



**ALTERNATIVE  
FUTURES GROUP**

Our Support Services



**Dementia and  
older people**



**ALTERNATIVE  
FUTURES GROUP**

# Dementia and older people

Alternative Futures Group supports a wide range of people with dementia. We believe that people can and do live well with dementia and that's why we've invested extensively in a robust training and support programme; to ensure our staff support individuals at every stage of their dementia journey. Our end of life care framework provides holistic support to ensure that all people with dementia are supported by experienced people with dignity and care.

Dementia is a term which is used to describe a number of different symptoms or conditions that may include memory loss and difficulties with thinking, problem-solving or language.

## Can we support you?

To find out more about how we support people with dementia and older people, please get in touch using the contact details on the back page of this brochure.

### Our aims

- Enable the people we support to live well with dementia and do the things they have always done for as long as possible
- To understand and support individuals, their families/carers and loved ones throughout their dementia journey
- Create dementia friendly communities where people with dementia, their families and carers are understood, valued and can enjoy quality of life.

### The support we provide

We provide a number of models of support for people with a dementia. This can range from a stay within our Independent Hospital - Abbey Court, located in Warrington, or within peoples own homes.

We have over four years' experience of delivering specialist dementia care and a successful track record of supporting people to regain citizenship within their local communities.

Our approach to dementia is to deliver personalised support with you and not to you. We aim to understand who each individual is and live with them in their time. We work with validation techniques (verbal and non-verbal therapy) to provide a range of activities from tea dances to Dementia Café Projects, enabling people to stay connected to their local community, people and the activities they care about.

We work with individuals to retain their citizenship, home and identity within society.

Through our specialist knowledge and expertise, we support families/carers and loved ones to understand dementia and learn how to stay connected to their loved one throughout their

journey. Alongside this we also provide music therapy to enrich the lives of people we support, and family/carer involvement means they benefit from this intervention too.

We also offer a specialist Sensory-based care programme called Namaste Care. This internationally known therapeutic approach to meaningful occupational compliments interaction and activity for people with diagnosed advanced dementia to promote well-being and supports our End of Life care pathway.

To ensure the highest level of care and support, we work in partnership with a range of healthcare professionals and dementia support charities.

Referrals are made via Clinical Commissioning Groups (CCGs), adult care services or self-referral.

## Our team

Our staff team are highly experienced and skilled in dementia care, and a number of our team are Dementia Champions. We understand that it is vital to offer individuals, their families/ carers and loved ones the right level of support through these often difficult and challenging times.

## Training

Our dementia care staff receive a wide range of training and development.

Alternative Futures Group offers an introductory level workshop in dementia, designed to introduce people to the world and language of dementia. Following on from this we offer bespoke options depending on the needs of the people being supported.

We also offer a level 2 and level 3 Qualification Credit

Framework (QCF) in Dementia. Nationally recognised this goes into detail about the disease, how best to cope on diagnosis and beyond, offering palliative care and raising knowledge in terms of national best practice.

To further support the needs and enhance the skills of our dementia-care workforce staff members have the opportunity to access the Northern Advisory Council for Further Education (NACFE) Award in Mental Health (Dementia) and free Dementia Friends awareness raising sessions. As part of our commitment to create 500 Dementia Friends by 2016 we also offer free Dementia Friends training sessions to local communities across the North West, in the hope that we can support the creation of dementia friendly communities.

By training our staff to an enhanced level of understanding our offer is a very personalised one.

## Top 10 tips on how you can support someone who is living with dementia

1. Show you care
2. Treat the person with dignity and respect – focus on what the person can do
3. Do the little things – cook a meal or go to the shops
4. Find out more about Dementia
5. Be a good listener
6. Remember there is more to the person than the Dementia
7. People can and do live well with Dementia
8. Dementia is a journey – understand the person
9. Live in the persons time not your's
10. Remember that the person may not remember your name but they will remember how your visit/ contribution made them feel.



 0845 0176 744

 [mail@alternativefuturesgroup.org.uk](mailto:mail@alternativefuturesgroup.org.uk)

 [AlternativeFuturesGroup.org.uk](http://AlternativeFuturesGroup.org.uk)

  AFGsupport