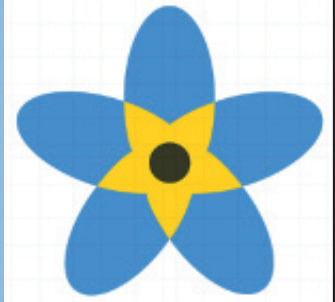




Kington Manor Nursing Home
September 2019 Newsletter
Teaching Care Home
and Dementia Edition



A Message from Matron

Welcome to our September Newsletter which focuses on our work as a Teaching Care Home. We are very excited to be moving forward with our initiative to make our local community 'Dementia Friendly'.

We have so far had Dementia and Namaste training for our staff and plans are in place for Dementia training for relatives and the wider community. We have completed our information sheet (enclosed) which was produced in conjunction with our Teaching Care Home collaborators Denise Forte (Kingston and St. George's University, London) and Dr Rachel Potter (Warwick University Medical School). This will hopefully give everyone a better understanding of our aim. We are hoping for a positive response from the wider community to assist us in reaching our goal which is ***'To improve the experience of living well with Dementia for residents, their families, staff and the wider community'***.

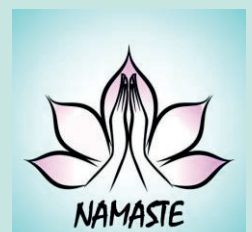
Our initiative will begin by holding a Dementia Friends Evening for our residents' families and our staff (details to follow). We then have two separate community events planned for September and October. We hope that as many relatives and friends of our residents will be able to join us at these events. See over for details.

We will also be fundraising for the Alzheimer's Society so please look out for forthcoming events when you visit the nursing home.

Namaste Care

This is an approach that focuses on energy with each individual person's senses through sound, touch, smell, taste and sight. The aim of Namaste Care is to make a difference to the care of people who are dying with advanced dementia in care homes by personalising care such as hand massage and tasty treats and drinks.

A structured approach to care, provided by the usual staff, engages the individual's senses, offering meaningful activities that reflect their interests.



Dementia Friends Evening

We are hosting another Dementia Friends evening for our relatives and staff. It will be held on the evening of Tuesday 17 September from 7.00pm. Light refreshments will be provided. We hope that as many of our relatives are able to attend to help improve their knowledge of Dementia. The event will be led by Dementia Champion John Daly from the Alzheimer's Society. Please try to let us know in advance if you are able to come.

‘Listening with Your Eyes’



**A workshop presented by the Vamos Theatre Company
(Limited to 30 places – booking essential)**

The workshop offers an opportunity for participants to see the powerful effect of non-verbal techniques and their benefit in helping us make real and honest connections – particularly with those living with dementia.

Kineton Village Hall – Tuesday 24 September 2019

2.30pm to 4.30pm

Please email Kineton Manor to book your place : info@kineton-manor.co.uk

‘Grandma Remember Me’

A theatre production by the AZ2B Theatre Company to help give the local community a better understanding of dementia and what it is like for those people living with dementia.

Kineton High School – Saturday 19 October 2019

in the School Hall

Performance 1 – 11.00am : Performance 2 – 2.00pm

(There is no need to book for this event)

A Dementia Friendly Environment

As a Teaching Care Home we want to further improve the environment for our residents, especially those living with dementia. We are currently in the process of making Kineton Manor a Dementia Friendly Environment Care Home. Dr Rachel Potter from Warwick University is assisting us with this, together with our Clinical Lead Somi Clement.

A dementia friendly environment will provide prompts to keep the residents with dementia mentally stimulated, use colour schemes e.g. coloured toilet seats and use points of interest to create a safe, homely and easily understood environment. We believe that having a dementia friendly environment will improve the life experiences and increase the life expectancy of our residents with or without dementia.

A Dementia Friendly Christmas

Christmas can be an exciting time for many but it can also be extremely difficult for those living with dementia. The hustle and bustle, change in routine and the pressure of family visits can often be overwhelming.* As we aim to be a dementia friendly nursing home, this year Kineton Manor will be having a dementia friendly Christmas for our dear residents.

*How do we make Christmas dementia friendly?**

1. **Put decorations up gradually** – put decorations up gradually over a few days so it doesn't come as a big change to the resident's usual setting.
2. **Keep it simple and familiar** – Keeping the day's activities low key by not overdoing things. Stick to familiar routine such as meal times.
3. **Create a quiet room** – If things get too busy in the main lounge, the small lounge can be a place for our resident/s to relax.
4. **Get everyone involved** – as simple as hanging a bauble can make a resident feel included.
5. **Be flexible** – respect resident's choices and wishes on how they want to spend the day.
6. **Consider their needs** – a busy day such as Christmas can be tiring and confusing for a resident with dementia, so keep it simple and manageable.
7. **Have no expectations** – what matters most is our resident's welfare and enjoyment.



**some excerpts are taken from homecare.co.uk*



A magic table creating moments of happiness for people living with dementia and all those around them.

TOVERTAFEL

Tovertafel

As part of our initiative in making Kineton Manor Dementia Friendly, we have recently installed a **Tovertafel** in the Big Lounge. This is an electronic game for the elderly with moderate to severe dementia. It has been devised to encourage them to instinctively participate in order to stimulate both physical and social activity in them.

Latest News from Kineton Manor

The residents have been able to enjoy some lovely warm weather this summer with many enjoying quality time sat in our beautiful garden. Some have enjoyed trips out to Banbury and Leamington Spa. There have also been plenty of visiting musicians and entertainers, poetry readings and craft and gardening workshops.

