

# How a Dementia Coordinator can help you

## What is a Dementia Coordinator?

A Dementia Coordinator will be your point of contact throughout your experience of dementia. They work with your doctor's surgery to help provide support and guidance to people affected by dementia. They will work with you to access the information, support, and guidance you need to enable you to get the most out of life and understand your condition.



## What can a Dementia Coordinator do for me if I think I may have dementia?

If you think you may have dementia, or are worried about your memory, it is important to get the treatment and support you need. A Dementia Coordinator will help you understand why it is important to find out if you do have dementia, and what tests and examinations may be involved.



## What about after my diagnosis?

When you are ready, your Dementia Coordinator will work with you and your memory clinic to ensure that you feel supported. They will be on hand to work through any questions or concerns you may have, as well as keeping in regular contact with your GP. A Dementia Coordinator can also signpost you to other relevant support services covering many aspects of daily life such as wellbeing, socialising, benefits, and they will be there for your family as well. Your Dementia Coordinator will be local to your area and therefore will be familiar with local support services available to you.

Your Dementia Coordinator will continue to support you throughout your experience of dementia and help you plan for the future. They will get to know you and what matters to you. When you are ready, they will visit you at home (or wherever suits you) and create a plan so you know how they will help you.

## How can I find my local Dementia Coordinator?

You can call our Dementia Coordinator line on **0800 035 2221** or email **referrals@alz-dem.org** and we will get back to you.

You can also contact your GP surgery or memory clinic and ask them to refer you directly to us.

### Let's get social

To keep up to date with all our latest activities please connect with us on social media.

-  **Alzheimer's and Dementia Support Services**
-  **@alzdemsupport**
-  **Alzheimer's and Dementia Support Services**
-  **@alz\_dem**

Plus check out our website **[www.alz-dem.org](http://www.alz-dem.org)** for regular blogs relating to dementia and our work.

On behalf of



**Kent and Medway**