

## 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:

Daventry Memory Assessment Service (MAS)  
Daventry Mental Health Resource Centre  
Danetre Hospital  
London Road  
Daventry  
NN11 4DY

Telephone: 01327 707201 ext. 7201  
Email: [Amy.Woodham@nhft.nhs.uk](mailto:Amy.Woodham@nhft.nhs.uk)

If you have your own transport, free parking is available at Danetre Hospital, although spaces are limited.

If you do not have your own transport, hospital transportation can be organised for you by prior arrangement.

---

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](mailto:pals@nhft.nhs.uk) for alternative copies.

# LIVING WELL WITH DEMENTIA GROUP



# 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 dementia.

The group meets once a week over the course of ten weeks. They provide 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 the group is to help people to talk about their dementia experiences, including any difficulties and impacts on 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 groups are a relaxed and sensitive and 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. They take place on a Thursday morning between 10:30am - 12noon at the Daventry Mental Health Resource Centre, Danetre Hospital. A friend or family member can attend the first and last group sessions 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 so you can develop a sense of meaning and purpose
- Find a way around problems
- Help people to feel like being a part of life rather than excluded from it

If you decide that you would like to attend a 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.