

FURTHER INFORMATION

Unfortunately, we are unable to offer support with transport at this time. Free parking is available at Berrywood Hospital, although spaces are limited.

If you have any further questions, or would like to join a group, please speak with the member of staff you are working with, or contact us at:



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**Northampton Memory Assessment
Service (MAS)**
Watermill Resource Centre
Berrywood Hospital
Berrywood Drive
Duston
NN5 6UD

Telephone: 01604 685 596

www.nhft.nhs.uk

Inspected and rated

Good



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

এই লফিলেটটি যদি আপনার অন্য কোনো ফরম্যাটে বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করুন 0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন

Jeżeli potrzebujesz tego ulotka w innym formacie lub języku, prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub języku, prosimy o kontakt z PALS (Informacyjna służba dla pacjentów) po 0800 917 8504.

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.

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LIVING WELL WITH DEMENTIA GROUP

NORTHAMPTON



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LIVING WELL WITH DEMENTIA GROUP

WHAT IS THE LIVING WELL WITH DEMENTIA GROUP?

Living well with dementia is a group programme that has been developed to help improve the quality of life for people who have dementia.

It provides an opportunity for people to meet others who are coming to terms with a diagnosis of dementia, as well as somewhere to learn strategies and tips for coping. It is run jointly by Occupational Therapists, Assistant Psychologists, and Clinical Support Workers from the Memory Assessment Service (MAS).

WHO IS IT FOR?

The living well with dementia programme could be helpful for people who have a diagnosis of mild to moderate dementia.

If you have been referred to the Memory Assessment Service (MAS) and have received a diagnosis of dementia, support from this group is open to you. Please feel free to discuss any concerns or apprehensions you may have about joining a living well with dementia group with the team you are involved with. Alternatively, you can find out more by contacting the Assistant Psychologist with the Memory Assessment service in your area.

WHAT SUPPORT IS AVAILABLE FOR CARERS?

A friend or family member is invited to attend the first and last living well with dementia sessions with you. For the other sessions, Northamptonshire Carers runs a series of workshops in parallel to the living well with dementia group. These are an informal place for carers to meet others in similar situations. Topics include future planning, understanding changes in behaviour, contingency-planning and looking after yourself.

WHAT CAN I EXPECT FROM THE GROUP?

We appreciate that dementia, and the impact it has, is often a difficult and emotional topic to discuss. The group provides a relaxed and sensitive environment where everyone is supported. We use a recovery-focused approach which encourages people to adapt to the changes in their lives by learning new strategies and maintaining hope for the future.

The group runs once a week for 10 weeks on either Monday or a Wednesday from 1pm - 3pm. Between six and eight people will be in the group and the same people will be attend for the 10 week block. The group will be run by two trained facilitators. Each session will last approximately two hours with refreshments provided. Hand-outs covering all topics from the session will be available at the end.

The overall aims of the group are:

- Helping people to adjust to their diagnosis
- Encouraging people to feel empowered to make decisions about the present and future
- Increasing self-esteem and hope, to develop a sense of meaning and purpose
- Finding a way to cope with problems
- Reduce stigma - feel like being a part of life (social engagement) rather than excluded