

Alive!



Monthly  
Newsletter

*Helping People Capture  
Memories and Unleash  
Creativity*

# Memory Apps Partnership

*Second Edition - December 2010*



# Help & Welcome

This is our second newsletter and we have tons of exciting developments concerning touch screen technology. Over the next few pages you will find updates about life journal templates, a case study example from a care home, technology news, regular Herefordshire / Bristol updates and our Artwork of the Month spot.

We have included a list of the apps people are using within the project but we want to take this further and develop a comprehensive 'Good Memory App Guide'. So if you come across a great 'app' please write a brief explanation (50 - 100 words) and send it to the project team at [memoryapps@me.com](mailto:memoryapps@me.com). The guide will be available for free download from the website over the next few months.

## PROJECT TEAM

- Andrew Morris - works for Herefordshire Council & NHS Herefordshire with a background of introducing technology into care services
- Tim Lloyd-Yeates - Executive Director of the Alive! Charity specialising in providing activity based support for people in care settings
- Colette Coleman - Chief Executive, Age Concern Hereford and Localities
- Gwen Thomas - secretary of Hereford S.A. Photography Club
- Angela Gilchrist & Ron Turner - Sure Care Services, Herefordshire
- Jodie Thomas - Care Facilitator for the Specialist Intermediate Care Service, Herefordshire
- Cheryl Poole - Lead Clinical Nurse for Older People's Mental Health Services, Herefordshire
- Jeanette McCulloch - Carer / Older People Art Co-ordinator

# Life Journal Templates Available for Download

A collection of high quality Life Journal templates are now available for direct download from the Memory Apps website. These templates have been formatted in Apple's **Pages** software application and you will require the iPad **Pages** app (£5.99 from the App Store).

The website address is:

[www.memoryappsfordementia.org](http://www.memoryappsfordementia.org)

Access the Download Page of the website and click on the Life Journal template links. The file will download to your iPad. You then need to tap on the "Open in Pages" button at

the top right hand corner of the document and the template will be available to use.

The idea is to concentrate on a few important memories or events in someone's life. All the text and images can easily be changed just by tapping in the relevant areas to bring up the keyboard or double tap images for the Replace images button.

We would love to hear some feedback from people who have used these resources - e-mail:

[memoryapps@me.com](mailto:memoryapps@me.com)

## Helping to empower people to capture their memories





Case Study

## MAGIC, BIRDS AND TONGUE TWISTERS

Today I introduced the iPad to a resident with dementia. Harry is an active and sociable man who tends to spend most of his time walking around the building from room to room, chatting and joking. He is very charming with a very quick sense of humour. In general Harry appears to be looking for something (often the exit), and this restlessness can elevate to agitation. Usually he appears to find it difficult to concentrate on any cognitive activities such as looking at a book as he is so easily distracted and finds it difficult to sit still for more than 5 minutes.

I approached Harry as he was walking through the lounge and showed him the iPad, with the Line Art app. I showed him how my fingers created patterns on the screen which moved according to my movements. He was immediately interested in this, saying how he thought it was “magical.” I tried to encourage Harry to have a go, but he kept his hands firmly in his pockets and would not touch the device. However, he asked me to sit with him on the sofa so that he could have a better look. I showed Harry the Pottery app. Again, he would not touch the screen, keeping his arms folded across his chest the whole time, but I had his undivided attention as I formed a pot. He said that my pot reminded him of a demijohn, and then went on to reminisce at great length about when he used to make wine at home. He remembered making cherry wine from the tree in his garden. We looked at YouTube and were able to find a film of someone demonstrating how to make wine, and this again

prompted memories of all the wine making equipment that he used to use.

Harry was always a keen birdwatcher, so we found a Youtube film of British birds. He told me then that it was actually his wife who was more interested in birds, and that he just went along to keep her happy! He found this revelation hilarious!

While exploring the iPad I found the Tongue Twister app, and Harry responded to this with great enthusiasm. Again, he would not touch the screen, saying that he would leave that to me, but found the Tongue Twisters very amusing. He particularly enjoyed the ones which cause you to say swear words if you mis-pronounce them, and he took great pleasure in reading out loud the “Pheasant Pluckers’ Son,” rhyme, making the obvious faux pas as he did.

After a while Harry said that he was hungry and asked me to get him a snack, and when I returned he had become distracted by other people in the lounge and I could not divert his attention back to the iPad. Still, what I found most interesting was that despite Harry’s reluctance to touch the iPad, it still held his attention for 25 minutes, something which is most unusual for him. He has only lived here for around 4 weeks, and during this time I have not yet found an activity which would engage him so completely and for such a long time. The fact that he sat still for that long is also unusual. Obviously, as I have only known Harry for 4 weeks I am still assessing his likes / dislikes, strengths / needs so do not yet fully know his capacity for engagement, but this has shown that with the right sort of resources he can concentrate for longer periods than we at first realised. (Name of resident changed)

“Magical”

Using technology to make a Connection that really makes a difference

Aspects and Milestones Trust



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## Partnership Care Homes, Day Opp Providers

### Day Opportunities / Domiciliary

- Age Concern
- Woodside, Ross-on-Wye
- Alzheimer's Society
- Ross Al's Cafe Group
- Housing Art Groups
- OPMH Day Services
- Specialist Intermediate Care

Herefordshire recently went out for Expressions of Interest from local Care Homes & Day Opportunity providers who wanted to be involved in a touch screen pilot for people with memory difficulties. The following organisations expressed an interest:

### Care Homes

- West Eaton, Leominster
- The Forbury, Leominster
- Ashfield House, Leominster
- The Garth, Kington
- Broomy Hill, Hereford

Well done all and thank you for expressing an interest in this work. We now have the funding in place for the additional iPads and I will be in touch with you all to discuss how we plan to take forward the pilot in the New Year. Could you start looking at developing your Wi-Fi network and identifying those technology champions so that we can hit the ground running. I am hoping we can have the first iPads ready for January 2011.

For Further details contact Andrew Morris on (01432) 344344 or [Andrew.Morris@herefordpct.nhs.uk](mailto:Andrew.Morris@herefordpct.nhs.uk)

## Ross Al's Cafe Group

Some service users and carers from the Ross-on-Wye Al's Cafe Group have formed their own touch screen technology group. They hope to try out some of those great apps, develop their own life stories and try their hand at video diaries with the iPod Touch. It will be interesting to see how they get on and we will keep in touch to pass on their learning and advice.



News

# Herefordshire News



# Apps List

**Handy Tip:** Before purchasing an app from the software store first check that a 'Free' (Yes – there are still things in life that are free!!!) or reduced price version is not available (these often have the words 'LITE' in the title). Many of these apps are great on their own and you may find you don't need the extra functionality of the full application. This is also a great way of trying something out and checking it is right for you. In fact many of the really innovative apps come in a 'Lite' version.

## USING TECHNOLOGY TO MAKE CONNECTIONS



### **Interactive Apps**

- Pocket Pond
- iFish Pond
- Line Art
- Sand Garden
- Bloom
- Pottery HD Lite
- Casino
- Raindrops

- Labyrinth Lite
- Aphonium
- Air Hockey
- Cogs HD Lite
- Friendsheep
- WarChess
- Flower Garden
- Atomic Toy
- Aquarium Lite
- Bubbles
- GameRoom
- Harbor Master
- Swirllicity Lite
- Planets
- Solitaire

- SpawnHD

### **Life Story**

- Keynote
- Pages
- Google Earth
- You Tube
- 150yrs History

- Today History
- Discover

### **Art / Photography**

- Granimator
- Adobe Ideas
- Art Studio
- SketchMee
- iColoringBkL

# iOS 4.2

Apple have just released the updated software for the iPad called iOS 4.2. This brings the iPad in-line with recent upgrades to the iPhone operating system. The three main benefits are:

## Folders

You can now group apps into folders with user specified names. The real benefit is that this allows you to download loads more apps onto your iPad so you can try out more of those free apps.

## Multi-Tasking

You can now run a range of apps at the same time and easily switch between them. We are unsure of the true benefits of this development and have some reservations about increased complexity from a users perspective.

## AirPlay

You can wirelessly stream documents, images and videos to AirPlay devices like printers / speakers / Apple TV. This holds real potential and could be the 'killer' upgrade that will enable a whole new world of uses for the iPad. Life Story Albums sent direct to the TV, artwork wirelessly printed, video diaries and more.



## IPOD TOUCH

Apple have just released a new version of the iPod Touch with the retina display and video capabilities of the iPhone 4. This will allow video conferencing via Apple's Face Time but sadly this functionality can not be used with the iPad due to the missing camera facility. You will be able to use Face Time across iPod Touch's / iPhone 4 and Apple MAC computers over a Wi-Fi connection. This is a really interesting development and if someone comes up with the ability to integrate this with a

web cam via an Apple TV video conversations through your TV could be the future!!!

The iPod Touch offers the chance to develop life story experience through a video diary approach. If you can add in pictures from the individual's past this would create a really powerful story. Apple's new iMove app should enable the development of really dynamic end products just like professional 'mini' movies.

This is totally new technology and we don't know how it will work in the real world. We plan to give it a go and report back our findings in a future newsletter. Keep a close eye on the website and the download page.

# Technology Developments



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# Bristol News

We have had an exciting couple of months here in Bristol. Catherine Jackson (Graduate on placement with WS Atkins) has kindly donated another iPad to the Alive! Charity (to add to the one we purchased ourselves) as part of her Footprints Corporate & Social Responsibility programme, so we now have 2 devices out and about helping to excite and enthuse older people and people living with memory difficulties, Thank you Catherine & the Alive! Trustees! Just as exciting is the promise of two further iPads from Southfield Consulting, a big thank you to Phil & Liz Hughes for this incredibly generous donation.

As well as lending a device to several residential care homes for carers and residents to explore the amazing potential of this device together, (you can read more about how this is going by reading the case study in this newsletter), we have also been using the iPad in **groups**, here's a little of what we found works well.



We have connected the iPad to a video projector using the Apple SVGA adaptor (£25.00 Apple Store). It is worth noting that only certain apps will project, our favourite at the moment being YouTube.

We have been asking care home residents to think of their favourite musician, singer, comedian, their favourite TV show when they were younger or a favourite moment in history, and then using the YouTube search engine to find their request. This is usually relatively fast and reliable and takes around 30 seconds to find what is asked for.

## Monthly Newsletter

Popular subjects have included Nat King Cole, Louis Armstrong, Morecambe and Wise, The Two Ronnies, Tony Hancock, and various Royal occasions.

It is visibly very gratifying for a resident to have their request met so quickly and when the material they have chosen is enjoyed by other residents they are invariably thanked and this leads to a good feeling and so a marked increase in self esteem.

We are also using the iPod function on the iPad to play all the music in our activity and reminiscence workshops, the larger screen makes it easier to cue and stop the music than its iPod or iPhone predecessors.

Within **one-to-one sessions** we have found the following apps to be the most popular :-

Acting as a simple icebreaker and helping people to see how easy and intuitive the device is to use, we like using **iFish Pond**, with the full version (£1.79) you can change the background using the icon in the bottom right hand corner and selecting Options. Make sure you have the volume turned up and the effects and ambience turned on to create realistic water sloshing noises when you touch the screen. You can also go fishing using the button in the bottom left hand corner, touch the screen and a reel will appear, if you get a bite, use a circular motion to reel in your catch. This app has

produced some wonderful reactions with people loving its realistic appearance, it is also very non-threatening and even people with more advanced dementia enjoy playing with it.

Another favourite is **Sand Garden** (£1.19), drag your fingers along the screen to create a pattern in the sand, add a rock using the menu at the bottom of the screen, drag your rock to your desired position and then use the rotate function to make it stand up, you can then adjust the light to create a different atmosphere.

Also worth a look is **Midnite HD Lite** (free), touch the screen with one finger to create sparks, touch with a second finger to get the sparks to swirl around your fingers in a circle, touch with a third or fourth finger to freeze the sparks, you can then drag your fingers to rotate the image, through 360 degrees, a great effect.

Older people here in Bristol have also enjoyed the free Maths App, **MathApp**, and **150years History** (£0.59) which has been good at stimulating reminiscence.

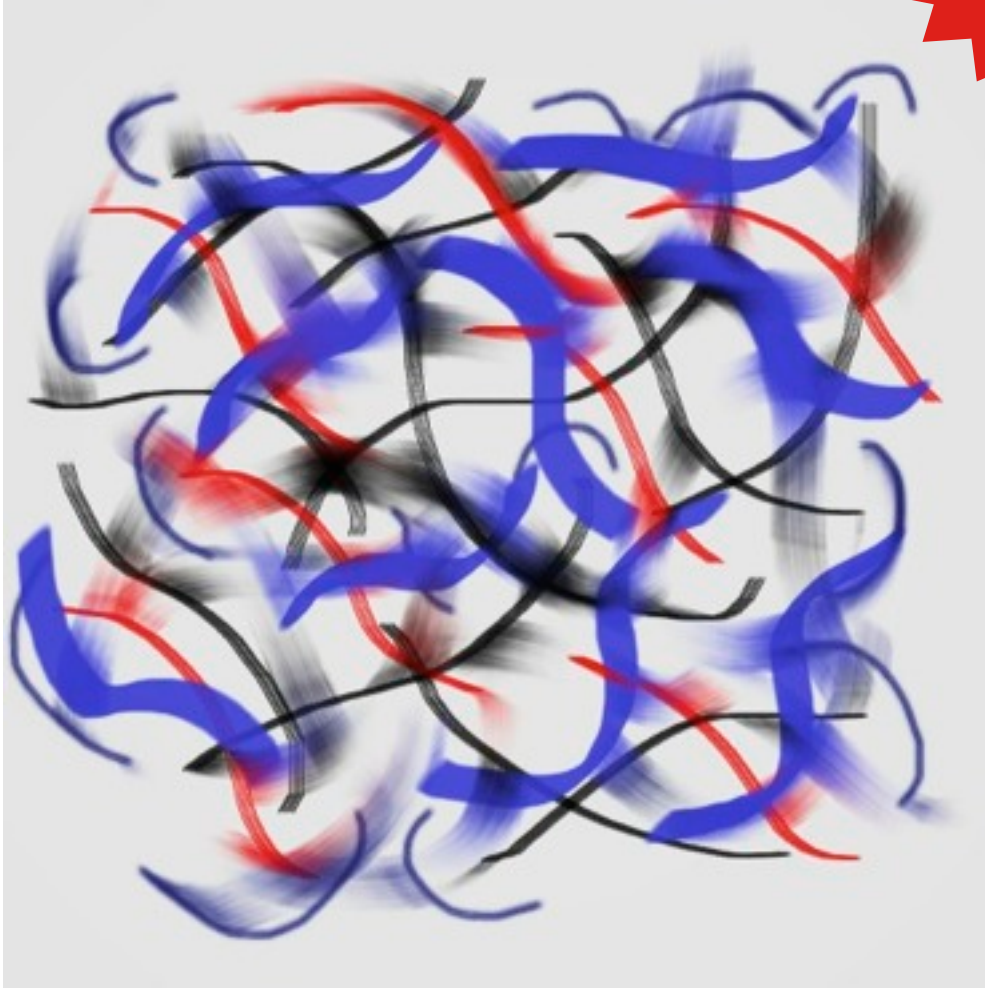
So we have found great interest and encouragement using the iPad, we will continue to use it with individuals and groups and keep you informed of our progress.

If you would like more information on anything mentioned please email Tim at: [tim@aliveactivities.org](mailto:tim@aliveactivities.org)

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Charity

# Bristol News

Artwork



## Artwork of the Month

What an interesting piece of work using three colours, a changing collection of brushes and a 'S' shaped curve theme. Simple but extremely effective and I am sure this will look really impressive printed and framed in our art exhibition next year.

The image was created in **Layers Pro** available from the Apps Store for £3.49. You can also download the **Layers Standard** edition for £1.19 with reduced layer and brush selection tools. This app includes a good range of brushes (and transparency settings), colour selection tools, five paintable layers per drawing and a great smudge tool to enable the development of simple or complex pieces of artwork.



# Contacts

For Further Details Contact the Project Team at:

e-mail: [memoryapps@me.com](mailto:memoryapps@me.com)

Andrew Morris (Project Lead - Hereford)

[Andrew.Morris@herefordpct.nhs.uk](mailto:Andrew.Morris@herefordpct.nhs.uk)

(01432) 344344 ex 3853

or

Tim Lloyd-Yeates (Project Lead - Bristol)

[tim@aliveactivities.org](mailto:tim@aliveactivities.org)

Websites:

[www.memoryappsfordementia.org](http://www.memoryappsfordementia.org)

or

[www.aliveactivities.org](http://www.aliveactivities.org)

