

Essex Dementia Care

Life **doesn't stop** with dementia



Essex Dementia Care . . there when you need us

Founded in 2006, Essex Dementia Care has grown to keep pace with the ever increasing numbers of people living with dementia in Essex.

It might seem obvious that staying active and engaged with the good experiences of life is one of the most important keys to maintaining positive health and well-being; but with dementia, staying active and continuing to enjoy life can be more difficult.

We provide a range of specialist services aimed at promoting both mental and physical activity for people

with dementia. We also provide tailored support for carers including respite, information, and the opportunity to meet with other carers, sharing similar experiences. Being a carer can be demanding so we aim to help.

We make sure that our services are totally focused on the individual. We listen and then respond. We pride ourselves on being there when you need us.

We are here to help and your needs are paramount, whether you are a carer or the person with dementia.

Help to make a difference

Would you like to become an Essex Dementia Care volunteer ambassador? We are actively looking for: Volunteers for our activity centres / Volunteers to raise funds / Volunteer drivers.



If you would like to donate towards the work of Essex Dementia Care, please go to www.virginmoneygiving.com/essexdementiacare. You can also set up your own page where you can ask your friends to sponsor you to achieve a personal challenge.

Thank you in advance for your support.

Come and try a **FREE** taster session at one of our Activity Days!

If you would like some more information please contact us:

Tel: 01245 363789

info@essexdementiacare.org.uk

www.essexdementiacare.org.uk





ONE2ONE

Our one-to-one support offers a truly individualised package of care. One of our experienced dementia care practitioners will carry out a detailed assessment of the skills, routines, wishes, preferences and needs of the person with dementia, and work with you to develop a personalised support plan.

That support plan will be built around a person's familiar and valued activities and designed to maintain independence and well-being. The concepts of therapy and re-ablement are a key element of our service, and as rapport and trust develops, our practitioners will seek to encourage the return of lost skills and to offer opportunity for discovering new skills. Above all things our work is person-centred, and we endeavour to work with you to achieve the outcomes that are most important to you and your family.

OASIS ACTIVITY DAYS

We offer an active and stimulating environment which can accommodate the special needs of the person with dementia. Carers are very welcome, and find support through meeting and sharing with other carers, joining in the fun, or simply by taking some time out to recharge batteries. During the day refreshments and a home-cooked lunch is provided.

Drama, story-making, music, dance, singing, karaoke, arts and craft, reminiscence and games are just some of the activities on offer.

Current Activity Days:

Braintree

Every Monday 11:00-3:30

Every Friday 11:30-3:30

Southend on Sea

Every Wednesday 11:00-3:30

EVERY DAY COUNTS

Every Day Counts is a group which has been set up to respond to the specific needs of people in the earlier stages of the dementia journey. Supporting people to retain their existing skills and an active role in community life are aspirations at the heart of all that we do. So at Every Day Counts you might find us cooking our own lunch, or we might be out and about exploring local places of interest.

Opportunities to enjoy new experiences and to discover new skills are always on offer. And of course – having fun is a must.

Current Activity Days:

Braintree

Every Wednesday and Thursday 11:00-4:00

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For more information please call: 01245 363789

Essex Dementia Care is registered in England and Wales. Charity No. 1129038. Company No. 06820425.

