

Summary report: Dementia Health Information Session II

On 11 August 2023, The Healing Church of God in Christ (THCOGIC) Community in Paddington invited Imperial College London to deliver a follow-up online health information session on dementia. The session was held from 8:00 PM to 10:30 PM via Zoom.

Background and development of the session

Following the successful delivery of an online health information session on dementia on 16 June 2023, organised by THCOGIC Community in Paddington in collaboration with Imperial College London's Patient Experience Research Centre (PERC), a need was identified for a subsequent session. The initial session, led by Professor Paresh Malhotra, focused on providing a general overview of dementia, including types, symptoms, and risk factors. Based on community feedback, it was clear there was significant interest in exploring the support and management strategies for individuals living with dementia and their caregivers.

Jo James, Lead Dementia Clinical Nurse Specialist, and Ruby Colley, Dementia Clinical Nurse Specialist, from the Dementia Care Team at Imperial College Healthcare NHS Trust (ICHT), delivered a presentation on insights into strategies and support for individuals living with dementia and their caregivers. They discussed the services offered by the Dementia Care Team, which encompassed comprehensive care across all hospitals and satellite sites within the Imperial College Healthcare NHS Trust. Referrals to the team were open to all, including carers, family members, or patients themselves.

At the session, alongside Jo and Ruby several other individuals from Imperial College were also present:

- **Halle Johnson:** Public Involvement Officer (co-organiser from PERC)
- **Naima Adan:** Public Involvement Officer (co-organiser from PERC)
- **Sophie Horrocks:** Designer, Helix Centre, UK Dementia Research Institute Care Research & Technology Centre
- **Success Fabusoro:** Research Technician, UK Dementia Research Institute, Care Research & Technology
- **Kate De Burca:** Research Technician, Department of Brain Sciences, Imperial College London
- **Jennifer Crow:** HEE/NIHR Integrated Clinical Academic Programme, Clinical Doctoral Research Fellow, Imperial College London

Format and aims of the session:

The session commenced with a warm welcome from key members of the THCOGIC Community, followed by an opening prayer and reading. Representatives from Imperial College were introduced, detailing their roles, before Jo and Ruby from the Dementia Care Team began their presentation.

The session aimed to raise dementia awareness and highlight available support within the community. Practical advice and information on managing dementia post-diagnosis were provided, with a focus on caregiving at home. The format included a one-hour presentation

and an hour-long Q&A session. Discussions covered support mechanisms, resource access, and effective strategies.

Attendees:

The session, attended by approximately 64 members of the public, represented families and caregivers from the THCOGIC Community in Paddington and their associated Churches in Essex and Ealing. The cross-generational audience included both younger family members and older caregivers. Additionally, 8 people from Imperial College and NHS trust, as listed above.

Topics Covered

Support and Management Strategies:

- Practical tips for daily care and managing symptoms.
- Psychological and emotional support for caregivers
- Resources available within the community and through healthcare services

Living with Dementia:

- Adaptations to living environments to support individuals with dementia.
- Techniques to improve quality of life and maintain independence.

Caregiver Support:

- Coping strategies for caregivers to manage stress and prevent burnout.
- Support groups and networks for caregivers.

Available Resources:

- Information on local and national organisations providing support and assistance.
- Guidance on accessing healthcare services and benefits.

Questions Asked:

- What are the best practices for managing daily activities for someone with dementia?
- How can we support the emotional well-being of someone with dementia?
- What resources are available for caregivers within the community?
- Are there any support groups for caregivers we can join?

Reflections:

- The community highly appreciated the detailed and practical nature of the session.
- Attendees found the information on caregiver support particularly valuable, given the cultural context of caring for family members at home and within the church.

ROUND TABLE
Every Friday at 8pm

DEMENTIA PART 2
Date: 11/08/23 at 8pm

Let's TALK about it with
DEMENTIA Specialist Nurses

Practical Tips for: Living & Caring for someone with
DEMENTIA, Support available for Family and Patient

Join us **ONLINE via ZOOM**
THCOGIC's Zoom Meeting
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Meeting ID: 723 346 4866 | Passcode: THCOGIC

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- The session facilitated a deeper understanding of the resources and support mechanisms available, empowering the community to better manage the challenges associated with dementia care.
- A notable outcome of the session was the exchange of contact details between Jo, Ruby, and community members. Several attendees expressed eagerness to extend discussions beyond the session, signalling sustained support, communication, and trust-building within the community.

Future Plans:

Based on the positive feedback and engagement, plans are being made for further sessions to continue supporting the THCOGIC Community. These may include more specialised topics on dementia care and other health-related issues such as stroke, as identified by the community.

This event reinforced the importance of ongoing collaboration between Imperial College London, the ICHT Dementia Care Team, and the THCOGIC Community to address health disparities and provide targeted support where it is most needed.