World’s first Alzheimer tartan

Our signature Alzheimer Scotland – Action on Dementia tartan is the world’s first tartan in recognition of the millions of people across the globe affected by dementia.

Available from www.alzscot.org/tartan
Our collaborators

NHS Education for Scotland

NHS Lanarkshire

NHS Ayrshire & Arran

ERSKINE Caring for Veterans since 1916

Scottish Care Voice of the independent care sector

HEDN Higher Education for Dementia Network

British Society of Gerontology

bre

life changes trust

ALLIANCE Health and Social Care Alliance Scotland people at the centre

Alzheimer Scotland
# INDEX

- Director’s welcome 06
- About the Centre 07
- Endorsements 08
- Meet the academic team 10
- Associated Alzheimer Scotland staff 12
- About the Annual Celebration Lecture 14
- Research for practice 18
- Research spotlights 21
- Education and professional development 26
- Impact and outreach 30
- Policy influence 36
- Awards 38
- Selected publications 40
- The year ahead 41
- Class in a Bag - Understanding Dementia: Class in a Bag 42
- The Scottish Dementia Research Consortium (SDRC) 43
- How you can get involved in our work 44
At UWS we are committed to making a positive impact on the lives of those with dementia as well as their families. With dementia being one of the biggest healthcare challenges faced by society today, we aim to do this however possible, whether it’s through developing dementia education, applied research or policy influence.

We recognise the importance of improving understanding and knowledge of dementia, which is why we are committed to providing world-leading dementia education. A recent survey on public attitudes towards dementia has revealed that Scots have generally positive attitudes towards the condition and improved knowledge compared to previous surveys, highlighting the importance of our work at a societal level. A recent endorsement of our applied research into appropriate housing for people living with dementia has also shown that our interdisciplinary work is extending reach and application.

Our starting point for planning learning activities is an evidence-based understanding of the experience of dementia and creative inquiry, which involves including people with dementia and family carers in our work whenever possible. We are therefore delighted that the University is a leader in the field for teaching and research within the Scottish Higher Education sector.

Our educational impact is recognised in our graduates’ and alumni’s application of learning to improve the lives of people affected by dementia in Scotland and beyond. This year, five UWS students graduated with dementia-related PhDs, with even more to follow next year. We encourage all of our students to be change leaders, intolerant of poor standards and the status quo. Our plan is to continue to develop innovative dementia education and practice that reflects current needs and emerging policy, positively impacting on the everyday lives of many families and making a lasting contribution to society.

Professor Craig Mahoney, Principal and Vice-Chancellor, University of the West of Scotland

“We are committed to providing world-leading dementia education.”
The Centre team have had a busy and rewarding year, which has included changes to the academic School; we are now within the School of Health & Life Sciences, and have moved to the brand new Lanarkshire Campus. We are still getting used to our new campus home, creating a new DOMUS and the adjacent Living Lab. The DOMUS is an award winning, state-of-the-art, simulated learning environment, and the Living Lab is a new innovation focussed on collaborative research and enterprise.

It has been a privilege to work with and applaud the successes of our research students, all of whom are exceptional. You can read more about our student achievements and what they are doing as they embark on their post-doctoral careers later in this report.

Collaborative working and network building has featured both within Scotland and internationally. We took a lead role in planning the Scottish Dementia Research Consortium annual conference with its focus on early career researchers. Further afield and with colleagues from the University of Alicante in Spain we are leading the formation of the International Dementia Education Network.

The reach of the team across the University and outward to the local, national and international dementia field is continually expanding. Susan Holland, Dementia Nurse Consultant for NHS Ayrshire and Arran has joined the Centre for one day a week and has had a great impact already and is part of the team that won Best Community Support Initiative at Scotland’s Dementia awards this year. Our Palliare educational framework has influenced national strategies in Scotland, Portugal and the Czech Republic.

Professor Graham Jackson retired from the centre this year, fortunately we can still capitalise on Graham’s experience and knowledge in his new role as Emeritus Professor. In the last two years our small team have educated nearly 2,000 learners, published 17 papers in peer reviewed journals, contributed six book chapters, delivered 21 conference presentations, two international keynotes including one at the 2017 Global Dementia Summit in Lisbon. Staff and ASCPP Centre students have collectively and individually, won 13 awards and four national prizes for excellence in dementia education and or practice impact.

We hope you enjoy reading about the research, education and practice work the Centre has been involved in this year.

Professor Debbie Tolson
PhD MSc BSc (Hons) RGN FRCN PFHEA
Assistant Dean (Research and Enterprise), School of Health & Life Sciences
Alzheimer Scotland Professor of Dementia
Director of the Alzheimer Scotland Centre for Policy and Practice
About the Centre

The Alzheimer Centre Scotland for Policy and Practice (ASCPP) is a collaborative partnership between University of the West of Scotland and Alzheimer Scotland. The Centre team is dedicated to excellence through education and research based scholarship and partnerships in practice. As a team we are proud of our achievements and the contribution we are making to improve the lives of people affected by dementia.

Centre facilities

The main base for the Centre is at our new Lanarkshire Campus with additional staff offices at Dumfries Campus. At our new campus we have a range of practice simulation environments, including the pioneering DOMUS, an award winning, state-of-the-art, immersive simulated learning environment which has been developed in partnership with people with dementia, family carers and practitioners to create a repository of situated learning resources framed around real world experiences and challenges. We also have the Living Lab, a flexible space for research and enterprise activities. The new campus is equipped with interactive and technology-rich learning spaces that are on a par with the most innovative in the UK.
Chief Executive,
Alzheimer Scotland

Alzheimer Scotland is committed to supporting and funding high quality dementia research in Scotland, seeking to understand how we might prevent the condition, improve methods and standards of care, and ultimately find a cure.

Research drives the development of new ideas and approaches at Alzheimer Scotland, both in policy and practice, and is the basis for everything we do as an organisation. The Alzheimer Scotland Centre for Policy and Practice at University of the West of Scotland opened almost six years ago and since then, the Centre, its team and its students have worked to an innovative, creative and influential research agenda in driving forward improved care and support for people with dementia and those who care for them.

The Centre’s influence has been most keenly felt in the Dementia Champions programme, which has been delivered through a partnership between Alzheimer Scotland and University of the West of Scotland since 2011. The graduates of this programme are key to the delivery of the Scottish Government’s strategic commitment to improving standards of acute hospital care for people with dementia. People with dementia and carers play a vital role in the programme, sharing their experiences of acute care and highlighting where improvements can be made.

Recently, the Centre won a Scotland’s Dementia Award for Best Community Support Initiative, as part of a joint venture with NHS Ayrshire and Arran and Alzheimer Scotland. The initiative, entitled ‘Bridging the Gap between Acute and Community Care’ was developed to establish a referral process which would enable people with dementia and their families to have access to individualised, dementia-specific support from an Alzheimer Scotland Dementia Advisor both during, and after, admission to acute hospital care. This has helped to improve experiences of acute care.

The Centre also leads on the inspirational Dementia Palliare project, a best practice approach providing a more nuanced approach to providing care in advanced dementia and end of life with dementia. Alzheimer Scotland has worked closely with colleagues at the Centre to develop a standard definition of what we mean by ’advanced dementia’ and this has helped to shape our forthcoming policy report, which will explore what we mean by fair dementia care in Scotland.

Alzheimer Scotland is delighted to work with world-class researchers who are dedicated to developing better practice in dementia. This is Scotland’s biggest public health issue and one that must stay at the heart of our health and social care agenda – locally, nationally and globally – in the years to come. Alzheimer Scotland and University of the West of Scotland are committed to working together to ensure that nobody faces dementia alone.

Henry Simmons
The Scottish Dementia Working Group (SDWG)

SDWG are privileged to support the work of the ASCPP and the Dementia Champions programme. It is humbling to be able to share our dementia experiences with such a dedicated and proficient group of Dementia Champions. The hospitality and kindness shown to us during our visits provides us with the confidence and understanding to know that the future of dementia care is in safe hands. We believe it is important to recognise each person with dementia as an individual and that dementia is different for everyone - the Dementia Champions make this possible. We look forward to continuing to work together in future.

Henry Rankin and Geoff Orry, SDWG members

National Dementia Carers Action Network (NDCAN)

NDCAN is delighted to have been involved closely with the Dementia Champions programme, and wider work by the Alzheimer Scotland Centre for Policy and Practice at University of the West of Scotland since 2012. The Dementia Champions programme seeks to improve dementia care and creates space and dialogue between professional and family/unpaid carers as equal partners in care. We are heartened by consistently positive feedback by participants on how useful the input and dialogue with carers is to the students. NDCAN members also tell us how valuable and welcome it is to have meaningful dialogues with health professionals in the care system.

Knowing that the Dementia Champions programme is working, and positive changes are being put in to practice by the staff in care settings is not just a source of comfort to those who have dementia but helps to calm the mind of family and friends who must leave them in their care.

The Dementia Champions programme is one of the many ways in which NDCAN members and local carers are ensuring their combined voices and lived experiences are heard to contribute to continued improvement in care and support to both people with dementia and family and unpaid carers. NDCAN look forward to further work with the team at UWS and the champions in the future.

Christine Beaton, NDCAN member
Meet the academic team

**Professor Debbie Tolson, DIRECTOR**
Debbie is the Alzheimer Scotland Professor of Dementia and is an internationally recognised nurse leader, educator and researcher. She has a particular interest in applied research that deepens understanding about advanced dementia and innovations in care that support the individual and enable family caring.

**Dr Margaret Brown, DEPUTE DIRECTOR**
Margaret is a Senior Lecturer and has considerable experience as a nurse, lecturer and researcher in dementia care. Her current interests include people with advanced dementia, their families and caregivers and the fundamental aspects of care. In 2016 she was awarded a Lifetime Achievement award for her contribution to dementia care.

**Dr Louise Ritchie, LECTURER**
Louise is a lecturer with a research focus within the Centre. She leads on the research exploring dementia in the workplace. Other research interests include the use of non-pharmacological interventions for people with dementia and their families, including language, music and animal interactions and evaluating the impact of dementia education initiatives, such as Care Empathy, the Dementia Champions programme and Class in a Bag for children.

**Dr Rhoda MacRae, LECTURER**
Rhoda leads on enterprise activities within the Centre. Her interests include advanced dementia, dementia in secure communities, loss and bereavement and knowledge translation. Rhoda teaches on the Dementia Champions programme, the MSc in Gerontology and MSc in Gerontology with Dementia Care and supervises a number of postgraduate students.

**Anna Jack-Waugh, LECTURER**
Anna Jack-Waugh is a Lecturer in Dementia at the Alzheimer Scotland Centre for Policy and Practice. Anna has extensive nursing experience working and leading the care of people living with dementia. Anna’s academic interest is research into the quality of educational strategies to support change and development of care practices when working in partnership with people with dementia. Anna teaches on the undergraduate nursing programmes, the MSc Dementia pathway and leads Scotland’s National Dementia Champions programme team.
Dr Graham Jackson, EMERITUS PROFESSOR
Graham recently retired from his role as Professor in the Centre and was appointed Emeritus Professor. He continues his involvement in research related to people with dementia in prison populations and supervision of PhD students. He is also Clinical Advisor on Dementia to the Scottish Government.

Professor Iva Holmerová, VISITING PROFESSOR
Iva is an Associate Professor and CEO of the Centre for Gerontology, Praha 8. She is also the Chairperson of Alzheimer Europe. Iva is our visiting Professor at the Centre and a partner in the Erasmus+ Palliare Project.

Jenny Henderson, ASSOCIATE LECTURER
Jenny is an Associate Lecturer and is a team member of the National Dementia Champions programme. Her main areas of interest are the care of people with advanced dementia and managing their palliative and end of life needs. She is also an advocate for the human rights and legal framework supporting people who lack capacity.

Susan Holland, ALZHEIMER SCOTLAND DEMENTIA NURSE CONSULTANT (ASDNC), NHS AYRSHIRE AND ARRAN
As part of her ASDNC role, Susan has a defined teaching and research remit with the Alzheimer Scotland Centre for Policy and Practice. She has particular interests in dementia care within general hospital settings and post diagnostic support. Susan teaches on the Dementia Champions programme and works in collaboration with the ASCPP to strengthen links between research, policy and practice.
Associated Alzheimer Scotland staff

Jim Pearson

Jim is Alzheimer Scotland’s Director of Policy & Research. He leads Alzheimer Scotland’s public policy development and campaigning activities, working with all stakeholders in bringing about transformational change for people with dementia and those who care for them across Scotland. He is also responsible for ensuring that Alzheimer Scotland’s national and local involvement networks provide meaningful opportunities for people with dementia and carers of those who care for them to have an effective collective voice at a local, national and international level to influence and shape dementia policy, practice and research. Jim also leads Alzheimer Scotland’s engagement in dementia research. This includes the organisation’s investments in dementia research, building strategic partnerships, supporting participation in research, encouraging and facilitating collaboration and investment in Scottish dementia research. Jim also leads Alzheimer Scotland’s engagement with international partners including Alzheimer Europe and Alzheimer Disease International and is a member of the Alzheimer Europe Board.

Dr Barbara Sharp

Barbara is Policy and Practice Consultant with Alzheimer Scotland, working across the Policy and Workforce Development Teams. Barbara delivers the National Dementia Champions programme in partnership with colleagues at Alzheimer Scotland Centre for Policy and Practice and works in collaboration with the Centre on a number of research, practice and educational initiatives.

Amy Dalrymple

Amy is Alzheimer Scotland’s Head of Policy. She leads particularly on influencing change at the crucial local level and on making sure that people with dementia and carers are involved in the decisions that affect their care and support, as well as Alzheimer Scotland’s work on advanced dementia and palliative care.
Kirsty Stewart

Kirsty is Head of Communications and Events at Alzheimer Scotland and has been with the organisation for six years, developing easy access, quality information about dementia and the services the organisation provides, to ensure nobody faces dementia alone. Kirsty has supported the Centre through the delivery of various projects such as the Dementia Champions programme and has a specific interest in the collaborative development of dementia research.

Lindsay Kinnaird

Lindsay is Alzheimer Scotland’s Research Manager. Her role is focused on developing the organisation’s research relationships and collaborations. Lindsay is also responsible for producing evidence based public policy reports – the most recent publication being the Advanced Dementia Practice Model (2015). She is currently working on completing a report on responding to stress and distress in dementia.
About the
Annual Celebration Lecture

The Annual Celebration Lecture honours an outstanding contribution of a person or persons to our work. The University Celebration Medal is awarded to recognise those who have inspired us in our scholarship, our studies or in some way that has made a demonstrable impact on the way we, and others, respond to dementia.

Jenny Henderson: Leading through courage, innovation and service

Jenny Henderson

Jenny Henderson has worked with members of the Alzheimer Scotland Centre for Policy and Practice and surrounding networks for many years. Jenny's contribution to the work of the Centre has been driven by her work on end of life care for people with dementia and their families, her interest in teaching and learning strategies and a whole hearted commitment to improving the lives of people with dementia and all the colleagues she has worked with. Jenny trained at Guy's Hospital and this remains a part of her career that she is very proud of. She is a wife and mother of two and grandmother to one. She cared for her father when he became ill and then later died.

Jenny's knowledge, skills and attributes are most clearly demonstrated by the key influencing actions she has been responsible for, within a team or as an individual. These key moments of contribution are outlined below.

Courage

In the early 2000s, talking about the end of life needs of people with dementia required courage. At that time, knowledge, skills, values and service provision were influenced by poor understanding of the specific needs of people with dementia and their families at the end of life and the field of palliative care was focused almost exclusively on the care of people with cancer. Jenny, with colleagues in Alzheimer Scotland led a quiet movement to challenge this view and support a change through education and practice development.

Jenny wrote a report entitled 'Lighting up Lives: Palliative care needs of people with end stage dementia living in Dumfries and Galloway' 2004/2006 which led to the Beyond Barriers project in 2007. Beyond Barriers itself broke down barriers by recognising the importance of bringing together care home staff and family members to explore and learn together. Still influential today, this work won the Principles in Practice Award in 2009.

www.alzscot.org/assets/0000/0274/Beyond_Barrers_full_report.pdf

Jenny has a long-standing interest in spiritual care and how this should be integral to good dementia care, older people’s care, palliative care, and family carer support. She led work on producing...
educational DVDs, such as, ‘Spirituality: has anybody found any yet?’, ‘Essential Conversations, and Stories: DVD of family carers in Dumfries’ and ‘Spirituality who cares?’. Jenny’s interest in spiritual care is currently further pursued through her involvement in the work of the NGO Faith in Older People.

She was a key member of the 2011 summit living and dying well with dementia www.palliativecarescotland.org.uk/content/publications/Dementia-Summit-Final-doc.pdf

She has a wealth of knowledge on loss and grief and authored key texts which support staff, people with dementia and their families. One example is ‘Letting go without giving up’ www.alzscot.org/information_and_resources/information_sheet/1828_end_stage_dementia_letting_go_without_giving_up

**Innovation**

From 2007-2011 Jenny was a key member of the learning and development team of Dumfries and Galloway Dementia Champions programme which was the forerunner of the current national champions programme. Jenny remains a key member of the national Dementia Champions project, delivered by the Alzheimer Scotland Centre for Policy and Practice teaching team today.

Jenny brought two important elements to the national programme – aspects of the programme which have been shown to support Dementia Champions to deeply evaluate their understanding and approach to people with dementia. Firstly, the community placement, where Dementia Champions are asked to step out of their professional role and focus on being with people with dementia living well in their communities. Secondly, bringing family carers of people with dementia into the classroom as peer educators, an innovation which provides learning, change and mutual understanding both for the Dementia Champions and the family carers.

Also, through researching the topic Jenny introduced the concept of sensory day care for people in the later stages of dementia. A successful pilot took place in Dumfries throughout 2014 and continues to operate to this date benefiting a number of people living with dementia and their carers.

**Service**

Jenny continues to be influentially active in her various roles, including being a member of the Mental Health Tribunal, where she employs her wealth of knowledge on the legal and practice aspects of capacity and consent. She is a well-respected member of the Dumfries community, with an extensive group of friends. She is a board member for several local charities, including the Citizens Advice Bureau and a local parks project. Jenny was also instrumental in setting up the local Dumfries branch of the Macmillan Cancer Support charity.

In 1995 Jenny joined Alzheimer Scotland and a small team in Dumfries & Galloway, consisting of the manager Julie Sinclair and administrator Josephine Rennie to support the development of day care for people living with dementia. Having been an integral member of the local team for a number of years, supporting carers as well as managing service provision she then took up a post as development manager with the national practice development team and remained in this post until 2014. Now as an Associate Lecturer at the Centre we are privileged to have her extensive knowledge, experience and drive as part of the team. Jenny’s contribution exemplifies the impact of innovation, courage and a commitment to service of people with dementia and their families.
The speaker

Iva Holmerová, MD, Ph.D., Assoc. Prof.

- Director of the Centre of Gerontology, Prague
- Vice Dean for International Relations, Faculty of Humanities, Charles University, Prague
- President of the Czech Society of Gerontology and Geriatrics
- Chairperson of Alzheimer Europe
- Visiting Professor, Alzheimer Scotland Centre for Policy and Practice

Iva was a founding member of the Centre of Gerontology, Prague in 1992 and the Czech Alzheimer Society in 1997. Working with GPs and nurses, Iva pioneered community care, home help and short term stay accommodation for older people needing palliative care at a time of great political and economic transition. Iva has a national and international reputation for advancing the care of older people, particularly palliative care, dementia care, and long term care. She was a member of the Czech Government Committee on Ageing from 2007–2011, has been the President of the Czech Society of Gerontology and Geriatrics since 2015 and was Chairperson of the Czech Alzheimer Society from 2003–2014.

Iva joined the board of Alzheimer Europe in 2008, became Vice-chair in 2010 and Chair in 2016. She has been President of the International Longevity Centre, Czech Republic and member of the ILC Global Alliance since 2008. She has also been a board member of the international scientific network INTERDEM (Psychosocial interventions in dementia) since 2012.

Iva has won numerous awards for her work, these include:

- Award for the Outstanding Contribution to Czech Gerontology (2004)
- Makropulos award by the Ministry of Health for a model project of a day care unit for persons with dementia (2008)
- Aeskulap Academy Award for education in gerontology and ethics (2015)
- Prize of the Zadak Foundation for gerontology and Medical Society JEP award (2015)
LECTURE ABSTRACT

THE 2018 HENDERSON CELEBRATION LECTURE
BEYOND BARRIERS: ETHICAL DEMENTIA CARE

I am privileged to chair Alzheimer Europe, an umbrella organisation for the national Alzheimer societies in Europe. Alzheimer Europe aims to provide a voice for people with dementia and their caregivers at a European level, make dementia a European priority, promote a right-based approach to dementia, support dementia research and strengthen the European dementia movement. For more than two decades Alzheimer Europe has published many discussion papers, yearbooks, newsletters and other materials focusing on different aspects of dementia and living with dementia. They have advocated for dementia strategies and policies, the collaboration of societies, and explored the impact and prevalence of dementia, and increasingly the ethical issues that occur in the lives of people with dementia and their informal or professional caregivers.

In this lecture I will provide a short overview of some of the key ethical issues that have been raised in the Alzheimer Europe publications. The premise of this lecture is that rights and ethics are integral to advancing dementia care and education. It is clear that Jenny has put this at the heart of her work on dementia palliative care needs, capacity and consent and family carer support.

A recent Alzheimer Europe publication compares the care in various long term care facilities in different European countries. The findings of this review remind us about the pioneering work of the Beyond Barriers project some years ago. Unfortunately still today in Europe we find many unmet needs in nursing homes. The review shows that palliative care and end-of-life care particularly should be improved. We know that there are many people with dementia living in long term care settings, yet they are not very often diagnosed until the very advanced stages of dementia. Our concern is that this delay in diagnosis and lack of understanding makes people vulnerable to poor care practices. A key recommendation of the review is the need for education in dementia care, particularly advanced dementia care for both the staff, family and friends. A rights based approach to education and care can help protect against neglect and abuse. A call that chimes with the work of the Centre.

The education of care staff is essential if we are to provide quality dementia care. We need to understand what kind of education will make a difference to practice, what will change the professional and personal attitudes to dementia. It is important to understand the science, the new research findings, meta-analyses and such like. However, that is not sufficient. Ethics is not an abstract concept, rather it is part of our practice and values. We need to value staff, upskill them to provide quality dementia care in often impoverished care environments. We need to enrich our staff with education, so they have the ability and values to bring about positive change and improvement.

Drawing on Alzheimer Europe publications the Henderson Celebration Lecture illustrates the importance of integrating ethics into practice and education.

“Ethics is not an abstract concept, rather it is part of our practice and values.”
Our postgraduate students past and present

We were so excited to have PhD graduations this year - here is an update on what they have been doing since gaining their doctorate.

**Dr Nicola Douglas-Smith, PhD, Teaching Fellow**

“I completed my PhD, ‘Navigating the methodological challenges of conducting research in care home environments to explore and utilise the staff perspective in developing an environmental intervention for people living with dementia’, earlier this year.

“My PhD explored the staff perspective of the physical environments within a dementia specific care unit. I used a range of methods, such as visual inquiry-based focus groups, theory-driven questionnaires, and interviews supported with both visual inquiry and emotional touchpoints. The staff knowledge was then utilised to implement and evaluate an environmental intervention in the form of a garden view.

“Key findings from my PhD included the bridging of theoretical and practical knowledge regarding the physical environment of care home settings as well as recognising the staff preference to be involved in decision-making processes, and the barriers and facilitators to staff achieving this.

“A special thanks to my supervisory team, Dr Edward Edgerton, Professor Debbie Tolson and Professor Belinda Dewar for their support and guidance during my PhD. I now look forward to continuing my role as a Teaching Fellow within the Psychology Department of the School of Media, Culture & Society, and working on disseminating my research through publications.”
**Dr Edel Roddy**, Research Fellow

“My PhD explored the experience of inspection in care homes using Appreciative Inquiry. During my final year I was part of a team which included ASCPP staff to develop a funding proposal on dementia-friendly communities in care homes. We were successful in getting awarded funding by the Life Changes Trust to carry out a three year study exploring the strengthening of dementia-friendly communities in care homes within East Ayrshire, Scotland. The Kinections project is situated within the My Home Life/LIFE team in the School of Health & Life Sciences. The aim of Kinections is to:

‘Develop and grow sustainable dementia-friendly communities in East Ayrshire with and for older people with dementia living in care homes and those who support them, enabling them to enjoy the best possible quality of life’

‘Close links, which allow for the integration of expertise and established connections, have been developed between Kinections and the Alzheimer Scotland Centre for Policy and Practice. Anna Jack-Waugh, Lecturer, ASCPP, is a key member of the Kinections project team and offers support and advice regarding best practice and latest research which informs the work of the wider study. Professor Debbie Tolson and Dr Margaret Brown, were involved in proposal development and provided guidance on ethical aspects of involving people living with dementia in research. We are also working with Susan Holland, Alzheimer Scotland Nurse Consultant, NHS Ayrshire and Arran on future collaborative events for members of the public in East Ayrshire’.

**Dr Bryan Mitchell**, PhD, Lecturer

Since completing his PhD Bryan has worked as both a Lecturer at the City of Glasgow College on the Complementary Therapy programme and as an Associate Lecturer with the Alzheimer Scotland Centre for Policy and Practice team on developing educational resources. In particular, the two ‘Understanding Dementia: Class in Bag’ educational resources.

Bryan was shortlisted to interview stage for an Alzheimer Society Fellowship to trial the provision of complementary therapy to reduce the level of stress and distress experienced by residents with later stages of dementia in a nursing home. He also participated in the delivery of the Dementia Champions programme and assisted with the Tovertafel (Magic Table) research project. More recently, Bryan was appointed as a Lecturer on the Integrated Health and Social Care programme where he contributes to the undergraduate mode of study. As part of this role Bryan continues to be actively involved in research. He is in the process of developing an additional funding application to support the work of his Doctoral study.
Our MSc students, past and present are an example of practitioners from different disciplines who strive on a daily basis to provide excellent dementia care in various care settings. Below is a spotlight on three who combine work and study.

Andrea Boyd, MSc Gerontology with Dementia Care student

Andrea Boyd, a Dementia Champion, who went on to win the ‘Best Acute Care Initiative’ at the Scottish Dementia Awards in 2014 for her ‘Pocket Ideas’ activity tool has enrolled on the MSc Gerontology with Dementia Care programme.

‘Pocket Ideas – a moment in time’, is a pocket activity tool. It has been specifically designed to encourage the use of meaningful activity in a simple format to promote conversation, reduce boredom, improve social stimulation and support therapeutic relationships for older people. The pocket tool is small enough to fit into a uniform pocket and is quick and easy to use. It has five sections including; Communication, Physical Activity, Games, Music and Culture and Wellbeing, incorporating games, inspirational quotes, conversation prompts and pictures.

The resource has increased positive and qualitative experiences for patients, staff and family carers, and the evaluation has suggested that Pocket Ideas has increased the awareness of the importance of meaningful conversations, person centred care, improving quality of life and reducing stress and distress for older people.

This national resource can be downloaded from www.careinspectorate.com/images/documents/3934/A%20moment%20in%20Time%20(compressed).pdf

Barbara Lawson, MSc Gerontology graduate

You can read more about Barbara Lawson, a Dementia Champion, who not only graduated with an MSc in Gerontology this year but also won the prestigious Sue Pembrey Nurse Leader Award – see page 39.

Michelle Haddow, MSc Gerontology student

Michelle Haddow, Clinical Nurse Specialist for Older Peoples’ Mental Health, Royal Alexandra Hospital is one of our current students on the MSc Gerontology programme. Michelle applies her learning from the programme into her role and is part of the multi-disciplinary team who will launch ‘Renfrewshire’s Dementia Strategy’ in 2019. This strategy considers all aspects of daily living for the person with dementia with a focus on seven areas: My Life, My Family and Carers, My Home, My Wellbeing, My Independence, My Community and My Services. We will improve the dementia friendliness of Renfrewshire by working in partnership with the person with dementia, their carers and public services. We look forward to supporting this exciting local dementia strategy over the coming months.
INTER-DISCIPLINARY RESEARCH WITH CHILDREN: NEW EDUCATIONAL RESOURCE

In 2017, Dr Louise Ritchie participated in the UWS Crucible researcher training programme which focussed on building inter-disciplinary research collaborations within UWS. As a result of this, Louise received funding to carry out a project exploring dementia education in primary schools. This project was a collaboration between ASCPP, Dr Susan Henderson a lecturer in the School of Education and Dr Graeme Truslove, a lecturer in the School of Computing, Engineering & Physical Sciences.

In order to build a fully dementia aware society it is important that dementia education is integrated into the education curriculum. This will equip children to engage with people with dementia in their families and communities. Staff at ASCPP have recently updated the children’s Class in a Bag, including the story of Mrs Brown and Molly to illustrate the impact that dementia can have on individuals and explore the feelings a child may have when they know someone with dementia. This research project aimed to evaluate the use of Class in a Bag in a Primary 6 class and help to understand the ways in which the bag facilitates learning about dementia. In order to do this, the children in the class used iPads to film their own experiences of taking part in the Class in a Bag session. A follow up focus group was conducted to explore the children’s perceptions of and learning from the session. The research has provided insights into the children and teacher’s experience of the session. In particular, they enjoyed learning about the brain, and the experiential session. Many of the children reported that they already knew someone with dementia and that participating in the session has helped them feel more confident to support them.

The new Class in a Bag for schools and educational organisations can be purchased by visiting the UWS shop at shop.uws.ac.uk/product-catalogue/educational-resource
RESEARCH INTO EMPLOYERS’ RESPONSES TO DEMENTIA IN THE WORKPLACE

As a follow up to ASCPP’s seminal work on Dementia in the Workplace, Dr Louise Ritchie and Professor Debbie Tolson were recently collaborators on a Carnegie Trust for the Universities of Scotland funded project exploring Employers’ Responses to Dementia in the Workplace in Scotland. Led by Professor Jill Stavert at Edinburgh Napier University this project aimed to explore workplace policies, practices and attitudes towards employees with dementia across businesses in Scotland. A survey of 331 businesses across Scotland was conducted and gathered information on policies in place that address dementia and linked issues such as employee health and wellbeing, disability, and age management. Questions were asked about understandings of the Equality Act 2010 duties and United Nations Convention on the Rights of Persons with Disabilities standards in relation to employees with dementia. The survey was followed by interviews with 30 employers to explore these issues in more depth. The project finished with a success report launch in March 2018. The research found that there was a lack of awareness of dementia in the workplace, although many people had personal experiences of dementia. Responses indicate that participants have brought their opinions and understanding about dementia, and its impacts based on these non-workplace experiences to their perceptions of dementia in the workplace. This can often lead to knee-jerk assumptions about the abilities of an employee with dementia. Incorporating the implications of this into how advice and support is presented and offered is therefore important in addressing and managing employer responses to dementia in the workplace.
PAST, PRESENT AND FUTURE: GETTING EVIDENCE INTO PRACTICE

Getting research evidence into practice remains a significant obstacle to improving the quality of care. Over 10 years may pass before research findings become a routine part of clinical practice. This issue spurred us to host a small event, attended by 41 people, funded by the British Society of Gerontology and supported by NHS Lanarkshire which was held on 31st August 2017 in our old campus. The purpose of the event was:

• To generate the interest of, and involve students in turning evidence into practice
• To involve older people in generating research ideas
• To discuss mechanisms for turning later-life theory and research into practice more rapidly
• To provide a networking opportunity for staff and students with our wider healthcare partners

The event also provided a forum for local practitioners who have completed research studies into later life issues to disseminate their work to peers, students and older people. Amongst them were nurses and allied health professionals who are currently participating in our MSc in Gerontology. A lot of the research undertaken within the School derives from local clinical issues, so the event provided an opportunity to share findings and discuss their applicability to practice. The involvement of local older people also helped to provide a service users’ perspective of the value of the findings and what they might achieve.

Following this we held a ‘Research Jam’, which focused on discussing what future research students could undertake that could benefit the locality. The ‘Jam’ used a tool called Ketso. Ketso was developed to give every participant a ‘voice’, particularly those voices who were often silent, so it was considered ideal for this event where it was important that the older people present had a ‘voice’. Ketso has been used worldwide to engage people to learn and be creative. It also encourages participants to think first, then speak, and finally organise their opinions and ideas into a coherent and very visual map. The outcomes of the day are now helping identify some research ideas and priorities for new students and staff projects.
Dr Rhoda MacRae was the recipient of an award that supports the College of Nursing, University of Saskatchewan, Saskatoon, Canada to engage a renowned health research scholar to foster scholarship, engagement and mentorship with key research communities. Sponsored and hosted by Associate Professor Shelley Peacock, Rhoda worked with the research cluster throughout the Autumn 2017 term and spent two weeks during October 2017 at the College of Nursing fostering research relationships and opportunities.

During the visit Rhoda presented at a public lecture which focused on the rights based approach that underpins dementia policy, practice and education in Scotland. She delivered three seminars to undergraduate, postgraduate and doctoral nursing students. These included presenting Class in a Bag as a means of highlighting the spiral of experiential dementia education that runs through our undergraduate programmes and with the postgraduate students presented on the methodological and ethical issues associated with dementia research.

The visit also provided an opportunity to meet colleagues to discuss opportunities to build longer-term interdisciplinary research relationships and build on our current international research exploring dementia in prisons. This work was presented during the visit at the International Conference on Custody and Caring.

Since the visit Rhoda has continued to build on the relationships forged during the visit and we are excited that Associate Professor Shelley Peacock will be visiting the Centre during her sabbatical in June and November. During this time Rhoda aims to match the second to none hospitality that was extended to her by our Canadian colleagues and hopes the visit will bring longer term collaborations between the two universities.

The scholarship helped foster further Canadian connections and Rhoda has begun collaborating with Professor Wendy Duggleby, Associate Dean of Research and Nursing Research Chair in Aging and Quality of Life, University of Alberta. These connections further raise the international profile of the Centre.
EVALUATING THE TOVERTAFEL (THE MAGIC TABLE) WITH OUR STUDENTS IN CARING SETTINGS

In 2017, we secured funding for a new interactive technology called Tovertafel (magic table). Tovertafel was developed at the Delft University of Technology and has very recently begun to appear in UK care settings. Tovertafel uses interactive games which are projected on to a table to stimulate cognitive, physical and social activities for people living with dementia. Tovertafel itself is very new and unique to the care industry and has not yet been formally evaluated within an educational setting in the UK.

Working with partners in NHS Lanarkshire and Erskine Care Homes, this year we have commenced a research project which aims to explore the use of Tovertafel in dementia care, and specifically the opportunities and challenges associated with its integration into the ‘caring toolkit’ for our student nurses within the School. The project has been designed to support student nurses to become familiar with the technology within the University learning environment, before using it on placement with people with dementia, their families and ward staff.

Taking the role of co-researchers in the project, students kept a reflective account of their use of Tovertafel in practice. This was followed up with the focus group at the end of their placement to explore the impact using Tovertafel had on their placement experience and if it has shaped their attitudes towards working with older adults with dementia. The goal of this small project is to lay the foundations for future work evaluating the use of Tovertafel in care settings for people with dementia.
THE GRACE NOTES LEGACY: THE ARTS AND DEMENTIA

Building on the success of the Grace Notes music project, Year 3 Mental Health Nursing students are encouraged to engage with a range of arts based projects and initiatives across the West of Scotland. These could be established projects or new ideas from our students.

In order to support students and formalise this process, this project work will be linked to third year students’ independent study assignment. In the first instance, this is being supported within the School of Health & Life Sciences but with an expectation of attracting support from other Schools where creative arts are involved. It is hoped this will start to build a ‘Grace Notes’ legacy.

COMMISSIONED SERIES FOR NURSING OLDER PEOPLE JOURNAL

The team at the Alzheimer Scotland Centre for Policy and Practice in partnership with Alzheimer Scotland have a special interest and knowledge of the period where dementia is advanced. This commission is for six articles covering the changing needs of the person who is living through this period, their family, carers and supporters. These topics will include personal care, sensory care, meaningful activity and palliative care. Leadership, learning and information about meeting care needs will be core to this series. The intention is to empower and engage nurses and nursing students in this important area of care.

The team are very well placed to provide this learning series, as we are part of the Palliare project, a European study that has provided educational programmes on palliative care for people with advanced dementia for practitioners across seven countries. Our research also includes studies on eating and drinking, sensory activities and quality of life in advanced dementia. The Centre staff support the design and ongoing development of pre-registration nursing programmes and are the team behind two national education programmes: Scotland’s Dementia Champions and Dementia Specialist Improvement Leads.
MENTAL HEALTH TRIBUNAL FOR SCOTLAND LEARNING PROGRAMME

The Tribunal considers and determine applications and examines appeals and monitors compulsory treatment orders (CTOs) under the Mental Health (Scotland) (Care and Treatment Act) 2003. This often includes people living with dementia who need extra care and support. The membership of the tribunal is diverse and includes people affected by mental health conditions, families, professionals working in this field, medical staff and solicitors. Their role is important and so is their learning in such a complex and sensitive field. As part of their learning programme, partnership staff from ASCPP and Alzheimer Scotland delivered a workshop repeated four times for over 80 members on “Hearing the voice of people with dementia at tribunals”. We were delighted with their responses and feedback.

“Excellent, thank you. I really enjoyed this workshop – by far the best of the day. Informative, interesting, emotive, brilliant. Excellent mix of activities which were exemplary.”

Feedback from workshop participant

DEMENTIA SPECIALIST IMPROVEMENT LEADS

As part of the programme to support these important staff in mental health settings who lead care for the person with dementia, we provide a specialised learning opportunity for them over two days here at Lanarkshire Campus. We focus on the most fundamental aspects of life, supporting people to eat and drink, wash and move around. All those activities that can be key to the quality of life for people with dementia, family and carers as their illness progresses. The team includes staff from our student nursing teams, staff from the NHS, Erskine Care, Alzheimer Scotland and the ASCPP. The participants, NHS Education for Scotland and the teaching team here value this rich learning experience at UWS.
TEACHING THE WORKFORCE OF THE FUTURE

The ASCPP team teach into a range of undergraduate and postgraduate programmes, including the undergraduate Adult and Mental Health Nursing programmes, the BA (Hons) in Integrated Health and Social Care and the MSc in Gerontology.

This academic year also saw us commence the delivery of our new MSc in Gerontology (with Dementia Care) and involvement in the development and teaching of the new MSc in Leading People-centred Integrated Care here at UWS.

The Health Education Academy’s (2011) UK Professional Standards Framework for Teaching and Learning in Higher Education, coupled with the practice ideals enshrined in the Promoting Excellence Framework and the Dementia Training Standards Framework guide all our work. Integrated multidisciplinary practice is not just what we teach, it is how we practice as we apply contemporary research to shape our education provision. We also use our educational experiences to inform the direction of our research. The synergy between education and research is the key to our quality and our impact. For example, four of the modules on the MSc in Gerontology (with Dementia Care) have been developed from an EU Erasmus+ project exploring effective and innovative solutions for the future dementia workforce.

We encourage all of our students to be leaders of change, to be intolerant of poor standards and so challenge the status quo. Our starting point for planning learning activities is an evidence-based understanding of the varied experiences and perceptions people have of dementia combined with a spirit of creative inquiry.

We were pleased that the Mental Welfare Commission Report on Community Hospitals earlier this year noted that:

Three quarters of the wards had dementia champions on the ward team and a further 15% had access to a dementia champion based elsewhere. Wards commented positively about their impact. We saw clear benefits where staff who have trained as dementia champions are providing advice and support to other staff and to carers, developing good practice, and improving access to a range of resources for patients and carers.

The Care Empathia approach is a philosophy we share to support our learning and teaching. This has been developed by the team and uses cognitive, emotional and practical learning and teaching strategies to connect with older people and people affected by dementia. It provides opportunities for the development of communication and care skills in a safe way underpinned by a positive relationship-focused value base. We build the person’s capacity to identify and understand the thoughts, feelings and state of another person’s feelings, points of view, motives and behaviour, using a range of cognitive, affective and practical approaches to learning.

Recently, we have completed learning days with staff from Alzheimer Scotland and NHS Lanarkshire, with over a hundred participants involved. We are now working with our student nurses on a pilot to bring this approach into our pre-registration nursing programme. The Care Empathia approach also underpins our learning programmes with Scotland’s Dementia Champions and Specialist Improvement Leads.

NATIONAL DEMENTIA CHAMPIONS: NEW RESEARCH FINDINGS

Delivered by UWS teams and Alzheimer Scotland since 2011, Scotland’s National Dementia Champions programme team is embarking on cohort 10 in 2019. Research into the effectiveness of the programme has been ongoing with the first peer-reviewed article published in Dementia (Banks et al 2013). An article based on four cohorts (2014-17) has just been accepted by Nurse Education Today.

In the article by Dr Rhoda MacRae, Dr Louise Ritchie and Anna Jack-Waugh the theoretical underpinning of the programme and the results of quantitative data from the 2014 – 2017 cohorts is presented. A repeated measure design was used to measure attitudes towards people with dementia, self-efficacy and knowledge of dementia. Data was collected before the start of the programme and repeated at the end of the programme.

The article argues the need for high quality evaluation to measure the effectiveness of dementia education and lays the foundation for future research by the ASCPP team into the effectiveness of all dementia-focused educational interventions. The potential application of this research extends to the evaluation of undergraduate nursing programmes and other health and social care programmes delivered at UWS.

“The findings suggest that the programme had a statistically significant positive effect on all of these outcomes, indicating the potential for change in the care received by people with dementia in hospitals and related settings.”
Impact and outreach

From Canada, Spain, Ayrshire and Arran, Dumfries and back, the team have been working collaboratively with academic and practice communities to enhance understanding of the experience of dementia.

DEMENTIA EDUCATION IN SPAIN

During Dementia Awareness Week Margaret, Rhoda and Anna taught on the first Erasmus funded dementia education programme which was titled “Understanding Dementia: A Practical Introduction for Students, Practitioners and Family Caregivers.”

The two-day programme aimed to increase participants understanding of dementia and the impact dementia has on the person and enhance their skills in creating positive environments of care for the person, family and caregivers.

A variety of interactive teaching and learning activities were used including small group work, learning through experience activities, short presentations, hearing the experiences of people with dementia and family cares and group discussions. The Care Empathia education was very well received and brought a new style of pedagogy to the mixed group of health professionals and students from across the Province. The Erasmus staff mobility provided a valuable opportunity to teach internationally and learn about how we can adapt and enhance dementia education and learning. We aim to embed this learning into our delivery of international dementia education and create further opportunities for staff and student learning and teaching.

The week was hosted by Professor Manuel Lillo-Crespo a longstanding research collaborator with the School and the Centre.
DEMMENTIA AWARENESS IN PRISONS

Rhoda worked with Lorna Hart-Thompson, Dementia Advisor, Alzheimer Scotland and Scott Cringles, Unit Manager / Equality & Diversity Manager, HMP Shotts, Scottish Prison Service to make a film about the work they had been doing to raise awareness of dementia to prisoners, their families and staff. Lorna and Scott have worked in partnership to engage 300 prisoners and 91 staff in dementia awareness and information sessions over the last three years. They have also raised awareness of dementia with families at visiting times and through the Alzheimer Scotland Memory Bus visiting the prison.

The film was made in response to a request from the organisers of the Custody and Caring Conference which Rhoda was attending as part of her Visiting Research Scholarship to Canada. Through work Rhoda was doing with Canadian colleagues on an international literature review of dementia in prisons they had become aware of the dementia awareness raising work taking place in HMP Shotts. Rhoda approached Scott and Lorna about the possibility of making a film that would capture their work and provide them with a digital learning and development tool. Martin Smith (UWS IT) and Rhoda spent a day in HMP Shotts filming Lorna delivering dementia awareness sessions with prisoners and staff, interviewing staff, filming the accessible cells, visiting area and the memory bus on site.

The film can be viewed at www.facebook.com/AlzheimerScotland/videos/10158827210978682/

The project won the award for most Innovative Partnership at the Scottish Dementia Awards 2018. The work of Lorna and Scott has been a catalyst for other dementia awareness raising work across SPS and Dementia Friends sessions are now being delivered to recruits at Scottish Prison Service College, six other prisons and SPS HQ.

GLASGOW FILM THEATRE

Movie Memories (dementia friendly film programme) is designed and delivered by GFT and funded by Life Changes Trust (The Trust is funded by the Big Lottery) to provide a monthly programme with the scope of building a resilient ‘dementia positive’ community. Staff from the group visited us to learn more about our work and gain increased insight into further opportunities to support creativity for people affected by dementia.
UWS NURSING AND DEMENTIA FILM

In April 2018, four students; Jennifer Robbie, Margaret Kennedy, Rozlyn Savage and Oladipupo Oduye participated in filming and narration of a UWS nursing recruitment film. Supported by ASCPP staff Margaret Brown, Anna Jack-Waugh and Louise Ritchie, the students showcased the DOMUS learning environment and the Tovertafel project.

The film focuses on UWS’ strength in dementia care, experiential learning for a rights-focussed and compassionate nurse of the future.

This film can be found at www.youtube.com/watch?v=A1Up2H9haY

THE DEMENTIA AND EMERGENCY SERVICE COLLABORATIVE

A collaborative event in 2017 hosted by the Scottish Fire and Rescue Service saw members of the Scottish Emergency Services and first responder organisations coming together in an awareness raising event about dementia. Supporters and presenters at the event included Henry Rankin from the Scottish Dementia Working Group, Police Scotland presenting on ‘Missing’ projects, Purple Alert presenting their nationwide project and Scottish Ambulance Service presenting on the work of their Dementia Champions. All participants experienced ASCPP Care Empathia simulated learning, leading to expressions of interest in future education for the Emergency Services. The Scottish Fire and Rescue Service were excellent hosts, demonstrating their Safe and Well House and giving all participants the opportunity to experience being in a simulated house fire.

Following this event, a collaborative formed, led by members of ASCPP. The Dementia and Emergency Services Collaborative has representation from Scottish Fire and Rescue, Police Scotland, Alzheimer Scotland, Purple Alert and Scottish Ambulance Service. They are focussed on two work streams; the signing of an interagency pledge and the development of a shared educational resource which all emergency and first responder organisations can access.

Working across and between such large organisation is complex and the members of the collaborative are congratulated in achieving early commitment to signing the interagency pledge to work effectively with people with dementia in 2019. The pledge commitments relate to learning and sharing learning in and across the organisations, supporting employees who may receive a diagnosis of dementia and gaining an understanding of how the services can work jointly to provide effective prevention and intervention actions to people with dementia and their families.
AYRSHIRE AND ARRAN DEVELOPMENTS

Susan Holland Alzheimer Scotland Nurse Consultant joined the team in 2017 and works with the Centre one day a week. Susan has led some amazing work in Ayrshire and Arran, read on…

Pan Ayrshire Dementia Consultation Event

During Dementia Awareness Week in June, 108 people came together to capture the care experiences and expressed views of people with dementia and their care providers. Attendees were people who work and live in Ayrshire and Arran, and included a range of healthcare staff, people with dementia and their family members and staff working within education and the voluntary sector.

There were themed table hosted discussions on expressions of need, desire and hope regarding current and future dementia care provision.

- The expressed need was that both people with dementia and their care providers are able to access resources which support people with dementia to live safely at home for as long as possible, to make their own decisions whenever possible and to maintain lifelong social connections with the people and things they love.
- The expressed desire was that people wanted to live in dementia friendly communities and environments which ensure the person with dementia and their family members feel free from stigma and discrimination, respected and safe and supported by well informed and confident staff.
- The expressed hope was for a proactive culture of dementia care within which avoidable crisis situations and unnecessary hospital admissions are prevented.
Bridging the Gap between Hospital and Community Care

The aim of this improvement project was to enable people with dementia and their families to access support from a local Alzheimer Scotland Dementia Support Advisor both during admission to the general hospital setting and post discharge. A three-month test project commenced in March 2018, in partnership with Alzheimer Scotland East Ayrshire Services, Ward 5D, University Hospital Crosshouse (UHC) and University of the West of Scotland (UWS). During the test period, all offers of referral to the Dementia Support Advisor were accepted. Evaluation feedback collated from nursing staff, people with dementia and families also highlighted a positive impact on key outcome areas such as discharge planning, staff confidence and knowledge and the care experience of people with dementia and their families.

“The information, advice and support given to us whilst my Dad was in hospital allowed us as a family to make informed choices about our parents’ future. When my Dad came into hospital we thought that’s it he needs to go into a nursing home as we can no longer care for him at home and keep him safe. The senior charge nurse of the ward told us about the dementia support advisor and once we got chatting my Dad was eventually discharged home to live again with my Mum who has also recently been diagnosed with dementia, something we thought we would never see again.”

Carer feedback

“The dementia nurse advisor has shared her knowledge and expertise with me which has then allowed me not only to educate my staff but I can also give correct information to families and patients.”

Charge Nurse, Wendy Whiteford, Ward 5D UHC

We are delighted that this improvement project was selected as the winner of ‘Best Community Support Initiative’ at Scotland’s Dementia Awards 2018.

Carers Academy

Working in collaboration with members of the Centre team, nurse lecturers from UWS, Ayr Campus, NHS Ayrshire and Arran staff and Alzheimer Scotland East Ayrshire Services, we were proud during August 2018 to launch our Carer’s Academy programme. The aim of the programme is to support family members who provide care for loved ones with dementia, to develop the practical skills and knowledge they require to assist them in carrying out their day to day caring activities. 11 family members, including those caring for loved with early onset dementia, dementia and learning disabilities and advanced dementia took part in the first run of the Carer’s Academy programme. Simulated and practice based approaches were used to support the development of enhanced level knowledge and practical skills, whilst also ensuring careful attention was given to the maintenance of a supportive and caring learning environment. Evaluation feedback (both formal and anecdotal) has been overwhelmingly positive and would indicate that programmes such as these can be of value to carers not only on a practical level but also in facilitating peer support and establishing connections with local support services.
DUMFRIES DEVELOPMENTS

Anna Jack-Waugh leads our work with the academic and practice community in Dumfries and Galloway from her base in the UWS Dumfries Campus.

**Dementia Spiral**

Anna continues to support the dementia education in the undergraduate nursing programmes in Dumfries. The dementia education spiral was developed by Dr Margaret Brown and colleagues in response to the Promoting Excellence framework. The spiral supports all nursing students to achieve the ‘Skilled’ level when they graduate from the programme.

Support for the spiral includes co-producing class materials with local clinicians and fellow lecturers, preparation of the online pre-class learning material and direct delivery of the sessions. Anna also offers regular opportunities for students to be involved in extra-curricular activities in dementia related subjects.

**Dumfries student nurses go the extra mile**

Dumfries student nurses have a close relationship with Scotland’s National Dementia Champions programme by providing on the ground ambassadorial support for two of the conference days on the programme. The student role is vital to welcoming the new champions, helping them find their way around the events, listening out for concerns and uncertainty and supporting all the guest speakers in their important role.

In return they hear all the guest speakers and gain a deeper understanding of the role of the champions and the outcomes they are supported to achieve. Students from undergraduate nursing programmes in Lanarkshire and Paisley are also providers of consistent support for dementia related extra-curricular activities including the Dementia Champions. Dumfries students however have to overcome their remote location to participate. A typical day for a Dumfries student supporting the programme starts at 6.30am when they are picked up and ends at 7.30pm when they are dropped off. Dumfries nursing students also support recruitment activities by showing potential students and their families around the Domus and outlining the benefits of the dementia spiral to their learning.

**Presentation to Dumfries Rotary**

Anna and Alzheimer Scotland Dementia Nurse Consultant Julie Garton gave a dementia awareness raising presentation to the Dumfries Rotary. The focus was on living and ageing well. The audience members brought significant experience and expertise as it included Solicitors, General Practitioners and educators, some of whom had family members diagnosed with dementia. Wide ranging debates about diet and exercise were followed by rigorous discussions about planning for the future and Power of Attorneys.
ADVENTURES WITH THE SCOTTISH PARLIAMENT, ONE

The Cross Party Working Group on Dementia

Established in 2017, this group allows the voices of all involved in the dementia community in Scotland to be heard. People affected with dementia are partners with families, professionals, practitioners, volunteers and ministers, sharing what is happening across Scotland and starting to explore and examine solutions. Professor Debbie Tolson and Dr Margaret Brown ensure the voice of the Centre and UWS is part of this ongoing discussion.

ADVENTURES WITH THE SCOTTISH PARLIAMENT, TWO

Being Home: Housing and Dementia in Scotland, Parliamentary Launch

The ‘Being Home’ report was welcomed at a Scottish Parliament reception on Wednesday evening (26th September 2018). The event brought together a wide range of people, including MSPs and housing organisation stakeholders, to reflect on the findings of the research.

The report looks at the role housing plays in supporting people living with dementia and has found that housing is a key consideration to living well, but is an underdeveloped resource within the current integration agenda for health and social care.

“This kind of evidence-informed report is a major part of what the ASCPP focuses upon and we work hard to influence policy and practice-based solutions for those living with dementia.”

Dr Margaret Brown, lead author

THE MCLEISH COMMISSION

Throughout the past year Professor Debbie Tolson, Director of the Alzheimer Scotland Centre for Policy and Practice, has been contributing to a crucial area of work as a member of an Alzheimer Scotland commission chaired by the Former First Minister, Henry McLeish. The work of the commission relates to a key recommendation contained in Alzheimer Scotland’s Advanced Dementia Practice Model: that the Scottish Governments accept and recognise that once a person has reached the advanced stage of dementia, all their needs are health care needs. The clear implication of this recommendation is that people who are living with advanced dementia should not continue to be subject to social care charges for what are primarily health care needs.

The commission brings together a group of experts to consider how to define advanced dementia, the numbers of people living with advanced dementia and the costs of the current models of care to the health and social care system and individuals. The
commission will set out the case for change and make informed recommendations aimed at ending the disproportionate costs borne by people with advanced dementia, and those who care for them, through the current charging system. Through Professor Debbie Tolson, the Alzheimer Scotland Centre for Policy and Practice has made a significant contribution to the work of the commission which is currently finalising the report and its recommendations. Alzheimer Scotland aim to publish the report in November 2018.

SCOTTISH DEMENTIA RESEARCH CONSORTIUM ANNUAL CONFERENCE

Professor Debbie Tolson as a member of the SDRC Executive was charged with planning and acting as the Chair for the 2018 annual SDRC conference. Undoubtedly influenced by the UWS commitment to developing research careers and supporting research novices, the SDRC conference featured the work of doctoral students and early career researchers from across Scotland. Although conference planning is a busy time, the support and partnership working between the Centre and the Alzheimer Scotland Communication and Events Team made it a pleasure. The benefits of leading included raising the visibility of our research, and displaying our creative spirit and commitment to an inclusive research culture.

It was a tremendous networking opportunity for Centre staff and students to showcase work, hear about the work of others and build new connections with researchers at similar stages of their careers from different disciplines and Scottish universities.

Getting involved in and being at the heart of a national interdisciplinary conference is just one of the reasons that SDRC membership is important. But the primary reason is about being part of a world-class dementia research community within Scotland. What this means is that we can work and grow our research excellence together, pooling expertise, collaborating on proposal development and being critical friends as we learn the science and master the art and craft of impactful research that will help people living with dementia.

“Scotland is a country that traditionally has performed academically way ahead of what one would expect given its size. This is true of our dementia research activity. I believe though that we can still do so much more to deliver the research and the knowledge necessary to improve the lives of people living with dementia as well as prevent these conditions ever arising. The SDRC is the ideal vehicle to help achieve this expansion of delivery, impact and influence. The work and leadership from UWS in SDRC through Debbie is a fantastic example of what we can and should all achieve within SDRC.”

Professor Craig Ritchie, Chair SDRC
Awards

**STARS AWARD – PROFESSOR DEBBIE TOLSON 2018**

The Staff Appreciation and Recognition Scheme (STARS) celebrates the achievements of staff who have been chosen by their colleagues or students as people who have gone above and beyond normal expectations. Over 200 nominations were received from students and staff this year and Debbie received a ‘Highly Commended’ Award in the Outstanding Research and Enterprise category.

Debbie’s nomination said –

“Professor Debbie Tolson has “a steely determination”, is “a role model for women” and “she asks some challenging questions”. She manages, directs and co-ordinates a large and complex network of people in research and enterprise in the School, University and with partners. She supports small, person focussed projects and large international research innovations. She is interested in the smallest of ideas, if she believes this has the potential to influence the care and rights of vulnerable people. Few people embody the passion, dedication and commitment to improving the lives of people with dementia and their carers through high quality evidence based practice and research like Professor Debbie Tolson.”
BARBARA LAWSON - SUE PEMBREY NURSE LEADER AWARD 2017

Barbara Lawson, who is one of our Dementia Champions and a graduate of our MSc in Gerontology, was one of two UK nurse leaders to be awarded the prestigious Sue Pembrey Nurse Leader Award for transforming care, innovation and leadership through her role as manager of Kincaid Care Home, Greenock.

The judges felt that Barbara was a compassionate and expert advocate for older people with dementia and their families and that she demonstrated, through systematic approaches, innovation and commitment to establishing a caring culture which has enabled both staff and residents to flourish.

Barbara’s UWS nomination said: "Barbara is someone who moves nursing into the light for others and makes her mark in an unassuming but powerful way. She works in the care home sector, an area often seen by some as perhaps requiring less skills and certainly this is still less visible in nursing, yet when I speak to her and hear what others say about her, she epitomises my idea of a nurse leader."

Since receiving her award in York in December 2017 from Professor Emeritus Tony Butterworth CBE, Chair of Foundation of Nursing Studies Barbara has written for the Nursing Older People Journal and is collaborating with ASCPP staff on research into practice publications.

WINNER OF THE BEST COMMUNITY SUPPORT INITIATIVE AT SCOTLAND’S DEMENTIA AWARDS 2018

We are delighted that this improvement project involving Susan Holland, Associate Lecturer with the Centre and Dementia Nurse Consultant for NHS Ayrshire and Arran was selected as the winner of ‘Best Community Support Initiative’ at Scotland’s Dementia Awards 2018. You can read more on page 34.
Selected publications

PEER REVIEWED JOURNALS


REPORTS

WHAT A PHD OPPORTUNITY!

This is a research proposal developed with Erskine, Alzheimer Scotland and the ASCPP staff. We have worked with the staff and residents of Erskine to develop ideas about research that might benefit people living in Erskine. After much discussion and development, the final topic selected will be about the person living in the advanced period of dementia. The student selected by the team after interview, will spend three years working with people with dementia, families, carers and staff in Erskine. Working as a team, they will explore the potential to improve quality of life for the person with advanced dementia, through engagement in meaningful activities.

This three-way partnership between Erskine Care, Alzheimer Scotland and the centre will provide financial, academic and practice support to the studentship furthering the linkages between and impact of research, education and practice.

INTERNATIONAL COLLABORATIONS

The Centre will build on its strong relationship with the University of Alicante to develop innovative European research and education projects.

Rhoda is building on her Visiting Research Scholarship with the College of Nursing, University of Saskatchewan and will host a Canadian academic during 2019 to further develop research, knowledge translation and teaching collaborations. She is also working with academics from the University of Alberta to develop education for healthcare providers and an online intervention for carers.
Class in a Bag
Understanding Dementia: Class in a Bag

Class in a Bag is a portable educational resource used to raise awareness of dementia.

Originating from seminal University of the West of Scotland research entitled ‘Dementia through the eyes of a child’, the resource has been developed and modified to support the exploration of ways to support people with dementia in a number of settings. The educational resource itself includes the physical resources and lesson guides for five experiential interactive workshops. Currently, two different versions of the educational resource have been developed. These are the ‘Public and Practitioner’, and the ‘Schools and Educational Organisations’ resources.

This educational resource was the winner of Best Educational Initiative at Scotland’s Dementia Awards 2016. Those involved in the Class in a Bag workshops increase their understanding of how dementia may affect people. It also offers an opportunity for those involved to increase their knowledge around alternative way of supporting a person with dementia.

More information and details of the educational resource can be found at www.uws.ac.uk/about-uws/uws-online-store/

WINNER OF BEST EDUCATIONAL INITIATIVE AT SCOTLAND’S BEST DEMENTIA AWARDS 2016
The Scottish Dementia Research Consortium (SDRC)

The SDRC is a national network of researchers from all disciplines, practitioners, social scientists and policy makers.

There are five areas of focus in the SDRC, known as themes, which encompass all aspects of dementia research ongoing across Scotland. These are:

- **FUNDAMENTAL SCIENCE**
  The translation of promising research which takes place in laboratories into the actual development of new drugs.

- **DEMENTIA DIAGNOSIS**
  The ability to diagnose dementia at an early stage provides an opportunity to treat the symptoms of dementia before it progresses.

- **LIVING WELL WITH DEMENTIA**
  Ensuring that people living with dementia receive care and support that is informed by robust evidence and delivered with compassion throughout all stages of their life.

- **DEMENTIA PREVENTION**
  Improving our understanding about the risk factors which contribute to the development of dementia, the reduction of which will allow the prevention or the delay of the symptoms of dementia.

- **SCOTTISH DEMENTIA INFORMATICS PLATFORM**
  Supporting the use linked health service data to make advances in health care by improving diagnosis and treatment.

The key objectives of the SDRC are to promote Scottish dementia research globally, pool resources to facilitate multi-institution and cross theme research collaborations and facilitate early career researchers. It is a members based organisation with almost 400 members from the research, clinical, corporate and lay world including over 100 members living with dementia or family carers.
How you can get involved in our work

If you have been inspired by our work, there are a number of ways you can get involved.

These include joining us as a critical friend to help influence our research agenda and shape projects in development and advise on project delivery. We operate an involvement approach to student education and welcome offers to meet with undergraduate and postgraduate students to share your insights and challenges. Volunteering opportunities are also available with Alzheimer Scotland.

Many of our students are self-funding dementia education and research so that they can improve their own practice and become dementia care leaders and innovators where they work. We are seeking funding partners to support our work, so if you are interested in making a donation to support a student scholarship or bursary, or provide other programme support, please contact:

Kathryn Wittneben  
Vice Principal & Pro-Vice Chancellor (Advancement)  
University of the West of Scotland – Paisley Campus  
Paisley PA1 2BE  
Email: kathryn.wittneben@uws.ac.uk  
Tel: 0141 848 3000
Alzheimer Scotland’s Dementia Helpline is open 24 hours a day, 365 days a year.

If you need information or emotional support call 0808 808 3000 or email helpline@alzscot.org at any time, day or night.

Thanks to the Dementia Helpline team, nobody has to face dementia alone.
We hope you’ve enjoyed reading about the Centre’s work in 2018 and are excited to see what we can achieve together in 2019.