



E noho ana i Mate Wareware
LIVING WITH DEMENTIA

Support services for you and your whānau

***Nau mai, haere mai, tauti mai!* | WELCOME**

Dementia Canterbury exists to support people and their whānau to continue to live fulfilling lives following a Mate Wareware-Dementia diagnosis.

Our team provides free, community-based education, activities and specialised support services across the Waitaha-Canterbury and Te Tai Poutini-West Coast regions. We also raise awareness about Dementia, encourage local people to seek diagnosis, and break down barriers and stigma associated with the neurological condition.

Dementia Canterbury is a long-standing not-for-profit organisation, supported by the people and hapori-communities of Canterbury and the West Coast.

Dementia is an umbrella term for a number of neurological conditions that affect memory and other brain functions, such as language, problem-solving, thinking and behaviours.



Education

Dementia Canterbury offers specialist education programmes for people and whānau who are at the beginning of their journey with Mate Wareware-Dementia. We regularly run free community seminars on a range of topics associated with brain health and taking care of your general hauora-wellbeing. We also deliver workshops about Dementia for health professionals, businesses and community organisations.



Navigation

Our knowledgeable key workers are well-versed in navigating the Mate Wareware-Dementia journey, from getting a diagnosis within our health system to coping with changes as a whānau. With a timely diagnosis and the right support in place, most people with Dementia can continue to enjoy living life to the fullest in their community for many years. We can support you and your whānau to plan ahead and feel more confident about the future.



Whānau and carer support

In order to take care of a loved one with Mate Wareware-Dementia, care partners and whānau also need to take care of themselves. We offer support groups where whānau can share what it's like with others who understand, learn from each other, and have a special time over kai. Our team also provide tailored education for whānau facing challenges, and can tautoko-support whānau through the adjustment of their loved one entering specialised care.



Specialised brain health programmes

Our Cognitive Stimulation Programmes focus on activating pathways in the brain to help people with Dementia maintain as much function as possible – it's like keeping your brain fit. These programmes are best-suited to people who are in the early years of their Mate Wareware-Dementia diagnosis. Talk to our team to find out if our brain health programmes could help you or your loved one keep enjoying everyday life.



Community activity groups

Dementia Canterbury runs a range of engaging and fun group activities, both on site at the Braintree Wellness Centre in Ōtautahi-Christchurch, and alongside our community partners. You can take part in activities such as waiata-singing, movement, gardening, baking and visits to local attractions, often while also giving back to your local hapori-community.



Social events

Our Dementia community and their care partners come together regularly for café catch-ups and special events, such as picnics, holiday celebrations, dances, movies and more. You'll get to know other people who know what it's like to navigate Dementia, and enjoy new experiences together with new friends.



Younger-onset programme

We run a tailored programme for people under 65 diagnosed with Mate Wareware-Dementia and their whānau, which includes therapeutic activities, education sessions, café get-togethers and social events. Members of this programme enjoy being alongside other people who are experiencing Dementia at a younger age and who can relate to what it's like.



Kaupapa Māori support

Dementia Canterbury has a cultural advisor as part of our team who is available to work with tāngata whenua and whānau to kōrero about putting culturally appropriate plans and tautoko in place. Our team also works with whānau to develop services that best suit the needs of Māori with Mate Wareware.

Kōrero mai | CONTACT US

Location: BrainTree Wellness Centre,

70 Langdons Road, Papanui, Christchurch 8053



Phone: Canterbury 03 379 2590 or 0800 444 776 | West Coast 0800 259 226

Fax: 03 379 7286

Email: admin@dementiacanterbury.org.nz

Website: dementiacanterbury.org.nz

Our team is available to kōrero from 8.30am –4.30pm Monday to Friday.

  @DementiaCanterburyNZ



“ *It's so great to have such a wonderful group of people to spend time with and laugh and have fun, and sometimes to get serious. Sometimes it's the only place we feel normal, as everyone understands.* **”**

- Lois, Younger-onset Programme Member

Takohatia | DONATE



We rely on the support of our community to deliver two-thirds of our mahi. Help us to ensure we can continue to provide our services free of charge.

Donate online: dementiacanterbury.org.nz/online-donation