

NOTES TO ACCOMPANY DEMENTIA-FRIENDLY CHURCHES VIDEOS

FOUR SESSION COURSE: SESSION 1 UNDERSTANDING DEMENTIA			
FILE NAME	SESSION	LENGTH (mins)	QUESTIONS FOR REFLECTION OR DISCUSSION
DFC 1 A	Session 1A: Introduction <ul style="list-style-type: none"> • Ground rules • Course aims • Starting points 	6:25	1. What are your own starting points? 2. What's the mix of head and heart for you, at this point? 3. What are the hopes, fears and questions that you want to name now?
DFC 1 B	Session 1B: Information – facts about dementia <ul style="list-style-type: none"> • What is dementia? • Dementia: the scale • Memory starge bookcase • Christine Bryden quotation and brain scan 	14:07	1. From the information about dementia that we've just shared, what's the one thing that you will remember? 2. How does this information about dementia connect with your own experiences of dementia?
DFC 1 C	Session 1C: Experience – listening to people with dementia <ul style="list-style-type: none"> • Golden rule – ask and involve • Christine Bryden • Christopher Eccleston 	5:33	1. Notice or comment or phrase said by someone affected by dementia. What have you learned from it? 2. Read the Christopher Eccleston article – Google "Christopher Eccleston Guardian dementia". What one thing have you learned from it?
DFC 1 D	Session 1D: Closing <ul style="list-style-type: none"> • Head and heart, facts and feelings • Leunig prayer • Diocese of Lichfield Vision Statement Prayer 	5:02	[NO QUESTIONS]

FOUR SESSION COURSE: SESSION 2

FOCUSING ON CHURCH AND DEMENTIA – PASTORAL CARE

FILE NAME	SESSION	LENGTH (mins)	QUESTIONS FOR REFLECTION OR DISCUSSION
DFC 2 A	Session 2A: Introduction <ol style="list-style-type: none"> 1. Ground rules 2. Starting points 3. Course aims 4. Naming dementia 5. “Contented Dementia” three rules 	12:13	<ol style="list-style-type: none"> 1. In your experience, have people found it hard to name and face dementia? 2. Do you find the three rules on dementia helpful? <ol style="list-style-type: none"> 1. <i>Don’t contradict</i> 2. <i>Don’t ask questions</i> 3. <i>Learn from the expert</i>
DFC 2 B	Session 2B: Changing communication as dementia progresses	12:30	<ol style="list-style-type: none"> 1. Are these four stages of changing communication helpful to you in keeping connection with people with dementia? 2. Understanding more about changing communications, is there anything you will approach differently now?
DFC 2 C	Section 2C: Our response – heart level <ul style="list-style-type: none"> • Who’s recognising who • Overview Information Sheet • Dementia-Friendly Churches Audit 	13:15	<ol style="list-style-type: none"> 1. Have you experienced situations where a head-level response increased anxiety or a heart-level response was affirming? 2. For you, is it helpful to use either the Information Sheet and/or the Dementia-Friendly Churches Audit?
DFC 2 D	Section 2D: Closing <ul style="list-style-type: none"> • Head and heart, facts and feelings • Leunig prayer • Diocese of Lichfield Vision Statement Prayer 	4:06	[NO QUESTIONS]

FOUR SESSION COURSE: SESSION 3

FOCUSING ON CHURCH AND DEMENTIA – CHURCH BUILDINGS AND CHURCH SERVICES

FILE NAME	SESSION	LENGTH (mins)	QUESTIONS FOR REFLECTION OR DISCUSSION
DFC 3 A	Session 3A: Introduction <ul style="list-style-type: none"> • Ground rules • Starting points • Course aims 	2:20	[NO QUESTIONS]
DFC 3 B	Section 3B: Church buildings – physical environment	8:04	1. Is there one thing that you will take away from today, on dementia and the physical environment? 2. Are there any simple adjustments that you want to make to your church building to make it more dementia-friendly?
DFC 3 C	Section 3C: Church Services <ul style="list-style-type: none"> • Passport • Music 	9:24	1. Is there one thing you will take away from today, on how our church services can become more dementia-friendly? 2. Have you experienced music connecting powerfully with people living with dementia?
DFC 3 D	Section 3D: Actions <ul style="list-style-type: none"> • Practical next steps for churches to take • Local dementia connections 	7:44	1. Can you list three practical next steps for your church to take to become more dementia-friendly? 2. Can you list three local resources or people or organisations involved with dementia?
DFC 3 E	Section 3E: Closing <ul style="list-style-type: none"> • Head and heart, facts and feelings • Leunig prayer • Diocese of Lichfield Vision Statement Prayer 	4:44	[NO QUESTIONS]

FOUR SESSION COURSE: SESSION 4

COMMUNITY CONNECTIONS AND NEXT STEPS

FILE NAME	SESSION	LENGTH (mins)	QUESTIONS FOR REFLECTION OR DISCUSSION
DFC 4 A	Session 4A: Introduction <ul style="list-style-type: none"> • Ground rules • Starting points • Course aims 	2:38	[NO QUESTIONS]
DFC 4 B	Session 4B: Community focus	4:27	<ol style="list-style-type: none"> 1. Do you know much who else is involved with dementia locally? 2. How can you find out more about what's available in your community?
DFC 4 C	Session 4C: Practical next steps <ul style="list-style-type: none"> • Dementia-Friendly Church Certificates • Possible actions 	11:09	<ol style="list-style-type: none"> 1. Do you have a clear idea of three practical next steps for your churches to take? 2. Does your church have a Dementia-Friendly Churches Certificate in place? 3. Are you planning to be involved with our Dementia-Friendly Churches network, going forwards?
DFC 4 D	Session 4D: Closing <ul style="list-style-type: none"> • Course feedback • Head and heart, facts and feelings • Affirmation to people affected by dementia • Leunig prayer • Diocese of Lichfield Vision Statement Prayer • Lord's Prayer 	9:17	[NO QUESTIONS]

“SISTER SESSION”: DEMENTIA AND SPIRITUALITY

FILE NAME	SESSION	LENGTH (mins)	QUESTIONS FOR REFLECTION OR DISCUSSION
Spirituality A	Spirituality A: Introduction <ul style="list-style-type: none"> • Starting points • Moving from head to heart – Christine Bryden • All our energies – PIES! – counter-cultural... • Deficit, decline and death... to “luo” 	12:43	1. Is it helpful to reflect on your own energies using “PIES”? Is this a helpful framework for reflecting on the impact of dementia? <i>PHYSICAL – INTELLECTUAL – EMOTIONAL – SPIRITUAL</i> 2. When you hear experiences of dementia, what is the balance between lamentation and celebration? <i>LOSS – Deficit, Decline, Death</i> <i>“LUO” – Letting go, Releasing, Letting loose</i>
Spirituality B	Spirituality B: Crossing the bridge – being present <ul style="list-style-type: none"> • Staying in step as patterns change • Trusting in God’s presence 	5:10	1. Do you find the picture of “crossing the bridge” helpful, in keeping connections through dementia? 2. Have you experienced situations where people have been alongside someone with dementia by “crossing the bridge” effectively? 3. Have you ever been particularly aware of God’s presence, through the most challenging times of your own life?
Spirituality C	Spirituality C: Changing patterns – making meaning <ul style="list-style-type: none"> • Present moment • Noticing the life now 	3:48	1. Do you find the kaleidoscope picture of “changing patterns” helpful, in facing the challenges of dementia? 2. Have you experienced situations where new life has been found unexpectedly in changing patterns, as dementia progresses?
Spirituality D	Spirituality D: Teamwork – re-remembering the person	5:34	1. Do you find the wild geese picture of “teamwork” helpful in facing the challenges of dementia? 2. Have you experienced situations where people have worked together to re-member someone with dementia?
Spirituality E	Spirituality E: Closing <ul style="list-style-type: none"> • “Thinking of you” • Song of Praise service • Journeying in to the heart of love – with Malcolm Guite, Christine Bryden and Maya Angelou 	6:05	[NO QUESTIONS]

See separate YouTube link for the four excerpts from “The Disappearance of Eliza Grey”, with its own leaflet of discussion questions.

Whenever you use any of this material or any of the Eliza Grey excerpts, we ask for some brief feedback. Please email Sarah Thorpe sarah.thorpe@lichfield.anglican.org for our 10 quick feedback questions. This will help us in developing our resources and our Dementia-Friendly Churches Network appropriately in future. Many thanks for your help with this.

For assistance, contact

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