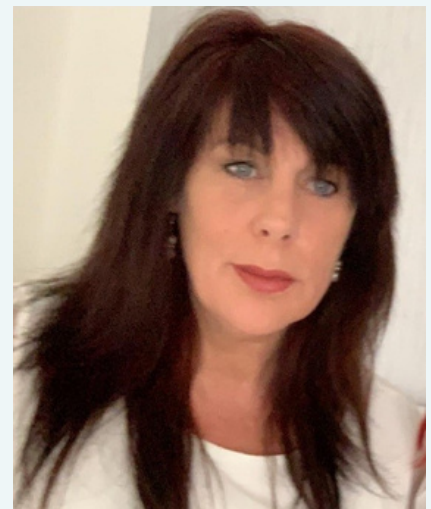




[Sign up to our Monthly Newsletter](#)

Welcome to our February newsletter from Deepness Dementia Media, its great to have you with us pursuing our monthly newsletter with lots to read. I am Anne Scott the Newsletter Editor, and I hope you enjoy reading our latest news. Please share this newsletter with your friends, family and colleagues.,



**Please send your feedback about the newsletter, whether you liked it or how it could be better.**

**If you want to contribute to the newsletter, please get in touch with me at - [scottanne@live.co.uk](mailto:scottanne@live.co.uk)**



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**About Deepness Dementia Media...[The Demented Poets EP](#)**



## Rights and Howard Gordon

### 2025 ushers in a new political era

Donald Trump returning to the White House and the rise of Reform UK, currently second in the polls, who if political commentators are to be believed, will soon overtake Labour to lead in the Opinion Polls

The rise of far-right politics and a return to the rhetoric and the strong men of the 1930s doesn't bode well for the vulnerable in Society

The continued demonising of minorities (culture, religion, disability), blaming minorities for the ills of society, plans to cut disability benefits, assumptions of incapability, inequalities in healthcare, support and services, where the rich are getting richer and the poorer getting poorer are all reminiscent of the 1930s.

As many people living with a diagnosis of one of over 200 forms of Dementia know, the tragedy narrative, favoured by charities, i.e. the Alzheimer's Societies "The Long Goodbye" advert, are a disabler.

Restraint, whether by BPSD (the abusive "Behavioural and Psychological Symptoms of Dementia protocol), Mental, Physical, Emotional, Media or by professionals, is prevalent in the Dementia World

The lack of political will to introduce a National Care Service thereby improving lives and reducing pressures on the NHS is a stain on Politicians, Professionals and Organisations alike



The continued rights denial, often reinforced by Tory MPs in Parliament, claiming that the United Nations Convention on the Rights of Persons with Disabilities and other UN Conventions, are “Soft Law” when The UN, International Human Rights Lawyers and even the UK Government’s own Joint Human Rights Committee all state that they are “Hard Law”, meaning they are legally binding on the UK and it’s all its citizens, rich or poor.

Here at Deepness, we will continue to challenge the negative narratives, showcasing what people living with a diagnosis of Dementia can do, through our Radio, TV, Newsletter, Scottish Dementia Arts Festival and Gathering, Wellbeing College, Arts Projects, Meeting Centres.

Engaging with Politicians, Governments, Councils, Local, National and International Organisations, professionals, people living with Dementia and family members.

As a not-for-profit organisation with a 12 member board, where 9 board members have a diagnosis of Dementia, we rely on donations and grants to continue our work.

If you wish to make a donation or are a grant funder who would consider supporting our work, please get in touch.

You can find out more about our organisation by going to:

<https://www.deepnessdementiamedia.com/>

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# Deepness Dementia Radio

For people living with dementia, music and the spoken word are important for their wellbeing and to trigger memories. Although their memory may fade, music and its accompanying memories remain embedded in the mind of someone who is cognitively impaired. That is why Deepness Dementia Radio has gone from strength to strength, and we want you to join our community. We have inclusive programming including interviews with people living with dementia, family members and professionals and the cognitively impaired from all communities - human rights, book club, poetry, music such as traditional, classic, rock 'n roll, country, rock, jazz and pop right up to the present day. The 24 hour, 7 days a week radio station is produced by people living with dementia. If you are living with dementia and want to get involved please get in touch.

## **“Alexa Start Deepness Radio”**

Listen to us using Alexa! Enjoy Deepness Dementia Radio without needing to lift a finger.

## **The Deepness Dementia Radio Team**



**Howard Gordon**  
TV Station  
Coordinator



**Ron  
Coleman**  
TV Co-  
Founder



**Ronald Amanze**  
Regular DJ & Deepness  
Board Member



**Ivan Barry**  
Radio Presenter



**Gail Gregory**  
Radio Blog -

**Peter Berry**

**Steven Tamblin.**  
Blog

**Annes dance**  
hour.

To listen to Deepness Dementia Radio or check the schedule go to:

<https://www.deepnessdementiamedia.com/deepness-dementia-radio>

Or ask Alexa to play "Deepness Radio"

Or you can download the "Radio Garden" app and search for "Deepness Dementia Radio"

Below is an example of some of the shows available

**Through the Night**  
01:00 - 02:00  
Ivan's Music Maze

**Through the Night**  
02:00 - 03:00  
Howard's Country  
Show

**Lunch Time**  
13:00 - 14:00  
1 in 100/6000  
Voices of  
Dementia

**Morning**  
06:00 - 07:00  
Relaxation: Start  
of the Week

**Morning**  
07:00 - 08:00  
Purple Music Zone

**Late Evening**  
22:00 - 23:00  
Howard's Rock  
Show

**Saturday**  
**Evening**  
19:00 - 20:00  
Anne's Dance  
Hour

**Evening**  
19:00 - 20:00  
Motown and Soul  
Hour

**Lunch Time**  
12:00 - 13:00  
DDR News & Gail  
Gregory's Blog

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# 'Dementia The Musical'



review by Jmaes Killick.

John Killick sings the praises of a ground-breaking production written by Ron Coleman and involving three founder members of the Scottish Dementia Working Group.

The show played two sell-out performances in Edinburgh, then went on to tour throughout Scotland. Its message has wide relevance, and artistic experiences of this quality are a powerful way to influence hearts and minds. On 6 June 2001 in Glasgow the first Scottish presentation on dementia by people with the condition was given. I know, I was there.

So was James McKillop, one of the three protagonists of this musical. Agnes Houston and Nancy Macadam joined later, and the Scottish Dementia Working Group (SDWG) was formed. This may have been the first homegrown pressure group of its kind in the world; it was certainly the first movement of its kind in the UK.

Over the next twenty years or so the Group grew in size and influence and has had a profound effect on the debate and the provision of services in Scotland and, through its speaking engagements, across the world. On 12 October 2024 in Edinburgh the premiere of Dementia: the Musical was given to the first of two full houses. I know, I was there. So were all three of the subjects. Further performances have happened across Scotland, the last of which was in Paisley on 9th November.

John Killick is a poet and author. So was this fundamentally, a historical account of an important social and medical occurrence? Well an awareness of an eventful couple of decades was certainly there, but this of itself would have lacked dramatic impetus. The decision was taken by the author of the book (Ron Coleman, a man with the diagnosis from Stornoway) to adopt an activist scenario in which the three characters, James, Agnes and Nancy (who incidentally are today still living in their own homes) are facing the prospect of being taken into care.

The state does not recognise the contribution to society they have made, and an interlocutor has been appointed to cross-question them about their attitudes.

The European Bill of Human Rights has been replaced by a British Bill of Rights and this is being used by society, including care homes, to control all aspects of the lives of people with dementia. At the end the audience is invited to pronounce judgement on the case.



Acknowledgement and thanks to the following for permission to use material in this article: Ron Coleman and Howard Gordon for the lyrics of Loud and Clear. Sophie Bancroft for the lyrics of Rigid System, The Enemy of the High-Backed Vinyl Chair and Nancy, How Does Your Garden Grow.

Kelman Greig-Kicks for photographs Journal of Dementia Care January/February 2025 Vol 33 No 1 20 Vol 33 No 1 January/February 2025 The Journal of Dementia Care 20 Vol 33 No 1 January/February 2025 The Journal of Dementia Care 21 21 Journal of Dementia Care January/February 2025 Vol 33 No 1 w In the panel opposite, writer Ron Coleman and director Magdalena Schamberger describe how the production was conceived, grew and came to fruition.

The spirit and message of the drama To enable readers to enter into the spirit of the event, I will quote some lyrics from the musical. Here is part of a chorus that encapsulates the overall message of the drama: Upon their shoulders we stand tall Held by them we cannot fall Because they chose to answer the call That's the reason we are here.

The story's theirs alone to tell Ten per cent heaven, ninety hell They kept upright when they should have fell That's the reason we are here James McKillop, high command First activist to voice our demands Fearless fighter, dedicated man He's the reason we are here Nancy McAdam, Agnes Houston Giants of the revolution Fought the systemic order They're the reason we are here HEAR THEIR VOICES, HEAR THEIR VOICES LOUD AND CLEAR, LOUD AND CLEAR HEAR THEIR CHOICES, HEAR THEIR CHOICES LOUD AND CLEAR, LOUD AND CLEAR

A key character is played by Rigid System. She comments throughout and attempts to counter the individual songs of the three protagonists and also their group contributions. Here is part of her song: How can you tell me that I'm wrong Can't you see my motivation to help is strong I don't want you telling me what you need I know exactly what you need So let me be I wear a suit 'cos I know what's right I'm educated, liberated, held in tight I believe in the system I represent A technocrat, a bureaucrat from your government





Magdalena Schamberger, director of the show, writes: I became involved in 'Dementia the Musical' in 2022, following its first reading on the Island of Lewis. Ron was in search of a director with experience of working with people with dementia. He was aware of my passion and commitment to working creatively with people living with dementia for the past 25 years, initially by creating Hearts and Minds' Elderflowers programme (see Killick 2003) and more recently by creating collaborative performances for people living with dementia, namely Curious Shoes, In the Light of Day and Framed, the third part of my dementia responsive trilogy which is currently in development.

Very early on in the writing of the play I gave the title of 'The Ballad of the Dementia Activists', and it was at this point i. And here is the musical reaction of the three people with dementia to the charge: We need a plan We need a plan We need a plan To fight the man in the suit And the system The rigid system She's in cahoots With the man in the suit w Ron Coleman gives this account of how the show came about: It did not start its life as a musical, but as a play about James, Nancy and Agnes.t moved away from being a play towards being a musical. It promises to celebrate not just the activism of James. Nancy and Agnes but of every person with a diagnosis of dementia to change the dominant perception of dementia and show the world we are much more than people think we are.

My performance projects are tailored for high quality engagement with small audience numbers. With support from the Creative Scotland Touring Fund, Dementia the Musical was able to embark on a National Tour to larger theatre venues, achieving higher audience numbers and overall reach. This has played an important part in spreading the word and encouraging activism and change. I guess you could say that Dementia the Musical chose me. I realised from the outset that the play had an important story to tell. I have known and worked independently with James, Agnes and Nancy. the three activists at the centre of the story, as well as Willy Gilder, the reporter, for a number of years.



This was particularly useful when directing the filmed segments incorporated in this production. In terms of challenges – the project was unsuccessful the first time we applied for funding and we had to wait an entire year to resubmit our application. Overall, I felt a huge responsibility to do justice to Ron’s script, while at the same time incorporating contributions from all collaborators and drawing on my directing experience to enhance the theatricality of the piece, without losing its intention. As with staging any new play, there was a lot to balance – the juxtaposition of dementia activism with the theme, with a musical as the chosen style for the piece; keeping the political message clear, while incorporating a strong sense of fun and humour and letting the beauty of the music by Sophie Bancroft and the life stories of James, Agnes and Nancy unfold.

I hope that we have achieved this celebration of lives, creativity and political activism, whilst not shying away from the challenges a diagnosis of dementia brings. w Must be quick Can’t miss a trick They’re devious in the way That they do things Steal our rights In the middle of the night And put us on the back foot We’re the enemy Of the high backed vinyl office chair.

The kernel of the show is the three songs given to the three protagonists. Nancy lives in a cottage on the Black Isle and hers is a rural life style: I plant flowers, sow some seeds Prune roses, remove the weeds Find ways to make my garden bloom People always ask, people always ask me Nancy, how does your garden grow? Verdict This is very much a musical with designs on the audience. Does it succeed?

The answer I would give is: triumphantly! It is very much a company effort. The actors and the technical staff are at one in putting the message across. Sophie Bancroft the composer, Magdalena Schamberger the Director, and Gemma Greig-Kicks the producer, are at one in maintaining consistency. And sound and lighting (Tom Lyne and Colin Grenfell) contribute massively to the overall effect. The show is always on the move with sharp projections underlining the meaning at all times. You cannot avoid absorbing the ethos of this production. I also think that because the show started out as a play and not a musical this has given it a focus and a tension which it might otherwise have lacked. The four professional actors – Ross Allen, Pauline Lockhart, Kirsy Malone and Fiona Wood – are fully in command of their acting and singing roles.



There is a fifth actor in Willy Gilder, who actually has dementia, and plays the part of Above, left to right: Pauline Lockhart, Kirsty Malone, Fiona Wood, Ross Allan. Below, left to right: Fiona Wood, Ross Allan, Kirsty Malone. Reporter; he appears mid-set on a tv screen linking scenes and giving historical information.

Ron Coleman as the instigator of all that we see and hear is clearly a force to be reckoned with. Since his diagnosis in 2017, he has established Deepness Ltd, an organisation run by people with dementia with opportunities for workshops and performances. He has thrown himself into writing of all kinds, and has been helped in this endeavour by his association with the arts centre 'San Lanntain' in Stornoway where he lives.

Conclusion The clear trajectory of the musical is that the three individuals on which it is based both solely and communally earn a positive verdict from the audience, which will carry away an impression of the achievements of the SDWG movement, but be in no doubt that there is far more to be done: we all need to remain vigilant in our dealings with institutions (care homes, day centres and hospitals), and the staff who run our NHS (specialists, doctors and nurses) and the administrators of those services, that the personhood of their clients must be maintained and enhanced at all times.

It is a shame that this production has only been seen in Scotland. Its message is relevant to the population of the whole of the British Isles, and I have no doubt that an artistic experience of this quality is the best way to influence hearts and minds. Reference Killick J (2003) Funny and sad and friendly: a drama project in Scotland. Journal of Dementia Care 11(1) 24-26. 22 Journal of Dementia Care January/February 2025 Vol 33 No 1 Vol 33 No 1 January/February 2025 The Journal of Dementia Care 22

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## AI tool could spot dementia risk using high-street eye tests to identify disease developing

Researchers at Glasgow Caledonian University have collected a million eye scans from opticians across Scotland, and say digital health projects of its kind could save the NHS £37mil a year.



**The first part of the project is using brain scans and AI to predict dementia risk**

Dementia is a disease that is constantly at the forefront of public consciousness. This week, Birds of a Feather legend Pauline Quirke was confirmed to be quitting acting after being diagnosed with the condition in 2021.

The news is a stark reminder that dementia can affect anyone. In 2021/22, 8,915 people in Scotland were diagnosed, according to Public Health Scotland. This was the highest number of diagnoses in the previous six years.



There is no cure for dementia, but it has now been revealed that researchers at Glasgow Caledonian University are spearheading a ground-breaking project alongside data scientists and high-street optometrists to devise a pioneering digital device that could identify a person's dementia risk through a routine eye examination.

David Steele, a retired mechanical engineer whose mother suffers from Alzheimer's disease, said it took ten years for his mum to be diagnosed. The 65-year-old said preventing the cliff edge, when it becomes too late for the person to understand what is wrong with them, is "crucial" - and this is what the project is aiming to do.

"My mum was initially diagnosed with dry macular degeneration, but this masked the underlying issue that we now know to be cerebral blindness linked to Alzheimer's," David explained.

"The connection between brain and eye was the missing link in her case. The missing diagnosis meant that my late father, who was also elderly, cared for mum throughout a difficult period without knowing what was wrong. If we had known, then we would have had help with the additional and demanding support that became necessary."



**Advancing promising digital health projects "could improve millions of lives," say doctors )**



Advancing promising digital health projects like this one "could improve millions of lives" and save the NHS £37million a year by "speeding up the diagnosis and treatment of neurodegenerative conditions like dementia," say doctors involved in the project.

As a result, the research team has amassed nearly a million eye scans from Scottish opticians - the world's largest dataset of its kind. Using AI to scrutinise these images, as well as corresponding patient data like medical background and pre-existing conditions, will let researchers reveal tell-tale signs of heightened dementia risk and assess overall brain health.

"In Scotland, we've been taking photographs of the back of people's eyes for more than 10 years and we didn't do anything with this huge set of images until around two years ago," Professor Strang. "A lot of these images will be very useful to predict changes earlier in the disease process."

The first part of the project is using brain scans and AI to predict dementia risk. Optometrists will leverage cutting-edge software to predict and potentially diagnose conditions like Alzheimer's through comprehensive eye tests.

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# PRESS release

## Dementia Arts

### Spotlights

### Dementia

### Spring

### Foundation



**Dementia Spring** 2024  
**Dementia Spring Fellows**

**C. Nathaniel Brown**  
*Expose Dementia Film Festival*, set to take place in March 2025, featuring films depicting dementia

**Juan Carlos Zaldivar**  
*The Gold Room*, a portrait exhibit with memory cafe

**Jared Mezzocchi**  
*73 Seconds*, an original stage play exploring the relationship between a son and his mother, who is living with dementia

January 22, 2025 [Shannon@dementiaspring.org](mailto:Shannon@dementiaspring.org)

Announcing the 2024 Dementia Arts Impact Fellows Recipients benefit from a collaboration with Dementia Spring, which provides subject-matter expertise, marketing, and technical assistance to realize project completion. The Dementia Spring Foundation is pleased to announce this year's recipients of their Dementia Arts Impact Fellows:

- The Gold Room, an interactive portrait exhibit with memory cafe by Juan Carlos Zaldivar, MFA
- 73 Seconds, a multimedia performance by Jared Mezzocchi, MFA
- The Art of the Matter, a film festival and roadshow by Expose Dementia and C. Nathaniel Brown.

Now in its fourth year, the Dementia Spring Foundation's Arts Impact Fellowship provides funds and support to visual and performing artists who are sharing new stories of dementia, or working with the dementia community to inspire creativity and joy through the arts.

The Arts Impact Fellowship is a collaboration between these talented artists and Dementia Spring, which provides support to bring the projects to life, subject matter expertise on aging and dementia, technical guidance, and assistance with social media and marketing.

“The 2024 Impact Awardees join a fellowship of like-minded artists, innovators and activists who are working hard to change the fundamental narrative of Alzheimer’s and dementia in this country,” said Dr. Marc Rothman, geriatrician and co-founder of the Dementia Spring Foundation. “This year’s cohort really embodies what it means to fully engage with the dementia community, meet them where they are, and reflect back stories and experiences that all people can relate to.



I’m thrilled to see their work come to life in 2025.” Fellows were selected from over 85 applicants from across the globe. They join a growing fellowship of artists whose work Dementia Spring has featured in Dementia Arts Spotlight or supported since 2021. A little more about the projects: 73 Seconds is a multimedia performance exploring the relationship between a son and his mother, who is living with dementia. Told on the stage by veteran theatermaker Jared Mezzocchi and based on his own life experiences, 73 Seconds shows family members how to meet their loved ones where they are today by looking at past memories of this family, including the mother, Rosemary’s, time working for NASA and the duo’s loss of their husband/father.



The Gold Room is an exhibition of portraits of those living with dementia. The exhibit is set to travel and offer immersive audience experiences, such as memory cafes, in the same space. Artist and educator Juan Carlos Zaldivar, currently a professor of media study at the State University of New York at Buffalo, aims to show audiences the value of strength-based care, in which caregivers focus on the abilities that remain in the person living with dementia, and explore the intersections of care, community, race, and disability. The Gold Room is expected to travel to both upstate New York and Miami, Florida.





The ART of the Matter, is a multimedia film festival and national tour that kicks off March 28 to 30, 2025, in Linthicum, Maryland, at the Maritime Conference Center, at the Expose Dementia Conference. Brainchild of actor and producer C. Nathaniel Brown, the festival features films depicting dementia including The Present, and Remember Me: Dementia in the African American Community, among others.



Following the festival in March, Dementia Spring and Expose Dementia will bring arts-based dementia awareness to multiple cities nationwide through 2025. For more on all the 2024 awardees, visit Dementia Spring's website here: <https://dementiaspring.org/news-updates/announcing-the-2024-dementia-arts-impact-award-recipients/>. ### ABOUT DEMENTIA SPRING The Dementia Spring Foundation is a bridge between the dementia and arts communities.

We fund artists and arts organizations doing original and programmatic work with the dementia community, we raise awareness, and we inspire creativity and joy among people with dementia and Alzheimer's Disease. Dementia Spring highlights a new artist every week through our Dementia Arts Spotlight Series, provides annual grants to artists and arts organizations through our Dementia Arts Impact Fellowship, and brings together the artistic and dementia communities to celebrate the impact that the visual and performing arts can have on the lives of those with dementia, their families and caregivers.





**for more information click the link ... Dementia Arts  
Spotlights - Dementia Spring**

**PLAY VIDEO**



**Dementia Spring**

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# Easy recipes...Cheese on toast pizza



Prepare less than 30 mins Cook less than 10 mins Serve Serves 1  
Dietary Egg-free Nut-

Cheese on toast meets pizza in this easy peasy cheesy recipe – add whatever toppings take  
Ingredients

1 thick slice white or brown bread:

2 tbsp pasta sauce, pizza topping, tomato salsa or passata:

thinly sliced chorizo,

salami,

ham,

mushrooms or roasted peppers,

sun-dried tomatoes,

olives,

jalapeños:

thinly sliced chorizo,

salami,

ham,

30g/1oz cheese, such as grated Cheddar, ready-grated mozzarella, your fancy.

## Method

Preheat the grill to a medium-high setting. Place the bread on a baking tray or grill pan and grill on one side until lightly toasted.

Turn the bread over and spread with the tomato sauce and top with the chorizo, mushrooms, or any other topping.

Sprinkle with the cheese.

Return to the grill for a further 2–3 minutes, or until the cheese melts and the toppings are hot.



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# How Do I Make My iPhone Dementia Friendly?



If you or someone you know is living with dementia and owns an iPhone, you may be wondering how to make the device more user-friendly in light of the cognitive challenges faced. In this article, we will explore some practical tips and features that can help tailor the iPhone experience to meet the specific needs of individuals living with dementia. From simplifying the user interface to utilizing accessibility options, we will guide you through the process of making your iPhone dementia friendly to ensure a smoother and more enjoyable digital experience.

## **Zooming In on the Screen**



To make your iPhone more accessible for individuals with dementia, you can customize the display settings to better suit their needs. One way to do this is by zooming in on the screen. This feature allows you to enlarge text, icons, and other elements, making them easier to see and interact with. To enable zoom, go to Settings > Accessibility > Display & Text Size > Zoom. From there, you can adjust the zoom level and choose whether you want the zoom to remain in effect all the time or only when you need it.

## **Enlarging Text Size**

Another way to enhance readability on your iPhone is by enlarging the text size. This feature allows you to make text larger throughout the system, including apps, menus, and notifications. To adjust the text size, go to Settings > Accessibility > Display & Text Size > Text Size. Move the slider to the right to increase the text size or to the left to decrease it. Finding the perfect text size can greatly improve the overall user experience for someone with dementia, making it easier for them to read and understand the content displayed on the screen.

## **Increasing Contrast**

For individuals with dementia, increasing the contrast on the iPhone screen can enhance visibility and make it easier to distinguish between different elements. To adjust the contrast, go to Settings > Accessibility > Display & Text Size > Increase Contrast. From there, you can enable options such as “Reduce Transparency” and “Darken Colors” to make the screen more visually distinct. By increasing the contrast, you can help individuals with dementia navigate the device and its interface more effectively, reducing confusion and frustration.

## Motion

Reducing motion can be beneficial for individuals with dementia who may find excessive animations and effects jarring or disorienting. To reduce motion on your iPhone, go to Settings > Accessibility > Motion > Reduce Motion. Turning on this feature will reduce the motion of user interface elements, such as app transitions and parallax effects. By minimizing unnecessary motion, you can create a calmer and more comfortable user experience for individuals with dementia, allowing them to focus on the content without distractions.



## Adjusting Bold Text and Button Shapes

To further accommodate individuals with dementia, you can adjust the display settings on your iPhone to emphasize clarity and ease of use. Enabling the “Bold Text” option in Settings > Accessibility > Display & Text Size can make text more prominent and easier to read. Additionally, enabling “Button Shapes” in the same menu will add a visual indicator to buttons, making them more distinguishable. These adjustments can significantly improve the overall accessibility of the iPhone for individuals with dementia, making it easier for them to navigate and interact with the device.

## Simplifying Home Screen Layout

Simplifying the home screen layout can be immensely helpful for individuals with dementia. By minimizing the number of apps and organizing them into easy-to-understand categories, you can make using the device more intuitive. Start by removing unnecessary apps from the home screen and create folders for related apps. To rearrange the apps and create folders, press and hold an app icon until it starts jiggling, then drag and drop the apps onto each other to create folders. This simplified home screen layout will streamline the user experience and make it easier for individuals with dementia to locate and use the apps they need.

## Limiting Notifications

Notifications can sometimes overwhelm individuals with dementia, causing unnecessary distractions and confusion. To create a more manageable environment, it’s recommended to limit the number of notifications that appear on the iPhone. Go to Settings > Notifications and review the list of apps. For each app, you can customize the notification settings by choosing to allow or disable notifications, sounds, and banners. By disabling or reducing the number of notifications, you can help individuals with dementia stay focused and minimize distractions, allowing them to navigate their iPhone more comfortably.

# Using Voice Control



Voice control is a powerful feature that can significantly enhance the usability of the iPhone for individuals with dementia. It allows users to control their device entirely through voice commands, eliminating the need for complicated gestures or navigation. To activate voice control, go to Settings > Accessibility > Voice Control. Once enabled, users can interact with their iPhone by saying commands like “Open Safari” or “Call John.” Voice control gives individuals with dementia greater independence and control over their device, making it easier for them to stay connected and engaged.

## Enabling Touch Accommodations

For individuals with dementia who may struggle with precise touch interactions, enabling touch accommodations can be immensely helpful. This feature allows you to customize touch sensitivity and gestures, making the device more responsive to different touch inputs. To access touch accommodations, go to Settings > Accessibility > Touch > Touch Accommodations. From there, you can enable options like “Hold Duration,” which adjusts how long you need to hold down on the screen for an action to register, or “Ignore Repeat,” which prevents accidental repeated taps. By fine-tuning touch accommodations, you can enhance the touchscreen experience for individuals with dementia, reducing frustration and improving overall usability.

## Enabling Assistive Touch

AssistiveTouch is a powerful accessibility feature that can greatly enhance the usability of the iPhone for individuals with dementia. It creates a floating button on the screen that provides quick access to various functions and gestures, eliminating the need for complex physical interactions. To enable AssistiveTouch, go to Settings > Accessibility > Touch > AssistiveTouch. Once activated, you can customize the AssistiveTouch menu to include commonly used functions like Home, Siri, or Volume controls. By utilizing AssistiveTouch, individuals with dementia can navigate their iPhone more easily, reducing the reliance on physical buttons and gestures.

## Setting up Switch Control

Switch Control is an advanced accessibility feature that enables individuals with limited mobility or dexterity to control their iPhone using external switches or adaptive devices. It allows users to navigate through on-screen items, select actions, and even perform gestures using switches instead of physical touch or buttons. To set up Switch Control, go to Settings > Accessibility > Switch Control. From there, you can connect your switches or devices and customize the actions associated with them. While Switch Control may require additional hardware, such as compatible switches or a Bluetooth switch interface, it offers a comprehensive and personalized accessibility solution for individuals with dementia who struggle with traditional touch interactions.



## Using Speak Screen

Speak Screen is a powerful accessibility feature that reads the contents of the screen aloud, making it ideal for individuals with dementia who may have difficulty reading or comprehending text. When enabled, you can swipe down with two fingers from the top of the screen (or from the bottom if you prefer) to have the iPhone read aloud the text on the screen, including apps, emails, web pages, and more. To enable Speak Screen, go to Settings > Accessibility > Spoken Content > Speak Screen. From there, you can customize the settings to your preference, such as choosing the voice or adjusting the reading speed. Speak Screen provides individuals with dementia a more accessible way to consume content on their iPhone and can be especially useful for reading books, articles, or important messages.

## Setting Up Find My iPhone

Device security is crucial, particularly for individuals with dementia who may misplace or forget where they left their iPhone. Setting up Find My iPhone allows you to track the location of your device and remotely manage it if it's lost or stolen. To enable Find My iPhone, go to Settings > [Your Name] > Find My > Find My iPhone. Make sure the toggle switch is turned on. With Find My iPhone enabled, you can use the Find My app on another device or log in to iCloud.com to locate your iPhone, play a sound to help locate it, remotely lock it, or even erase its data if necessary. This provides peace of mind and helps ensure that the device is always within reach for individuals with dementia.

## Activating Touch ID or Face ID

For individuals with dementia, remembering passcodes or passwords can be challenging. However, by using Touch ID or Face ID, you can enhance the security and convenience of unlocking your iPhone. Touch ID uses the fingerprint sensor on compatible devices, while Face ID uses facial recognition technology on newer iPhones. To enable Touch ID or Face ID, go to Settings > [Your Name] > Touch ID & Passcode or Face ID & Passcode. Follow the on-screen instructions to set up and enroll your fingerprint or face. Once activated, simply place your registered finger/thumb on the Home button or look at the screen to unlock your device. These biometric authentication methods offer a seamless and secure way to access your iPhone without the need for complex passcodes.

## Configuring Emergency SOS

It's essential to be prepared for emergencies, and configuring the Emergency SOS feature on your iPhone can provide quick access to help when needed. Emergency SOS allows you to quickly call emergency services and notify your emergency contacts with your location information. To set up Emergency SOS, go to Settings > Emergency SOS. From there, you can enable the "Call with Side Button" option, which lets you quickly call emergency services by pressing the side button multiple times. You can also add emergency contacts who will be alerted when Emergency SOS is activated. By configuring Emergency SOS, you ensure that individuals with dementia have a quick and reliable way to call for help in urgent situations.



## Utilizing Medical ID

Medical ID is a critical feature on the iPhone that allows individuals with dementia to store important medical information and emergency contacts. Medical ID can be accessed even when the iPhone is locked, making it invaluable in case of a medical emergency. To set up Medical ID, open the Health app, tap on the "Medical ID" tab, and fill in the relevant information, such as allergies, medications, and emergency contacts. It's essential to ensure that the Medical ID details are accurate and up to date. This information can be potentially life-saving for individuals with dementia who may have difficulty communicating their medical needs during an emergency.

## Medisafe Medication Reminder

Medisafe Medication Reminder is an essential app for individuals with dementia who require medication management. It helps users stay on top of their medication schedules by sending timely reminders, tracking adherence, and providing valuable information about medications. The app allows users to set up complex dosage schedules, track pill inventory, and receive refill reminders.

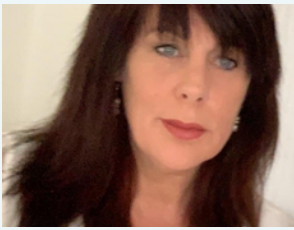
## Using FaceTime and Other Video Call Apps

FaceTime and other video call apps are invaluable tools for individuals with dementia to stay connected with friends and family, particularly when in-person interactions are limited. FaceTime, which comes pre-installed on iPhones, These apps enable individuals with dementia to engage in face-to-face conversations, fostering social connections and reducing feelings of isolation.

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## Annes arts and crafts ... valentines glitter glasses



Glitter and sparkles are what little girls' dreams are filled with. Who is their Prince Charming going to be and what type of horse will he ride in up on. Girls grow up into women and start thinking of romance, although men are more likely to drive a car than ride a horse. But that doesn't mean you have to give up sparkles. I mean, who doesn't just feel a little bit fancier in a top that glimmers when the light hits it just right. So, of course, I am a huge fan of these glitter wine glasses . They're perfect for you and to use on valentines day.

I made these wine glasses using only items I found at my local pound shop. Since it makes projects like these incredibly affordable. Saving money on these sorts of valentines projects allows you more cushion in your budget for other items -- like a champagne toast maybe -- that you couldn't afford otherwise

### **What You'll Need:**

**Wine glasses**

**Glitter**

**Mod Podge**

**Paint brush**

**Decorative shred**

**Sparkling grape juice and cider**

**Tape**

### **What You'll Do:**

Start by deciding how you want to design your glasses. I made three different designs to help you decide. I did just the base, the stem and base, and a design on the glass.



Whatever you choose, start by using the tape to section off the area where you want to apply the glitter. If your local pound shop has painter's tape, you can go with that. Mine didn't, so I just used regular tape and it worked fine.

Paint the glue onto the section where you want your glitter.

A thin layer of Mod Podge works well.



When the Mod Podge is still wet, sprinkle on your glitter. I actually did this over a sheet of paper because I didn't want glitter all of the place. It made it easier to clean up too because I just rolled the paper into a funnel shape, stuck it in the glitter pack, and poured the excess back in the bag.

**You can vary every design too, which is so much fun.**



After you're done glittering, apply one more layer of Mod Podge to seal in the glitter. Then, let the glasses dry. I left mine overnight, just to be sure.

When they're dry, dust off any loose glitter and remove the tape.

Then add a bottle of champagne or wine for the perfect thing to pair with my valentines glasses.

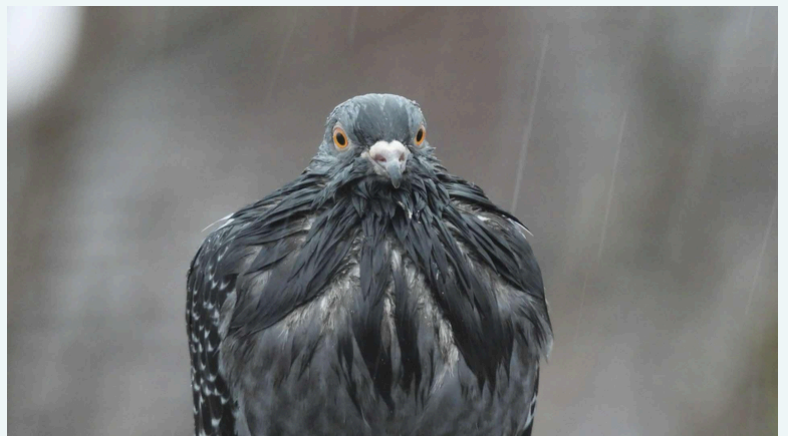
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## Gail Gregory ... February photography



January weather is typically cold and damp, with shorter days and longer nights. On the positive side we do have some spectacular clear sunrises and sunsets on the cold clear days and we are now moving in the right direction for spring



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# Teepa Snow.

## Steps to Boost Engagement for People Living with Dementia:

### **A Guide for Families and Professional Care Partners**

Supporting someone who is living with dementia is often a journey filled with moments of discovery, connection, and, sometimes, challenges. Whether you're a family member or a professional care partner, one of the most impactful ways to enhance the well-being of someone living with dementia is to engage with them on an individual level. This approach goes beyond generic group activities to recognize and celebrate the unique interests, skills, and history of the person you support. Here's how you can build meaningful connections with personalized engagement:

#### **1. Get to Know the Person: Building a Foundation**

The first step in creating meaningful engagement is understanding the individual's life story, preferences, and capabilities. This includes:

- Life experiences: What were their favorite pastimes, jobs, or hobbies? Did they play a sport, belong to a club, or participate in community service?
- Personality traits: Are they more introverted or extroverted? Do they enjoy quiet tasks or Active Pursuits?
- Current interests and abilities: What still brings them joy, and in which tasks can they still comfortably participate?

Take time to listen to their stories or involve family members in gathering this information. This foundation knowledge will help you tailor activities that resonate deeply with the individual.

#### **2. Tailor Activities to Their Preferences**

Personalized activities can spark joy and foster a sense of purpose. Here are some examples of ways to match activities with past interests and current abilities:

- For the hands-on enthusiast: Offer tasks like assembling simple projects, organizing tools, or helping with repairs. For example, someone who worked with cars might enjoy wiping down parts or discussing vintage automobiles



- For the outdoors lover: Engage them in activities like birdwatching, gardening, or light yard work. Washing cars together or simply sitting outside to enjoy the fresh air may also be rewarding.
- For the creative soul: Explore photography, painting, or crafting. Even organizing a slideshow of their photos or artwork can bring a sense of accomplishment and provide a platform for sharing with others.
- For the sports fan: Knowing their favorite sport or team adds a personal touch. Arrange to watch highlights from their favorite teams, discuss famous matches, or set up a mini game.

These activities should always respect their capabilities and adapt to their energy levels, ensuring they remain positive and enjoyable.

### **3. Foster Purpose and Empowerment**

Many individuals living with dementia still desire to contribute and feel helpful. Leverage their strengths and provide them with meaningful roles:

- Encourage participation in household tasks like folding laundry, organizing items, or putting groceries away.
- Create opportunities for them to mentor others, such as teaching a hobby or sharing stories about their expertise.
- Introduce simple community service tasks, such as collecting and crushing cans for recycling. These kinds of activities can also involve interaction with others, including children.

Involving individuals in these types of activities provides a sense of purpose and also helps reinforce dignity and self-worth.

### **4. Embrace Flexibility and Spontaneity**

While structured programs can be beneficial, some of the best moments often come from spontaneous activities. Be open to engaging in the moment, whether it's:

- Inviting them to join you in the kitchen while you cook or bake.
- Going for a short walk to enjoy nature.
- Starting a casual conversation about something you both enjoy, such as a favorite memory or topic.

Engagement doesn't have to be complicated. Even small, impromptu interactions can create meaningful connections.



## **5. Create Balanced Social Opportunities**

It's important to balance one-on-one engagement with group activities. This approach allows individuals to feel connected both personally and as part of a group socially. For example:

- After a one-one-one activity, such as washing a car together, consider inviting others to join for a shared lemonade break.
- Turn individual projects, such as photography or crafting, into group displays afterward where people can share and admire each other's work.
- Organize small-group hangouts tailored to shared interests, like a simulated sports bar or a highlight reel viewing session for sports fans.

The balance between types of activities ensures they feel valued as individuals while remaining part of a larger community

## **6. Equip Care Partners with Skills and Resources**

Providing individualized support and engagement takes practice, patience, and, sometimes, specialized training to:

- Understand the needs of individuals living with dementia.
- Facilitate activities that build connections.
- Assist other care partners in creating engaging, purposeful interactions.

Families and professional care partners alike can benefit from learning new skills, empowering them to create days that are more fulfilling and joyful.

## **7. Don't Forget the Value of Simplicity**

Many care partners think that engagement needs to involve elaborate activities or expensive materials. In reality, it's the little things that often matter most:



- Sitting together and sharing memories.
- Listening to favorite music or watching an old movie.
- Simply being present with an individual and understanding who they are as a person.

These small gestures can make a big difference in creating a sense of connection and joy.

## Final Thoughts: Making Every Moment Meaningful

Engaging someone living with dementia isn't about extensive programming or complex strategies - it's about understanding who they are as an individual and meeting them where they are now. By taking the time to know their story, tailoring activities to their interests, and fostering a sense of purpose, you can help them lead a more connected and meaningful life.

Remember, engagement is a journey, not a checklist. Celebrate the moments of connection, no matter how small, and focus on building a relationship rooted in empathy and respect.



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## Give Your Mind a Workout! brain teasers



**last months answer ... water was frozen.**

### **Trick Questions**

**Did you know that doing brain teasers and logic problems can improve short-term memory loss? Challenging your mind with math brain teasers and other types of puzzles keeps the connections between your brain cells sharp. Plus, learning how to solve brain teasers improves your ability to concentrate and focus, too!**

**What are two things you can never eat for breakfast?**

**Answer in next months newsletter**

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[PLAY VIDEO](#)



[In Their Eyes \(2020\) | Short Film About Dementia](#)

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## Lunch Club with Mike & Jim



We have been awarded funding from About Dementia Peer to Peer grant. Lunch Club is once a month and explores the food culture in Scotland with an aim to inspire people living with dementia to go out with their friends and peers and enjoy some tasty nutritious food in Edinburgh.

At the end of each Lunch Club, we will produce a small film about our experiences and a recipe book including food we eat at each Lunch Club.

The funding allows us to invite people living with dementia to join us our guests.  
**Do you want to join us or know someone living with dementia who does?**

At the lunches we will ask our guests a few questions about themselves and their interest in food. These interviews will be filmed and edited accordingly.

It's all very informal and relaxing. Most venues we choose are accessible for people living with dementia and are on major bus routes.

For further information about the lunch club or if you would like to join us, please get in touch with me at [mikecheung71@hotmail.com](mailto:mikecheung71@hotmail.com)

Lunch Club is usually on a Wednesday from 12pm/12.300m. We will be having Lunch Clubs until Summer 2025.

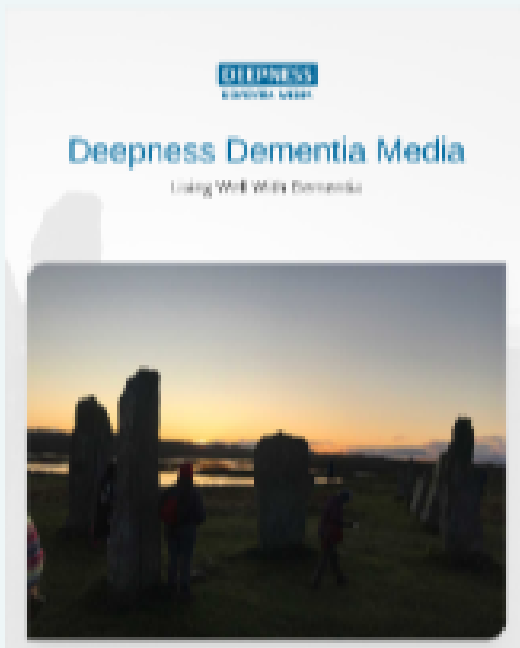
These are our next 2025 dates.

- Wednesday 19th February 2025
- Wednesday 12th March 2025

Mike & Jim

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Dementia Media is a platform that gives people tools for living well with dementia designed collaboratively with those with dementia leading the process. By coming together in a supportive, energetic common space makes up a huge difference to the well-being of those going through dementia. As opposed to providing a cure, our goal is to help people become autonomous and get the most out of life. We bring a series of innovative projects - such as our radio station, online education courses, and much more - that use technology and music in a way that keeps people connected and stimulated.

“I didn’t want to die without leaving something for my family to enjoy and remember my strengths,” he says of the thinking behind the EP. “The whole concept was to create something that was a legacy for the person, and as soon as I thought about wanting to do that for myself I knew it was something other people would want to do, to leave our mark on society. It’s almost like leaving our families a gift.”

**The Demented Poets EP is on sale now via Bandcamp iTunes and other outlets:**

**Bandcamp** - <https://thedementedpoets.bandcamp.com>

**Spotify** - <https://open.spotify.com/album/6pngYVybZ3qUf6XMhOOFuK>

**Deezer** - <https://www.deezer.com/en/album/258048592>

**iTunes / Apple Music** - <https://music.apple.com/us/album/the-demented-poets-ep/1585080810>

**Amazon** - <https://www.amazon.com/dp/B09FRVYQ1F>

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