



The **Dementia Services Information and Development Centre (DSIDC)** is a national centre for excellence in dementia; our mission is to promote excellence in all aspects of dementia care in Ireland. To this end the Centre aims to promote an awareness of dementia, provide education and training to practitioners working in the field, conduct and support local and international research and provide an information service at both an individual and corporate level.

Our logo takes its inspiration from nature – a growing leaf uncurling, protected by an older leaf. The image symbolises growth, strength and support; its changing hues represent ongoing development.

The Centre offers three core professional services:

- Education
- Information and Consultancy
- Research

During 2011 DSIDC made good progress in the final year of its first three-year strategic plan, operating over and beyond its projected targets. Following a participative process with key stakeholders our strategic objectives are:

- To promote an awareness of dementia to policy makers, opinion leaders and others by providing up-to-date and relevant information at individual, organisational and institutional levels;
- To enhance the knowledge, skills and attitudes of health care professionals and others who work with, or who provide services to, persons with dementia, by identifying needs and by providing the most appropriate educational response;
- To find out what works best or makes a lasting difference to the lives of persons affected by dementia through conducting and supporting research and disseminating research findings;
- To ensure the relevance, viability, growth and development of the DSIDC through regular review of strategy and policy, increased resources and capabilities, good governance and management.

GOVERNANCE, STRATEGY AND STAFF

Steering Committee meetings were held in February, June and October 2011. Professor Rose Anne Kenny stepped down as Chairperson of the Steering Committee and Dr Siobhán Ní Bhriáin joined the Committee as Chair. Professors Greg Swanwick and Robbie Gilligan also resigned from the Committee. We would like to thank Professor Kenny and Professors Swanwick and Gilligan for their commitment and support during their tenure and extend a warm welcome to Dr Ní Bhriáin.

We would also like to thank Mr Bob Carroll and Dr Donal McCafferty who resigned from the Advisory Group During 2011 and welcome new members Ms Emer Begley, Ms Sarah Marsh and Mr Adrian Lewis.

The services of the DSIDC were provided by five staff and a number of associate trainers. During 2011 we were happy to announce that Mr Matthew Gibb, Senior Social Worker with DSIDC, accepted the appointment to the post of Acting Director of the Centre.

PROMOTION OF AWARENESS OF DEMENTIA

We were pleased to have hosted three major public events this year – all proved to be a great success.

DSIDC co-hosted the first **National Memory Clinic Conference** in March which was attended by 150 health care professionals from around Ireland, many of whom work in Memory Clinics. The event was held in the Guinness Storehouse and attracted psychiatrists, geriatricians, neurologists, psychologists, nurses, social workers and researchers. Professor Brian Lawlor, Director of the MIRA Memory Clinic in St James's Hospital, opened the conference and the keynote address, given by Professor Sube Banerjee, was about the role Memory Clinics have in delivering good-quality care.

In June 2011 the Centre held an awareness campaign which highlighted our three core professional services. Staff from DSIDC promoted the library and resource centre from our stand in the main concourse in St James's. Members of the public and hospital staff visited the stand throughout the day and availed of our many information leaflets. The day was a great success and we hope this will be an annual event for DSIDC.

The Autumn Conference, **Keeping in Touch**, was held on the 24th November and was attended by 140 healthcare professionals. The theme for the conference was 'Communication'. It brought together many expert speakers who provided a deeper understanding of pertinent issues in relation to improving communication for people with dementia. The conference provided a forum for interdisciplinary sharing and networking among healthcare professionals. A broad range of issues in relation to dementia and communication were explored and participants were brought up-to-date with the latest thinking in this important area of caring for people with dementia.

A publication developed by Dr Suzanne Cahill and Vanessa Moore, in association with the Living with Dementia Programme, entitled 'Life for Caregivers after Placing a Relative with Dementia in a Nursing Home', was launched at the conference by Mr Tadhg Daly, CEO of Nursing Homes Ireland. This booklet provides practical information for family caregivers who have recently placed their relative with dementia in long-term care and for nursing home staff involved in their day-to-day care.

DSIDC staff also participated in national and international networks, including:

- The Ageing Well Network
- The National Dementia Strategy Group
- The DSDC network
- The Social Workers' Special Interest Group on Ageing
- The National Educational Dementia Group
- The Alzheimer Café
- NMPDU
- Atlantic Philanthropies
- European Reminiscence Network
- Dementia Palliative Care Group.

Presentations were made by DSIDC staff at conferences and workshops at various locations throughout the country during the year.

DSIDC newsletters were disseminated widely through our e-contacts database, which now has more than 800 contacts. The newsletters included articles on many aspects of dementia and provided information on dementia specific events.

The DSIDC website was updated in 2011 with the addition of an events calendar and a re-modelled home page. The website continued to be widely used during the year as evidenced by the number of hits received and by the increase in the number of queries in relation to dementia that are being processed by the Centre.

Throughout 2011 DSIDC responded to many queries in relation to various aspects of dementia. We conducted a number of design consultancies which enabled many organisations to enhance the living experience for their clients with dementia by improving their environment.

EDUCATION

During 2011 the DSIDC Education Service expanded its modules and offered a diversified range of courses. In the final quarter of the year the 2012 Education Brochure was produced, providing details of our scheduled education programme for the coming year. The brochure was widely disseminated through our e-contacts database and is also available to download from our website. The brochure provides details of ten different scheduled courses and information on how to access tailored courses designed to meet specific dementia education needs.

A new course was added to our programme during 2011, 'End of Life Care for the Person with Dementia', designed to introduce health care personnel to end of life care for the person with dementia.

During 2011, 88 separate dementia-specific education or information sessions were provided and a total of 1,515 individuals attended these sessions. This was achieved despite a shortage of resources in many institutions, which limited funding for participants to travel to attend courses.

The education programme included 31 scheduled sessions and 47 tailored sessions which were delivered to health care professionals in the public, private and voluntary sectors. These were held in various locations in Dublin and throughout the country. An Bord Altranais approval was obtained or renewed for courses of relevance to nurses.

DSIDC staff contributed to the development and/or delivery of dementia-specific education in a number of other organisations, including the Centre for Learning and Development, St James's Hospital; The University of Dublin, Trinity College (MSc Gerontological Nursing and MSc Dementia) and the HSE Nursing and Midwifery Planning and Development Units (National Dementia Training Project).



[Above] Professor Brian Lawlor addresses the first Irish Memory Clinic Conference, held in April 2011.



[Above] Vanessa Moore, Tadhg Daly (CEO of Nursing Homes Ireland) and Dr Suzanne Cahill at the Autumn Conference *Keeping in Touch*.



[Left] Speakers and Chairpersons at the Autumn Conference *Keeping in Touch*:

L-R (back) Professor Clive Ballard, Dr Tony Young, Christopher Manthorp, Matthew Gibb, David Clegg; (front) Professor Rose Anne Kenny, Laura Cole, Dr Siobhán Ní Bhriain, Dr Maggie Ellis.

RESEARCH

The **LiD Programme** of research aims to tackle the marginalization of people with dementia and overcome some widespread misconceptions about Alzheimer's Disease and the related dementias held in society. Ultimately it is designed to help ensure that person-centred dementia services become normal routine practice and that the old culture of dementia care is eroded. The LiD Programme now supports five PhD students, whose thesis topics form a coherent package of psycho-social research in dementia underpinned by three main themes: the therapeutic effects of group living and sheltered housing for people with dementia, the subjective experience of dementia and non-pharmacological interventions and the training and educational needs of health service professionals. LiD has also graduated five Master's students whose dissertations were written on dementia. Last year a Master's thesis on the topic of the stigma of dementia was completed by Emer Kavanagh.

During the year a total of 13 scientific research papers were presented by LiD students and staff at national and overseas conferences. The LiD Director and staff have also been invited contributors to two pan-European reviews of policy and best practice in relation to dementia and family caregivers. During the year findings from a LiD research project examining the quality of life of people with a cognitive impairment and living in long-stay care were published in the journal *Ageing and Mental Health*. Another research article entitled 'Guidelines for nursing homes delivering end-of-life care to residents with dementia across the island of Ireland' has been published in the journal *Quality in Ageing and Older Adults*. A third research article addressing the topic of the cost of dementia in Ireland has also been published in the journal *Dementia: the International Journal of Social Research*.

Over the last 12 months the programme has produced two new booklets on dementia to provide information and advice to family caregivers, 'Life for Caregivers after Placing a Relative with Dementia in a Nursing Home' and 'Finding a Suitable Nursing Home for a Relative with Dementia'.

Throughout the last year the LiD seminar programme has continued to attract much interest and a total of five seminars were delivered, led by experts in the area. LiD has further developed its educational programme with the recent design and teaching of a new module on Ageing and Dementia taught to some 40 undergraduate Social Work students. In addition, many guest lectures to allied health undergraduate and post-graduate students were delivered throughout the year.

A particular project led by LiD in conjunction with DSIDC, as the Irish Partner of an EU Grundtvig award, has entailed teaching family caregivers how to use Reminiscence in day-to-day interactions with their relatives diagnosed with dementia. The programme, aimed at promoting quality of life for people with a dementia, took place over a two-month period (October to December 2011). Seven couples participated; activities included outings to art galleries, active Reminiscence including role-playing and the development of individualised Memory Boxes. The programme was extremely positively evaluated and allowed the voice of the individual coping with dementia to be heard. A presentation reporting on Ireland's experience in this project was presented at an EU Grundtvig project meeting in Barcelona in November 2011.

During the last 12 months LiD, in association with the Irish Centre for Social Gerontology at NUI Galway, has conducted a major research review required by the Department of Health to underpin the forthcoming National Dementia Strategy. The review entailed no new research study but rather secondary data analysis, including the interrogation of several HSE, along with ESRI, ASI and DOH data-sets and the use of Census data to estimate current and future prevalence rates of dementia in Ireland. It also involved an in-depth literature review, including an exploration of best practice in dementia care nationally and internationally. The report, titled 'Creating Excellence in Dementia Care' and due to be launched in January 2012, will be accessible through the DSIDC and the LiD Programme websites, or in hard copy through Lorraine Lovely at (01) 416 2035 or Caroline Forsyth at (01) 896 2442. The website addresses are:

www.dementia.ie

www.socialwork-socialpolicy.tcd.ie/livingwithdementia



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