

**File:** DemYouth-2-group 2 activity 1.mp3

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START AUDIO

Male: It's an important profession when you haven't learnt it at the last workshop.

Emily: Right.

Male: Dive into food and drink if you want some.

[Pause in audio 0:00:13 - 0:00:35]

Male: I need to refresh myself about these as well.

[Pause in audio 0:00:38 - 0:01:31]

Male: Of course one of these should be yours as well somewhere, Sam.

Sam: Yes, I know. I'm trying to remember what I put.

Male: It's fine if you don't remember, it makes you more objective.

Sam: True.

Emily: The one you're reading you go, "This person is so clever."

[Pause in audio 0:01:50 - 0:02:15]

Sam: Have you finished with those three?

Emily: We'll make a little three.

[Pause in audio 0:02:20 - 0:02:33]

Emily: What's that omelette egg thing?

Male: Shall I see if I can remember what that was about?

Emily: Yes.

Male: \_\_\_\_[0:02:42].

Sam: Have you read those four?

Emily: Oh no, I haven't, hang on. I'll read these four.

Male: Yes, that was an activity at the workshop that Claire got everyone to do. I didn't participate in it. I think one person had to explain to the other what an omelette was without actually saying it.

Emily: Oh okay.

Male: Was that-?

Sam: Oh yes, it could have been, yes.

Male: As a way of saying how difficult it is to understand somebody that is communicating in a completely different way to you. I think that's what it is. I think it was Nate's actually, so maybe we should... (Laughter)

Emily: Oh okay. So does each of these statements reflect a person or is that the first meeting?

Male: It does, yes. We did a little group activity where literally it was just talking in threes.

Emily: Oh wait, I might be sending some of these ones back that you know that you've already had.

Sam: Ah maybe.

Emily: I think you've had that one, hang on. Right, these ones are going to you. Oh God, I'm getting confused.

Female: The shorter statements came out of group work and then people focused on elaborating on one of those.

Male: The fronts are my interpretations of what was said so this is actually what was said, as far as I can tell.

Female: Then you've condensed it down?

Male: Yes.

Female: Cool.

Sam: This person's really switched on. Now I remember.

Female: Have you found yourself?

Sam: I think so, yes. I think I am missing four but I don't know which four.

Emily: Right. I don't think - you must have read these ones.

Sam: Yes, so have I read them all?

Emily: Unless you've read all these. Oh I don't know. I know I haven't read these ones. Well I've read those - oh I don't know.

Male: These ones you've read because you passed them to me or you just passed them to me.

Emily: Yes. I haven't read these ones. I don't think you've read these, well I don't know.

Sam: No, I don't think I have. I've never-

Emily: I don't think you have. Right, you have those three and I'll have these and then we'll swap. Right. Can we manage this?

Male: There's no hope for us is there?

Female: Sam, where's your accent from?

Sam: I live near Whitby.

Female: I was thinking you must be Yorkshire because you remind me of home. I grew up in Beverley near Hull so I was getting the Yorkshireness.

Sam: Yes, very much so.

[Pause in audio 0:05:20 - 0:06:10]

Male: I think I'm picking the ones up as well that you've not read, sorry.

Emily: That's fine.

Sam: That's the omelette one so you've read that one, haven't you?

[Pause in audio 0:06:24 - 0:06:36]

Male: What are your immediate thoughts on any of those? Any that really stick out to you or any that maybe you can kind of relate to in any way?

Emily: Well, quite a lot of them really were seeing my Nanna has dementia and stuff and it is, yes, it has been quite upsetting especially for us. I think how I was saying more information that's young person friendly, the one I was just reading, because my cousins, they're a bit younger than me and they never really know what to say anymore.

When they're there they just - they go because they feel like they should go and see my Nanna but they don't really know what to do and they don't feel like they're confident enough to go and talk to the other residents. I always feel a bit sorry for them and try and get them a bit more involved. It's quite hard.

Male: Yes. It is just one of those things where sometimes you just don't quite know what to do for the best, particularly if it's somebody you know. If you're very young then I guess you haven't seen your grandparent in a different way as well. How about you, Sam? Apart from that one that was fantastically written, is there any that particularly stick out for you as important or interesting?

Sam: I think they're all valid, aren't they?

Emily: Yes, definitely.

Sam: It's just about cost though, isn't it, which you-

Male: Ah, you see, you're picking up what's going to be the next bit. That's when we have to prioritise.

Sam: Ah right, okay.

Male: \_\_\_\_[0:08:07] some things over the others. I mean are there particular ones that you think really stick out to you as more important than the other ones?

Sam: Well I think mine really sticks out actually.

Male: Do you want to talk-?

Sam: I can't remember which one it was.

Male: I think actually I do remember it because you were very proud of it.

Sam: It was a about a hotline, a pocket guide.

Male: Ah, it was a pocket guide, wasn't it? It was like a little notebook.

Sam: Yes. That's the omelette one.



Male: It wasn't that one, was it?

Emily: It's gone.

Male: It's got to be here somewhere.

Sam: I think biscuit tin was in there as well.

Emily: Oh okay.

Sam: I can't remember.

Emily: Here we are, pocket guide, hotline, biscuit tin.

Male: Explain that to us again then.

Emily: Yes.

Sam: I think that it's just a cheap way of doing it, isn't it? If you could, everyone that's diagnosed with dementia, give them a pocket guide. If they have children of various ages then you give them a different pocket guide for the age group that they have or various ones for the various ages.

Male: When would they use that? What were you thinking?

Sam: When they go and visit. I suggested that you hide it in the biscuit tin because that's where I used to go when I was little, straight to the biscuit tin. If there was a treat in there like a biscuit and then some serious information...

Male: What sort of thing do you think would be useful for something like that?

Sam: Easy questions to ask so that they're talking about what makes them happy.

Male: Like a conversation starter or a conversation list that you can point to?

Sam: Yes.

Male: Yes, I get that.

Emily: Like as a safe prompt to get things going when it first becomes more daunting?

Sam: If it is that daunting and there isn't anything like that, they might not go and visit them and then that's not good for anyone.

Male: That would be interesting, getting someone to use something like a conversation, almost like a set of prompts but obviously you don't want them to be sat there-

Emily: With a book, yes.

Sam: No, but if they are sat there reading off it then it's still better than being there, making that person happy than being sad and lonely but with no one going round.

Male: I can see that. What do you think about that?

Emily: Yes, I think that's a really good idea. It just reminded me of a book I was reading about dementia actually. It's basically how to care for your relative when they've got dementia. One of the things they say to do is to think of a theme, well something that they really enjoy doing like a hobby because obviously it gets quite hard for them to talk about things. Asking questions can really cause a lot of problems if they're not sure what you're asking about because they just can't remember recent events and things.

There was one lady, the example in the book was she'd always been travelling a lot so a lot of the time, because she couldn't understand what was going on, she sometimes

thought she was in Heathrow Airport. Her carer always linked everything to that and that meant they could have a conversation about something because a lot of the time it's quite difficult to start a general conversation. If you have something that they like doing that you can talk about then it makes it a lot easier.

Male: A lot of carers have a little - I don't mean it, it sounds really horrible because it sounds like they're just stalking them but it's essentially like a list of what their preferences are, what they like to talk about. Particularly when you're a stranger carer going in and out of someone's home and getting a sense of that person very regularly, you know when you go in there the sort of things to off a conversation about.

It's I guess in a way what you were talking about, isn't it, there, it's the thing around a little bit about who this person is, what it is they do and what are the little firing points for them to have a little bit of a conversation. It has to be personalised I guess. Maybe that's where the technology comes in, Sam?

Sam: Perhaps, yes.

Male: Were there any of the others, apart from your one that you thought were really, really not as good but maybe I could see that being valuable, that would be interesting? You as well, Emily, if there's anything else. Like you say, I know they all look - were there any that confused you, that wasn't clear?

Emily: I mean I think this is basically what we've just been talking about but that's really important obviously, yes.

Male: Was that the best attitude?

Emily: Yes.

Male: Would you say this is quite overlapped with the one that Sam was-?

Emily: Yes.

Male: I think there's probably quite a few overlaps with a few of these actually isn't there?

Sam: What was the end to that one? Yes, it does very much overlap, doesn't it?

Male: What I'm going to do is bring the two groups together now. See there's method in my madness. Let's see this. They can keep talking, \_\_\_\_[0:14:16]. Now that we've touched those and remembered a little bit about what was in the pack last time, I'd like to bring everyone together again so do you guys want to come over here, away from the pizza?

END AUDIO

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