

# Dementia Day Care Service



# **Our Dementia Day Care service is a safe and enjoyable experience and offers an opportunity for carers to rest**

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Our aim here at Age UK Tunbridge Wells is to improve later life for everyone and to make it a fulfilling and enjoyable experience, by offering a range of services to older people in the community, including, among others, our Dementia Daycare service.

## **The Centre**

Most of us want our loved ones to remain independent for as long as possible, but sometimes the onset of Dementia can make caring for them a little harder than it used to be.

Our Dementia Daycare service combines a safe, enjoyable experience for them with an opportunity for you, the carer, to recharge your batteries for a day. This service is run and managed exclusively by Age UK Tunbridge Wells within our Day Centre at Wood Street, Tunbridge Wells.

## **What we offer**

At the Day Centre we can offer people with dementia:

- Day Care from 9.30pm–4.00pm on Tuesdays, Wednesdays and Fridays or for a shorter period by arrangement
- A secure, peaceful environment
- Activities designed to engage and stimulate
- Help with personal care if required
- The opportunity to socialise with others within a small group
- A two-course lunch and refreshments
- Signposting to other services for carers

## **Is it suitable for you?**

Age UK Dementia Day Care service is suitable for those who are living with dementia but are able, with support, to enjoy spending time with others in a group setting. With a high staff/ client ratio, there is ample opportunity to deliver activities tailored to individual needs and interests.

If you feel that the person you care for might benefit from Day Care, please contact us, and we will arrange to meet both of you to make sure that this is the right option for you. We might suggest that you visit the Day Centre to have a look round.

Once we've agreed on the day or days (Tuesdays, Wednesdays and/ or Fridays) that Day Care will be needed, we can offer your loved one a four-week trial of the service.



## Our Other Services

- Advocacy
- Befriending & LGBTQ+ Befriending
- Community Meal Service (hot meals delivered to your door)
- Computer Tuition
- Chiropody/Podiatry Clinics
- Day Care Services
- Dementia Day Care Services
- Form Filling
- Hairdressing
- Home Bathing
- Independent Living Support
- Information and Advice

Contact us to find out how we can help:

**01892 522591**

### Age UK Tunbridge Wells

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