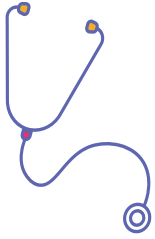




People and Services that can help you



General practitioner (GP)

Your GP is usually the first person you will talk to when you have any concerns about your health, or you are worried about the person you care for. Your GP may carry out some basic memory tests and can then refer you to the Memory Clinic where you will be seen by health specialists. Your GP will monitor your medication, will regularly review your health and can arrange for other services to support you.



Memory Clinic

If your GP is concerned that you may have memory issues you will be referred to the Memory Clinic for an assessment, diagnosis and treatment. The Memory Clinic is based in the local hospital or in a community setting. A team of health care specialists work within the Memory Clinic, they are skilled in supporting people who have experienced memory issues and also in providing wider support to partners, families or carers.



Consultant Psychiatrist

Psychiatrists diagnose and treat a number of different health issues, including dementia, but also mental health problems such as depression and anxiety. At the Memory Clinic, you may see an old-age psychiatrist, who specialises in treating older people. They can arrange for investigations, such as brain scans and may prescribe medication for your dementia.



Consultant Neurologist

Neurologists focus on issues related to the brain and nervous system. Some neurologists specialise in dementia, particularly types such as Parkinson's disease and dementia with Lewy bodies. You may see them at the Memory Clinic. Neurologists can arrange for investigations, such as brain scans and may prescribe medication for your dementia.



Clinical psychologist

Clinical psychologists often work with consultants in the Memory Clinic as part of a team. They will undertake memory assessments, test people's learning abilities and other skills. They may also talk to you about ways to cope with any difficulties you may be experiencing, such as anxiety or mental distress.



People and Services that can help you



Community mental health nurse (CPN)

Community mental health nurses can also be called community psychiatric nurses (CPNs). They often work with consultants in the Memory Clinic as part of a team. CPNs provide treatment, care and support for people living with dementia and people with mental health problems. They may see you at the memory clinic or they might come to your home and do an assessment. CPNs will offer you advice on ways to maintain good health and a better quality of life. CPNs will not usually carry out physical nursing tasks, such as changing bandages or dressings.



Occupational therapist

Occupational therapists (OTs) can advise about equipment and adaptations for your home which will help you to live independently for as long as possible. Some occupational therapists work for the NHS, some for social services, and some work privately. Your GP or Memory Clinic can make a referral for you.



Physiotherapist

Physiotherapists can give you exercises and help you to move safely. They can also advise carers on the best way to help someone else who may be having problems with movement. Your GP can arrange for you to see a physiotherapist either at hospital, the GP surgery or sometimes at home.



Speech and language therapist

A speech and language therapist can provide treatment, support and care for anyone having difficulties with communication. They can also offer help and support with eating, drinking, and swallowing which can be a problem for some people living with dementia. Your GP or the Memory Clinic may refer you for this support.

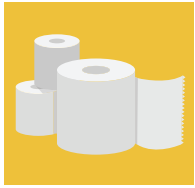


Dietitian

A dietitian can give you advice about what to eat to maintain a healthy diet. They can offer support if you are worried about a poor appetite, weight loss or weight gain. They will advise you about any vitamins or food supplements which may help you. Your GP or the Memory Clinic may refer you for this support or you can ask to be referred.



Continence adviser



A continence adviser can offer helpful advice if you, or the person you are caring for, have any problems using the toilet. They can give you information on how to get equipment such as commodes and incontinence pads, which will help you to stay clean and comfortable. Your GP or the Memory Clinic may refer you for this support or you can ask to be referred.

Primary Care Nurses



District or community nurses:

specialise in nursing people in their own home. They are based in your GP surgery and you can contact them there. District or community nurses can help you and the person you care for with things like taking medication or dressing wounds.

Practice nurses:

carry out a range of nursing activities within your GP practice, such as flu jabs, check-ups, and general treatments. They also have clinics supporting people with asthma, heart conditions and other ongoing illnesses such as diabetes.

Admiral Nurses



Admiral Nurses provide specialist dementia support. The nurses work with people with dementia, their families and carers, giving them one-to-one support, expert guidance and practical solutions. Your GP may refer you to this service who may see you either in the local hospice, a community setting or in your own home.

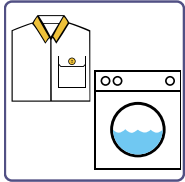
Social Workers



Social Workers will undertake assessments to identify a person's needs and advise on what services are best for them. If you need home care support, they can help you to find the right support for you. Social Workers can also undertake financial reviews and help sort out funding. Social Workers work in social services departments, hospitals, community settings and care homes.



Social care workers



Social care workers are also called 'homecare workers', 'domiciliary care workers,' 'home helps', and 'care workers' or 'personal assistants'. They may help with personal care such as washing, dressing, changing bedding, doing laundry and helping with meals. They work in your own home as well as in residential care homes. You may need a social care worker at home because you have just come out of hospital and are recovering. Or it may be that your dementia has reached a stage where you need a bit of extra help. A support plan should outline what jobs or tasks are needed and who will carry them out.

Social prescriber



Social prescribers usually work in a GP surgery, health centre or community organisation. Their role might include doing an assessment of what care and support people need, such as physical activities, learning new skills, making new friends or finding support groups. Social prescribers will refer or signpost you to local groups who can offer the support you need.

Dementia Advisor



Dementia Advisors support anyone affected by dementia, including partners, families, and carers. They provide information and advice on financial and practical issues; help you find the dementia support that you need; and connect you to local groups and services. They may talk to you on the phone or visit you at home. You will be referred to a Dementia Advisor by staff at the Memory Clinic.

Dementia Advocate



The role of an independent advocacy organisation is to speak or ask questions on someone's behalf. When an older person is living with dementia, a Dementia Advocate can ensure the person is listened to and represent the person's views and interests when dealing with other official agencies.