

Managing Memory 2gether GROUP INFORMATION SESSIONS

FOR PEOPLE WORRIED ABOUT MEMORY

Managing Memory

- How memory works
- Types of memory
- Coping with forgetting - aids and techniques to help your memory
- Staying healthy

FOR PEOPLE WITH EARLY STAGE DEMENTIA AND FOR FAMILY AND FRIENDS THAT SUPPORT THEM

Living Well With Dementia Part One

- What we know about dementia
- How dementia affects you
- Treatments available
- What helps people with dementia

Living Well With Dementia Part Two

- Impact of diagnosis
- Adjustments and choices
- Practical ideas to cope with change
- Keeping well

FOR FAMILY AND FRIENDS THAT SUPPORT SOMEONE WITH DEMENTIA

Understanding Dementia

- Symptoms and causes of dementia
- The different forms of dementia
- Who gets dementia
- How dementia is diagnosed
- Treatments available for dementia

Getting Help Services and Support

- What help is available?
- Who provides support and help?
- How to access support and help?
- How to complain

The Brain and Behaviour

- What it feels like to have dementia
- How feelings lead to behaviours
- What responses may be useful/not useful

Positive Communication

- Communication used in everyday situations
- How communication is affected for the person with dementia
- Help in communicating

Each session lasts two hours with a break for refreshments.

To find out more and to book places
please telephone 0800 694 8800
or e-mail managingmemory@glos.nhs.uk