







'Bring  
Me  
Sunshine'

Living Well With Dementia  
in North Yorkshire

Easy Read



## Bring me sunshine: Living well with dementia in North Yorkshire

	<b>What is this leaflet about?</b>
	This leaflet tells you about what we think we should do to help people in North Yorkshire who have dementia.
	This is called our dementia plan.
	The plan is called bring me sunshine
	Bring me sunshine was the name of our dementia meeting in October 2016.





It was suggested by one of our dementia singing groups because people with dementia can still enjoy life.



'Bring me sunshine' was written by people with dementia and their carers.



They wrote it with some of the people who help support them.



**What do we know about people who have dementia?**



We know that often people with dementia aren't getting the help and support they need.



Lots of people who have dementia have other things wrong with them as well.



Eating well and exercising can help people developing dementia.



Most people living with dementia are older people but some young people develop dementia as well.



**How did we write 'Bring me sunshine'?**



We talked to people with dementia, their friends and families.



We also talked to support groups and health workers.



We did this so we can all understand what living with dementia is like.



This helped us write Bring me Sunshine.



**What does 'Bring me sunshine' tell us?**



Bring me sunshine tells us about what matters to people who have dementia.



It tell us what good things are happening for people who have dementia.



It also tell us what things we need to do better for people who have dementia.

**What does Bring me Sunshine say we need to do?**



It says we need make sure people with dementia are treated with respect.



We need to make sure they get all the medical help they need.



We need to make sure that public places are dementia friendly



We need to make sure that carers are well looked after





We need to make sure there are plenty of the people who are trained to look after people with dementia.



If we do these things people with dementia will have better lives.



**What is happening now?**



We are starting to make our plan work.







## Contact us

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