



**BaptistCare**  
at home



**Think  
Well**

## Creative care for emotional health and wellbeing

Think Well includes a range of services and activities to help support your emotional and cognitive health and wellbeing.

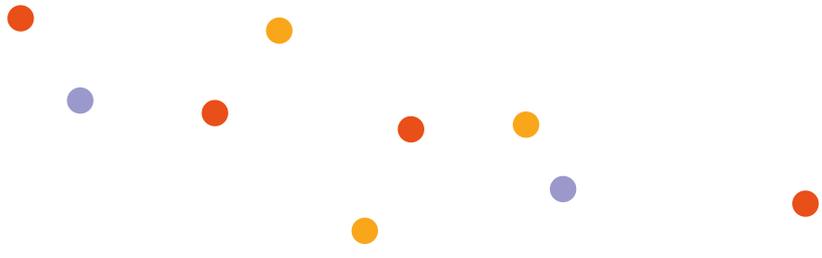
*See what's possible...*

### Healthy Mind

- Learning how to Connect Online with Friends and Family
- Brain Training
- Creative Activities including Journaling and Painting
- Learning a Language
- Playing a Game
- Resuming or Learning a Hobby
- Dementia Care and Memory Support

### Emotional Health

- Respite for Carers
- Pet Care
- Carer Support
- Relaxation Activities
- Stress Management
- Mindfulness Activities



Other services are also available and can be tailored to meet your individual needs.



Be  
Well

Think  
Well

Connect  
Well



Think  
Well

## Rediscover your potential

Our Well-Living approach to Home Care will help you to picture what is actually possible, then achieve it.

Our **Think Well** services will support your **emotional and cognitive health** to improve your **overall sense of wellbeing** and **interest in life**.

### *Picture yourself...*

#### Going online

We can provide you with a personal computer device, teach you how to use it and help you to learn how to use the internet so you can keep in touch regularly with your friends and family, play fun interactive games and shop online.



#### Relaxing and recharging

To maintain a strong sense of emotional wellbeing, we can help you learn to relax both your mind and body, manage your stress levels so you can stay calm and confident, and find more meaning in everyday life with mindfulness activities.

#### Learning new things

To keep your mind active and engaged, we can help you to learn new things and rediscover the things you used to love doing, including creative pastimes, learning a language, brain training exercises and a range of hobbies and activities.



#### Caring and sharing

As well as providing you with specialised dementia care, we can share your care services with your very own carers by providing them with refreshing respite and the ongoing support they may need – we can even care for your pets too.

*“Learning how to use the computer was easy.  
You don't have to have any experience –  
they have the teachers that will show you and  
it is really so simple!”*

Betty

