



**Supporting
those living with
dementia to live
their best life.**



**A programme
for people
with dementia,
their care
partners and
families.**

Our STORY

EnlivenPlus is changing the way we work alongside those living with dementia, to support them to live their best lives at home.

We embrace a culture that supports people living with dementia to live a purposeful and fulfilling life. A life with meaning and connection. Our tailored programme is focused on empowering you to meet your individual goals, aspirations and interests. Furthermore, as part of the Presbyterian Support Northern charitable organisation, we can draw upon 135 years of experience in caring for people from all walks of life.

EnlivenPlus is a privately paid service providing one-on-one professional in-home support for those with dementia, tailored to their personal objectives. We ensure voices are heard and needs understood. Tailored support includes education at home to reduce stress and distress to support your best life.

Our evidence-based programme is a partnership between those living with dementia, their loved ones and the EnlivenPlus team. At the heart of EnlivenPlus is our philosophy of providing the highest levels of care, provided by people who truly understand dementia and its complexity. This enables those living with dementia to remain engaged, happy, healthy and connected to their family, whānau, friends and community.

EnlivenPlus teams are specialists in dementia care and are passionate about supporting those living with dementia. We want to support you to remain independent and comfortable in your own home for as long as possible, with the people and things you love. A life where you continue to enjoy the activities that matter to you, as well as enjoying new experiences.

By embracing and championing those living with dementia, we are committed to walking alongside them and their whānau, every step of the way to ensure they live their best lives possible.

EnlivenPlus - Alongside you, every step of the way.

Our PURPOSE

Our primary purpose is to change the culture of dementia care in New Zealand in order to support and empower those living with dementia to live their best life.

1.

Providing better outcomes and equity for those living with dementia.

We will constantly innovate and improve our programme to demonstrate measurable outcomes in making a positive difference in the lives of those living with dementia.

2.

Improving the standard of dementia care by ensuring quality standards.

We provide quality training standards that recognise the complexity and challenges of those living with dementia, and the need for person-centred dementia care.

3.

Integrating support systems for those living with dementia.

We work with non-governmental organisations, GPs, specialists and other related services to collectively strengthen and provide seamless support for those living with dementia.

Our promise is to always put the interest of those living with dementia at the forefront of everything we do.

Individualised Support

Our programme is focused on enabling those living with dementia to achieve their individual goals and aspirations. EnlivenPlus empowers you to continue enjoying the interests you love as well as having new experiences, so you can live your best life.

Specialist Dementia Care

Our dementia-trained Specialist Care Managers and Living Well Support teams are selected for their commitment, compassion and empathy. All undertake our unique person-centred dementia training to provide the highest levels of care.

All One Team

We believe in building a seamless support team by working closely with, and advocating for you with family, doctors, social services and any other relevant organisations or community groups.

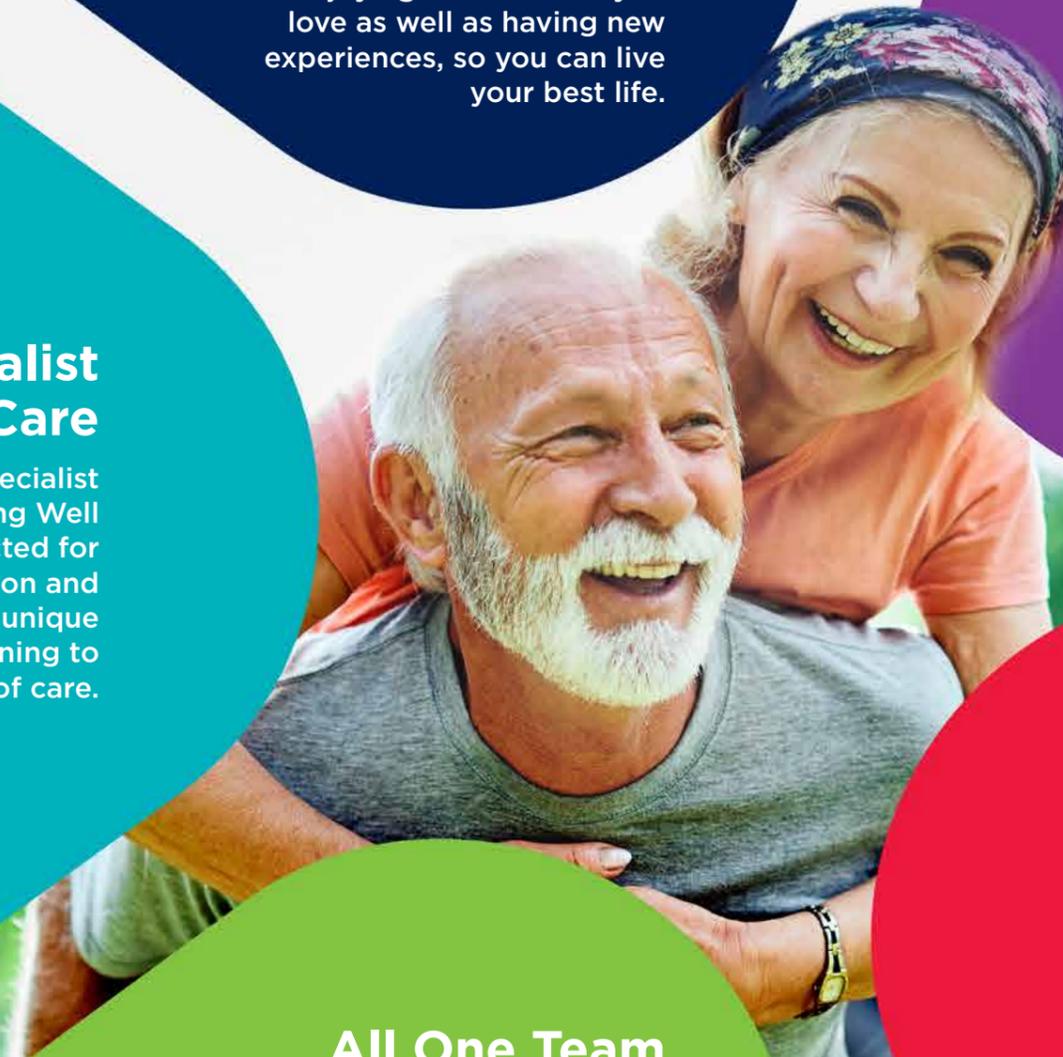
A programme MAKING A DIFFERENCE

With You Every Step

We want to make sure you never feel alone through your journey with dementia. EnlivenPlus provides you and your whānau/family with a consistent team with whom you are able to build a relationship based on trust and understanding.

Purpose Driven

A charity with 135 years experience of providing care and support in the community. We continually invest in programmes, support and services that ensure the highest levels of care.



Overview of SERVICES

To help support you to live your best life with dementia, we start by getting to know you and understanding your goals.

Once we understand your unique life story, fears, aspirations and support structures, we then work together to create a menu of services to help you achieve your goals.

People with dementia

Rather than be defined by dementia, we want to acknowledge it, while focusing on what is still possible. We believe life should continue with every day being full of purpose, new experiences, learnings and connections. Whilst we focus on wellness, part of our support role is to demystify dementia, helping to remove fears of the future. Critical to everything we do, is to be your champion so you feel more in control.

Care partners and whānau/family

A diagnosis of dementia is a life-changing event, largely because of the misunderstandings and myths surrounding what a diagnosis means. Unfortunately, this is further complicated by a confusingly fragmented health and support sector.

As your EnlivenPlus team, our role is to be a supportive and caring partner as we walk alongside you and those living with dementia, to ensure you remain one step ahead - so the journey is a little less bumpy with fewer surprises.

Evidence clearly demonstrates that supporting care partners and whānau/family enables everyone to continue living their best lives while providing better support for the person living with dementia. We want you to feel confident that they are in the best possible hands and remain happy, healthy, and safe and secure - and most importantly focused on living the life they aspire to.



Menu of SERVICES

Navigation

A diagnosis of dementia may present many challenges that can be amplified by a lack of information and understanding of the condition and its likely progression. Health and support systems are also complex. Our navigation service is about providing you with the information and resources you need.

Education about dementia

The EnlivenPlus team is selected for its experience in the complexities of dementia and the unique journey each person and their whānau/family will have with dementia. Education keeps you prepared, helping reduce stress and therefore crises.

Respite (short-term, in-home)

In-home respite provides a care partner with the opportunity to take time out while giving them peace of mind that the person with dementia is in safe, trusted hands and participating in meaningful and stimulating activities.

Cognitive reablement

Evidence shows that stimulating and newly learnt activities can improve neuroplasticity (the brain's ability to modify, adapt or change). This can help slow the progression of dementia. Cognitive reablement activities follow a structured process that focuses on different topics each time.

This is me

Like old photographs, memories can fade over time. We help you retain these memories by assisting you and your whānau/family to develop a 'This is me' leather folder. This unique part of the programme captures your life story, identifies what is important to you now, and what may become important in the future. When memories start to fade, we want you to continue to tell your story while enabling those around you to have a resource that allows them to understand 'you'.

Activities of choice

Supporting you to continue enjoying your favourite activities and perhaps find new ones. We will get to know you as well as we can and will take our lead from you - it's all about providing stimulating and enjoyable activities that you choose.

Physical and psychological wellness

"What is good for the heart is good for the brain" - being physically active is an important part of maintaining good heart and therefore brain health. Physical activity increases the "feel good" hormones, promotes restful sleep, decreases stress and increases overall physical health and functioning. We will also help you to maintain good psychological wellness and provide you with regular strategies regarding this.

Adapting the home

We aim to support you to live your life to your best potential, but we also want you to remain safe while doing so. We will help you identify potential risks in your home and will suggest simple adaptations and the use of assistive technologies to assist you in your day-to-day life.

Advocacy

Unfortunately, when someone is diagnosed with dementia they can become 'invisible'. We will ensure that your voice is heard and with your permission we will speak for you if you are not heard or listened to.

Integrated care

Your EnlivenPlus team will work with you to ensure the people that matter to you are kept up-to-date with your progress. This can include medical, social and community support people as well as whānau/family.

Community connection

Positive social connections are important for healthy brain function, reinforcing our identity, and providing a sense of belonging. Your EnlivenPlus team will support you with maintaining community connections.

Technology

Our Kitcal tablets are an important and unique part of our programme. They are a great tool in addition to our face-to-face visits. The Kitcal tablets are simplified electronic devices that keep you in touch with important people in your life, alert you to events, and even enable video calls with those in other towns or countries.

Your EnlivenPlus **DEMENTIA** champions



Ruth Thomas

Lead Specialist Care Manager

Ruth leads the EnlivenPlus team. Known as the 'dementia lady', Ruth is the most incredible dementia advocate. The design of the programme is a result of 30 years of learnings in the sector and a desire to see change for the better. The moment you meet Ruth, you see her passion for people living with dementia and the desire to see truly person-centred care. Ruth holds a Masters in Dementia, and pulls together experiences from around the world. She was on the Board of Alzheimer's Tauranga, was a founder member of the New Zealand Dementia Foundation and a dementia expert for the New Zealand Ministry of Health.

1. Specialist care managers

Your Specialist Care Manager is your central contact. These are Registered Health Professionals who have specialised in dementia care. They will work closely with you (and your primary care partner) to understand your needs, develop your support plans, provide education and regularly review how things are going.

2. Living well support team

Your Living Well Support will work closely with your Specialist Care Manager to deliver the day-to-day support. Our amazing Living Well Support team have been chosen because of their deep connections and 'heart' for people living with dementia. Before they enter the programme, all complete EnlivenPlus's own unique education in person-centred care and commit to ongoing interactive learning and mentoring to remain up-to-date with best-care delivery.

3. The team behind your team

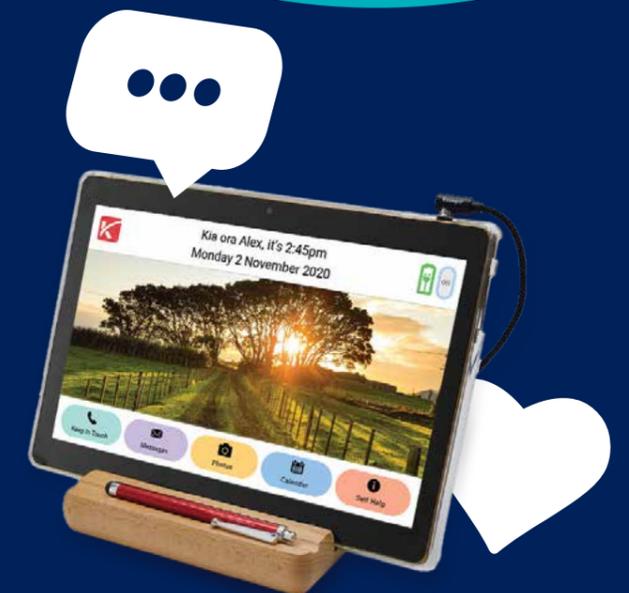
EnlivenPlus is committed to ensuring our service is of the highest standard. Your EnlivenPlus dementia champions are supported by a wider team that ensures we are constantly monitoring, learning and improving training and standards of care.



Stay Connected KITCAL

An exciting and unique part of our programme is the use of Kitcal - a specially designed electronic device that helps you stay socially connected to whānau and friends.

Designed in New Zealand by someone whose mother had dementia, Kitcal is simple in design and easy to use. A 4G Wi-Fi connection is included in your subscription costs. You don't need to worry about set up and use. We are here to walk through that with you.



Key features:

- Keep in touch - enables voice and video calls.
- Receive text messages from family and friends.
- Enables the family and chosen friends to keep in touch with photos. Great for those grandkids who might not always be the best at picking up the phone.
- Appointment and reminders on Kitcal tablet are added remotely.

There is no longer any need to be disconnected from family through not having access or being afraid of technology. This is simple to use, safe and operated remotely by an admin person of your choice.

A step-by-step PROCESS

1. **Obligation-free chat to discuss the EnlivenPlus service**

We can come to you. This is not a sales pitch, we just want to make sure we are the right people for you.

2. **Information gathering**

This is a gentle assessment in which we try to avoid repeating previous assessments. Your Specialist Care Manager will spend time with you and your care partner to gather information that is important to you.

3. **Goal creation**

We work with you to jointly develop an agreed plan of how we can best support you and your care partner to achieve the goals that are important to you.

4. **Entry to service**

Should you choose to proceed with your support plan, your Specialist Care Manager will discuss entry to the subscription service.

5. **Base subscription**

Your base subscription includes consistent weekly support from both your Specialist Care Manager and Living Well Support. This support will be tailored to your needs based on the support plan agreed with your Specialist Care Manager. Support may change over time as we adapt to your unique needs. At the start of your subscription, you will be provided with a Kitcal tablet, which we show you how to use, as well as a leather-bound 'This is Me' folder.



Subscription SERVICES

Our privately paid subscription service enables us to provide what we believe is the best quality programme free from current contract constraints.

There are three separate elements to our subscription service:



Information gathering

This comprehensive assessment usually takes around 3-4 hours giving us time to get to know you, gain medical information and put together a proposed support plan.



Subscription

The base subscription provides three hours a week of face-to-face contact with your EnlivenPlus team - one hour with your Specialist Care Manager plus two hours with your Living Well Support.



Add-ons

Depending on your unique needs, you can purchase additional hours with your team.

