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# The Living Well Programme



## Welcome to the Living Well Programme

The Living Well Programme is a 6 week programme offered to all people with a recent diagnosis of dementia who are in the early stages of the condition.

Its aim is to help and support you in coming to terms with the diagnosis. We offer some practical advice on living well with dementia and provide you and your carer with the opportunity to gain any information you feel might be of help to you.

Here are some comments we have received from service users and carers about the Living Well Programme:

“Valuable sessions”

“Living Well is the first thing we have been offered and we have found them helpful. We feel isolated, but less so after being at these sessions”

“Diagnosis of dementia is frightening, but coming to the Living Well sessions and listening and talking to other people makes it less so”

“I am very pleased I was given the opportunity to attend. I have thoroughly enjoyed every minute of it”

The Living Well Programme has been designed following the recommendations of the Dementia Strategy (2009) and Nice Guidelines (QS1, 2010 and QS30, 2013)

## Living Well Programme

- Diagnosis and introduction to memory
- Looking after your mental health post-diagnosis
- Maintaining your physical health
- Coping With Change
- Coping with the present and developing support networks in the community for the future – Dementia Support Services invited
- Planning for the future including financial matters
- Reminiscence, Life History and Cognitive Stimulation Therapy (CST) introduction
- Recap, questions, final signposting