

<i>Themes: Ageing and Care, Disability; Country: United Kingdom; Language: English; Year: 2017; Event: N/A</i>	
Programme name:	Jenny's Diary
<u>Organisation / Country:</u>	University of the West of Scotland, United Kingdom
<u>Website:</u>	Jenny's Diary
<u>Contact:</u>	Karen Watchman Karen.Watchman@stir.ac.uk
<u>Summary:</u>	<p>Jenny's Diary is a free to download booklet in English, German, Italian, Mandarin and Norwegian (text only) that explains what dementia is, how it can affect the life of a person with a learning disability and what kind of support is available for them. It was developed in Scotland but could easily be used in other contexts.</p> <p>Illustrated by photos of Jenny (who has a learning disability) in her day-to-day life, the booklet describes in plain language how Jenny experiences her dementia, difficulties she has in coping with it and what support she finds to deal with it.</p>
<u>Resources:</u>	N/A
<u>Objectives:</u>	Jenny's Diary is a free booklet and a set of postcards aimed at guiding conversations between professionals and people with learning disabilities on dementia, and methods to support them.
<u>Issues encountered:</u>	Jenny's Diary was developed to disseminate Karen Watchman's research findings from a three-year study with people who have Down's syndrome and dementia, and Irene Tuffrey-Wijne's model of breaking bad news to people with a learning disability. Ethical approval was given by University of the West of Scotland Ethics Committee. Although not research, it was essential to ensure that actors were fully informed of the outputs of the project and had the opportunity to influence and agree how their photographs would be used.
<u>Outcomes:</u>	This is a great example of an accessible information resource for people with learning disabilities that can be used by professionals to start and support a conversation about dementia with them and to reduce the fears that the person may have.
<u>Evaluation of practice:</u>	Jenny's Diary was developed in response to Dr Karen Watchman's research identifying that the diagnosis of dementia is often not

	<p>shared with people who have learning disabilities. With a focus on maintaining supportive relationships and implementing non-drug interventions, it is recognised as a good practice resource across Europe and beyond with translations into Norwegian, Mandarin Chinese, Italian and German, and a French version in development.</p> <p>Within the NHS Education for Scotland (NES) and the Scottish Social Services Council (SSSC) 'Promoting Excellence Framework', Jenny's Diary is categorised as a skilled dementia practice. This means that it outlines the knowledge and skills required by all health and social services workers who have direct and/or substantial contact with people who have dementia.</p>
<p><u>Sources of further information:</u></p>	<p>Available here.</p>