**WORK PACKAGE 1 – SESSION 4 Part 2**

**Individual interview with stakeholder P4**

**24th March 2021**

Audio File Name: S4 - Part 2 - IDoService – Individual individual Interview -

Other stakeholders - 24 march

Duration: 00:16:34

**KEY:**

Cannot decipher = (unclear + time code)

Sounds like = [s.l + time code]

**R2: = Researcher (Interviewer in bold)**

P4: = Stakeholder

**R2: What can be helpful for you? I don’t know - maybe do you have some ideas about a new group you would like to develop or maybe are aware of some activities running at other places and you would like to have too? Like the one you just mentioned, this specific group Together Dementia?**

P4: Yes. And like the Manchester United one. People have been stuck doing the same routines for years and years and years and I think we need to be looking at there being more awareness of dementia. Taking people out to places. Taking people out to the theatre – obviously when things are allowed again. Taking them for a pub lunch even, you know, things that they wouldn’t normally be able to do. Just get everybody out in a small group.

**R2: It makes me think dementia friendly. So, in some places in Manchester you can have a small sign or something maybe, instructions saying okay, we are dementia friendly.**

P4: Yes.

**R2: Or friendly in the North.**

P4: Yes.

**R2: I think you also have a dementia awareness training?**

P4: Yes - well, we did have, it’s not running at the moment but yes, there is. And we’ve got a local opticians and they’ve been on the course and they’re obviously specialised now in being dementia friendly when people come into the opticians to get their eyes tested, so they’ve all been trained in that. So, we do offer that. And, you know, this Together Dementia as well, they do an online training course which is on Zoom and I think they hold it over five Monday evenings, and that’s really good for people to try and understand. I think there’s so much misunderstanding about it. If somebody’s husband has been diagnosed and the wife is right, come on, or just doing everything for him, she needs to learn to try and let him be a bit independent. Let him make mistakes. Let him load the dishwasher up wrong even if she’s got to re-do it again afterwards. It’s all about learning to change your behaviour as well. So yes, I think the courses are definitely really, really important.

**R2: How is it possible to raise this awareness about dementia in the community? Because, for example, as you said, if you have more activities in (unclear 0:03:39) it’s great because other people can see, you know, people living with dementia and living well with dementia. And it’s also this dementia training, but I suppose it’s maybe more for people being in contact with people with dementia. I don’t know – do you think it will be interesting to have it at schools or in some things like that?**

P4: Definitely, definitely I think so because I think children, obviously they’ve got grandparents that have got a diagnosis of it and definitely they need more awareness of it, you know, what could potentially happen as well in the future. There’s really, really not – and I find in hospitals as well. I know they’re extremely busy but I have seen and heard so many things where, you know, people aren’t dementia friendly, you know, they don’t have that understanding. Obviously they know about the dementia, but not how to look after somebody, you know. I’ve had one lady whose mum’s only in her fifties and she went into hospital and because she can present very, very well, they said oh, do you want some food? And she said oh no, I’m fine, thank you. So, she wasn’t eating, you know, and her daughter couldn’t go and visit so she couldn’t intervene. So, even if they have, like, a little bit of a note – not a care plan as such – but just this is what mum likes. This is what mum will say if you ask her something, you know, things like that. A bit more personalised on how to interact with somebody with dementia.

**R2: Yes, exactly because a lot of people have a general picture of dementia but usually it’s for very old people with very advanced stage so yes, it’s not really a good picture of the disease.**

P4: Yes.

**R2: I have a last question for you about activities. We mentioned the activities, a person with dementia and a carer together, but do you think they are looking for activities together? In this case, is it possible to create a kind of activity where they are together but they are doing things a little bit different so it’s, you know, kind of respite? I will explain my idea. For example, mindfulness sessions. So okay, it’s great because I’m having that activity with my loved ones but at the same time, I can take care of myself. Have you any ideas of activities like that?**

P4: I mean, obviously working together as a team on something is good because usually it’s just the person on their own, so I don’t really work with the carer as well. But I would think maybe even a simple jigsaw, you know, even though the carer is more than capable of doing that, it’s working together as a team. And maybe arts and crafts as well, you know, making things. The person with the dementia could be sticking things down but the carer could be cutting things out and passing them, you know, so that they’re both interacting with it and doing that piece of art.

**R2: Yes, creative things together.**

P4: Yes. And definitely reminiscence is a big, big, big thing. We’ve got a gentleman who comes to us who’s quite advanced but his wife has put together a photo book. So, she’ll send that in with him, but she’ll sit with him and start, do you remember this, do you remember when we went here on holiday, pointing to the pictures. And again, that strikes up conversation with them both. He will probably just answer and say oh yes, I remember, when he doesn’t, but, you know, it’s making her feel okay as well.

**R2: Yes. So, the activity is really interesting for both of them?**

P4: Yes.

**R2: Good. It’s really, really interesting. And about that, you mentioned you have or had – not a specific gender group – but a male group and they were, I think, playing bowling or something like that?**

P4: Right, yes.

**R2: Have you got in general some gender specificities related to activities, so something that men prefer?**

P4: Yes. We’ve got darts which is obviously not the real darts it’s magnetic darts. But the women will do it as well, you know, because they can see us having a laugh and having fund doing it. They want to join in as well. So, there’s things like indoor bowling, darts. We’ve got a big round target that goes in the middle of the room - again, this is because we have to social distance – but they have things to throw and try and get in the middle, you know, to get the highest score. So again, that’s physical for them, a bit of exercise as well as doing a fun activity. And we had indoor basketball, so with a soft ball and again, you know, a lot of the ladies like to join in with that as well. I’m just trying to think of other things. A lot of ball exercise, the soft ball, so that’s obviously passing to each hand, you know, everyone keeps their own ball but that’s really good for their coordination. And then squeezing and exercising with it.

**R2: Okay. That’s perfect. That was a lot of information. I don’t know if you have something else to say or if you want to add something?**

P4: No, I think I’ve said everything.

**R2: Yes? Okay. It’s really helpful, thanks a lot. I don’t know exactly how I will do it, but probably – if it’s okay with you – I’ll send you an email some time just to say okay, we made that into a project if you want more information, just to inform you about the project. Because we have a webpage but we are still working on our website so probably it’s nothing very official.**

P4: Yes.

**R2: Great. So, I will let you know. We will begin interviews very soon with people living with dementia and their carers. Our idea is to have a read and a better understanding of everything that’s said and probably we will begin to design something with groups in September. But yes, with the current situation it’s difficult to organise.**

P4: If you need anything else from me, just let me know.

**R2: Very nice, thanks a lot, great. As you know, your participation is granted by a £40 voucher. I don’t know if you have a preference for a voucher? It can be Amazon or something like that. It can be a donation, if you prefer.**

P4: A donation if you could please, that would be amazing, if that’s okay? But you have to put Age UK Trafford because otherwise it goes to the main head office. And maybe if it goes to day support and then they could buy some activities with it, that would be amazing.

**R2: Okay. So, Age UK Trafford and for day support?**

P4: Yes, please.

**R2: Great. Do you know if you have a charity PayPal account or something like that?**

P4: I’ll find out for you. I’ll speak to our finance lady because I’m not sure on that side of it.

**R2: I think we can organise a direct donation with a bank account but with the university, if it’s possible, they would prefer it if you had more (unclear 0:14:33) charity donation. If you can send that?**

P4: Yes, I’ll find out and I’ll email it over to you.

**R2: Perfect. And it will be very, very quick, you know, the same day we will be able to do that.**

P4: That’s very kind, thank you.

**R2: No, it’s really important to say thank you for your participation and if we can help – it’s not a lot.**

P4: No, honestly it is. Even if it buys a couple more jigsaws, you know, it’ll be a massive help, so thank you.

**R2: Yes. It will maybe pay for a little bit of gas for your next trip.**

P4: Yes. You’ll see me driving round Manchester in the bus.

**R2: Yes, exactly. But, you know, I’m thinking that’s very exciting. I want to be part of that.**

P4: Yes.

**R2: It’s really great and I have to say I’m really impressed because, as I said, I worked in this service doing two years and I know how it can be difficult, but I’m really impressed by all you are doing, so yes, congratulations.**

P4: Thank you. That’s very kind.

**R2: Thanks a lot. I will let you get back to all your phone calls.**

P4: Thank you.

**R2: I will contact our finance service when I have your details for the donation and I will let you know, and if I need something maybe I will contact you again.**

P4: Yes, definitely. Thank you so much.

**R2: Thanks to you.**

**[End of Recording]**