

Dementia



Care & Repair Leeds operates a free City-wide service to people living with dementia. It can be difficult for people with dementia to access short-term memories or recall events from the past, leading to feelings of frustration, isolation and confusion. The Memories Library aims to help by providing a range of books, activities, games and photo-cards which may stimulate conversation and boost feelings of safety, inclusion and wellbeing.



Accessing memories in this way improves relationships and overall wellbeing for all involved. Often, the use of the materials leads to families developing their own memory packs from photos and memorabilia that is personalised to their own history and interests, which further strengthens those bonds. The Library also provides materials to support groups such as Dementia Cafes and drop-in sessions across the City.



Every service user is offered a healthy homes assessment, so additional needs such as falls prevention or winter warmth can be addressed if need be. The Memories Library also has well established links with local support agencies and community groups, and where additional support and help is needed, will signpost or refer to other specialist organisations where necessary.



The service is free to use, and has an on-line catalogue for people to order from. It is also very accessible, and recognising that carers and families may find it difficult to collect materials, they deliver to home or other convenient place (such as a family member's workplace, for example), and will collect the materials again when they are no longer needed.

Care & Repair Leeds has demonstrated that the holistic nature of a HIA service can help support those living with the challenges of dementia.

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