

## The Living Well Programme

The Living Well Programme is offered to all people with a recent diagnosis of dementia and who are in the early stages of the condition. Its aim is to help and support you in coming to terms with the diagnosis and to offer some practical advice on living well with dementia.

Two groups run in tandem to provide you and your carer the chance to gain any information you feel might help you.

### Living Well Programme

WEEK 1: Both groups together. Introductions & discussion of proposed programme. What would you like to know?

WEEK 2: How your memory works. What is memory and how can we use aids to help us with our memory problems. Explanation of different strategies.

WEEK 3: "Coping with change" Discussing skills and strategies to assist coping with your changing circumstances.

WEEK 4: Healthy Lifestyles. Looking at the benefits of a healthy lifestyle and how this impacts on our mental wellbeing.

WEEK 5: "The benefits of reminiscence" Not just looking at old photos!

WEEK 6: "Memory and Mood" How your mood and memory affects you, how they impact on each other.

### Carers Programme

WEEK 1: Both groups together. Introductions & discussion of proposed programme. What would you like to know?

WEEK 2: With a Dr and Nurse present. An explanation of the types of memory problems, understanding medical terminology, tests and examinations.

WEEK 3: The role of various health professionals. Reasons for attending day hospitals and other community support services.

WEEK 4: "Coping with stress", a professional looks at how we manage our stress. Rounded off by a lovely relaxation session that can be practised at home.

WEEK 5: Finances, benefits and tips on form filling.

WEEK 6: The role of the OT and how aids and adaptations in your home can help, eg telecare

WEEK 7: Voluntary organisations: the Alzheimer's Society. Review and evaluation of the six weeks. Planning for the future.

### Useful contact numbers

Bolsover tel: 01246 827901

Moorfield Day Hospital tel:01246 562156

Walton Hospital tel: 01246 515151

Lea Hurst – Susan (Secretary) tel: 01246 515576

Nurses tel: 01246 515915

Alzheimer's Society tel: 01332 208845

Helpline tel: 0845 300 0336

North Derbyshire Doctors tel: 0843 258 0573

Citizens Advice tel: 01246 209164

Call Derbyshire tel: 08456 058 058

NHS Direct tel: 0845 4647

Chesterfield Community Mental Health Team tel: 01246 216522

North East Derbyshire Community Mental Health Team tel: 01246 216522

Age UK tel: 01246 273333

Chesterfield & District Shopmobility tel: 01246 559331

Chesterfield Community Transport tel: 0800 019 5513

DYNAH (Do You Need A Hand) tel: 01246 241108

Derbyshire Carers Association (Bolsover, Chesterfield & North East) tel: 01246 222373

Hasland Resource Centre tel: 01629 537505

Staveley Centre tel: 01629 533040

Older people mental health  
Day Services Outreach  
Lea Hurst Day Unit  
Walton Hospital  
01246 515458  
01246 515711