

# A daycentre offer within Extra Care





age  
exchange



Empowering people living with dementia through Reminiscence Arts



# Reminiscence Arts



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*Group Reminiscence  
Arts sessions  
significantly improved  
the quality of life of  
people living with  
dementia in the first 50  
minutes*

Attending a series of group Reminiscence Arts sessions steadily and significantly improves the quality of life for participants over a 24-week period.

people living with dementia in the first minutes

[www.radiationprotection.org.uk/wp-content/uploads/2015/01/optimised\\_6543\\_RADIQL-Report-2014-15.pdf](http://www.radiationprotection.org.uk/wp-content/uploads/2015/01/optimised_6543_RADIQL-Report-2014-15.pdf)

# Empowering people living with dementia through Reminiscence Arts



# Day Care Services



- Weekly day care services held at two locations: Age Exchange and Conrad Court
- Programme of reminiscence arts activity based on successful evidence based Reminiscence Arts (RADIQL)
- Support of Reminiscence Arts Practitioners and volunteers
- Nutritional lunch with respect of participants' dietary needs
- It is free to attend however we



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# One-to-one support



One-to-one sessions for those who have difficulty leaving their homes



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# The service users

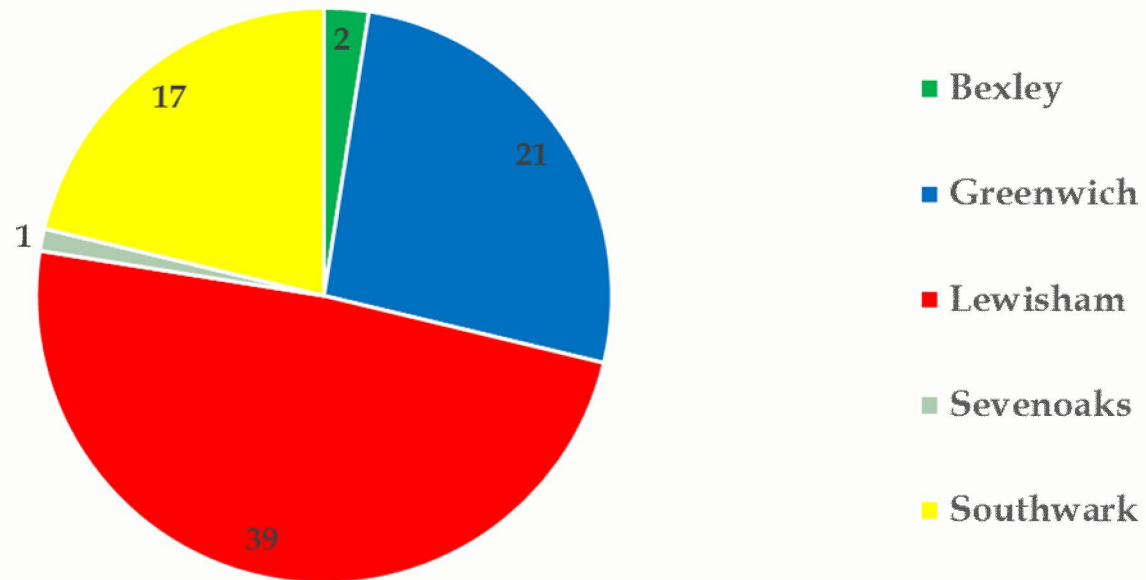


- ❧ 68 referred couples to the centres and 36 individuals to 1-1 service
- ❧ 46 couples have attended Day Care sessions and 19 individuals have received 1-1 support
- ❧ The referred people come from different cultural and ethnic backgrounds:
- ❧ Most of the participants have diagnosis of Alzheimer's Disease, some vascular dementia, some mixed dementia and two have young onset dementia

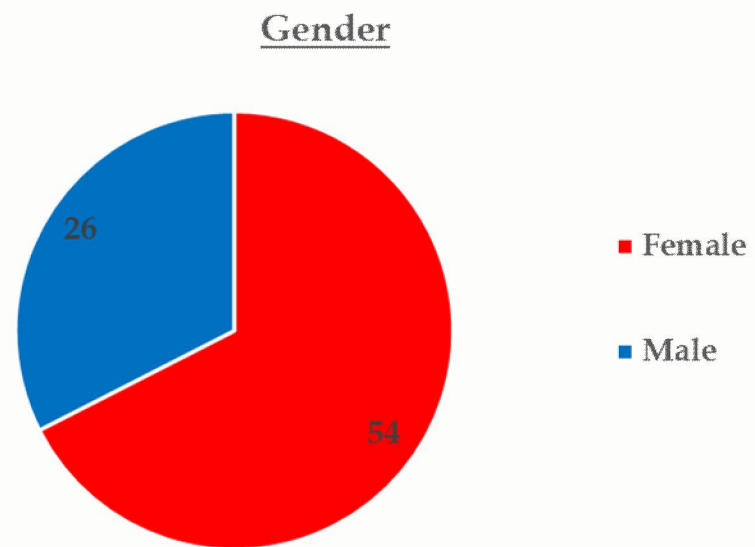
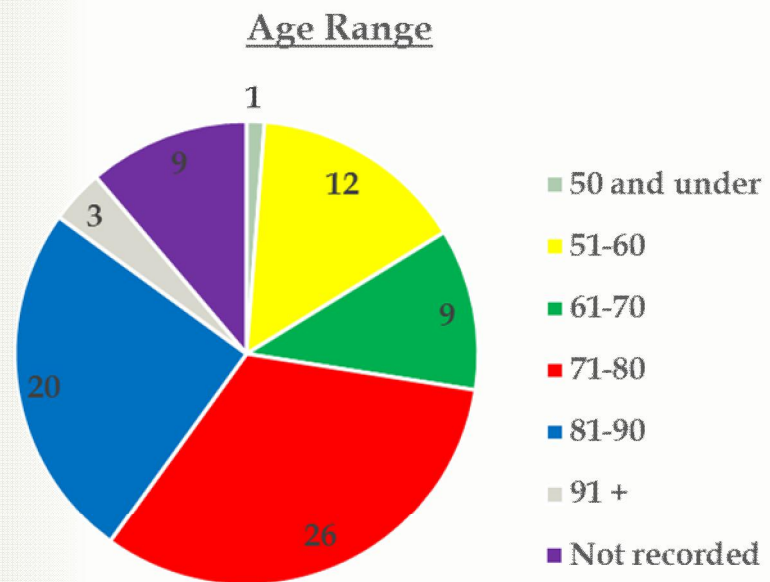
The service users  
who attended the sessions and received 1-1 service  
(November 2016 - November 2017)



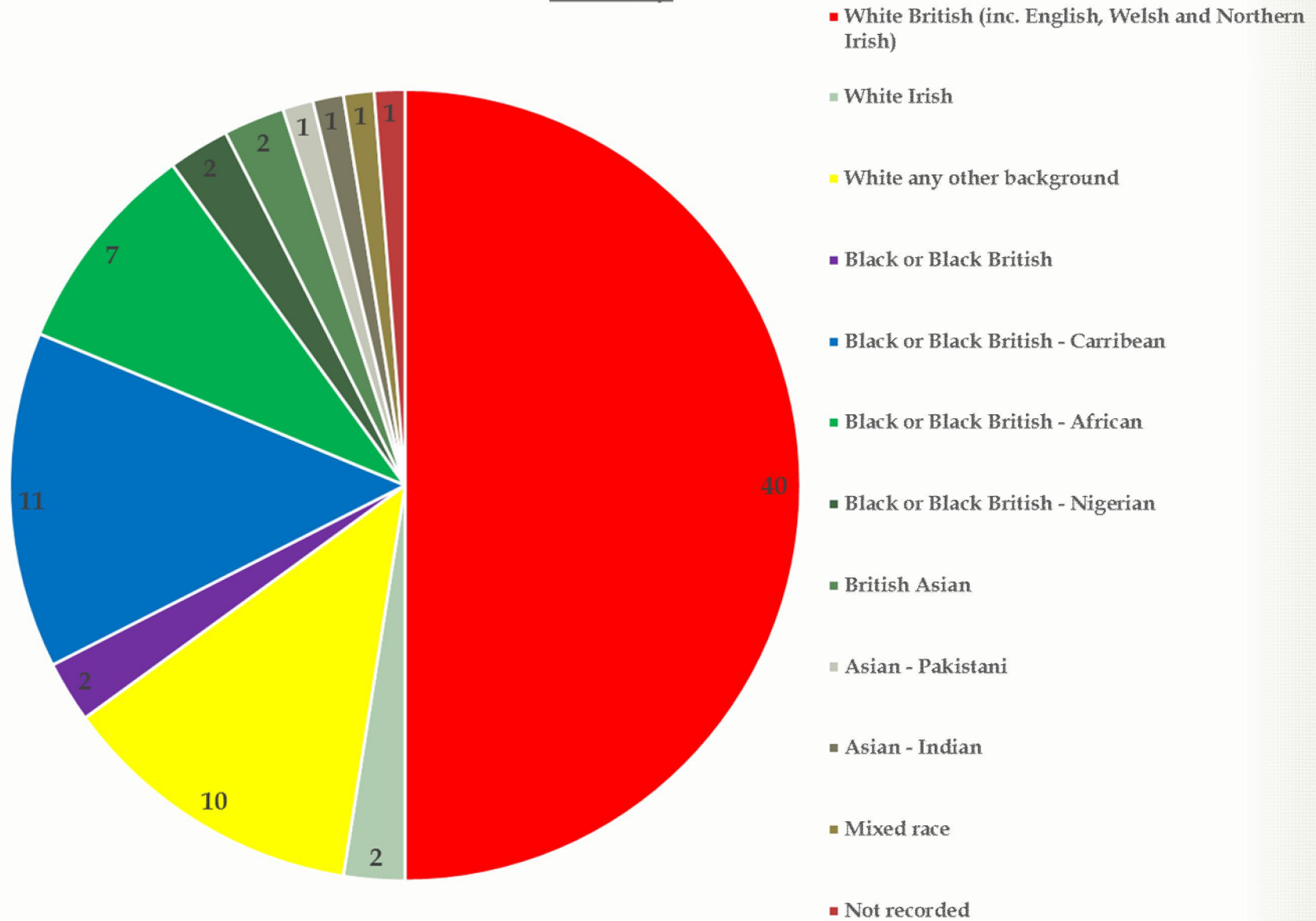
Geographical Area by Borough







## Ethnicity





# Thursday Day Care Conrad Court





## Feedback from service users living with dementia





# Feedback from carers



The warm support of the carers

The singing activity is very beneficial for my mum

I've enjoyed everything, most of all the arts and crafts





# Referrals to the project



If you would like to make a referral or find out more, please do contact  
Aga Daldorph, Project Coordinator or Naomi Cavanagh, Administrator.

[agnieszka.daldorph@age-exchange.org.uk](mailto:agnieszka.daldorph@age-exchange.org.uk)

[Naomi.Cavanagh@age-exchange.org.uk](mailto:Naomi.Cavanagh@age-exchange.org.uk)

Telephone number: 0208 318 9105



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# Volunteering opportunities



If you or someone you know would like to support our participants and the programme, please contact Aga or Naomi.

[agnieszka.daldorph@age-exchange.org.uk](mailto:agnieszka.daldorph@age-exchange.org.uk)

[naomi.cavanagh@age-exchange.org.uk](mailto:naomi.cavanagh@age-exchange.org.uk)

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