



© Werner Krüper

2012 EFID Awards

'Living well with Dementia in the Community'

The
ATLANTIC
Philanthropies

 King Baudouin
Foundation
Working together for a better society

Robert Bosch **Stiftung**



NeF

The European Foundations' Initiative on Dementia (EFID)
European Awards 2012:
"Living well with Dementia in the Community"

In March 2011, a group of foundations comprising The Atlantic Philanthropies, the Fondation Médéric Alzheimer, the King Baudouin Foundation and the Robert Bosch Stiftung joined forces, through NEF, to launch the 'Living well with Dementia in the Community - European Foundations' Initiative on Dementia-Awards' in order to improve perceptions of dementia and to stimulate solidarity at the local level. The overarching aim of the Initiative is to contribute to a better quality of life for people with dementia and their carers.

By rewarding the best local initiatives that promote social inclusion, through a Europe-wide awards scheme, EFID aims to encourage context-relevant projects in the field of awareness building about dementia. 10 projects were selected by an independent jury to receive an award of up to € 10,000 each.

The laureates were selected from a total of 81 eligible projects. The jury made 10 awards to inspirational projects, evaluating candidates in terms of social innovation, project effectiveness, impact and sustainability of results. These projects come from various European countries and were also selected in function of their 'context relevance'. EFID wishes to encourage initiatives in those parts of Europe where work on awareness of dementia is less developed and this is why, in this year's awards, there is a mix of awards to "starter countries" and to countries with a longer tradition in dementia-related work.

The foundations are conscious that the full responsibility of dementia care cannot be abdicated to informal carers and the professional care sector. So as to contribute to a better quality of life for people living with dementia, civil society at local level should also participate, not only by informing and educating, or by conveying a different, more balanced view of dementia, but also by supporting people at local level to take responsibility for the way people with dementia are integrated in and supported by society.

We would like to invite you to follow the news and future developments about the EFID initiative on the NEF website www.nef-europe.org.

The EFID initiative has been granted a European Commission label for the 'Year of Active Ageing and Solidarity between Generations 2012'.



Contact Network of European Foundations (NEF)

About NEF nef.europe.org

Rue Royale 94 - 1000 Brussels, BELGIUM

THE 2012 EFID AWARD WINNERS

1. *Bistrot Mémoire*, Organization: Bistrot Mémoire, France

Project description

The first Bistrot Mémoire was set up in Rennes in January 2004. Since then, the concept has been implemented in a further 41 communities in France. The idea was jointly developed by a group of institutions and volunteers. Later, a board of governors was appointed which included people with dementia as well as carers. The Bistrot Mémoire is located in a popular bistrot in the city and welcomes people with dementia and their carers once a week. In Rennes, some 25 people attend each week, including both professionals and volunteers. The Bistrot Mémoire is a place where people share feelings and experience and develop social ties. It is not an information centre, even though information is given. The mission is to provide a pleasant location for people with dementia, develop tolerance, change the public's views about dementia, support carers, prevent crises in the family network and change professional practice.

Why the project received an award

Bistrot Mémoire creates a special environment where people with dementia are able to express themselves whilst still being part of the community. The Jury was convinced by the approach and the mission of the project as well as by the success of the concept. It has spread rapidly throughout France without losing any of the project's original quality or its mission.

2. *The Enger Alzheimer's Counselling Centre*, Organization: Generationen Treff Enger, Germany

Project description

Learning with and from each other in order to deal with each other is what some of the senior experts intended for this project. This guiding principle set out to strengthen the various networks in the town of Enger and to offer young and elderly people the possibility of taking part in social development. This project enables people with dementia to actively participate in life and to come into contact with people without dementia. Such a project was only possible in the town of Enger with the support of the local community, its shopkeepers and the local authority.

Why the project received an award

Dementia brings with it isolation and rejection. To remedy this, Generationen Treff Enger offers people with dementia the opportunity to meet with other members of the town through a range of activities. This initiative, which appears so simple, draws its success from the involvement of many actors. It also stimulates profound changes in the way people with dementia are regarded.

3. *Alzal House, Organization: Associazione per la Ricerca Neurogenetica o.n.l.u.s., Italy*

Project description

Alzal House is a community day-care home for people with Alzheimer's disease and their families, situated in Lamezia Terme, Calabria, in the very south of Italy. It opened in 2002 as the first adult care home in Lamezia Terme and today offers a wide range of activities such as handicrafts, self-management activities, organized day trips and short vacations, as well as group meetings and support for families. The daily running of Alzal House is purposely shared with families, young civil service volunteers and students to encourage the dissemination of good social practices and assistance within the community. Encouraging the participation of people from all age groups fosters effective intergenerational communication – between young people, adults and the elderly – and narrows the generation gap, whilst ensuring stronger integration of the patient in the community.

Why the project received an award

The Jury greatly appreciated the strong network approach of this project. Alzal House strengthens the natural networks formed by the family, community, parish, friends and colleagues and also gives special emphasis to integrating the younger generation. By involving the community, people with dementia remain part of it so that the isolation and stigma of those with dementia and their families, which is still a day-to-day reality in many regions of Southern Europe, can be reduced.

4. *Together for a dementia-friendly Bruges!, Organization: Expertisecentrum Dementie Foton, Bruges, Belgium*

Project description

A long-term awareness-building project in which all relevant partners, such as healthcare services, socio-cultural associations, local businesses (e.g. restaurants, shopkeepers), educational organizations, public and private services (e.g. police), are invited to make an active contribution, both individually and through partnerships, to creating a dementia-friendly community. The project aims to infiltrate the city and all its structures in order to create a climate where dementia is borne by the entire community. Examples of initiatives undertaken include the creation of a website, the wide distribution of a free 'dementia guide', organization of basic workshops on dementia and a protocol for finding missing persons.

Why the project received an award

Foton was able to involve numerous actors in the local community (shops, educational establishments, cultural organizations and the police). This way of sensitising the whole population permits stigmatization to be fought effectively and interaction with people with dementia to be encouraged. Ultimately, Foton's work relies on strong values such as respect, tolerance and authenticity in encounters with those with dementia.

5. *Better together than alone!* Organization: Leben mit Demenz – Alzheimergesellschaft Kreis Minden – Lübbecke e.V, Germany

Project description

In the past decade, various means of support have been established for people with dementia and their families in the region (e.g. specialized dementia service centres, respite care, day care, carer support groups). However, until this project was set up, no programmes existed explicitly for people in the early stages of dementia. The project consists of bi-weekly support groups, a sports programme and a monthly activity programme. In order to facilitate participation by those with dementia, a network of volunteers has been created. All the volunteers have either a professional background in dementia care or have been trained specifically for the task.

Why the project received an award

The jury selected this project for an award because it demonstrates an innovative approach in offering bi-weekly support and a sports programme for people in early-stage dementia. This kind of support programme with a network of volunteers is a very good example how we can improve the quality of life of people with dementia.

6. *Campaign Dementia*, Organization: Aktion Demenz Vorarlberg – Gesellschaft für Gesundheit und Pflege – gGmbH, Austria

Project description:

Campaign Dementia aims to create conditions in Vorarlberg that enable people with dementia to participate in public and social life. We support communities that wish to create a friendlier environment for people with dementia and their families. 23 model communities (out of 96, and almost 60% of the inhabitants of Vorarlberg) have joined us since 2008. Countrywide, we also want to sensitize the general public and increase awareness of dementia by informing (e.g. through press relations and conferences, brochures, events, movies, art exhibitions, lessons in schools and kindergarten) and educating (e.g. neighbourhood assistants, policemen, salespeople, bus drivers, bank employees).

Why the project received an award

With limited financial means, Connexia Gesellschaft für Gesundheit und pflege – gem GmbH , is succeeding in mobilizing a number of communities around Vorarlberg to fight the stigmatization that surrounds the world of dementia. This exemplary approach involves all actors of civil society, draws upon the expertise of Action Demenz in Germany, and develops original and effective programmes.

7. *Service for People with Young Onset Dementia and their Families, Organization: YoungDementia UK, UK*

Project description:

YoungDementia UK offers integrated services to meet the complex needs of people with young onset dementia and their families from diagnosis to post-bereavement. A trained support worker partners the person with dementia, developing a trusting relationship, sharing chosen activities within their local community and ensuring the present is fully lived. Flexible support is tailored to the family's circumstances, including information, practical and emotional guidance. To combat the isolation, a lively monthly Café encourages a welcoming community for all. Good practice is shared with other young onset dementia services through the website (www.youngdementiauk.org), and by modelling our approach to other organizations.

Why the project received an award

The jury pays particular attention to services catering for the needs of people with young onset dementia and their families and which stand out as the best in their field. Thanks to this kind of specific and individual support, YoungDementia UK significantly improves the quality of life of the families they serve and empowers local communities to take initiatives for a more inclusive community. It is tailored to the situation of people aged 30 to 65 and their families, helping them to live as well and as fully as possible with dementia.

8. *Twinning programme of Alzheimer's Disease International, Organization: Foundation Compassion Alzheimer Bulgaria, Bulgaria*

Project description

The twinning programme of Alzheimer's Disease International is a programme that provides support for core activities of ADI members. Thanks to 3-year twinning grants, Foundation Compassion Alzheimer Bulgaria achieved the following: 1) implementation of a strategic plan to develop the organization, 2) capacity building and training of the team and volunteers, 3) opening of a representation office in Sofia, 4) the design and provision of innovative social services for families of people with Alzheimer's in Sofia and Varna (centres for support and psychological and legal consultations), 5) self-help groups, 6) an Alzheimer's café, 7) annual information and lobbying campaigns.

Why the project received an award

In a country where health, social, public and inclusive dementia policies are emerging (and are being developed), the willingness of the civil society sector has to be recognised. The Compassion Alzheimer Bulgaria Foundation has engaged in a robust programme to sensitize the general public, to create the first primary services for people with dementia and their families. The twinning of an association with an organization in another country facilitates the transfer of expertise in the fight against exclusion experienced by people with dementia.

9. *Missing Persons, Organization: HEKLA Local police force, Belgium*

Project description

This project is a bottom-up initiative that started in 2006 with the aim of dealing better with the people with dementia who wander or run away in the community. The local police service covering 5 local authority areas (HEKLA) took responsibility for the project and brought together all the relevant community-based parties, including nursing and old people's homes and hospitals. They signed a joint protocol that aims to provide an efficient procedure for dealing with disappearances of people suffering from dementia and youngsters. As time is crucial in finding and returning these vulnerable people safely, the partners agreed to actively support professional communication with the local police service. This involves providing fast access to a well-documented file on the missing person, including personal details and information about the 'last point seen'. Since the implementation of these optimized communication procedures, runaway patients are now located in less than 2 hours on average. The project has already been adopted by eight other local police services in Belgium.

Why the project received an award

This project successfully tackles a very important problem and is based on a strong community network. It creates a safer environment for people with dementia, who can now count on rapid and targeted intervention, understanding professionals and being safely returned home. It also provides a good answer to the need to respect people's freedom of movement because there is often a collective feeling that people with dementia should have their movements restricted. The project furthermore provides greater reassurance for carers and families. The Jury highly valued the fact that the project methodology and tools can easily be adopted in other geographical areas and by other local police forces.

10. *Oficinas Terapêuticas, Organization: Associação ProfundaMente, Portugal*

Project description

Oficinas Terapêuticas is a project that began in 2004, in a private institution in Lisbon. The main project focuses on the idea that from the moment a diagnosis of dementia is made, the person in question usually loses his statute of being a person. This effect is also true for the person him- or herself, who develops a perception of low self-efficacy. Re-perceiving self-efficacy is the aim of this project by providing more autonomy and developing old and new capacities, even when there is a cognitive compromise. The work of the project is carried out with the therapeutic intervention of a number of artists and artisans and with the collaboration of community institutions such as museums.

Why the project received an award

ProfundaMente aims to give value to the capacities of those diagnosed as having dementia through various activities. It has a twofold objective: firstly to enable them to regain their self esteem and secondly to change the representation associated with dementia. Partnerships with the Museums and gardens of Lisbon are particularly encouraging in achieving the second objective.