this 2 day learning experience uses the framework of culture change to create a new approach to caring for people who live with dementia. Learn why the current paradigm for dementia care can never produce satisfactory results. Explore an experiential model that facilitates growth, meaningful engagement and improved well-being via the application of person-directed practices.

G. Allen Power, MD is Eden Mentor at St. John's Home in Rochester, NY, and Clinical Associate Professor of Medicine at the University of Rochester. He is a board certified internist and geriatrician, and a Fellow of the American College of Physicians / American Society for Internal Medicine.

Dr. Power's book, *Dementia beyond Drugs: Changing the Culture of Care* was released by Health Professions Press in February 2010. It won a 2010 *Book of the Year Award* from the *American Journal of Nursing*, and a Merit Award from the 2011 National Mature Media Awards. He has been named one of 2013's "Five Leaders of Tomorrow" by *Long-Term Living Magazine*.

Topics covered include:

- Shifting Paradigms
- Creating Well Being
- Operational Transformation
- Words make Worlds
- Empowerment
- Decoding Distress
- Finding the Calm Centre
- Physical Reactivity and Anger
- The Solution Circle
- Delusions, Hallucinations and Paranoia
- Caring for the Care Partners
- Doing, Being and Meaning

Who should attend?

- Representatives of an organisation
- Who support long-term care communities, such as residential and nursing homes.
 - Wish to deepen organisational awareness of and responsiveness to the needs of individuals living with dementia through person-directed practices.
 - Specialise in caring for people who live with dementia; and want to implement practice-based approaches that improve well-being for people living with dementia and their care partners.
 - Apply the model to everyday situations of need by using creative solutions to empower individuals to live full and positive lives.



Booking Form

Dementia Beyond Drugs: Changing the Culture of Care

18th, 19th, July 2013 at Amélie House, Maurice and Vivienne Wohl Campus
221 Golders Green Road, London, NW11 9DQ

9am. – 5pm. (10am. On the first day)

Name	
Position	
Organisation	
Address line 1	
Address line 2	
County	
Post code	
Telephone No.	
Email address	
Special Dietary Requirements	

Cost

£290 for accounts paid **before 28 June 2013**

£320 for accounts paid after the above dates and before commencement of the course.

All fees must be paid before commencement of the course

Payment covers

- two days training, course manual and all materials,
- A copy of ***Dementia Beyond Drugs; Changing the Culture of Care*** by G. Allen Power
- Morning and afternoon tea/coffee and lunch each day

Payment

Please return this form together with a cheque made out to Eden UK to:
June Burgess, 19 Woolley Drive, Bradford on Avon, Wiltshire BA15 1AU

Tel: 01225 309 238

email: june@eden-alternative.co.uk

Cancellation Policy

- | | | |
|---|---|-------------|
| Cancellation more than 1 month from the first day of course | - | Full refund |
| Cancellation between 2 and 4 weeks from the first day of the course | - | 50% refund |
| Cancellation less than 2 weeks from first day of course | - | no refund |

www.eden-alternative.co.uk