

## Dementia

Does dementia play a part in your life? Do you know or care for someone with dementia?

If so, you'll be encouraged to know that while dementia is still not widely understood, great strides have been made in recent years. Today, earlier diagnoses and new ways of engaging people in everyday activities are leading to real improvements in the quality of life of people living with dementia.

Alzheimer's disease is still the most well-known type of dementia, but there are other forms, all of which are the subject of increased research and development. The Alzheimer's Society provides an in-depth overview of all forms of dementia and associated symptoms. Visit their website at [www.alzheimers.org.uk](http://www.alzheimers.org.uk) to find out more.

## Making Space

Making Space has been working in the field of mental health care since 1982 and today provides a large number of services for people living with mental health conditions, learning disabilities and dementia, as well as dedicated support for their carers.

As an organisation, dignity and respect remain the cornerstones of our approach to caring for people with dementia. The most appropriate medical, social and nursing care for each person is always followed, with the emphasis on helping provide an enjoyable everyday life.

We've also developed a new and innovative approach to dementia care. Our view is simple – people with dementia have a right to continue living life as they have always done... for as long as possible.

## More information?

For more details contact the Making Space Derby dementia team at

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Email: [DerbyCity.Dementia-Service@makingspace.co.uk](mailto:DerbyCity.Dementia-Service@makingspace.co.uk)

Honor Simpson - Team Leader

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## Would you like to help?

If you're interested in getting involved in helping people with dementia, volunteers are very welcome. To find out more, get in touch with any of the team at the address or contact details above.



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Support, Information and  
Peer Support Services  
for People with Dementia...  
and their Carers



THE FREEDOM TO ENJOY AN EVERYDAY LIFE



## The Making Space Derby City Dementia Service

If you, a member of your family, or a person you care for, experience the symptoms of dementia, and you live in the Derby area, Making Space is here to help you live an active and fulfilled life.

We have a clear vision – you have a right to continue doing what you have always done, for as long as possible.

For people living with dementia – and their carers - there are three strands to our service you can rely on to help meet your needs:

- **Strand 1 - Support**
- **Strand 2 - Information**
- **Strand 3 - Peer Support**



### Strand 1 - Support

You, or someone you know – or a health professional - may advise us you need dementia support services. We will then meet with you – as soon as possible – to find out all about your particular circumstances.

It's natural to have some anxiety when early symptoms appear. So our key support workers offer immediate understanding and practical support.

Making Space will get to know you as an individual and, together with support from your family members and carers, we will recommend the support you need to live a full life.

Volunteers, who may have experienced dementia in their own lives, are on hand to help people access the social activities and other services which promote healthy living and wellbeing.

Making Space also involves other agencies whose care arrangements can further benefit the people who use our services – e.g. the Memory Assessment Service, Alzheimer's Society and Age UK.



### Strand 2 - Information

Carers make a massive contribution to society and Making Space believes they deserve every support in understanding more about dementia and the skills they might need to cope.

We help carers develop strategies which enable them to look after their loved ones at home for longer.

Making Space helps carers to:

- Attend relevant training courses and seminars
- Develop the knowledge and skills to enable them to cope with the issues they face
- Spend time and share experiences with other carers
- Get the latest information about therapies and treatments
- Have a break from caring...and leave feeling refreshed

'Dementia – Moving Forward Positively' courses include:

- Dementia – a carers guide
- Living Well with Dementia
- The Next Steps
- Re-establishing Self following Bereavement
- Reminiscence and other therapies
- Assembling your memory box
- The Wellbeing Wheel - A Making Space tool to help carers

### Strand 3 - Peer Support

The Making Space Peer Support Service encourages people to live safely and healthily, to look after themselves as independently as possible, and to make informed choices about their on-going care and support.

It has three clear elements:

#### DEMENTIA CAFÉ'S

- Held in a totally relaxed and informal environment
- An opportunity to meet and talk to people in the same position as you
- An opportunity to ask for advice or guidance
- A place to learn more about dementia

#### CARER SUPPORT

Making Space Carer Support Networks are active throughout the Derby area (and beyond). We greatly encourage people with 'lived' experience of dementia to come together to share expertise and devise strategies for coping and living well.

#### BEFRIENDING

Working alongside the community cafés and carer groups, the Making Space Peer Support Service offers the support of trained befrienders and mentors to enable people to:

- Get out and about
- Make the most of existing interests
- Discover new and different activities