'Life through a lens'
Learning disability and dementia research project
Easy Read Summary
1. About Dementia

Dementia is an illness that affects the brain.

It can cause changes to people's daily lives.

It might make them behave in different ways.

It might make it difficult for them to do things they used to.

It can also affect how people feel.

There are ways we can help people with dementia to live well.
2. About the 'Life through a lens' research

We got money from the Alzheimer's Society to do some research.

We wanted to know what things could help people with learning disabilities and dementia to live well.

We wanted to find out about ways of helping people that wasn't pills or medication.

We worked with the person and their team to work out what things to try.

People with learning disabilities were part of the research team, they were co-researchers.

The co-researchers were trained to use cameras and take photos to help do the research.

This way of collecting research information is called Photovoice.
3. What we found out

We found that

- Music playlists with songs the person loves work really well.

- Memory boxes with photos and other things that helped the person remember good times worked well.

- Spending time with animals helped people.

- Making changes in the person's home can make it easier for them to keep living there.
Massages which use special oils worked for some people. This is called aromatherapy.

Involving the person in choosing their activities is very important.

The activities helped people to feel calmer and more relaxed.

Some people didn't need to take as much medication.

Workers liked seeing how the person enjoyed the activities.
4. What we think needs to happen

We should use more activities like the ones in this research to help people with learning disabilities live well with dementia.

If it is safe, pills and medication shouldn't be used as much.

Workers should try to find out about what people want, to help find the right activity for them.

Support workers and organisations should learn about the activities that can help people with learning disabilities and dementia.
'Dementia friendly' changes to a person's house should happen as quickly as possible.

People with learning disabilities and dementia should be asked about what they want and need.

We should talk about dementia more with people with learning disabilities and dementia, their friends and families/partners.
For more information on the 'Life through a lens' research, please contact:

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