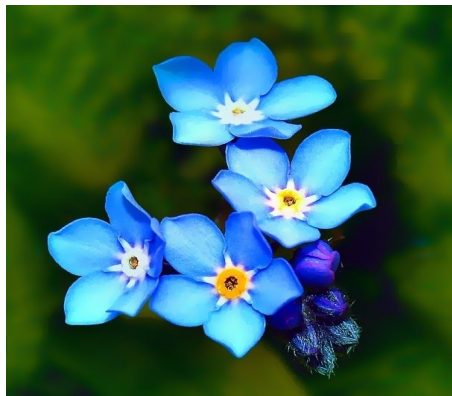




Dementia

My eyes do see. My ears do hear.
I am still Me. so let's be clear.
My memory may fade. My walk may slow
I am Me inside. don't let Me go.



Honiton, Ottery St Mary and Sidmouth (HOSMS) Dementia Service

(including Linden Day services)

This service supports individuals living with Dementia, as well as providing advice and respite for families and carers.

The team consists of nurses, including Admiral Nurses, an occupational therapist and clinical support workers that have been trained in delivering Cognitive Stimulation Therapy (CST).

HOSMS Dementia Service has an open referral policy, so anyone can refer to the service. They initially provide an NHS funded period of assessment whereby individual needs are identified to help people to live well and as safely and independently as possible in their community, and to minimise the risk of unnecessary hospital admission or early transition in to 24hr care. If appropriate, following NHS assessment, the individual is invited to attend our group sessions CST and socialisation sessions for an initial period of up to 16 weeks.

Location: Honiton, Ottery St Mary and Sidmouth

Session Length: 3 hours sessions 09:00-12:00 or 13:00-16:00.

HOSMS Dementia Service: Linden-Day Service

At our day centres we promote inclusion, a sense of well-being, social and cognitive stimulation, through engagement in meaningful activities such as:

- Current affairs discussion on local and national news
- Assorted exercises
- Word and number puzzles
- Reminiscence therapy
- Presentations
- Arts and crafts
- Baking and cookery
- Board games
- Music therapy
- Gardening
- Singing
- Invited guests for interesting activities/musical instruments etc.



Each session is structured to orientate of time of day, year, celebrations, subjects, and themes, the CSW's organise and deliver the CST sessions, both in patients' homes during assessment process, and at the HUBS, planning a variety of activities tailored to the appropriate level of the patients attending (mild/moderate stage of Dementia).

HOSMS Dementia Services feedback:

"I am writing to say to you all THANK YOU!

Thank you for the last 5 years , for supporting my mum & me through our journey of dementia.

Dementia is a tough diagnosis to get your head around & it's an unknownwhat will happen & how will we cope as a family? Never mind the emotions you are dealing with plus working & family dynamics.

Our story: I had a call in the car on my way home from my last day at work - champagne & flowers were in the back seat . I am retiring & I am so looking forward to travel & spending quality time with my husband, & freedom from any commitment. My children are married & I have my sixth grandchild on the way, I'm going to love spending more time with them all. Ha!

The 'CALL' was from 'someone' from mums community, she had been nominated to ring me. "WE have concerns about your mum she said " And so it began.

Then , it was the unravelling of what was wrong with mum. It was complicated to say the least. And, involved numerous phone calls , GP , hospital appointments, mental health team assessments , urgent response. Gathering all the information & having to constantly repeat mums story. All the while there was a crying, anxious, frightened mum who was behaving like a clingy 3 year old, getting her to appointments was hard. She was so unwell at that time. It was horrible & difficult. There were POA's to get & realisation that mum & her flat were in a bad way.

In the beginning , in fact for the first 2 years it is a very lonely place dealing with your loved one & you can see the beginnings of future difficulties & wonder how you will cope. The Urgent response team stepped in at first & were fantastic - Tina became my 'go to' person when I needed support with mum. They helped to get mum some home care & then after a few weeks said , it's time to hand mum over to the care agency. Mum did not like having carers in her flat & told them so . Who was I going to turn to now? I began to take on more & more of mums finances & affairs & appointments.

I cannot remember how , I think it must have been mums GP - we found ourselves at Ottery Hospital at your Rowen & Linden Centre (now known as HOSMS Dementia Service). Martine , you met us & listened and we talked through everything that had happened . Trying to speak freely at the time was very difficult as mum was disagreeing & telling a different story & was adamant that there was nothing wrong with her (and still is). It was a relief to know that from now on we were under your umbrella & I once again had someone to confide in.

As you know we have laughed & cried & tried to overcome whatever obstacles appear.

Please know that you have been the ones from the start of our dementia journey and you have continued to be there for us right up until the day mum went into residential care - you were the team who were always there for us. Whatever we needed you were able to support us. You have got to know mum (& me) . All through the difficult Covid lock down - you were there! You visited mum & rang mum & kept in touch with me regularly. You have dealt with mums medicines when there was a problem with blister packs & mediated between services for us. You have gathered all sorts of reports from various places & kept me informed about everything. You have gone way beyond the extra mile & I thank you from the bottom of my heart . Where would we have turned if it hadn't been for you.

I need to say a special thankyou to you John. You certainly managed to win over & encourage mum & let's face it - she can be tricky . The assessments you made & equipment you somehow found & then delivered were so needed (even if mum grumbled) & then tried to dispose of. You are the special someone that I came to rely on & I knew that you would help or make a suggestion or ask the team .

Thank you hardly seems the right word to say just how much you are appreciated.

Ps.

Mum has been in residential care for a week now. She's settling well & joining in all activities. She's made a friend & wanders about the downstairs lounge, dining room & garden. They have bought her a Bissell carpet sweeper because she wanted a job. There are lots activities too.

She's says I have 'parked' her there & buggered off on holiday! Oh well, I am certain there are a few more bumps in the road to overcome butThe staff at the home are fantastic (just like you) & I know they will guide us through .

Thank you all once again for all your support and hard work!"