

The background of the slide is white and features a decorative border of butterflies. The butterflies are in various shades of light green and grey, scattered around the edges of the page. Some are solid colors, while others are semi-transparent or faded. The butterflies are in various orientations, some facing left, some right, and some slightly angled.

The Power of the Website Voice

Speaker: Ann Pascoe

Rural Highlands of Scotland



Winter fields



Husband Andrew



Strath of Kildonan



AMP

Power of one voice

- With the power of the website
- One lone caregiver
 - living in rural Highlands of Scotland
- Helped change a community
 - from one with no dementia support
 - to one that is socially inclusive and supporting

Churchill Fellowship

India

Goa - May 2012

Kerala - June 2012

Taiwan

Taipei - April 2013

ADI Conference



You can still live a life





No-one should ever have to walk the lonely dementia carer journey alone.



In partnership with:
WINSTON
CHURCHILL
MEMORIAL
TRUST

- Website layout
- Design of header
- Colours
- Strap lines/messages/logos
- Content
- Make it dementia friendly



A Carer's Voice

Remember us too...

No-one should ever have to do this journey alone



[Blogs »](#) [Care Homes »](#) [Carers »](#) [Community »](#) [Campaigns »](#) [India »](#) [Learning Zone »](#)

Search this site...



[Home »](#) [Ann's Blog »](#) *Exploring Ponda on the back of a scooter ...*

Exploring Ponda on the back of a scooter ...

Posted by Ann on May 15, 2012



This scooter ... and I'm hoping the proper pic comes up here! Today I became a true Goan: worked with Shezmin ... see the **Work in Goa** pages ... and besides learning so much, I had one of the best days of my life. When she suggested we use her scooter to get around I sort of gulped and thought about it for 10 seconds and then decided 'go with the flow ... you're only here once': so off we went ... sans helmet (I know, I know) but they only drive at 30 miles an hour and all the roads have traffic humps every mile or so ... We had a few scary brushes with a few maniac busses and other hairy scooters, but I think it was more shock on their part at seeing two such different woman on the same

Recent Posts

- Congratulations Babu! Cochin's dementia friendly work wins Taipei award
- Creative Carers in Brora and Helmsdale
- 22 Jan Helmsdale Gets Creative!
- Calling all carers
- Caring for Carers on Radio Scotland

External Links

- Alzheimer Europe

Our village



The market place



Our neighbour



Blogs from India

<http://www.acarevoice.com/entry/143/> We're here... | A Carers Voice


Google Search Share More Sign In

Hotmail Sign In Shelcat Scottish Health L... UK Universities - Academ... Oxford College Carers Voice Webmail Log...

A Carers Voice New Edit Post Howdy, Ann

We're here ...


Posted by Ann on May 12, 2012



We've arrived and we're back in the online business! Besides being hot – oh so deliciously hot – the sounds and the colours and the clear blue skies and the tall palm trees are something to behold!

Saturday morning

And I've had my first Goan cooking lesson. Lourdes is our housekeeper and today she taught me to make Goan tandoori (chicken). Yesterday at seven – in the cool of the



morning – we went to the market and after choosing my live rhicken (1) and my big fish (2) – I think it was a sea bass – we went off to get fresh fruit and salads while the livestock was being prepared for me –

I have to admit it's a long time since I've been in a market and got food at the very source – figs off the trees that morning, grapes – the size of black-plums – just picked, watermelon you die for and short stubby finger bananas – so sweet.

We also did the shopping market and you can't imagine shopping by candlelight – power cuts – when you don't know the brands – you're looking for washing powder and don't have a clue which box it is – and the only way you know rice is rice is because it looks like rice. This reminded me of my Montreal days when I had to shop in French – but the house is stocked and we're ready to start living here

Yesterday

I also unexpectedly met the people I'll be working with – both at Sangath and at the Goa Medical School – At last Amit Dias became reality for me – we just laughed when we met: the last time I saw him was at the

External Links:

- Alzheimer Europe
- Alzheimer Scotland
- Link 2
- Link 3

Pages

- A Carers Voice
 - Carers
 - Carers' Blogs
 - Carers' Forum
 - Support
 - Alzheimer Scotland
 - Connecting Carers
 - Crossroads Caring Scotland
 - The Carers' Bookshelf

100% 12:59 30/03/2013

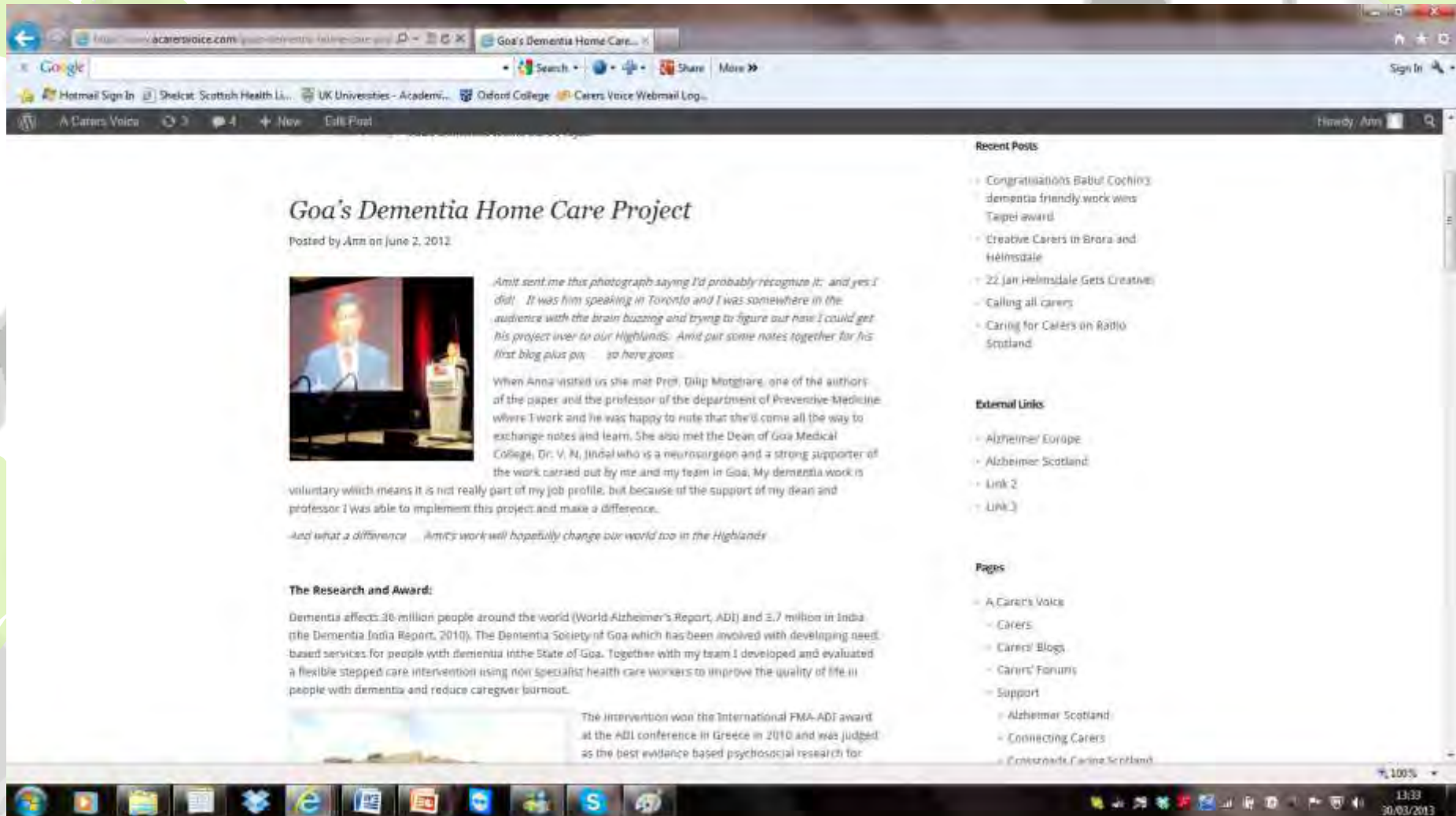
Health Clinic



Shezmin




Work in Goa ...



The screenshot shows a web browser window with the address bar displaying "http://www.acarevoice.com/goa-dementia-home-care-project". The browser's address bar also shows "Goa's Dementia Home Care...". The browser's search bar contains "Search". The browser's toolbar shows "Hotmail Sign In", "Sheelot: Scottish Health Li...", "UK Universities - Academi...", "Oxford College", and "Carers Voice Webmail Log...". The browser's status bar shows "A Carers Voice", "New", "Full Print", and "Howdy, Ann".

Goa's Dementia Home Care Project

Posted by Ann on June 2, 2012




Amit sent me this photograph saying I'd probably recognize it: and yes I did! It was him speaking in Toronto and I was somewhere in the audience with the brain buzzing and trying to figure out how I could get his project over to our Highlands. Amit put some notes together for his first blog plus pics - so here goes -

When Anna visited us she met Prof. Dilip Motghare, one of the authors of the paper and the professor of the department of Preventive Medicine where I work and he was happy to note that she'd come all the way to exchange notes and learn. She also met the Dean of Goa Medical College, Dr. V. N. Jindal who is a neurosurgeon and a strong supporter of the work carried out by me and my team in Goa. My dementia work is voluntary which means it is not really part of my job profile, but because of the support of my dean and professor I was able to implement this project and make a difference.

And what a difference - Amit's work will hopefully change our world too in the Highlands

The Research and Award:

Dementia affects 36 million people around the world (World Alzheimer's Report, ADI) and 3.7 million in India (the Dementia India Report, 2010). The Dementia Society of Goa which has been involved with developing need-based services for people with dementia in the State of Goa. Together with my team I developed and evaluated a flexible stepped care intervention using non-specialist health care workers to improve the quality of life in people with dementia and reduce caregiver burnout.



The intervention won the International FMA-ADI award at the ADI conference in Greece in 2010 and was judged as the best evidence based psychosocial research for

Recent Posts

- Congratulations Babul Cochins dementia friendly work wins Taipei award
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- 22 Jan Helmsdale Gets Creative!
- Calling all carers
- Caring for Carers in Radio Scotland

External Links

- Alzheimer Europe
- Alzheimer Scotland
- Link 2
- Link 3

Pages

- A Carers Voice
- Carers
- Carers' Blogs
- Carers' Forums
- Support
 - Alzheimer Scotland
 - Connecting Carers
 - Connected Carers Scotland

100%

13:33
30/03/2013

Airy rooms



Delicious 'home' food




Home from home





Visit to Kerela

At last ... Kunnamkulam and Dr Roy ...
Posted by Ann on June 9, 2012

 At last culmination of the journey from ADI London where I met Dr Jacob Roy – India's ARDSI Chairman and Alzheimer International Chairman – to his offices in Kunnamkulam where it all began in India. Dr Roy is a Paediatrician, but got caught up in dementia when his father developed Alzheimer's and Dr Roy became his caregiver. So we had a lot to talk about ... Dr Roy has invited me back to spend more time at the Harmony Care Home in Kunnamkulam – similar in set up to the one I visited in Cochin, but of course it was the very first one in India.

Overall yesterday was such a fun day: Sarji John, Manager of the Harmony Home in Cochin, accompanied me and Sree (meaning beauty) was our young driver.

 The pictures will say it all, but he took us to places (at speeds!!!) most never go ... weaving in and out of traffic on small village roads to the beach where we saw Chinese fishing again, visited a thousand year old temple, stopped in at a saree fabric shop (could have spent all day there!), lunch at a hotel (never did figure out how to flush the food, so used the shower attachment alongside to do the job!!) and where the waiter was so amused to realise I was the only one of the four in our party who knew which Raita to choose ... in fact even knew what Raita was!! Asked for the coconut and cucumber one and he was all beams! Surprised I think that a foreigner knew her curry stuff!

 My two special companions, Sarji and Sree at the beach we visited.

External Links

- Alzheimer Europe
- Alzheimer Scotland
- Link 2
- Link 2

Pages

- A Carer's Voice
 - Carers
 - Carers' Blogs
 - Carers' Forums
 - Support
 - Alzheimer Scotland
 - Connecting Carers
 - Crossroads Caring Scotland
 - The Carers' Bookshelf

Windows taskbar at the bottom shows the date 30/03/2013 and time 13:02.

Key message

<http://www.carersvoice.com/our-forums/sneha-mandir-old-age-home>

Sneha Mandir Old Age Home

Google Search Share More Sign In

Hotmail Sign In Shelcat Scottish Health Ltd UK Universities - Academi... Oxford College Carers Voice Webmail Log...

A Carers Voice Edit Page Hardy, Ann


This is the bus station in the centre of Pondá...

The central block has a dining room with kitchens, two television rooms (one for men and one for women because generally men and women like to watch different things – have we thought of that???) a library and a lecture room plus of course wonderful gardens, even a waterfall (man made).

In total there are 85 beds supported by 12 trained nurses (in white) and 12 Care Helpers (in blue) on a 24 hour rotation basis (3 batches of 4 nurses/4 care workers per shift) from 0am-6pm and 6pm-9am, with 6 days on and 1 day off each week. Over and above this there are 9 administrative staff plus 6 kitchen staff and a full-time gardener.

There is also a Geriatric Centre for bedridden patients (approximately half the beds at Sneha Mandir) with a physiotherapy and surgical centre (open also to non-residents in the area), a yoga instructor, a mobile clinic and ambulance service (serving 8 villages in the area) as well as a Home Nursing School (funded


The manager ... Aná Tai (Aná is her name and Tai is her title of respect meaning 'elder sister') ... so generous with both her time and knowledge ... I gave her a little bag with leather and she started to eat it! In India they have bags lined a kind of tobacco ... I fail to explain it was for her clothing drawer ...


Waterfall into the pond outside the dining room – just so lovely ...

- Carers' Blogs
- Carers' Forums
- Support
 - Alzheimer Scotland
 - Connecting Carers
 - Crossroads Caring Scotland
- The Carers' Bookshelf
- Things that Help ...
 - Brain Games ...
 - Coping with Dementia
 - Life stories ...
 - Reminiscing
- Blogs
 - Andrew
 - Ann
- Blogs
- Campaigns
 - Ann P's campaign
 - Caroline's campaign
 - Elections Manifesto
 - Jeanette's campaign
 - NDCAN
- Care Homes
 - A Care Home Voice
 - Care Home Issues ...
 - Kerala Care Home, India
 - Sneha Mandir Old Age Home
 - Goa, India

by the Goa Government) which provides free education to 20 nursing

100% 09:54 30/03/2013

Unexpected outcome

- Andrew decided to blog
- but couldn't do it alone
- So I helped him ...



His favourite beach



Animal sanctuary



Moped power



Full tummies



Bougainvillea



Alarm clock



Monsoon's coming



It arrives



Andrew begins to blog

A quiet beach
Posted by Andrew on June 3, 2012

At last I walked down to the beach at the bottom of our road. No people. No scooters.

Just three lads doing water sports. I've taken a few photographs of this beach mainly in connection between the beach here in Colva and to show you the other beach in Panaji which is just as beautiful but a different view i.e. the sand is yellow there and white at our beach.

Also the difference between the two is the one at Panaji has a certain amount of litter and rucks which tend to spoil it whereas our beach is completely clean. It's great for everything probably because it's out of the way of too many people.

The water sport lads told me that tomorrow it's all closed up because the monsoon for the next two months is heading this way.

External Links

- Alzheimer Europe
- Alzheimer Scotland
- Link 2
- Link 3

Pages

- A Carer's Voice
- Carers
- Carers' Blogs
- Carers' Forums
- Support
 - Alzheimer Scotland
 - Connecting Carers
 - Crossroads Caring Scotland
- The Carers' Bookshelf
- Things that Help

11:18
30/03/2013

Carers not alone

Carers' Blogs
A selection of blogs written by carers of people with dementia - you are not alone!

WE NEED TOOTHPASTE by Jon Holland



A Blog about caring for my mother who has vascular dementia. Do also about road black vehicles, dogs with wheels, cooking, unarranging things alphabetically, cars, cars, straight lines, hair, and the odd company theory!
[Read Jon's blog](#)

HER ABSENT MIND by Sue



"I care fulltime for my mother who has vascular dementia. I have been caring for her since April 2011. She is a lovely woman who along with my father adopted 2 scrap of 4 foundling being in 1980. These days she is the fittest and it's time for me to pay 4 back!"
[Read Sue's blog](#)

MY MIND IS SHINY by Marianne Talbot

Recent Posts

- Congratulations Sarah Cochran Dementia Therapy Work with Tags award
- Create Carers in Britain and Helsinki
- 23 Jan Helmsdale Getz Creative
- Calling all carers
- Caring for Carers in Baido Scotland

External Links

- Alzheimer Europe
- Alzheimer Scotland
- Lonis
- UKS3

Pages

- Carers Voice
- Carers
- Carers Blogs
- Carers Forum
- Support
- Alzheimer Scotland
- Connecting Carers
- Connect with Carers Scotland

A working site

Living well with Dementia

People with dementia and their family carers talk about life before and after diagnosis, and explain how you can still live well with dementia.

Practical Tips and Advice

Members of the inspirational **Scottish Dementia Working Group** and family carers offer some really useful advice for living well with dementia, including how to stay safe in and out of the home, and explain the benefits of setting up power of attorney as early as possible.

Where to get support

The help available to people with dementia and their carers, including community psychiatric nurses and the wide range of services provided by **Alzheimer Scotland**, including local advisory, carers support groups, day

External Links

- Alzheimer Europe
- Alzheimer Scotland
- Link 2
- UKAD

Pages

- A Carer's Voice
- Carers
- Carers Blog
- Carers Forum
- Support
 - Alzheimer Scotland
 - Connecting Carers
 - Crossroads Caring Scotland
 - The Carers' Bookshelf
 - Things That Help
 - Watch Games
 - Coping with Dementia
 - Lifestories
 - Remembering
- Blog
- Privacy

Campaigning site



The screenshot shows a web browser displaying the homepage of 'A Carer's Voice'. The website features a purple logo with a stylized figure and the text 'A Carer's Voice Remember us too...'. A navigation menu includes links for 'Blogs', 'Care Homes', 'Carers', 'Community', 'Campaigns', 'India', and 'Learning Zone'. The main content area is titled 'Elections Manifesto' and includes a sub-header 'Alzheimer Scotland' and a link to a document titled 'Voters'. Below this, a section titled 'Candidates in Scotland's local council elections in May were reminded that:' lists several points regarding dementia care. A right-hand sidebar contains a search bar, a 'Recent Posts' section with several article titles, and an 'External Links' section.

A Carer's Voice
Remember us too...

Home - Elections Manifesto

Elections Manifesto

Alzheimer Scotland

Voters: <http://www.alzscot.org/manifesto2013>

Candidates in Scotland's local council elections in May were reminded that:

- Dementia is not an inevitable part of aging, but a terminal illness
- One in three people will die with dementia
- Over half of the population of Scotland have had a family member or close friend with dementia
- People with dementia, their carers and families are entitled to:
 - be treated with dignity and respect
 - be supported by skilled staff who understand the illness
 - be included in their local communities.

Recent Posts

- Congratulations Billie Cochran dementia friendly work with Tappan award
- Creative Carers in Biersa with Helenpole
- 22 Jan Helmsdale gets Creative!
- Calling of carers
- Caring for Carers on Radio Scotland

External Links

- Alzheimer Europe
- Alzheimer Scotland

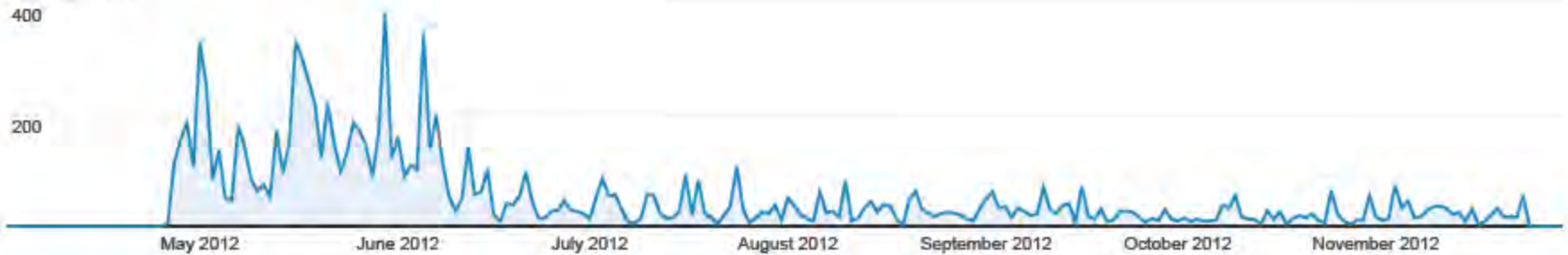
Content Overview

Apr 1, 2012 - Nov 30, 2012

 % of pageviews: 100.00%

Overview

Pageviews



Pages on this site were viewed a total of 11,707 times

Pageviews



Unique Pageviews



Avg. Time on Page



Bounce Rate



% Exit

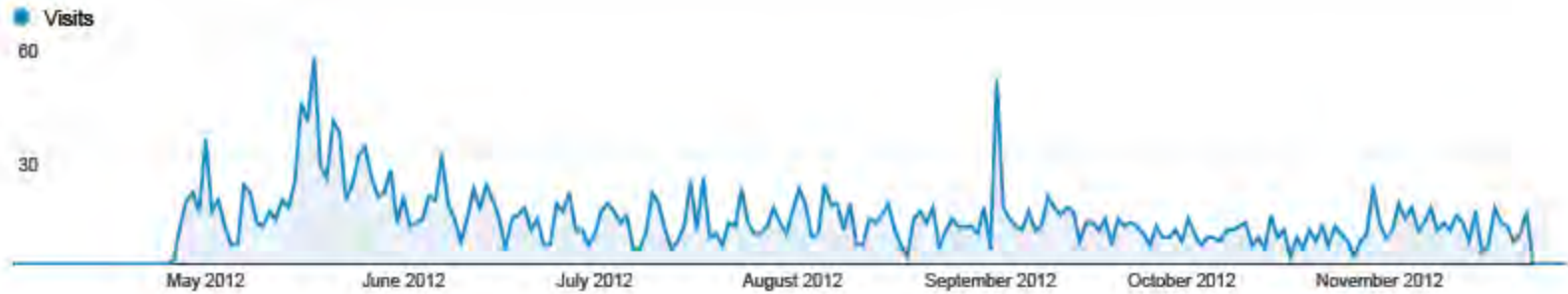


Apr 1, 2012 - Nov 30, 2012

Audience Overview

● % of visits: 100.00%

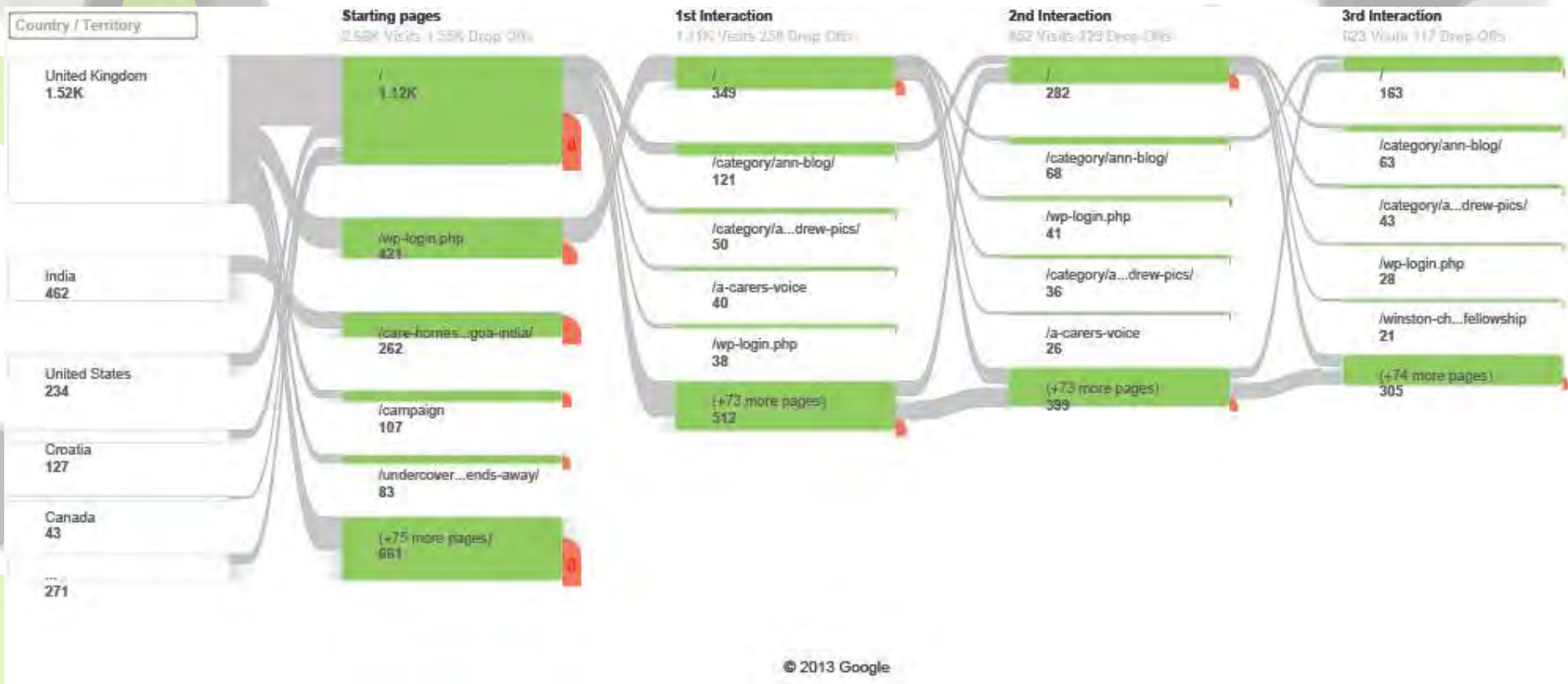
Overview



1,510 people visited this site



Visitors' flow



Indicates, what visitors', by which territory, were captivated by on acarersvoice.com before dropping off/ leaving the website.

Site usage

Apr 1, 2012 - Nov 30, 2012

Overview

 % of visits: 100.00%

Explorer

Site Usage



Visits

2,663

% of Total: 100.00% (2,663)

Pages / Visit

4.40

Site Avg: 4.40 (0.00%)

Avg. Visit Duration

00:06:13

Site Avg: 00:06:13 (0.00%)

% New Visits

56.67%

Site Avg: 56.67% (0.00%)

Bounce Rate

46.49%

Site Avg: 46.49% (0.00%)

Mobile (Including Tablet)

Visits

Pages / Visit

Avg. Visit Duration

% New Visits

Bounce Rate

1. No	2,381	4.58	00:06:34	55.44%	44.65%
2. Yes	282	2.83	00:03:12	67.02%	62.06%

Rows 1 - 2 of 2

New vs Returning

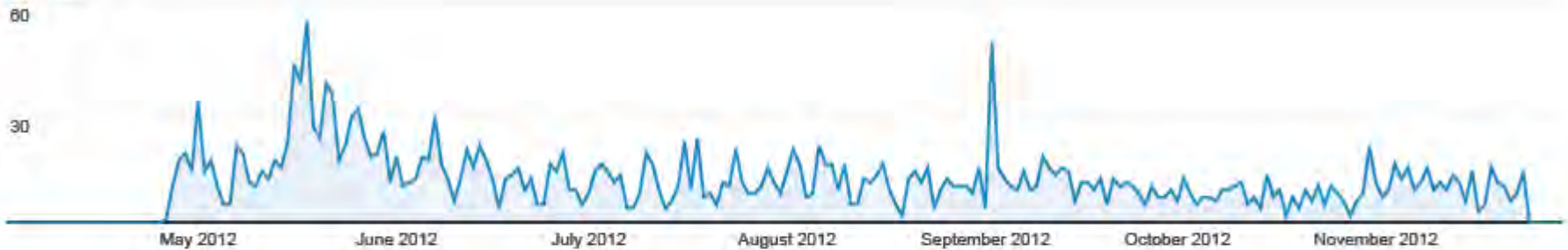
Apr 1, 2012 - Nov 30, 2012

 % of visits: 100.00%

Explorer

Site Usage

 Visits



Visits

2,663

% of Total: 100.00% (2,663)

Pages / Visit

4.40

Site Avg: 4.40 (0.00%)

Avg. Visit Duration

00:06:13

Site Avg: 00:06:13 (0.00%)

Bounce Rate

46.49%

Site Avg: 46.49% (0.00%)

Visitor Type

Visits

Pages / Visit

Avg. Visit Duration

Bounce Rate

1. [New Visitor](#)

1,509

2.69

00:02:29

63.55%

2. [Returning Visitor](#)

1,154

6.62


00:11:05

24.18%

Rows 1 - 2 of 2

Apr 1, 2012 - Nov 30, 2012

Location

 % of visits: 100.00%

Map Overlay

Site Usage



Visits

2,663

% of Total: 100.00% (2,663)

Pages / Visit

4.40

Site Avg: 4.40 (0.00%)

Avg. Visit Duration

00:06:13

Site Avg: 00:06:13 (0.00%)

% New Visits

56.67%

Site Avg: 56.67% (0.00%)

Bounce Rate

46.49%

Site Avg: 46.49% (0.00%)

Country / Territory

Visits

Pages / Visit

Avg. Visit Duration

% New Visits

Bounce Rate

1. [United Kingdom](#)

1,525

5.32

00:07:31

44.92%

35.15%

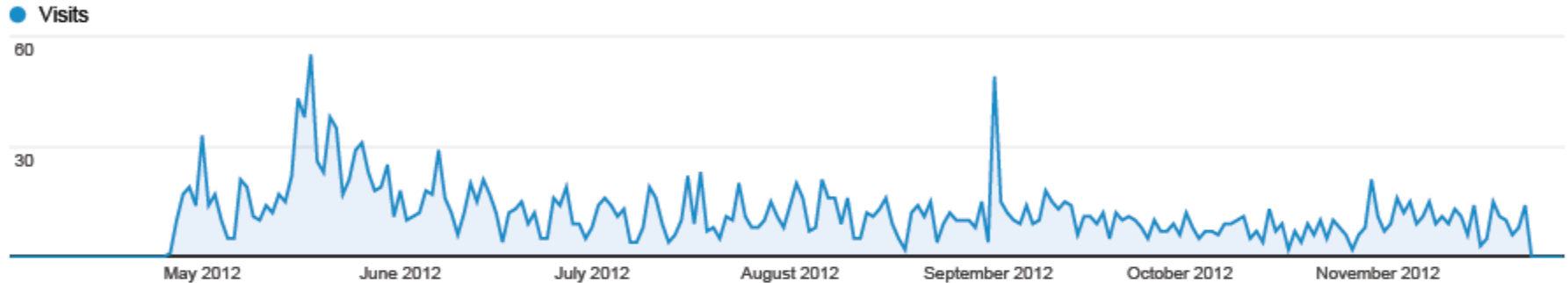
Language

Apr 1, 2012 - Nov 30, 2012

 % of visits: 100.00%

Explorer

Site Usage



Visits

2,663

% of Total: 100.00% (2,663)

Pages / Visit

4.40

Site Avg: 4.40 (0.00%)

Avg. Visit Duration

00:06:13

Site Avg: 00:06:13 (0.00%)

% New Visits

56.67%

Site Avg: 56.67% (0.00%)

Bounce Rate

46.49%

Site Avg: 46.49% (0.00%)

Language

Visits

Pages / Visit

Avg. Visit Duration

% New Visits

Bounce Rate

1. [en-us](#)

2,272

4.66

00:06:46

53.65%

43.93%

2. [en-gb](#)

285

3.32

00:03:34

68.42%

55.44%

3. [en](#)

45

1.69

00:01:48

86.67%

73.33%

4. [de-de](#)

7

1.43

00:00:05

71.43%

71.43%

5. [ru](#)

6

1.17

00:00:11

83.33%

83.33%

Engagement

Apr 1, 2012 - Nov 30, 2012















100% of visits: 100.00%

Distribution

Visit Duration

Visits
2,663
% of Total: 100.00% (2,663)

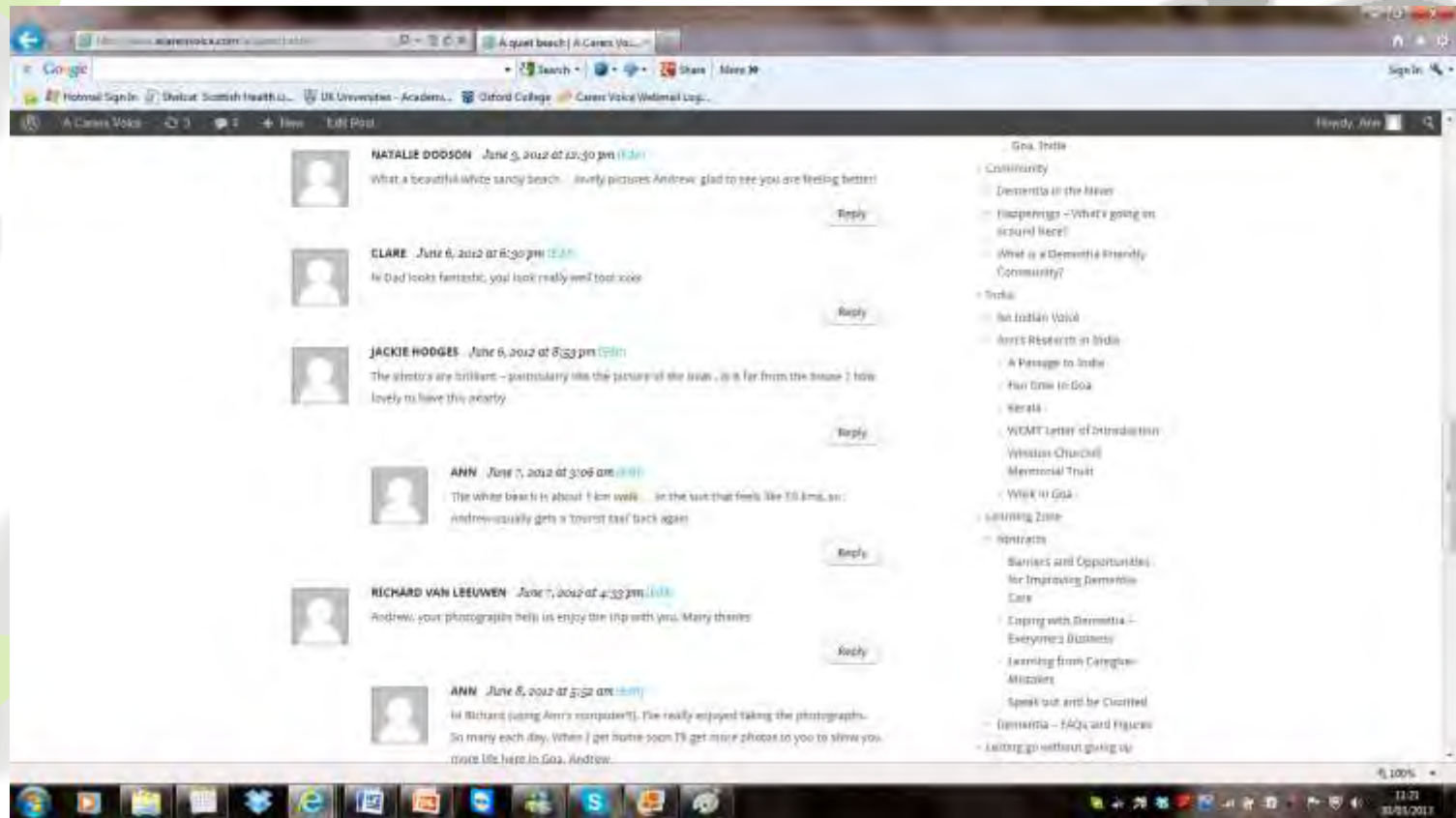
Pageviews
11,707
% of Total: 100.00% (11,707)

Visit Duration	Visits	Pageviews
0-10 seconds	1,278 	1,314 
11-30 seconds	110 	246 
31-60 seconds	146 	378 
61-180 seconds	311 	1,228 
181-600 seconds	375 	2,509 
601-1800 seconds	303 	2,972 
1801+ seconds	140 	3,060 

Domain Stats

- Rank has been stable
 - with no relevant variation over the last 3 months
- Site launched 21/3/2012
 - 1 year and 1 month old
 - reaches roughly **870** users
 - delivers about **1,920** page views/month

Comments flow in



The screenshot shows a web browser window displaying a forum page. The browser's address bar shows the URL www.alzcarevoice.com. The page title is "Alzheimer's Care: You...". The forum post is titled "A Caregiver's Voice" and is dated June 5, 2012, at 12:30 pm. The post content reads: "What a beautiful white sandy beach... lovely pictures Andrew, glad to see you are feeling better!". Below the post are six comments from other users, each with a "Reply" button. The sidebar on the right contains a navigation menu with various links such as "Go Home", "Community", "Dementia in the Movies", "Happenings - What's going on around here!", "What is a Dementia Friendly Community?", "Stroke", "An Indian Voice", "Alzheimer's Research in India", "A Passage to India", "Fun Time in Goa", "Serafi", "WCMT Letter of Introduction", "Vishwas Chavhan Memorial Trust", "Work in Goa", "Learning Zone", "Abstracts", "Services and Opportunities for Improving Dementia Care", "Coping with Dementia - Everyone's Business", "Learning from Congress-Minutes", "Speak out and be Counted", "Dementia - FAQs and Figures", and "Leaving Goa without going AWAY". The browser's taskbar at the bottom shows various application icons and the system clock indicating 11:21 on 25/6/2012.

NATALIE DODSON June 5, 2012 at 12:30 pm (1 day)

What a beautiful white sandy beach... lovely pictures Andrew, glad to see you are feeling better!

CLARE June 6, 2012 at 8:30 pm (1 day)

Hi Dad looks fantastic, you look really well too xoxo

JACKIE HODGES June 6, 2012 at 8:33 pm (1 day)

The photos are brilliant - particularly like the picture of the beach, it is far from the house I love lovely to have this nearby

ANN June 7, 2012 at 3:06 am (1 day)

The white beach is about 1 km walk... in the hot that feels like 10 km, so: Andrew usually gets a tourist taxi back again

RICHARD VAN LEEUWEN June 7, 2012 at 4:33 pm (1 day)

Andrew, your photographs help us enjoy the trip with you. Many thanks!

ANN June 8, 2012 at 5:22 am (1 day)

Hi Richard (using Ann's computer!). The really enjoyed taking the photographs... So many each day. When I get home soon I'll get more photos to you to show you more life here in Goa, Andrew.

- Go Home
- Community
- Dementia in the Movies
- Happenings - What's going on around here!
- What is a Dementia Friendly Community?
- Stroke
- An Indian Voice
- Alzheimer's Research in India
- A Passage to India
- Fun Time in Goa
- Serafi
- WCMT Letter of Introduction
- Vishwas Chavhan Memorial Trust
- Work in Goa
- Learning Zone
- Abstracts
- Services and Opportunities for Improving Dementia Care
- Coping with Dementia - Everyone's Business
- Learning from Congress-Minutes
- Speak out and be Counted
- Dementia - FAQs and Figures
- Leaving Goa without going AWAY



A Dementia Voice

You can still live a life with dementia..



Mar 7, 2013

DFC hits Lottery Jackpot!



We're delighted to say that Dementia Friendly Communities has received a grant of £9975 in the latest round of the Awards for All Scotland scheme. This will...

[read more](#)

Jan 10, 2013

On Safari



Up at 6.30am on yesterday 7th January and away with Terry our driver on safari. We stopped after about 2 hours for breakfast and then drove for another hour on dirt tracks to the game reserve at...

[read more](#)

Agnes joins us

The screenshot shows a web browser window displaying the Agnes Diary website. The address bar shows the URL <http://www.agnesiainvoice.com/>. The page features a navigation menu with links for Home, About, and Contact. The main content area displays a list of blog posts. The most prominent post is titled "Agnes - My Brain and Me", dated October 24, 2012, and posted by Agnes. The post's content describes her visit to Edinburgh for the 2012 Alzheimer's Luncheon Festival. Other posts include "Rainbows from Vienna" dated October 18, 2012. The right sidebar contains sections for "Categories" (listing Agnes Diary, Andrew's Place, Andrew's Voice, Blog, etc.), "Recent Posts" (listing DFC 100 Liberty Juddipol, etc.), and "Recent Comments". The Windows taskbar at the bottom shows the system clock as 12:11 on 20/11/2012.

The 59th AGM of Alzheimer Scotland took place on Friday 2 November at the Hilton Grosvenor Hotel in Glasgow. Agnes Houston reports on the day and its unexpected...

Oct 24, 2012 *Posted by Agnes*

Agnes - My Brain and Me

Agnes Houston's latest blog describes her visit to Edinburgh last weekend to take part in this year's Luncheon Festival - a celebration of ageing creatively which is taking place for the 5th time. In a series of events in the capital and around the country. Amongst the Festival events, at Edinburgh's Poetry Library, was a reading hosted by Jane Kilick, a writer who has...

Oct 18, 2012 *Posted by Agnes*

Rainbows from Vienna

Agnes Houston is Chair of the Scottish Dementia Working Group. She promises she has sent us a review blog from Vienna where she has been attending the 2012 Alzheimer Europe Conference. Here she is (at the right) with Helen and fellow SDWU member...

Categories

- Agnes Diary
- Andrew's Place
- Andrew's Voice
- Blog
- Comments on Agnes Diary
- Dementia Voice
- Features
- My Big Trip
- Stratford-upon-Avon

Recent Posts

- DFC 100 Liberty Juddipol
- De Balle
- James & the Giant
- Dementia Awareness
- Happy New Year from Garscoidey

Recent Comments

- agnesiainvoice.com or Helen Blogger - Jan

David joins us

Jan 4, 2015 *Posted by Peter on Jan 4, 2015 | 1 comment*

David in Helmsdale



Hello it's me again, I haven't blogged since November however the good news is that I have at last a psychiatric nurse who's been visiting me about once every three weeks my memory is getting worse and I now have laminated instructions for the microwave and how to make a cup of coffee or tea on the wall in the

Kitchen

I am also finding that on most days I get tired in the late morning and early afternoon I am still waiting to find out what kind of dementia I have. The neurologist has been off ill for approximately 3 to 4 months but she is due to return in the New Year here's hoping she will have some news for me. We have sent a letter to the hospital suggesting that they should have in place a safety net so that they wouldn't be reliant on one neurologist more news about that when we get a reply to our letter. I recently purchased a juicer machine after reading that drinking two glasses of apple juice is good for you if you have dementia I will let you know later if I think it has made any difference I will blog you again


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- David's View
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- DFC with Larry Jackson
- On Sale!

Ian joins us



Dec 29, 2012 *Posted by Peter on Dec 29, 2012 | 1 comment*

Ian in Cape Town

Thursday 27 DEC. Arrived in Cape Town to lovely sunshine and relaxed in the afternoon. Went to the beach at Camps Bay with the family and then to the Liquor store by taxi with Donald for some supplies. My favorite daughter in law Paula arrived from Rio and we had a wonderful dinner from a grumpy chef. Unfortunately his mother in law come to stay. Its late now and we are sitting enjoying a laugh. Everyone has gone to bed apart from Donald and myself. We are having a quiet speak and hoping everything goes well.



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- Days of the Game

100% 17:09 29/12/2012

New Project

- **Objective**

- to develop a blogging tool
- to allow people with dementia
- to blog on their own

- **Partners:**

- University of Greenwich, London
- University of Stirling, Scotland
- Alzheimer Scotland



A Care Home Voice

We're in this together...



home care homes » residents » family » staff » voices learning zone



Oct 27, 2012

Conversations with Larry



... Larry Gardiner is one of a new breed of dementia activists – people with a diagnosis who have decided to create mutual support groups, speak openly about the experience of living...

[read more](#)

Oct 6, 2012

Creativity in Helmsdale Oct ...



I had first met Karrie Marshall, one half of the Creativity in Care partnership, at the launch meeting of Dementia Friendly Communities back in August, and eventually caught up with part..

[read more](#)

Sunset House

http://www.acarehomevoice.com/?p=1970

An inspector calls | A Care Home Voice

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A Care Home Voice | 5 | + New | Edit Post | Howdy, Ann

Aug 19, 2012 | Posted by Isa on Aug 19, 2012 | 0 comments

An inspector calls

SUNSET HOUSE Part 3



It's that time of year again – there's a buzz going on amongst the staff and I'm being asked to sign this that and the other. Apparently they are dotting the I's and crossing the T's but what does it matter to me that I've signed my care plan? That's not me, that paperwork, I'm here!

The manager Janice looks stressed and has hardly been home since Monday. Pulling out files and health and safety stuff. And her hair.

The staff are all distracted too – looking guilty and double checking all the things that don't bother us except at inspection time. Have I read and agreed my risk assessment? Do I want anything changing? Do I feel like I was involved enough in the process? Yes, I was involved too much. Even though that review meeting was about me I was bored daft at it. Going over and over everything with a fine tooth comb – including my toilet habits – in front of Moira and Donnie. That's enough of that I had to say when they started talking bowel movements. I mean really how would they like it if I were to ask them if they had problems in that department in front of everybody. Not much I wouldn't think. No, well neither do I. My problems are between me and my doctor and if anyone else needs to know I'll decide who and when to tell.

We've all had questionnaires from the care home police too – asking us to mark things by ticking a series of

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15:15
30/03/2013



let's do this together...

Dementia Friendly Communities

Community Interest Company

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Feb 5, 2013

Posted by Peter on Feb 5, 2013 | 2 comments

New! Black Isle Dementia Cafe

A new **Dementia Cafe** for the Black Isle opens its doors this Thursday (7 Feb), offering a friendly place for people with dementia and their carers to get up, relax over a coffee and



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Archives

Flagship website

- highlight progress towards our vision of living well with dementia
- showcase innovation
- promote events
- highlight roadblocks
- map progress
- a forum
- a shop window to:
 - spread the message and
 - sustain the work
 - report the evidence

Conclusion

- Series of online resources created
- to bring together the voices of

- experience

- views

- sources of support:

www.acarersvoice.com

www.adementiavoice.com

www.acarehomevoice.com

www.adementiafriendlycommunity.com

The Power of the Website Voice

Peter Armstrong BA (Hons)

- Mental nurse
- Website editor
- Director: dementia Friendly Communities CIC

Anthony Dodson

- A+ Certified Technician
- Microsoft Certified Professional
- Microsoft Certified Systems Engineer
- 'Nerds on Site' Business Partner

Ann Pascoe BA (Hons), MSc in Dementia (2014)

- Scottish National Dementia Carers Action Network (NDCAN)
- Winston Churchill Memorial Trust Fellow (2012)
- Director: Dementia Friendly Communities CIC
- Trustee: Life Changes Trust

PHOTOGRAPHY: Andrew Pascoe

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