

#weareNHFT

NEXT STEPS WORKSHOP

DEMENTIA WORKSHOP
FOR NEWLY DIAGNOSED
PATIENTS AND FAMILIES



 01933 416503

 nhft.nhs.uk/mas



**MAKING A
DIFFERENCE
FOR YOU,
WITH YOU**

WHY WE RUN NEXT STEPS WORKSHOPS:

Receiving a dementia diagnosis is often a difficult event, and it can take time for individuals and their families to come to terms with the diagnosis. It is very common to have trouble taking in and understanding all the information given at the point of diagnosis and people often say they need more time to absorb and process before they can learn more.

Likewise as a dementia journey progresses the information needs of those diagnosed, as well as their families, can change.

WHAT IS THE NEXT STEPS WORKSHOP?

The Memory Assessment Service hosts regular information sessions called Next Steps.

The Next Steps workshop is for those who have been newly diagnosed with dementia and their families to provide opportunities to learn more about coping with the implications of their diagnosis and what support is available to them.

Getting accurate information and support can help explain what to expect and what may happen next, as well as empower those involved to make their own decisions.

When you are ready to learn more information about dementia, you and / or your family are invited to attend this one-off education and information workshop.

These friendly and responsive sessions are tailored to meet your needs. They are flexible allowing us to stop and address the everyday practical queries and questions you need to ask and aim to find problem solving techniques and solutions to suit you and your family.

WHAT THE NEXT STEPS WORKSHOP PROVIDES:

- information about dementia and the local help available
- advice and practical guidance on approaching difficult issues
- the chance to meet others with dementia and families in a similar situation
- time to ask any questions you may have about dementia
- more understanding of the process of assessments and the decision making used to diagnose dementia
- an opportunity to share your experiences
- an individualised information resource pack to take home.

WORKSHOP INFORMATION:

- The free session lasts around two and a half hours, with tea and coffee provided
- The group is made up of those recently diagnosed with dementia and their families. Please note: this is not suitable for children to attend
- It is led by professionals in the Memory Assessment Service including community psychiatric nurses, occupational therapists and assistant psychologists
- The session will be held at the Rectory Road Health Clinic, Rushden, NN10 0AE.

Please note places are limited.

Once you have discussed the possibility of a referral to the workshop with a professional and received this leaflet, please book your place and confirm attendance by contacting the Assistant Psychologist - Lara on 01933 416 509 or 01933 416 503.



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**Northamptonshire Healthcare
NHS Foundation Trust
Memory Assessment Service
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Inspected and rated

Outstanding ☆



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If you require this leaflet in other formats or languages please contact PALS: 0800 917 8504

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0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন

Jei šią skrajutę norite gauti kitu formatu ar kalba, kreipkitės į PALS: 0800 917 8504

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub języku,

prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect în alte formate sau limbi, vă rugăm să contactați PALS: 0800 917 8504

Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.