

My Home Matters

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Ruth Eley, Director and Chair – Together in Dementia Everyday
Penny Redwood – tide Associate
Marney Walker – Occupational Therapist Researcher



- Chair of the Board at tide and Founder-Director of Life Story Network, the original host organisation of tide.
- Former National Programme Lead for Older People, Dignity and Dementia in the Department of Health in England.
- Vice-chair of Liverpool Dementia Action Alliance
- Co-edited a book about using life story work with people with dementia.

Ruth Eley

Website www.tide.uk.net

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- Social worker by training
- Tide Associate
- Independent dementia trainer

Penny Redwood

Website www.tide.uk.net

Twitter: @tide_carers



- Independent Occupational Therapist
- Specialist in inclusive and accessible housing design
- Research Degree Candidate
- Lab4Living Sheffield Hallam University

Marney Walker



**Sheffield
Hallam
University**

Who we are

- We evolved from the Life Story Network CIC, based in Liverpool
- We are now a separate charity and the sole owner of LSN
- We operate across the UK
- Our inspiration was Ken Holt, the carer of his wife who had dementia; he produced her life story to help care home staff understand her and support her better

A bit about tide

What we do

- We run a free involvement network for carers and former carers of people living with dementia to connect them together
- Anyone with an interest in dementia and family carers can also subscribe
- We invest in carers through our development programme to give them knowledge, skills and confidence to get involved
- We work with carers as equal partners to influence decision makers and to change policy, practice and research
- We offer training products for health, social care and housing staff that focus on individualised and relationship based care
- Our carer members co-deliver training with our staff

A bit about tide

Beyond the Front Door

- Department of Health funded project, part of their post-diagnostic support programme
- Explored the meaning of 'home' for people with dementia and carers
- Confirmed this is a significant topic that people rarely get the chance to discuss

- **'Home' = a combination of:**

- ✓ People/relationships/memories
- ✓ Place/locality/neighbourhood
- ✓ Significant objects/furnishings
- ✓ Safe/comfortable/familiar spaces

- **Recommendations for housing sector on:**

- Information provided about options
- Application processes
- Workforce knowledge and skills



Julie and Phil Dickinson



Dave and Eileen Gilbert

Development of My Home Matters



Somali Elders Liverpool

Awards for All grant

- Series of workshops and focus groups to explore further the idea of 'home' and transitions to new homes
- Led to the booklet – 'My Home Matters'
- Tested out with people with dementia and carers
- Pilot training session for professionals on the importance of home and how to support people better through transitions
- Fits in with other research about transitions in later life

Background to My Home Matters

The booklet – My Home Matters

- Recognises that moving is a significant life event
- May be planned, driven by necessity, done under pressure or happen after a crisis
- Helps people plan ahead for future moves by considering what matters and creating a personal record
- Is a tool that can be used individually, in groups, for reminiscence..
- In three parts:
 - Preparing for a move
 - Facing up to a move
 - Resources and Templates

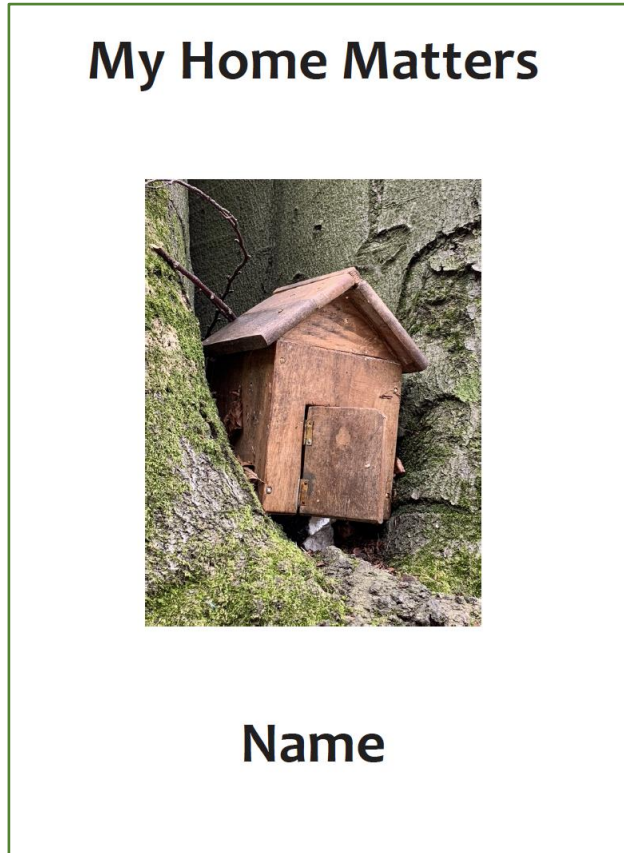
My Home Matters

My Home Matters



Name

The booklet – My Home Matters



My Home Matters

1. What makes a place home for me

You might like to start with this page to help you think about what home means to you. It's an opportunity for you to ponder on those attachments and feelings that you have when you think about 'home'.

Emotional attachment to home can be very strong and home can mean different things to different people. We often put a lot of effort into creating a home to be somewhere that is 'me' or 'us'. As Dorothy in The Wizard of Oz said 'There's no place like home'.

We must not forget, though, that sometimes the place that we live in is not comfortable or suitable. That may always have been the case. Or it may be more recent, perhaps because you're on your own now as your partner has died or moved to a care home. It may no longer suit you because you are less mobile nowadays. It could be due to unhappy or painful things that have happened there.

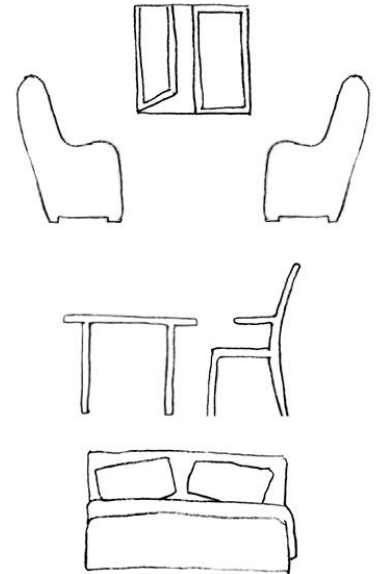
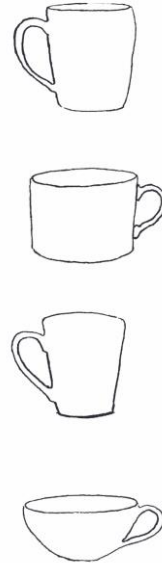
Some prompts

Below is a list to prompt your thoughts about what makes a place feel like home:

- Your favourite room
- objects, people and memories that you are attached to
- events
- things you've done here
- things you've made here
- décor: wallpaper? Colour schemes? Kitchen?
- self expression - what have you done to make the place feel like home?
- furniture
- autonomy - you expect to make the decisions in your own home
- having a view; what you look out onto
- warmth, heating
- good light so that you can see well enough

I know what I like

Exploring visual ways to express everyday likes and dislikes in dementia



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Implications for staff

- A significant topic for people with dementia and carers – not just a nice add-on
- Enables choice and control, which in turn supports self esteem, functioning and resilience
- Need to create and take opportunities to talk about home and housing options
- Professionals often under pressure to take the fastest/most expedient option
- Helping people prepare for moves is as important as supporting them through transitions

So what?

My Home Matters training package

Provides opportunities for:

- Understanding the meaning of 'home' as distinct from a place where you live
- Why is this significant?
- Exploring the effect of transitions on people with dementia and carers
- Meeting requirements of Care Act, NICE guidelines
- Reflection on your own practice
- Learning some 'Top Tips' for supporting people through transitions
- Practice development for professionals across health and social care

MHM training

For further information:

For the My Home Matters booklet, go to:

[TIDE - Together In Dementia Everyday - My Home Matters Booklet](#)

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