

Dementia Day Activities



An overview for people living with **Dementia (65s and Over)** and their family members, supporters and unpaid carers.

- Do you have Dementia or memory loss?
- Are you aged 65 or over?
- Do you live in Sheffield?



If you are living with Dementia, are you looking for:

- A Dementia-friendly place to spend the whole day on a regular basis?
- Enjoyable activities based on your interests and what you like to do?



If you are a family member, supporter or unpaid carer, are you looking for:

- A regular break from your caring role during the day, to give you time to catch up on things you need to do, or an opportunity to recharge your batteries?
- Reassurance that your loved one with Dementia is safe, well cared for, and enjoying themselves?



At Dementia Day Activities (usually 10am-3pm, but varies by venue), you can enjoy...



Baking and crafts



Reminiscence and cognitive stimulation



Animal therapy



Physical activities and gentle exercise



Music and dancing



Games and quizzes



Celebrations and theme days



Gardening

And much more! You can even ask to try out a session to see whether you like it. People are often hesitant initially, but after they've been once, they really enjoy the sessions.



Age: 65s and Over with Dementia

Who to contact if you'd like to join Dementia Day Activities

Do you have an existing care and support package with Sheffield City Council social work teams?
 or
 Do you need help with your care or support?
 (Eg carrying out daily tasks, eating meals, managing toileting needs – see www.sheffield.gov.uk/social-care/getting-long-term-care-support for further details)

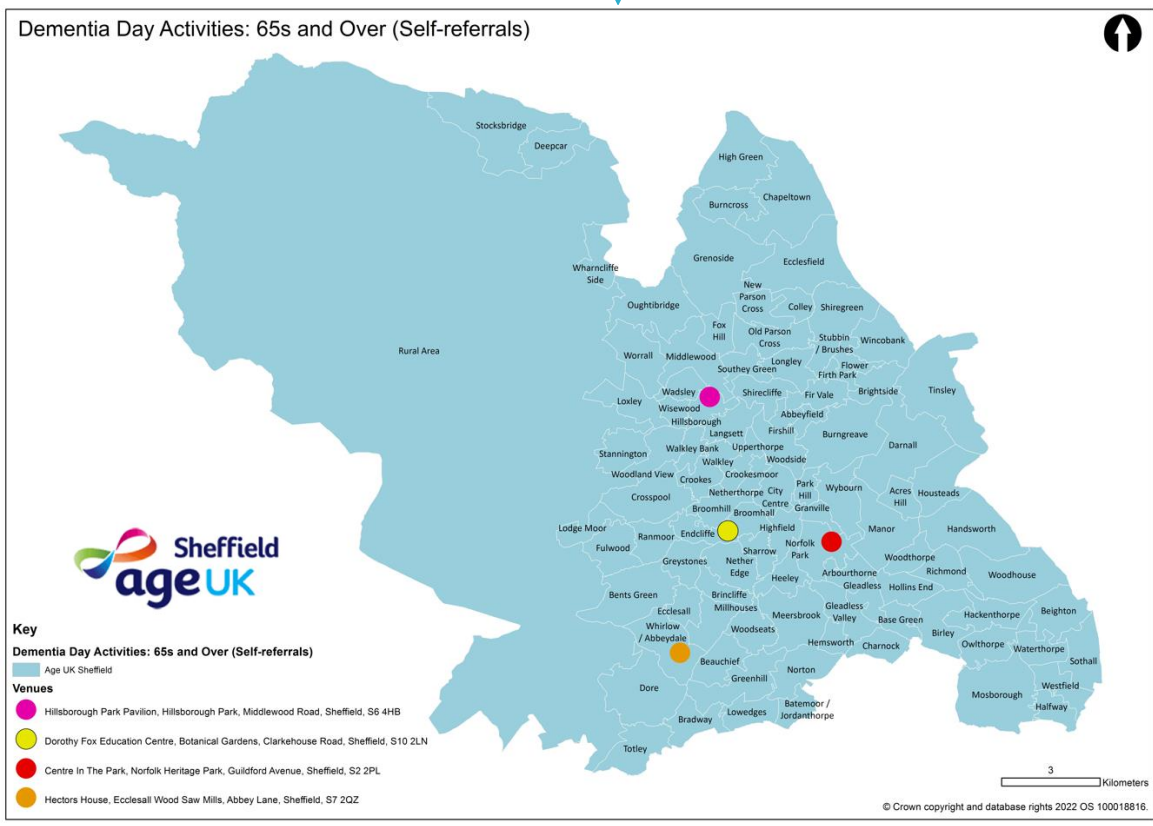
No

Age UK Sheffield Wellbeing Centres
 (0114) 250 2850
www.ageuk.org.uk/sheffield/our-services/wbc

Yes

See page 3

Where the sessions take place



- Age UK Sheffield**
- Hillsborough Park Pavilion, Hillsborough Park, S6 4HB
 - Dorothy Fox Centre, Botanical Gardens, Thompson Road, S10 2NQ
 - Centre in the Park, Norfolk Park, Guildford Avenue, S2 2PL
 - Hector's House, Ecclesall Woods, Abbey Lane, S7 2QZ

What you can expect

- Compassionate and experienced Dementia-trained staff.
- Support and information to find suitable transport to the venue.
- A range of interesting and enjoyable age-appropriate activities designed around what you like to do.
- Venues which are welcoming, stimulating, wheelchair-friendly and equipped with accessible facilities and outdoor space.
- Support to ensure your wellbeing needs are met.
- Hot/cold drinks and light refreshments.
- Feedback to, and support for, your family members and unpaid carers.



What it will cost

The session is free to attend.

~~£~~

- But you will be asked to pay for:
- Transport to and from the session (or you can arrange your own transport)
 - Meals
 - Optional one-off activities eg day trips.





Age: 65s and Over with Dementia

Do you need help with your care or support?

(Eg carrying out daily tasks, eating meals, managing toileting needs – see www.sheffield.gov.uk/social-care/getting-long-term-care-support for further details)

No

Yes

See page 2

1. Do you have an **existing care and support package** with Sheffield City Council social work teams *or*
2. Would you like a **Care & Support Assessment** and **Financial Assessment**?

No

(to any of those questions)

Yes

To pay for a place privately:

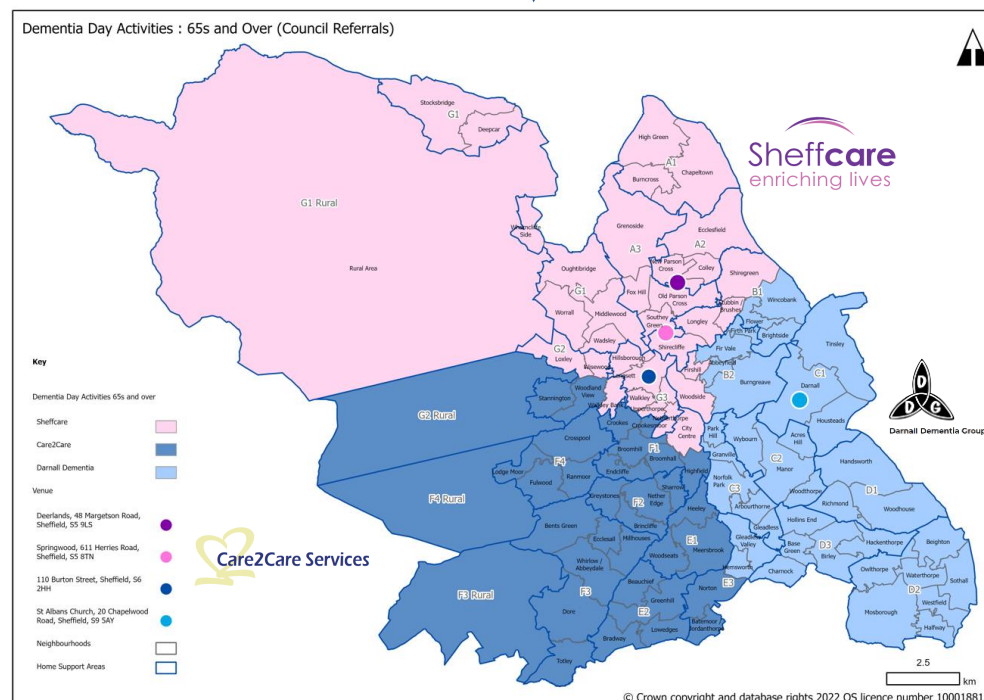
- Sheffcare: (0114) 280 8888
- Darnall Dementia Group: (0114) 226 2116
- Care2Care: (0114) 317 7942

For 1. contact your **Social Work Team** or
For 2. contact **Sheffield City Council First Contact (Adult Social Care)** (0114) 273 4908
www.sheffield.gov.uk/social-care/helping-you-stay-independent

Who to contact if you'd like to join Dementia Day Activities

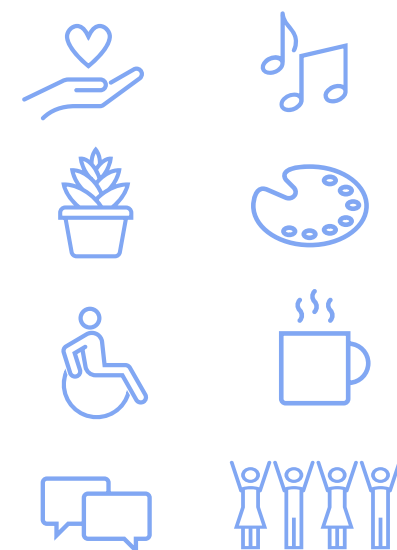
Where the sessions take place and which organisation will support you

- **Sheffcare**
Deerlands, 48 Margeston Road, S5 9LS
- **Sheffcare**
Springwood, 611 Herries Road, S5 8TN
- **Care2Care**
110 Burton Street, S6 2HH
- **Darnall Dementia Group**
St Albans Church, 20 Chapelwood Road, S9 5AY



What you can expect

- Compassionate and experienced Dementia-trained staff.
- A range of interesting and enjoyable age-appropriate activities designed around what you like to do.
- Venues which are welcoming, stimulating, wheelchair-friendly and equipped with accessible facilities and outdoor space.
- Support to ensure your physical and wellbeing needs are met.
- Hot/cold drinks and light refreshments.
- Feedback to, and support for, your family members and unpaid carers.



Plus

- Suitable transport arranged to and from the venue.
- Help to eat, drink and take your medication.
- Support with your mobility, toileting and continence management.
- Personal care delivered according to your individual care plan.



What it will cost



The amount (if anything) you pay for the **session** (which **includes transport**) will depend on a **Financial Assessment**, and will not be more than you can afford.
<https://www.sheffield.gov.uk/social-care/cost-of-care>

You will also be asked to pay for:

- Meals
- Optional one-off activities eg day trips



What people with Dementia have said...



All the staff are very friendly, I like the activities and getting to talk to people.

I'm too old to be having this much fun!

The people here are kind, and the food is good.



I think what you do is marvellous. I love it here.

I enjoy coming as we do something different every time.

My son was right (even though I don't want to admit it) - I really like coming. I like to be busy.

The difference it makes to family members...



D was far from willing when he first started attending day activities; it was even a challenge to get him through the door to be honest. But thanks to the positive and patient approach of the staff members he now looks forward to coming and enjoys his time with you. Of course the other great benefit you provide is giving me a much needed break while D is with you.

What the organisations say...

*We believe that memory loss shouldn't be a barrier to **fun, friendship and stimulation for the mind**. We're passionate about creating a **safe, loving and welcoming** environment for our members. We **sing**. We **dance**. We **play**. We **make things**. And above all else, we **laugh**.*



*We strive to create a **relaxed, informal setting** where people with Dementia have a **sense of identity** and of **belonging**. By building a **strong community** people can develop **significant friendships**. **Laughter and having a good time** are important to us. We want everyone to go home with an **increased sense of well-being**.*



Thank you to our Sheffield Dementia Day Activities attendees and providers for supplying all the recent photographs and quotes that have been used in this leaflet. Other icons from flaticon.com.