

FURTHER INFORMATION

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:

Wellingborough/Rushden Memory Assessment Service (MAS)
The Rushden Centre
Newton Road
Rushden
NN10 0PT
Telephone: 01933 416511

Unfortunately, we are unable to offer support with transport at this time.

We can provide this leaflet in large print, Braille, audio tape, disc and in other languages or formats. Please contact the Patient Advice and Liaison Service on 0800 917 8504 or pals@nhft.nhs.uk for alternative copies.

LIVING WELL WITH DEMENTIA GROUP



Northamptonshire Healthcare 
NHS Foundation Trust

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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 of people who experience dementia.

The group meets once a week over the course of ten weeks. 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 and Assistant Psychologists 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 CAN I EXPECT FROM THE GROUP?

The aim of the group is to help people to talk about their dementia experiences, including any difficulties and how they impact upon their everyday life. Being able to socialise and share experiences is an important aspect of the group.

We realise that it is often a difficult and emotional topic to discuss, so 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.

Groups are relatively small with approximately six to eight members. A friend or family member can attend the first and last group session with you. There will be two facilitators at the group who will have received specific training to run the group sessions. Sessions last for just over an hour and hand-outs covering all topics from the session will be distributed at the end.

The overall aims of the group are to:

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

If you decide that you would like to attend the group, one of the facilitators will contact you to arrange a pre-group meeting. This is a relaxed and informal chat, so you can ask any questions you may have and address any concerns or apprehensions you are feeling.