



Engaging Dementia (formerly Sonas apc) Annual Report 2018

Introduction

Sonas apc changed its name to Engaging Dementia in late 2018, following lengthy consultations and deliberations. While the Sonas Programme continues to be a core element of the organisation's work, the new company name was chosen because it better reflected the breadth of the organisation's work in dementia training services, dementia friendly design and community activities, both now and into the future.

Engaging Dementia refined its mission and vision in 2018, as part of a comprehensive strategic review.

Mission

To facilitate communication, engagement and connection for people with dementia and their carers through education, resources and community activities.

Vision

People with dementia and their carers are engaged and connected with family and community.

The strategic review also involved the development of an ambitious new 3-Year Strategic Plan (2018-2020). Engaging Dementia's services primarily involved the delivery of a range of training events and Ireland's biggest annual dementia conference, as well as other activities focused on improving the health and wellbeing of people with dementia and their carers across residential and community settings.

Finance

Engaging Dementia's independently audited Financial Statements for 2018 showed that the organisation had a turnover of €260,923 in 2018, compared to €315,859 in the previous year. The decreased income was primarily due to a large bequest donation of €63,968 in 2017. The company continued to focus on increasing revenue streams through existing activities and the introduction of new activities. In 2018 the Board agreed to invest a significant portion of this bequest in the strategic review, subsequent re-branding of the organisation, production of a new website, and a complete revision of the Sonas Programme kit.

Engaging Dementia's Finance Sub-committee continued to oversee the organisation's financial activities, with quarterly budget reforecasts and a close involvement in the financial management of the organisation. The Board of Directors met continued with its monthly board meetings and

quarterly budget re-forecast reviews, keeping the financial situation under continual review. The organisation was focused on increasing revenue streams through new activities and was mindful of controlling costs in all aspects of its operation.

Service delivery and development

Engaging Dementia delivered on the activities set out in the 2018 Service Level Agreement it had with the HSE, and would like to take this opportunity to thank the HSE for its support, without which the organisation would not be able to do its work.

Training events were held for nurses, allied health professionals, activity co-ordinators and care assistants in the Sonas Programme and a range of therapeutic activities/non-pharmacological interventions. Accreditation with the Nursing and Midwifery Board of Ireland (NMBI) was sought and secured for all Engaging Dementia workshops, courses and the annual international conference in April 2018.

The Sonas programme

The Sonas Quality Mark continued to support high quality implementation of the Sonas programme throughout Ireland. The Sonas programme, a therapeutic activity for people with dementia, is carried out with people who live in residential care settings, primarily nursing homes but also hospitals, community nursing units and day centres. There were 11 Sonas Courses and seven Sonas Licence Renewal Days held throughout Ireland in 2018. A total of 175 healthcare professionals and care assistants completed the 3-day Sonas training course and were certified as Sonas Programme Licensed Practitioners (SPLPs). A further 112 SPLPs renewed their Sonas Licences by completing the Sonas E-module or attending a Sonas Licence Renewal Day. SPLPs were primarily Activity Coordinators, Healthcare Assistants, Nurses, Nurse Managers and Social Workers. Two residential care centres had on site evaluations and were approved as Sonas Programme Certified Centres, given their demonstrated high quality delivery of the Sonas Programme.

Dementia training

Four half day dementia activity workshops were delivered in February and December 2018:

- Tailored Activities on a Shoestring (a total of 51 attendees)
- Life Story Boards (a total of 61 attendees)

A set of three 1-day Cognitive Stimulation Therapy (CST) Workshops were delivered for the Alzheimer Society of Ireland in Dublin, Tipperary and Longford in July 2018, with a combined attendance of 41 people. Attendees comprised Alzheimer Society of Ireland staff and volunteers, Activity Coordinators, Healthcare Assistants, Nurses, and Nurse Managers.

Engaging Dementia was commissioned to facilitate the delivery of a series of Cognitive Rehabilitation Masterclasses in Autumn 2018. The combined attendance of 111 people were primarily Occupational Therapists, as well as Psychologists, Speech and Language Therapists, Dementia Nurse Specialists, Community Dementia Care Co-ordinators, Public Health Nurses, Clinical Nurse Specialists, Clinical Nurse Managers, Advanced Nurse Practitioners, Dementia Advisers, Researchers, Trainers, and SAGE Support and Advocacy Co-ordinators.

Publication of Sonas Research Project

A major research project evaluating the Sonas Programme was published in 2018. The research had been conducted in nursing homes in Dublin, Kildare, Louth and Meath.

10th International Dementia Conference

Engage was the theme of Engaging Dementia's 2-day 10th International Dementia Conference, which continued to be the largest annual dementia event in Ireland. Held in the Helix, Dublin City University, Dublin, there were 400 delegates attending over the 2 days, with 13 exhibitors and 8 poster presentations. The main conference sponsor was Home Instead Senior Care and the associate sponsor was Homecare Medical. There were a broad range of attendees, including Occupational Therapists, Managers of Services for Older People, Psychologists, Clinical Nurse Managers, Directors of Nursing, Clinical Nurse Specialists, People living with dementia, Family Carers, Advocates, Students, Activity Coordinators, Researchers, Nursing Home Managers, Nurses.

Feedback from delegates was very positive, with many delegates making particular mention of the contribution of Professor Steven Sabat, a speaker from the US, and Helen Rochford Brennan, Chairperson of the Irish Dementia Working Group. Finally, many commented on the usefulness of Dr Suzanne Timmons' update on the implementation of the National Dementia Strategy.

Activities Audits

Engaging Dementia has developed an Activities Audit, which involves a rigorous evaluation of how effectively a care centre supports its residents to have access to full and active lives. The care centre's service is set against the National Residential Care Standards and international best practice. The audit includes evaluation, recommendations for change and an Action Planning Day. There was one Activities Audit carried out in 2018 in a Dublin care centre.

Events for people with dementia and their families

A major concert was held in the Helix the evening of Day 1 of the annual conference. Entitled **Moments of Joy**, the concert featured performances by Debbie Campbell, Katie, Gallagher, the community/dementia inclusive Forget-Me-Nots Choir and Dance Theatre of Ireland's Vintage Youth performance group. There was an attendance of 300 people.

Dementia Friendly Garden (DFG) Project

Engaging Dementia, together with TrinityHaus Research Centre and Newtown Saunders Ltd, under the name Dementia Friendly Garden (DFG) Team, delivered a dementia friendly design service to a range of nursing homes in 2018. The DFG Team also designed and built an award-winning garden in Bloom 2018, Ireland's largest outdoor gardening festival, supported by funding from the Understand Together public education and awareness campaign, of which Engaging Dementia is a partner. President Michael D Higgins and his wife Sabina visited the garden while on their tour of Bloom, and said they enjoyed their visit and appreciated the message that the garden conveyed. The garden was relocated to Arklow after Bloom.

Development of the Organisation

Governance & Governance Code Adoption

Engaging Dementia completed its development of comprehensive governance policies and procedures in 2018, and achieved compliance with the Governance Code. The board submitted a completed Governance Compliance Form to Merry Mullen, the company's independent auditors, outlining how it was compliant with the code. Engaging Dementia also notified the Charities Regulator of its compliance and stated compliance on the Engaging Dementia website (www.engagingdementia.ie).

The company pro-actively engaged with legislation, standards and codes which are developed for the sector. It subscribes to and is compliant with the Companies Act 2014 and the Charities SORP (FRS 102). Engaging Dementia is a partner of Understand Together, the national public education and awareness campaign. It is also a member of the Wheel.

Registration with the Charities Regulatory Authority

Engaging Dementia maintained its registration with the Charities Regulatory Authority (CRA), publishing detailing information on the CRA website, including its audited annual accounts for 2017 and Annual Report for 2017.

Staffing & garda vetting

Engaging Dementia's staff complement was two full-time and two part-time employees. A staff training programme was put in place that included Training in Protection of Vulnerable Adults. Engaging Dementia continued with its arrangement to process any necessary garda vetting submissions through the National Recruitment Federation (NRF).

Social media

Engaging Dementia continued to increase its online presence, launching a new website, and expanding its use of Facebook and Twitter, in order to raise the understanding and awareness of dementia, share best practice, disseminate research and help to improve the quality of care and supports for people with dementia and their carers in Ireland.

Working with other stakeholders

Engaging Dementia continued to grow its links with key stakeholders in the services for older persons sector. These included: the Health Information and Quality Authority (HIQA), the Health Service Executive (HSE), the Understand Together Campaign, Nursing Homes Ireland (NHI), the Alzheimer Society of Ireland, the School of Nursing and Human Sciences at Dublin City University, the Dementia Services Information and Development Centre (DSIDC), the Support and Advocacy Service for Older People (SAGE), TrinityHaus at Trinity College Dublin. It disseminated information about the HSE Living with Well with Dementia Programme's carer support evenings and other activities, and collaborated with ALONE on the development of a befriending resource.

Board of Directors

The Board of Directors met on eight occasions in 2018. There were no changes to the Directors during 2018.

Thank you

Engaging Dementia wishes to express its sincere thanks to all of those individuals and organisations who have supported our work in 2018. In particular, it would like to express its appreciation to the HSE; Whitney Moore, which provided the organisation with legal advice on a pro-bono basis; and Appirio for pro bono CRM technical advice.