



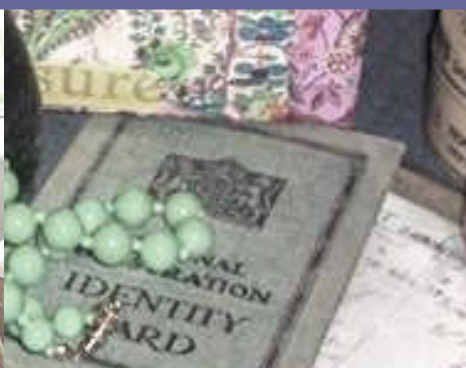
The National Life Story Network Steering Group presents

# The First National Life Story Conference

12 February 2010, Saviles Hall,  
the Royal Armouries, Leeds

## Programme

[www.lifestorynetwork.org.uk](http://www.lifestorynetwork.org.uk)



Members of the 'Portrait of a Life' team will be on hand throughout the day to give guidance and information to conference delegates.



Look out for the black shirts with the Mental Health Foundation logo on the front and 'Portrait of a Life' printed on the back!



## Background to this event

Whilst Life Story work began over 20 years ago and there are acknowledged areas of innovative practice, there is no single repository for sharing knowledge and best practice for individuals, families / carers or front line staff.

At the national faculty of old age psychology (PSIGE) 2008 annual conference in York, there was much interest in the symposium on “Life Stories - turning theory into practice, getting it into services”. It featured carer Ken Holt, who initiated the life story work steering group in Oldham in 2003 after he produced his wife’s life story as she was admitted to residential care. He explained, via a recorded interview, how he mobilised local agencies to work together to deliver a joint approach. When asked what his vision for the future of life story work was, he replied, without hesitation, that there should be a national network for all those people using Life Stories or developing such services to share experiences and learn from each other. This suggestion was warmly received and taken up by Ruth Eley, Department of Health National Lead for Older People.

Meanwhile, across the Pennines staff at South West Yorkshire Partnership NHS Partnership Foundation Trust were liaising with other trusts to explore the potential of a local or regional life story network.

With the leadership of Ruth Eley some initial resources were identified within the three northern regions - North West, North East and Yorkshire and Humberside - and small group of people met to explore the ways in which to take this work forward. Initial scoping work undertaken to look at existing good practice in this area generated a tremendous response, with many people asking to be further involved in any future work, the idea to host an event was born. The aim of the event was to raise awareness around the current Life Story work and illicit whether there was interest from across the disciplines in the proposal to develop a network on a more formal basis. The ‘Life Story Network’ event took place on 17<sup>th</sup> November 2008 and attracted over 80 delegates from across the northern regions.

### Outcomes of the event

The feedback from the delegates was very enthusiastic and confirmed a focus on the following key areas in order to develop and sustain the valuable work encompassed by Life Stories:

1. Continue to gather and collate information on current activity around Life Stories;
2. Establish an electronic network [www.lifestorynetwork.org.uk](http://www.lifestorynetwork.org.uk);
3. Integrate the work and innovative practice on Life Stories into an existing relevant website and ensure integration with other associated websites;
4. Organise a national launch event to share practice more broadly and consider development of sustainable regional networks.

## Event sponsors

### DH Care Networks

#### Dignity in Care

Launched in November 2006, the Dignity in Care Campaign aims to stimulate a national debate around dignity in care and create a care system where there is zero tolerance of abuse and disrespect of adults. It is led by Government in partnership with many organisations that provide and commission care and protect the interests of those using care services and their carers.

It includes action to:

- **Raise awareness** of dignity in care;
- **Inspire** local people to take action;
- **Share good practice** and give impetus to positive innovation;
- **Transform services** by supporting people and organisations in providing dignified services;
- **Reward** and recognise those people who make a difference and go that extra mile.

The campaign has over 9,000 people across the country signed up to support the campaign: Dignity Champions. The champions are from a variety of backgrounds and are not only people who work in Health & Social care they are members of the public, councillors, volunteers, or journalists.

#### Joint Improvement Partnership:



**The North West Joint Improvement Partnership** is an alliance of agencies in the North West that work together to provide regional leadership and improvement in the co-production and implementation of national Government policy in relation to adult social care, health and wellbeing. Our key is the transformation of adult social care (Putting People First) which drives all our seven main work streams. Other national policies that link to Putting People First and influence and cross cut all our work streams include Living Well with Dementia, Dignity, Carers Strategy, Valuing People Now and PSA 16 (socially excluded adults).

We work with regional partners including local authorities, the strategic health authority (SHA), primary care trusts (PCTs), health and social care providers and the voluntary sector to improve services that support independence, choice and control and deliver improved outcomes for people. Our work is also closely aligned with the work of North West Improvement Efficiency Partnership.



**The Yorkshire & Humber Improvement Partnership (YHIP)** is committed to providing a regional and local response to national policy with a range of partners from health, social care, criminal justice agencies and independent and third sectors to create the best overall outcomes for people and families who need support and/or use services.

Our key partners in the region are Local Authorities, Primary Care Trusts, Mental Health Trusts, the Strategic Health Authority, Third Sector and most importantly people and families who need support. Our work is governed by a partnership board with full stakeholder representation.





**The Mental Health in Later Life Programme, as part of the National Mental Health Development Unit (NMH DU)**, launched in April 2009, consists of a small central team and a range of programmes funded by both the Department of Health and the NHS. It provides national support for implementing mental health policy by advising on national and international best practice to improve mental health and mental health services.

NMH DU does this by commissioning or providing:

- Specialist expertise in priority areas of policy and delivery
- Effective knowledge transfer on research, evidence and good practice
- Translation of national policies into practical deliverables that achieve outcomes
- Coordination of national activity to help regional and local implementation.



### **North East Mental Health Development Unit**

**The North East Mental Health Development Unit (NEMH DU)** was established on 1<sup>st</sup> April 2009.

The Development Unit brings together organisations and communities to deliver their strategic objectives, to improve the mental health and social wellbeing of the people in the North East.

The Development Unit is accountable to NHS North East, through the North East Director of Commissioning for Mental Health and Learning Disability Services, and is hosted by County Durham Primary Care Trust.

A steering group oversees the development and delivery of the annual business plan, with stakeholders from across the region and sectors. Activities are developed and delivered in support of the agreed regional priorities across the Health and Social Care economy.

South West Yorkshire Partnership   
NHS Foundation Trust

### **South West Yorkshire Partnership NHS Foundation Trust**

We are a foundation trust providing mental health and learning disability services to the people of Calderdale, Kirklees and Wakefield, as well as some services to the whole of Yorkshire and Humber. We aim to enable people with mental health problems and learning disabilities to live life to the full.

We provide services to four main care groups:

- Adults of working age (aged 18 to 65) with a mental health problem. We also provide some services to people as young as 14 experiencing the first signs of psychosis
- Older people (over 65) with a mental health problem
- People (mainly adults) with a learning disability whose behaviour challenges services, with intensive support needs and/or a mental health problem
- Medium secure forensic services for people with a mental health problem and/or learning disability

To provide flexible, individually tailored care that people have told us they want, we work from over 40 sites as well as with people in their own homes. Our community based services are well supported by inpatient services for when people need care or assessment in a hospital setting. In addition clinics are delivered in a number of other premises, including GP surgeries.

## Programme for the day's events

- 8.45 am **Registration and Refreshments; Exhibition Viewing and Networking**
- 9.15 am **Chair's Welcome - Dr Andrew McCulloch** Chief Executive, Mental Health Foundation
- 9.30 am **Keynote Presentation - Professor Steven Sabat:**  
**Understanding the Experience of People with Dementia: Context is Key**  
(Professor of Psychology, Georgetown University, Washington D.C.)
- 10.10 am **AFTA Thought: Individual stories**
- 10.25 am **Peter Ashley, Ambassador for the Alzheimer's Society: A Life Story**
- 10.45 am **AFTA Thought: Individual stories**
- 10.50 am **Refreshments and Exhibition Viewing**
- 11.15 am **Supplementary Presentations (see page 9 for full details)**
- 1) [Bringing it to life: developing life story work in practice](#)  
- Rachel Thompson, Camden and Islington NHS Foundation Trust
  - 2) [Evaluating reminiscence work in dementia care](#)  
- Bob Woods, Professor of Clinical Psychology of Older People, Bangor University
  - 3) ['Making Connections Not Assumptions': working with older south Asian women](#)  
- Polly Kaiser, National Lead for mental health in later life
  - 4) ['Portrait of a Life': the development of a toolkit to support life story work](#)  
- Suzanne Wightman and the 'Portrait of a Life' team
  - 5) [The therapeutic process of Life Story work: managing risks and overcoming obstacles](#)  
- Paul Batson, Drama Therapist, Avon and Wiltshire Mental Health Partnership NHS Trust
  - 6) [Understanding the meaning behind behaviour: from stories of people with dementia](#)  
- Dr Graham Stokes, Director of Dementia Care, BUPA
- A choice of table top presentations is also available between 11.15 am and 12.00 pm**
- 12.00 pm **Buffet Lunch and Displays (Lunch time workshops available - see page 13 for details)**
- 1.20 pm **Chair welcomes back AFTA Thought: Individual stories**
- 1.50pm **Janice Simpson: Life Story Work - Now it's Personal!**  
(Assistant Director, Operational Services, Bradford Council)
- 2.05 pm **Professor Dawn Brooker: The VIPS model and the Importance of Life Story Work**  
(Director of the University of Worcester Association of Dementia Studies)
- 2.40 pm **AFTA Thought: more stories**
- 3.00 pm **Refreshments and Exhibition Viewing**
- 3.30 pm **Life Story Question Time Session with the panel:**  
Professor Steven Sabat, Professor Dawn Brooker, Peter Ashley, Dr Graham Stokes, Polly Kaiser and Jean Tottie
- 4.30 pm **Professor Steven Sabat: Themes and the Future**
- 4.40 pm **Tony Jameson-Allen: Launch of the National Life Story Network Website**
- 4.50 pm **Chair's Remarks and Prize Draw - Followed by CLOSE of DAY**

## Keynote speakers' biographies

### Dr Andrew McCulloch



Dr Andrew McCulloch has been Chief Executive of the Mental Health Foundation since October 2002, following six years as Director of Policy at the Sainsbury Centre for Mental Health. He was responsible for mental health and learning disabilities policy at the Department of Health from 1992 to 1996 during his 16 years as a senior civil servant. Andrew has spoken and published widely on mental health issues and has been described as one of the world's leading authorities on mental health policy. His PhD study related to psycho-social adjustment to old age. Andrew's other experience has included being the Chair of Mental Health Media.

### Professor Steven R Sabat



Professor Steven Sabat has been at Georgetown University since earning his doctorate at the City University of New York, where he specialized in Neuropsychology. The main focus of his research has been the intact cognitive and social abilities (including aspects of selfhood) of people with Alzheimer's disease in the moderate to severe stages of the disease, the subjective experience of having the disease, and the ways in which communication between those diagnosed and their caregivers may be enhanced. He has written several publications including *The Experience of Alzheimer's Disease: Life Through a Tangled Veil* and *Dementia: Mind, Meaning, and the Person*.

### Peter Ashley



Peter Ashley is an active national and international campaigner and speaker on dementia related issues, who works on many projects throughout the UK including the National Dementia Strategy. He has been a trustee of the Alzheimer's Society and is now an ambassador. He is a member of the Alzheimer's Europe's working group on advanced directives and the NICE/SCIE dementia guide development group. Peter is patron of the Collaborative project led by South West Yorkshire Partnership NHS Foundation Trust and is a member of the 'Portrait of a Life' project team. Peter strongly advocates a 'use it or lose it' philosophy and the application of a work ethic for people 'living with' dementia.

### Janice Simpson



Janice is a qualified social worker with over 30 years experience in Social Services. Janice worked in Kirklees to implement the National Service Framework for older people, developing enabling and intermediate care services that support people to live as independently as possible. In 2006, Janice moved to Leeds City Council to manage the largest Partnerships for Older People Programme within the Department of Health POPP Programme, developing a whole system approach to the improvement of older people's mental health services within the city. In 2008, Janice was appointed as Assistant Director for Community Care Services with Bradford Metropolitan District Council, and is now Assistant Director Operational Services.

### Professor Dawn Brooker PhD



Professor Dawn Brooker qualified as a clinical psychologist in 1984. She has worked in a variety of clinical, academic and managerial posts in services for older people for over twenty-five years. She was influenced by the late Professor Tom Kitwood in his work on personhood and malignant social psychology. Following Kitwood's death she was invited to take his work on Dementia Care Mapping forwards at the Bradford Dementia Group at the University of Bradford. In 2005 she was awarded a personal chair in recognition of her scholarship in practice development of person-centred care for people with dementia. In May 2009 she took up her current post as the Director of the newly established University of Worcester Association for Dementia Studies.

## Contributors



**AFTA Thought** is a training consultancy with a difference - a consultancy that uses drama to effect positive change. Launched in 1989, the company has carved out a nationwide reputation for its innovative and creative training presentations and for the lasting results achieved among participants. AFTA thought works with public sector organisations throughout the UK and with a growing number of corporate companies.

[www.aftathought.co.uk](http://www.aftathought.co.uk)

[info@aftathought.co.uk](mailto:info@aftathought.co.uk)



Founded in 1949, the **Mental Health Foundation** is a leading UK charity that provides information, carries out research and campaigns, and works to improve services for anyone affected by mental health problems. Our vision is a mentally healthy world where people are free from the suffering caused by mental illness. Our mission is to help people survive, recover from and prevent mental health problems. We do this by:

- learning what makes and keeps people mentally well
- communicating our findings to a wide range of people
- turning our research into practical solutions that make a difference to people's lives.

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

[mhf@mhf.org.uk](mailto:mhf@mhf.org.uk)



## Supplementary presentations

### 1) Bringing it to life: developing life story work in practice

Rachel Thompson, Camden and Islington NHS Foundation Trust

#### Abstract

Life story work is not new to dementia care and the benefits are increasingly being recognised, including supporting the delivery of person centred care, promoting better understanding of the person and leading to improved relationships between staff, patients and family carers. Although its value is beginning to be recognised in some settings, life story work is often not used to its full potential once introduced can be difficult to sustain as an integral part of care. Many inpatient and residential settings are constantly faced with new initiatives and protocols, with little resource or guidance in understanding and embedding these new ways of working into practice. As a result staff often become jaded with changes in practice and resistant to adapting the ways in which they deliver care. Added to this are the difficulties faced by many staff in these settings due to general shortages of qualified staff. This presentation describes the role of Admiral Nurses in working alongside staff within inpatient or residential settings using a systematic approach to developing life story work, in order to embed life story work into the delivery of care. Evaluation of the project will be described highlighting the benefits including family carers reporting feeling more involved in the care and improved relationships with staff, and an increase in the delivery of person centred care for people with dementia.



**Rachel Thompson** has worked as nurse for over 20 years in day care, inpatient and community settings. She worked as an Admiral Nurse for 10 years, and was the national Practice Development Lead for Admiral Nursing with the charity 'for dementia'. Rachel now works for Camden and Islington NHS Foundation Trust supporting the development of practice in Continuing Care wards and care homes.



**Chair: Murna Downs** is Chair in Dementia Studies and Head of the Bradford Dementia Group at Bradford University. Her main research interests are the design, implementation and evaluation of interventions which aim to promote quality of life and quality of care for people with dementia and their families.

### 2) Evaluating reminiscence work in dementia care

Bob Woods, Professor of Clinical Psychology of Older People, Bangor University

#### Abstract

The evidence base on the effectiveness of reminiscence and life story work with people with dementia is still lacking. This presentation highlights recent and on-going studies which seek to address this area. The need for appropriate outcome measures and clarity regarding the aims and methods of the specific approach being evaluated are emphasised. Individual and group reminiscence work is contrasted and the potential for the use of multi-media methods for storing and presenting life story material discussed. The potential value of the involvement of family care-givers in group reminiscence work is described, in relation to the 'Remembering Yesterday, Caring Today' programme.



**Bob Woods** is a clinical psychologist who has been involved in reminiscence work for many years. He has been chief investigator for two major trials of reminiscence groups for people with dementia and their families, funded by the Medical Research Council and the National Institute for Health Research, and is the lead author of the Cochrane systematic review on reminiscence therapy for people with dementia.



**Chair: Peter Ashley** is an active campaigner and speaker on dementia-related issues, working on many projects and giving presentations around the world. He is an ambassador for the Alzheimer's Society. Peter strongly advocates a 'use it or lose it' philosophy and the application of a work ethic for people 'living with' dementia.

### 3) 'Making Connections Not Assumptions': working with older south Asian women

Polly Kaiser, Psychological Therapies Lead for Older People, Pennine Care NHS Foundation Trust

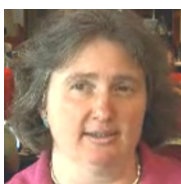
#### Abstract

The 'Making Connections, Not Assumptions' project was launched in November 2007. The project aims to encourage older South Asian women who may be suffering from mental health problems, including dementia, to seek advice and access services. The project is also attempting to better understand the needs of some of these women and to understand the contexts that they best respond to. Access for all older people is difficult but even more so when compounded by language difficulties, stigma and prejudices. A main focus of the project has been engagement, to better understand the issues and concerns of women, and to develop culturally appropriate information and services.

The project as a whole will deliver on the following four Outcomes:

- Improving public and professional awareness and understanding
- Good-quality early diagnosis and intervention for all
- Development of structured peer support
- An informed and effective workforce for people with dementia.

The engagement process with south Asian elders regarding access to services will be described. One outcome of this has been the development of a culturally appropriate poster produced in collaboration with south Asian women not only to improve their awareness but also to act a communication tool with GPs.



**Polly Kaiser** has worked with people with a diagnosis of a dementia and their carers for 24 years, first as a researcher around carer stress in England and France and then as a clinical psychologist in the North West of England. She currently sits on the national faculty of Old Age Psychology (PSIGE). Polly is now the National Lead for Mental Health in Later Life Equalities team, part of the National Mental Health Development Unit.



**Chair: Jean Tottie**, who cared for her late father with dementia, works voluntarily to improve services for people with dementia and their carers, and specifically with the charity *for dementia* as a member of Uniting Carers for Dementia. She has first hand experience of helping her father put his life story together and saw the benefit for him in the process and then for the carers when he went in to a care home.

### 4) 'Portrait of a Life': the development of a toolkit to support life story work

Suzanne Wightman and Mark Crowther, Micky O'Neill, Ruth Endicott, Lynda Holroyd, Katy Miller, Sabrina Kellett - South West Yorkshire Partnership NHS Foundation Trust

#### Abstract

In February 2009 the Mental Health Foundation announced projects selected to receive funding as part of their 'Home Improvements' grant. One of the four selected was South West Yorkshire Partnership NHS Foundation Trust with its application to produce 'Portrait of a Life' - a multi-media toolkit for life story work. 'Portrait of a Life' will include a DVD with an expert evidence base and practice examples, and a high quality guide book to support care home staff to work in partnership with family carers and residents to produce life stories with tangible outcomes to make the stories real. These will include life story boards, electronic journals and memory boxes for residents. The toolkit will demonstrate work with service users and family carers to enable staff in care homes to recognise the value of the work and to understand the risks, benefits and the evidence base for the work. The toolkit will be evaluated in care homes and is intended to be adopted nationally and has been devised to be a product that is transferable to other care and community settings. This workshop will identify the stages of the project plan, the key aspects of the work and the feedback generated in the first year of this exciting project.



**Suzanne Wightman** qualified as an RMN in 1986 and holds a Master's Degree in Advancing Clinical Practice, which involved work relating to life history activity. In 1998 Suzanne established the Care Home Liaison team in the locality, the first multi-disciplinary care home liaison service nationally, employing a philosophy of person-centred care and focussing on life story work. This is where she developed the CARER model (Wightman 2005). Suzanne is now Senior Manager - Practice Development leading on the Trust's Collaborative Project and Portrait of a Life.



**Chair: Dawn Brooker** has worked in a variety of clinical, academic and managerial posts in services for older people for over twenty-five years. She was influenced by the late Professor Tom Kitwood in his work on personhood and malignant social psychology. In May 2009 she took up her current post as the Director of the newly established University of Worcester Association for Dementia Studies.

## 5) The therapeutic process of Life Story work: managing risks and overcoming obstacles

Paul Batson, Drama Therapist, Avon and Wiltshire Mental Health Partnership NHS Trust

### Abstract

This presentation will provide an interactive opportunity for the audience to participate in the therapeutic process of life story work through embracing their own memories and experience. Paul will also describe the obstacles that staff commonly describe including 'lack of time' and 'managing distress and emotion'. He will share his experience of working with small groups of storytellers and story gatherers to promote peer support and make effective use of time. He will also describe how individuals can be supported through what can be at times an emotional journey for all involved in order to produce tangible life stories and positive outcomes.



**Paul Batson** is a Drama Therapist and lives near Bath. He has worked for the Avon and Wiltshire Mental Health Partnership NHS Trust for the past 15 years, principally with Older Adults, many of whom are living with dementia. He specialises in Life Story Work and in particular in facilitating groups involving patients and carers to produce Life Story Books. He also produces Life Story Boards for this client group for patients in Ward settings. His work stresses the importance of the process of gathering life story material as well as the value of the end product. His training workshops have been widely appreciated across the country for the insights they provide and for their enjoyment.



**Chair: Ken Clasper** is a younger person with dementia. He is a member of the Alzheimer's Society Living with Dementia Working Group. In 2008 Ken was invited to become an Ambassador with the Alzheimer's Society, as he has helped them on various occasions by speaking at functions, on behalf of all those with Dementia.

## 6) Understanding the meaning behind behaviour: from stories of people with dementia

Dr Graham Stokes, Director of Dementia Care, BUPA

### Abstract

Understanding behaviours in dementia that challenge professional and family carers is never easy. However, over recent years we have achieved fresh insights by focusing not only on disease, but on the person with dementia, their life history and the quality of their lives, and consequently we appreciate that wandering, aggression, agitation, confusion and a host of other complex, at times bizarre behaviours that exhausted and exasperated carers struggle to cope with are not the result of brain pathology but instead represent the actions and reactions of people who may be living in unsupportive and insensitive care settings. What has become known as a person-centred understanding of dementia is not the product of an elegant clinical breakthrough but is founded on the stories of people. Stories about who they were, who they remain and the difficulties they face. Extraordinary stories about ordinary people. Understand that complex behaviours say more about the person than they do about their dementia then words, actions and emotions can become windows into the lives of people who are increasingly unseen. The signature theme of this presentation is therefore to demonstrate that behaviour in dementia is so often meaningful and not meaningless.



**Dr Graham Stokes** is Director of Dementia Care at Bupa Care Homes. Prior to this appointment he was a senior consultant clinical psychologist at South Staffordshire and Shropshire Healthcare NHS Foundation Trust where he was Head of Psychology Services for Older Adults and Adults with Neurodegenerative Diseases. Graham is a specialist in the causes of dementia, but his interests embrace the spectrum of dementia from diagnostics and neuropsychology to the care of people with complex needs and the understanding and resolution of challenging behaviour. He has been instrumental in the development of person-centred approaches to care.



**Chair: Dr Andrew McCulloch** has been Chief Executive of the Mental Health Foundation since October 2002. Andrew has spoken and published widely on mental health issues and has been described as one of the world's leading authorities on mental health policy.

## Table top presentations

### **1) Implementing life story work in busy acute hospital wards - making a difference!**

(Ruth Endicott, Acute Hospital Liaison Team Worker, South West Yorkshire Partnership NHS Foundation Trust)

Promoting reminiscence and engagement through activity - can this really happen in a general hospital ward? Learn how Ruth has facilitated this and how life story work has made a positive difference to people with a wide range of different needs.

**Facilitator: Paul Edwards**

### **2) Looking back and going forward**

(Eileen Richardson, Library Services Manager, Stirling Dementia Services Development Centre)

Eileen will be looking at the literature on life story work, trying to see how it has developed as a therapy, and especially how its relevance has become appreciated in relation to the care of people with dementia. Eileen will be sharing her list of recommended reading, website favourites and book jacket illustrations.

**Facilitator: Anna Gaughan**

### **3) Remember Me: an active training tool to promote person centred care for people with dementia**

(Jo Alexjuk, PhD Student, Northumbria University)

The Remember Me jigsaw and board game relates to the personal history of a woman of East European ethnicity who is experiencing dementia. Nevertheless the pack is an active training tool to promote person centred care for all people with dementia regardless of cultural background, which will hopefully assist training participants (i.e. care workers) to understand that the person with dementia is the individual they are today because of their past, present and future.

**Facilitator: Sally Rogers**

## Lunch time presentations and demonstrations

The lunchtime presentations will run for 30 minutes, allowing time for those who wish to attend these and also have time for lunch, networking and viewing display stands.

### 1) 'Going Home': 12.15-12.30pm, main screen in Saviles Hall

(Vantage Point Films)

This short film tells the story of Stanley, an elderly man who escapes from his care home and embarks on a courageous journey to find his way back to what he knows.

### 2) Dance and movement therapy demonstration: 1.00-1.15pm in Saviles Hall

(Dr Richard Coaten, South West Yorkshire Partnership NHS Foundation Trust)

Dance movement psychotherapy promotes health, supports mobility, improves interaction skills and helps maintain abilities already present; supporting non-verbal and embodied communications especially when verbal communications are difficult. It takes place in day centres for people with memory problems, as well as in hospital settings. Sessions involve a variety of activities including listening and moving to music, singing, dancing and reminiscing, taking place in a supportive atmosphere. The service has been listed by the Department of Health, demonstrating the Trust's commitment to innovative care practices and meeting national requirements in dementia care. Dr Richard Coaten will be providing a short demonstration on the benefits of dance and movement therapy from 1.00 pm to 1.15 pm at the front of stage in Saviles hall and you are invited to join in!



**Dr Richard Coaten** is a Dance Movement Psychotherapist with over 22 years experience of working with older people, people with memory problems and those who care for them formally and informally. He works part-time with the Trust where he founded the Dance Movement Therapy Service within Older People's Services in Calderdale in January 2005. The service operates in two Dementia Day Care Units and on an Assessment Ward at Calderdale Royal Hospital, Halifax. Richard contributes to staff training and development in the Trust, has published work on the subject and has recently completed a PhD at Roehampton University in 'the use and importance of embodied practices with people with dementia and those who care for them in a care setting'.

### 3) Developing storyboards for use in care settings and sheltered housing, 12.30-1.00 pm

(Katy Miller and Lynda Holroyd, South West Yorkshire Partnership NHS Foundation Trust)

**Abstract:** The workshop will enable participants to gain a deeper understanding of the importance of producing life story boards and the positive impact this can have on individuals, families and partners in care. We all have a unique personal history and have a store of thoughts, emotions and memorabilia that are associated with that journey through life. Story boards are a way of capturing our memories to bring the past to life and enable others to see us for the person we really are.



**Katy Miller** is an Occupational Therapist. She has worked in a variety of clinical areas including orthopaedics, learning disabilities, and adult and older people's mental health services since this time. Katy has developed a keen interest in person centred care and life story work, and trained as a Dementia Care Mapper in 2008. She is keen to improve the health and well being of older people in care home settings and works closely with individuals, partners in care and care home staff to achieve this. Katy is currently building on her experience of delivering training workshops to others and sharing good practice.



**Lynda Holroyd** is an Occupational Therapy Technical Instructor. Lynda has worked with older people for the last 14 years, both in care homes and on wards. Lynda has extensive experience of reminiscence work, and has worked closely with local schools and museums in providing talks and exhibitions on this subject. Lynda has a passion for life story and reminiscence work and is able to contribute to this in her daily work. She works closely with families and care providers, and has spoken at various local and regional conferences and also delivered training workshops on sharing good practice.



#### 4) I eat everything now! 12.30-1.00pm

(Mark Crowther, South West Yorkshire Partnership NHS Foundation Trust)

**Abstract:** This presentation will explore the work of mark with two individuals, Leo and Peter, who were referred to him for life story work. Mark has used electronic journals to improve outcomes for Leo, who is living with dementia, and Peter, who has obsessive compulsive disorder for approximately 35 years. Both case studies portrayed through journal development and as short films will portray the amazing outcomes for Leo and Peter including raised levels of well being, engagement, MMSE scores, and mood. Tributes from family and other professionals demonstrate the validity of the work.



**Mark Crowther** is a Support, Time and Recovery (STR) worker, working with clients on a one to one basis within the community. Working alongside clients and utilising his IT skills he compiles their life stories, using desktop publishing software to produce 'Life Story Journals' similar in style and appearance to that of a magazine. Mark has developed a fully 'Person Centred' approach to producing such journals. Mark has brought the benefits of life story work, a well known tried and tested approach, up to date by using contemporary techniques and modern technology.

#### 5) Many Happy Returns, 12.30-1.00pm

(Sarah Reed, Many Happy Returns for Generations)

**Abstract:** This presentation will describe the Many Happy Returns Reminiscence and Conversation sessions that were introduced and facilitated by Sarah and care home staff using boxed sets of 1940s photographs of everyday objects from the decade. Sarah will describe and demonstrate via a short film how, apart from providing mental stimulation and enjoyable connection this approach also improves self esteem, mood and the individual's personal identity and well-being. Short films and presentations will also be shown on a loop in Saviles hall between 12.20 pm and 1.00pm and during breaks, reflecting the life story work carried out by Many Happy Returns.



**Sarah Reed** established Many Happy Returns for Generations in 2008 after seven years' research and development. As an agent for social change it is a product, a project and a movement to connect the generations. Many happy returns 1940s is a box of reminiscence cards that connect the generations by triggering meaningful and enjoyable conversations about everyday life for people from ten years upwards. Sarah developed it as a result of her mother's dementia and her long volunteering experience with the Charity Contact the Elderly. She writes a regular blog and about older people and their place in British society, <http://theagepage.typepad.com>.

#### 6) A study of the effectiveness of Life Story and Reminiscence work with people with dementia and their family carers, 12.30-1.00pm

(Pam Schweitzer, [www.pamschweitzer.com](http://www.pamschweitzer.com))

Pam Schweitzer is a consultant and trainer to a national project funded by the NHS Institute for Research into the effectiveness of Life Story and Reminiscence work with people with dementia and their family carers. It is the largest study of its kind to be conducted so far and researchers from 5 UK Universities are involved in the pre- and post-intervention interviews. Pam will also show a new professionally made film (30 minutes) about the intervention which demonstrates how the people with dementia gain from the sessions and how the carers enrich their own life quality and the quality of care they are able to give through the new knowledge and skills they gain through their participation in the project.



**Pam Schweitzer** has spent the last 25 years developing reminiscence arts work, especially original reminiscence theatre productions, both professional and amateur, and creating the first Reminiscence Centre, now visited by 25,000 people a year from all over the UK and beyond. In the last decade, she has been continuously developing a reminiscence project entitled "Remembering Yesterday, Caring Today" for people with dementia and their family carers. This project was piloted across Europe in 16 cities in the late 1990s and has since been further refined and developed by many practitioners, especially in the UK, Scandinavia and Germany.

## Exhibitors - please take time to visit their stands at the conference



**Alzheimer's Society** is the UK's leading care and research charity for people with dementia and their families and carers. The Society funds an innovative programme of biomedical and social research in the areas of cause, cure and care.

Tel: 020 7423 3500      [www.alzheimers.org.uk](http://www.alzheimers.org.uk)



The focus of the **Association for Dementia Studies (ADS) at the University of Worcester** is securely set on a body of work that will improve the lives of people living with dementia, their families and those who work to support them. Established under the leadership of Professor Dawn Brooker in May 2009, it works in partnership with health and social care providers, practitioners, commissioners and government agencies to provide research, education and expert consultancy in the field of person centred dementia care and support.

<http://ihsc.worc.ac.uk/dementia>      [dementia@worc.ac.uk](mailto:dementia@worc.ac.uk)



**Barchester Healthcare** is one of the UK's most respected care home companies, providing award winning care and services to thousands of residents throughout the UK. Today, the Barchester group cares for over 10,000 people at more than 200 different locations.

[www.barchester.com](http://www.barchester.com)      [Charlotte.Oppong-Agyare@barchester.com](mailto:Charlotte.Oppong-Agyare@barchester.com)



**Boots UK - Healthcare Solutions** is working at the forefront of health care to develop innovative services and responding to the needs for modern health services, by understanding the expectations of those visiting our stores each day or who may be being cared for by others in their own homes or in other settings.

[www.boots-uk.com](http://www.boots-uk.com)      [julie.butterworth@boots.co.uk](mailto:julie.butterworth@boots.co.uk)



Established in 1992, **Bradford Dementia Group**, part of **Bradford University's Division of Dementia Studies**, is a multi-disciplinary and multi-professional group committed to making a difference to policy and practice in dementia care, through excellence in research, education and training. Our mission is to work with practitioners and professionals to improve the quality of life and care for people with dementia and their families.

[www.brad.ac.uk/health/dementia/](http://www.brad.ac.uk/health/dementia/)      [p.edwards1@bradford.ac.uk](mailto:p.edwards1@bradford.ac.uk)



Our memories are a way of keeping the past alive. A gift that can be opened again and again in order to fill ourselves with happiness. **Captured Memories'** sole objective is to provide the means to keep these gifts safe and treasured. We are a leading company specialising in memorabilia and nostalgic keepsake that deals with the past, present and future.

[www.captured-memories.co.uk](http://www.captured-memories.co.uk)      [enquiries@captured-memories.co.uk](mailto:enquiries@captured-memories.co.uk)



**Caring Memories** are a division of One Published Limited, specifically designed to meet a need for therapy centred photobooks. Our customers use our products to connect their past memories with their current lives and by so doing enrich not only their own lives but also the lives of those around them.

[www.caringmemories.net](http://www.caringmemories.net)      [info@onepublished.com](mailto:info@onepublished.com)



#### **Department of Health National Dementia Strategy**

On 3rd February 2009, Alan Johnson, Secretary of State for Health, launched the National Dementia Strategy. This first ever National Dementia Strategy is a landmark document that will transform the quality of dementia care. It sets out initiatives designed to make the lives of people with dementia, their carers and families better and more fulfilled.

Tel: 020 7972 4606  
[www.dhcarenetworks.org.uk/Dementia/Topics/Browse/DementiaStrategy/](http://www.dhcarenetworks.org.uk/Dementia/Topics/Browse/DementiaStrategy/)

## DH Care Networks

### Dignity in Care

**Dignity in Care** is about winning hearts and minds, changing the culture of care services and placing a greater emphasis on improving the quality of care and the experience of citizens using services including NHS hospitals, community services, care homes and home support services.

[www.dhcarenetworks.org.uk/dignityincare/](http://www.dhcarenetworks.org.uk/dignityincare/)      [dignitywebsite@dh.gsi.gov.uk](mailto:dignitywebsite@dh.gsi.gov.uk)



**Eisai** is committed to developing and delivering health care products that truly benefit humanity and respond to the diverse health care needs of people around the world. Eisai provides pharmaceutical products to meet the needs of elderly patients.

[www.eisai.co.uk/](http://www.eisai.co.uk/)      [Deborah\\_Barton@eisai.net](mailto:Deborah_Barton@eisai.net)



**Find Dementia Signs** - way finding signage and orientation aids to promote independence. Working in consultation with the University of Stirling DSDC, researchers, authorities and care home workers, the result is a range of products that make a positive difference in the care home environment.

[www.dementia-signage.co.uk](http://www.dementia-signage.co.uk)      [sales@dementia-signage.co.uk](mailto:sales@dementia-signage.co.uk)



**for dementia** is a national charity committed to improving the quality of life for all people affected by dementia, through providing Admiral Nurses and supporting the national network Uniting Carers for dementia.

Tel: 020 7874 7210      [www.fordementia.org.uk](http://www.fordementia.org.uk)



**Let's Respect** is one main aspect of the Mental Health in Later Life's programme. It is a campaign aimed at better meeting the mental health needs of older people, focusing initially on generic secondary care settings and the three most prevalent presentations - depression, delirium and dementia. Let's Respect comprises a toolkit and presentation slides which can be used for information and training purposes.

[www.mentalhealthequalities.org.uk](http://www.mentalhealthequalities.org.uk)



**Many Happy Returns** produces cards that are a catalyst to conversation through reminiscence and help create rich, enjoyable experiences - as well as stories that may surprise you.

[www.manyhappyreturns.org](http://www.manyhappyreturns.org)

[sarah.reed@manyhappyreturns.org](mailto:sarah.reed@manyhappyreturns.org)



**Novartis** is an international company with approximately 100,000 employees operating in over 140 countries worldwide, covering four business areas - Pharmaceuticals, Vaccines & Diagnostics, Consumer Health, and Sandoz, our generics division.

[www.novartis.co.uk](http://www.novartis.co.uk)

[jared.herscovitz@novartis.com](mailto:jared.herscovitz@novartis.com)



**Social Care Institute for Excellence**

Older people are the largest group of users of adults' services. Our resources cover a wide range of topics from mental health issues in older people, dealing with hospital stays, restraint, dementia and dignity in care. We also have a range of materials to support staff working in care homes for older people.

[www.scie.org.uk/adults/olderpeople.asp](http://www.scie.org.uk/adults/olderpeople.asp)

[info@scie.org.uk](mailto:info@scie.org.uk)



**South West Yorkshire Partnership NHS Foundation Trust** is a specialist NHS foundation trust providing mental health and learning disability services. The Trust was awarded a grant last year as part of the Mental Health Foundation's 'Home Improvements' scheme to develop a multimedia life story toolkit. The project team will be exhibiting the toolkit and taking advance orders for the July product launch date.

[www.southwestyorkshire.nhs.uk/our-services/older-peoples/portrait-of-a-life/](http://www.southwestyorkshire.nhs.uk/our-services/older-peoples/portrait-of-a-life/)

[dcm@swyt.nhs.uk](mailto:dcm@swyt.nhs.uk)

The toolkit will also be available to order in advance from 28 February at [www.ennovations.co.uk/](http://www.ennovations.co.uk/)

**The Steering Group would like to thank all the sponsors and exhibitors for their support of this event.**

## Prize draw

There will be a prize draw at the end of the conference. Prizes have been generously donated by the following organisations:



**Amanda Waring** has been a passionate campaigner for older people's rights for the past five years. Her award winning powerfully emotional film 'What Do You See?' has been used in dignity training around the world. Her website has further details about her campaign and where her films and training packs on supporting person centred care and dignity can be purchased.

[www.amandawaring.com](http://www.amandawaring.com)      [mail@amandawaring.com](mailto:mail@amandawaring.com)

**Prize - 'What Do You See?' DVD**



**Boots UK - Healthcare Solutions** is working at the forefront of health care to develop innovative services and responding to the needs for modern health services, by understanding the expectations of those visiting our stores each day or who may be being cared for by others in their own homes or in other settings.

[www.boots-uk.com](http://www.boots-uk.com)      [julie.butterworth@boots.co.uk](mailto:julie.butterworth@boots.co.uk)

**Prize - one men's gift and one lady's gift**



**Bradford Dementia Group** is a multi-disciplinary and multi-professional group committed to making a difference to policy and practice in dementia care, through excellence in research, education and training.

[www.brad.ac.uk/health/dementia/](http://www.brad.ac.uk/health/dementia/)      [p.edwards1@bradford.ac.uk](mailto:p.edwards1@bradford.ac.uk)

**Prize - 'Enriched Care Planning for People with Dementia' book signed by the author Paul Edwards and Professor Dawn Brooker**



**The Dementia Services Development Centre** is internationally recognised as a centre for excellence in coordinating dementia projects which produce tangible results. We place an emphasis on promoting good practice for those working in the field of dementia care. The centre actively works to improve services for people with dementia.

Tel: 01786 467740      <http://dementia.stir.ac.uk/>

**Prize - design audit tool pack**



**for dementia** is a national charity committed to improving the quality of life for all people affected by dementia, through providing Admiral Nurses and supporting the national network Uniting Carers for dementia.

Tel: 020 7874 7210      [www.fordementia.org.uk](http://www.fordementia.org.uk)

**Prize - 'Telling Tales About Dementia' book**



**Pictures to Share** was established as a social enterprise in 2005 to develop resources for people living with dementia. Managing Director Helen Bate originally had the idea for 'Pictures to Share' illustrated books when her own mother had dementia and she became aware of the lack of suitable resources.

[www.picturestoshare.co.uk](http://www.picturestoshare.co.uk)      [info@picturestoshare.co.uk](mailto:info@picturestoshare.co.uk)

**Prize - a set of ten books**

**For your chance to win these prizes please ensure you have your raffle ticket issued when you register on arrival at reception. You must be present at the draw to receive a prize or it will be re-drawn.**





## National Mental Health Development Unit

Dear Colleague

This conference is not a culmination of work but a beginning which you are all part of by registering your interest and or being here today.

One of our anticipated outcomes for the day is the formation of **regional life story groups**, or “communities of interest” in which we can support you and you can support each other, act a resource and share good practice. We will be looking for “Life Story Champions” to act as a communication hub and there will be ongoing information on the website. If you are interested please contact us via our website [www.lifestorynetwork.org.uk](http://www.lifestorynetwork.org.uk).

We would, therefore, like to encourage you to network with colleagues today and locally. The delegate list will be available on the website after the conference has taken place in February (subject to each delegate’s consent). We will also be developing a network template on the website which we will keep you informed about. I am contacting the regional SHA’s and Government Office to find out who else you might be able to link with in your regions in health and local government to help with your work. This work really is everybody’s business and the National Steering Group will be driving future developments along with me but your role in the future of the network is vital.

This conference and all the interest in it is a real testament to the passion and commitment of so many people who want to make a difference. We would like to encourage you to continue to network, to access the website for the life story network which is being developed further. In the near future we hope to introduce an interactive facility on the website which will enable further networking, learning and sharing opportunities.

Yours faithfully

*Polly Kaiser*

Polly Kaiser

On behalf of the National Life Story Network Steering Group

## The National Life Story Network Steering Group

Steve Amos	North East Mental Health Development Unit
Paul Edwards	Bradford Dementia Group- University of Bradford
Ruth Eley	Department of Health
Anna Gaughan	North West Joint Improvement Partnership
Tony Jameson-Allen	National Mental Health Development Unit
Polly Kaiser	National Mental Health Development Unit
Sally Rogers	Yorkshire and Humber Improvement Partnership
Jean Tottie	United Carers for Dementia
Suzanne Wightman	South West Yorkshire Partnership NHS Foundation Trust

The steering group would like to thank all the presenters, exhibitors, sponsors and delegates for taking time to participate in this event, and look forward to future collaborations.

# Life Story Network

Celebrating the launch of the National Life Story website

**[www.lifestorynetwork.org.uk](http://www.lifestorynetwork.org.uk)**