**27th November Dementia Module 4- Group**

**Incorporating Five Ways to Well-Being Exercise 1**

* Encourage use of skill from past employment – e.g. Furniture making
* Revisit places from past favourites and perhaps where born
* Dementia Cafe’s
* Volunteers for walks etc. Sensory Volunteer / Befriending Scheme
* Learning what someone’s life skills / Gifts are and using partnership to encourage people.
* Accessing resources around Neighbourhood Partnerships
* Work with family’s who may be Risk averse
* Person’s strengths identity. Look at what ‘s available
* Seek re-establishing family links
* Educate about 5 Ways to Well-Being
* Revisit old interest. Look at support sessions, Leisure opportunity, swimming
* Favourite meals. Get involved in minor tasks to stimulate senses
* Keep a routine
* Educate younger generation
* Memory box
* Talking and listening

**Considerations with Living Healthy Lifestyle   
with Dementia Group Exercise 2**

* Ownership – value person
* Keeping mobile – Physical complications
* Setting goals and tasks. Keep mind active
* Maintain – Reading
* Reminiscence Therapy
* Avoid de-skilling
* Allow for time. Being patient
* Mindful of changes of environment
* Mindful of what can do
* Use of pets
* Songs and singing
* Reable rather than create dependency
* Educating Carers
* Breaking tasks down. Helps mobility
* Allowing enough time for reablement
* Pressures of time capacity
* Involve person in activity – Shopping / Preparing meals
* Healthy diet
* Ensure enough fluid intake.