



**Milton Keynes
University Hospital**
NHS Foundation Trust



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Dementia Nurse

Dementia Initiatives

Milton Keynes University
Hospital Foundation Trust

Dementia Cafe

Dementia Café takes place on a monthly basis and it brings patients with Dementia, their family members or carers and staff members together for an afternoon tea as well as good music and a good old fashioned chat.



What do we offer?

- A friendly and calm environment to escape the busy wards
- Support and advice
- Old fashioned music, sing along and even dance
- Engaging in meaningful activities



Support

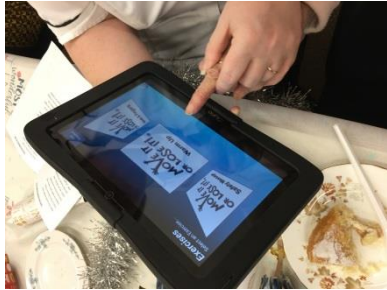
- Patients and their carers/families have a chance to meet and speak with the Dementia Nurses
- Dementia team signpost families and carers to relevant organisations such as Alzheimer's Society, Carers MK, Age UK for support



Befriending

- Patients interact with each other in a relaxed and friendly environment
- They get to know each other and sometimes become friends
- Families and carers could also meet other carers and share their experiences as well as exchanging coping strategies
- They could also share their concerns with the Dementia Nurses

Activities



Positive Feedback

- To date we have collected a large volume of feedback from our patients, their families or carers and staff who have attended the café.
- The feedback has been extremely positive and shows an improvement in appetite, an increase in engagement between patients and staff as well as a reduction in boredom, restlessness and agitation.

Some feedback

- "I really enjoyed singing the old songs and being served in old fashioned china. I also loved my son coming to the café too".
- Patient A has lost the ability to communicate, however when the music started at the café he started marching in his seat and singing the songs. Patient A is normally very emotional and cries, however he only cried once for a few seconds which according to his wife and daughter who were present is a miracle. His wife and daughter expressed: "it was so lovely to see him so happy and engaged."
- Patient B is a great communicator and she is at the early stages of Dementia. She was accompanied by her son and they both said they enjoyed being there. Patient said: "it gave me something to distract me from being in hospital even if it was for a short time."
- Patient C was very happy to be with others, she chatted about various things and she was interested in the music. She had been refusing food on the ward but she had 2 slices of cake and coffee at the cafe. Patient C also danced with one of the 1:1s which was so lovely to witness.
- Patient was unable to verbally express himself, however we provided him with wooden blocks as he loved building things and organising items. He was smiling throughout the café. His wife said: "it has been a long time since I have seen him this settled and interested".

What has made this a success?

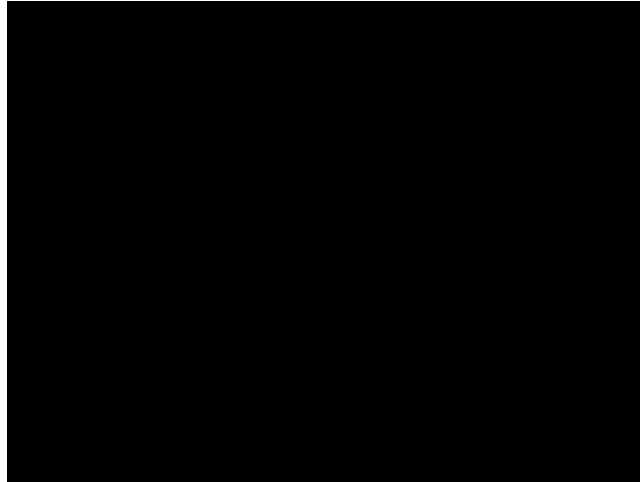
- Dementia awareness is part of our Trust's culture
- The café is well regarded, well supported and frequently visited by everyone including our CEO and Chief Nurse
- Staff from pharmacy, porters, paediatric wards, neonatal, maternity and other units often volunteer their time and get involved with patients

Staff who take part



Video

- <https://youtu.be/gPQaUXMzv5c>



John's Campaign 'Open Access'

- Milton Keynes University Hospital understands that some of our patients need support from their family, friends or carers whilst they are staying in hospital. Patients that may have Dementia, Learning Disability, Delirium, Complex health needs etc.
- 'Open Access' enables the carer to stay with their loved one or the person they care for outside of restricted visiting hours.
- This links in with our Dementia Café as we tell our carers about John's Campaign and how to request a Carer's Pass.

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