

## About Dementia Canterbury

In the early 1980s there was little public awareness about dementia in New Zealand and virtually no support services were available to people with dementia and their carers. This prompted a small group of Christchurch social workers to form the first ever support group in New Zealand dedicated to helping people care for those with dementia.

Support groups for carers remain an integral part of Dementia Canterbury and as the organisation has grown and developed, it has incorporated the important roles of education, volunteering, advocacy and support for all people affected by dementia. Dementia Canterbury includes Ashburton, North Canterbury to Kaikoura and the West Coast regions.



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**Website:** [www.dementiacanterbury.org.nz](http://www.dementiacanterbury.org.nz)

*We are available from 8.30am – 4.30pm Monday to Friday.*

**Dementia  
Canterbury**



***YES, I'd like to support people  
affected by dementia.***

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**I'd like to give:**

\$10    \$25    \$50    \$other \_\_\_\_\_

**I've sent a cheque to Dementia Canterbury**

Or by bank transfer:

**Dementia Canterbury ASB 12-3441-0103893-00**

Or please debit my

Visa    Mastercard

Card number \_\_\_\_\_

Expiry Date \_\_\_\_\_

Name on Card \_\_\_\_\_

Cardholder's Signature: \_\_\_\_\_

CC57086

**Dementia  
Canterbury**



**Noho ora pai ana i te korokeke.  
Living well with Dementia.**

**Dementia  
Support  
Services**



# Dementia Canterbury



**Noho ora pai ana i te korokeke.  
Living well with Dementia.**

## What is dementia?

Dementia is a collection of symptoms that cause a progressive decline in a person's ability to think, to remember and to reason.

## What are the symptoms of dementia?

Every person with dementia is affected differently.

## Common symptoms may include:

- Gradual memory loss
- Repeating statements or questions
- Difficulty performing familiar tasks
- Difficulty handling money
- Loss of initiative
- Impaired judgement
- Disorientation of time and place
- Personality changes
- Changes in mood or behaviour
- Problems with language
- Deterioration in driving skills
- Misplacing things

Dementia is not a normal part of the aging process. A person with dementia may not experience all of these symptoms.

## What are the most common types of dementia?

Alzheimer's disease is the most common type of dementia. Others include: Vascular, Lewy body, Frontotemporal, alcohol related dementia, younger onset, and Parkinsonian related dementia.

## How can we help you?

Dementia Canterbury provides information, education, and specialised social support to people with dementia, their family/whanau and friends in Canterbury, Ashburton and the West Coast.

## Services for People with Dementia

- Education Services—Introduction to Living Well
- Brain Ignition Series
- Monthly Memory Groups
- Social Programme
- Activity Programme
- Younger Onset Day Activity Program
- Community Cafés

## Services for Carers/Family

- Education Services—Introduction to Living Well
- Making a Difference Course (Regional)
- Carers Monthly Support Groups
- Younger Onset Carers Group
- Younger Onset Carers Facebook Group
- Post Placement Group Series
- Weekend—Introduction to Living Well
- Social Programme
- Community Cafés

## Social Services

- Home visits
- Information
- Advocacy
- Liaison and Care Planning
- Grief, loss and adjustment support
- Groups

## Volunteers

- Companion Volunteers
- Transport
- Fundraising and Promotion
- Administration/Reception
- Activity

## Education

- Introduction to Living Well with dementia—a concurrent education programme for recently diagnosed people with dementia and carers/ family
- Dementia the Basics—a one day Education Course for Professionals
- Community Education Seminars—a free monthly programme covering a range of topics
- Education sessions tailored to the needs of community organisations, service groups, schools
- Dementia Friendly Business Education

## Other Services

- Total Mobility Scheme
- WandaTrak Tracking System
- Identity Bracelets
- Library/Resources
- For further information about accessing our services or referral please refer to our website or contact us directly on 03 379 2590.