

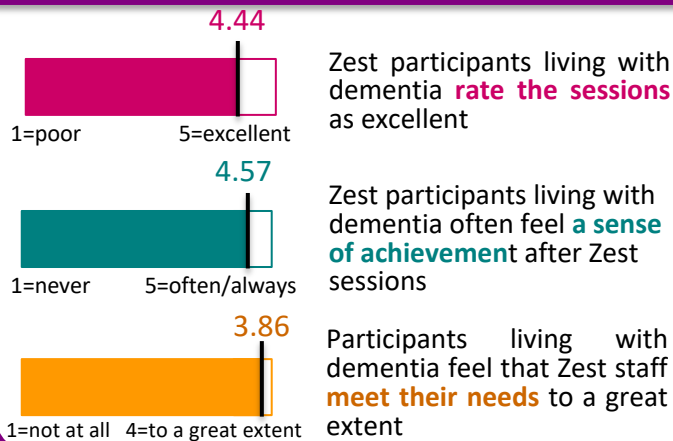
Zest Communities for People Living with Dementia

What's the impact?

WHAT DOES ZEST LOOK LIKE?

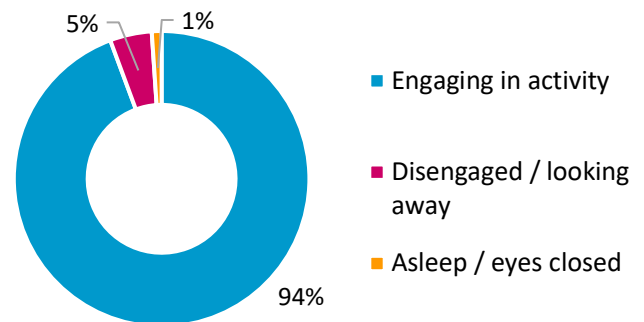
Zest offers creative activities led by professional artists. The sessions are designed specifically for people living with dementia in community settings to enable self-expression, social interaction and active participation. Zest celebrates the here and now and aims to reduce stigma and restore dignity by being stimulating and appropriately challenging.

SURVEY FINDINGS



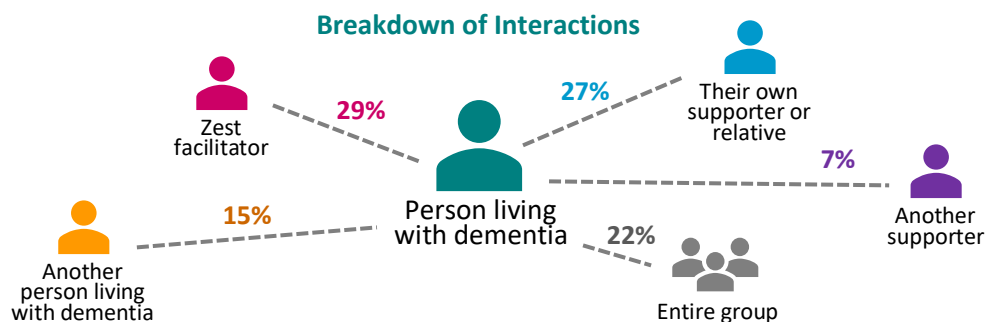
JOINING IN DURING ZEST

94% of the time Zest participants living with dementia were able to join in with Zest activities



INTERACTION DURING ZEST

During Zest sessions participants living with dementia often develop new friendships and interact socially with lots of different people – not just their own supporter/carer.



WHAT DO THE PARTICIPANTS SAY?

"I was made welcome and I thoroughly enjoy it... it's very pleasant."

"I don't get out very often... so these [sessions] are essential to me in getting me out."

"As soon as you get into that [Zest], then it takes your mind off anything associated with the disease and also gets you to come back the week after because you want the new thing on your mantle."