

# Dementia Support Cafe



**Treetops**  
Hospice

Helping you have conversations  
about your future



## **What is the cafe?**

It is a friendly and relaxed place to discuss Advance Care Planning, how it can help you, and how to start the process. The cafe is for people living with dementia, and/or their family or carers.

## **What is Advance Care Planning?**

An Advance Care Plan is a record of your wishes for when you can no longer make or communicate them yourself. The cafe will help you explore the range of different ways you can plan for your future. This can include how and where you would like to be looked after, and who should talk to doctors or nurses on your behalf if you don't have capacity to make decisions yourself.

## **How will a plan help?**

By making a plan, you can ensure you will receive the care you have chosen, rather than other people making decisions for you. By making an Advance Care Plan, you can be sure that your wishes will be considered by your healthcare team. You can update or change your plan at any time. Knowing you have a plan can help you to relax and enjoy life, without worrying about your future care needs.

## **When and where are the sessions?**

The sessions are held monthly at Treetops Hospice. For more information, please contact the Wellbeing Team at Treetops Hospice on 0115 949 1264 or [wellbeing@treetops.org.uk](mailto:wellbeing@treetops.org.uk)

The Dementia Support Cafe is a joint venture between Treetops Hospice, Derbyshire Dementia Palliative Care Team and local Admiral Nurses.



Treetops Hospice Trust,  
Derby Road, DE72 3SS  
Registered Charity No. 519540