

Supporting you to live better with dementia



A little about us

We support people living with dementia, their families and informal carers. Our service is open to anyone in Oxfordshire living in the community.

This leaflet explains the ways in which we can support you.

Our approach realises that each person is unique, so our advice and support is just as unique. Whatever you are experiencing, we are here to listen and help.

Dementia Oxfordshire is one of the services provided by Age UK Oxfordshire.

For more information about any of the support we offer, take a look at our website www.dementiaoxfordshire.org.uk or call our Support Line on **01865 410 210**.



How we can help

Ongoing support from a Dementia Adviser

When you receive a diagnosis, you will be offered a referral to our service. As soon as we receive your details, we will assign you a Dementia Adviser who will provide ongoing support. They will check in with you regularly, and are only a phone call away if you ever have any questions or problems. Find out more on page four.

Free Information sessions

Our free Information Sessions explain more about what a diagnosis means and how it affects the person with the diagnosis and their family. Find out more about the sessions on page five.

Social groups

Socialising is an important part of staying active, both mentally and physically. We run and support several groups across the county. There's more information about our groups on page six.

Special support for young onset dementia

We also have a specialist team of Young Onset Dementia Advisers (YODAs) who support those with young onset dementia (diagnosed before the age of 65). In addition to offering individual support, they organise a wide range of activities and groups tailored to the needs of those with young onset dementia.

Support from your Dementia Adviser

No matter what you're facing, your Dementia Adviser is here to listen. They will take the time to understand how dementia is affecting your life, and work with you to access the support you need. They can help with information about:

- Benefits and allowances
- Activities and leisure opportunities
- Respite breaks
- Planning for the future
- Financial and legal issues
- Staying independent and home adaptations



“Simply knowing support is there means I don’t feel I’m on my own, and that I’m able to make contact when necessary.”

Supported informal carer

Your Dementia Adviser will initially contact you by phone or email, and, if appropriate, will arrange to visit you at home. They are there to support the person with dementia **and** their family and informal carers.

You can then contact them whenever you have an issue or a question. If they don't hear from you, they will be in touch every six months.

Information sessions

We run free Information Sessions around the county and online. Our sessions are designed to:

- Improve understanding of dementia as a condition
- Enable independence for as long as possible
- Empower you to have open, supportive conversations
- Help you to care for yourself and look after your wellbeing

Post-Diagnostic Information Session

Our post-diagnostic education sessions are designed for people recently diagnosed with dementia. As well as explaining different aspects of dementia, we draw on the experiences of people living with dementia to develop coping strategies and help guide you through your next steps.

Understanding Dementia for Informal Carers Information Session

These sessions are small, interactive and supportive so you can learn from others, as well as sharing experiences with people who understand how you're feeling.



“The whole session was very useful, as I had very little understanding of dementia before this.”

Session attendee

Social groups

Socialising is an important part of staying active, both mentally and physically. We encourage everyone we support to get out and about in their local community to maintain existing relationships, as well as to meet new people.

Our Dementia Advisers organise and attend social groups across the county, giving you an opportunity to chat face to face about how it's going and what support would be helpful.



Among other events and activities, we'd love to see you at our:

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|-----------------|--------------------|--------------------|
| Memory cafes | Coffee mornings | Advice clinics |
| Activity groups | Information events | Young onset groups |

“We are less isolated, we have made good friends who are sharing this journey with us.”

Someone supported by Dementia Oxfordshire



Other services we offer

Memory Support Service

Our Memory Support Service provides help and advice for anyone who has memory concerns who hasn't been diagnosed with dementia. Your GP can refer you to the service. Once we have your details, we will give you a call and talk through ways to boost brainpower and explore practical strategies to support memory.

The service is also open to anyone with a diagnosis of Mild Cognitive Impairment (MCI) or who is waiting for an appointment at a memory clinic.

Anyone with memory concerns is also welcome to come along to one of our **Memory Worries Workshops** and chat to our friendly advisers.

“It was very reassuring to speak to someone who was so knowledgeable, and I now feel empowered to take positive steps to help my memory.”

Someone who used the Memory Support Service

Dementia Awareness Training

Are you a company or organisation that wants to make life easier for people living with dementia? We offer Dementia Awareness Sessions that can be delivered at a time and venue to suit you. Contact us for more details.

Find out more

By phone

Support Line: 01865 410 210

Our Support Line is open Monday-Friday, 9am - 5pm.

If you have any questions about dementia, including how to get a diagnosis, please don't hesitate to call us.

You can also call the Support Line to find out more about:

- our Dementia Adviser service
- our Information Sessions
- our social and activity groups
- our Memory Support Service
- our Memory Worries Workshops

By email

You can drop us a line on info@dementiaoxfordshire.org.uk



www.dementiaoxfordshire.org.uk



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