



THE ALZHEIMER
SOCIETY *of* IRELAND

The Alzheimer Society of Ireland
is now an official Gaisce Challenge Partner



Creating a Dementia Inclusive Generation Programme

Gaisce – The President's Award is a self-development programme for young people which enhances confidence and wellbeing through participation in personal, physical, community and team challenges.

If interested in participating please contact
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Gaisce explained

- Gaisce – The President’s Award is the most prestigious youth award in Ireland and is a challenge to you from the President of Ireland, Michael D. Higgins to dream big and realise your potential.
- Your Gaisce experience is whatever you want it to be – you choose your own activities for each challenge area: Develop a Skill. Help your Community. Get Active. Go on an Adventure!
- Gaisce provides a structured approach to measuring and recognising your personal development. It’s not about the additional work but more the additional value Gaisce adds to your life.
- Gaisce is not a competition, just an opportunity to push yourself to achieve your goals. Take the first step on your Gaisce journey, visit www.gaisce.ie to get started.

Get involved

- To achieve a Gaisce Award, you take part in activities for at least one hour a week in each of the three challenge areas: Personal Skill, Community Involvement and Physical Recreation.
- Participants must also undertake an Adventure Journey. Gold participants are required to complete an additional Residential Project and Portfolio.

The Alzheimer Society of Ireland - Your Challenge Partner

Gaisce Challenge Partners are organisations that can support you to participate in one, or more Gaisce Challenge Areas.

Challenge Partners offer you the opportunity to participate in suitable activities. They also act as activity supervisors by signing off on your weekly activities.

HOW

The Alzheimer Society of Ireland facilitates Gaisce participants to meet either the Personal skill or the Community Involvement challenge areas through involvement in the ‘Creating a Dementia Inclusive Generation’ Programme. The programme offers Gaisce participants the opportunity to make a difference in the lives of people living with Dementia in their communities as well as developing their own skills through peer-education and community work.

See overleaf an example of 13 hours of activities in each of the challenge areas.

Personal Skills

1	Complete Programme Module 1 - Growing Older
2	Complete Programme Module 2 - The Brain
3	Complete Programme Module 3 - Brain Health
4	Complete Programme Module 4 - What is Dementia?
5	Complete Programme Module 5 - Perceptions of Dementia
6	Prepare and Deliver Lesson 1 to Peers - Brain Health
7	Prepare and Deliver Lesson 2 to Peers How the Brain Works & Intro to Dementia
8	Prepare and Deliver Lesson 3 to Peers Supporting those Living with Dementia
9	Prepare and Deliver Lesson 4 to Peers Creating a Dementia Inclusive Community
10	Create a poster aimed at increasing dementia awareness and reducing the stigma surrounding dementia
11	Write and deliver a short talk on the importance of dementia inclusive language and deliver it to your class, or school during an assembly or your community as part of an information evening
12	Enter a competition or showcase event (eg. Student Enterprise Programme) and come up with a unique way to increase dementia awareness within communities or to support those living with dementia
13	Produce a detailed summary on your work and achievements

Community Involvement

- 1
 - Set up a 'Friends of ASI' team in your School
 - Assign roles (Chairperson, , Secretary, Treasurer, Marketing...etc)
 - Choose actions for teams based around ASI Community Engagement goals of Awareness, Education, Income, Services
- 2
 - Distribute Dementia Information resources around your local community
 - Leaflets/posters / booklets
 - www.healthpromotion.ie
- 3
 - Run a Dementia specific film event in your school
- 4
 - Contact local Community Services / Public Services / Private Sector to arrange an information evening
 - Organise a Dementia Information Evening for the community- contact your local Dementia Advisor
- 5
 - Pick a local amenity and assess whether it is dementia friendly
 - Identify and implement changes that could be made
 - https://dementia.ie/environmental_design/#/
- 6
 - Run one of ASI National fundraising events for People living with Dementia in your school
 - Promote the event, handle money, challenge yourself
 - Gather volunteers if needed
 - Source prizes from local companies if required
- 7
 - Run a local fundraising event for People living with Dementia
 - Promote the event, handle money, challenge yourself
 - Source prizes from local companies if required
- 8
 - Research and find a dementia-inclusive initiative in your community (or online) and volunteer to assist at an event, this may be a Alzheimer Café, Social Club, Support Group, Sporting Memories, Dementia Choir, Music Memories....etc.
- 9
 - Set up an Information stand in your local community
 - e.g shopping centre/Library / School
- 10
 - Volunteer at a local care home, day centre or in the home of someone living with dementia to connect directly and provide companionship to those living with dementia in your community.
 - You might like to showcase a talent you have playing an instrument, dancing, or chatting and reminiscing.
- 11
 - Research and create a list of support services available for those living with dementia in your area
- 12
 - Enter a competition or showcase event (eg. Student Enterprise Programme) and come up with a unique way to increase dementia awareness within communities or to support those living with dementia
- 13
 - Produce a detailed summary on your work and achievements