

Early Access to Dementia Day Care Helps People Stay Connected and Engaged

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Early access to day care can significantly improve quality of life for people living with dementia, yet long waiting lists for formal diagnosis and assessment are delaying access to vital support.

Age Concern Hampshire, which runs Care & Wellbeing Centres across the county, highlights that families can access valuable support while awaiting a formal diagnosis. The charity offers activities that include Cognitive Stimulation Therapy (CST) and reminiscence sessions, interventions shown in research to support memory, communication, and cognitive function.

Early engagement with day care services also helps reduce isolation, supports emotional wellbeing, and encourages physical and social activity. Families frequently notice improvements in mood, confidence, and communication when support begins early.

"Very often, there can be long waits for formal assessments, leaving people without the structured support they need," said Hannah Park, Head of Operations at Age Concern Hampshire. "Accessing day care early ensures people can benefit from therapies and social engagement throughout the whole of their dementia journey."

Age Concern Hampshire runs dedicated Care & Wellbeing Centres across the county, providing tailored day care services for people living with dementia. Free taster days are available at all Care & Wellbeing Centres, allowing families to experience the service before making any commitment. Call 01962 868545 or visit their website to find out more:

<https://www.ageconcernhampshire.org.uk/care-and-wellbeing-services-hampshire/>

Editor's Notes:

Founded in 1985, Age Concern Hampshire provide services to the older community of Hampshire. The charity currently deliver support at their Care & Wellbeing centres throughout the county, as well as Foot Care clinics, Help at Home, Information via their Information Hub, Hospital to Home Services, Community Information Volunteer Services and a variety of other activities. *Its mission is to help people 'Age well and Live well'.*

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