

## Dementia Support Services

Our range of services help support you and your loved ones to live well with dementia and in older age.



# Age UK West Sussex, Brighton & Hove have many services available for people in Sussex living with dementia.

We believe that with the best care and support, people can live well with dementia and in older age. We aim to help people maintain their skills and independence in a social and friendly environment, while allowing carers a relaxing break.



## **Daybreak Respite**

**A weekly day support for adults living with Dementia.**

We support our members to engage in stimulating and meaningful activities to promote their confidence and social interaction with others. Refreshments and a two-course lunch are provided.

Family/friend carers can also benefit from the weekly respite this provides.



***“Daybreak gives me the opportunity to take a couple of hours out knowing my husband’s needs are met and that gives me such peace of mind.”***

**Carol, Rustington**

**Available in Bognor Regis, Littlehampton, Storrington, Horsham, Crawley, Haywards Heath and Burgess Hill.**



***Dementia Support Services***



## CanDo Crawley

We run an active social group for younger adults or those recently diagnosed with, or living with early onset dementia.

Heading off from Crawley each week, we will travel to various sites in West Sussex, supported by our trained staff team. We will also be incorporating engaging activities within the day to help promote wellbeing and social interaction within the group.

In partnership with



## Carer & Cared For

### Peer Support

A supporting space for adults living with dementia and their family or friend carers.

We provide a safe space for people to share experiences and receive support from peers and staff. We also host activities and trips throughout the year.

Available **monthly** at Brighton and Southwick and **weekly** at Bognor Regis.



**For information on any of our services**

 07753 879779

 [dementia@ageukwsbh.org.uk](mailto:dementia@ageukwsbh.org.uk)



[www.ageukwsbh.org.uk](http://www.ageukwsbh.org.uk)



## *Mind Matters*

**Mind Matters is a weekly active social group for adults living with early onset dementia or those with a new diagnosis.**

Call us on  
**07753  
879779**

It's a group for people who enjoy lively discussions, debate, and engaging activity to exercise the brain and is suitable for people living with:

- **Mild cognitive impairment or memory issues**
- **Early onset dementia**
- **A recent dementia diagnosis**

If you are worried about your memory, interested in keeping your mind active, have recently been diagnosed with dementia, or are living with early onset dementia, we would love to help support you in a safe and engaging environment.

**Available in Haywards Heath and Southwick.**

Our service is based on the principles of cognitive stimulation therapy (CST). The National Institute for Health and Care Excellence (NICE) and Social Care Institute for Excellence (SCIE) guidance (2006) recommend that people with mild to moderate Dementia should be given the opportunity to take part in a CST Program.

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