

The Wayback in Dementia Care Homes.

Dementia Care Matter's Guidance for Dementia Carers.

Bringing the past back to life to bring people closer together.

The quality of someone's experience of The Wayback film depends a lot on how carers use the device and how they communicate with people before, during and after the experience. The guidelines below will help carers make The Wayback a more satisfying and rewarding experience for everyone living, working and visiting your care home.

DO's

- Sit down, connect and be with the person before watching The Wayback. People are more likely to engage with The Wayback if they have had a chance to just be with you first.
- Invite someone to watch the film together rather than alone e.g. Would you like to watch a film with me?" rather than "do you want to watch a film". The Wayback experience is something to share.
- Stay engaged! Your interest in the persons experience will help to sustain their interest in the film. Ask the person what they see and repeat back their comments e.g.

Carer "What do you see now Joan?"

Joan "There are some children running along. Oh how lovely!"

Carer "Oh! There are some children running. Lovely!"

- Join in! Look at the film together, pass the viewer back and forth and talk about what each other sees, hears and feels. The Wayback is a journey to take together.
- Have some easy to answer questions in mind that encourage reminiscence e.g. Do you remember the Queens Coronation? Did you watch it? Did you enjoy it? Did you see it with other people? Where were you at the time?
- Make sure you take the time to be with people after they have viewed the film so they can share their experience. The Wayback experience can really bring people to life, your ongoing interest and engagement with that person will help keep that light shining bright!
- Connect to and empathise with any emotions The Wayback experience triggers by naming people's feelings and needs e.g. *"You're a little tearful. I can see that these memories bring back some sadness...You really loved you mum and sister and miss them a lot don't you?"*

- Treat The Wayback film as an opportunity for you to learn more about the past from the people who lived it. After The Wayback experience you should have learnt more about the events in the film as well as what life in general was like back then.
- Invite people (young and old) visiting the home to try out The Wayback with their friend, partner or relative. Having something to do together can make their visit more meaningful and enrich their relationships.
- Look out for opportunities for small group discussions and encourage people living in the home to share their experiences with one another. By helping people share their experiences with one another The Wayback can be used to enrich relationships between people living in the home.
- Create a multi-sensory reminiscence box that matches the theme of the film so people can taste, touch and hold stuff that relates to this time in their life. The Wayback can be the beginning of a multisensory experience that brings the whole room to life!
- Match your approach to people's stage of a dementia. For people experiencing the later stages of a dementia replace reminiscence questions with more simple phrases and statements e.g. *"Look! There having a party. People are singing. Listen to the song"*. Connect to someone's experience with validating sounds and gestures e.g. *"Mmmmmh. Ohhhhh. Ahhhhhh...Wow!"*

DON'TS

- Don't impose The Wayback on anyone. Always remain sensitive to verbal and non-verbal signs of ongoing consent (particularly with people experiencing the later stages of a dementia.)
- Don't use controlling language when encouraging someone to engage with the Wayback e.g. *"Look at it. Look in the viewer. Just sit down and look in the box. Hold it in your hands and look at it. Turn your head. Look left. Now look the other way. No not that way, the other way! Don't take it off, the films just started, keep watching it! You'll like it"*.
- Don't talk about people as if they are not there e.g. *"Look at Geoff! He's loving it. Look at him now! He is moving around, better watch he doesn't fall off his chair!"* or *"Sally isn't interested, she has put it down again. Go and tell Sally to have a look at it again"*
- Don't treat The Wayback experience as a task to be done to someone e.g. *"Have you done Gladys yet?"*
- Don't just leave people living with a dementia to their own devices! Engagement will be higher when you stay engaged and experiences are more meaningful when they are shared.