

How can a person with dementia get support?

When you have dementia, it helps to find the right support. This will help you to live well.

Social services and the needs assessment – A person with dementia must have a needs assessment if they ask for one. Social services can give you advice about support and care. See factsheets, **Assessment for care in England** (418), **in Wales** (W418), and **in Northern Ireland** (NI418).

Friends and family – It can be hard to ask for or accept help. Friends and family can give great support. Meeting and talking can help with skills and living well. Try Zoom or a video call if you can't meet in person. See booklet 1507, **Your relationships**.

Benefits and employment – If you are working, you should talk to your employer. If you have stopped working, you may get a pension and benefits. See booklet 1509, **Employment** and factsheet 413, **Benefits for people affected by dementia**.

Memory aids, strategies and technology – Lots of people with dementia have memory problems. There are practical ways to cope with everyday living. See booklet 1540, **The memory handbook**.

Support groups – Some support groups have video calls to catch up with other people with dementia. Some are online, like Alzheimer's Society's Talking Point. See below for details.

Support workers and dementia advisers – Trained advisers from different organisations can help. They give practical, clinical and emotional support. They can help families too. Call Alzheimer's Society to speak to a trained dementia adviser on **0333 150 3456**.

Support in the community – Many places of worship and community centres offer dementia-friendly services and support. These might be day centres, or dementia cafes. Go to alzheimers.org.uk/dementiadirectory to find support in your area.

Staying healthy and active – Having dementia doesn't mean you should feel ill. Try to eat a balanced diet and staying active and involved. See booklet 1506, **Keeping active and involved**.

Making your home dementia friendly – Making your home safer and easier may mean you can live without help for longer. See booklet 819, **Making your home dementia friendly**.



Booklet 872, **The dementia guide: Living well after your diagnosis** has more information. To read it, go to alzheimers.org.uk/dementiaguide. For more information about our helpsheets, go to alzheimers.org.uk/helpsheets



Alzheimer's Society is here for you. If you are worried about dementia, call us on **0333 150 3456**. We can arrange to speak with you in any language.



Join Talking Point, our online community of people affected by dementia – go to alzheimers.org.uk/talkingpoint
To find support in your area, go to alzheimers.org.uk/dementiadirectory

