



# 1:1 Dementia Support

If you need dementia support, we're here for you.



# Introducing our service

**Our 1:1 Dementia Support is a personalised support service for anyone with dementia, their carers, families and friends.**

**We'll connect you to a whole range of dementia support, by phone, online and face to face, so you're only ever one call or click away from help.**

**It's free, easy to access, and puts you in touch with our dementia advisers who will offer you the support you need, from local help to telephone and online advice.**





# How we can help

## Examples of our support:



Help with planning for the future, such as assessment, understanding Lasting Power of Attorney, advice on benefits



Connection to dementia groups within local communities



Advice on how to cope and live with dementia for individuals and their carers, getting external help when needed



Tips for making a home dementia-friendly



**You can refer yourself or someone you know to the service, or ask your GP to refer you. A dementia adviser should get in touch within a week.**

## How we can help



### **Phone support**

- Dementia advisers offer emotional support, practical advice and information over the phone



### **Online support**

- Chat to others affected by dementia via our online forum
- Search for services near you on the dementia directory
- Read, download and order dementia support materials



### **Face to face support**

- Local dementia advisers can visit you and offer direct support and advice
- We'll connect you with local groups such as carer support and Singing for the Brain and relevant health and care services



## What people are saying

“

The dementia adviser was lovely and full of information. Without Alzheimer's Society and the dementia adviser we'd have nothing. She is a major networker and knows everything and everyone local, I feel in charge and empowered.

Katherine, a service user

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# Alzheimer's Society Services

- Singing for the Brain- brings people together for meaningful stimulation to improve wellbeing
- Dementia Friends- social action initiative to create Dementia Friendly Communities, removing barriers and stigma
- External Training- virtual and in-person dementia courses
- Carer Information Sessions – 4 week information programme to equip carers with confidence and knowledge in caring role.
- Cognitive Stimulation Therapy – referrals via CMHT only. Therapy treatment sessions for people with mild/moderate dementia.





# Find out more!

**Get in touch today**

**0333 150 3456**

[alzheimers.org.uk/refer](https://alzheimers.org.uk/refer)



**Alzheimer's  
Society**