



Future Care
Your Future Matters

The Future Care Group Dementia Culture Statement

Our Group has the vision of becoming a leading, Care Home Group in the UK focused on providing the highest standards of care based on the needs and choice of the individuals, offering an active lifestyle in a warm and comfortable environment for residents and staff while adopting innovative concepts for care.

Our Values: Care, Comfort, Compassion, Credibility

There are currently 750,000 people living with dementia in the UK and by 2025 this is expected to rise to over one million. A third of all people living with dementia live in care homes and it is reported that 1 in 3 people who live in non-specialist homes have dementia or undiagnosed symptoms.

Dementia is an incurable condition caused by disease of the brain which over time seriously impairs a person's ability to live independently. Symptoms include severe memory loss, mood fluctuations and personality changes, which can present with serious confusion, agitation or aggression and physical changes including poor mobility, weight loss and sleep deprivation.

In 2009 the government set out a five-year strategy "Living Well with Dementia" to improve awareness and provide better access to specialist services, for people living with Dementia and their carers.

Moving into a care home is a major life event. Getting older is not a disease or a condition. Although old age involves loss, we do not lose the ability to make choices, learn or experience love and affection.

To support our residents to live well through activities of daily living, we have implemented a group of standards that will support our homes in achieving the best outcomes. However, each element needs to be flexible in its approach to maintain individual resident focus.

Our Group Standards

Our Home Standard

The philosophy of the Home is to provide a friendly, homely atmosphere, where Residents can live as independently as possible by having a meaningful life. They should be given every opportunity to make informed choices about their personal care and their personal opportunities of being able to live a quality life.

The local dementia community should be invited to become part of our community invited to participate in our events and programmes along with our residents' families and friends.



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Our staff work together and across departmental roles for the benefit of our residents. Our dedicated staff will work closely as part of the team at the Home. Our staff will promote a dementia environment and a person-centred approach to care to ensure each individual living with dementia experiences positive outcomes and well-being.

To achieve this standard each Home will:

- Have dedicated staff who will undertake additional and relevant training for the role.
- There will be 2 Dementia Champions in each home that will provide our teams support to implement the Dementia Strategy and who will be our voice in raising this awareness in our local communities. There will be a minimum of one per home by the end of 2020.
- All staff will undertake training and complete the `Stand by Me` online training.
- Dementia Champions will become a `trained Dementia Champion` through the Alzheimer's Society initiative and facilitate Dementia Friend sessions at the home to staff and external applicants.
- Dementia Champions will complete the University of Worcestershire bespoke course
- Have a range of available resources in a variety of formats and languages in an identified area in the home to enable easy access from local and national Dementia organisations.
- Each home will join the Dementia Alliance in their local area & become a member of the Alzheimer's Society and have a home specific action plan.
- Each home will link with the local Dementia UK & Alzheimer's Society and hold an event in support of the Dementia UK.
- Each Home will have a Dementia `Vintage café` that provides a focal area for residents, relatives and visitors to meet. A plaque and banner will be available for each home to display.
- Each Home will have activity stations available 24/7. Crafts, puzzles, games, magazines, books, reminiscence, exercise classes, music & doll therapy and destination areas that are themed e.g. gardening, tools, office area.
- Each home will produce memory boxes which can include articles and items for topical discussion. These can be either wall mounted or as individualised boxes.
- Photographs of activity involvement will be shared with family and friends through individualised notebooks, internally in the home, on Facebook & the website.
- Link with local clubs and societies who support people living with dementia in the local community.
- Dementia Audit and observations are completed as reqd.
- Residents care plans including an Advanced care plan, contain life history details, likes and dislikes and personal choices.
- Relatives, family and friends to be invited to be involved in the care and support for the person living with Dementia.
- Dementia Care mapping to be available as required to each home.
- Home visits from the Group Dementia Lead as required for each home.



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Our Environments

- Flooring - these will be impervious that have enhanced cleaning ability, should not be polished or reflect light as someone living with dementia may think this is an expanse of water
- Homes have a mixture of chair designs and colours and cushions that are dementia approved.
- There are large clocks in communal areas that are numbers and are clear to see.
- Lighting is bright and does not cast shadows or affect the natural bodies circadian rhythm.
- There is clear signage to identify locations i.e. Toilets, bedrooms including pictorial symbols.
- Bedroom doors are easily identifiable and at eye level, name, number, colour. Door wraps may be used.
- Memory boxes are available with relevant personal items to provoke meaningful conversations (see above)
- External garden areas have defined pathways, adequate seating, colourful shrubs and flowers including sensory items and water features. Sheds, shops and external cues and way finder signage is encouraged.
- Walls are decorated in matt paint or non-glare, softly patterned and fire-retardant wallpaper, clearly defined handrails
- The use of Murals and painted/ decorated scenes that are appropriate, provoke discussion and provide meaningful conversations are encouraged. Patterned wallpaper that has images should be chosen carefully and be appropriate to the environment as they could be confusing to someone living with dementia.
- The use of pictures, props, ornaments, equipment, or items that enhance the environment e.g. areas dedicated for cinemas, nurseries, offices, pubs and shops are encouraged.
- Bed linen being a muted pattern/ colour that contrasts with the carpet/ flooring so that bed is easily seen
- Mirrors in bedrooms are reviewed for individual relevance and choice, as these can be quite disorientating to someone living with dementia.
- Sensor alarm systems used rather than standard call bells to monitor residents' movements are preferred.
- Use of coded keypad locks for security for resident's safety can be used and risk assessed/ DoLS.
- Use of technology- Passive infra-red sensors for when residents require their en-suites lit up during the night.
- Sensory areas/ snoozelums and Namaste areas are encouraged to provide quiet and focus areas for individuals.
- Nutritional items are available to enable Residents to graze, including cupcakes, snacks, fruit, molds for dysphasia. Hydration stations are established in communal areas to allow for available refreshments.
- Molds are used for meals to provide stimulating option for residents on modified diets.



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Our Dementia Programme Standard

- Dementia `Vintage café `will be available in our homes and open to the community minimum weekly.
- Planned activities will be occur during the daytime 7 days per week.
- Unplanned events including meaningful moments and moments of joy, can happen at any time during the 24-hour period, according to the individual needs of our residents.
- Each resident will have their life history, hobbies and interests recorded. This includes previous and current interests.
- Each resident will be asked to share their wishes to allow them to have a quality of life.
- The monthly activity programme will be shared through promotion of events and functions. The programme will be discussed daily with our residents living with dementia and discussed at Resident meetings which our staff are to encourage to join. This should include religious, spiritual, cultural & personal needs.
- Utilise use of garden space to its full potential for walks and external activities including planting and gardening.
- Activities will be tailored to meet the individual needs for residents living with dementia and be age appropriate.
- Where appropriate our residents will be involved in household tasks such as: setting tables, folding linen, light dusting, caring for the garden etc.
- Appropriate sensor stimulation activities will be included residents who are in advanced stages of their dementia e.g. Namaste.
- Signposting to assistive technology to maintain independence within the home/ access to an online portal. Provide a variety of platforms to access information including online information, forums and different formats and languages.
- Provide advice on different cultural backgrounds and with specialist needs for people with learning disabilities, younger people and LGBT communities.
- Access to Pets as therapy (PAT) dog or another pet therapy and welcome appropriate pets and home small animals e.g. chickens and rabbits.