

Introduction

The Virtual Dementia Tour (VDT) was invented 20 years ago in America by world renowned professional PK Beville, who owns the non-profit company Second Wind Dreams owners of the VDT. The Virtual Dementia Tour is medically and scientifically proven as the closest experience that a person with a healthy brain can have of what dementia might be like. By understanding dementia from the person's point of view, it can influence change in practice, reduce issues and improve the lives of people affected by dementia.

Training to Care UK LTD and Experience Training based in Essex England, provided the training. <https://www.training2care.co.uk/virtual-dementia-tour.htm>

Organisers

Gwynedd Council's DementiaGo team and Porthmadog Dementia Friendly Communities (DFC) Committee organized the training for local care staff and informal carers in the Porthmadog catchment area.

Venue, Dates & Times

Byw'n Iach (leisure centre) Glaslyn, Porthmadog

04/10/2019; 07/10/2019; 08/10/2019 & 09/10/2019

3 session per day, maximum 12 candidates for each session

9:30-12:00

12:15-14:45

15:00-17:15

Cost

£1,140.00 per day (inc VAT) TOTAL = £4,560.00

£31.66 per candidate

£2,280 paid by DementiaGo's donation- budget

£2,280 paid by Tesco's 'Bags of Help' grant received by Porthmadog DFC

Advertising & Promotion

Invitation to all stakeholders – BCUHB, Gwynedd Council, Third Sector Organizations, local care homes, day centres, home help.

Social media

Gwynedd Council Website

Flyers & Poster



Bags of Help

VIRTUAL DEMENTIA TOUR

Innovative dementia training for family members, informal carers and care staff



Experience what 'Dementia' might be like!



Take a walk in the shoes of someone living with dementia during this informative and insightful virtual tour

Gain a better understanding to improve quality of care, environments, attitudes and lives.

Join us at Byw'n Iach Glaslyn (leisure centre) Porthmadog for a free 2½ hr training session. Choose one of the following dates and times:-



7th, 8th or 9th October 2019

9:30 - 12:00, 12:15 - 14:45 or 15:00-17:30

Limited places.

Please call now to book

01766 512711 or 07768 988095

For further information contact as above or emmajaynequaeck@gwynedd.llyw.cymru



Yng gwisgochi Byw'n Iach
Dementia-Friendly
Gyfeillgar



Working to become
Dementia-Friendly



DementiaGo



The Experience

Prior to entering the tour the delegates were asked to perform various tasks wearing the following equipment:-

Task

Rubber spikes in their shoes



Purpose

To replicate peripheral neuropathy, uncomfortable to walk and this is why people with dementia may shuffle.
Theme:- Many people living with dementia have co-morbidities they are also coping with.
Carers be aware of how other issues may affect people living with dementia

Wear cumbersome gloves with fingers sewn together



To replicate arthritis
Theme :- How difficult it is to complete daily living tasks such as closing buttons on a shirt.
Carers may do it for them, but this can decondition them further and cause them to feel worthless. Rather they should support them to do it for themselves whilst being aware of the difficulties

Put on dark glasses with distorted viewing



To replicate macular degeneration
Theme:- Difficulty in seeing objects clearly, distorted view of life, can be frightening.
Carers should ensure adequate lighting. Be aware where they position themselves when supporting the person e.g. while helping feeding or communicating.

Put on headphones with constant muffled noise.



To simulate the noise a person living with dementia may be hearing constantly.
Theme:- Noise can be magnified, a clock ticking can sound like a sledge hammer and this can make it very difficult to concentrate and understand what is going on.
Carers should be aware of background noise and limit where possible.

Delegates Information

144	Delegates booked in via phone, email or personal contact
6	Delegates on the reserve list
129	Delegates completed the training
6	DNTU
9	Unable to attend due to sickness
31	Informal Carers
7	DementiaGo & NERS Staff
24	Cariad Care Homes (Bodawen & Plas Gwyn)
2	Plas newydd Care Home, Criccieth
4	Meddyg Care Care Homes (Madog & Pines)
11	Gwynedd Council Residential Homes
5	Grwp Cynefin – Hafod y Gest
20	Community Care Staff
7	BCUHB MH, Community HCA , Community Nurse, Staff nurse, OT, learning disabilities service
3	Gwynedd Council Dementia Support Workers
2	CCG
3	Third Sector, Alzheimer’s society, TIDE, MS Society
10	Other



Feedback

Evaluation Form	Definitely achieved	Achieved	Half achieved	Did not achieve
Did the tour meet your expected learning outcomes?	92%	8%		
Did the tour reinforce or increase your level of knowledge?	98%	2%		
Overall how would you rate the tour?	96%	4%		

In the delegates own words

I've got to say, what an experience I've had being in the shoes of someone with Dementia today. I came home and cried, nobody knows what's ahead of them and if they will get this horrible disease. All I can say is approach with softness and love, be very patient and understanding, things are not as they see hear or feel anymore, all that has gone from them and they see things in a different way.

I have not experienced what it's like it is to live with someone with dementia in my family, but in my workplace, those people are my family, I'm there to take care of them, and make them feel safe and loved. I'm going to see caring in a different light-sound, sight, touch and smell will be approached in a different way. Thank you DementiaGo for sharing this awareness- sorry for sounding soppy but it's just been such an eye opener for me. Kerry- Cefn Rhodyn, Dolgellau. Face Book Post

Very interesting, I learnt a lot which helped me in my day-to-day work.

It's definitely raised my awareness of the disease, and I will question the way that I treat my mother from now on.

I now understand a lot more about how my mother feels, I know now why she walks as if she's on glass, I know why she wears the same jumper every day and buy's the same food week in week out.

I found the tour extremely informative and educational. I got a real sense of how a person with dementia has to deal with day-to-day activities.

An excellent experience- should be compulsory for anyone working with dementia and carers.

Very informative. A realisation of how scary & disorientating it is for people living with dementia.

One of the best dementia courses I've been on.

Was more challenging than I expected, but I've learnt a lot from this experience.

Terrifying, but I think that it's important to get this sense. It gave an immediate reaction to how someone with dementia would feel and see life as they do.

Eye opening, feel very vulnerable and with the training I definitely can relate better to our service users.

It's an interesting training, it's a scary and horrible feeling inside the van, when you can't see everything and all the noise you hear.

I found the trainer very rude to begin with and I didn't understand why. Then once everyone had had the experience in the van he explained why he'd been so rude. Thank you to him, I've learnt so much more about dementia and how a person may live every day. It's been a massive eye opener.

I learnt a lot about how Dementia affects people, and what it actually feels like. An amazing experience with added information how to cope with a person living with dementia.

It took a little bit of time to understand the trainer's behaviour at the start of the session. It was good to understand dementia from an individual's perspective. It has opened my eyes on their feelings. This session would be beneficial for my team to improve on their knowledge and skills to provide good quality care.

Fantastic, so much more to learn although I have worked with dementia for over 25 years.

Good. Interesting. Different!

Outcomes

Increase number of Care Staff and Informal Carer receiving the training 2020 by:-

- Gwynedd Council Residential Homes to consider booking the Virtual Dementia Tour for all care staff to attend.
- Gwynedd Council to utilise ICF grant money to provide the Virtual Dementia Tour throughout Gwynedd.

