

Who are Dementia Support



Sage House is owned and operated by local charity **Dementia Support**. Situated in Tangmere, near Chichester, the dementia services are available for people living in the Chichester, Bognor Regis, Arundel, Selsey, Witterings, Emsworth, Midhurst and Petworth areas.

People living with dementia, their families and carers, will be supported to maintain their wellbeing, prevent isolation and access information and guidance.

Find Us:



Sage House, City Fields Way, Tangmere,
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Dementia Support is a charitable company limited by guarantee in England and Wales

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DSDay_July2019

www.dementia-support.org.uk

Dementia Day Breaks

Time back for you

supporting you through your dementia journey



Sage 
HOUSE
Where Memories Matter

Sage House is a new and unique facility which has been specially designed and built to provide complete dementia services under one roof. This exciting centre offers day care for people living with dementia, and respite for their families and carers.



Terry comes to Day Breaks three days a week. His wife Kitty has ill health, so coming to Sage House has provided care for Terry whilst Kitty is unwell.

What Sage House offers

Newly opened in spring 2018, this hub brings together all dementia services under one roof, allowing people living with dementia, to have consistent care in familiar surroundings, and a safe and stimulating environment.

- **Therapy Rooms and Personal Care rooms**
- **Community Café**
- **Use of Wayfinding Service for support, information and advice for carers.**
- **Memory Assessment – provided by the NHS.**
- **Dementia Information, Guidance and Advice**
- **Smart Zone showcasing dementia friendly equipment for the home**

People living with dementia can come to Sage House and use the facilities for either a whole day, or half a day.

Sage House day care is designed to enable people to live well with dementia. We offer a quality experience with varied and stimulating support.

The Day Break Package consists of:

- Whole day 9.30am – 3.30pm with lunch
- 1:3 support with trained and experienced staff
- Wellbeing and Therapeutic Activities:
 - Reminiscence
 - Seated chair exercise"
 - Therapy animals"
 - Reading aloud

- Personal care support
- Medication administration
- Use of Wayfinding Service for questions, information and advice
- A two course lunch provided from our onsite Café
- Option to drop-in to social activities such as singing and art sessions.

Optional extras

Use of our therapy rooms for sight tests, hearing tests, hair dressing, holistic and complimentary therapies (massage, reiki), podiatry, manicures and pedicures. These services will incur an additional charge.



Feedback from People Living with Dementia and Carers who have used our facilities:

Noreen was diagnosed with dementia in 2016:

Her daughter Alison started bringing Noreen to Tea at Tangmere, a socialising activity at Sage House on Thursday afternoons. Alison then enquired about Noreen attending Day Breaks. "Mum started coming to Day Breaks for one day a week; it was such a success she now comes four days a week. She really benefits from getting out of the house and seeing a variety of people. I also have peace of mind that mum is being looked after whilst I am at work.

"The Day Breaks team are very supportive, not only of mum but also of me. I know I can talk to them and ask them any questions. Sage House is definitely mum's happy place."



Noreen with Alison, her daughter, and Izzie, her granddaughter.



Ronnie cares for his wife Dolly who is living with dementia. It was a difficult decision to look at Dolly attending Day Breaks as Ronnie felt he should be caring for his wife; however he needed some respite and support.

"I was so worried that Dolly would be unhappy, so we arranged she would go in for one hour as a trial run. She settled in so well she remained for the morning."

"Dolly likes to be busy, so doing activities and being with people at Sage House is great for her. She can chat to people and she has really bonded with the younger female support staff as they remind her of our daughters."

"Dolly now comes to Day Breaks three days a week, and I am so thankful this service is on our doorstep. It has been a huge help and a relief for me."

Support from our Experienced Staff

Family and carers can be assured that their loved one is supported in our safe area in Sage House. We have a team of expert, fully trained staff, who will ensure that each individual's needs are met and person-centred plans are in place.

Carers can feel confident in taking a break and have time to do essential tasks or enjoy some quality personal time, which is vital for carer's wellbeing.

100% of families and carers said their loved one is treated with dignity and respect.

