

Dementia Support pack

Created by Widgit for
Bob's Brainwaves



Bob's Brainwaves

Bob's Brainwaves is based in Louth, Lincolnshire and was set-up by Chris Suich whose husband (Bob) was diagnosed with amnesia when he was just 59. Bob later went on to receive a dementia diagnosis.

She has developed a wonderful support pack which helps and guides people as they learn about dementia. The pack is free for those who have a memory loss or dementia diagnosis and Chris hopes it will help answer all those questions she spent hours searching for with little support.

More information can be found at:

www.bobsbrainwaves.org.uk

support@bobsbrainwaves.org.uk

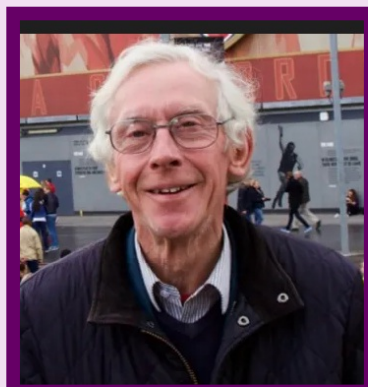
Alongside the useful information, Chris asked Widgit if we would support by providing some symbolised content as she had used symbols when Bob was at home and they had been immensely useful in keeping his brain active and promoting his independence.

We were proud to support this project and alongside the team at Bob's Brainwaves and other families, we created these resources.

Widgit are not dementia experts and these resources have been created in partnership with those who have lived with dementia in their lives.

We hope that you find them useful and that they offer some support for you and your loved ones.

This pack is dedicated to Bob who was the inspiration for the project.





Overall Contents



Games and Activities

- Alphabet Cards
- Animal Snap
- Colour Sorting
- Numbers To 100
- Word Searches
- World Flag Dominoes



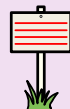
Planners and Routines

- 7 Day Planner
- Countdowns
- Daily Calendar
- Meal Time Symbols
- Visual Timetables



Folding Routine Charts

- Instructions
- Morning Routine
- Evening Routine
- Getting Dressed Men
- Getting Dressed Women



Signage and Posters

- Around The Home Labels
- Door Signs
- Help Communication Boards
- Instruction Posters To Help
- Safety Signs
- Where Does it Hurt Posters



Music

- Coming Round The Mountain and Core Flashcards
- Happy Birthday and Core Language
- My Favourite Things Fully Symbolised
- Nostalgic Songs Booklet
- Silent Night Text and Core Symbols