



**Dementia Inclusive
Singing Network**

Principles of the Dementia Inclusive Singing Network

Self-evaluation form

Dementia Inclusive Singing Network

Published in February 2020

Luminate
First Floor
Causewayside House
160 Causewayside
Edinburgh EH9 1PR

Email: singing@luminatescotland.org
Phone: 0131 668 8066

*Luminate is a Scottish Charitable
Incorporated Organisation, No. SC044652*

This self-evaluation form contains 8 principles that we have identified as essential features of groups who welcome and include people living with dementia.

- The form is to help you assess your choir / singing group's current approach to dementia inclusion.
- There is an explanation for each level of achievement for each principle.
- We assume choirs / singing groups assessing their inclusivity do not audition members.
- We suggest you allow approximately 15-20 minutes to complete the form, and answers can be totalled at the end.
- If your group is partly or fully achieving ALL principles and your group is based in Scotland, you are eligible to join the Dementia Inclusive Singing Network.

How to complete:

To complete this self-evaluation form, please select the option for each principle that best describes how your choir / group is currently operating.

=====	✓	Green
=====		Yellow
=====		Red

1. The group meeting space is accessible to all, or made as accessible as possible, using appropriate signage where possible.

- Have you thought about travel?
Think good bus and train links, easy parking.
- Is physical access good?
Think stairs and ramps, doors, walkways, flooring, seating, toilets.
- Do you have signage?
Dementia friendly signs should be displayed, and these can be put up temporarily for your rehearsals if necessary.
- Is the space light enough?
- Is the font large enough on song sheets?
- Is there assistance for people who are D/deaf or hard of hearing such as a hearing loop?
- Is there a suitable space available for refreshments?
- Is there a quiet room available so people can take a break from the activity if they want to?

Our space is designed to be dementia inclusive and where necessary we adapt it to make it accessible to people living with dementia during our rehearsals.		We are achieving this principle
We use a space that meets general access requirements but has not been adapted to be specifically suitable for people with dementia.		We are partly achieving this principle
We use a space that is not accessible to people with disabilities.		We don't currently achieve this principle

2. The leader / organisers create a comfortable atmosphere in which they inspire and encourage everyone to participate as fully as possible.

This means that the leader, staff and volunteers are caring, and everyone is treated with patience and positivity.

People are praised for their participation, and everyone knows that there is no problem if they make mistakes.

All group members are encouraged to sing to the best of their ability within a patient environment, where everyone's participation is celebrated.		We are achieving this principle
Group members are valued equally and are encouraged to participate as fully as possible. There is some expectation of the standard of singing from the group.		We are partly achieving this principle
Group members are expected to sing accurately and to a high musical standard, making it difficult to include a range of abilities.		We don't currently achieve this principle

3. Group members are encouraged to attend as much as is possible in their individual circumstances.

Regular attendance is encouraged, and support is offered to facilitate this, but we don't discriminate when people are unable to attend.		We are achieving this principle
Regular attendance is encouraged and although not a requirement, a minimum attendance is expected.		We are partly achieving this principle
We require a strict minimum attendance at sessions.		We don't currently achieve this principle

4. There is a social element to the group's activities.

This means that there is time during or after sessions for refreshments and socialising.

Time for socialising is an important part of the group's activities on every occasion.		We are achieving this principle
We build in time for socialising when we can.		We are partly achieving this principle
We don't prioritise time for socialising.		We don't currently achieve this principle

5. There are opportunities to celebrate the group's development and achievements either through concerts, informal sharing events or open sessions for its wider community / family members.

This can be as part of local opportunities; small, informal performances for family and friends; or public performances.

We run open sessions and / or regularly run informal sharing events and / or give public performances.		We are achieving this principle
We occasionally open our sessions to the wider community / family members or run informal sharing events.		We are partly achieving this principle
We don't share our work.		We don't currently achieve this principle

6. Members of the group, including people living with dementia and their carers, have an opportunity to offer feedback on their experiences as members, in a friendly, welcoming and open way.

Singers are encouraged to let the leader / organisers know how they are getting on in the group, and the leader / organisers are open to adapting and improving sessions.

We include members in decision-making about activities, and feedback from participants is always encouraged, welcomed and considered.		We are achieving this principle
There are occasional opportunities for participants to feedback and discuss their experiences as members.		We are partly achieving this principle
Participants do not openly have the opportunity to give feedback to the leader / organisers.		We don't currently achieve this principle

7. The group reflects regularly on its approach to inclusion, and where possible acts to address any perceived barriers to participation.

These could include physical access around the venue, the approach of the leader / organisers, or financial restrictions etc.

The group makes every effort to identify any type of barrier to participation and to eliminate this where possible.		We are achieving this principle
Where a barrier to participation is made known to a leader / organiser, an effort is made to address it.		We are partly achieving this principle
The group does not consider barriers to participation in its planning.		We don't currently achieve this principle

8. The group values its volunteers and / or staff, and where possible or needed, seeks to provide appropriate training or support.

Volunteers are kept up to date with current best practices and are offered support in their role.

Volunteers /staff are highly valued and are given support and training from the group management as appropriate.		We are achieving this principle
If volunteers / staff approach the group management with any concerns or request support, they are fully supported.		We are partly achieving this principle
Volunteers /staff are not given any support from the group management in relation to their role.		We don't currently achieve this principle

Self-evaluation result

Tally up your responses to the 8 principles to see your result.

If your group is partly or fully achieving ALL principles and your group is based in Scotland, you are eligible to join the Dementia Inclusive Singing Network.

We are achieving this principle	/ 8
We are partly achieving this principle	/ 8
We don't currently achieve this principle	/ 8



Dementia Inclusive Singing Network

Contact Us

Luminate
First Floor
Causewayside House
160 Causewayside
Edinburgh EH9 1PR

Email: singing@luminatescotland.org
Phone: 0131 668 8066

Luminate is a Scottish Charitable Incorporated Organisation, No. SC044652