

December 2021

MeetingDem Newsletter



The MeetingDem Newsletter is an edition of the MeetingDem Network (www.meetingdem.eu). This newsletter is disseminated among the network of interested stakeholders and Meeting Centres for people with dementia and carers worldwide. Sign up for this newsletter at www.meetingdem.eu or by sending an email to meetingdem.eu@gmail.com.

Dear MeetingDem friends, in these special days before Christmas we would like to bring you up to date again with the news on Meeting Centres in different parts of the world. These are still strange and uncertain times because of the ongoing battle against new variants of the Corona virus and several countries once again in lockdown. Because of the vaccinations there was a little more freedom of movement this year and you will read in this newsletter that many inspiring activities have taken place in the Meeting Centres and wonderful results have been realised. THANK YOU all for your efforts to achieve this!

Some highlights: the hard work of the *Association for Dementia Studies* (University of Worcester) in the last three years has resulted in a huge proliferation of Meeting Centres in the UK in 2021, with around 40 now in operation or funded and opening soon, and they have been awarded again funding from the National Lottery to continue their great work supporting the implementation of Meeting Centres; *Japan* is implementing ten model Meeting centres across the country with very good results after having evaluated the first 5 Meeting Centres, which hopefully may help to implement MCSP in the national policy; *Dementia Singapore*, after experiencing the success of their first two Meeting Centres, made plans for a third Centre, and last but not least, recently a new initiative started with preparations of Meeting Centres in three cities in *Ecuador*. In the *Netherlands* several activities took place to further disseminate the new *individualised Meeting Centres Support Programme (iMCSP)*, such as providing courses and setting up a YouTube channel with videos on different types of volunteer work for people with dementia. In collaboration with an intern of the DISTINCT Network, a Spanish online version of the Meeting Centres pioneer course was developed.

We thank all those who supported the implementation of the Meeting Centres for people living with dementia and their carers in 2021 and wish you all a Merry Christmas and a happy and healthy 2022!

Prof. Rose-Marie Dröes, Chair MeetingDem Network

Huge proliferation of Meeting Centres in UK in 2021!

After spending the majority of 2020 providing remote support to their members and family carers (Evans et al., 2021), most of the UK Meeting Centres have now been able to safely reopen and welcome people back to participate in activities in person. For example, making sailing boats and flower bouquets.



In spite of the restrictions imposed by the pandemic, there has been a huge proliferation of new Meeting Centres in 2021 with around 40 now in operation or funded and opening soon. There's been a lot of activity in Scotland with some funding announcements due imminently. One particularly exciting development was the Worcestershire initiative which aims to support new Meeting Centres in the county during their first three years of operation. Meeting Centres have opened in five different locations as a direct result, with two more planned for early next year.

Over 50 new and existing staff and volunteers have accessed one of four online training courses delivered across the year, including some based in Singapore. Dates for three further courses in 2022 have already been set.

Fortnightly informal online catch-ups have provided an invaluable space for managers and people looking to open a Meeting Centre to share their experiences, challenges and triumphs. This peer support network also has access to an online forum, which offers a central place to share useful documents and capture contact information.

Promotion of Meeting Centres has gone well at both a local and a national level, with regular items in local



newspapers, five presentations by members of the research team, and a series of monthly webinars covering different aspects of Meeting Centres. These are reported on the Meeting Centre blog site (<https://meetingcentres.org/>) as well as being shared via social media channels (@MeetingCentres).

On-going data collection and [research projects](#) are contributing to the growing body of evidence and impact of Meeting Centres in the UK.

We're also delighted to say that the Association for Dementia Studies has been awarded funding from the National Lottery to enable us to continue our work supporting Meeting Centres, as well as put plans in place for the future.

If you would like to find out more about Meeting Centres in the UK please contact us at:

meetingcentres@worc.ac.uk and/or visit our website <http://bit.ly/2rwXCYS> Twitter: @MeetingCentres
Prof. Dawn Brooker and Dr Shirley Evans, Association for Dementia Studies, University of Worcester, UK

3Bridges' Meeting Centre opened doors again in new location in Sydney

Until the recent lockdowns in Sydney, Australia, 3 Bridges Community conducted its well known and popular meeting centre support program for people living with dementia and their family carers in a new location called Kyeemagh. In the local Aboriginal language, this place means 'beautiful dawn', and it certainly is a beautiful spot overlooking the vegetable and herb gardens on one side and the river leading to the ocean on the other.



Due to the lockdown and forced closure of the centre, the MCSP team continued to provide support through the award winning IDSP (Individual Dementia Support Program), where members engage in meaningful activities such as mindful walking in nature, ball games in the park, art sessions at home, "armchair" -travel, where members can explore the world from the comfort of their own homes, as well as MCSP trivia quiz time via zoom to allow families to continue to connect and thrive cognitively and socially while being physically distanced. For staff it has been useful to learn how to adapt to the for ever changing environment and find new ways of connecting with our families

whilst the country was facing its toughest health mandate of vaccination and lockdown restrictions ever experienced.

What has become evident is the need for more support (for both members and for the family care partner) to address people with dementia's cognitive decline. As a result of their condition, members are unmotivated, withdrawn from social engagement and do not keep themselves physically or mentally active. A healthy, stimulating routine where members are expertly encouraged and guided is key and 3 Bridges MCSP meet all those needs. Since reopening our centre 18th October 2021, we continue to provide invaluable support programs to those with dementia with cognitively, physically, and socially stimulating activities, and provide education and counselling programs that equip the carers for the journey ahead as the condition of their loved ones progresses. Now with 95% of the Australian population fully vaccinated and our centre opened, we can see members thrive again under the expert guidance of the 3 Bridges MCSP team.

Amal Madani, Meeting Centre Three Bridges, Sydney, Australia

Third Meeting Centre planned in Singapore

Despite the COVID-19 pandemic, accompanied with the ever-changing safety measures, the two Meeting Centres in Singapore continued to support their members and at the same time, the members have each contributed back to the community in their own ways.

Family members of the Forget-Us-Not (FUN) Club formed a sewing interest group and initiated the idea to sew their embroidery pieces onto 40 tote bags to be sold at an online Christmas Charity Bazaar. Behind the embroideries, this poem encapsulates their thoughts and message.

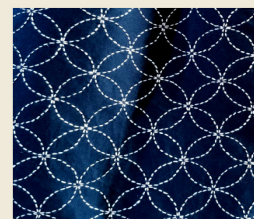
"A stitch... to make time stand,

An act... to give back for what's received,

A thought...to remember the greater cause in life,

A pause ...to check in again on self-care."

By Agnes Lee (Family Member of FUN Club)



Members of the FUN Club also participated in the mask-making workshop for the Masks of Singapore movement where they each painted their own masks. Their pieces were exhibited during the World Mental Health month in September and October 2021. The physical exhibition aimed to reflect the strength, resilience, and courage of the persons behind the masks.



The Meeting Centre@Onesimus Village participated in the Wayfinding mural project by Dementia Singapore, an initiative to transform the neighbourhood into a dementia-friendly community. Our members walked around the neighbourhood to identify the best locations for the murals. They also chose the nostalgic objects to be painted on the walls. During the World's Alzheimer's Month in September 2021, 8 members participated in the virtual-walk event to raise awareness of dementia and took pictures with the murals.



While our members received care and support from the Meeting Centres, they also contributed to the community in small and impactful ways. Moving ahead, the Meeting Centre Support Programme team is working on the first year of evaluation of the programme. The team is also working with a local church to set up the third Meeting Centre in Singapore in 2022.

Ivy Ho, Dementia Singapore

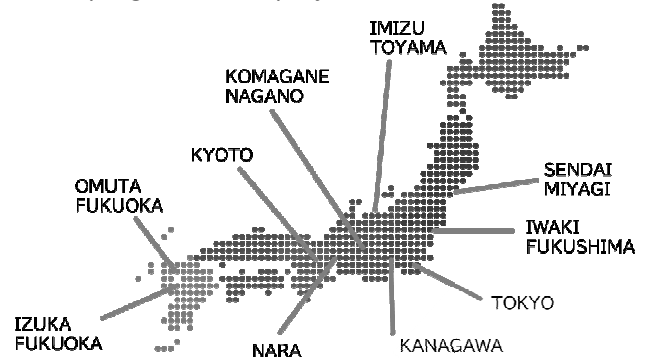
Japan implements 10 model Meeting Centres!

In Japan, we started to study Meeting Centers with government subsidies in 2019. 5 model projects have been started in 2020, referring to the Amsterdam model in the Netherlands to find a form that fits in with the Japanese culture and the local climate. The results of a six-month evaluation of the effects of the five model projects showed that the families were able to improve the intimacy between family members, and that the Behavioural and Psychological Symptoms of people with dementia decreased, and their sense of self-efficacy increased.



Participants, carers and staff of Meeting Center Tomoni in Japan

Based on these results, we are currently implementing a model project in 10 locations across the country, with further expansion starting in 2021. The results have been reported to the Japanese government, which is now considering the possibility of officially implementing the program as a policy. We will report on the progress of the project in the next issue!



Prof. Tomoyuki Yabuki, Research and Training center for Dementia Care in Sendai, Japan

Dissemination of iMCS in the Netherlands

In the *Netherlands*, with funding from ZonMw, several activities took place to further disseminate the new *individualised Meeting Centres Support Programme (iMCS)*, which is offered in addition to the regular MSCP, and consists of volunteer work for people with dementia (DemenTalent), and telephone coaching (Dementelcoach) and STAR e-Learning for carers. iMCS attracts a group of people with dementia and carers that was previously not inclined to use the group-oriented support programme offered by the Meeting Centres. The programme proved beneficial in decreasing behaviour and mood symptoms and increasing positive affect, while carers felt less burdened and more happy. Several iMCS courses were provided, a YouTube channel with videos on various types of volunteer work for people living with dementia was set up

<https://www.youtube.com/channel/UCI3kRVVTGHf4ZXOLy-7sOWg>) and a manual for working with volun-

teers with dementia was published to support organisations willing to work with volunteers with dementia. 60 Meeting Centres participated in the iMCSP courses and part of them intend to start implementing one or more of the new interventions in 2022.



Volunteer DementTalent working in a private garden

We also approached the managers of Meeting Centres and the responsible municipal officials in the cities and villages where meeting centres are operational with information on iMCSP and the results of our effectiveness and cost-effectiveness research (iMCSP proved also cost-effective!). At present, because of the dementia strategy 2021-2030 the Ministry of Health is encouraging municipalities to promote further dissemination of meeting centres and other meaningful activities, such as DementTalent, and so it is important to keep them well informed.

In 2021, only a few new Meeting Centres opened their



doors in the Netherlands. In total there are now 182 Meeting Centres in the country, most of which are to be found in the west and middle-east. Almost all Meeting Centres were open this year, although many offered half day activities to allow

more participants to visit the centres at least 3 times a week while keeping enough distance to each other. Some centres had to close temporarily because of COVID-infections, some had problems because of staff being ill for longer periods. All centres used a lot of creativity to make group and individual activities in and outside the Meeting Centre possible.

Prof. Rose-Marie Dröes, Department of Psychiatry, Amsterdam UMC, location VUmc, The Netherlands

Meeting centres in Italy in 2021

Despite of the Covid pandemic, the meeting centers in the Rimini area (Rimini, Santarcangelo, Riccione, Morciano, Cattolica) maintained their activities. Since 2020, the activities were continued using video calls, individually or in small groups, involving the people with cognitive decline. The same approach has been used with family caregivers using individual counselling and support groups. Furthermore, video tutorials were sent daily with examples of activities to be done at home such as cognitive stimulation exercises and music therapy and movement activity (Hobart Method) which were similar to the activities previously available in the Meeting Centers. In 2021, in addition to online activities, home support and counseling was available. In July the Meeting Center restarted their activities face to face. People with dementia, could meet each other again after almost two years.



This was a great joy for everyone even if the new rules to ensure the safety imposed a reduced time of participation as well as reduced number of participants (maximum 12). It has been a great pleasure to see that participants recognized each other, despite their memory difficulties and, coming back to the previous place, they restored the relationship they had before the pandemic. It seems that the time did not impact on their relationship. Coming back to the Meeting Center brought new experiences. The staff restarted activities, including performing updating the Psychosocial Diagnosis in order to update and develop new individual plans of interventions. Furthermore, the limited number of participants facilitated a better interaction between participants and with the staff, more opportunities to share memory problems and reciprocal support. In 2021, 403 people (people with cognitive decline and family members) participated in the Meeting Centers in the province of Rimini in remote mode. 58 family members participated in the online

psychological support groups. The home interventions carried out in 2021 involved 43 people while in the face to face activities which restarted in July 2021, 108 participants took part.

Below links to the videos of the Hobart Method, an activity carried out with the participants of the Rimini and Riccione centers, presented at the Alzheimer Fest (Cesenatico-FC, 10-12 September 2021):

- Rimini: la poesia di un gesto (the poetry of a gesture) , <https://youtu.be/X-1n6pfFLnk>

- Riccione: Natura e danza (Nature and dance), <https://youtu.be/JFbHUrnnSI>

Francesca Vaienti and Manuele Graziana, coordinators of Meeting Centres in the Rimini area

Prof. Rabih Chattat, University of Bologna, Italy

In Milan, thanks to a promotor group, a fourth Meeting Centre was opened in the 6th city district. The municipality seems motivated to move forward and to open new Meeting Centres in the remaining districts. For these reasons, in January 2022, a new course for Meeting Centres personnel will be held.

An important novelty is the birth of the "Atelier della Mente" association (<https://atelierdellamente.it/>), which objectives are to offer activities aimed at the well-being and stimulation of skills of people with dementia, to provide emotional and practical support to families, and to spread the Meeting Centres in Italy. The association aims to control that new centres respect the philosophy and structure of the original Dutch Meeting Centres model and offers courses for professionals. President of the Atelier della Mente is Leonora Chiavari, rehabilitation therapist specialized in cognitive rehabilitation, who opened the first Meeting Centres in Milan in 2015 within the framework of the MeetingDem project and was coordinator of the centres until July 2021.

Dr. Elisabetta Farina, Fondazione Don Carlo Gnocchi, Milan, Italy

MeetingDem News from Wroclaw, Poland

The time of the pandemic separated us for many months, until May this year. Despite this, the staff assured the MC users with lunches and activities such as cognitive stimulation and psychomotor therapy in their homes. Frequent phone calls with families and participants gave us hope that we would finally brew coffee and tea together in our salon in the Meeting Center. This happened at the beginning of May, and their taste was most pleasant because we could savour it together again, talking about our past and pre-

sent experiences as well as making plans for the future.

Months of isolation, unfortunately, were not without impact on the functioning of people living with dementia. Most of the participants of the Meeting Centre came back much weaker in virtually every aspect of their functioning compared to the time before the pandemic. However, after a month of regular meetings, the situation started to improve and on June 17 we welcomed the summer with great dancing, fun and singing in the open air. This meeting resulted in other interesting events, although there were definitely fewer of them compared to previous years due to the current situation related to COVID-19.



As part of the Wroclaw Senior Days, our Home organized a Senioriad, i.e. sports games for seniors, also from other friendly centers, combined with concerts,



drill shows and accompanying games under the common name of "The Archipelago of Kindness". The Meeting Center also joined the social campaign Forward with dementia, which is organized by the team from the Department of Psychiatry of the Wroclaw Medical University (Cognisance Project).

Thanks to the cooperation with the Academy of Physical Education in Wroclaw and the Academy of Music we were able to participate in many cultural and recreational events and meet inspiring people who opened new windows of opportunities for stimulation and reactivation. There were also days in our House devoted to reflection. One of them was associated with All Saints on 1 November. We mentioned the people who made up the Meeting Center group by preparing a presentation

with photos and poems about each participant and family member of the Meeting Centre. The beautiful emotional music of Michał Ziółkowski, a composer who has been friends with the center for many years, contributed to the deepening of the experience, especially because he played the music himself. There were a few more live concerts, incl. "Trio Family" with the participation of the solist of the Wrocław Opera, a well-known jazz pianist and an excellent singer and violinist, who prepared a program with the most beautiful songs about love known from the youth of our MC participants. At the end of November we had fun together during "Andrews day" with live music. Nobody needed to be persuaded to dance!



We ended the year at the Christmas Eve table on December 15 with caroling and wishing that we can continue to come together and be able to sit together. Because of the many limitations and difficulties resulting from stringent sanitary regulations, we value the time spent together all the more....

*Szymon Chrobak, Katarzyna Bulińska, MC coordinators
Dorota Szcześniak, Joanna Rymaszewska from Wrocław Medical University, Dept of Psychiatry.*

Meeting Centres in Spain

The COVID-19 epidemic situation in Spain has also been complicated during 2021, and in The Orillas del Duero Meeting Center we are making a big effort to solve it. We are continuing a lot of initiatives using technologies for our patients.

Now the center is open again, and we are combining two methods: home assistance and face to face interventions. Interventions at home have been implemented due to some health problems that have resulted: 1) from the side effects of COVID-19 in older people who had to go to the center but of which the health is not good enough, and who wanted to maintain active, 2) from older people with cognitive impairment and their caregivers who preferred to be cautious due to the COVID situation and not to go to the center but to receive assistance at home.

As a novelty, we have implemented cognitive rehabilitation notebooks that can be used at home during home care.

At the center we have started to carry out different activities:

- Group memory workshops with mindfulness techniques
- Group reminiscence workshops
- Group workshops of new technologies with Gradior software.



Older person playing in the ball pool with virtual reality

And finally, we have had the opportunity to start working with virtual reality. With this technique they can paint in the air, play in a ball pool or plant vegetables in the garden! Our elderly people are happy with this new intervention technique!

Esther Parra, Orillas del Duero Meeting Center, Zamora, Spain

Spanish Online course for pioneers of Meeting Centres available in Spring 2022

As part of a secondment for the DISTINCT Network on Technology to promote social health in Dementia, funded by the Marie Skłodowska-Curie Innovative Training Networks (MSC-ITN) under the European Commission's Horizon 2020 programme, I had the opportunity to immerse myself into the world of the Meeting Centres in the Netherlands. For three months, from September to November, I was based at the department of Psychiatry of Amsterdam University Medical Centres, location VU medical center. I learned and experienced the philosophy and methodology of this programme, among others, through visits to four MCs in Amsterdam and Zandvoort. What an experience! It brought back to me the eagerness of working with a community in a very friendly environment. And the lesson I took from this experience is that *"the Meeting Centres Support Programme is*

something that you have to experience, not just learn”.

As a contribution to the MCSP community, and born and raised in Costa Rica, I very much enjoyed working on the development of an *Online Introductory Course for the Implementation of Meeting Centres* in different languages with Prof. Rose-Marie Dröes. The online course aims to inform pioneers all over the world who wish to set up a meeting centre in their own country about the vision and methods of the Meeting Centres Support Programme and its stepwise implementation. This project opened the door for the first Spanish Course for the implementation of the MCs, aiming to further disseminate and implement the programme in Spanish-speaking countries, particularly in Latin America. Also, as part of the adaptation and translation of the course, we surveyed potential facilitators and barriers of implementing MCs in Ecuador and Spain through interviews with stakeholders in these countries. The good news for the entire Spanish-speaking community is that the course will be ready by Spring 2022! So, I'll see you virtually!

Mauricio Molinari Ulate, ESR DISTINCT Network and PhD candidate University of Salamanca.

In Aruba Cas Marie celebrated 15th anniversary

In September we celebrated the 15th anniversary of Cas Marie. Cas Marie provides daycare to people with dementia and their caregivers. We were honored with the visit of the Governor of Aruba, his Excellency Alfonso Boekhoudt, at our celebration. We are so very proud that Mr. Boy Escalona the founder of Cas Marie who started Cas Marie 15 years ago could be present in good health at the celebrations.



We decided to celebrate our 15th anniversary in a different way. We used this momentum to provide information about dementia to the public in general during the month of September with different radio and television interviews, our Dementia café etc. For our clients we had a small celebration at our Daycare Center with live music. Cas Marie has proven her important role in the care of people with dementia, the support to caregivers and providing information to

our community. We will continue with our mission to help people with dementia and their caregivers.



Celebration of 15th anniversary Cas Marie

The large turnout at the Dementia cafe organized by Cas Marie, which was able to take place again after a long time due to the Pandemic, also showed how great the need for information is on this topic. Dr. Jaime Falconi (Neurologist) and Sabrina Sonnensein (Psychologist) and our coordinator Lisette Does provided information on the disease, advice on how to deal with people with dementia, steps to be taken for the diagnosis and the importance of a healthy lifestyle.

We would like to take this opportunity to wish you and your loved ones a healthy and happy 2022!
Yvonne Escalona, voorzitter Cas Marie Foundation, Aruba

Meeting Center in Surinam

In March 2020, we in Suriname were also attacked by the COVID-19 pandemic. Our new day center that was just expanding and where we were implementing the daytime activities suddenly came to a standstill by order of the authorities.

The gradient: At the end of 2020, financial support for our project “Make Contact With Me” was awarded by the Maagdenhuis Fund. This allowed us to pave the way even more in the path of qualitative reception and care, daytime activities, and dementia training.

In April 2021, a start was made on building four large vegetable bins of 1 by 6 meters, 2 herb bins of 1 by 3 meters, a vegetable greenhouse with two wooden tables for tubs with vegetables and a vegetable bin with shade netting (pergola) of 1 by 7 meters. From June this year we are growing various vegetables, fruits and herbs by ourselves!

What's on the schedule? The greenhouse must be expanded with large containers and buckets or tubs.



Also the flowers and furthermore some fruit trees will be planted, such as Cinnamon Apple

Expansion of animals: Construction of the small chicken run and the aviary started after the Rabbit Cage was finished. We also have three cats.

Daytime activities:

On September 1, 2021, the day center opened again after drawing up the necessary (safety) protocols. We will expand to 15 clients per day.

Trainings: Social workers attended two online training courses last October about Neuro Cognitive Disorders, which also includes dementia and dealing with dementia plus the symptoms. By creating a social safety network, we hope to help more carers. In February and March 2022 with regard to promoting the expertise of healthcare employees, training in Experience-oriented working and doing activities will be on the agenda.



Care training and support group session: The whole month of November carers were central. November 11 was the day of carers worldwide.

Various training sessions on dementia and dealing with a loved one with dementia took place in addition to support group sessions. This kick off starts in the spring. Wiesje is the first to do this.

Mavis Leter, Director Stichting Woonzorg Wiesje, Paramaribo

Meeting Centres in development

Ecuador Meeting Centers

Please receive our cordial and attentive greetings from those of us who are part of the Ecuadorian team, representing the "VENCIENDO FRONTERAS" foundation.



In Ecuador, in April 2020, the Meeting Centers (MC) project was socialized with professionals with training in the area of dementias, later establishing the "VENCIENDO FRONTERAS" foundation.

The "VENCIENDO FRONTERAS" foundation has reached cooperation agreements with public and private institutions in 3 cities in Ecuador (Ibarra, Quito and Cotacachi).

In the city of Ibarra we have a physical space provided by the Pontifical Catholic University, in the city of Quito agreements are underway with the San Francisco University of Quito, in the city of Cotacachi we have the support of the mayor of Cotacachi who wants to collaborate with the appropriate physical space, and provide the necessary personnel to develop the MC in the month August/September of 2022.



We also held a meeting with representatives of different public and private institutions, forming an initial group with which the analysis of facilitators and barriers for the implementation of the (MC) Ecuador was carried out with the guidance of Mauricio Molinari Ulate, psychologist and PhD student at the University of Salamanca in Spain.

At the level of public institutions, the project has been socialized with the Ministry of Economic and Social Inclusion (MIES) considered the governing body of the Ecuadorian State that defines and executes policies and projects with emphasis on priority attention

groups. It is important to mention that the methodology of the MC has acceptance by the MIES. There was also the formal delivery of the invitation addressed to the Minister of Economic and Social Inclusion (MIES) – Econ. Esteban Bernal, to visit the VU University medical center (VUmc) in Amsterdam. Considering the restrictive measures caused by the COVID-19 pandemic, the possibility of the meeting taking place virtually is currently being assessed.

Cynthia Vallejos

Chile

The Fundación Kok-Berkhoff in Chile reported in December 2020 that due to the COVID-19 situation in Chile all activities for the preparations of Meeting Centres and educational activities had to stop unfortunately. We did not receive any updates since then.

Ohio (USA)

Though there were plans to start a Meeting Center in Ohio in August 2020, these plans had to be cancelled because of lack of funding and the outbreak of the COVID-19 pandemic. Dr. Elizabeth Lokon (University of Miami), who lead the initiative, intends to find new opportunities for a Meeting Center in Ohio.

We congratulate

Iris Hendriks

After a break due to starting up her own family as well as a new job, Iris Hendriks, junior researcher at VUmc in Amsterdam during the MeetingDem project 2014-2017, continued her PhD trajectory in 2020. At the end of October 2021 she sent her completed dissertation to the reading committee and on 8 December she received the decision from the committee that her dissertation fulfilled the requirements to be admitted to the defence of it during a doctoral ceremony that will take place, hopefully face to face, 17 June 2022. The title of her thesis is: *The art of personalizing psychosocial interventions for people with dementia; development, evaluation and implementation*. Her supervisors are Prof Rose-Marie Dröes (VUmc), Prof. Debby Gerritsen (Radboudumc) and Dr. Franka Meiland (VUmc). We congratulate Iris with this milestone and wish her all the best with the defence of her dissertation in June.

MeetingDem products and publications

The MeetingDem project ended in 2017. Since then the consortium members published various publications on the implementation, effectiveness, and cost-

effectiveness of the Meeting Centres Support Programme offered in different countries in Europe (see also www.meetingdem.eu).

In 2020/2021 the following articles were published:

Evans, S., Bray, J. and Brooker, D. (2021). How Meeting Centres continue to support people affected by dementia: Report on UK Covid-19 impact. *Working with Older People*, 25(4):283-293.

[doi 10.1108/WWOP-12-2020-0060](https://doi.org/10.1108/WWOP-12-2020-0060)

Henderson, C., Rehill, A., Brooker, S., Evans, S.C., Evans, S.B., Bray, J., Saibene, F.L., Scorolli, C., Szcześniak, D., d'Arma, A., Urbanska, K., Atkinson, T., Farina, E., Rymaszewska, J., Chattat, R., Meiland, F.J.M., Dröes, R.M., Knapp, M. (2021). Costs and Cost-Effectiveness of the Meeting Centres Support Programme for People Living with Dementia in Italy, Poland and the UK: The MEETINGDEM Study. *Health and Social care in the Community* 29(6):1756-1768. <https://doi.org/10.1111/hsc.13281>

Hendriks I, Demetrio R, Meiland FJM, et al. Value of Personalized Dementia-Specific Quality of Life Scales: An Explorative Study in 3 European Countries. *American Journal of Alzheimer's Disease & Other Dementias*. ePub January 2021.

[doi:10.1177/15333175211033721](https://doi.org/10.1177/15333175211033721)

Lion, K.M., Szcześniak, D., Evans, S.B., Evans, S.C., Scorolli, C., Saibene, F.L., d'Arma, A., Farina, E., Brooker, D., Chattat, R., Meiland, F.J.M., Dröes, R.M., Rymaszewska, J. (2021). Does the Meeting Centre Support Programme decrease the experience of stigmatization among people with cognitive deficits? *Aging & Mental health*, 25(1):160-169

[doi: 10.1080/13607863.2019.1683815](https://doi.org/10.1080/13607863.2019.1683815).

Szcześniak, D., Rymaszewska, J., Saibene, F.L., Urbańska, K., d'Arma, A., Brooker, D., Evans, S.B., Evans, S.C., Chattat, R., Scorolli, C., Meiland, F., Hendriks, I., Dröes, R.M., Farina, E. (2021). Meeting Centres Support Programme highly appreciated by people with dementia and caregivers: a European cross-country evaluation *Aging Ment Health*. 25(1):149-159.

[doi: 10.1080/13607863.2019.1683814](https://doi.org/10.1080/13607863.2019.1683814)

Van Haften-van Dijk, A.M., Meiland, Hattink, B.J.J., Bakker, T.J.E.M., Dröes, R.M. (2020) A comparison of a community-based dementia support program and nursing home-based day care: effects on carer needs, emotional burden and quality of life. *Dementia, the International Journal of Social Research and Practice* 19(8):2836-2856 <https://doi.org/10.1177/1471301219861767>.

ACKNOWLEDGEMENT

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Helping people with dementia learn to use the tablet and apps

If people with dementia struggle to use technology, is it because we aren't helping them in the right way?

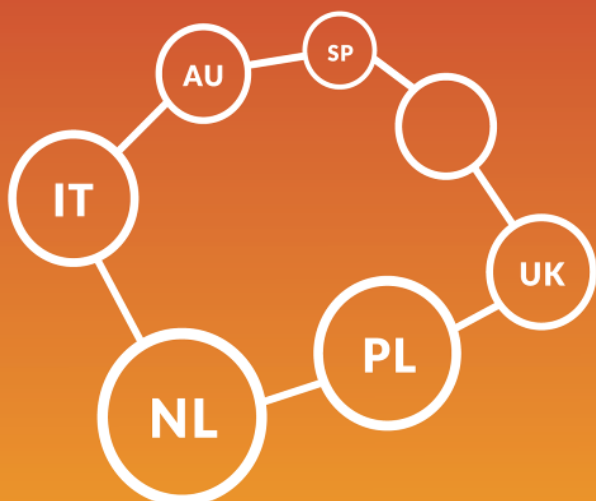
People with dementia can use a tablet and it can help improve self-management and social participation. However, the amount and kind of support that people receive in learning to use new technology makes a big difference to how much they get out of it.

Researchers at VU University medical center in Amsterdam, the Netherlands have developed a 'train the trainers' guide for personnel of Meeting Centres and other care organizations. Following the guidance in the manual can help give people the best chance to learn, and benefit from, using new technology.

The 'train the trainers' guide is based on experience gained through the [FindMyApps](#) project. FindMyApps connects people with dementia, with apps that meet their needs and interests. Currently FindMyApps is based in the Netherlands. If you're aware of people in your country who might benefit from FindMyApps, or if you have recommendations for apps that you know are valuable for people with dementia, please get in touch.

To get a copy of the 'train the trainer' guide, recommend apps or enquire about FindMyApps, please get in touch with David Neal (d.n.neal@amsterdamumc.nl) or Rose-Marie Dröes (rm.droes@amsterdamumc.nl).

HELLO. JOIN US!



SHARING EFFECTIVE COMMUNITY-BASED SUPPORT IN DEMENTIA

WWW.MEETINGDEM.EU
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THE MEETINGDEM NETWORK GOALS

FURTHER DISSEMINATION OF THE CONCEPT OF MEETING CENTERS

Stimulation of dissemination of the proven effective combined Meeting Centres Support Programme across Europe and beyond.

KNOWLEDGE EXCHANGE

On effective post-diagnostic care and support for community-dwelling people with dementia and their carers.

EXCHANGE OF EXPERIENCES AND VIEWS

In different cultural, geographical, economic and organisational contexts.

INTERNATIONAL COLLABORATION IN APPLIED RESEARCH

Into post-diagnostic care in dementia on a European level.

TO A BETTER MENTAL AND SOCIAL HEALTH FOR PEOPLE LIVING WITH DEMENTIA AND THEIR CARERS