

# Activities

Here is an example of some of the activities on offer to attendees, if appropriate to their needs:

- Music therapy
- Music appreciation
- Relaxation
- Gentle exercise
- Reminiscence therapy
- Art therapy and crafts
- Domestic activity – e.g. baking
- Gardening/house plants
- Walks in park
- Board games/quizzes
- Alternative therapies
- Newspapers group
- And others – there may also be an opportunity for occasional short outings

# Referral process/criteria

There will be an open referral process. Referrals and enquires can be made to the Community and Day Services Manager or the Day Care Leader. They will assess need and suitability for the service, with involvement from the referral source e.g. Suffolk Social Care Services, or family member.

Referral criteria are based on a diagnosis of dementia. Referrals will be considered for people under 65 years providing the service can meet individual needs.

For further information contact Tracey Plested  
Community and Day Services Manager.  
call: 01473 295200  
email: tracey.plested@suerydercare.org

Sue Ryder Care  
The Stables  
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**This document is available in  
alternative formats on request.**

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Ref No. 00191.P/0909/L/NP/H © Sue Ryder Care.  
This document will be reviewed in September 2010.

WE PROVIDE HEALTH AND SOCIAL CARE  
TO PEOPLE ACROSS THE UK

Sue Ryder Care 

# The Stables Dementia Day Service



We care for people with end of life  
and long-term conditions:

**Cancer, Stroke, Brain Injury,  
Multiple Sclerosis, Dementia,  
Huntington's Disease,  
Parkinson's Disease and  
Motor Neurone Disease**

For more information  
about Sue Ryder Care:  
visit: [www.suerydercare.org](http://www.suerydercare.org)  
call: 0845 050 1953  
email: [info@suerydercare.org](mailto:info@suerydercare.org)

Sue Ryder Care is a charity registered  
in England and Wales (1052076)  
and in Scotland (SC039578).

# The service aims and objectives

**This leaflet introduces you to our Dementia Day Service held at The Stables, at Sue Ryder Care in Ipswich.**

The aim of our dementia day service is to support both the attendee and family carer enabling the person with dementia to remain as independent in their own home for as long as possible. We aim to ensure that every attendee feels safe and comfortable during their day with us. With family carers confident in this knowledge, they can enjoy a period of respite.

We use a person-centred approach with all attendees. Each person will have an individual assessment. With input from family carers we will create a plan for their days with us. This will include ensuring that their basic needs, such as safety, eating and drinking, mobilising, toileting and maintaining independence, are met. We will look at how individuals can participate in meaningful activity to stimulate, motivate, relax and reassure. Ultimately, we want the attendee to enjoy their day with us.

We will work closely with external agencies who may be involved in the attendees care and regularly review planned outcomes alongside family and other professionals where appropriate.

# Support for family carers

We will work closely with family carers and involve them in the service plan for the attendee. As well as informal support, we hope to be able to offer a carers course which will run over a 5 week period.

The course will provide information on various aspects of the condition and on help and support available. It will also provide an opportunity to learn specific skills eg correct moving and handling, and a chance to try relaxation through various alternative therapies. It is also a form of group support and a chance to meet and speak with other people in a similar situation.

## Facilities

The day service is situated at Sue Ryder Care – The Chantry. The Chantry is an attractive listed building within a picturesque public park. Here we provide nursing, respite and day care for people with neurological conditions.

The Stables is a separate building with its own wheelchair accessible entrance and has been refurbished to accommodate new day services for people with dementia.

- Convenient drop off and parking
- Disabled and assisted toileting facilities
- Private space for one to one sessions
- Communal space for groups, lunch and relaxing

# Our staff

Day Services at Sue Ryder Care – The Chantry are managed by Tracey Plested ‘Community and Day Services Manager’. The new dementia day service will be managed on a daily basis by a supervisor experienced in the field of dementia care. Two other support worker staff will work with attendees who will be experienced in the care of people with dementia.

All new staff recruited undertake a thorough recruitment process including two reference checks and a Criminal Records Bureau (CRB) check. They attend a planned induction programme and will be expected to have or undertake NVQ2 in care as a minimum requirement. They are supervised formally and have annual appraisals and performance reviews to identify development needs.

All staff undertake mandatory training and updates in various aspects of care as planned by our education lead.