

# Dementia Resource Centre



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Grassy Meadow Court is an Extra Care scheme that provides supported housing enabling people to live independently. It provides the security and privacy of a home of your own, a range of on-site facilities and staff are available day and night to provide care as required. There is an eligibility criteria which can be located on Hillingdon's Connect to Support website

The Dementia Resource Centre is located within the Extra Care Housing Scheme at Grassy Meadow. This service provides day activities, Monday - Friday, for people diagnosed with dementia who live in the community either on their own or with relatives.

It provides meaningful activity for service users which, in turn, allows some respite from the caring role for carers, thereby enabling people to continue to live in their own homes for as long as they are able.



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The centre runs a variety of sessions and activities such as daily living skills, gardening, reminiscence activities and sports. There are external activity leaders attending the service throughout the week offering guitar lessons, Qi gong, pottery and seated exercise classes. All the activities are designed to maintain independence, provide mental and physical stimulation and offer emotional support.

Many service users attending the Dementia Resource Centre have had long working lives and often talk about their experiences at work. Although the resource centre offers a variety of leisure and relaxation activities, it was identified there did not exist any real work or work related activity.



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Within Grassy Meadows there is a kiosk designed to sell daily items to residents. Staff saw the opportunity to link up with Queens Walk Resource Centre to provide work experience for service users with learning disabilities as well as an opportunity to offer voluntary work to the service users attending the Dementia Resource Centre. This also gives older people an opportunity to work with younger people and share their life experiences.

The kiosk is now open for two hours five days a week. Queens Walk Resource Centre offer service users the opportunity to run the kiosk as a work experience enterprise on three mornings. This is with a view to improving their real work opportunities as they develop work skills and build up their CV's. There is improvement in individual's social skills and confidence and they are learning about stock taking and handling money.



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For the service users within the Dementia Resource Centre, there appears to be an improved sense of self worth. They are developing relationships with the residents as they provide customer service. Two service users talk about 'working in the shop' when they arrive home and relatives have commented on how animated they are at the end of the day.

The benefits are also felt by the residents of Grassy Meadow. Friendships have been forged between residents of the scheme and those accessing the Resource Centre and it offers residents an opportunity to buy basic household items. As many residents experience a reduced level of mobility, shopping is sometimes a 'coordinated event' requiring additional assistance from others. The kiosk affords residents the chance to maintain their independence by purchasing items there and then without the inconvenience of having to wait until additional support becomes available.



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