

**DYNAH (Do You Need A Hand) -**  
01246 241108

**Derbyshire Carers Association**  
(Bolsover, Chesterfield &  
North East) - 01246 222373

**Hasland Resource Centre -**  
01629 537505

**Staveley Centre -**  
01629 533040

**Making Space (Derbyshire Dementia**  
**Support Service)-**  
01246 592010

### **Compliments, comments, concerns or** **complaints?**

If you have any compliments,  
comments, concerns or complaints and you  
would like to speak to somebody about them  
please telephone **01773 525119** or email  
[dchst.patientexperienceteam@nhs.net](mailto:dchst.patientexperienceteam@nhs.net)

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[DCHST.communications@nhs.net](mailto:DCHST.communications@nhs.net)

### **USEFUL CONTACT NUMBERS:-**

**Bolsover Hospital - 01246 827901**

**Moorfield Day Hospital - 01246 562156**

**Walton Hospital - 01246 515151**

**Lea Hurst –**  
**Secretary - 01246 515576**  
**Nurses - 01246 515915**

**Making Space (Derbyshire Dementia**  
**Support Service)**  
**01246 592010**

**North Derbyshire Doctors –**  
0843 258 0573

**Citizens Advice – 01246 209164**

**Call Derbyshire— 08456 058 058**

**NHS 111 service - 111**

**Chesterfield Community Mental**  
**Health Team – 01246 216522**

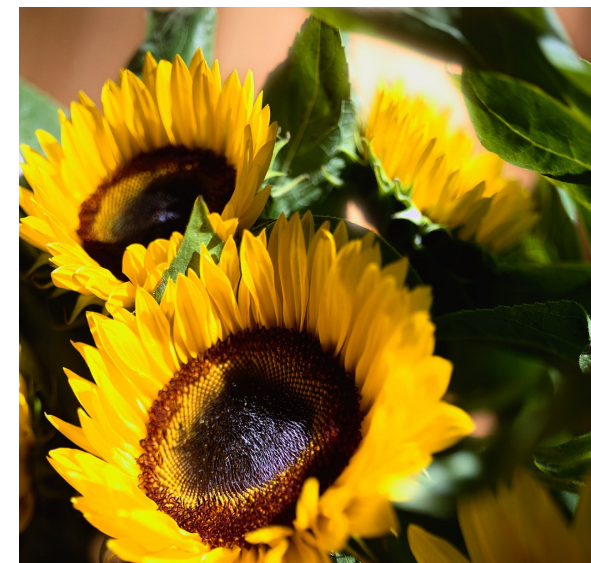
**North East Derbyshire Community Mental**  
**Health Team – 01246 216522**

**Age UK – 01246 273333**

**Chesterfield & District Shop mobility –**  
01246 559331

**Chesterfield Community Transport –**  
0800 019 5513

# **Living Well With** **Dementia** **Programme**



**Older people mental health**  
**Day Services Outreach**  
Lea Hurst Day Unit  
Walton Hospital  
Telephone: 01246 515458  
Fax: 01246 515711

## Welcome to the Living Well Programme

The Living Well Programme is offered to all people with a recent diagnosis of dementia who are in the early stages of the condition and their carer . However we recognise that some people may not be ready for this service immediately. In which case the people below may be able to refer to our service when you do feel the time is appropriate.

The person with the memory problem and their carer can be referred to the living well program by various agencies. These include Social Services and GP Practices as well as Mental Health Workers. The person with the memory problem or their carer can self refer into our service, simply contact the Outreach Team. The telephone number is on the front of this leaflet. The person with the memory problem can attend alone as can the carer if the situation dictates. 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.

## 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:** “Memory and Mood” How your mood and memory affects you, how they impact on each other.

**WEEK 6:** The benefits of reminiscence”  
Not just looking at old photos

## Carers Programme

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

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

### **WEEK 3: Care Pathways**

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

**WEEK 4:** The role of the OT and how aids and adaptations in your home can help, eg telecare

**WEEK 5:** Role of the Social Worker including. Finances, benefits and tips on form filling.

**WEEK 6:** Derbyshire Carers Association, and the support they can offer.

**WEEK 7:** Voluntary organisations: Making Space. Review and evaluation of the six weeks. Planning for the future.