

# Support for people with dementia

Finding the right support can help you live well with dementia for as long as possible.

**Social services and the needs assessment** – A person with dementia must be given 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. Spending time together and talking can help you to stay in touch and maintain social skills. Try 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 make everyday living easier. See booklet 1540, **The memory handbook**.

**Support groups** – These give you the chance to catch up with other people with dementia. Some are online like Alzheimer's Society's Dementia Forum, some use video calls, and others are in person. You can find support groups, including culturally specific ones, on our dementia directory.

**Support workers and dementia advisers** – Trained advisers can 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. Spirituality and faith can be a great source of comfort. 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 stay active and involved. See booklet 1506, **Keeping active and involved**.

**Making your home dementia friendly** – Making your home safer and easier to get around may mean you can live independently 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**



We are 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 our online community of people affected by dementia – go to **forum.alzheimers.org.uk**  
To find support in your area, go to **alzheimers.org.uk/dementiadirectory**



**Alzheimer's  
Society**