At the end of the event we asked everyone to write, on paper chains, what they could do to make things better for people and what they could contribute. Here is what everyone came up with:

- Making a link
- Trying to influence decision makers more
- Getting more decision makers to speak to people living with dementia
- Lots of places to be dementia friendly (patient, friendly, understanding) like supermarkets, pharmacies (a card which I show to people about my illness helps a lot)
- Making a change to help people
- Find out what or how I can help in my local community
- Ask questions – get answers – take action
- Plain speaking in government paperwork
- Put myself in their shoes
- Clear signage
- Inclusive events
- Company
- Community involvement
- Active participation in events
- More wonderful meetings (like today)
- Good clear simple language
- Easy accessible self-directed support
- More hugs
- Belly dancing
- Yoga yoga yoga
- More understanding on spiritual needs in dementia
- Dementia specialist nurses
- Please. Listen to me & act on my wishes
- Help older people have a voice
- Micro enterprise support to BME care / wellbeing entrepreneurs
- More self-directed support easily accessible
- Clear communication
- Good food
- Happy contented staff
- More laughter
- Feeling the rain on my face
- Outdoor spaces
- More time to care

- Be different…why do we do things the way we do?
- Mindfulness…stop and just enjoy being
- More opportunities like today bringing people together
- Common sense
- Getting fresh air
- Listening
- Invite people who live in care homes
- Making SDS easier for everyone
- More belly dancing ☺
- More awareness
- Fun…we need to have fun – laugh!
- Listeners…real listeners!
- Let older people make more decisions
- Connecting services & talking to each other
- Create more community connections for care homes and residents
- Encourage older people to be all they can be
- HMRC relaxing rules around self-employed care workers
- Statutory services working better / smarter with volunteers
- Cultural competency training for universal service providers e.g. leisure centre staff
- Physical activity

Generations Working Together

East Renfrewshire Council

Scottish Care
Voice of the independent care sector

outsidethebox