








Dementia Care Pathway – Booklet 3

Living Well with Dementia



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Contents

	Living Well with Dementia	Page 2-3
	Keeping Your Independence	Pages 4
	People Who can Help	Page 5-7
	Help and Support	Pages 8-12
	Your Personal Well-being Plan	Pages 13-14
	Things to Remember	Pages 15
	Get More Information	Page 16



Living Well with Dementia



You can continue to have an enjoyable and active life even though you have dementia.



Living well with dementia is about feeling supported and getting the help you need.



Living well with dementia is about continuing to enjoy being with your family and friends.



Living Well with Dementia



It is important that people listen to you and know what is important to you.



People should think about you and not just the dementia. You are still the same person.



You are still a member of your family, a friend and a member of your community.



Keeping Your Independence



Keeping your independence is about still being able to do what you want to do.



You can go to different groups in your community for support. This will help you to meet up with other people.



There are also professionals who can support you and help you to do what you want to do. This is the Learning Disability Team.



People Who Can Help



A Psychiatrist is a doctor who can tell you if you have dementia. They may give you medication.



A Psychologist helps if you have difficulty with your thoughts, feelings and behaviour.



An Occupational Therapist can help you to keep doing your everyday activities at home and in the places you go to.



People Who Can Help



A Physiotherapist can help you move around safely, keep you active and look after your chest.



A Speech and Language Therapist can help with eating, drinking, swallowing, talking and listening.



A Social Worker can talk to you and your family about any support you need.



People who can help



A Nurse can help you with your health and wellbeing.



Your Key Worker will plan your support. They will help the team work together to support you and your carer.

Your Key Worker is _____



The Learning Disability Team work together to look at what therapy, treatment or medication might help you.



Help and Support



You might need some equipment to help you live the way you want, to keep you safe and to make life easier.



You might need equipment to help you move about.



You might need an alarm to let people know where you are and when you need help.



Help and Support



Special clocks, calendars and timetables can help you remember the time, the day and what you are doing.



Phones can be changed so it is easier for you to talk to people.



Special lights that are bright and come on when you move can stop you from falling.



Help and Support



You might need some changes to your home.



You might need to make changes to your bedroom and bathroom.



You might need handrails to keep you safe when you move.



Help and Support



Special cutlery and coloured cups and plates can help with your eating and drinking.



Photographs, pictures and labels around the house can help you remember where things are.



Changing your carpets can make it easier to move around.



Help and Support



You may need help to think about what you want to do with your money.



It is important that your family and carers get support too. They can talk to your Key Worker about what help they need.



People who have dementia are all different and all need and want different things.



Your Personal Well-being Plan



It is important that there is a way to let people know what you want and need.



Staff will talk to you about making a personal well-being plan.



A personal well-being plan lets people know what you would like to happen and how you can stay well.



Your Personal Well-being Plan



Your personal well-being plan tells people what you like and what you do not like.



Your personal well-being plan tells people what choices you have made for now and later.



Your personal well-being plan tells people what help and support you need.



Things to Remember



Although dementia cannot be stopped there are lots of people who can help and support you.

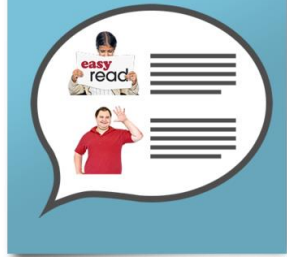


They will help you to find different ways to keep doing the things you want to do for as long as possible.



They will help you to live well with dementia so you can still be you.

Info



Get More Information



You can get help from charities, your local Health and Social Care Trust and local council.

This easy read booklet was created with the help of

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Personal and Public
Involvement (PPI)



Involving you,
improving care



Public Health
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