



At the launch of the Living Well with Dementia 'Friday Friends' Art Exhibition in dlr LexIcon, December 2023.

## The Living Well with Dementia programme

**The Living Well with Dementia programme (LWwD)** is an award-winning initiative which develops and delivers innovative services and supports to people living with dementia and their families in their communities.

Fundamental and central to the success of the programme is respect for the dignity, welfare and wellbeing, will and preferences, beliefs and values of each person living with dementia, promoting at all times their safety, social and cultural values and their potential.

The LWwD programme is a community-based programme which focuses on the strengths and personhood of the individual.

Our vision is: *that people living with dementia live in a community that respects, supports, values and empowers them, and a community where they can participate in a safe environment as a valued citizen.*

LWwD listens to the person with dementia, their primary carers and families, in order to identify, develop and deliver effective supports. Our goal is to ensure that people with a dementia diagnosis are supported to remain living at home and active in their community for as long as possible.

Our key message is to **See the Person not their Dementia.**

Over the years, and with the help of our partners and volunteers, LWwD has pioneered

a wide variety of supports for people with dementia and those who care for them. These include;

- Public Awareness training
- Information and education
- The Memory Harbour
- Social Events
- Community-based social activities including Choir, Physical exercise, Art, Dance and Bridge groups.
- A trained team of intergenerational volunteers supports all these groups.

LWwD encourages all people to help maintain good brain health by increasing their levels of socialisation and engagement with others. One hour of social interaction a week or ten minutes per day can decrease the risk of cognitive decline.

Our social networks both support and challenge our brains. Building our social networks and participating in social activities are like exercises for your brain, they keep your mind agile and active and can also be cognitively demanding. Socialisation also creates a feeling of inclusion and reduces loneliness and isolation. Research has found that satisfaction with social networks and engaging in social activities helped older adults maintain their cognitive abilities.



## The Sweet Memories Choir

**The Living Well with Dementia Sweet Memories choir** came about in response to a voiced need by people with dementia and their carers to have social options based in the community and was the first dementia specific choir in Ireland. The purpose of the choir is to give people an opportunity to

come together in a relaxed environment and reconnect through music. Music and singing helps lift mood, provides cognitive stimulation, and supports social interaction.



## Sunshine Dancers Movement to Music

The therapeutic effects of music and dance have been shown to increase self-awareness, encourage social interaction, help with depression, provide fun and healthy self-expression, maintain and, at times, improve memory and cognitive function.

## Keep Moving, Keep Well Exercise

This is a programme of enjoyable physical activities to promote health and autonomy. The programme is tailored to individual needs and abilities and is delivered by a trained physical therapist. Exercise can improve your physical fitness and help maintain strong muscles and flexible joints and may also reduce the risk of falls by improving strength and balance

## Bridge

Playing Bridge can help to keep the mind sharp and improve cognitive function by challenging players to think critically and make quick decisions. Bridge is a competitive game that can be enjoyed by players of all skill levels, making it a fun and engaging activity.

## Friday Friends Art Group

Art provides an opportunity for participants to engage in meaningful self-expression, pleasure, and enjoyment as well as in enhanced communication with others in the group. It can put people in touch with their life's memories and experiences. Art is often a powerful method to express the physical changes as well as the emotional difficulties in relation to dementia.



Our activity groups are open to all but are specifically supportive and welcoming to people affected by dementia.

## Contact us

We would be delighted to welcome new members to all our activity groups.

For more information, please contact Mary Spain on 086 041 8450 or Angie Lennon on 087 109 0106 Email: [info@livingwellwithdementia.ie](mailto:info@livingwellwithdementia.ie)

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