

# Specialised dementia activity programme at Cramond Residence

Residents living at an Edinburgh care home who have dementia benefit from a tailored activity programme laid on for them. The activities are intended to improve their quality of life and care, enabling them to live as fulfilling lives as possible.

Since opening in 2018, [Cramond Residence](#) has been passionate about creating a safe space for those living with dementia and other related illnesses in a way that enables residents to continue living a fulfilling life in a homely environment and feeling part of a close community.

The home provides a range of activities specifically designed to give residents with dementia a richer and more satisfying life, with specialist facilities and trained staff on hand to provide support and relief.

Many of the activities include a sensory or reminiscing element which helps residents remember special moments and stories from throughout their life.

Ross Bijak, Clinical Care Manager at the 74-bedroom home, said: "There are a host of activities on offer for residents

to get involved with throughout the month, and every activity can be tailored to specific interests and hobbies.

“For example, we recently held an art reminiscing therapy session and asked residents to communicate how they were feeling through their artwork.

“Physical activities like these help residents who sometimes can’t find the words to discuss a topic, but are able to communicate their emotions and feelings through painting or drawing – while also supporting mental stimulation and general wellbeing.”

The care home doesn’t believe in a one size fits all approach, opting instead for a tailor-made programme of activities based on an individual’s interests, care and wellbeing needs.

Ross added: “We look to create a natural environment throughout the building with a wide variety of dementia services on offer, from bespoke activity planners and meal service options to the layout of the home.”

Activities such as reminiscing sessions are not only helpful to residents, but also to staff members who find they provide insights into each resident, whilst building relationships and understanding exactly how residents prefer to be cared for.

Ashley Stapleton, Care Assistant said: “Activities such as reminiscing sessions are extremely valuable to understand each resident as an individual and can aid in focusing on person centred care.

“By obtaining a deeper knowledge on life history we can assist in developing better relationships between residents, staff and family members, to ensure residents continue to lead an enriched and fulfilled stay at Cramond Residence.”

The home trains all staff members in dementia care– even those who may not be providing direct care – as well as offering

support and coping techniques to help family and friends.

