



Dementia Toolkit – Stay connected

Meet other people with dementia



Dementia Toolkit
Living your life with hope



Stay connected

Meet other people with dementia

Dementia is life-changing, but not all of the changes are bad. As Chris, a person living with dementia, says “a whole new world opened up to me – a whole new dementia world.”

In this booklet we:

- hear from people with dementia about why peer support is so important
- introduce you to different options for meeting other people with dementia



I'm part of a Forget-me-nots group, I'm part of a DEEP project, the 3 Nations Working Group...

A person with dementia talking to our researchers



On our website you can watch a video in which Allison, Chris and Keith (all of whom live with dementia) share why they think peer support is important. In this video they mention:

- how it gives you hope for your own dementia journey
- the empathy and understanding you get from these groups
- how useful it is to be signposted to resources and how others can help you solve your own challenges

The following quotes are taken from this video:



Keith, a person with dementia, says
"It gives the opportunity for genuine empathy because, whilst so many people can show some kind of sense of understanding, some sympathy and indeed some empathy, what you get with peer support and peer interactions is genuine empathy because those people are wearing the same shoes."



Allison, a person with dementia, says
"I think everybody who is given a dementia diagnosis should be given a telephone number or a contact of somebody who has a diagnosis that they can go to and see that 'I can still live as best as I can with this condition.'"



It is always worth looking to see what is available in your local area. Different places may have different services. Sometimes there are groups called 'memory cafes' or 'Dementia cafes'.

Alzheimer's Society has a dementia directory where you can search for support near you. Visit: <https://www.bit.ly/support-near-you>

DEEP is the UK network of Dementia Voices. DEEP stands for the Dementia Engagement and Empowerment Project. There are around 80 groups based across the UK where people with dementia come together to support each other.

To find a nearby group visit: <https://www.bit.ly/DEEP-group-near-you>

DEEP is a UK-wide network. It is independent and doesn't belong to a dementia service or organisation. It is diverse, with different groups rooted in their local communities. DEEP is rights-based, and empowers people with dementia to share their voices about what matters to them.

The DEEP website has plenty of resources and inspiring stories. DEEP also produce a monthly newsletter called Our DEEP News and we share selections from this in the Real-life positive stories resource.

Visit the DEEP website here: <https://www.dementiavoices.org.uk/>

The **3 Nations Dementia Working Group** brings together people living with dementia across England, Wales and Northern Ireland. This is a network of people who want to create change for people with dementia. It is led by a steering group of 12 people with dementia.

The 3 Nations Dementia Working Group has done and continues to do great work. They are supported by the Alzheimer's Society. You can become a member if you wish. It is worth exploring this rich website. The 3NDWG also hold fortnightly webinars you can sign up to for free.

Visit the 3NDWG website here: <https://www.3ndementiawg.org/>

Some places also have **Meeting Centres** and more of these are being set up across the UK. They are local resources operating out of ordinary community buildings.

To see a map of UK Meeting Centres visit:

<https://www.bit.ly/meeting-centres-UK>

To visit Kirrie Connections – a thriving Meeting Centre go to:

<https://www.kirrieconnections.com/>

You can also listen to the experiences of other people with dementia through **Dementia Diaries**. This website is a treasure trove of audio diaries. People with dementia record their experiences of all sorts of different things and share them with the world. Each diary is transcribed so you can read or listen.

Visit: <https://dementiadiaries.org/>



This resource is on the internet. Scan the QR code below to visit the webpage.



Contact us

We would love to know what you think of the toolkit. We want to improve it based on your feedback.

Please get in touch with us by emailing
IDEAL@exeter.ac.uk

If you prefer to write to us, then please address your letter to:

Living with Dementia Toolkit

PO Box 616

Exeter

EX1 9JB



www.livingwithdementiatoolkit.org.uk