

About Alzheimer's Society

Alzheimer's Society is the UK's leading support and research charity for people with dementia, their families and carers. We provide information and support to people with any form of dementia and their carers through publications, National Dementia Helpline, website, and more than 2,000 local services. We campaign for better quality of life for people with dementia and greater understanding. We also fund an innovative programme of medical and social research into the cause, cure and prevention of dementia and the care people receive.

For more information about dementia and the support available, visit alzheimers.org.uk or call the National Dementia Helpline on 0300 222 1122

alzheimers.org.uk

For more information and to self-refer to the Dementia Navigator service contact:

Alzheimer's Society
10 Wise Street
Leamington Spa
CV31 3AP

T: 01926 888899
F: southwarks@alzheimers.org.uk



Alzheimer's Society operates in England, Wales and Northern Ireland.
Registered charity number 296645

Dementia Navigators for people affected by dementia in Warwickshire



If you're living with dementia or caring for someone with dementia, then our Dementia Navigators are here to support you.

A diagnosis of dementia, be it Alzheimer's or one of many other forms, can present many issues and raise questions. What happens next?

Whether you have the illness yourself or are caring for a person with dementia, you will need information and support on how to go forward. You can refer yourself to our service (see contact details overleaf) or you may be referred by your GP, health or social care staff.

- ◆ **Your initial contact:** This will normally be by way of a brief telephone conversation during which one of the Dementia Navigators will ask some initial questions about your circumstances and arrange to meet with you (in your home or elsewhere in the community).
- ◆ **First meeting:** The Dementia Navigator will fully explore your unique circumstances to ensure you receive the right information and support at this time.
- ◆ **Subsequent meetings:** As dementia is a progressive illness, your circumstances can change. The Dementia Navigator will offer tailored support to meet those needs.

Each person experiences dementia differently and their information and support needs vary. Here are some examples of what is offered by specialist Dementia Navigators:

One to one information and support for people with dementia to help them maintain their independence and control over their lives.

One to one information and support for carers on how they can best support the person they care for to maintain their independence, at home.

Guidance for example, on accessing information on local services and getting a benefit checks.

Ongoing practical and emotional support to help families cope through difficult times.

Your Dementia Navigator can refer you to other services provided by the Society, such as:

- ◆ Singing for the brain[®] sessions
- ◆ Dementia Cafés
- ◆ Day Opportunities
- ◆ Carers' Information Courses

They can also signpost you to services provided by other organisations, as appropriate.

“I don't think I am so worried as I used to be. I was worried out of ignorance not facts – it has been helpful.”

Person with dementia

“I feel relieved! Having someone to turn to for advice and support is a great help to me.”

Carer