Community and peer support for people with dementia

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Overview

• One of a number of community services provided by Sue Ryder in Doncaster.
• Develop and support dementia champions.
• Targets shops, business and frontline customer support staff.
• Improves access to community resources.
• Established a peer support infrastructure.
A dementia friendly community . . .
Peer support and friendship . . .

- People in control of their own unique journey
- Sharing of ideas and experiences
- Community awareness
- Reduce reliance on health and social care services
- Reduce social isolation, risk of loneliness and depression.
Outcome 1.

Greater community awareness of dementia and services to reduced social isolation risk of loneliness and depression

• Over 400 dementia friends created in 12 months
• Directly support for over 150 people through groups and drop-in sessions
• Connected people in similar situations to ease feelings of isolation and loneliness.
Outcome 2.

Community building - dementia champions are a resource for other health and social care initiatives, with greater opportunity to access support when increasing need becomes apparent.

• Networking and partnership working established with local community services and other providers created

• Community bases established (peer support sessions), plus community information points

Commitment to the Dementia Alliance and encouragement to other businesses in Doncaster.
Outcome 3.

Timely positive intervention to fill the gap between diagnosis and receipt of appropriate information and networks and services.

- Collation of appropriate service information - peer support coordinators are knowledgeable about what’s on offer in Doncaster
- A contact for advice and support for people with concerns about dementia / memory across Doncaster communities
- Identified 50 people who had previously not been linked with services or had their dementia diagnosed.
- A source of reliable and regular support (through support groups and regular telephone contact).
Outcome 4.

Sharing of ideas and experience of coping with symptoms. Peer support and friendship networks developed. People knowledgeable and in control of their own unique journey.

- Community spirit – volunteers helping in support groups
- Adjusted services to support individual needs (convenient timing of support groups, alternative home visits, both in and outside of normal working hours).
- Social activities arranged to encourage peer support.
- Align ‘Peer Support’, with other local Sue Ryder services (activities for people with disability and long term conditions)
- Facilitate social activities for people in similar circumstances, to help build relationships, friendships and peer support.
- Consult with communities to find out what specific activity and form of support would be valued.
“Attending Peer Support Group and the one to one telephone calls have helped me come to terms with my friend going into a care home”

“I don’t feel comfortable discussing my personal situation in front of others but I know I can ring for help when I need it”

“Attending Carcroft group with my sister has given me lots of useful information and turned my tears into laughter”

“Sometimes things are just so overwhelming that I feel I cannot cope but the ladies have helped me get through all the paperwork and made sure I am receiving some help”
New challenges?

- Further embed Peer Support within existing community groups.
- Withdraw from groups which have become self-sufficient.
- Target new communities within the Borough.
- Evolve to become a facilitator.
Some more shape options… but don't over do it

https://www.youtube.com/watch?v=hJmHEprZEw4
Sue Ryder