

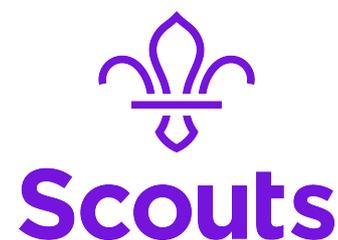
# A MILLION HANDS

## Dementia resource pack

**In partnership with**



[scouts.org.uk/join](https://scouts.org.uk/join)  
**#SkillsForLife**



# Dementia resource pack

# Contents

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<b>A Million Hands Big Moment</b>	<b>4</b>
<b>Calendar</b>	<b>4</b>
<b>Understand the issue</b>	<b>5</b>
<b>Plan action</b>	<b>6</b>
<b>Take action</b>	<b>10</b>
<b>Learn and do more</b>	<b>11</b>
<b>Tell the world</b>	<b>12</b>

# A Million Hands Big Moment

We are asking Explorers Scouts and Scout Network across the UK to hold a dementia-friendly event in your local community at the start of April 2019. This could be:

- an activity or event in your meeting place, where people with dementia are welcome and supported to participate, for example: Singing for the Brain around a campfire
- an activity or event in a community space, which is open and accessible to people affected by dementia, for example: hosting a dementia-friendly film screening
- an activity or event in a local care home or service for people affected by dementia, for example: bird-watching or reminiscing using memory boxes with care home residents

The event can be anything your Colony chooses as long as it is dementia-friendly. You can also invite local VIPs, like MPs, councillors or people who used to be members of your Scout Group years ago!

To help plan the event, you'll find activity guidance in this pack about how to make a space more dementia-friendly, like making your own dementia-friendly signage. We're challenging everyone in Scouting to become Dementia Friends, so that they have a better understanding of the difficulties someone with dementia may face. We know that this can help young people feel more confident interacting with people living with dementia.

By 2021, one million people in the UK will be living with dementia, for which there is currently no cure. By creating a dementia-friendly generation through A Million Hands, we can support people living with the condition to live without fear or prejudice, and to live well in our communities.

## Calendar

September 2018	October 2018 <b>Become Dementia Friends Champion</b>	November 2018 <b>Create dementia-friendly area</b>	December 2018 <b>Create dementia-friendly area</b>	January 2019	February 2019 <b>Plan action</b>
March 2019 <b>Plan action</b>	April 2019 <b>Orgnise a dementia-friendly event for people in your community</b>	May 2019 <b>Forget-me-knot-activity</b>	June 2019	July 2019	August 2019

# Understand the issue

## Become a Dementia Friends Champion

**Overview:** Become a Dementia Friends Champion. Attend an induction day and then run Dementia Friends Information Sessions in your District for Beavers, Cubs and Scouts or other people in the local community.

**Outcome:** Explorer Scouts and Scout Network members will have developed presentation and training skills. They will be able to explain to others what dementia is, how it can affect someone and what actions they can each take to help support people affected by dementia.

**Time:** 1 day for induction session, 1 hour per session delivered

**Equipment:** All equipment needed to deliver the sessions will be provided by the Dementia Friends programme.

### Linked badges:



### Activity instructions:

- 1 Visit [DementiaFriends.org.uk](https://DementiaFriends.org.uk) and register your interest as a Dementia Friends Champion. Search for your nearest Volunteer Induction Day and sign up to attend.
- 2 Make contact with section leaders in your District to let them know you are going to become a Dementia Friends Champion – you can then book in your first sessions nice and early.
- 3 Once you have attended your induction, arrange to visit younger sections in your District to raise awareness about dementia and make everyone in your District a Dementia Friend.
- 4 If you would like to run additional activities to learn about dementia, download the full A Million Hands resource pack for dementia from [amillionhands.org.uk/resource](https://amillionhands.org.uk/resource).
- 5 To see if the Dementia Friends Champion role is for you, you can invite a volunteer to deliver the session for your members by emailing [scouts@alzheimers.org.uk](mailto:scouts@alzheimers.org.uk). We ask for at least six weeks' notice to match you with a nearby volunteer.

# Plan action

## Create dementia-friendly area

**Overview:** Prepare for your event by making your venue space dementia-friendly.

**Outcome:** Explorer Scouts and Scout Network members will have gained a better understanding of the challenges someone with dementia may face when out in the community. They will have learned how to help and will contribute to making their community more dementia-friendly.

**Time:** 1 to 2 hours

**Equipment:** Blindfold, scarf, ear protection, paper, card, felt tips, pencils, crayons, paint, old magazines, scissors, glue, pens, print-outs of the survey.

**Linked badges:**



### Activity instructions:

- 1 Once you have agreed on the type of event you are going to run, ask members to think about the challenges someone with dementia may face when accessing your event space (Scout meeting place or community space). You could make this into a short activity by challenging members to 'experience' the space with different impairments that someone with dementia may face. For example, problems with vision (blindfold), mobility issues (scarf to tie legs together), hearing issues (ear protectors) or a mixture of impairments. After each 'experience' ask members to reflect on:
  - What was the challenge?
  - How did it feel?
  - What could you do to help someone if they were struggling?
  - How might being supported to access the building make someone feel?
- 2 In pairs, ask members to complete the Dementia-friendly checklist for the venue. Ask them to make notes on what they could do to improve the experience of someone living with dementia who wants to come to your event. Choose actions together to help make the venue more dementia-friendly.

**Tip:** Although an accessible building is helpful, people affected by dementia say that it is the people in the building who make all the difference.

**3 Ask members to make dementia-friendly signs using these top tips:**

- **Colour:** the brighter and bolder the signs, the better.
- **Images:** use illustration on your sign as people with dementia might find text hard to read. Just make sure the illustration is clear and don't cover the words.
- **Materials:** as long as the sign is non-reflective, any material can be used.
- **Text:** capitals should only be used for initial letters. The text colour should highly contrast with the background to make it stand out. For example, white words on a black background.

For examples of dementia-friendly signage, look here: [findsignage.co.uk/dementia-friendly-products/dementia-friendly-signage.html](https://findsignage.co.uk/dementia-friendly-products/dementia-friendly-signage.html)

**4 Display the signs around the venue.**

## Dementia-friendly checklist

Complete this checklist for your venue. Tick all that apply and write notes or suggestions about what you could improve. You might decide to take photos of the issues.

	<p>It is clear what each room is for</p> <p>Notes.....</p>
	<p>Entrances to the building are clearly visible and obvious</p> <p>Notes.....</p>
	<p>Signs are clear and give simple information at the right points</p> <p>Notes.....</p>
	<p>Signs are easy to read</p> <p>Notes.....</p>
	<p>Corridors and footpaths are wide, flat and tidy</p> <p>Notes.....</p>
	<p>Toilets are well signposted</p> <p>Notes.....</p>
	<p>There is a seating or quiet area</p> <p>Notes.....</p>
	<p>The exits are clearly signposted</p> <p>Notes .....</p>
	<p>There is an accessible toilet</p> <p>Notes.....</p>

# Take action

## Organize a dementia-friendly event for people in your community

**Overview:** During April 2019, hold an activity or event for people in your community, making it accessible and welcoming for people living with dementia.

**Outcome:** Be Explorer Scouts and Scout Network members will interact with people living with dementia, which will increase their confidence and reduce the stigma and fear often surrounding dementia. People with dementia will feel less isolated and be more connected to their local community.

**Time:** Variable – around 2 to 3 hours (including preparation/tidying up)

**Equipment:** Activity-dependant.

### Linked badges:



### Activity instructions:

Explorer Scouts and Scout Network members should take the lead organising this event. It's not only a great way to put Youth Shaped Scouting into action, but is also an excellent opportunity for young people to work towards their top awards.

- 1 Alongside other members, consider if you would like to hold the event in your meeting place, another community space, or if you would like to take an activity to a care home, or dementia support service.
- 2 Decide with other members what activity or event you are going to run. Here are some ideas:

If members are creative...	Run an arts and crafts activity session Create a memory mural Make Memory Books and reminisce together
If members are outdoorsy...	Bird watch together Go on a short local history walk Plant a sensory garden
If members are musical...	Run Singing for the Brain around the campfire Learn and perform songs from the past

For more ideas download the full A Million Hands resource pack from [amillionhands.org.uk/resource](http://amillionhands.org.uk/resource).

- 3 Invite people affected by dementia:

- Email [Scouts@alzheimers.org.uk](mailto:Scouts@alzheimers.org.uk) to connect with your local dementia service, or get in touch with your local day centre, supported housing scheme or care home.

#### 4 Invite VIPs:

- Are there any local people who used to be Scouts or Guides who would like to attend? Can you involve other local members in your event – have you contacted your local Beavers/Cubs/Scouts to ask for their help?
- Have you told your local councillor and MP about the event?

Email your County Media Development Manager for support and media coverage. If you don't have a County Media Development Manager, please contact the Scout Media Team on 0845 300 1818 or [communications@scouts.org.uk](mailto:communications@scouts.org.uk). Email [Scouts@alzheimers.org.uk](mailto:Scouts@alzheimers.org.uk) too, as we'd love to see photos and hear all about your event. We are always looking to showcase stories of members taking action on dementia, so get in touch if you'd like to be featured on our social media channels, blog or website.

#### 5 Think about health and safety:

- Do you need to complete a risk assessment? Do you have a First Aider on site?

#### 6 Roles:

- Who is doing what on the day? Is everyone clear about their role and time they need to arrive?

# Learn and do more

## Forget-me-knot

**Overview:** During Dementia Awareness Week (May 2019), challenge Explorer Scouts or Scout Network members to tie forget-me-knots to reflect on what they have learned about dementia and how they can continue to be a Dementia Friend or Dementia Friend Champion.

**Outcome:** Explorer Scouts and Scout Network members will have reflected on how being a Dementia Friend has helped people affected by dementia.

**Time:** 30 to 40 minutes

**Equipment:** String/wool, scissors, and a video recording device (mobile phone/camera).

### Linked badges:



### Activity instructions:

- 1 Challenge members to tie complex knots that they haven't done before by following these instructions: [bit.ly/2tHVpJS](http://bit.ly/2tHVpJS)
- 2 While they are practicing, ask them to talk about what they have done for their A Million Hands project about dementia (becoming Dementia Friends, making the venue dementia-friendly, participating in their dementia-friendly event). Remind them of the five key messages of Dementia Friends:
  - Dementia is not a natural part of ageing.
  - Dementia is caused by diseases of the brain.
  - Dementia is not just about losing your memory. It can affect other things like communication or movement.
  - It is possible to live well with dementia.
  - There's more to a person than their dementia.
- 3 Challenge members to make a human knot and photographing or filming it. Alternatively, they could tie loads of challenging knots, and then gather them up and send them to their MP alongside a letter explaining their project in order to raise awareness about dementia, spreading the five key messages to educate others about dementia and their A Million Hands project.

Top tips for filming a great video on your smart phone:

- Make sure you have permission from everyone who will be on the film.
- Shoot landscape and keep the camera as still as you can.
- Make sure there's lots of light on the people being framed – don't have them standing in front of windows.
- Film somewhere quiet to make sure you can hear what they are saying.

- 4 Review and edit the video together. Use the finished video in the Tell The World activity.

# Tell the world

## A Million Hands make a dementia-friendly generation

**Overview:** During Dementia Awareness Week (May 2019), challenge your young people to share their forget-me-knots with friends, family and the wider community.

**Outcome:** Explorer Scouts and Scout Network members will have influenced and inspired others in their community to be more dementia-friendly.

**Time:** 1 hour

**Equipment:** Internet access.

**Linked badges:**



**Activity instructions:**

- 1 Using the forget-me-knot video from the Learn and Do More section, plan and run a social media campaign during Dementia Awareness Week (May 2019). You could come up with a challenge for your District to encourage them to become more dementia-friendly or participate in your campaign.
- 2 Share on social media mentioning #amillionhands and see how many shares and likes you can get!
- 3 If you would like to write a blog about your A Million Hands project on dementia, or be involved in a social media 'takeover' for Alzheimer's Society, email [Scouts@alzheimers.org.uk](mailto:Scouts@alzheimers.org.uk) to find out more.
- 4 Remember to get in touch with your VIPs (former Scouts, councillors, MPs) to share your Unit/Network's video. You could even challenge them to make their own forget-me-not video.