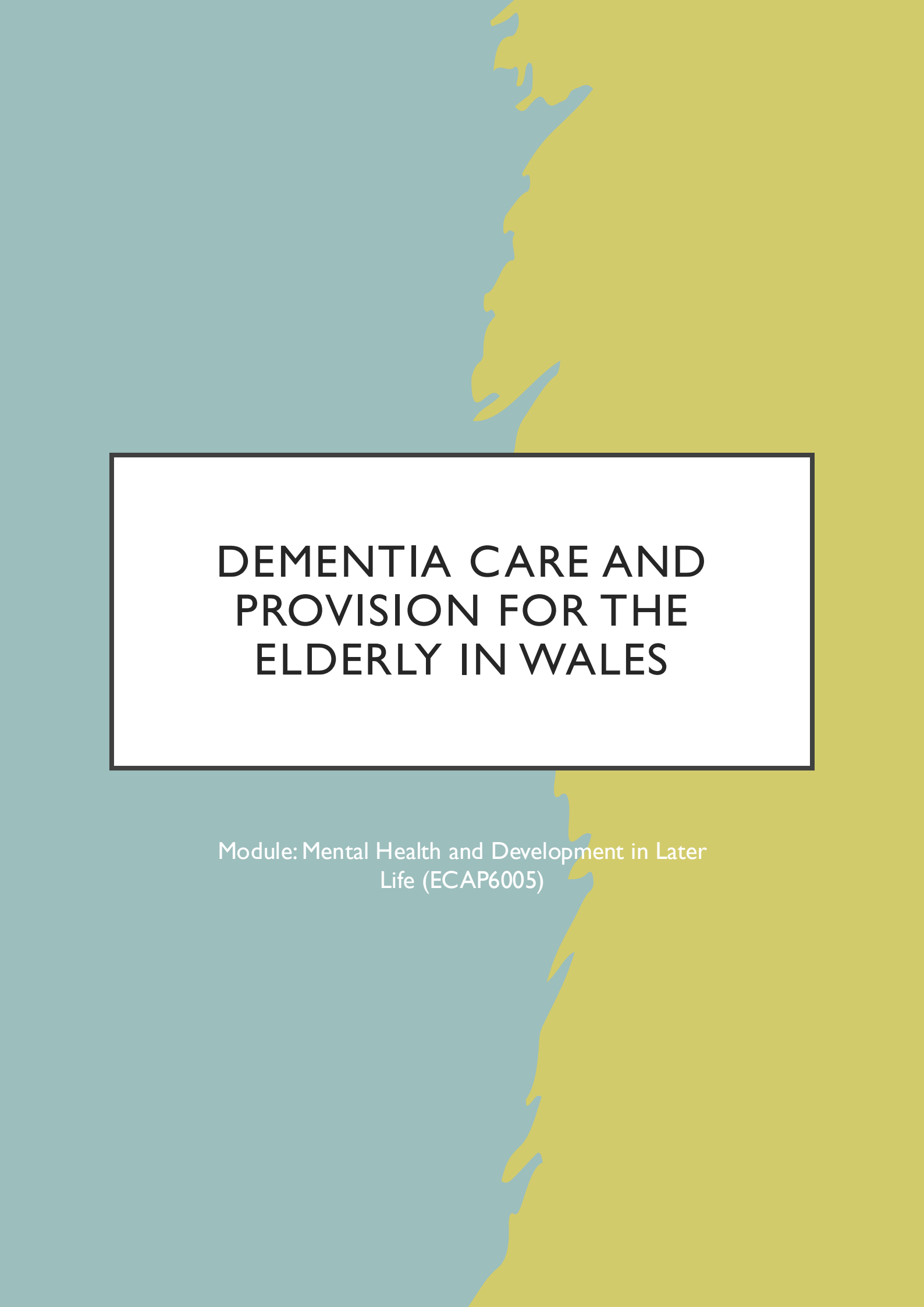




DEMENTIA CARE AND PROVISION FOR THE ELDERLY IN WALES

Module: Mental Health and Development in Later
Life (ECAP6005)

OVERVIEW

According to the NHS, in 2020, there were 41,457 people living with dementia in Wales, and the numbers are rising.

Therefore, it is important that people with dementia and those who care for them have a good support system and access to resources and information that can help them in their everyday lives.

While there is much information that can be found on the internet, it is important to acknowledge the role of the community and social, face-to-face support both for those with dementia and their carers.

This portfolio consists of two parts, the first in which three initiatives aimed at people with dementia are introduced, and the second part that aimed to highlight the effect of dementia on the individuals themselves and their family and carers.

PART ONE:
INITIATIVES IN
WALES FOR PEOPLE
WITH DEMENTIA



PSA (People Speak Up) was founded in 2017 by Eleanor Shaw. They create a safe space for people to find their voice and connect them through storytelling, creative writing, and arts.

They emphasize the importance of active listening without any judgement and to everyone who contacts them; they also value inclusivity and are fighting for equity. They collaborate with other groups, networks, and individuals who share their views and values, and they are happy to share their findings with their partners and the community and proud that they can learn from their mistakes and follow the lead of people rather than agendas.

The PSU group, through artistic exploration, promotes health and wellbeing, tackles loneliness and isolation, builds confidence, and investigates the gaps in the county's present arts and wellbeing practices.





While the PSU group is available for the wider community they run a group specifically for people with dementia. They part of DEEP, the UK network of dementia voices. Their Elevenses project runs in Carmarthen on Thursdays from 1 pm to 2.30 pm and in Llanelli every Friday between 11 am and 1 pm. The project aimed to bring together people with dementia and connect them through sharing stories, art, music, movement, or just chatting and a cup of tea. They even offer help with transport if needed. The group also welcomes carers if they would like to take part.

In their meetings, they do storytelling that has many potential benefits for people with dementia just like maintaining a sense of identity and improvements in cognition (Munk et al., 2025), creative writing, and arts and crafts that has been shown to be successful in reducing challenging behaviour in dementia patients (Emblad & Mukaetova-Ladinska, 2021), movement, singing and music that is proven to be helpful in improving cognition and quality of life in people with dementia (Lin et al., 2021) and many more to connect people and create a healthy and resilient community where everyone is heard.

They are running many different projects that the Elevenses have access to, like a community garden that is proven to have positive health benefits for people with dementia (Thaneswari, 2018). According to Edwards et al. (2013), visiting gardens increased quality of life scores by 10% and decreased depression and agitation scores. They also provide services for carers in the form of monthly gatherings. For more information, please visit their website: [Home - People Speak Up Llanelli](#)





AMGUEDDFA CYMRU

Amgueddfa Cymru in partnership with Alzheimer's Society Cymru created the initiative called Museums Inspiring Memories and hold events in the museums that are dementia friendly, including tours, craft activities, workshops, and many more. The programme intended to assist family members and professional carers by offering activities, tools, and training that encourage person-centred care for dementia patients. The initiative improves the quality of life for individuals impacted by using the power of museum collections and nostalgia to spark conversation and remembrance. The current events can be found on their website: [WELLBEING EVENTS](#)



Museums have always served as hubs for connection, memory, and storytelling. With its groundbreaking Museums Inspiring Memories project, a three-year endeavour that centres its work around the voices of those impacted by dementia, Amgueddfa Cymru – Museum Wales is ready to provide support and resources for those affected by dementia. The initiative is funded by the National Lottery Community Fund and its aim is to reshape how museums engage with people who live with dementia and their carers. They started by asking feedback from people with dementia on how could they improve the experience for them. They believe that cultural spaces like museums are strong wellbeing assets and making them more accessible would have positive benefits for those who live with dementia. They developed many different dementia-friendly activities such as seasonal well-being walks at St Fagans National Museum of History, Tea dances at the National Waterfront Museum or the dementia-friendly underground tours at Big Pit National Coal Museum. They also made sure that the physical environment is fully accessible and that their staff is trained to support the visitors with dementia.

Their staff and volunteers took part in an extra two-hour training that included real-life video testimonials, and practical strategies developed together with people living with dementia so they can provide the best experience for the visitors with dementia. Today, all staff across the seven museums are trained. They also provide a supporters' package for carers as many of the carers and family members were not sure if a museum is a suitable place for someone with dementia. This package offers information about accessibility, transport, and visitor facilities. Schall (2018) found that a similar project that utilised museum visits, helped to improve self-reported quality of life and had positive effect on the well-being of people with dementia. Furthermore, those who took part in the project reported reduced depressed mood and anxiety. According to Roe et al., (2016) these kind of programmes could be beneficial not only for the person with dementia but for their carers. They found that those living in a care home and their care staff reported positive changes in their well-being, social inclusion and social engagement, the project gave something new for them to talk about and bond over.



**AMGUEDDFA
CYMRU**





Dementia Actif Gwynedd is a community-focused initiative by Cyngor Gwynedd that supports individuals living with dementia, along with their families and carers, through physical, social, and wellbeing activities.



Currently there are 16 weekly classes across Gwynedd. The cost of the classes £3 each and the price include a cup of tea or coffee too. Referral to the classes can be made by a clinical professional however people are welcome to self-refer as well. They also provide an opportunity to come along to a class and observe to see if the class is what the individual is looking for. Contact information, activity programme and map of the classes through the county can be found on their website: [Classes | Activities and Keep Agile | Dementia Actif Gwynedd](#)

The programme offers physical activity classes that are supervised by qualified instructors. Through physical activity they hope to improve strength, balance, co-ordination and to help with the everyday tasks and activities.

They also hold a walk and talk group that meets in Tywyn every Friday at 11 am. This group gives an opportunity for a light exercise and socialisation.

They also run a Boccia group. Boccia was originally invented for people with cerebral palsy, and it is now a Paralympic Sport. The first Gwynedd tournament was held in 2017 and teams from many different organisations, like the MS Society or Parkinson's Group, took part. By 2019, 47 different teams took part in the tournament which encouraged the county to start a league where games are held monthly, on the second Friday of every month. According to Ovenden et al. (2019) taking part in a Boccia group provides physical and mental stimulation for people with dementia and provides a social aspect that is reportedly have positive benefits for the carers.



**Grŵp Llesiant &
Chefnogi Gofalwyr
DEMENTIA
Carers Wellbeing
& Support Group**



**Bob yn ail dydd Mawrth
Every other Tuesday on Zoom
11:00-12:00**

**ysylltwch : Contact Emma
988095**

They also provide support for unpaid carers, friends, and family. This is important as many individuals with dementia who live in a community are taken care of by their family members or other unpaid carers and their well-being has an impact on the care they provide (Cherry et al., 2013). The Carers Wellbeing & Support Group takes place every other Tuesday via Zoom at 11 am. It provides a safe place for unpaid carers to share their concerns, experiences, and decisions with people who understand completely what they are going through, as they are all in the same situation, caring for someone with dementia. It gives a chance for caregivers to build a support system and support one another. At the end of every session, there is an opportunity to take part in Tai Chi Movements for Wellbeing.

Their Moving Moments project is taking place in 11 Gwynedd Council's residential homes and promotes physical activity to improve wellbeing and quality of life. The Dementia Actif team and the care home staff work closely to create a programme that runs in the care home, and there is also an opportunity for the different care homes to come together and share ideas, talk about what works and how. Dementia Actif Gwynedd provides equipment for the different activities that include garden workshops and chair-based exercise. They also organise the annual Go for Gold sports days where residents, their relatives, and the care home staff members can compete against the other care homes. This provides a great opportunity for socialisation and exercise as well.



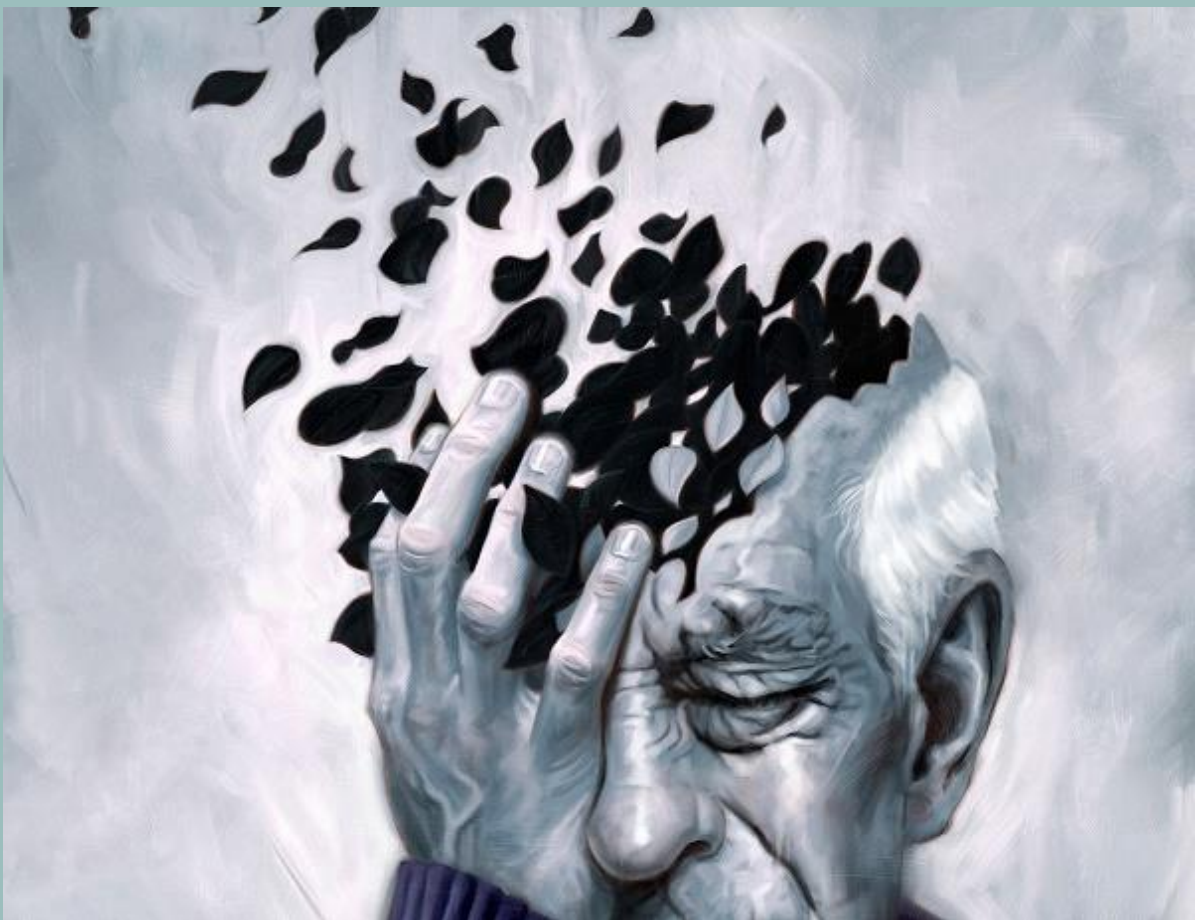
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All pictures were obtained from the websites mentioned in the portfolio or from the stock images of PowerPoint.

PART TWO:
THE EFFECTS OF
DEMENTIA ON THE
INDIVIDUAL, THEIR
FAMILY, AND CARERS

In conclusion, the effects of dementia on individual and families, friends and carers are complex, encompassing physical health, social interactions, emotional stability, and cognitive abilities. Compassionate care and support require an understanding of these difficulties. Society can better meet the needs of individuals impacted and attempt to enhance their quality of life by recognising the devastating effects of dementia.



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