

# Managing Memory Together Information & Education Service (IES) Sessions



**We currently offer the following programmes face to face**

## **Living Well with Dementia programme (LWD) – for people at early stage dementia**

These sessions are for people who understand their diagnosis and feel comfortable meeting others in a group situation where dementia will be discussed. People with dementia are welcome to invite someone to join the sessions with them. There are two (2) sessions in the programme:

**Memory and Dementia** explores the possible effects, symptoms and treatment of dementia.

**What's Important to You** considers the benefits of keeping busy and provides an opportunity to discuss ideas and information to help you live as well as possible with dementia.

## **Learning about Dementia Together programme (LADT) - for people caring for a family member or friend who has dementia.** There are four (4) sessions in the programme:

**About Dementia** looks at possible dementia effects and symptoms, some causes and some possible treatments.

**Exploring Changes** considers the impact of dementia on the person and discusses strategies and ideas for coping with changes.

**Exploring Communication** explores how communication may be affected for the person with dementia and provides guidance and advice on how to support communication with the person with dementia.

**Next Steps** provides practical information to help plan for the future and explores where information and support can be found.

## **More about the Sessions:**

They are run in small groups.

They provide an opportunity to share experiences, ask questions and connect with others.

Face to face sessions are about two and a half to three hours in length.

They take place at different venues across the County.

Sessions are delivered by health and social care professionals.

We also provide the 'Learning About Dementia Together (LADT)' Sessions **online** - each session is about one and a half hours long and takes place on MICROSOFT TEAMS.

**For further details or information, current and future session dates and to book places, please contact**  
**Managing Memory Together 0800 694 8800**  
**[managingmemory@ghc.nhs.uk](mailto:managingmemory@ghc.nhs.uk)**

