

## Concerned about Dementia? Below is an overview of support available.

This Dementia pathway is for those who are pre-diagnosis and need some information and advice as to where to go to get help.

1

Concerned about memory or any changes in behaviour? If so, visit your GP. It may be helpful to take a family member or friend along with you for this consultation.



2

If the GP is concerned about you or your loved ones memory or behaviour and they believe it is a result of dementia, they may make a referral to a specialist NHS service. The specialist NHS service will be able to confirm a diagnosis.



3

If a diagnosis is made it is important to remember that people can live well with dementia and there are a number of national and local support services available.

### National Support

**Dementia UK** is a charity that provides Admiral Nurses for families affected by dementia. Visit [www.dementiauk.org](http://www.dementiauk.org) or call 0800 888 6678.

**Alzheimer's Society** is a charity supporting people with dementia and carers. Visit [www.alzheimers.org.uk](http://www.alzheimers.org.uk) or call 0300 222 11 22.

### Local Support

#### NHS and Local Authority Support

Your GP can offer advice, support and refer you to other health and care services to help manage and support dementia.

**Central Advice and Duty Team** provide support and advice to people experiencing difficulties managing dementia. Call 0151 514 2222 (option 3). If you are calling after 5:00pm and your enquiry is urgent please contact the out of hours Emergency Duty Team on 0151 677 6557.

**Talking Together Wirral** provide free NHS counselling services that you can self-refer to. Call 0151 649 1859 (Monday-Friday 9am-5pm) or visit [www.talkingtogetherwirral.org](http://www.talkingtogetherwirral.org)

#### Community Support

**Age UK Wirral** offer a variety of support for people diagnosed with dementia and carers. Call 0151 482 3456 or visit [www.ageuk.org.uk/wirral](http://www.ageuk.org.uk/wirral)

**WIRED** are a local charity that provide support services for carers. Call 0151 670 0077 or visit [www.wired.me.uk](http://www.wired.me.uk)

#### Peer Support

**Dementia Together Wirral** organise memory cafés and activities across Wirral. Call 07511777126 or visit [www.dementiatogetherwirral.org](http://www.dementiatogetherwirral.org)

**Side by Side** matches you with a volunteer from Alzheimer's Society who will support you to keep doing the things you love. Call 0151 426 4433.

**Dementia Engagement & Empowerment Project (DEEP)** is a peer support group for people with dementia and carers. Call 0151 353 2055.

#### Online Directories

**Healthwatch Wirral** have created a local health and care service directory. The directory can be accessed here: [www.healthwatchwirral.co.uk/signposting](http://www.healthwatchwirral.co.uk/signposting)

**The Live Well Directory** has information on care and support services, activities and information covering Wirral and Liverpool. Visit [www.thelivewelldirectory.com](http://www.thelivewelldirectory.com)