

LIVING WELL AND ENHANCING ACTIVE LIFE: THE IDEAL PROGRAMME



Welcome to our final newsletter

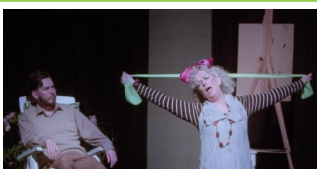
A very warm welcome to you. After 10 years, the IDEAL Programme is drawing to a close. In this final newsletter, you can read about some of the most recent outputs and events. With the information that you have shared with us, we have been able to create numerous useful and informative resources, including the **Living with Dementia Toolkit**. These are helping people feel more positive about their experiences and are enabling them to better understand how to live as they choose with dementia. They are also informing healthcare professionals and policy makers about how people with dementia can live as they want to.

IDEAL Book *Living with Dementia Reconsidered*

Researchers and members of the ALWAYSs group have been collaborating to create a new book all about IDEAL findings. It will be part of the Open University Press's 'Reconsidering Dementia' series and will be published in 2024. The chapters share insights from IDEAL in an accessible manner, with the aim of providing realistic hope that life continues after a dementia diagnosis, and that there are many ways people's experiences of dementia can be improved.

The Living with Dementia Maps

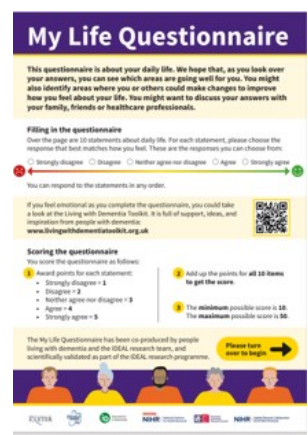
Drawing on the evidence from IDEAL, we are creating two 'maps' that present the different aspects of life which influence a person's experience of dementia: one is about people with dementia and one is about carers. These will be used by health and social care practitioners to help them to have conversations that will encourage deeper understanding so they can better support the individuals that they see.



A scene from the IDEAL opera. Find out more overleaf.

My Life Questionnaire

Sometimes questionnaires can be long, hard to fill in and seem irrelevant. With a group of people living with dementia, we co-produced a questionnaire that, as one of the group put it, "I'd want to fill in". It can be used to identify areas of people's lives that are going well, and areas that can be improved. Responses can then be discussed with family, friends, and professionals. The questionnaire can be found here <https://bit.ly/MyLifeQ>



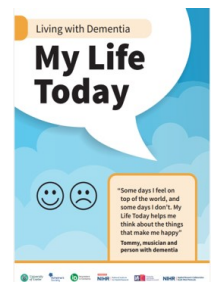
IDEAL Opera

Earlier this year, we performed **'The Bridge'**, a new one-act opera about the experience of living with dementia. We're delighted that we have just launched the film of the English language performance so that many more people can watch this incredible artwork. Please share it widely! <https://bit.ly/bridgedem>

My Life Today

People with dementia have told us they want something they can use to identify the everyday things that help them to 'live well.'

As a result, we collaborated with people with dementia to develop **'My Life Today'**. The short booklet and explanatory video are designed to help people with dementia to monitor and record the things that make them feel good, and to find ways to make sure these things continue to be part of their lives. We are currently interviewing people to find out if My Life Today is useful and to see where it could be improved. We will use this information to make changes, and the final version will be available on the Living with Dementia Toolkit. www.livingwithdementiatoolkit.org.uk



Celebrating IDEAL - Join Us

To share the achievements of IDEAL, and to mark the end of the project, we are holding an event on **6th December at 10 am**. The event is called 'Evidence and resources from 10 years of the IDEAL programme.' At the event, the audience will hear from the IDEAL team, the ALWAYSs involvement group of people with dementia and carers and invited guest speakers. We will be launching brand new free resources, too. It is an online event and we would love to see you there.

To register, go to <https://bit.ly/IDEAL10>

A recording will be available via our website or YouTube channel towards the end of the year www.youtube.com/@idealprogramme1252

Beyond IDEAL

From January 2024, Professor Linda Clare and several of the IDEAL team will lead a new Policy Research Unit (PRU) focusing on dementia and other progressive neurological conditions. The PRU team will work closely with policy colleagues in the Department of Health and Social Care and the NHS. The team will provide research evidence to help them make decisions about policy at national, regional and local levels. As with IDEAL, the team will involve people with lived experience in all aspects of the work.

A BIG THANK YOU

This is the last time we will contact you about IDEAL. So, thank you for your time, dedication, and willingness to share your experiences. Your input has made a significant difference to how we and others now understand dementia.

We wish you all the very best,

The IDEAL team

Contact Us

Tel: 01392 724653 Email: IDEAL@exeter.ac.uk
www.idealproject.org.uk

You can also follow us on Twitter/X
[@IDEALStudyTweet](https://twitter.com/IDEALStudyTweet)