

The IDEAS service are able to offer general signposting, advice and requests for assistance as required, however we are only able to accept direct referrals for patients already under the responsibility of teams within the Mental Health Directorate.

Referrals should be made in writing:

- utilising SBAR (Situation, Background, Assessment and Recommendations)
- letter or email

Contact Address and Telephone Number:



IDEAS Team
Queensberry East
Crichton Hall
Glencaple Road
Dumfries
DG1 4TG



01387 244126



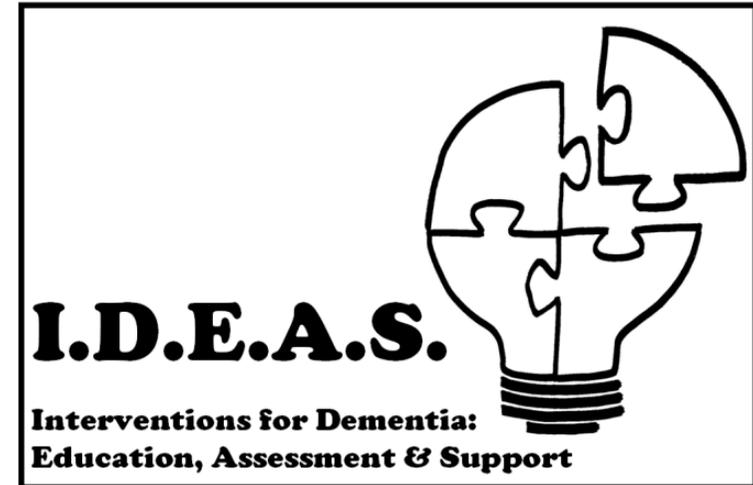
email: dumf-uhb.IDEAS@nhs.net

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@IDEASTeamNHS



This leaflet is also available on request in other formats by contacting the IDEAS Team as above.

IDEAS Team
Interventions for Dementia: Education,
Assessment and Support



Who Are We?

Information leaflet

"It is estimated that over 90% of people living with dementia will experience behavioural and psychological difficulties at some point over the course of their illness"
Roberts et al (2005)

Such difficulties can include apathy, withdrawal, confusion, repetitive questioning, disinhibition and verbal and physical aggression. These difficulties can cause stress and distress to all. However, there are a number of possible ways in which stress and distress may be reduced or possibly prevented.

The IDEAS Team provides specialist support to teams within the Mental Health Directorate working with individuals who have dementia and associated behaviours contributing to stress and distress. This support can be:

- specialist advice
- training and education
- specialist assessment and consultation

The team can work with those who support people with dementia in Health, Social Care, Third Sector and Independent services across Dumfries and Galloway.

The IDEAS team's professional staff members are trained and experienced in working with people with dementia with complex needs with stress and distress symptoms. The team comprises:

- a Clinical Psychologist
- a Specialist Nurse Practitioner
- an Occupational Therapist
- a Social Worker
- a Speech & Language Therapist
- an Administrator

How to CEASE Stress and Distress in Dementia

COMFORT

- Are they free from pain?
- Are they hot/cold enough?
- Are they hydrated?
- Double check if they might be in pain

ENVIRONMENT

- Is it too noisy/too quiet?
- Is it too bright/too dark?
- Are signs clearly visible for toilet?
- Are signs clearly visible for each room/each door?
- Do rooms have an identifiable use?

ACTIVITY

- Do they have an Interest and Activity Checklist completed?
- Are there opportunities for meaningful and purposeful activities?
- Be creative about activity - it doesn't always have to involve staff

SOcial CONTACT

- Are there opportunities to have contact with family/friends/others?
- Are there opportunities to form friendships?
- Are there opportunities to contribute to the home?

ENGAGING

- Make eye contact
- Use simple instructions
- Use yes/no questions
- Allow enough time for the person to respond
- Accept alternative perceptions of reality
- Use DO rather than DON'T instructions
- Notice and acknowledge how they might be feeling

NHS Dumfries & Galloway

I.D.E.A.S.
Institute for Dementia Education and Research