Live Well with dementia programme
Self-management principles for people living with early stage dementia

A need for early stage dementia support
According to research, people with dementia have less access to the benefits of self-management programmes, especially when compared to other long term conditions. This gap was highlighted in Alzheimer’s Society service offer of a structured, peer group programme, based on self-management principles. The Live-Well programme, funded by Lloyds Banking Group, was developed in 2013 and will run until 2017. Lived experience of participants and their response to the programme will directly inform the model.

Aim: Empowerment for people living with early stage dementia.

‘It’s a privilege to be with others – I now feel proud and I am not ashamed to say I have dementia’

Key milestones of the Live-Well programme

<table>
<thead>
<tr>
<th>2013</th>
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<th>2015–16</th>
<th>2016</th>
<th>2017</th>
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<td>Launch of 5 pilot programmes</td>
<td>Adaptation and development of pilot sites</td>
<td>Launch of 19 pathfinder programmes plus development</td>
<td>Launch of a further 20 programmes with focus on post diagnosis support</td>
<td>Project due to successfully complete</td>
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‘It’s like taking some control of your life again’

Making a difference
The dynamic of people sharing and learning from experience of others is a significant aspect of the programme. Benefits include:
– Increased confidence and ability to manage their condition
– Living independently for longer
– Preventing unnecessary hospital admissions
– Releases a GP’s clinical time by removing the need for this support during consultations

‘It is clear that this programme remains at the cutting edge and at the forefront of a very current and developing area of research and interest’
University of Brighton researcher 2015

alzheimers.org.uk If you have identified that your patients living with dementia require this programme then please come and discuss future opportunities with us at the Alzheimer’s Society exhibition stand or email beverley.page-banks@alzheimers.org.uk