



MDEM Heritage Conference 2019

Memory Plus Workshop

By

**Leicestershire County Council's
Participation Team**

*How to use objects in a multi-sensory way
to engage with people living with dementia and
unlock personal memories*

Memory Plus Team

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Workshop Outline

- Introduction to Memory Plus Project - Highlights
- Explore Multisensory Objects
- ‘What’s in Your Bag’ Activity
- Summary - close

Concept to Completion

- Target audience = People living with dementia
- Museum background
- Skills gap for care home activity staff
- Piloted with LCC collections
- Part funded and commissioned by LSCDG
- M+ Boxes part funded by NHS

What is Memory Plus?

- A training and resources package developed to train professional care staff 'how to deliver meaningful and therapeutic activities using a multi-sensory approach'
- Duration = 1 year
- Comprised of 3 training days and the loan of 7 boxes
- 7 themes
 - Childhood
 - Beside the Seaside
 - Hollywood Glamour
 - Royalty
 - Great Outdoors
 - Work and Leisure
 - Seasons
- Toolkit of practical advice and guidance

Format of M+ Boxes

- 10 different types of activity
 1. Books and Pictures
 2. Craft
 3. Dressing Up
 4. DVD's
 5. Event
 6. Explore
 7. Games
 8. Mindfulness
 9. M-S Object Handling
 10. Music and Movement

Training Objectives

- Increase participants **confidence** and **skills** in delivering activities
- Increase participants **knowledge** when choosing objects and activities involving multi-sensory reminiscence
- Encourage participants to be **creative** and **develop** new activities
- Provide ideas and **inspire** participants to **create** their own Memory Boxes
- Encourage participants to **share best practice** and build a **network** of activity buddies! To have **FUN!**

Highlights

- 70 care homes reached
- 190 staff trained
- Over 2800 people with dementia have benefited from the scheme
- Commended certificate for Hannel Award 2016
- Short listed for National Dementia Care Award 2017
- Delivered M+ activity training for Age UK & Alzheimer's staff in 2017

Highlights

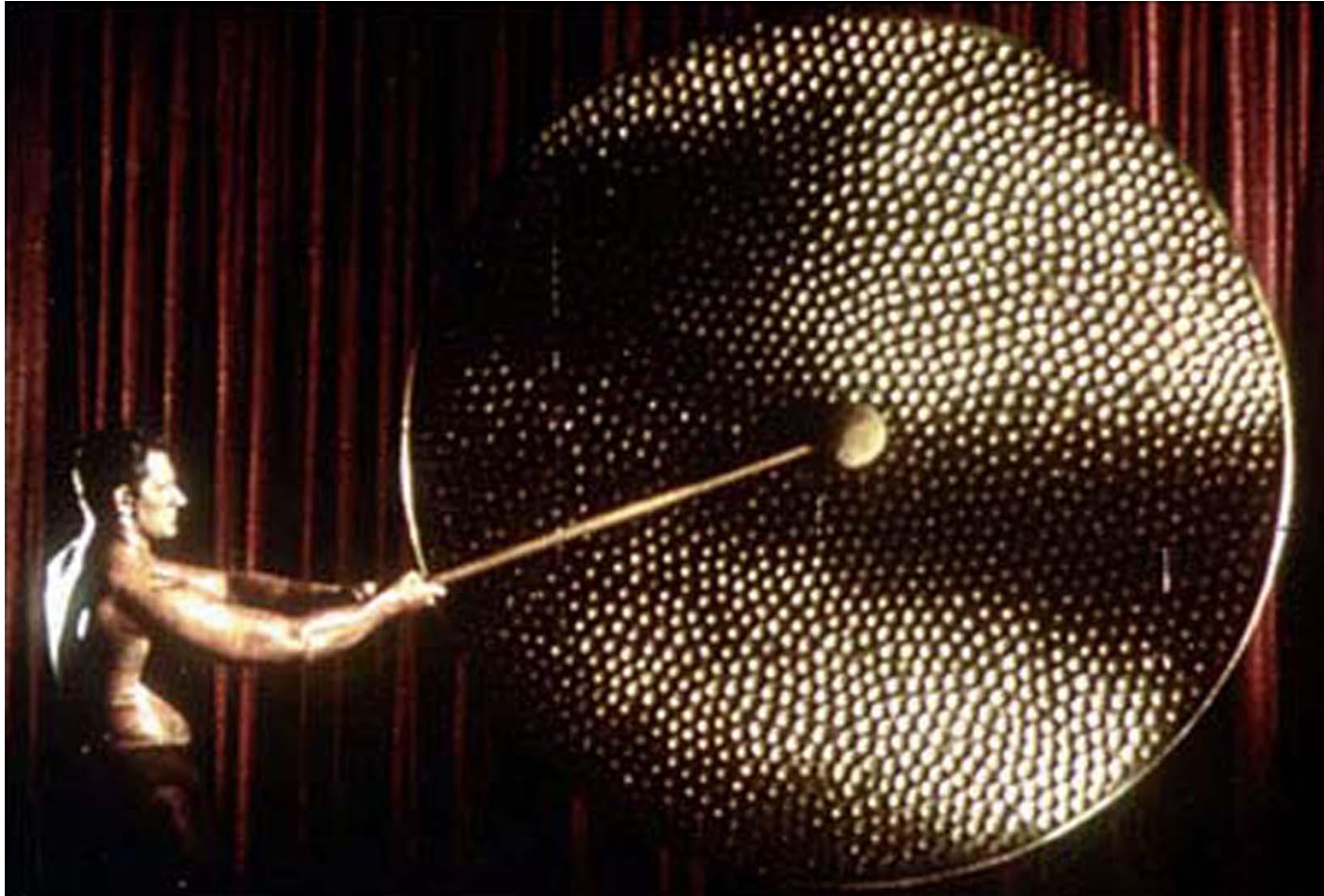
- Commissioned to create 'Memory Plus-Lite' boxes for Alzheimer's Society
- Delivered a successful pilot for both carers and people living with **young** onset dementia
- Delivered M+ activity training for 10 Independent Museums in 2018
- Trained Library Staff on how to deliver meaningful activities for people living with dementia

Quotes from Care Professionals

- “The [Memory Plus] resources have the ability to engage those who would struggle with communication and cognition. I have witnessed service user's faces light up with nostalgia when they recognise an image/word/sound/object. It has prompted service users to be able to share stories and memories with other members which have been fascinating to listen to and prompted much discussion and socialisation”. (Alzheimer's Society, Oct 2017)
- “Thank you for a lovely experience and the standard of training has been the best” (T3:C7, 2017)
- A resident summed it up “It's been such a happy time. You'd never have thought so much could have come from those bits and pieces”. (Feb 2016)

New Memory Plus

- Scaled down
- Re-written activities
- Repacked and simplified
- Resources given to LCC 'Community Managed Libraries'
- More accessible for everyone!



Quotes from the Mindfulness Pilot

- ‘Mindfulness has actually changed my life because I am now much more aware of using the time we have to do what we enjoy’.
- ‘It made me realise how much pleasure that I was missing out on simply because I was doing things on autopilot and not noticing pleasurable sensations, e.g. when showering.’
- ‘Being in a group which was slower gave me the opportunity to voice what I wanted to say as I had the time to find the words.’

Themes For Memory Boxes

- Places
- Good Times and Bad Times
- Favourite Things
- Love and Romance
- Weddings
- Cinema/TV
- Cooking
- Fashion
- Food
- Gardening
- Going out
- Hobbies
- Music
- Nature
- Pets
- Shopping
- Technology
- Transport
- Travel
- Key National events e.g. Remembrance, Easter, Diwali

Summary

- **3 Key messages**

1. Objects **trigger** memories.
2. Using the **senses** can put you in the **present moment**.
Heritage sites are great places to mindfully **notice** and be **curious!**
3. Need to use a **multi-sensory approach** to all our activity provision for a richer experience.

Close

- Just have a go – start creating!
- Please keep in touch with us!

LCC Participation Team

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