

# **Dementia: Pastoral Care Team Guidelines, Exeter Diocese**

## **The National Dementia Declaration**

People with dementia and their family carers say that they want to see the following outcomes in their lives:

1. I have personal choice and control or influence over decisions about me
2. I know that services are designed around me and my needs
3. I have support that helps me live my life
4. I have the knowledge and know-how to get what I need
5. I live in an enabling and supportive environment where I feel valued and understood
6. I have a sense of belonging and of being a valued part of family, community and civic life
7. I know there is research going on which delivers a better life for me now and hope for the future.

[http://www.dementiaaction.org.uk/info/3/national\\_dementia\\_declaration](http://www.dementiaaction.org.uk/info/3/national_dementia_declaration)

## **The Diocesan Safeguarding Policy applies to Vulnerable Adults as well as children.**

People living with dementia are likely to be deemed Vulnerable Adults, as '18 years or over, in need of community care services by reason of mental or other disability, age or illness, and who is or may be unable to take care of him or herself or protect him or herself against significant harm or exploitation'. (No Secrets) For further information please contact your local Parish Safeguarding Representative.

## **Guidelines**

People living with dementia are particularly vulnerable and in line with good safeguarding practice, we recommend that lay pastoral visitors only visit people, households living with dementia, or residential homes in pairs. The pastoral care team should be carefully chosen, unpaid volunteers who receive regular training and supervision.

Members of the pastoral care team are not professional healthcare workers or counsellors, and so if on occasions it seems to pastoral visitors that more support is needed, they should encourage people to get in touch with their own GP and local Social Services for an assessment to identify further services that may be appropriate.

Members of the team will not accept gifts or money. Anyone has the freedom to stop visits at any time.

## **Training**

In addition to regular pastoral care training, you may be able to access some free training for working with Vulnerable Adults from your local Community and Voluntary Services. In addition a Dementia Friends Awareness session will be of benefit. Ask for a Dementia Champion to do this for you at [www.dementiafriends.org.uk](http://www.dementiafriends.org.uk).

There are a number of resources to help equip people for visiting or pastoral care for people living with dementia and good places to begin are [www.livability.org.uk](http://www.livability.org.uk) (020 7452 219) [www.pilgrimsfriend.org.uk](http://www.pilgrimsfriend.org.uk) (0300 303 1400) and [www.mha.org.uk](http://www.mha.org.uk) (020 7452 219).

'Listening to dementia' is a new tutor-led course available for Devon churches from Acorn Listening. Further details from Fiona Gibbon [fegview@virginmedia.com](mailto:fegview@virginmedia.com) (01237 421079).

## **Why do we visit?**

- To be good neighbours and allow the person visited to be a good neighbour for us
- To be company and care for each other

- To give the visited person peace of mind that someone is keeping watch should they become unwell
- To share Communion at home if desired
- To listen to each others' stories, for the visit to be mutually beneficial

**The pastoral care team should:**

- be polite, respectful of people's wishes, and non-judgmental
- visit regularly for a short time (and telephone beforehand if required)
- not take actions on any persons behalf without consent
- keep information confidential. Information will only be shared amongst the team in very general terms (withholding medical or historical information), or if:
  - a person has specifically asked for prayer and allowed us to share particular information,
  - we feel anyone is at risk. If this is the case and we can do so without causing further risk, we will talk to the person (or closest relatives) about it first.

Please note: there is a legal requirement to share information if it concerns minors or criminal activity, with appropriate authorities. If this does not put them at further risk, people may be informed of this referral.

**Before visiting we will need to agree...**

- timings, telephone contact and expectations on both sides
- contact numbers of those in charge of the team and clergy

**Holding data:**

Data we might hold will include contact details, names of those who regularly visit, personal wishes (eg times of visits) and relevant information which will help with the visit. We only hold the data that has been given us for a specified reason, and for only the time that it is valid for. We should always be happy to share the information we hold with the person who is visited. That data is shared only within the team when necessary and kept secure.



For further advice please contact  
 Church and Society,  
 Exeter Diocese  
 The Old Deanery  
 The Cloisters  
 Exeter EX1 1HS  
 01392 294940

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