

**NEWS FLASH**

If you would like to come to our next meeting, call 0141 775 0433 for more information.

## Dementia Voices

A newsletter - written by people living with dementia



### I Want to Speak Please!



Dementia Voices is a group for people with dementia who want to share their point of view about issues which are relevant to them. The group

meets every three months to share their thoughts and ideas of what it is like to live with dementia. The group takes part in consultations and visits to conferences etc. The group is always looking for new members so if you or someone you know would like to take part call us on 0141 775 0433 for more information.

### **DEEP Consultation**

Helen, one of our Dementia Voices members, went to a meeting in Glasgow to talk about two dementia conferences which were being planned. DEEP - Dementia Empowerment and Engagement Project, was planning to hold two conferences for people with dementia in Scotland. Helen went along to provide her expertise as a person living with dementia. At the meeting people from other parts of Scotland took part using Skype. At first Helen was a bit nervous speaking out at the meeting but she remembered that she was the expert because no one else in the room had dementia. Helen provided some good ideas about what people with dementia might need in order to attend a conference. One example she gave was not starting the conference too early as some people with dementia might take longer to get ready in the mornings.

## Alzheimer Scotland Conference

Some of the Dementia Voices group joined Karen and Cheryl from Ceartas at the Alzheimer Scotland Conference on Friday 2nd June in Edinburgh. The group went to some of the sessions including Food and Nutrition and Enabling Technology. They also enjoyed visiting some of the information stands which included solicitors, Playlist for Life, Mind for You dementia friendly holidays, Paths for All and many more. There was a “quiet room” for people with dementia to use as the conference was quite busy with over 700 people in attendance. Everyone found the conference very interesting.



## A Visit from Joanne Avery— Speech and Language Therapist

Joanne introduced herself and explained her team were reviewing their leaflets on feeding and swallowing difficulties for carers of people with dementia. She came to the group to hear their opinions about the leaflet, she asked the group what they thought about the colour of the leaflet and whether it should have pictures on it. One of the group said she thought it would be better if it was a bright colour and also if it had a picture on the front and everyone agreed. Another group member suggested a telephone number should be on the front of the leaflet. Some of the group mentioned there was too much information on dementia. Joanne then asked the group about their experiences of swallowing difficulties when eating. Most of the group said they did not have as much of an appetite now and one woman said she sometimes has swallowing difficulties. Joanne said the feedback was great and she would come back with the new leaflet and see what the group thinks when it is completed. She then spoke about coming along to the De Café groups to speak to others about feeding and swallowing difficulties.



For more information about anything in this newsletter or for information on joining the group please contact **Karen Heath** who works with the Dementia Voices group on **0141 775 0433**.