Think Active
Dementia Friendly Commitment

Play your Part in supporting those living with dementia
What is the Think Active Dementia Friendly Commitment?

One in fourteen people over 65 are living with Dementia, it’s more prevalent than people realise. However, it is possible to be able to Live Well with Dementia. Being active can not only help prevent the onset of Dementia but can also help someone living with Dementia to continue to live well.

A person who has dementia can continue to enjoy their hobbies, daily activities, friendships and relationships. As their condition progresses, they may need adjustments or extra support with these things.

At Think Active we want support the creation of Dementia Friendly sports and physical activity clubs, groups and facilities to support those living with dementia to live well and remain independent for as long as possible.

People living with dementia and their carers often more comfortable taking the person they care for to places which understand their needs (‘Dementia Friendly’) and people living with dementia feel more comfortable in familiar surroundings. People often stop doing activities they enjoy as their dementia progresses because of concerns about getting the support they need.

Think Active want to support sports clubs, groups and facilities to make a commitment to become more Dementia Friendly to enable those living with dementia to be active by continuing to take part in activities they have always enjoyed.

Why Get Involved?

By committing to taking actions to make your club, group or facility more Dementia Friendly, you will be able to ensure that you are able to support any of your existing participants who are living with dementia to continue to take part in the activities you offer for as long as possible. This will help them to continue to Live Well with Dementia as regular physical activity can:

• Improve the health of the heart and blood vessels, which can reduce the risk of high blood pressure and heart disease
• Reduce the risk of some types of cancer, stroke and type 2 diabetes
• Maintain strong muscles and flexible joints which can reduce the risk of falls enabling people to live independently for longer.
• Improve the ability to dress, clean, cook and perform other daily activities (as these may be performed more effectively if someone is fitter or more supple)
• Improve cognition, recent studies have shown that exercise may improve memory and slow down mental decline
• Provide opportunities for social interaction and reducing the feeling of isolation

• Improving confidence, increase self-esteem and improving mood.

(www.alzheimers.org.uk)

Committing to becoming Dementia Friendly will help to make your organisation more accessible to a wider audience as it will tackle a number of barriers that people with a range of disabilities long-term health conditions may face to being active.

To demonstrate your commitment to becoming Dementia Friendly, your organisation will be provided with resources to promote that you are committed to being Dementia Friendly.

What do we need to do?

In order to sign up to the Think Active Dementia Friendly Commitment your club or group will need to do the following:

• Host a dementia friend’s information session at your club. This is a one-hour session where your club members can find out more about Dementia and the small ways they can help people living with Dementia within their community.
• Identify a Dementia Advocate, or a small working group, from within your organisation to lead on making your organisation Dementia Friendly.
• Develop a plan of actions your organisation is committed to undertaking to become more Dementia Friendly
• Use the resource pack to promote your organisation as being committed to be dementia friendly.

What support is available to help us with this?

• Think Active are working with the Alzheimer’s Society Volunteer Dementia Champions who can run a Dementia Friends Session and help you with your action planning.
• Ideas for your action plan are available overleaf/below
• For further ideas and information on making your organisation Dementia Friendly, take a look at the Alzheimer’s Society Dementia Friendly Sports and Activity Guide which is available at www.alzheimers.org.uk/Sport
• Think Active will promote and celebrate the work your organisation is doing via their social media channels

Next Steps

Start by arranging your Dementia Friends Information Session by visiting http://www.thinkactive.org/contact/ and completing the online enquiry form.
**Action Planning**

Below is an example of an action plan to give you an idea of the type of actions your organisation could think about.

### PEOPLE:

**Awareness, Training & Support**

- Encourage all your participants, coaches, volunteers and parents in your organisation to sign up on line at www.dementiafriends.org.uk to become an Alzheimer’s Society Dementia Friend to understand more about what it’s like to live with Dementia and the small actions you can do to support someone to live well with Dementia.

- Identify a Dementia Advocate or set up a Dementia Action group within your organisation to put together an plan of actions to become dementia friendly.

- Include the ‘Dementia Friendly’ logo on all your promotions e.g. social media, webpage and posters to show that you welcome people living with dementia and their carers to your organisation.

- Show your support to campaigns such as the Alzheimer’s Society Dementia Action Week

- Promote quieter times when your facility/club is less busy or noisy, people living

### PROGRAMME:

**Planning, living with dementia to continue to take part in their regular session eg in a**

- Consider small changes which could be made which could support someone living with Dementia may find these times less overwhelming.

- Designing circuits class buddy them up with another participant who can guide them round the activities, use visual aids as a reminder, keep instructions clear and simple,

- Activities complete a playlist of popular music from an era that reflects the general age of the group.

- Complete a self-guided assessment of facilities to ensure your club is dementia friendly. To help with this there is a physical environment checklist on p40-42 of the Dementia-Friendly Sport and Physical Activity guide available at www.alzheimers.org.uk/Sport

- Environment & Work In Local Communities

  - Provide a quiet place for someone to go if they are feeling overwhelmed

  - Invite your local Alzheimer’s Society Dementia Navigator to visit your organisation so they can understand what you have to offer and advocate opportunities to their clients.

**Further ideas are available in the Alzheimer’s Society Dementia Friendly Sports & Physical Activity Guide www.alzheimers.org.uk/sport**

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