

# 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](http://www.dementiawellington.org.nz)

[www.facebook.com/dementiawellington](https://www.facebook.com/dementiawellington)

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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](mailto: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 whānau, at every stage of the condition. We work across Kāpiti, the Hutt Valley, 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](http://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.

## 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 or finding out more about any of the courses listed below, please contact the Dementia Wellington office on (04) 972 2595 or email [admin@dementiawellington.org.nz](mailto:admin@dementiawellington.org.nz).

### Living Well With A Cognitive Impairment

After a diagnosis of Mild Cognitive Impairment (MCI) 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 MCI 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
<b>Kāpiti</b>	Wednesday, 3 April	Wednesday, 10 April
<b>Hutt Valley</b>	Wednesday, 11 September	Wednesday, 18 September
<b>Porirua</b>	Tuesday, 9 July	Tuesday, 16 July

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## Navigating Dementia

A ninety-minute seminar open to anyone wanting more information 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			
<b>Hutt Valley</b>	25 July, 6.30pm <i>Walter Nash Centre</i>	15 October, 10am <i>Upper Hutt Library</i>	
<b>Kāpiti</b>	15 August, 10am <i>Kāpiti Library</i>	7 November, 1pm <i>Kāpiti Library</i>	
<b>Wellington</b>	13 June, 10am <i>Newlands Community Centre</i>	3 September, 1pm <i>Karori Library</i>	28 November, 6.30pm <i>Kilbirnie Library</i>
<b>Porirua</b>	2 July, 1pm <i>Kenepuru Hospital</i>	5 August, 7pm <i>Tawa</i>	26 Sept, 6.30pm <i>Kenepuru Hospital</i>

## 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:

- Understanding changed behaviour
- Communicating effectively
- Preparing for Respite/Long term care
- EPOA responsibilities
- Advance care planning
- Activities for staying engaged and connected

Please check our website [www.dementiawellington.org.nz](http://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

<b>Hutt Valley</b>	6 August	13 August	20 August
<i>Dowse Gallery</i>	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

<b>Kenepuru Hospital</b>	Tuesday, 23 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	
<b>Hutt Valley</b>	13 February, 20 February, and 27 February
<b>Kāpiti</b>	13 March, 20 March, and 27 March
<b>Wellington</b>	31 July, 7 August, and 14 August
<b>Porirua</b>	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	
<b>Hutt Valley</b>	3 April, 10 April, and 17 April
<b>Kāpiti</b>	29 May, 5 June, and 12 June
<b>Wellington</b>	25 September, 2 October, and 9 October
<b>Porirua</b>	13 November, 20 November, and 27 November

# 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 or call the office to find out 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
<b>Lower Hutt</b>	Last Monday <i>Mitre 10 Mega Café, Petone</i>
<b>Porirua</b>	4 <sup>th</sup> Monday <i>Mitre 10 Mega Café, Porirua</i>
<b>Wellington</b>	3 <sup>rd</sup> Monday <i>Picnic Café, Botanic Gardens</i>
<b>Kāpiti</b>	2 <sup>nd</sup> & 4 <sup>th</sup> Monday <i>Lindale café, Paraparaumu</i>
<b>Upper Hutt</b>	2 <sup>nd</sup> Monday <i>Mitre 10 Mega Café, Upper Hutt</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 through different activities and group discussions.

**FROM 11.00AM TO 12.00PM**

<b>Kāpiti</b>	11 February to 28 March
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<b>Hutt Valley</b>	6 May to 24 June
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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**

<b>Wellington</b>	2 <sup>nd</sup> & 4 <sup>th</sup> 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 work with other agencies so our clients receive the appropriate services and support, and are trained to complete Total Mobility Scheme assessments and to help clients complete their Advance Care Plans.

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

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# NOTES

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To support the work of Dementia Wellington,  
donate online at

[www.dementiawellington.org.nz/donate](http://www.dementiawellington.org.nz/donate)



*Dementia*  
*Wellington*



Thanks to Pub Charity for their generous support in  
producing this booklet