

Working to become
**Dementia
Friendly**
2019-2020

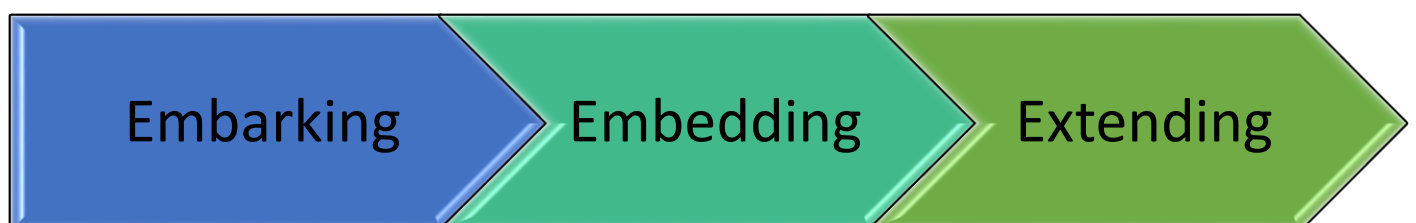
In the Diocese of Lichfield, we are supporting churches to become more dementia-friendly churches at the heart of dementia-friendly communities.

We are committed to naming and facing dementia together, both acknowledging the change and the loss that it brings, and also affirming the life and love that can be shared on the path through dementia.

What can our churches offer people affected by dementia? And what can we receive and learn too? How can we stay in step with one another, journeying together as patterns change?

Many churches provide invaluable support to people affected by dementia. This builds on a network of active participants. Working together, we can listen and learn and share ideas, resources and experiences on the process of becoming more dementia-friendly churches at the heart of dementia-friendly communities.

The three double pages of this booklet set out our three-fold approach:





Embarking on dementia-friendly church

How do churches get started? Embarking on initial engagement as dementia-friendly churches at the heart of dementia-friendly communities, you will have access to a Training Day to allow you to lead:

- A Dementia Friends Sunday service for the whole congregation, when you have trained as a “Dementia Friends Champion” within the national “[Dementia Friends](#)” initiative: raise awareness, helping people understand more about dementia and to take action on dementia.
- A four-session “Dementia-friendly churches” course, on
 - Understanding dementia
 - Focusing on church and dementia – pastoral care, church buildings and church services
 - Community connections; and
 - Next steps

The Dementia-Friendly Churches Training Day is free for churches in the Diocese of Lichfield. For information on the next Training Day, contact Emma Smith on 01543 622591 or emma.smith@lichfield.anglican.org

As you embark on dementia-friendly church, focus on

LISTENING & UNDERSTANDING

Are you ready to “learn from the expert”, the person with lived experience of dementia? Ask what helps and what’s difficult.

Do you understand enough about dementia to be able to stay in step, to support and keep connections?

I don't want to be pitied.
I want to be understood.

Ask us about it.
Dispel the myths.



Embarking

Embedding

Extending

Embedding dementia-friendly church

How do we embed dementia-friendly church at the heart of the on-going transformative work of our church locally?

- **Dementia-friendly churches certificates** allow churches to identify three steps they will take, in the year ahead, to become more dementia-friendly. When these are agreed, the church can use the nationally recognised “working to become dementia-friendly” logo, which is on the front page of this booklet. This builds on the Alzheimer’s Society’s recognition of our Diocese as a “dementia-friendly community”.
- **A dementia coordinator** is someone in our churches who will talk about memory loss and dementia, share information and pray for people. We have a format to share and will support coordinators.

None of us have to reinvent the wheel. So we will share through:

- Local Network meetings, to share news, information and ideas locally;
- Regular Dementia-Friendly Churches Newsletters, to share stories and ideas, resources and information; and
- Website resources, with access to our key resources:
www.lichfield.anglican.org/transforming_communities/dementiafriendlychurch

If you’d like to receive the Dementia-Friendly Churches Newsletter or you’d like to know when the next Network meetings are taking place, contact Emma Smith on 01543 622591 emma.smith@lichfield.anglican.org



Focusing on spirituality and dementia, as we understand more about dementia and listen to its impact, how does this help us to understand more of what it is to be human – and of where God is, as we face the unchosen challenges of dementia?

As you embed dementia-friendly church, focus on

LAMENTING & CELEBRATING

Is there space to acknowledge the cost and challenge of dementia – naming all that’s being let go of?

And is there also space to affirm the life each step of the way, noticing the light shining through, even when patterns change?

Diagnosis is like a bereavement.

It’s not an end.
There’s a life to live.



Embarking

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Extending



Extending to become a dementia-friendly church at the heart of a dementia-friendly community

How can we connect with others who are involved with dementia? As well as sharing ideas and resources with other denominations and dioceses, we are glad to make connections across our local communities.

- **Local partnerships and shared action** can increase our impact, as we work together and encourage one another - particularly the local [Dementia Action Alliance](#) and [dementia-friendly communities](#) and charities, such as the [Alzheimer's Society](#), [Age UK](#) and [Approach](#).
- **Sharing stories** is such a powerful way of empowering others to take next steps. Here's our blog <https://www.lichfield.anglican.org/news?tagid=46>
- **Other resources** are available on the website and we're glad to signpost people on to them, locally or nationally.

As you extend to become a dementia-friendly church at the heart of a dementia-friendly community, focus on

PARTNERING & EMPOWERING

Within our local communities, who else is engaging with dementia and taking action on it? How can we work together?

And how can we give a voice to people affected by dementia? Also, how do we empower volunteers, encouraging them too?

We can do so much more together.

There's so much still to give - giving in a different way.



Embarking

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Please do get in touch – we look forward to working together.

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