



Don Phillips and his daughter, Kristen. Photographer: Anna Macfarlane

E noho ana i mate wareware

Living with dementia

Support services for you and your whānau

Nau mai, haere mai, tauti mai! | Welcome

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 behaviour.

Dementia Wellington exists to support people and their whānau to continue to live fulfilling lives following a mate wareware/dementia diagnosis.

Our team of Dementia Advisors provide free, community-based specialised support services across Te Whanganui-a-Tara Wellington region. We offer opportunities to learn about mate wareware/dementia and bring people together to connect with others facing the same issues. We also raise awareness about dementia, and break down barriers and stigma associated with the condition.

Dementia Wellington is a long-standing not-for-profit organisation, supported by the people and communities of Kāpiti, Porirua, Te Whanganui-a-Tara and Te Awa Kairangi.

Tautoko | Support Services



Learning about mate wareware/dementia

Dementia Wellington offers a range of learning opportunities for people and whānau who are at the beginning of their journey with mate wareware/dementia. We regularly run free information sessions on a range of topics associated with brain health and taking care of your general hauora-wellbeing. We also deliver workshops for health professionals, businesses and community organisations.



Navigation

Our knowledgeable Dementia Advisors 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 full 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 family member/friend 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 information sessions for whānau facing challenges, and can tautoko/support whānau through the adjustment of their family member/friend entering specialised care.



Specialised brain health programme

Our cognitive stimulation programme focuses 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 stages of their mate wareware/dementia diagnosis. Talk to our team to find out if our cognitive stimulation programme could help you or your family member/friend.



Living Well activities

We enable people to access a range of dementia-friendly activities such as golf, music therapy, singing groups, walking groups, reading clubs and art therapy. Some activities are supported directly by Dementia Wellington and are ongoing, while others run for a few weeks or are independent of us. Have a chat with your Dementia Advisor about any ideas and options that may suit you.



Social events/Cog Cafés

Cog Cafés are an opportunity to socialise with other people with dementia and their supporters over coffee in a local café. There's no need to register for a Cog Café session – just turn up on the day and enjoy getting out of the house and meeting others who are also living with dementia.



Kaupapa Māori support

Dementia Wellington partners with local iwi and marae-based services to offer information about mate wareware and opportunities for kaumatua to kōrero with our Dementia Advisor.



Young Onset Programme

Dementia Wellington offers an individualised programme for people with Young Onset Dementia. The content is determined by the participants and includes options for peer support, brain stimulation, and social activities.

I love coming to the Cog café, it's wonderful to do regular things that we have always enjoyed doing.

It's so reassuring to chat with other people here going through what we are going through.

Takohatia | Donate

We rely on the support of our community to deliver our full range of support services. Help us to ensure we can continue to provide our services free of charge.

To make a donation go to:

dementiawellington.org.nz

Or to make an internet bank transfer:

Dementia Wellington Charitable Trust
ASB 12-3142-0258625-50



☎ 04 972 2595

✉ admin@dementiawellington.org.nz

www.dementiawellington.org.nz

55 Hutt Road, Petone, 5012

PO Box 39393, Wellington Mail Centre,
Lower Hutt 5045

Find us on:

Facebook Instagram or LinkedIn