

OUR SERVICES

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 complete Total Mobility Scheme assessments.

Support Meetings

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

Hutt Valley	3 rd Thursday 1pm – 3pm	Petone Comm House
Wellington	2 nd Monday 10am - Noon	Sport Wgt, Thorndon
Porirua	2 nd Wednesday 10:30am – Noon	Kemp Hall, Porirua
Kapiti (Venue alternates)	2 nd Thursday Feb, April, June, Aug, Oct 1:30 - 3:30pm	Kapiti Community Centre Paraparaumu
	2 nd Thursday Mar, May, July, Sept, Nov 1:30 - 3:30pm	Parklands Social Centre Waikanae

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 include Cognitive Stimulation Therapy, Assisted Golf, Yoga, Art Appreciation, Music Therapy, Day Programmes and many others. Talk to a Dementia Advisor about the different opportunities available in each region.

Cog Cafes Mondays 10am – 11am

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

Kapiti – 2nd & 4th Monday of the month.
Phone office for venue

Wellington – 3rd Monday of the month
Picnic Café, Botanic Gardens

Porirua – 4th Monday of the month
Mitre 10 Mega Cafe

Petone – last Monday of the month
Mitre 10 Mega Cafe



LIVING WELL WITH DEMENTIA 2018

A guide to the services and education courses offered by Dementia Wellington for people with dementia, and those supporting them

(04) 972 2595

www.dementiawellington.org.nz

www.facebook.com/dementiawellington

FOR PEOPLE WITH DEMENTIA

LIVING WELL WITH A COGNITIVE IMPAIRMENT

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

In this course, you will:

- Learn about mild cognitive impairment and dementia
- Create a Living Well Plan just for you
- Meet other people living with a cognitive impairment

Region	Session 1: 10.00am to 2.30pm	Session 2: 10.00am to 2.30pm
Hutt Valley	6 March	13 March
Porirua	23 May	30 May
Wellington	25 July	1 August
Kapiti	2 October	9 October

To find out more information or to register for any of our courses, contact us on (04) 972 2595 or email admin@dementiawellington.org.nz

FOR SUPPORTERS

DEMENTIA ESSENTIALS

Early Stage: Four 2 hour seminars	
1. Dementia causes, symptoms, progression	
2. Supporting health and independence	
3. Understanding changing behaviour and tips to respond effectively	
4. How to enhance communication	
Hutt Valley	14 and 21 February
Porirua	4 and 11 April
Wellington	12 and 19 September
Kapiti	10 and 17 July

Mid Stage: A two-day course	
• Understand and respond to changes	
• Learn how to manage any safety concerns	
• Prepare for the future	
• Connect with others in the same situation	
Hutt Valley	8 and 15 August
Porirua	17 and 24 October
Wellington	21 and 28 March
Kapiti	20 and 27 June

Late Stage: Four 2 hour seminars	
1. Understand changes as dementia progresses	
2. Explaining the late stage symptoms and Palliative Care	
3. Establishing and maintaining a shared care approach with other care providers	
4. Gain tips for positive visiting experiences	
Hutt Valley	23 and 30 August
Wellington	9 May
Kapiti	6 and 13 November

TO FIND OUT MORE ABOUT DEMENTIA WELLINGTON

NAVIGATING DEMENTIA

These ninety-minute information sessions are for anyone with questions about dementia. This is an opportunity to ask questions and connect with other people in similar situations, and to learn about:

- What to do if concerned about changes in memory or thinking
- Learn more about dementia
- Discover the support and resources available from Dementia Wellington and other services

Region	Date and time		
Hutt Valley	12 Jun 1pm	4 Sept 1pm	29 Nov 10am
Porirua	10 Apr 10am	4 Jul 5.30pm	25 Sept 1pm
Wellington	2 May 5.30pm	24 Jul 10am	16 Oct 1pm
Kapiti	24 May 1pm	14 Aug 10am	7 Nov 5pm

Please bring a koha/ donation to help us cover course costs

*Suggested donation: \$20
We charge a fee for business seminars, please contact us for rates*