

You can become a Dementia Friend by:

1. Attending an hour long Dementia Friends Information session. You can book a place by visiting the Dementia Friends website www.dementiafriends.org.uk and searching for a local session.
2. Watching a short video on the Dementia Friends' website www.dementiafriends.org.uk and leaving your details on the site so you can be sent your Dementia Friends badge and Little Book of Friendship.
3. Groups may want to hold a group Dementia Friends Information session, perhaps as part of their regular meeting. Sessions last between 45-60 minutes. Please email: dementiapartnership@warwickshire.gov.uk for more details.

Coventry and Warwickshire Dementia Action Alliance

The Coventry and Warwickshire Dementia Action Alliance is a group of organisations working together to make Coventry and Warwickshire a good place to live for people with dementia and their carers.

All communities, organisations and businesses pledging to become dementia friendly in Coventry and Warwickshire are expected to work towards the following core principles:

- Raising awareness and understanding of dementia
- Aiming to provide a dementia friendly environment
- Developing positive attitudes towards the delivery of services to those most vulnerable in our society

For more information on how to join the Coventry and Warwickshire Dementia Action Alliance, or for information on any of the support and services detailed in this leaflet, please contact:

Warwickshire County Council

Website: www.livingwellwithdementia.org

Email: dementiapartnership@warwickshire.gov.uk

Telephone: 01926 410410

Twitter: @DementiaCandW



Warwickshire Cares: Better Together

This programme of work is part of Better Together, an initiative designed to bring together commissioners (organisations that plan and buy services) and providers (organisations that provide services) of health and social care services across Warwickshire to ensure local people are helped to remain healthy, independent and receive the right service, at the right time and in the right place.

Info correct May 2015

Support for People with Dementia and their Carers in Warwickshire



www.livingwellwithdementia.org

Coventry and Warwickshire's Living Well with Dementia Portal

The Living Well with Dementia Portal is a one stop information website developed for people with dementia and their carers living in Coventry and Warwickshire. The portal is divided into sections relevant to different audiences, for example people with dementia, carers, or health and social care professionals and provides information about dementia and its symptoms, seeking a diagnosis and how to access services and support. You can visit the Portal on

www.livingwellwithdementia.org

Dementia Navigators Service

This service is for people diagnosed with dementia, people actively seeking a diagnosis of dementia, and their families, living in Warwickshire. The service will provide a single point of access to information and advice, practical and emotional support, and signposting to local support services or training around dementia awareness and coping strategies for carers. People can self refer to the service, or be referred from memory clinics, general practice, and health and social care staff.

There are four Dementia Navigators covering all the county. The Dementia Navigator Service is provided by the Alzheimer's Society Warwickshire. (Tel. 01926 888899).

Books on Prescription

Books on Prescription are books which aim to enhance and enable people to live well with dementia by helping them understand and manage the condition. Books on Prescription can be prescribed by GPs and health professionals. Books can also be loaned from Warwickshire Libraries. Please visit

www.warwickshire.gov.uk/booksonprescription

Warwickshire Exercise on Referral Scheme

Being physically active is very important for staying healthy and can help people to live well with dementia. Warwickshire Exercise on Referral scheme offers people with a diagnosis of early to mid-stage dementia the opportunity to participate in a 12 week programme of physical activity at a subsidised rate. Ask your GP, practice nurse or a healthcare professional for more information.

Dementia Day Opportunities

Dementia Day Opportunities are services for people with early to mid stages of dementia, which also offers a break from caring to their family or friends. The service is provided in a safe setting in a variety of locations across Warwickshire, and can offer a wide range of activities, for example reminiscence and life history work, music and movement or arts and crafts.

The dementia day opportunities service is provided by Age UK in Nuneaton and Bedworth, North Warwickshire and Rugby boroughs (Tel. 01926 458100), and Alzheimer's Society in Warwick and Stratford districts (Tel. 01926 888899).

The service may only be accessed via a Social Care Assessment. Please contact Warwickshire County Council to check if you or the person you care for are eligible for this service (Tel. 01926 410410).

Carers Support Groups

Carers support groups are peer-led support groups for people who look after their ill or disabled family members or friends, unpaid. These groups meet on a monthly basis in various locations across Warwickshire.

Carers Support groups offer information, advice and informal peer support, and facilitate talks from a range of speakers held in an informal setting. Please contact Guideposts Trust for more details and to find a local group (Tel. 0845 600 9980) or visit www.guidepoststrust.org.uk/warwickshire/

Dementia Diagnosis Pathways

South Warwickshire Clinical Commissioning Group is currently exploring dementia diagnosis pathways, so people can receive an early and timely diagnosis in the GP practice, which will improve health and well-being outcomes for patients.

Dementia Cafés

Dementia cafés provide a safe, comfortable and supportive environment for people with dementia and their carers to socialise with peers and share information, advice and experiences.

There are a number of Dementia Cafés held in various locations across Warwickshire; please visit the Coventry and Warwickshire Living Well with Dementia Portal to find your local dementia café:

www.livingwellwithdementia.org, or contact the following:

- Alzheimer's Society Warwickshire
Tel. 01926 888899
- Alcester Dementia Café
Tel. 01789 488088
- The Little Ray of Sunshine Dementia Café in Kenilworth
Tel. 01926 855205
- Wrappers Dementia Café, Bishopton Community Centre
Tel. 0780 3729894

Dementia Friends



Dementia Friends is an initiative led by the Alzheimer's Society based on the principle that people with dementia can live well with a little help from other people. Becoming a Dementia Friend is about understanding a bit more about dementia and the small things that can help people with the condition. You don't need to already know someone with dementia to become a Dementia Friend.