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

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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
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.