



## IDEAS Team

### Intervention for Dementia: Education, Assessment and Support

## Who are we? – Information sheet

The IDEAS Team provides specialist support to teams within the Mental Health directorate working with individuals who have dementia and associated behaviours contributing to stress and distress.

This support can be:

- specialist advice
- training and education
- specialist assessment and consultation

The team can work with those who support people with dementia in Health, Social Care, Third Sector and Independent services across Dumfries and Galloway. Please email the link below to be added to our mailing list or for details of our rolling training and events programme.

The IDEAS team's professional staff members are trained and experienced in working with people with dementia with complex needs with stress and distress symptoms. The team comprises:

- a Clinical Psychologist
- a Specialist Nurse Practitioner
- an Occupational Therapist
- a Social Worker
- a Speech & Language Therapist
- an Administrator

The IDEAS service are able to offer general signposting, advice and requests for assistance as required, however we are only able to accept individual referrals for consultancy for patients already under the responsibility of teams within the Mental Health Directorate.

Referrals should be made in writing:

- utilising SBAR (Situation, Background, Assessment and Recommendations)
- letter or email

### Contact Details



IDEAS Team, Lower Ground North, Mountainhall Treatment Centre, Bankend Road, Dumfries, DG1 4AP



Tel: 01387 244126



Email: [dumf-uhb.IDEAS@nhs.net](mailto:dumf-uhb.IDEAS@nhs.net)



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# How to

# CEASE

## Stress and Distress in Dementia

Consider pain, has a pain measure been completed?

Review physical health- e.g. Infection, dehydrated, constipated?

Consider a medication review

If a sudden change - consider delirium

Could the person be depressed?

Is the person physically comfortable - e.g. seating, positioning, are they tired?

Is there a sense of purpose in the person's daily life?

Is behaviour related to previous work or identity?

Does the person have the opportunity to choose and do activities that they enjoy?- do they have an activity checklist?

Do you know the best way to communicate with the person and support them to make decisions?

Ensure hearing aids & glasses worn  
Make eye contact & use positive body language

Use simple instructions & ask yes/ no questions

Allow person enough time to respond

Accept the person's reality

Ensure good lighting levels and avoid glare

Could the environment be too noisy?

Is the person too hot/ too cold?

Are things easy to see and work out?, e.g. signage, way finding landmarks, contrasting hand rails, toilet door

Use of familiar objects & pictures

Does the person have opportunities to get outside?

Does the person have regular contact with family, friends or others?

Are there opportunities to form friendships and meet with other people?

Is the person well connected to their community?

Has a life story been completed?

Is the presence of other people contributing to stress & distress

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