

Name of Care Home:	
Name:	Date:

National Dementia Strategy Themed Action Plan			
Activity Recommendations	Planned Actions		Evidence required
	Short Term 1 month	Long Term 6 months	
Theme 1: Raising public awareness and understanding of dementia			
Promoting healthy lifestyle choices - exercise, diet, no smoking, drinking in moderation, reducing cholesterol Increasing awareness amongst other care home staff, residents and relatives			
Theme 2: Early diagnosis and support			
Raising awareness amongst other care home staff, residents and relatives of the benefits of early diagnosis Sharing information on stigma, depression, misdiagnosis Finding out what support is available			
Theme 3: Living well with dementia			
Promoting healthy lifestyle choices - exercise, diet, no smoking, drinking in moderation, reducing cholesterol Doing Life Story activities Doing Memory Boxes Increasing amount of therapeutic activity Involving families in activities			