



REPOD

Rotarians Easing Problems of Dementia

HELP US TODAY
YOU MIGHT NEED US
TOMORROW

Who are we? REPOD is a group of Rotarians, most of whom have either direct experience of dealing with the problems of caring for someone with Dementia or have specialist knowledge in this area and related fields.

REPOD believes that it is time to take direct action within our own communities to help support families who are struggling to cope with Dementia.

Magic of Memory Cafés



Wadebridge Rotarian Tim Jones was the proud recipient of last year's RIBI Magic of Rotary Award. Tim was responsible for setting up the first Rotary run Memory Café.

Memory Cafés provide a safe environment where people with dementia and their carers can enjoy regular social and supportive get-togethers.

Tim is currently advising other clubs across Cornwall on how to set up and run sustainable cafés in partnership with other community organisations.



Rotarians Tackle Dementia Head On

REPOD has been working to help local families living with dementia in the south west for the past four years.

Memory Cafés

In that time we have been involved helping Rotary Clubs to set up or support more than 20 Memory Cafes across Devon, Cornwall and the Isles of Scilly. We are now advising clubs all across the UK on how they can help support cafés in their towns.

Website

Our website hosts a downloadable version of the award winning Carers' Pathways booklet and Guide to Setting up a Memory Café written by Devon carers David Light and Jim Delves. We are in the process of building a national database of support services for dementia care.



John Suchet and Bonnie

Admiral Nurses

Admiral Nurses are specialist mental health nurses who work in the community to support families living with dementia. Unfortunately there are currently only 82 nurses covering the whole of the UK. Dementia UK is a new charity headed by TV presenter John Suchet, whose wife Bonnie has dementia. He credits Admiral Nurses with saving his sanity when he was caring for her.

REPOD is working with Dementia UK to help fund more Admiral Nurses both in the South West and UK wide.

Other Projects

There are so many ways that Rotary can become engaged with supporting local families living with dementia.

We have the Memory Box Project and the Fifth Emergency Services (see below). We are also working alongside the MHA Housing and Care for Older People charity to help support their countrywide Live at Home Schemes which enable people with dementia to be cared for in their own homes for as long as possible.

If your Club has a project that helps support people living with dementia then we want to hear from you.

Fifth Emergency Service

REPOD is calling for a return to old style Rotary. Many of us remember the days when Rotarian volunteers would turn out paint brush in hand to help decorate the local scouts' hut or offer to drive people on hospital visits or deliver their weekly shop.

Despite the ever oppressive rules of Health and Safety, many clubs still perform such a useful service.

For a family living with dementia, having to cope with some of the most straightforward household tasks can often be the straw that breaks the camel's back.



It would be fantastic if local Clubs were able to offer a type of Fifth Emergency Service for local carers, with a telephone number they could call to ask for help, for anything from form filling, household repairs, shopping, hospital visits or even just a listening ear.

With budget cuts coming thick and fast and the Big Society being promoted by the Government, this is a service that we could all get behind and really make a difference to people's lives.

REPOD is looking for a Club that would be interested in pioneering and trialling such a service in their area.

How can you help?

Thanks for the Memories



Reminiscence is a very powerful tool for people with dementia, simple objects from the past can unlock memories and become a wonderfully therapeutic tool for dementia sufferers.

'...wonderful therapeutic tool...'

REPoD has been working with Rotary Clubs around the southwest to produce Memory Boxes. These can be donated to local Memory Cafés, Day Care Centres, Libraries or Care Homes.

Using items sourced by fellow Rotarians, Clubs have been filling plastic boxes with a variety of memorabilia and old photographs to create their own Memory Boxes.



Not Just An Old Person's Disease

Terry was just 53 when he first started to develop Picks Disease, also known as Fronto Temporal Dementia. When this photo was taken he was already six years into the condition. Inevitably, his decline has had a devastating effect on his young family.

Early onset dementia is not as rare as you think and the practical and emotional implications for families are immense.

Aged 62 Terry is now in a nursing home in the late stages of dementia. His daughter aged 16 and son 10 lost their Dad many years ago, but their tragedy is that they have never been able to say goodbye.



At the moment there is nowhere young people can turn to talk about the issues they have to deal with when a member of their family falls prey to this devastating condition.

REPoD is working with Balloons, a Devon based teenage bereavement charity to see if it can support the setting up of a national helpline for young people who are struggling to cope with what is, in effect a bereavement, the loss of a parent or grandparent through the inevitable mental decline of dementia.

'...teenage bereavement – national help line for young people...'

Donate A Memory Box

Working with the Memorabilia Pack Company we are pleased to announce that we can now supply special Memory Box starter packs to help your club put together your very own branded Memory Box.

Each pack will contain replica items from the 30s,40s,50s &60s together with a copy of the Rotary REMIND Singalong CD and a guide to other items



you might want to add to the box.

Starter Packs will be available for clubs to buy direct from the REPoD website at £40 (box not included).

Visit www.repod.org.uk or call REPoD on 01822 852777 for more information.

Eight Things You Might Not Know About Dementia

1. Dementia is the generic term for more than 100 different degenerative brain disorders.
2. The commonest are Alzheimer's Disease; Vascular Dementia; Lewy Body Disease and Picks Disease.
3. They affect about 1 in 12 over 65 and 1 in 5 over 80. But people in their 30s, 40s and 50s can also develop dementia.

4. Around 820,000 cases exist in the UK.
5. 163,000 new cases of dementia occur in England and Wales each year.
6. Present treatments slow down but do not stop the deterioration.
7. 25 million of the UK population have a close friend or family member with dementia.

8. Dementia costs the UK economy £23 billion a year, more than heart disease and cancer combined.

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REPoD, Hollybank House, Meavy Lane,
Yelverton, Devon. Tel: 01822 852777
www.repod.org.uk - administration@repod.org.uk



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