

Day Breaks



Time away from routine
for people with dementia and their carers



If dementia is a part of your life, then you've probably forgotten what it's like to enjoy yourself.

People with dementia and their carers live with pressures that most people simply don't understand.

Dovers in Reigate and The Priory in Worthing are specialist centres for the care of people with Alzheimer's and other dementias. We offer both short and longer term residential and nursing care, respite care and Day Breaks.

Our Day Breaks are designed to offer a break from routine, relief from anxiety and a chance for some badly needed 'time out'. A Day Break can be for just a few hours, or may extend to an overnight stay.



How do Day Breaks work?

Day Breaks offer a change of scene, a relaxing environment and individually-focused activities for people with dementia. For families, Day Breaks mean the chance to leave their relative in capable hands, free from anxiety, clock-watching or concerns about safety.

Many people who are struggling to care for a person with dementia are also juggling family and work commitments. Others are coping with their own poor health as well as looking after their relative with dementia. Day Breaks are designed to give everyone a break.



A flexible service

Many day services for people with dementia operate between set hours. This can be less than ideal.

At Dovers and The Priory, Day Breaks start and finish at a time convenient to all. Most importantly, and whatever their duration, Day Breaks are designed around the needs, capabilities and preferences of each individual person with dementia.

What this means in practice

Our Day Breaks are shaped by respect, consideration and a desire to help each person with dementia to make the most of his or her time with us. By getting to know a little about an individual's life history, personality, likes and dislikes, we are better able to arrive at activities and options which will give the greatest satisfaction.

What happens during a Day Break?

Both Dovers and The Priory are spacious homes with large, enclosed gardens, pleasant dining rooms and a relaxed atmosphere. Day Break visitors are welcomed and given all the help they need to acclimatise themselves.

At first, new visitors may simply need someone to talk to in order to feel

comfortable and reassured. Once they feel confident, many visitors enjoy music or art therapy, reminiscence, being read to, cooking (with subtle support), getting their hair done, enjoying the company of pets, watching a film, looking at a newspaper, gardening, arts and crafts, a trip to the cinema, taking a walk, or choosing what they'd like to eat.





Personal care services are also available to day visitors, ranging from bathing to chiropody, reflexology to dentistry, aromatherapy to physiotherapy.

The options are endless...and totally dependent on the capabilities, preferences and needs of people with dementia. And while the safety of all our Day Break visitors is of paramount importance, within reason, there is no limit to their choices. Our current activities will change in response to the wishes of those for whom they are designed. We are always open to new ideas and also welcome the input and involvement of friends and family.

“it was so lovely to see my mother going out for coffee and to have her hair done, she has not done that for a long time”

Our background

Dovers and The Priory are part of the Field Lane Foundation, a not-for-profit organisation that seeks to raise standards in the care of people with dementia.

Our homes are widely regarded as centres of excellence and our staff training programme is continuous and goes way beyond complying with mandatory regulations.

For further information about Day Breaks, or for full details of all services offered at Dovers and The Priory, please telephone the Manager:

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Dovers Care Home
The Priory



Field Lane is a Christian charity that is committed to providing innovative accommodation, care and support services for families who are homeless, older people and people with disabilities.

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