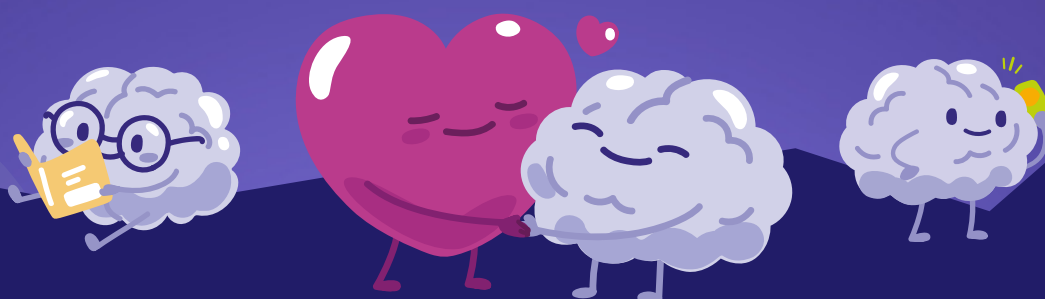
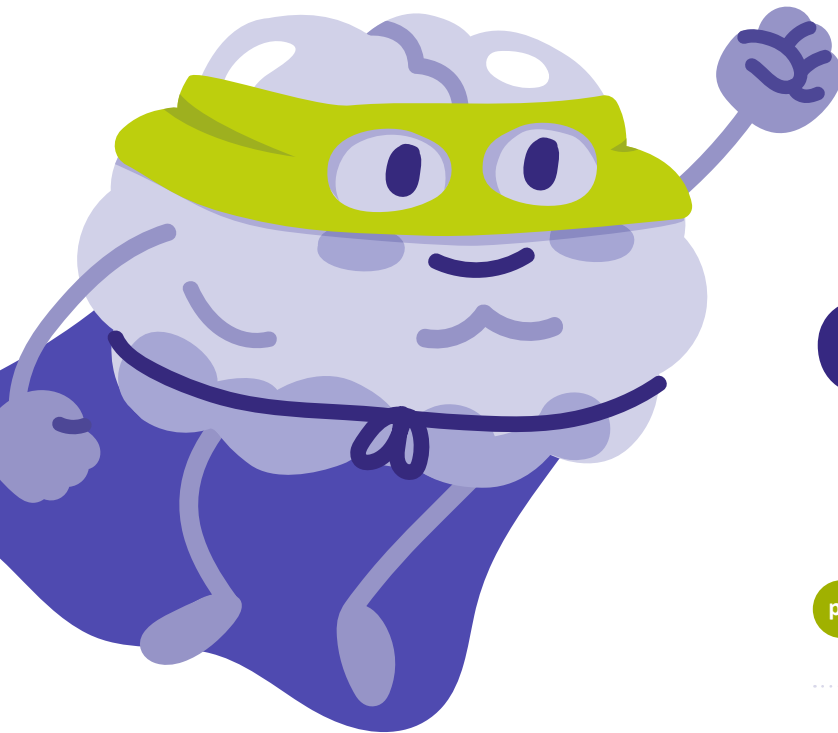


BOOST

Your Brain

Teachers' Pack





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Introduction

Up to 45% of dementia cases can be avoided with simple lifestyle changes. Loving your heart, keeping connected and staying sharp are all ways you can protect your brain.

There are things you can do, particularly in your 40s and 50s, to keep your brain healthy and reduce your risk of dementia in later life. And it's never too early to start!

Just like your heart, you can keep your brain healthy. Regular exercise, a healthy diet and not smoking are just some of the things you can do. Keeping connected with friends and family and staying sharp by keeping your brain active, are also important.

Whatever your situation, there are things you can do to look after your brain and protect everything that makes you... you.

Boost your Brain is a campaign by Dementia Jersey to increase islander's awareness and understanding that you can reduce your risk of dementia by keeping your brain healthy.

Love Your Heart!



What's good for your heart is good for your brain.

Many of us know it's important to look after our heart by being physically active, eating healthily, and not smoking. But not everyone realises that this could keep our brains in shape, as well.

That's because vascular health is an important part of keeping our brains healthy, and risk factors such as having High Blood Pressure or smoking can increase our chances of strokes or mini strokes, which in turn make it more likely we will develop dementia.

Our hearts are also vital because they circulate blood around our bodies, which also helps to supply of essential oxygen and nutrients to our brains.

But you don't have to run before you can walk! There are some simple, achievable changes we can take to Love Our Heart.





Stay Sharp!

Keeping the mind, and therefore the brain, active is important for brain health and reducing the risk of developing dementia. But what does that mean?

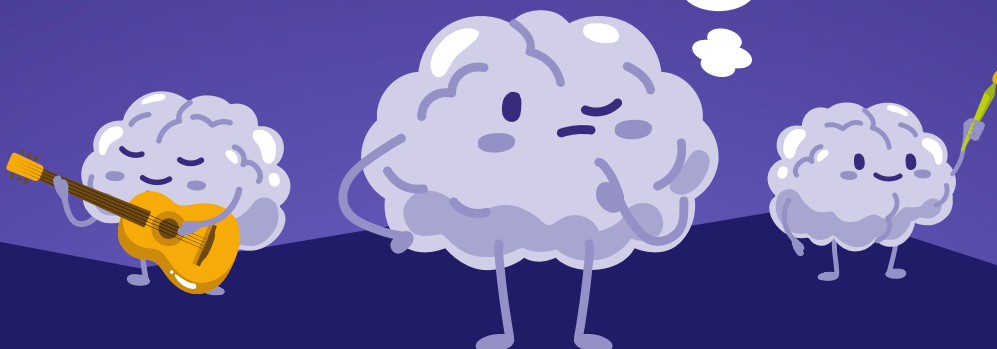
Using your brain in new ways - learning new skills by studying, reading, or trying new things throughout your life helps to increase “cognitive reserve” and reduces dementia risk.

But that’s not the only way. You could also challenge yourself through study, by learning a new language, or completing daily puzzles. Whatever you do, find something fun that appeals to you personally!

One way of doing this is through cognitive training which involves doing mental exercises that challenge and stimulate different aspects of thinking, memory, and reasoning.



**Dzień
dobry?**



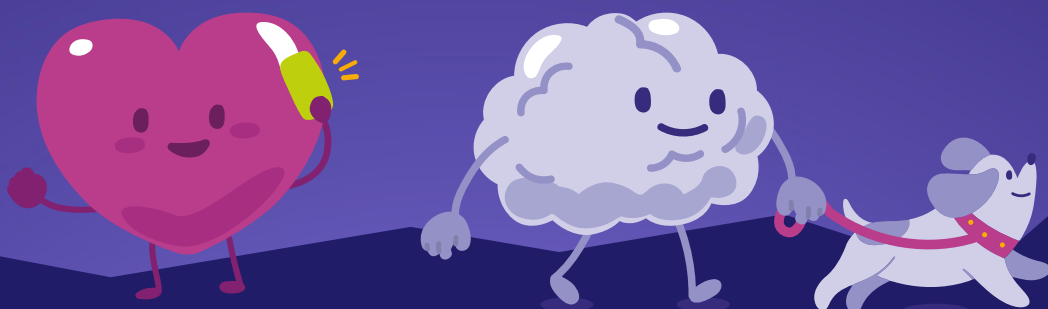
Keep Connected!



The latest research suggests that social contact in any form has a beneficial effect in reducing dementia risk.

Social activity may also help prevent or delay dementia by reducing stress and enhancing mood. It requires us to use our brain in a different way – when we meet up and interact, we must make and stick to plans, recall facts about the other person, take turns in conversation, and navigate social expectations, etc. This keeps our brain busy! Social connection can provide emotional support and a sense of belonging.

Of course, not all of us enjoy group activities and you may find the idea of socialising overwhelming; bear in mind that social activity can include simple things such as coffee with friends.





Homework

KS 3 and 4 (11-16 yrs.)

Dementia Awareness Activities

Activity 1

What can you recall?

LO1: To be able to begin to identify common dementia signs, symptoms, and causes.

LO2: To be able to identify 'dementia friendly' behaviours and adjustments.

Being forgetful is not the only symptom of dementia but it is a common early sign.

We rely on our memory in a number of ways. Memories mean that:

- We don't experience things for the first time every time we go out into the world - this stops us being confused by everyday things.
- We recognise people – this helps us to know who to trust.
- Things feel familiar – this can help us to feel more confident and comfortable in our surroundings.

Task:

Think about a room that you know well – for example, your main classroom.

Without going to look at it, make a note of what you can recall about the space from memory. Draw a simple map and label the contents. Try to be as detailed as possible (for example, don't write, 'Chair,' instead write, 'Green desk chair with plastic legs, on wheels.')

Instructions:

1. Take a new, blank piece of paper (you might find it easier to use A3).
2. Put a title at the top to say what room you have drawn, and the date.
3. Draw an outline of the walls, windows and doors of the room as they would be seen from above.
4. Label the picture – for example, do the windows have blinds? What is on the walls? What colour is the floor?
5. When you have finished, visit the room with your picture. On the back of the page, make a note of the date you visited the room and then list everything you have forgotten (or any mistakes).

Extension:

We don't simply experience the world through our sense of sight. Add annotations relating to your other senses: for example, how does the space smell? What does it feel like on your skin (for example, think of the temperature, or the sensation of the carpet/ floor on bare feet)? What noises can you often hear (even quietly or in the background)?

Reflection/ class discussion:

- How easy did you find this task? Was it harder or easier than you expected?
- How would you feel if you had forgotten most of the contents of the room?
- How would you feel if you came to the room, and everything seemed to have been changed?



Homework

KS 3 and 4 (11-16 yrs.)

Dementia Awareness Activities

Activity 2

Assistive Technology

LO1: To be able to begin to identify common dementia signs, symptoms, and causes.

LO2: To be able to identify 'dementia friendly' behaviours and adjustments.

'Assistive technology' means digital solutions to help people with their additional needs. Examples include: speech recognition software (to convert speech to text) or closed captions on films (to help people with hearing or language challenges).

Developments in technology have benefited a number of people. For example, eReaders and tablets (such as Kindles and iPads) mean people with sight loss can enlarge texts.

Technology can benefit people with dementia in several ways, but any products designed to support them need to be easy to use and locate.

Task:

Design a piece of assistive technology that could support someone with dementia.

You don't need to think about the details such as coding and electronics, but your product should be realistic (not something so futuristic it is unlikely to be made in your lifetime!).

Consider the types of difficulties that some people with dementia might have. Think about how they might be solved. Suggestions include: managing routines or changes to routine, going outside the home alone, managing money, taking medication or safely completing jobs in the home. You might have ideas of your own.

Instructions:

1. First make a list of possible product ideas. Think of as many ideas as you can. Spend at least ten minutes doing this.
2. Choose one to design and consider the following questions:
 - What will it be called?
 - What problem does it solve?
 - How can you make it easy to use? What would it be made of? (Thinking about the weight and strength of the product.)
 - Does it need charging, or batteries, etc.?Where would it be safely stored in the house? (If relevant.)
3. Take a new piece of plain paper and draw your product, labelling any important features.

Extension:

Evaluate your product by drawing up a table of pros and cons for the device you have designed.

Reflection/ class discussion:

- Is there anything already on the market that could be adapted to be used in a similar way?



Homework

KS 3 (11-13 yrs.)

Boost Your Brain Activities

Activity

LO: To be able to explain and evaluate lifestyle factors that can improve brain health.

Up to 45% of cases of dementia can be avoided if we take action in earlier life. These steps can be categorised under: **Love Your Heart. Stay Sharp. Keep Connected!**

Keeping connected is good for us because it stimulates our brain and also boosts our mood. Staying physically active is good for our heart and brain health.

Task:

Design an app where people can either:

1. Track how much they spend time with others.

This would include telephone calls, unplanned chats with strangers (e.g. on the bus), planned events such as going out for a snack with a friend, social activity in the home including eating dinner together with family, and any other action that involves spending time with people.

– OR –

2. Track their physical activity (sports, exercise, and other movement).

This would include things like walking to the bus, dancing, strolling around town, team sports, exercise classes, cycling to work or school, and any other similar activity.

Think about the details. For example, do they have to input information? Can they add voice notes or reminders? Are there any settings they can personalise? Will the app send messages of encouragement? Does it send brain health facts? Do users win badges or receive prompts?

Instructions:

1. Choose one of the above topics.
2. Make sure that your app has a direct link to brain health and that the connection with dementia prevention is clear. This is not just a friendship diary, or a keep fit app!
3. Plan your app by making a bullet point list or thought shower of possible ideas (for at least ten minutes).
4. Design your app by drawing at least two tabs/ screens. Draw lines from your picture and label the features, showing how they link to brain health.
5. Write a short paragraph to explain your app, including what individuals have to do.

Reflection/ class discussion:

- Do you know of any similar tools already available for people?
- What other tools could people use, if they don't have access to an app?

Extension:

Imagine you are a user of the app. Write a review of it, where you evaluate its usefulness and how easy to use it is.

1. Give your review a star rating (out of five) and a catchy title.
2. Write a paragraph evaluating the app, imagining you have been using it for at least a month. You might consider the following questions as prompts (or think of your own). Why did you decide to use it? How easy was it to use? Did it encourage you to live healthily? Did it make you think about dementia prevention? What could be added to the app to make it even better?



Homework

KS 4 (14-16 yrs.)

Boost Your Brain Activities

Activity 1

Walking in New Surroundings

- **LO2: To be able to identify 'dementia friendly' behaviours and adjustments.**
- **LO3: To be able to describe brain health.**
- **LO4: To be able to explain and evaluate lifestyle factors that can improve brain health.**

Being forgetful is not the only symptom of dementia but it is a common early sign.

As their dementia progresses, some people with dementia may fail to recognise surroundings they have been in many times. This means it feels as if they are experiencing something for the first time, causing confusion, anxiety, and a loss of confidence.

Keeping physically fit, connecting socially with others, and experiencing new things are all good for our brain health.

For your homework, try walking with someone in a place you haven't visited recently (or perhaps not ever at all) and then reflect on the challenges and benefits.

Task:

Find a friend, relative, neighbour, or classmate who you trust and identify a place to walk together. Your walk should last at least thirty minutes and be in a safe and well signposted location.

Ensure you do not walk on private land and stick to marked and maintained footpaths. For example, you might walk around a reservoir or along one of the island's bays. Wear appropriate clothing and footwear, take some water with you, and ensure a parent or responsible adult knows where you are going – And enjoy!

Instructions:

1. Before you go, make a note of how you are feeling:
 - About visiting somewhere unfamiliar
 - About the idea of walking for thirty minutes +
2. Travel to your destination and walk your route!
3. When you return, take a look at the comments you made before you left. How did you feel as you walked? How do you feel now?

Extension:

Imagine you are one of fifty people who have completed this challenge for charity. You have just completed the walk and are being interviewed by a radio station. Write a paragraph in answer to the question: why was it good for you to walk in unfamiliar surroundings?

Reflection/ class discussion:

- How easy would someone with dementia have found the activity you completed today? Why?
- What could have made the activity easier for someone with dementia?



Homework

KS 4 (14-16 yrs.)

Boost Your Brain Activities

Activity 2

Research for a Website

- **LO3: To be able to describe brain health.**
- **LO4: To be able to explain and evaluate lifestyle factors that can improve brain health.**

A complex range of factors influence someone's chance of developing dementia, including their race and genes. However, we know that up to 45% of cases might be avoided by simple lifestyle changes in earlier life. These can be grouped as follows: Love Your Heart. Stay Sharp. Keep Connected!

Keeping physically fit, connecting socially with others, and experiencing new things are all strong protective factors for our brain health, reducing the risk of developing dementia.

For your homework, research organisations available to people on Jersey who want to 'Boost their Brain' in order to maximise their chances of avoiding developing dementia.

Scenario:

You are working as a research assistant for a new company who are creating a website that is a 'one-stop shop' for brain health in Jersey. The website will be a searchable portal where people can find suggestions of things to do and places to visit that will help to keep them well.

Under the three headings of Love Your Heart. Stay Sharp. Keep Connected!, research Jersey organisations and locations that could be accessed by the public in order to maintain brain health. You should include free and paid for activities (with prices).

Instructions:

1. Using the template provided, research organisations or locations that could fit under each heading.
2. Make a note of any restrictions (for example, do you need to be a member? Is there an age restriction?)
3. Make a note of any costs.
4. Make at least three entries per section (up to a maximum of six).

Extension:

Analyse your lists and choose one of the organisations or locations to be your top choice. Perhaps it hits multiple categories, or is the most accessible or value for money. Label it as your 'Big Brain Booster' and write a short paragraph explaining why it is the best featured location or service.

Reflection/ class discussion:

- How helpful do you think such a website would be?
- Were there any locations or organisations in Jersey that you were unaware of?



Activity 2 Research for a Website



The 'One Stop Shop for Brain Health!' – Research

Name of Location / Organisation	Website address and physical address	Description	Restrictions (e.g. members only; age, etc.)	Cost?	Any other Information
Love Your Heart					
Stay Sharp					
Keep Connected					



Resources and links

Aside from this pack, several other organisations have produced materials for children and schools. Please note that we do not own the copyright to these resources but list them as possible additional sources of information or activities.

Dementia UK

Dementia UK is the specialist dementia nursing charity providing information, care, and support for families in the UK. On their website, they have a range of resources covering topics such as supporting children and young people, recommended books, and how to talk to children about dementia:

[Supporting children and adolescents - Dementia UK](#)

[Information for teachers and schools about dementia - Dementia UK](#)

Alzheimer's Society

Alzheimer's is not the only cause of dementia, but it is the most common. Alzheimer's Society is the UK's largest organisation on this topic. The society is comprised of people with dementia, carers, experts, campaigners, researchers and clinicians. They have packs of resources for schools, youth groups and families that can be downloaded by entering an email address.

[Download dementia teaching resources | Alzheimer's Society \(alzheimers.org.uk\)](#)

Brain Health:

[Think Brain Health - Alzheimer's Research UK \(alzheimersresearchuk.org\)](#)



**Dementia
Jersey**



A local charity

We are committed to supporting people with dementia and the family and friends caring for them.

Our services include:

- Support, advice and counselling
- Therapeutic activities
- Social groups for people with dementia and carers
- Educational programmes for the local community.



Further information

Age Concern

Age Concern is a local charity providing lunches, services (such as a hairdresser), and activities for over 55s.

[Age Concern | Enjoy your later life](#)

Carers Jersey

The Jersey Association of Carers was founded in 1994 to provide a forum to represent carers' issues, to ensure recognition for carers, act as a pressure group and lobby to effect change.

[About Carers Jersey - Carers Jersey](#)

The Jersey Online Directory

The Jersey Online Directory contains links and contact information for many local charities and Government of Jersey teams

www.jod.je

The Jersey Care Commission

The Jersey Care Commission regulates and inspects services for both adults and children, provided by the Government of Jersey, Parishes, private providers and the voluntary sector to ensure that people receive high quality and safe care. This includes care homes providing nursing and personal care or personal support.

[Jersey Care Commission | Jersey's Independent Care Regulator](#)

Government of Jersey Library Service

The Library offers free access reading material, a space to read or study, events, and a mobile and home library service

[Library services \(gov.je\)](#)

Memory Assessment Service

The memory clinic is run by specialised doctors and nurses who provide assessment, diagnosis and medication. They also offer support and advice for those with dementia, their relatives, and significant others. Referral to the service is made by your GP.

[Memory assessment service \(gov.je\)](#)

My Voice Jersey

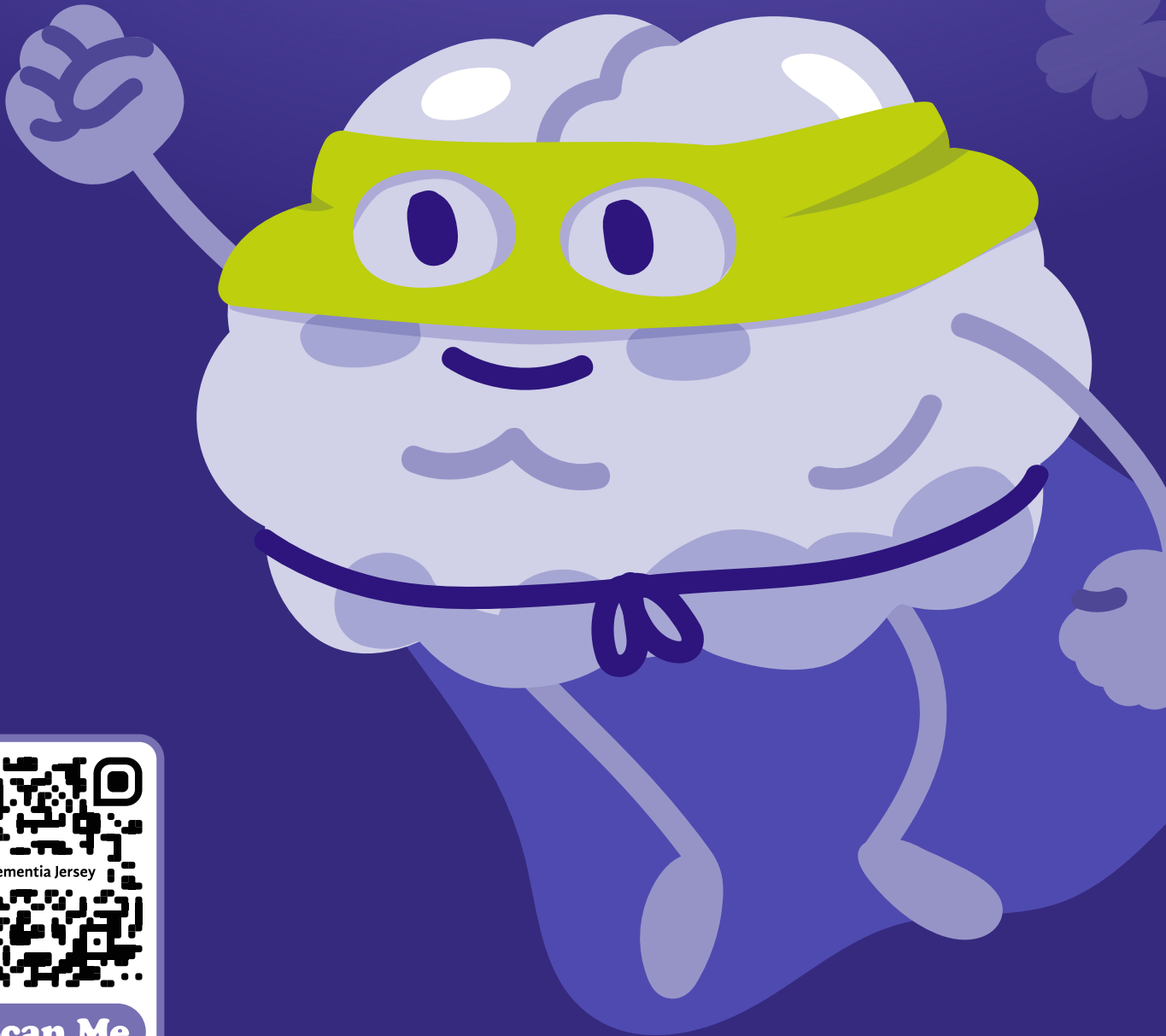
My Voice Jersey is a local charity designed to promote and provide independent advocacy for people suffering from severe mental illness, especially those detained under the Mental Health laws and where capacity is at issue. They also work to influence laws, policies and procedures and raise public awareness for their mental health and capacity rights.

[Home - My Voice](#)

Parkinson's UK, Jersey Branch

Parkinson's UK, Jersey Branch is a charity designed to try to improve the quality of life of those with Parkinson's and their carers. To educate and raise awareness of the public and to support research into Parkinson's care. This includes care homes providing nursing and personal care or personal support.

[Homepage | Parkinson's UK \(parkinsons.org.uk\)](#)



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