

# DEMENTIA AWARENESS

## TRANSITION YEAR PROGRAMME

During Transition Year 2021/2022 we are offering a programme that can be completed remotely. When possible, and subject to public health guidance, we will offer in-person placements for students.

This year's remote programme has **three options** to choose from. Each option can be done individually or in a group:

1. Get Creative
2. Future Philanthropist
3. Pitch Perfect

**For more information or to register your interest contact Nicola:**

Email: [nicola.yau@sjog.ie](mailto:nicola.yau@sjog.ie) / Telephone: (01) 282 3000

### GAISCE BRONZE AWARD

Each of our three options can fulfil one of the following Gaisce Challenge Areas:

- Community Involvement
- Personal Skill

To find out more about Gaisce - The President's Awards go to: [www.gaisce.ie](http://www.gaisce.ie)



**Saint Joseph's Shankill**  
*Dedicated to Dementia Care*



# 1. Get Creative

Calling all creatives! You might be a crafter, a talented artist, have a skill for woodwork or enjoy coming up with new artistic projects.

If so, we're looking for you to use your skills to complete a project to give to one or more of the people living in our home. For example, in our home, we have seat pockets to keep cherished items close by, lots of soft toys to cuddle and bright blankets and cushions to enhance our homely environment.

We'd like you to:

- Research and create a unique project that is suitable for people living with dementia, for example, handmade jigsaws, mobiles, patchwork quilts, hats, costumes and props for dressing up in our home...the sky's the limit!
- Produce a video OR write a blog post along with photographs about making the project: give details about why you chose to make this particular project and how it will benefit a person living with dementia.

**There is no deadline for this option. We are happy to receive your creations during the School Year 2021/2022.**



## 2. Future Philanthropist

Do you have event management skills or an ambition to be a future philanthropist? We're looking for you to develop an innovative way to fundraise, whether it's a daily challenge or a socially-distanced event.

We're calling on Transition Year students to help us to raise much needed funds. We are asking each group to fundraise €250 (that's the target, but definitely not the limit!)

We'd like to redecorate each of our six lodges to give them a new look, such as dementia-friendly seating, non-slip and non-shiny flooring.

These much needed funds will help us to continue to make a difference in the lives of people living with dementia.

This is a great opportunity to promote and project-manage a fundraising event from start to finish.

**There is no deadline for this option. We are happy to receive your support during the School Year 2021/2022 and beyond!**





### 3. Pitch Perfect

Calling all budding entrepreneurs! Based on the popular programme *Dragon's Den*, students are invited to:

- Develop a creative solution to assist people living with dementia and/or their family or carers, OR
- Develop an aid to help/support healthcare professionals working with people living with dementia.

The pitch should include:

- The concept or idea
- The proposed target audience
- The problem being addressed
- The solution and benefits of the project for the target audience
- Any prototypes or demonstration of the product
- Potential path to market

All the above should be presented in a video pitch to the judging panel. The pitch should be no longer than 10 minutes. The more creative and unusual the pitch the better, as long as the criteria are reached - anything goes!

When considering concepts/ideas, students should refer to the sources below for context:

- The National Dementia Strategy
- Understand Together
- The Alzheimer's Society of Ireland
- Current HSE COVID-19 guidance

This is a great opportunity to hone not only your creative talents but also your business and marketing skills, as well as gain further experience developing your presentation skills.

**Deadline for submission is Friday, 8 April 2022.**





# What is dementia?

Dementia is the name for a range of conditions that cause damage to the brain and is most commonly found in (but not limited to) the elderly population. This damage can affect memory, thinking, language and the ability to carry out everyday tasks. There are many conditions that cause dementia, Alzheimer's disease is the most common cause. Dementia is a progressive illness, but it is not a normal part of aging. Early symptoms may include:

- Memory loss, particularly for recent events
- Misplacing things regularly
- Losing track of time
- Problems with language, difficulty finding the right word
- Changes in personality, mood or behaviour
- Difficulty in following conversations
- Becoming confused in familiar surroundings or situations
- Difficulty managing money and everyday tasks
- Difficulty solving problems or doing puzzles
- Loss of interest in hobbies and pastimes
- Repeating a question or story several times.

**64,000**  
people in Ireland  
are living with  
dementia

## The facts about dementia

11 people are diagnosed with dementia every day in Ireland so the chances are everyone knows someone living with this illness and the effects it has on people and their families.

In Saint Joseph's Shankill we describe four stages of dementia: Early Experience, Different Reality, Repetitive Emotion and Late Experience. People live in one of our six lodges with others at the same stage of dementia. Each lodge is different to the next but in every lodge people are loved and cherished and we are all part of one big family.

We are privileged to care for them and we ensure they know they truly matter to us. We know we are providing EXCELLENCE in dementia care. We could not achieve this without the support of our community.



For more information on how to get involved check out: <https://saintjosephsshankill.ie/how-to-help/schools-programme/>