The Lived Experience of Dementia
A new resource for the health and social care workforce

The Alzheimer’s Show, Olympia London
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A Walk Through Dementia

https://www.youtube.com/watch?v=R-Rcbj_qR4g
1. To deliver training session, mapped against Skills for Health Tier 2 learning outcomes, to undergraduate health care students and nursing home staff.

2. To evaluate via questionnaire participants perspective on the value of the app in understanding the lived experience of dementia.

3. To conduct focus groups with the participant after a period of time in practice to see if viewing the app influenced the care they offered to patients, and in a humanised way.
This relates to signs and symptoms of dementia, the research and evidence.

This relates to the lived experience of dementia, understanding more about what it might feel like.

This relates to how care is delivered, skills and attitudes.
Participants said they had learnt more about the symptoms of dementia.

Participants said they were able to put themselves into the shoes of a person with dementia.

Participants said the experience gave them greater empathy, understanding, patience and compassion for those with dementia.
‘Having dementia is more than having difficulty with your memory. You’re also unable to process information as well or sequence things. The app really helped us have a wider understanding of dementia’.

‘It has influenced me and looking at the app to remind me of what it felt like emotionally and to be more empathetic and give people with dementia more time’.

‘You have to put yourself in the patient’s position, how they’re feeling and how you respond to them’.

‘I had a patient last week and he got down on the floor, there was a big black mark on the floor, a stain. And he got down on the floor. Everyone said get up, but I could see he was nervous so I stayed with him and reassured him’
‘I think with the floor sensor mats, it makes sense for them to have bed sensor mats rather than the black sensor mats on the floor next to their bed. The mat might look like a hole and make someone feel anxious.’

Night care assistant in a Nursing Home

‘It gave me lots to think about, lots of things that I do know but actually seeing it is different. It gives a much clearer idea of what people with dementia may be visualising and what they’re not visualising.’

Registered Mental Health Nurse Nursing Home
Conclusion:
Did it make a difference?

Increased understanding of signs and symptoms dementia.

Better understanding of the experience of dementia and therefore empathy.

Real examples of how this learning influenced practice.
The Lived Experience of Dementia: Workbook

Launch 11 June 2019 – first 1,000 packs free!
Next steps

- Dissemination of the workbook
- Online training programme
- Evaluate learning on patient experience

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