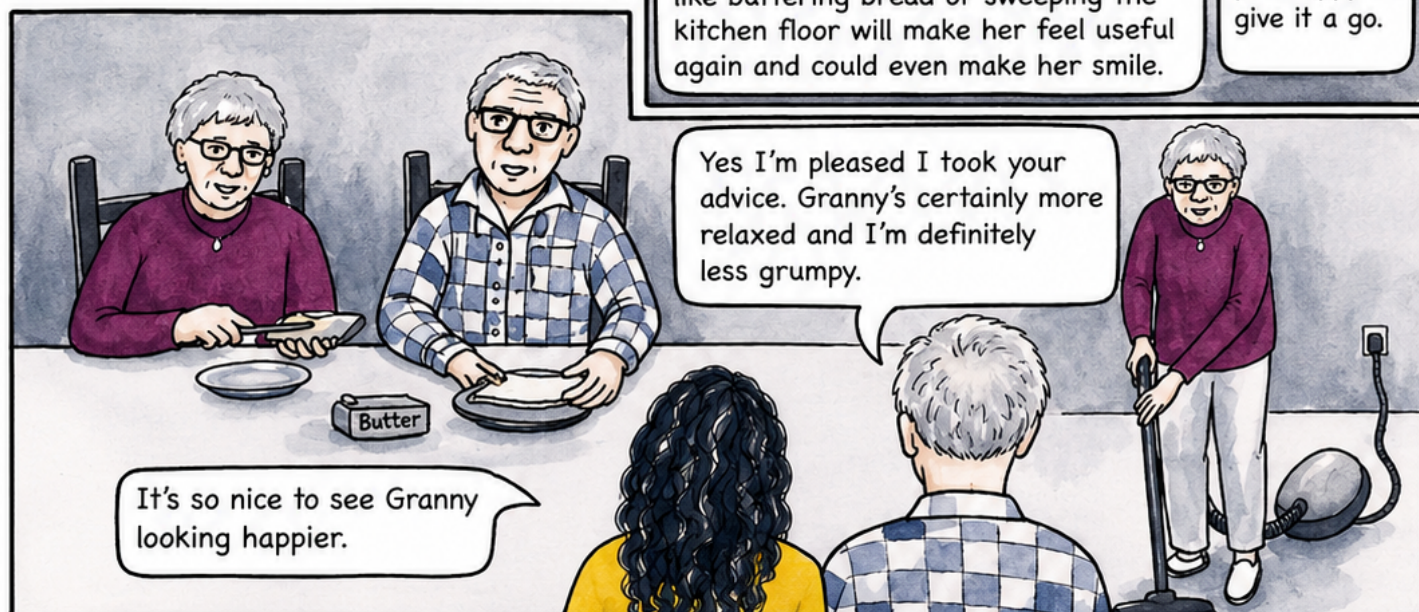
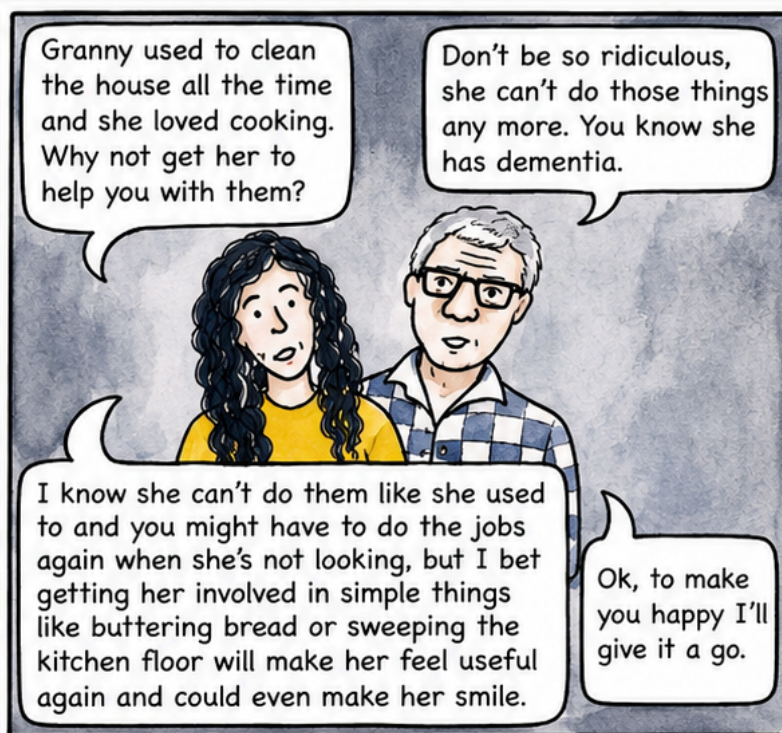




# Dignity in Dementia

# The Power of Purpose





Grandad have you thought about getting out more and taking Granny to activity groups? She was always so sociable, I think she'd love being with other people and you might enjoy it too.

Oh my goodness you're at it again! I hate organised groups, I'm not a group type of person.

Apart from that, Granny's dementia makes her unpredictable and she's likely to say the same thing over and over again. People will shun us, or worse, laugh at us.



But Grandad there are groups out there specifically for people with dementia and their carers.

You're right Granny would love it, but I'd hate it.



You might surprise yourself. There's sure to be someone you'll gel with who's going through similar things. How about I check out what's available?



I've found out about an organisation that runs activity groups. I bet you'd enjoy their walking group and the photography one. You and Granny used to take fabulous photos on your walks.

Granny, if Grandad wanted to join a walking group you'd go along to support him wouldn't you?

Yes of course!



Now that you've got Granny doing little jobs at home, you've seen how she's more engaged. Being with others will help her even more and make your life easier in the long run. I know you're likely to feel uncomfortable initially, but that will soon pass Grandad and the benefits will be worth it.

I'll think about it. Come on Val, help me make a cup of tea.









## Staying Involved, Feeling Valued

People with dementia, just like everyone else, need to feel useful and involved. Having something meaningful to do gives them a sense of purpose and helps people feel valued and needed.

Imagine how hard it would be to sit doing nothing all day, or to be told you can't go into the garage when you've always loved making and fixing things, or not being allowed in the kitchen when you know a meal needs to be made.

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**What matters most is feeling involved, included, capable and proud**

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That's why it really helps to find ways for the person with dementia you care for to stay involved in everyday tasks. Simple things like stirring the cake mixture, peeling a carrot, polishing a pair of shoes, or wiping a window. It might take longer than it used to, and the result might not be perfect — but that's okay. What matters most is that they feel involved, included, capable, and proud of what they've done.

You're likely to notice a positive change in their demeanor quite quickly — maybe a smile, a spark of confidence, or a lighter mood. These small moments of purpose and connection can make a big difference.

**Some simple activities to try at home - of course there are many more**

- |                         |                                                                                        |
|-------------------------|----------------------------------------------------------------------------------------|
| <b>Household tasks</b>  | – Washing up, dusting, vacuuming, sweeping, polishing brass or silver, cleaning doors  |
| <b>Gardening tasks</b>  | – Sweeping, pruning, raking, planting seeds or bulbs, digging, watering                |
| <b>Simple DIY tasks</b> | – Sanding, painting, sorting screws or nails                                           |
| <b>Exercise</b>         | – Indoor chair-based exercise, dancing, tai chi<br>Outdoor- walking, jogging           |
| <b>Caring for Pets</b>  | – A dog could maybe be borrowed from a family member or a neighbour for an hour or two |
| <b>Music</b>            | – Listening to personalised playlist can work well                                     |



# The Benefits of Getting Out & Meeting Others

Spending time with other people is very good for you too. It helps stop you from feeling lonely and can lift both your moods.

## Research has shown that it:

- Keeps the brain active and may slow the progression of symptoms.
- Builds social connections and reduces isolation.
- Improves emotional well-being, confidence and self-esteem
- Can reduce feelings of boredom, frustration, or agitation.
- Encourages interaction and a sense of belonging.
- Can support physical health and mobility.
- Provides routine, structure, and opportunities to make choices.

Dignity in Dementia offers a variety of friendly, welcoming activity groups that you can join. At the time of writing, they include walking, table tennis, tai chi, woodland fun, bowling, photography, singing, poetry, crafts

Everyone is warmly welcomed, and you're likely to meet someone you connect with — even if you've never considered yourself a "group person" before. The benefits of joining far outweigh any concerns, and if you come along once, you'll probably want to come again.

**Here's a helpful tip:** people with dementia often respond with "no" when asked if they want to do something. A simple way to encourage them is to phrase it differently. Instead of asking, "Do you want to...?" you could say, "I'd really like to go to... Will you come and support me?" It's a gentler approach that can make them feel involved, valued and helpful.



For more Information contact:  
[Jenny@dignityindementia.org](mailto:Jenny@dignityindementia.org)

Tel: 07825 414816



## Photos from Our Activities



Walking near Cartmel



Tai Chi in Levens



Eating fish & chips on Arnside beach

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## Some of the Creations We've Made at Our Groups



Spring Watercolour Paintings



Christmas robins for our Christmas card



Mosaics



Small dishes

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