

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:



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**Northamptonshire Healthcare
NHS Foundation Trust**
Stuart Road Resource Centre
Stuart Road
Corby
NN17 1RJ

Telephone: 01536 444850 / 01536 444870
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 করে 0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন

Jeżeli się 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.

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LIVING WELL WITH DEMENTIA GROUP

**KETTERING /
CORBY**



 01536 444850

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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 of people who have a diagnosis of 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 a Occupational Therapist and Assistant Psychologist from the Memory Assessment Service (MAS).

WHO IS IT FOR?

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 the group by contacting the Assistant Psychologist on the telephone number overleaf.

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?

The aim of the group is to help people to talk about their dementia experiences, including any difficulties and how they impact upon 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.

Each group has between 8 to 10 members. The group takes place on the same day each week at Stuart Road Resource Centre, Corby. Sessions last for an hour and a half with a tea break in the middle. Group members will be provided hand-outs from the session to discuss with partners and family. 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 to develop a sense of meaning and purpose
- Find a way to cope with problems
- Learning strategies for dealing with problems that you have

If you decide that you would like to attend the group, please call the phone number overleaf and 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 that you may have and address any concerns that you are feeling.