

# Dementia Awareness in Prisons

Name of presenters, *organisation*  
Venue/audience, date

\*This presentation contains content adapted from Health Education England with permission from Health Education England (reference)

## Welcome

- Introduction
- Tier 1 Training
- Raising your awareness
- Starting point for your exploration, personal & professional development



## Housekeeping

- Fire
- Refreshments
- Toilets
- Ground Rules
  - Confidentiality
  - Self disclosure
- Opportunity for debrief at the end



## Aims of the session

- Adapted training package for all prison based staff
  - The need for dementia awareness in prisons
  - What is dementia? Different forms of dementia
  - Early signs, symptoms & behavior
  - Supporting people with dementia, carers and staff
  - Effective communication
  - Peer carer support in prison
  - What to do if you think a prisoner may have dementia
  - Sources of support



## Why dementia, why now?

- In the UK, around 850,000 people have been diagnosed with dementia
- People over 60 are the fastest growing age group in custody:
  - 16% (1 in 6) are aged 50 or over
- Consequently, dementia is on the rise
  - 2000 people in prison in England and Wales have suggested dementia (7.2%).



## Why dementia, why now?

- Prisoners are entitled to the same care in prison as they would receive in the community
- Many prisons are ill equipped to provide adequate support



**Improving support for prisoners with dementia is vital!**

## What is dementia?

- Not a disease in itself, but a term used to describe a group of symptoms that occur when brain cells stop working properly.
- Over time, there are changes in the way people think which affects their memory, their ability to reason, to communicate, their personality and their behaviour. At times, they may wander or be restless.
- They may no longer be able to perform activities of daily living\* (ADL) such as eating, drinking, washing or dressing themselves.

(Roper, Logan & Tierney, 2014)

## Group activity

- Your perceptions of dementia
- Work in pairs and discuss these questions:
  - What do you know about dementia?
  - Do you know anyone with dementia?
  - How does it affect them?
  - What are the challenges for someone with dementia in prison?
- Please think about your professional and/or personal experience of dementia.
- Write down some of your answers



## Early symptoms of dementia

- Memory Problems - short term memory
- Getting lost in familiar places, issues with names
- Orientation in time and place
- Communication – word finding difficulties, reading and writing
- Cognitive difficulties- concentration & thinking things through
- Worry about memory problems



## Importance of early diagnosis

- Early diagnosis = planning short, medium and long term health and well-being needs.
- A medical diagnosis will help to rule out other conditions that may have similar symptoms to dementia.
- It is a supportive process rather than a negative experience providing reassurance for the person affected and their family, friends and carers.
- The diagnosis of dementia can have an effect on the person's emotions



## Why is this important?

- The National Dementia Strategy Aims to improve dementia services in three key areas:
  - Improved awareness
  - Earlier diagnosis & intervention
  - Higher quality of care
- The strategy aims to change the way that people with dementia are viewed & cared for in England. (DH, 2019)



**Residents are entitled the same care as in the community – we all have a duty of care!**

## Video presentation

- Living with dementia in prison**
- Film clips: how a person might experience dementia in prison (acted, based on real cases)
- Look out for the differences in their experience of dementia
- Think about the different staff approaches

<Link to video here>



## Vulnerability

- People with dementia are vulnerable, this is especially so in prison
- People in prison with dementia may experience
  - Bullying
  - Not being able to stick to rules
  - Stress / anxiety / fear
- Group discussion** – what can you do in your prison to protect a vulnerable prisoner with dementia?



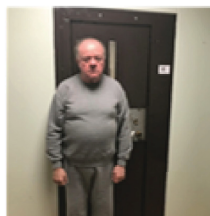
## Why might a person with dementia show signs of distress?

- Realisation that memory is failing/distressing symptoms
- It is not always the dementia that causes the distress.
- They may be in pain or feeling tired feeling hungry/thirsty.
- May need to go to the toilet.
- The distress may be also be triggered by environmental factors such as noise, heat, cold, darkness or light



## Supporting prisoners with dementia

- Person centred approaches
- Communication
- Environment
- Peer support



## Group activity

- Think back to the previous exercise about the symptoms of dementia and how they might impact a person...
- What could you do to support a experiencing experiencing these?**



## Communication

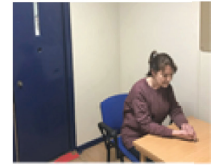
*"Every person with dementia should have the support of people who are confident in adapting their interaction to reduce the stress and anxiety that dementia can bring"*

Common Care Principles for Supporting People with Dementia - A guide to raising the social care and health workforce, Skills for Care and Skills for Health 2011

## Video presentation

### Good and bad communication

- Behaviour that disrupts the regime (4 clips)
- Distress (4 clips)



## Effective communication

- Group discussion** – from the videos you have just seen, what is the best way to communicate with someone with dementia?

- Use words that are simple and familiar
- Are they wearing the correct glasses/hearing aids?
- Gain the person's attention first
- Follow the OWL principle – Observe, Wait and Listen for response
- Introduce yourself and what you do
- Smile and use eye contact
- Position yourself where you can be seen



## Group activity

- Environment** – what changed to the environment might be helpful and possible in prison?



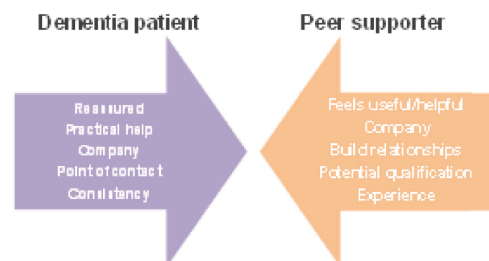
## Peer support in prison

### Group discussion

- What ways can peers help individuals with dementia?
- What are the benefits of peer caring?
- What are the potential problems with peer caring?
- How can these problems be reduced/avoided?

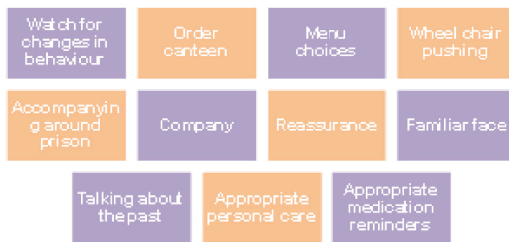


## Potential benefits





## How can peers help?



## What peers should not do

- Intimate / personal care
- Handle, store or administer medication
- Access confidential information
- Anything the individual feels uncomfortable with



## Avoiding problems

- No informal arrangements
- Adequate training
- Risk assessed/look at safeguarding process
- Appropriate & regular supervision
- Consider cultural differences
- Refer to PSI 17/2015 "Prisoners Assisting Other Prisoners"
- Toolkit for peer support schemes



## What to do if you think someone in prison may have dementia

- Report to healthcare using local processes
- Peer carers can raise concerns with prison staff
- Explain to the prisoner that you are referring to healthcare as you have concerns about their memory

Contact healthcare if you think someone might have dementia

Healthcare will conduct a screening & refer to memory assessment service if required

If there is a diagnosis of dementia – a care package will be put in place by social care staff

## DeCIsion care pathway

- Following health screening on reception, **OR** if healthcare receive a referral screening:
  - Over 50's will be screened for dementia using the Montreal Cognitive Assessment tool (MoCA).
  - If screening and patient history show a need for further assessment then they would be referred to the memory assessment service for diagnosis.
  - If diagnosed there will be an assessment made by a social worker/occupational therapist to receive a multidisciplinary care package and a decision on living location.



## Final points

- Dementia can cause serious challenges, but emphasis must be 'living well' with dementia and person centred approaches.
- There is a lot that can be done to support people in prison with dementia
- There are many sources of help available
- Consider becoming a Dementia Friend

Thank you for listening



## Helpful resources

- Improving Dementia Education and Awareness (IDEA): <http://idea.nottingham.ac.uk/>
- Young Dementia UK: <http://www.youngdementiauk.org/>
- Social Care Institute for Excellence (SCIE): <http://www.scie.org.uk/socialcaretv/topic.asp?i=dementia>
- Skills for Care (2014) Better domiciliary care for people with dementia. Best practice case studies from domiciliary care employers developing their workforces to support people with dementia. Leeds: Skills for Care: <http://www.skillsforcare.org.uk/DocumentLibrary/Skills/Dementia/Better-domiciliary-care-for-people-with-dementia.pdf>

## Helpful resources

- Alzheimer Society: <http://www.alzheimers.org.uk/>
- Berkshire Health Care (2014) Your Dementia handbook: [http://www.berkshirehealthcare.nhs.uk/page\\_sa.asp?fldKey=344](http://www.berkshirehealthcare.nhs.uk/page_sa.asp?fldKey=344)
- Carers of people with dementia: <http://www.healthtalk.org/peoples-experiences/erves-brain/carers-people-dementia/topics>
- Dementia Action Alliance: [www.dementiaaction.org.uk](http://www.dementiaaction.org.uk)
- Dementia Friends: <http://alzheimers.dementiafriends.org.uk/>
- Dementia UK: <http://www.dementiauk.org/>
- Dementia Services Development Centre: <http://dementia.str.ac.uk/>

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