

Living Better with Dementia



Support 4 Memory

Have you, or a member of your family, received a diagnosis of dementia or mild cognitive impairment?

At the Tibbs Dementia Foundation, we provide bespoke support to help people in our community to *live better with dementia*. We can give help and information so that you know how best to continue living well and enjoy life.

Our free four week course will give you all the tools and information to have a better experience of living with, or supporting someone with dementia (or mild cognitive impairment). It is particularly invaluable if you or a family member has recently received a diagnosis.

Taking the positive step to learn about dementia and gain a better understanding and awareness of some of the possible changes or challenges ahead, also enables you to develop coping strategies and a forward plan - making positive choices and retaining control of your life.

These small-group interactive sessions are either delivered on zoom or face-to-face, some blocks are in the day time and some in the evening. They are relaxed with opportunities for discussion and asking questions. They will also enable you to meet others in a similar situation, talk through any concerns or anxieties and build up a network of peer social support.



Tibbs Dementia Foundation, 5 Lansdowne Road, Bedford, MK40 2BY
Email: contact@tibbsdementia.co.uk | Website: www.tibbsdementia.co.uk
Phone: 01234 210993 | Registered Charity No. 1166596

Kindly supplied by stonebridges printers

Course Outline

Session 1: Introductions

A chance to get to know each other, to share as much as you feel comfortable and able too, about your experience of dementia.

A brief overview of Tibbs Dementia Foundation and what we offer as part of a welcoming community.

An overview of other services and support networks.

Entitlements, benefits and services, actions needed now around Power of Attorney and other legal requirements, along with daily issues like driving.

A brief session - What is dementia and identifying the different most common types of dementia.

Session 2: Understanding dementia

A PowerPoint presentation to guide and deepen your understanding of dementia. Understanding the brain and the changes that may lead to certain alterations in behaviour.

How an understanding of these changes can help you build and develop strategies to manage symptoms.

Session 3: Communication, Behaviours and Reframing

Building on Session 2, we look at how communication may be affected and explore techniques to help, as well as considering different ways to communicate.

Changes in mood and behaviour, looking at why they may happen and discussing strategies to manage them.

Building up a basic tool kit of strategies and techniques which will help both of you to live as well as possible with dementia.

Session 4: Wellbeing and Rehabilitation

Working with our wellness expert, looking at ways of maintaining wellbeing as a carer or person with dementia. Using practical steps to make your life the best it can be through diet, exercise, relaxation, meditation and mindfulness.

Helping you feel supported and comfortable enough to share your experiences and concerns.

Tibbs aims to create a safe, confidential, inclusive and welcoming environment. Do let us know if we can do anything to make the sessions more positive and helpful to you.