

# *Alzheimer's & Dementia*

S U P P O R T   S E R V I C E S

## **Carers Support Groups**

Are you caring for someone with Dementia?

Do you feel isolated or alone?

Do you feel that no one really knows what your life is like?

Making connections with others who understand and can support you is important to your wellbeing.

Our Carers Support Groups provide a sociable environment for both Carers and those they care for and offers you the opportunity to gain support through the shared experience of others.

Gravesend	Thursdays	10.00am - 12.00pm
Hartley	Thursdays	10.00am - 12.00pm
Meopham	Tuesdays	10.00am - 12.00pm
Swanley	Runs every 6 weeks on a Wednesday	

**For more information, call us on 01474 533990  
or visit our website [www.alz-dem.org](http://www.alz-dem.org)**

Caring for people living with Dementia can be a very demanding, often isolating, role. Carers often find that their opportunities to have a break, or talk to others, are limited and the Carers Support Groups are an ideal opportunity to meet with others in a similar position, to share problems, seek advice, and generally relax in a safe social setting.

Carers can come to the groups on their own or with the person they are supporting. The groups have Volunteers who can help support the person you are caring for while you talk to other Carers.

Carers who attend the groups can decide how they want to get involved. The groups are free to attend and some have raffles, bingo sessions, run table sales etc, to raise funds towards social activities such as outings, day trips or group lunches.

Guest speakers are often arranged to give talks and advice on living with Dementia and an Alzheimer's & Dementia Support Services Facilitator attends monthly and can offer information and signposting to other services that can help you.

Everyone is affected by Dementia in different ways and by sharing your concerns or issues with others, who are experiencing the same thing, you can gain invaluable insight while making new friends.

We appreciate that it can be a little daunting to join a new group but we offer all members a very warm welcome. If you would like to come to a group please do call us - we will arrange for you to be met and welcomed at the venue and introduced to other members.

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Garden Lodge

## **Garden Lodge**

### **Day Care**

A warm and welcoming Day Care setting for people living with Dementia, offering:

- A positive and supportive atmosphere
- Friendly and supportive staff trained in Dementia Support
- Stimulating, structured and planned activities to support cognition
- Person Centred Care
- Excellent staff to client ratios
- 2 course lunch
- Open Monday - Saturday 10.00 - 3.00
- Transport available

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Whether it is to provide a break for family and Carers or to enable people living with Dementia to have fun, company and stimulation, Garden Lodge offers a specialist support service based on person-centred care.

A comfortable and bright environment, numbers are restricted to ensure that everyone attending can get the personal attention that they deserve.

All our staff are trained in Dementia Support and offer the caring, friendly support that is so welcomed by our members.

We provide a varied range of activities from reminiscence sessions to gentle physical exercises, from art and craft work to music and singing; we have 'themed' days and activities, based on events from the past or seasonal topics, and often have guest speakers or entertainers to brighten up the day.

Activities are based on cognitive stimulation therapy and are adapted to individuals skills and interests. No one is left out and if people prefer not to join in particular activities we provide smaller group sessions for people to enjoy.

Escorted transport is available if required but people can also make their own way in if they prefer.

A freshly prepared 2 course lunch is provided and any special dietary needs are catered for.

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Monday Club

## **Monday Club**

Do you have a diagnosis of Dementia?

Do you still want to take part in all the social activities you enjoy?

Do you want to meet new people and make friends?

The Monday Club is for people in the early stages of Dementia.

The Club runs weekly on Mondays 10.00am - 3.00pm  
(*except Bank Holidays*)

Transport available.

A staff team supports members in planning a monthly programme of activities that includes visits to places of interest and lunches out in the community.

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People with a diagnosis of Dementia can live well and independently, particularly in the early stages, and the Monday Club helps support this independence.

Club members make their own choices and decisions, supported, where appropriate, by a staff team trained in Dementia support.

The members choose what they want to do and where they want to go - these choices can range from inviting guest speakers to visiting places of interest - shops, lunches out or even a visit to the pub or coffee shop - basically wherever their interests lie.

Examples of activities have included inviting the Birds of Prey Sanctuary to visit, with their birds, a visit and talk at a Fire Station, Tea at the Mayors Parlour, a visit to an Aircraft museum, and a tour of Dickens World.

Members have taken part in helping to shape Dementia services locally and have given their views and advice to professionals to help to make our area a Dementia friendly one.

Transport can be provided but people are welcome to make their own way to the club if this is their choice.

A trial visit is offered, for anyone thinking of joining the club, to meet with the other members and the staff.

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### **Peer Support Groups**

Have you recently had a diagnosis of Dementia?

Are you concerned about what the future holds?

Do you have a lot of questions?

Our Peer Support Groups offer people in the early stages of Dementia the opportunity to share experiences and talk to others in a similar situation.

These groups offer:

- Practical and emotional support in a confidential environment
- Information and advice tailored to individual needs
- Signposting and advice on other support available
- The opportunity to share experiences
- Guest speakers

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A diagnosis of Dementia can often raise a lot of questions - How will it affect me? How will it impact on the people around me? What do I have to do to plan for the future?

Sometimes people do not want to raise these questions with professionals or families. The Peer Support Groups are made up of people living with Dementia who can use the sessions to relax over a cup of coffee, and share their experiences with each other, ask questions, and generally support each other.

Each session has a Mentor - a person who has Dementia themselves, who can help people to understand the condition from a personal point of view. The group has a Facilitator to support you and provide information if required.

People can come to groups as often as they need, or for as long as it is appropriate for them - some people come for an initial 6 weeks, just to find out information; others come regularly to meet up with friends, to share experiences, and to relax in a safe and comfortable environment where everyone understands you.

If you are interested in attending one of these groups please contact us and we will arrange to visit you and see how the group can meet your needs.

All discussions within the group are confidential so Carers do not attend though they are welcome to meet up, in another space, where they can talk and share their own experiences with the other Carers.



# *Alzheimer's & Dementia*

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## **Carers Learning Groups**

Are you caring for someone living with Dementia?

Do you need to find out more about the condition?

Do you need advice about, and support with,  
your role as a Carer?

Our Carers Learning Groups run throughout the year, in different areas, and cover topics such as:

- Dementia - what is it?
- Communication - how does Dementia affect communication?
- Behaviours - why do some people do the things that they do?
- The Carers role - why it is important that you take care of yourself?
- Support - what is out there that can help you?

The courses generally run over 5 weeks, with 3 hour sessions each week, with resource material and fact-sheets, and information from guest speakers.

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People generally do not expect to be Carers but a diagnosis of Dementia can change you from a wife or a husband to a Carer, from a daughter or son to a Carer, often with little understanding of how this will affect you and the person living with Dementia.

The Carers Learning Group course is designed to help support you in your role as Carer for someone living with Dementia.

We will explain about the different illnesses that cause the condition, how it can impact on the way some people may behave (and the reasons for this), how to manage if a person starts to lose their communication skills or forget words, and offer you different techniques and skills to help you to manage.

We invite different specialists to come and speak to you, and to answer your questions, on a varying range of subjects from legal advice, benefits advice, how to make your home a Dementia 'safe' environment, and advice from specialist Dementia Nurses.

Your role as Carer can be a very stressful one and we aim to help you to look at ways of coping, to make sure that you take care of yourself as well as the person you are caring for.

Whether you are caring for someone who has recently developed Dementia or have been caring for someone for many years, these courses can help.

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## **Support at Home**

A specialist support service offering one-to-one support for people in their own homes.

Do you have problems going out on your own?

Have you lost your confidence to do the things that you used to do, or need a little help?

Our Support at Home service is provided by staff who have been trained in Dementia care and understand how important it is for everyone to maintain their independence.

Our Support Workers will work with you to help you to maintain your interests and skills; they can come shopping with you, accompany you on outings or visits, help you manage bills and correspondence, or just visit you at home to help you with whatever activities you enjoy.

The Support at Home service is available for a minimum of 2 hours a week or for as long as you'd like.

Service can be provided Monday - Sunday, 7.00am - 10.00pm

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**Support At Home**

The Support at Home service is designed to 'work with', rather than 'do for' people, to help them to maintain their independence. Often people with Dementia will become isolated because they have concerns about going out alone, or they lose the confidence to be able to maintain their social life outside the home.

They may have difficulties with speech or memory, and begin to believe it makes it difficult for them to mix with others, or may have become isolated because they have not been able to maintain their contacts with friends.

This service provides a dedicated Support Worker, who will be 'matched' to the person they are visiting, who will encourage and support the individual to maintain their life skills and choices.

The Support Workers can take the person out to places of their choice (all are fully insured) or provide support within the home to help the person with their pastimes and interest.

The service is based around a person-centred approach so the wishes, choices and decisions of the person we are supporting is at the heart of what we do. Activities are led by the person we are supporting and they decide what they wish to do.

We will take time to get to know the person we are supporting and the same Support Worker (or small team of Support Workers, to cover leave or sickness) will be permanently allocated so that the person receiving the service will get to know them and build a trusting and supportive relationship.

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## **Support at Home - Plus**

A CQC registered specialist Domiciliary service for people living with Dementia.

A trusted and reliable service provided by Support Workers who are fully trained in Dementia care.

We offer:

- Help with all aspects of personal care and support
- Assistance with medication
- Food preparation and support with eating
- Assistance with household tasks

Small, permanently allocated, staff teams to ensure continuity and trust

Service can be provided Monday - Sunday, 7.00 am - 10.00 pm

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Support At Home Plus

We understand that continuity and reliability are very important to people living with Dementia so our staff work in small teams to ensure that only 'familiar faces' will provide services.

We keep a detailed care plan on every service user to ensure that all of their needs are noted and met, and review these regularly.

We keep detailed visit records of what has been done on each visit so that Carers and families can be assured that we are meeting people's needs.

We like to 'work with' people to help them to maintain their skills for as long as possible, and to give them quality time so that they are not hurried, so minimum visit times are usually an hour.

We take an enabling approach in this service, encouraging and supporting people to do as much for themselves as possible within their individual abilities, rather than just taking over, to help them maintain their independence for as long as possible.

We believe in enabling people to make their own choices and staff are skilled at using a patient / encouraging approach to support people to accept help.

As well as full training in all aspects of Dementia care, our Support staff are fully vetted and checked prior to employment, with on-going DBS checks and training updates throughout their employment with us.

The service is CQC registered and complies with their standards.

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### **Memory Cafés**

An informal and social environment for people with concerns about their memory.

A welcoming and warm atmosphere where everyone is included.

We have a variety of activities at our cafés including guest speakers, entertainment, and refreshments, all provided free of charge in a safe and friendly environment.

While the emphasis is on taking the opportunity to meet others, relax and generally have fun, we also offer:

- Practical and emotional support to let you know that you are not alone
- Information and advice tailored to your individual needs
- Signposting and information on other services that might help you.

Cafés are held in various areas, please contact us to find your local café.

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We manage a number of monthly Memory Cafés, in various locations, throughout the area.

The cafés are relaxed and informal and offer people living with Dementia, and their Carers, friends or family, the opportunity to meet up for a chat, find out about support available to them, get information and advice, and meet other people in the same position as themselves.

There is a Facilitator at each café who can provide one-to-one sessions for people, if they need support or advice.

All cafés have Volunteers who are there to make people feel welcome, to chat to them and to provide a steady flow of tea and coffee.

We invite guest speakers to come along and give talks, and answer questions, on various aspects of living with Dementia - these can include people who can give advice on benefits, how to make your home a Dementia 'safe' environment, and advice from specialist Dementia Nurses.

The cafés are open to anyone to drop-in but if you would like to try one out please call us and let us know that you are coming and we can arrange for you to be met and welcomed, at the venue, and introduced to other people.



# *Alzheimer's & Dementia*

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Singing for the Brain

## **Singing for the Brain®**

Building well-being and confidence for people living with memory problems.

Singing for the Brain is designed for people with Dementia and their Carers, giving them a structured singing session to stimulate the brain.

It gives Carers, and those they care for, the opportunity to share an interesting activity that they can do and enjoy together.

People living with Dementia who may have difficulty finding words often remember and sing songs from start to finish and can even learn new songs.

The sessions provide an opportunity for self expression and confidence building.

Non-singers are most welcome!

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Singing is a wonderful way to combine memory skills, breathing control, exercise, and having fun, all in one simple session.

Even if we have problems with day to day memory we can often remember the words to songs long after we have forgotten other things.

Songs evoke memories - we all have favourite songs that remind us of things that have happened in the past - Singing for the Brain can help tap into these memories.

Singing is an excellent breathing exercise and each session will begin with warm-up exercises to get people physically ready to take part - a lot of the songs have been adapted to put 'actions to music' which increases exercise in a fun way.

Singing helps with word skills - people may have problems articulating words in general conversation but find that they 'come out right' when sung.

Even non-singers, or people with non-verbal communication, can join in - percussion instruments are provided so that no one is left out.

People look forward to meeting the friends that they have made at Singing for the Brain and it's a real social event.

# *Alzheimer's & Dementia*

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## **Welcome to the Alzheimer's & Dementia Support Services**

We are an independent charity, registered with the Charity Commission and CQC. We have developed, and offer, a wide range of services that provides the practical and emotional support to people with Dementia, their carers, supporters and other relatives, that they need.

We operate primarily in the Dartford, Gravesham and Swanley areas and our main aim is to help people to remain in their own homes for as long as possible and to support Carers throughout their caring role, and beyond, even after that role has ended.

Since 1991 we have pioneered services for people living with Dementia and have been a lead partner in the delivery of projects which regularly receive local and national recognition:

- A Black & Minority Ethnic project
- GP's Early Intervention project
- Introduced Dementia Buddies into Darenth Valley Hospital (now rolled out across Acute Hospitals in Kent)
- The Prime Ministers Schools Dementia Challenge
- Darenth Valley Hospital Bridging Service to help support timely discharges from hospital
- Set up and managed the 24 Hour Kent Dementia Helpline
- Hosted regular Kent-wide forums to discuss Dementia

We are passionate about providing high quality Dementia services that are co-designed with our service users to develop provision that truly meet their needs.

We welcome the opportunity to work with others and have positively embraced the Dementia Friendly Communities action and are members of the Kent Dementia Action Alliance.

We proactively look to work closely with anyone and everyone that has an interest in Dementia and improving the lives of people living with this condition. We willingly present to schools, to clubs, to Patient Participation Groups etc to raise awareness and de-stigmatise Dementia.

We enjoy the opportunity to be innovative and really push the boundaries of what is considered to be the norm.

As a charity we welcome new members and Volunteers to join us.

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