



Therapy of talking & social interaction

Talking openly about concerns and feelings can be the best medicine when coming to terms with living with dementia and alleviating anxiety or depression. There are real benefits for the person with dementia and their close family members from social interaction and 'talking therapies.'

Being able to confide in a qualified professional about concerns or difficulties can empower someone to identify solutions and understand how their personalities, life experiences and behaviour may affect others.

Fear about what may happen next or the impact of dementia on close family members can be alleviated by being open about the concern with someone who is non-judgmental or personally involved. There's a lot to be said for the saying 'a problem shared is a problem halved' and professional support can help you decide how to address an issue.

It's worth asking your GP or consultant first whether you can be referred to a counsellor or therapist on the NHS who has experience of supporting people affected by dementia. Private therapists charge for consultations.

The benefits of talking cannot be understated. At Waypoints, staff are encouraged to chat to residents whenever the opportunity arises – it is not regarded as a waste of their time.

Self confidence can take a knock when someone with dementia doesn't understand what is happening around them. Our staff have specialist training so they know how to reassure and build the self esteem of residents through conversation without compromising the dignity of the person in their care. We also can help relatives with guidance on how to respond, for example if someone keeps repeating themselves.

Singing and activities can have similar positive benefits as talking - stimulating memories which can be an enjoyable experience and lift spirits. We theme the different areas within our care homes and have pictures and items to conjure memories and prompt discussion and recollection.

A popular feature of our homes is 'Ye Olde Sweet Shoppe' where jars of treats remind residents of happy childhood days.

Our chefs put a lot of thought to menu choices with seasonal and local traditional dishes but they also bake or make whatever they hear a resident speak fondly of. Homemade pasties or a cream tea is usually a recipe for laughter and chatter.

Our staff always take their meal breaks when they are on duty with residents because dining together is another opportunity to catch up and check on their welfare without being intrusive.

Individual care plans are created and kept up to date, with valuable input from the resident and their relatives and friends, to capture their life stories so that we can introduce a topic in a conversation we know will give pleasure or comfort to that resident.

Contact Waypoints Care Group on 01425 486 760 or visit www.waypoints-care.co.uk