

How we support you to live well with dementia



A little about us

We support all people living in Oxfordshire with a diagnosis of dementia, as well as their families and informal carers.

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.

At Dementia Oxfordshire, which is a service provided by Age UK Oxfordshire, we work closely with those living with dementia and their informal carers, easing the impact that a diagnosis and symptoms can have by offering ongoing support.

Our specialist young onset support helps those who were diagnosed with dementia before the age of 65.



For advice on getting a diagnosis, please call our Support Line on 01865 410 210.



How we support you

Matching with an Adviser

After you've received a dementia diagnosis from the NHS memory clinic, you will be asked whether you want to be referred to Dementia Oxfordshire. Those with a dementia diagnosis can also self-refer. This referral allows us to assign you to a local Adviser who can provide you with specialist support.

Understanding your situation

Your Adviser will call to find out how the diagnosis is affecting you and how your loved ones are feeling so that we can tailor our support to you. We might link you with support groups, help you find financial support, or suggest local dementia-friendly activities and events. If appropriate, we may come for a home visit.

Regularly communicating

Going forward, your local Adviser will check in with you or your informal carer at least once every six months to see how you are getting on and ask if you need further support. You can also contact your Adviser at any time.

Support and advice

No matter what you're facing, your Adviser is here to listen. They will talk to you about how dementia is affecting your life, and how we can help. For example, we could provide you with support and advice on the following topics:

- How to get help locally
- Respite breaks
- Planning for the future
- Financial and legal issues
- Benefits and allowances
- Activities and leisure opportunities
- 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

Young onset support

Although age is the biggest risk factor for dementia, dementia can occur at almost any stage in someone's life.

Our team of Young Onset Dementia Advisers offer specialised support to people living with young onset dementia (where symptoms develop before the age of 65) in Oxfordshire and their family members.

You can contact the Young Onset Team via email:
youngonset@dementiaoxfordshire.org.uk

Social groups

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

Our Advisers attend social groups across the county so that you have an opportunity to chat face to face about how it's going and what support we could give you.



We support over 25 groups across the county, so you're bound to find something that suits you!

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

Memory cafes
Activity groups

Coffee mornings
Information events

Advice clinics
Young onset groups

To see what events are happening near you, visit our website:
www.dementiaoxfordshire.org.uk/events



Education sessions

We tailor our education sessions so you can pick what's most relevant to you. All of our education 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 education sessions

Our post-diagnostic education sessions are specifically designed for people recently diagnosed with dementia, their family and caregivers. We'll draw on the experiences of people living with dementia to help guide you through your next steps.

Informal carer education sessions

These sessions are small, interactive and supportive so you can learn from others and share your experience with people who understand how you're feeling. Sessions are a safe space for you to be honest as you grapple with what your support role means.

You can view all of our upcoming education sessions on our website: www.dementiaoxfordshire.org.uk/events

A straightforward guide to dementia

6

Ask us for a copy or view it online:
www.dementiaoxfordshire.org.uk/guide



Our Support Line

Want to understand what dementia is?
Have concerns about someone you care for?
Want to learn how to get a diagnosis?



Simply call our Support Line.

Our Support Line is staffed by our Advisers, who offer advice and guidance on dementia to everyone, including relatives, informal carers, and health care professionals.

Anyone can call us on our support line. Advice can be offered anonymously if preferred.

Our support line is available **9am – 5pm, Monday to Friday** on

01865 410 210



How to contact us

We're here to support all people living with dementia in Oxfordshire, as well as their family, and informal carers.

Whether you, or the person you care for, has a diagnosis or not, you can reach out to us at any time.

Anyone can call us on our support line, available 9am – 5pm, Monday to Friday on **01865 410 210**

@ Email: info@dementiaoxfordshire.org.uk

✉ Alternatively, you can contact us by writing to:
Dementia Oxfordshire Service
Age UK Oxfordshire
9 Napier Court, Barton Lane, Abingdon, OX14 3YT

f Join us on Facebook: [dementiaoxfordshire](https://www.facebook.com/dementiaoxfordshire)

🌐 To see more of our events and support, scan the QR code or visit us at: www.dementiaoxfordshire.org.uk

