

WHAT IS DEMENTIA?



We connect with each person

Dementia is the name for a range of conditions that cause damage to the brain and is most common in the elderly. This damage can affect memory, thinking, language and the ability to carry out everyday tasks. There are many conditions which cause dementia, Alzheimer's disease is the most common cause. Dementia is a progressive illness, but it is not a normal part of aging. Early symptoms may include:

- Memory loss, particularly for recent events
- Misplacing things regularly
- Losing track of time
- Problems with language, difficulty finding the right word
- Changes in personality, mood or behaviour
- Difficulty in following conversations
- Becoming confused in familiar surroundings or situations
- Difficulty managing money and everyday tasks
- Difficulty solving problems or doing puzzles
- Loss of interest in hobbies and pastimes
- Repeating a question or story several times

64,000

people in Ireland are living with dementia in Ireland

For other ways to get involved check out our supporting material on www.saintjosephsshankill.ie/schools

The facts about dementia in Ireland

11 people are diagnosed with dementia every day in Ireland so the chances are everyone knows someone living with this illness and the effects it has on people and their families.

In Saint Joseph's Shankill we describe four stages of dementia: Early Experience, Different Reality, Repetitive Emotion and Late Experience. People live in one of our six lodges with others at the same stage of dementia. Each lodge is different to the next but in every lodge people are loved and cherished and we are all part of one big family.

We are privileged to care for them and we ensure they know they truly matter to us. We know we are providing EXCELLENCE in dementia care. We could not achieve this without the support of our community.

11

people are diagnosed with dementia every day in Ireland



Our Triobike

SAINT JOSEPH'S SHANKILL TRANSITION YEAR PROGRAMME

We are inviting all secondary school Transition Year students to begin a conversation about supporting people living with dementia in our community. We hope this initiative will bring a better understanding so we can make our neighbourhoods more welcoming and inclusive places to live for everyone.

Transition Year 2020/2021 looks very different for everyone. This year we are offering a programme that can be done remotely. It also offers the opportunity for those working toward their Gaisce (Bronze) Award to fulfil their requirements.

You can take part in one of our four initiatives:

- In the Spotlight
- Get Creative
- Pitch Perfect
- Future Philanthropist



Providing EXCELLENCE in Dementia care

What we do

Saint Joseph's Shankill is the largest care home in Ireland solely dedicated to dementia care. Our vision is to lead the way in dementia care through innovation, education and community engagement. We want to ensure families and communities are supported, engaged, and empowered to enable people living with dementia to enjoy the quality of life they deserve.

We have moved from a traditional medical care approach to one where we focus on each individual's feelings. We connect with each person emotionally to make sure they know they are still needed and that they still matter.

Our home is very different. We don't wear uniforms but we love dressing up! We have no nurses' stations or drug trolleys, our lodges feel like home and there are lots of meaningful activities for everyone. There's always a party atmosphere in our lodges with sing-alongs, karaoke and dancing – a daily occurrence. By participating in our Transition Year Programme you'll be raising awareness about dementia as well as making a difference in the lives of people living with dementia.



Our unique environment



Saint Joseph's Shankill
Dedicated to Dementia Care



TRANSITION YEAR PROGRAMME

Our Transition Year Programme has four options to choose from depending on your preferences. Each option can be done individually or in a group.

1. In the Spotlight

Have you got musical talent, sing like a soprano or just like entertaining others? If so, we'd like to hear from you.

You'll be in the spotlight (remotely) performing every week. We'll organise this over Zoom so that you can share your skills and talent with the people who live in one of our lodges. Music and singing are so important for people living with dementia so you will be making a huge difference in the community.

2. Get Creative

Calling all creatives! Many of you may have taken up crafting during lockdown or you are a talented artist or have a skill for woodwork or enjoy coming up with new artistic projects.

If so, we're looking for you to use your skills to come up with a creative project to give to one of the people living in Saint Joseph's Shankill. For example, in our home we have seat pockets to keep cherished items close by, lots of soft toys to cuddle and bright blankets and cushions to enhance the homely environment.

We'd like you to:

- Research and create a unique product that is suitable for people living with dementia (for example, handmade jigsaws, mobiles, patchwork quilts, hats, costumes and props for dressing up in our home...the sky's the limit!)



Saint Patrick's Day

GAISCE BRONZE AWARD

Each of our four options could fulfil one of the following Gaisce Challenge Areas:

- Community Involvement
- Personal Skill

To find out more about Gaisce - The President's Awards go to: www.gaisce.ie

There is no deadline for this option. We are happy to facilitate this during the School Year 2020-2021.

- Produce a video OR write a blog post along with photographs about making the product: give details about why you chose to make this particular product and how it will benefit a person living with dementia.

There is no deadline for this option. We are happy to receive your creations during the School Year 2020-2021.



Create a craft project



Seat pockets to keep cherished items

3. Pitch Perfect

Calling all budding entrepreneurs! Based on the popular programme Dragon's Den, students are invited to:

- Develop a creative solution to assist people living with dementia and/or their family or carers, OR
- Develop an aid to help/support health care professionals working with people living with dementia.

The pitch should include:

- The concept or idea
- The proposed target audience
- The problem being addressed
- The solution and benefits of the project for the target audience
- Any prototypes or demonstration of the product
- Potential path to market

All the above should be presented in a video pitch to the judging panel. The pitch should be no longer than 10 minutes. The more creative and unusual the pitch the better, as long as the criteria are reached – anything goes!

4. Future Philanthropist

Do you have event management skills or an ambition to be a future philanthropist? We're looking for you to develop an innovative way to fundraise whether it's a daily challenge or an online event in this new social-distancing world.

COVID-19 has meant that we have had to curtail our usual fundraising events such as Strictly for Dementia and our annual Fashion Collective. We're calling on Transition Year students to help us this year to raise much needed funds. We're asking each Transition Year group to fundraise €250 (that's the target but definitely not the limit!) to help us to keep our home safe during COVID-19.

We'd like to give our six living rooms a revamp. Our residents are cocooning in their lodges so we'd like to redecorate each lodge to give their home a new look, such as dementia-friendly seating, non-slip and non-shiny flooring.



Dressing up is what we do!

When considering concepts/ideas, students should refer to the below for context:

- The National Dementia Strategy
- Understand Together campaign
- Alzheimer's Society of Ireland
- Current HSE COVID-19 guidance

This is a great opportunity to hone not only your creative talents but also your business and marketing skills as well as gain further experience developing your presentation skills.

There is no deadline for this option. We are happy to receive your pitch video during the School Year 2020-2021.

These much needed funds will help us to continue to make a difference in the lives of people living with dementia.

This is a great opportunity to promote and project-manage a fundraising event from start to finish. There is no deadline for this option.

We're happy to receive your support during the School Year 2020/2021 and beyond!

How to apply

For more information and/or to register your interest contact Nicola at Nicola.Yau@sjog.ie or on 01 282 3000.

Would you like to know more about dementia and our care at Saint Joseph's Shankill? If so, please get in touch.

Contact Nicola on 01 282 3000 or email nicola.yau@sjog.ie www.saintjosephshankill.ie

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