



Dementia
Wellington

SERVICES AND SUPPORT 2019

A guide to the services and education available for anyone affected by dementia in the Wellington region

ACTIVE AND ENGAGED IN OUR COMMUNITY

(04) 972 2595

www.dementiawellington.org.nz

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Please note: All dates, times and locations listed are subject to change.
Call (04) 972 2595 or email admin@dementiawellington.org.nz for more information.

ABOUT DEMENTIA WELLINGTON

Dementia Wellington is the only charity in Wellington providing dementia-specific services to local families.

Through tailored advice, support, information and education, the team at Dementia Wellington offer free services to anyone diagnosed with dementia and their whanau, at every stage of the condition. We work across Kāpiti, the Hutt, and Wellington to help people with dementia to remain active and engaged in their community.

As a charity, donations are vital to allow us to keep providing services to people affected by dementia. Therefore, we appreciate a koha to help us cover course costs. We charge a fee for business seminars, please contact us for rates.

How to help

If you would like to support Dementia Wellington, you can donate online at www.dementiawellington.org.nz/donate or send a cheque to Dementia Wellington, PO Box 39393, WMC, Lower Hutt, 5045.

We also have a range of fundraising and volunteering opportunities – you can find out more on our website and Facebook page.

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EDUCATION

We offer a comprehensive education programme for people with dementia, those supporting a person with dementia, health professionals, and the general public.

If you are interested in attending any of the courses listed below, please contact the Dementia Wellington office on (04) 972 2595 or email admin@dementiawellington.org.nz.

Living Well With A Cognitive Impairment

After a diagnosis of Mild Cognitive Impairment or Dementia, a person may feel overwhelmed, and unsure what to do next. This course could be the best next step.

This course covers:

- Learning about mild cognitive impairment and dementia
- Creating a Living Well Plan just for you
- Meeting other people living with a cognitive impairment

	Session 1: 10.00am to 2.30pm	Session 2: 10.00am to 2.30pm
Wellington	Tuesday, 12 March	Tuesday, 19 March
Kāpiti	Wednesday, 3 April	Wednesday, 10 April
Hutt Valley	Wednesday, 1 May	Wednesday, 8 May
Porirua	Tuesday, 9 July	Tuesday, 16 July

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Navigating Dementia

A ninety-minute seminar open to anyone wanting more info about:

- What is and isn't dementia
- What to do if concerned about changes in memory or thinking
- Ideas for living well with dementia
- The support and resources available

There will be opportunity to ask questions and connect with other people in similar situations.

Where and when			
Hutt Valley	24 January, 10am <i>Petone Community House</i>	2 May, 10am <i>Walter Nash Centre</i>	25 July, 6.30pm <i>Walter Nash Centre</i>
Kāpiti	12 February 10am <i>Kāpiti Library</i>	21 May, 6.30pm <i>Kāpiti Library</i>	15 August, 10am <i>Kāpiti Library</i>
Wellington	25 February, 7pm <i>Tawa College</i>	7 March, 1pm <i>Central Library</i>	13 June, 10am <i>Central Library</i>
Porirua	9 April, 10am <i>Kenepuru Hospital</i>	2 July, 1pm <i>Kenepuru Hospital</i>	26 Sept, 6.30pm <i>Kenepuru Hospital</i>

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Dementia Essentials Seminars

These one-off seminars cover a wide range of topics delivered by experts in each subject and are open to everyone. Topics include:

- Communicating effectively
- Understanding changes in behaviour
- Legal considerations and Advanced Care Planning
- Staying safe
- Dealing with grief and loss

Please check our website www.dementiawellington.org.nz or call (04) 972 2595 to find out the topic and speaker at each seminar.

From 1.30 to 3.00pm			
Porirua <i>To be confirmed</i>	2 April	9 April	16 April
	7 May	14 May	21 May
Hutt Valley <i>Dowse Gallery</i>	6 August	13 August	20 August
	27 August	3 September	10 September

Dementia Education for Health Professionals

A one-day seminar for people working in the health sector, covering:

- The basics of dementia
- Communicating effectively with people affected by dementia
- The Dementia Pathway
- Understanding and supporting the family/whānau experience

From 9.00am to 4.00pm	
Porirua <i>To be confirmed</i>	Wednesday, 24 July

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Dementia Essentials Mid-Stage

A three-session course held over three weeks, for family members or friends supporting a person in the mid stage of dementia, covering:

- How to understand and respond to changes in behaviour
- Maximising independence and safety
- What to consider as you prepare for the future

This course is run in conjunction with WellElder, a counselling service for older people.

	From 10am to 2.30pm
Hutt Valley	13 February, 20 February, and 27 February
Kāpiti	13 March, 20 March, and 27 March
Wellington	31 July, 7 August, and 14 August
Porirua	16 October, 23 October, and 30 October

Dementia Essentials Late-Stage

A three-session course held over three weeks, for family members or friends supporting a person in the late stage of dementia, covering:

- Understanding late-stage symptoms and palliative care
- Creating a shared care approach with care providers
- Having positive visiting experiences

	From 10am to 2.30pm
Hutt Valley	3 April, 10 April, and 17 April
Kāpiti	29 May, 5 June, and 12 June
Wellington	25 September, 2 October, and 9 October
Porirua	13 November, 20 November, and 27 November

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LIVING WELL WITH DEMENTIA

Living Well With Dementia is a personalised socialisation programme that encourages people diagnosed with dementia to remain connected and engaged in their community at every stage of the dementia progression. Supported by Dementia Wellington, each client identifies the hobbies and activities they enjoy, and any support needed to keep doing these.

Living Well Activities

We have a range of fantastic activities available for people affected by dementia, such as choir, golf, yoga, bowling, and meditation. Some activities are ongoing, while others run for a few weeks so talk to your Dementia Advisor about what's available in your region.

Cog Cafes

Our Cog Cafes are casual monthly meet-ups where people with dementia and their supporters can catch up for a coffee and a chat.

Region	Mondays from 10am to 11am
Hutt Valley	Last Monday <i>Mitre 10 Mega Café, Petone</i>
Porirua	4 th Monday <i>Mitre 10 Mega Café, Porirua</i>
Wellington	3 rd Monday <i>Picnic Café, Botanic Gardens</i>
Kāpiti	2 nd & 4 th Monday <i>Lindale café, Paraparaumu</i>

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Cognitive Stimulation Therapy

Cognitive Stimulation Therapy (CST) is a researched and validated therapy for people with mild to moderate dementia, and has been shown to support people's memory, and improve quality of life.

People who join the CST group attend twice per week for seven weeks. The sessions are designed to stimulate all parts of the brain and body through different activities, and group discussions.

	From 11.00am to 12.00pm
Kāpiti	11 February to 28 March
Hutt Valley	6 May to 24 June

If you are interested in attending a CST course, please call 04 972 2595 to find out more.

Living Well Rongotai

This fortnightly meet up is an opportunity for people in the early stages of dementia to socialise with others in a similar situation, and to get to know the services available in the area.

	From 1.30pm to 2.45pm
Wellington	2 nd & 4 th Tuesday of the month (starting 26 February) <i>Kilbirnie Community Centre</i>

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SUPPORT AND ADVICE

One-on-one expert advice

Our team of Dementia Advisors are registered health professionals who provide individualised information and advice to families affected by dementia, through one-on-one consultations and on-going support. Dementia Advisors liaise with other health agencies to ensure our clients receive the appropriate services and support, and can also complete Total Mobility Scheme assessments.

Supporter Meetings

Dementia Advisors facilitate regular groups for people supporting someone with dementia. These meetings offer a forum to share information and gain support from others in a similar situation.

	When	Location
Lower Hutt	3 rd Wednesday 1pm – 3pm	<i>Petone Community House</i>
Upper Hutt	4 th Thursday 2pm – 3.30pm	<i>Summerset Village, Trentham</i>
Wellington	2 nd Monday 10am - Noon	<i>Sport Wellington, Thorndon</i>
Porirua	2 nd Wednesday 10:30am – Noon	<i>Kemp Hall, Kura Street, Titahi Bay</i>
Kāpiti (Venue alternates)	2 nd Thursday Feb, April, June, Aug, Oct 1:30 - 3:30pm	<i>Kāpiti Community Centre Paraparaumu</i>
	2 nd Thursday Mar, May, July, Sept, Nov 1:30 - 3:30pm	<i>Parklands Social Centre Waikanae</i>

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To support the work of Dementia Wellington,
donate online at
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