

Hello,

Please find attached a summary of a recent conversation between people living with memory loss, families and carers that highlight our experience of social isolation, travel and advice. We want to work with organisations such as TfL, advice services, voluntary and statutory to help us overcome barriers to ensure a more independent way of living.

Acting on the recommendations in this report will mean that we can continue having control over our lives and doing the things we love.

We want you to work in partnership with us to create a dementia friendly community

Our next step will be to arrange a series of conversations with different organisations such as yourself to help us achieve our aims. We hope you will meet with us.

Best wishes,

Dementia Voices Brent

Lewinson

R Wilson

Cher, Lisa Smith

Thelma V Ham

H Russell

Aina Chen

C Wilson

## **Dementia Voices Brent Have your say Day!**

**People living with Dementia and Carers voice their  
wishes and concerns**

**Tuesday 18<sup>th</sup> February 2020**

**@**

**Hendon Football Club**

We, people living with Dementia want to change the way Dementia is viewed and responded to, to change the physical and social environment to enable us to lead and control our lives the way we used to, and be seen as people with a medical condition rather than being defined by it. In our recent conversation at the Dementia friendly Hendon Football Club we agreed the following areas we want to address in partnership with organisations from all sectors.

### **Key issues discussed and recommendations:**

- Social Inclusion
- Travel
- Advice

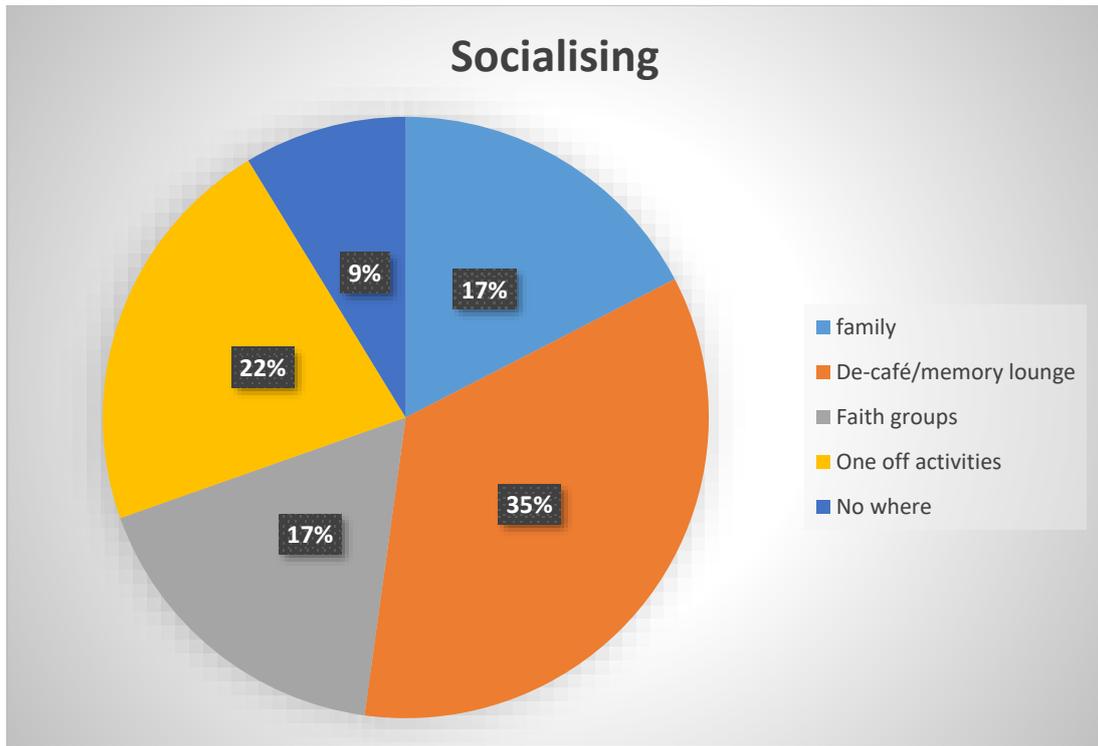
## **Social Inclusion**

Irrespective of whether we are living with the condition or we are a carer there was general and enthusiastic agreement that we want to continue feeling connected, and want to continue engaging with our family, friends and the wider community such as our faith communities, Dementia cafes, memory lounges, theatre, cinema and whatever social activity we wish to engage in.

Now that we live with Dementia we want to do something about the barriers we feel are there to being fully connected.

We want to work with others to ensure

- Sensitive transport and travel
- Quality and effective signage
- Knowing where and how to access information and signposting
- Dementia friendly places such as public places, libraries, theatres, shopping centres etc
- An availability of Dementia friendly activities

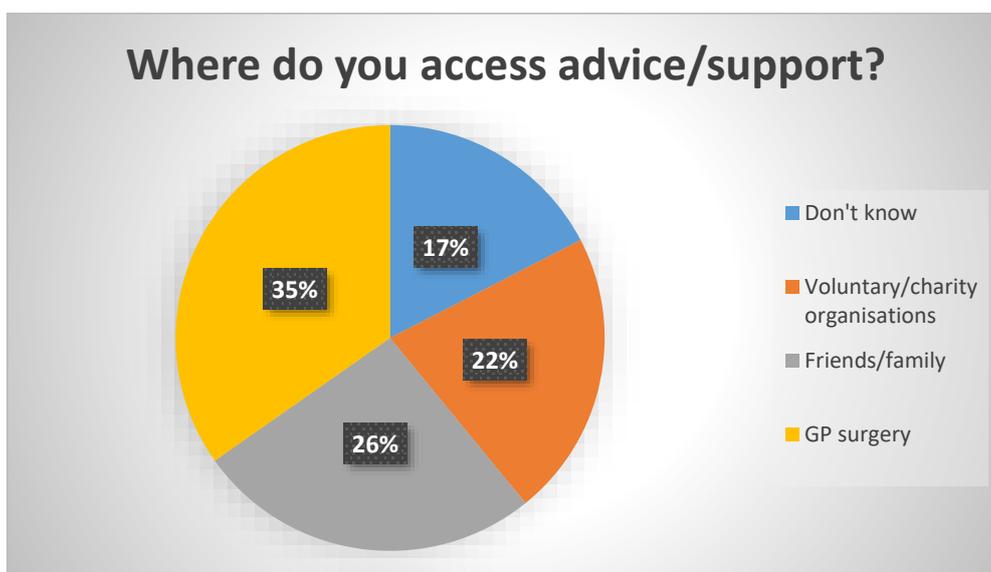


## **Advice**

We want whatever advice and information is out there to help us to manage our condition and life generally. In addition, if there are gaps then we want to make sure these are filled and available ASAP for others and us. The view from the group is that there is probably more information out there than we realise but the frustrating thing is that it is not easy to see or we do not know who to ask for it. Clearly we are out of sync with advice givers and they are out of sync with us. When we do the main people we go to for advice includes:

- Family/friends
- Our GP
- Statutory and voluntary sector organisations

However when many of us approached the above and others such as the Council we found very little advice and information was actually available.



23 people participated

We want to work with others to ensure

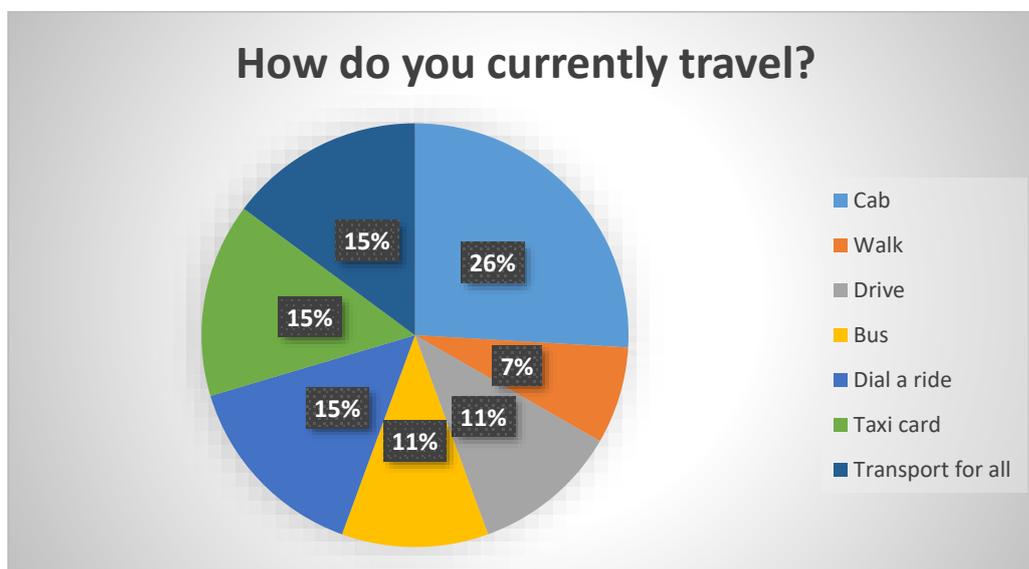
- Effective sign posting and information that is actually current and available
- An ‘expert’ that we have confidence in to at least help us understand what is available in terms of advice, information and guidance
- A more personalised advice service i.e. from someone who is empathetic and understanding
- Good quality Dementia friendly physical signage to place

## Travel

Transport is an obvious way that we can use to keep us connected. The main methods of travel that we take include taxi card, dial a ride or private cab, and some of us travel by public transport. We agreed that we all have overwhelming feeling of anxiety around travel.

We want to work with others to ensure

- A greater sense of personal and physical safety when travelling
- A greater commitment from travel companies including TFL, Dial A Ride, taxis etc to provide Dementia awareness training to their staff
- More visual and audio support on trains and buses



We invite you to work with us to achieve the above. Doing so will help us to stay well for longer, feel valued and included, feel we are of some value as we were before our diagnosis and generally create a healthier community.



*“Together creating a  
Dementia friendly borough”*

**End:**