

iCare Dementia App

Content of Email from Gail Cardy, 4 May 2021

Dear colleagues

It is with great pleasure that Cat and I are able to announce the launch of the iCare Dementia app which you can download now to your computer, tablet or phone <https://icaredementia.org>

It consists of the following:

- Separate home pages for Suffolk and North East Essex which link to local dementia services and additional local support
- It is available in six languages Polish, Portuguese, Lithuanian, Romanian, Russian and English
- It has sixteen separate subject areas:
 1. Types of Dementia – a brief overview of the eight most common types
 2. Medication and Side Effects – important considerations, medical phrases and meanings, easy guide drug information tables
 3. Behaviour that Challenges in Dementia – de-escalation methods, how to manage non-compliance, an unmet needs checklist, understanding each individual
 4. Delirium – the difference between delirium and dementia, how to spot it and how to stop it
 5. Activity in Dementia – how to introduce the right activities and the benefits they can bring
 6. Documenting and Analysing Behaviours – the importance of recording and interpreting incidents/significant events
 7. Self-Care and Emotions Management – tips on how carers can manage their own stress
 8. Psychological First Aid – how to make people feel calm and comforted and prevent harm
 9. Diagnostic Overshadowing – how to prevent diagnostic overshadowing
 10. Physical Health – signs of physical decline
 11. Effective Care Planning in Dementia – how to make a great care plan
 12. Effective Communication – making communication easier
 13. COVID-19 – how COVID-19 presents in people with dementia and the impact of Covid safety measures
 14. Mental Capacity – how to assess capacity
 15. Best Interest Decisions – full explanation of BIDs and Deprivation of Liberty safeguards
 16. Dementia Screening & Diagnosis – the importance of a diagnosis plus support, review and follow up

This app was created in partnership with service users, carers paid / unpaid and professionals across the wider system lead by Cat Ritson RGN. Our ask is that you share this as widely as possible to help professional and unpaid carers support those living with dementia.

We hope that you find this app of use and if you have any comments about how to improve the app or you are happy to share your experiences we would value any feedback to continue to develop the app, please send these to gail.cardy@westsuffolkccg.nhs.uk. Please also use this email should you wish to find out more about the iCare umbrella of apps supported by the Clinical Commissioning Group and I will ensure that you are connected with the right individuals

With kindest regards as ever

Gail Cardy and Cat Ritson

Special thanks to Nick Blackwell and Jonathan Porter who made the app a reality