Connecting at home: Dementia Friendly workshops
Good Health & Wellbeing

80% 20%
people who stated their general health was good / very good

7.77 / 10
the life satisfaction of residents. 7.92 is the NI average (2017/18).

93.3%
of the over-75 population living in their own home (2018).

Life expectancy
82.7 years 78.6 years
Both are slightly higher than the NI average (2015-17).

Objectives:
What we will do by 2023
1. Deliver a joined-up approach to improve physical and emotional health and wellbeing.
2. Play our part in enabling people to live longer and healthier lives, reducing health inequalities and social isolation.
3. Enable older people to be active, respected and supported in their community.
4. Lead by example to ensure that our workplaces are for health as well as wealth.

Indicators:
How will we measure progress?
1. Employee attendance.
2. Gap in life expectancy between the most deprived areas in the borough and the borough as a whole.
3. % of available Grant Support Scheme funding awarded.

“We will support improvements in health, including the wider factors and causes of ill health.”
Pre-pandemic

- Mid Antrim Museum registered as working to become dementia friendly
- NIMC dementia grant for Love to Move project in venue
- Links with local dementia support workers in Mid & East Antrim area
- Attended training
Moving Online

Love to Move programme

• Themed
• 45 min sessions x 6 weekly
• Memory challenge/ quiz
• Music related to theme
• Supported by NIMC
• Delivered by zoom
Connecting at home

Memories and Movement

- Deliver 6 x online themed sessions
- Love to move facilitator
- Grant support from NIMC

Extension project
- 2 x sessions on dancehalls

Armstrong Storytelling Trust
- Prom Friendship Group, Larne
- Supported by NIMC
Reflections

• Technology - when it works and when it doesn’t
• Not everyone will have access
• Support of those who know participants
• Social interaction during lockdown
• General themes to include all participants
• Local photos and objects to set context
• Same time/ structure each week
• Primary focus not on memory