



Through Hoops to HopeSM

Using croquet to create connections
and smiles as we live with dementia



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The Dementia Services Development Centre South East is a
partnership between Canterbury Christ Church University,
Dementia UK and Avante Partnership.

Welcome

The Dementia Services Development Centre South East (DSDCse) is pleased to partner with Jiminy Wicket. *Through Hoops to Hope* is a short but powerful video to educate and increase awareness of issues involved in dementia for healthcare professionals, carers and the general public.

Jiminy Wicket has played countless games of croquet in all kinds of settings and learned that almost anyone can play this game. They play indoors and outdoors, in family living rooms and hotel ballrooms, on backyard turf and manicured lawns.

They have seen 3 year olds and 83 year olds playing together. People using wheelchairs and walkers can all be included. Croquet's ability to create connections between people of all ages and physical and mental abilities is quite remarkable. Learn more about this at JiminyWicket.com

What is *Through Hoops to Hope* about?

This video provides a window on the experience of a family caring for their father who had a diagnosis of dementia due to cerebral vascular disease. It is a film about relationships, memories, emotions, and a profoundly simple game which creates mental, physical and social well-being.

It highlights the difficulties experienced by people with dementia and their families. Despite the sadness that runs through this video, there are positive messages. It explores the importance of love, shared experiences and memories in a family's relationships when one person has dementia.

This video does not tell us what to think but invites us to share the emotions of the family and the joy of finding a way to communicate and have fun together despite their father's advancing dementia.

Who is this video for?

This video and discussion guide can be used with many different audiences. The key messages are relevant to anybody who works or comes into contact with people with dementia. The medium of video conveys a number of messages in a short span of time.

Watching this video will stimulate feelings, questions and opinions. When it is watched and explored as a group activity it will create new awareness and understanding.

It can be used in facilitated groups of professionals and carers for people with dementia as part of knowledge and skills awareness sessions. It can be used with schools, community groups and families. It can be introduced into existing learning programmes for doctors, nurses, care managers, and care home and home care staff and can complement other learning materials.

Aim of session

To identify new ways to connect with people and families who are living with dementia.

About people with dementia

- People with dementia can have moments of lucidity and insight at any time.
- People with dementia still experience, and are able to share, feelings and emotions. Even people with advanced dementia may experience complex and deeply-held feelings and emotions.
- People with dementia may express their needs and emotions by using words, expressions or behaviours that will be difficult to interpret.
- Knowing a person's background is vital to understanding the person with dementia. A person's background or 'life history' may not always be about the good times; difficult and painful events also need acknowledgment and response.

About family and friends

- Caring for someone with dementia can produce conflicting emotions. When the person with dementia is having fun in an unexpected way, a carer may feel that they are no longer appreciated or loved.
- Carers require support in a sensitive manner that respects their knowledge and understanding of the person with dementia. Carers often experience emotions that are difficult to manage, resulting in feelings of guilt and sadness.
- It can be difficult for a carer to allow the person with dementia to engage in an interactive activity if they are worried about injury or risk.
- Carers and family members may have unresolved issues within their relationship with the person with dementia; this can sometimes cause distress.

Timeframe

Introductions:	5 minutes
Watch the DVD:	7 minutes
Pause for reflection:	1-2 minutes
Discussion:	15 minutes
Total:	30 minutes

Create the right atmosphere

- Arrive early and set up DVD or computer before people arrive
- Welcome people and hand out pencils and paper for notes
- Agree on the ground rules for the session with those watching:
 - everyone respects the views and opinions of others
 - no interrupting and mobile phones turned off
 - respect confidentiality
- A flip chart can help track the conversation and learning as the discussion progresses

Discussion guide for the video

The following provides some questions to help you get the most from the video. If your audience is family carers focus on the value of recreation and having fun with their family member, or if they are professionals they can be invited to reflect on their practice with families affected by dementia.

Review the video

Explore the themes of *Through Hoops to Hope*. Invite people to consider:

- How did the video begin? How did it end?
- What challenges faced the family member narrating the film and how did he respond?
- What challenges faced this family and how did they respond?
- What can we say about the experience of the father with dementia?

The experience of watching the film

- What were your feelings at the beginning of this video and at the end?
- What happened between Maxwell and his family when they were playing croquet?
- What kinds of thoughts and feelings were raised by the narrator in this video?
- Where is the hope, and what practical actions we can take away with us?
- Having seen this video and been part of this discussion today, what will you do differently?



For our How to Play guide,
the **Through Hoops to Hope** video and our
recommended equipment or to contact us go to:
JiminyWicket.com