



# 21 March 2012

Murrayfield Stadium, Edinburgh

## 4th Annual Congress

in association with

Scottish Care and Alzheimer Scotland

CARINGTIMES

The Journal of  
DementiaCare

9.00-9.40am Refreshments and exhibition viewing

9.45 Welcome and introduction

10.00-11.30 Plenary session. 'I remember better when I laugh': Drama, humour and music. *John Killick with the Scottish Dementia Working Group and a choir of people with dementia*

Medical and scientific update on the prevention and treatment of dementia. *Frank Gunn-Moore, Reader in the School of Biology, University of St Andrews*

11.30-12.00 Refreshments and exhibition viewing

12.00-1.15pm PARALLEL SESSIONS:

### 1. RESEARCH INTO PRACTICE

How can we improve care of people with dementia in acute hospital wards? Evidence-based solutions. *Research from the University of St Andrews; findings and recommendations from the Royal College of Nursing's best practice review; group discussion and conclusion: what can I take away to improve my practice?*

### 2. SYMPOSIUM

How can outcomes-focused approaches improve the quality of life for people with dementia and carers? *The Joint Improvement Team have been leading implementation of the Talking Points approach, which is being used by more than 70 organisations in Scotland and beyond. Care providers at the forefront of practice with people with dementia, people living in care homes and family carers will share their experiences.*

### 3. WORKSHOP

The last taboo: issues of sexuality and dementia in care homes. *A better understanding of sexuality in dementia will lead to improved care practice. Using case studies to illustrate some of the difficult situations care staff and residents face, experts from NHS Greater Glasgow and Clyde will explore the moral and ethical dilemmas that arise from everyday challenges, such as the impact of a person's sexuality on others, capacity to consent to sex and attitudes towards sexuality in older people. Participants will be invited to share their experiences and generate ideas for best practice.*

### 4. SHORT PRESENTATIONS: BETTER CARE IN THE COMMUNITY

- The East Dunbartonshire Dementia Network
- Improving support for carers - Alzheimer Scotland research
- Bereavement: a new resource for people with dementia
- Difficult conversations: a new resource for carers
- Design award: dogs for people in early stage dementia

1.15- 2.15 Lunch and exhibition viewing

2.15-3.05 KEYNOTE: Care home inspection.  
*Speaker to be confirmed*

2.15-3.05 ALTERNATIVE PARALLEL SESSIONS:

Maintaining good nutrition and hydration: how staff in acute hospital wards have overcome the challenge of helping people to eat and drink enough to aid recovery and prevent complications.

Speaking for ourselves: Leadership and involvement by people with dementia to influence services and policies. *Toby Williamson, Mental Health Foundation and the Scottish Dementia Working Group.*

3.15-4.30 PARALLEL SESSIONS:

### 1. RESEARCH INTO PRACTICE

Better care for people with dementia at end of life. *What does research tell us about effective and personalised end-of-life care for people with dementia? Practice perspective: care professionals and family carers share experiences of good practice in end-of-life care, and of working with a palliative care approach that focuses on living well with a terminal illness. Group discussion and conclusion: what can I take away to improve my practice?*

### 2. SYMPOSIUM

Behaviour that challenges us. *Professor Ian James and Lorna Mackenzie, Newcastle Challenging Behaviour Team, will share insights and lead discussion on the difficult issues arising from behaviour that challenges staff. By exploring triggers and understanding behaviour as communication, it is often possible to reduce agitation and distress and prevent the need for dangerous anti-psychotic drugs. Professor James will also empower you to be your own researcher through a user-friendly methodology called single case assessment, helping to build up an evidence base to prove the effectiveness of psychosocial approaches.*

### 3. WORKSHOP

Care planning for a better quality of life in care homes. *In this workshop participants will learn about new ways of approaching life story work and individualised care planning that includes meaningful activity and occupation. In particular the group will share and discuss the challenges of involving all staff in improving the quality of a person's day - and nighttime too.*

### 4. SHORT PRESENTATIONS: CARE HOMES

- End of life care - staff training
- Physical health needs and infection control
- Independent advocacy for residents in care homes
- Exploring residents' views through drama
- Design for independence

**For further information please contact Steven Knowles  
on 020 7720 2108 ext 214, [steven@hawkerpublications.com](mailto:steven@hawkerpublications.com)**

# The 4th Scottish Caring & Dementia Congress - 21 March 2012, Edinburgh

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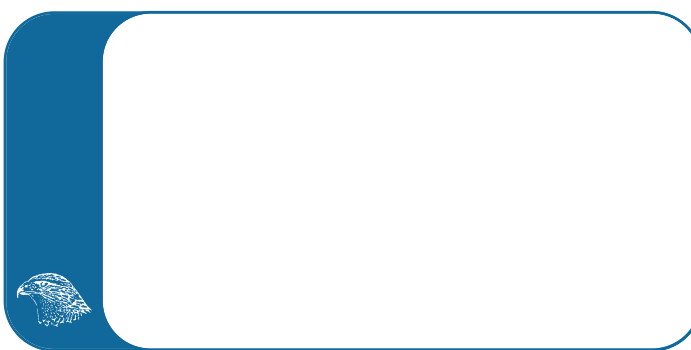
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## 2. PAYMENT

**Early bird rate until 31 January 2012 - £99 plus 20% VAT (£118.80)**

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