



A Life More Ordinary

Developing dementia friendly spaces through the arts

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Dementia Friendly Communities



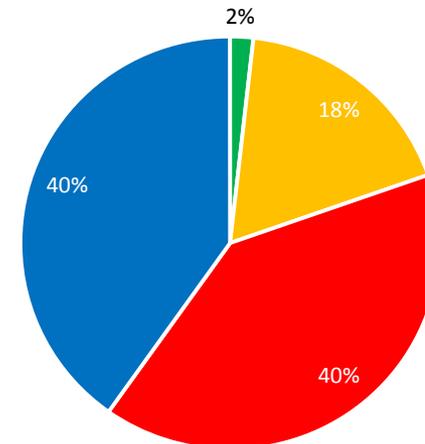
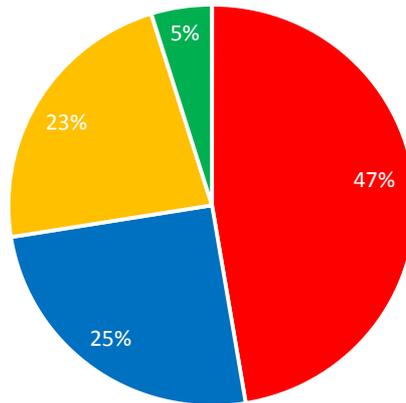
Programme: 4 core objectives:

- 1) To increase feelings of involvement and reduce feelings of isolation for people with dementia and their family members through arts-based events;
- 2) To give people living with dementia more choice, more control and greater access to leisure and cultural opportunities;
- 3) To understand what adaptations are needed to make venues more dementia friendly; and
- 4) To develop a model that can be rolled out more widely in theatres and cinemas across the country.



Participants across all venues

Yr 1



- General film-goer/General public
- Family member/Carer
- Someone with early stage memory problems/diagnosed with dementia
- A volunteer on the project

- 30-44
- 45-64
- 65-74
- 75+

DFS: the physical environment

We de-cluttered the foyer, including removal of all belt barriers, turned off front of house music and displayed clear signage. Lighting was slightly higher than normal, no ads or trailers and interval.[Name] came and sang in the interval and gently encouraged participation. Some audience members joined in and others just listened. They all seemed to appreciate the shared experience.

[Theatre Manager]

These events are always very well attended and it is wonderful to see how much people enjoy them. It is really difficult to squeeze in all the wheelchairs and it is time consuming seating everyone. ...

[Theatre Manager]



DFS: the social environment

'It has been really good for us. Its mainly, from my point of view, its just that I feel comfortable with people who have got the same sorts of needs as J [her husband] because sometimes in public it can be quite hard because 'I' can't follow a conversation and people don't understand. And so here, I've got people to talk to that understand – you can bounce ideas of one another and you don't feel as isolated – you can relax.' (Mrs W).

'its good, because we can go out together rather than me doing things on my own and the [paid] carer looking after F [husband]. It's the only thing that we've been able to do together apart from the coffee mornings [organised by the Alzheimer's Society].' [Mrs H]



DFS and wellbeing?

‘they made us think, they made us do something that we wouldn’t normally do at home. F [husband] loves drawing, so he’s thinking he might start doing something. It has encouraged us not to be frightened of going out and trying new things, because the workshops have brought back memories of the different things we can do. That feels good – you think to yourself ‘I’m not past it’!’

'In the moment performance'

'Reminiscence definitely has its place as does any working with memory, but we wanted this session to be about the here and now and in our bodies and from my point of view that comes from a somatic point of view. Here we are in our bodies today let's work with our hands, let's work with our feet. They might have imaginary ideas, they might have real historical physical memories, they might be inspired by somebody else's movement. So I think, that feels important to me actually to make it about the people here and now in their bodies'

(Workshop Facilitator)

'I think she is very much in the moment ...this evening she might not remember she's been, but in the moment she is very, very happy.'

(ALMO2: Family Member)

Programme Expansion & the Dementia Friendly Screening Toolkit for art-based spaces



- Roll out 1st 18 months – Dukes Theatre plus 8 additional venues plus 2 cinema chains rolling it out nationally, e.g.

Picture House FACT, are continuing their dementia friendly screenings in FACT Liverpool and rolling out to 18 of their London cinemas.

The Light Cinema Experience, New Brighton

“Being part of A Life More Ordinary places us well in the local community. The Light Cinema is now seen as central to the community rather than a faceless multi-cinema. We’re part of the community hub!...The regular audience get to know our staff and know they are coming to a safe environment. It’s also made our cinema staff more aware and understanding of people living with dementia and different needs which translates to our relaxed screenings as well.”

Marketing Manager, The Light Cinemas (New Brighton)

Summarising the ALMO model



- Staff volunteer/cinema buddies received dementia friends training;
- Theatre and café/bistro adapted to make a dementia friendly environment;
- Film screenings open to general public;
- Choice of film screenings undertaken by task group comprising people with dementia, family members, volunteer/cinema buddies, and staff;
- Workshop facilitators all have experience of working with older people and those with dementia;
- Potential for new developments – Still Me.



Still Me

'We all feel as if we are helpful, creative and valued and staff have been friendly, enthusiastic, and encouraging. Everyone is enjoying the experience of letting go and having the best time together. We join in everything and leave tired and very, very happy every week because, thanks to your forward planning, for three wonderful hours our time is completely filled. There is no space or time for outside or negative thoughts: the whole time is for positive learning and play. How brilliant is that?'

Still Me participant 2017

"I've rarely experienced so much unbridled laughter and creative play on a project before. Thursdays continue to be a highlight of my week and it's a joy to share them with you all."

John Randall (Film Artist). Still Me