

Gloucestershire National Dementia Strategy Partnership

THE LIVING WELL HANDBOOK

The Living Well Handbook has been designed to support the person with dementia to live well and take an active role in planning the care that meets their individual needs.

The Living Well Handbook is held by the person with dementia and their carers. It provides essential information following diagnosis, with additional information being added in a timely manner.

The handbook includes:

- Person Centred Care Plan
- Advanced Care Plan and Distress/Pain Assessment Tool
- Alzheimer's Society's *This is Me* leaflet for hospital admissions
- Menu of local services

Copies of the Living Well Handbook can be obtained from:

- Gloucestershire Clinical Commissioning Group
0300 421 1754 helen.vaughan1@nhs.net
- Managing Memory 2gether service
0800 694 880 managingmemory@glos.nhs.uk
- The Alzheimer's Society Gloucestershire
01452 525 222 Gloucestershire@alzheimers.org.uk

or downloaded from:

<http://www.gloucestershireccg.nhs.uk/your-services/living-with-a-long-term-condition/>