



Alzheimer's Society services evaluation 2019

July 2020

Spotlight on
Live Well
with dementia



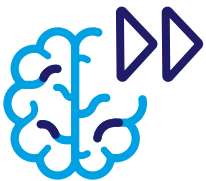
Spotlight on Live Well with dementia

‘The care that I have been shown throughout this course doesn’t make me feel like I am ill.’

Person with dementia

The Live Well with dementia programme is a seven-session group course for people who are living with the early stages of dementia. It aims to help people increase their understanding of dementia, develop skills and use practical tools to actively manage their own health and wellbeing. It offers them peer support and a shared learning experience.

Each course is delivered by two trained facilitators and volunteers. They deliver the programme in a group setting for up to eight people at a time. The sessions cover the following topics:



Life after diagnosis

What living well with dementia means to me



Living well

Managing dementia in my daily life



Keeping the balance

Managing my health



Keeping the balance

Managing my feelings



My support

Communication and relationships



Myself

My support and my future planning



Market place of information

Support and signposting

In 2019, evaluation data was collected from 78 people with dementia in 18 Live Well with dementia groups.

Did people who participated in Live Well with dementia feel supported by staff and volunteers?

All of the people (100%) who gave feedback felt supported by staff and volunteers. As in previous years, staff and volunteers were seen as knowledgeable experts who explained concepts well. Staff and volunteers were always understanding of the needs of people with dementia and listened to them, which made people feel comfortable sharing with the group. While the facilitators were professional, people described how fun and enjoyable the sessions were – this made the experience even better.

‘You put so much into doing this for us, you are lifesavers! It’s very friendly here, you listen and understand, I’ve felt very comfortable talking to you.’

Person with dementia

Did people who took part in Live Well with dementia feel supported by their peers?

Everyone (100%) agreed that they were able to share their experiences with other people in the group. The course provided a safe environment that allowed people to feel comfortable speaking about themselves, even if they were anxious at first. They found it very useful to gain insights from other people’s perspectives.

‘I felt able to share things, share feelings, feel comfortable, have a laugh.’

Person with dementia

‘Sharing is important, I wouldn’t have got involved with this if we couldn’t share. People here are in the same position so I’ve felt OK about opening myself up. We are all different, but all have things in common too.’

Person with dementia



Did people who participated in Live Well with dementia feel they were provided with useful information?

Everyone who answered this question (100%) agreed that the information they received from Live Well with dementia was useful. This included practical tips and ideas for them to share with family members. The programme also helped people to be more open about trialling new ways to receive help, such as ‘telecare’ technology.

‘I want to be able to control my dementia; this is helping me see how I can do that because there’s lots of really useful information. I share the handouts with my wife and we talk about them.’

Person with dementia

Did people who participated in Live Well with dementia feel more confident?

Overall, 99% of the people who answered this question said that they felt more confident as a result of attending the course. The programme helped people feel less stigma attached to having dementia. They also felt more confident about sharing their diagnosis with others.

Three people said ‘I don’t know’ to this question and only one said ‘no’. Of those, one person said that their confidence stayed the same. Another felt much less frightened than before joining the course, but said more time was needed to explore the information provided to ‘become more confident’.

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‘We don’t feel like a target anymore, we are just like anyone else.’

Person with dementia

‘I now feel that I am more likely to share this information with my friends who I have not spoken to about my dementia yet.’

Person with dementia

Did people who participated in Live Well with dementia feel their life was made better in any way?

In total, 99% of the people who answered this question agreed that the Live Well with dementia course had made their life better in some way. People said they now felt less alone in their dementia journey. They also gained a better understanding of dementia.

‘I’m not ashamed anymore. Meeting others has made my life a bit better.’

Person with dementia

‘I’ve enjoyed hearing from different people with different outlooks and experiences, it’s on the road to doing that, making my life better. I feel able to ask questions and get some answers now. It gives you more confidence to talk amongst these new friends, it’s been amazing to be able to say what I’m thinking and feeling – thank you.’

Person with dementia

Find out more

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Alzheimer’s Society operates in England, Wales and Northern Ireland. Registered charity number 296645.