



Neighborhoods: Our People, Our Places



@PlacingDementia
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#DARG17

Project Aims

How can neighbourhoods and local communities support people with dementia to remain socially and physically active?

- Working closely with people with dementia and their carers to find out:
 - what ‘neighbourhood’ means to them;
 - the different ways neighbourhoods support them;
 - what could be changed to make life better.
- Field sites in Stirling (Central Scotland), Greater Manchester (England), and Linköping (Sweden). Plus a sister project in Canada!



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Methods

- Qualitative longitudinal – 2x interviews 6 months to 1 year
- Interviewing People living with dementia:
 - 15 couple dyads
 - 7 people with dementia living alone
 - 8 carers of people with dementia living in residential care
- Three types of interview:
 - Neighbourhood walk
 - Home tour
 - Social network map



Talking about home

- 'My' spaces
- Narratives of home – places with memory
- The changing home:
 - Preparing for the future
 - Shrinking worlds



We've said to ourselves that if there ever came a time where one of us had a problem getting upstairs we could put a bed down here for ourselves and get a shower unit maybe put in somewhere. We could live downstairs, we wouldn't necessarily have to move out. So that's partly the charm of it, the size.

(Judy, 67, person with dementia, couple dyad)

I: *Do you find the house too big for you now or are you happy with it?*

R: *No, because I never go up the stairs. I keep thinking I'm going to go up and have a look and I think, no, it'll just be the same as it was before.*

(June, 79, person with dementia living alone)



Connecting with the outside world

- Sitting places: windows, doors and garden benches.
- ‘Dementia time’:
 - Chasing the sun
 - Seasons
 - School day
- Bringing the outdoors in.



I've got a disc there, and it's called ... Echoes of Nature: thunderstorms and rain. And it's great to put it on and just start to focus on the wall, and you can take yourself out of here.

...

When you get the nee naw of the ambulance or the fire engine, or the police, ...that's the nosy side of it, so you have a look. Other side's a beautiful sunny day, or evening, you know, and you have a look.

(George, 76, person with dementia living alone)



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Objects and reminiscence

- Collecting things
- Photographs and heirlooms
 - Objects with memory
 - Reminiscence as a dynamic process (May 2016)
- When objects lose meaning
 - retaining a sense of home



Yes, we've always had a few photographs. As my mum's dementia progressed we put more and more photos so that there was a reminder of, you know, families.

(Susan, 65, carer of person with dementia in care home)

I love the windows; it gives me a feeling of freedom. I'm not...I'm not closed in...

(Kathleen, 86, person with dementia living alone)



Next steps

- Developing locally based interventions in each of the field sites:
 - Evidenced through research findings;
 - Involving people with experience of dementia in developing and leading the projects;
 - Building partnerships with local councils, health boards and voluntary sector.
- Dissemination of findings.

