

Moments

Dementia Support & Enrichment Group



***'My yesterdays are disappearing and my tomorrows
are uncertain, so what do I live for? I live for each day,
I live in the moment'***

A quote from 'Still Alice' by Lisa Genova,

a moving novel about a woman who suffers the early-onset Alzheimer's disease.

Moments — living with Purpose

At Moments we cater for a limited number of people diagnosed with early stage dementia. We take "moments" and turn them into meaningful and enjoyable shared experiences.

Set in welcoming and safe surroundings at Gilbert Court, Bromsgrove you can take part in daily activities, eat and relax in a comfortable environment.

Our professionally trained and experienced staff adopt a person centred approach, encouraging people to retain their independence and identity.

Moments — the feel good factor

Our goal is a feeling of well being and happiness through participation in specifically designed activities that are both enjoyable and meaningful.

Loss of confidence, identity and self-esteem is common after a diagnosis of dementia. At Moments we are able to help you regain your self worth and well being. Your dedicated team leader will get to know you well.

Moments — keeping you safe

Your safety is always our key concern.

We are regulated and audited by the Care Quality Commission and Worcester County Council. Our facilities are purpose built.

Your individual needs are assessed before you join us, and reviewed should needs change.

Staff are with you at all times, assisting you around the building in a safe and manageable way.

All caregivers in our small dedicated team are experienced and trained in Dementia.

What's On Offer...1,2,3

1. "Moments" Activities:

- ◆ Reminiscence and life history work
- ◆ Brain training and quizzes
- ◆ Craft Sessions
- ◆ Friendship groups
- ◆ Music therapy & singing
- ◆ Self esteem and confidence building
- ◆ Group and one to one sessions
- ◆ Excellent support—with a high ratio of staff to clients
- ◆ Exclusive daily groups—a very limited numbers of clients at one time

(all included in the daily charge)

2. "Lifetime" Activities:

Interacting and integrating with other people has proven to reduce the feeling of isolation and is crucial in helping people feel part of the world.

So we are pleased to confirm that we host a number of additional "Daily Activities" for you. For a small additional charge you can also take advantage of these activities

3. Additional Services:

- Healthy lunch (two course)
- Hairdressing
- Foot Clinic

(additional charges apply for these additional services)

2. Lifetime Activities can include any of the following on a pick and mix basis ...

Strength and Balance Exercise Group / Arts and Crafts / Film Club / Bingo / Quiz Afternoon / Darts / Knit & Natter Group / Mini-Bus trips / Entertainment with singers & other performances.

(modest additional charges apply for Lifetime Activities)

We work hard to keep our charges as low as possible:

The Moments Dementia Support & Enrichment Group runs from 10am to 4pm every Tuesday, Wednesday and Friday and costs £40 a day.

Lunch is available (a two course meal) for an additional charge of £5.50.

Additional "Lifetime Activities" cost around £2-£3 per session.

(Please note that some activities such as stained glass window making) require additional materials which are chargeable. Maximum cost £3).

Moments is for you...

- ◆ If you have been diagnosed with early stage dementia
- ◆ If you can independently attend to your own personal care (eating, drinking and going to the bathroom) (Please note that assistance with the administering of medication is provided)
- ◆ If you have your own means of attending the sessions
- ◆ If we have a place for you on the day (or days) you prefer.

Not sure — why not try a taster session?

We want this to be right for you so we are offering a free taster session and assessment for you or your loved ones. This will give you the opportunity see and feel if "Moments" will be of interest to you. Please give us a call.

For further information please contact:

Dennis Hamilton or Ann Jackson

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